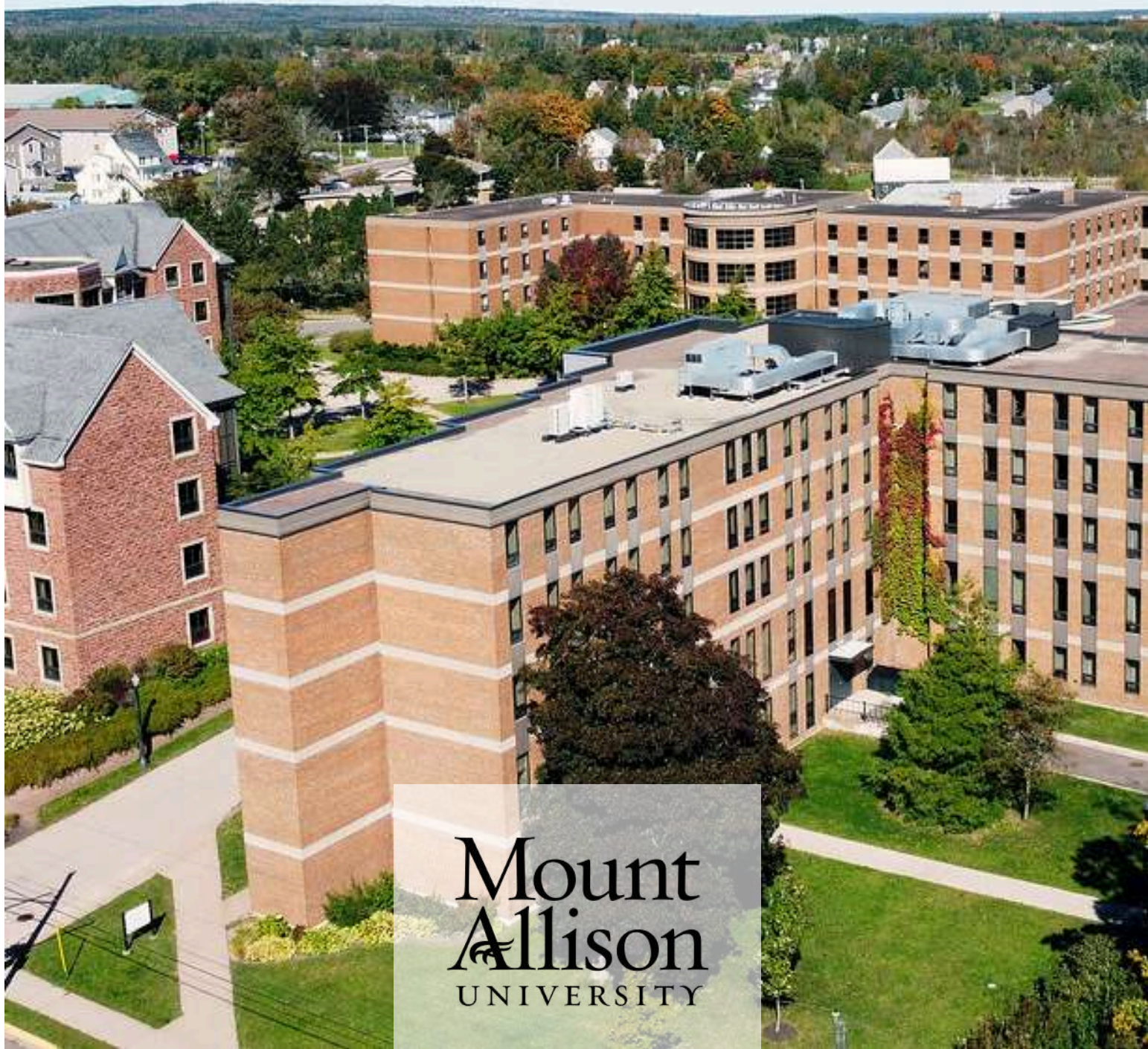


Mount Allison University
International student
HANDBOOK



Mount
Allison
UNIVERSITY

Welcome Message



**The International Centre team is here for you.
They aim to support you during your time at Mount Allison
and to help you feel at home.**

Several Mount Allison students came together to build this handbook
so your transition here can be as smooth as possible.

Yes, you!

We're excited you're joining us, and we want you to have the best start
possible.

Meet the Team



ROBIN WALKER

Interim Director of Student Experience

Fun Fact: Robin was a competitive ski racer growing up and a dancer and gymnast.



CHRISTA MASTON

International Student Advisor

Fun fact: Christa has 17 uncles and aunts!



RYAN GAMM

Global Learning Coordinator

Fun fact: As a university student, Ryan had the privilege of studying abroad in both the Bahamas and Luxembourg, in the same year.



**ANUKKAWEE (NUEY)
THONGPOYAI**

Post-graduate International Centre Intern

Fun fact: In Thai, "Nuey" means "butter".



**AIKO VALERIA AGUILAR
JIMENEZ**

MASSIE Program Assistant

Fun fact: Aiko has over 200 pairs of earrings.



BARAKA HANI

International Centre Intern

Fun fact: Baraka's name is in Swahili and actually means blessing in English.

The International Centre is here ★..... for You★

The International Centre offer programs and services designed to make your transition to academic and social life at Mount Allison easier.

They want you to do more than just survive here; they want you to THRIVE.

Mount Allison is a personal, supportive learning environment where you can branch out, discover new interests, and explore your untapped potential.

During your time here, the International Centre team is committed to helping you achieve your academic and personal goals.

 1-506-364-2124

 internationalcentre@mta.ca

 Wallace McCain Student Centre,
Second floor

 [MtA international](#) | [Mount Allison](#)

 @mta.intl

 Mount Allison University
International centre

Author's Note



CHINENYE OKPONWA

4th year Psychology major.

Fun fact: I once taught a class of kids about anime culture because I love anime.

When I first arrived at Mount A, I had a lot of questions about the school and about Sackville. The answers were out there, but I never knew quite where to look. Now, in my third year, I wanted to put everything in one place so new students don't feel overwhelmed like I did. That's how this handbook came to be. I hope it helps you settle in and feel at home.



TABLE OF CONTENTS

Welcome

- Meet the Team
- Author's Note
- About the International Centre

Section 1: Moving to Canada

- Before You Arrive Checklist
- Applying for Study Permits & Visas
- Paying Tuition & Scholarships
- Booking Flights & Getting to Sackville

Section 2: Arriving & Settling In

- First Week Checklist
- Housing (On- and Off-Campus)
- Orientation Week
- Banking, Credit Cards & Taxes
- Phone Plans in Sackville

Section 3: Living in Sackville

- Small Town, Big Adjustment
- Weather & Seasons
- Getting Around (walking, biking, taxis, buses, driving)
- Groceries, Essentials & Shopping
- Food, Takeout & Local Eats
- Adjusting to Small-Town Life & Canadian Culture
- Community Resources (food bank, The Pantry, period products)



TABLE OF CONTENTS

Section 4: Being a Mount A Student

- Registering for Courses & Academic Life
- Exams, Accommodations & Study Tips
- Campus Resources (Wellness Centre, Writing Centre, MASU, Indigenous & Black student spaces, First-Gen support, etc.)
- Health & Wellness (Medicare, counselling, hospital care, fitness)
- Getting Involved: Clubs, Societies, Volunteering & Sports
- Social Spaces on Campus

Section 5: Working & Money

- Budgeting & Cost of Living
- Working in Canada (on- and off-campus)
- Getting a Social Insurance Number (SIN)
- Emergency Bursaries, Financial Aid & Support
- Taxes in Canada

Section 6: Extra Tips & Student Voices

- Quotes, Tips & Advice from International Students
- Scam Awareness & Safety
- Glossary of Canadian & Mount A Terms
- Student-Owned Businesses

Closing Note

- Words of Encouragement
- How to Stay Connected with the International Centre



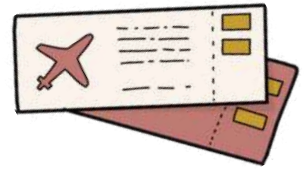
Top 10 Things to Know Before Coming to Mount A – By Students

1. **Apply for your study permit early.** Processing times can be long, so apply as soon as you accept your offer.
2. **Apply for housing ASAP.** Residences fill quickly, and off-campus leases in Sackville often start months in advance.
3. **Plan to arrive when accommodations are ready.** Try to book your flights so you arrive on official move-in/orientation dates, to avoid being stranded without housing.
4. **Don't underestimate the weather.** Sackville winters are very cold, and the seasons can change suddenly — be prepared with warm clothes and good footwear.
5. **Bring copies of all documents.** Passport, study permit, acceptance letter, immunization record, and prescriptions with doctor's notes.
6. **Sort out money matters.** Learn how to use PayMyTuition, budget in Canadian dollars (not your home currency), and open a Canadian bank account.
7. **Check your email regularly.** Important updates, orientation details, and deadlines will come through your Mount A email.
8. **Orientation is your friend.** It's the fastest way to meet people, set up accounts, and learn how campus works.
9. **Use student discounts and resources.** From grocery savings to free tutoring and counselling, Mount A has supports that make life easier.
10. **You're not alone.** The International Centre, professors, and other students are here to support you — ask questions and reach out.

We know this handbook covers a lot (we didn't want you to miss anything!), so we put together a quick snapshot. Keep reading for all the details you'll need.



MOVING TO CANADA



Let's walk you through what needs to be done before you arrive

We'll explain why each step matters, but here's a little secret
If you complete this checklist before you come,
your transition will be so much easier.

CHECKLIST 1

There's a lot to do before you arrive, and it can feel overwhelming.
This checklist will help you keep track of what's important
so your move to Mount Allison goes as smoothly as possible.

Accept your offer and pay your deposit.

Secures your spot at Mount Allison so you can move forward
with your study permit application.

Check your passport's expiry date.

Ensure it's valid for your entire study period,
or at least for the next few years

Apply for your study permit.

Start early, as visa office wait times can be long.



Find helpful links here:

We're giving points to
students who complete this
checklist before they arrive
so keep track!!!!

Find **instructions** on the
Government of Canada website:
[Study in Canada as an
international student -
Canada.ca](https://www.canada.ca/en/government/department/departmental-information/study-in-canada/study-in-canada-as-an-international-student-canada.ca).

Find a **step-by-step guide** on
the MtA website here:
www.mta.ca/studypermit



QUICK TIPS

Register for classes.

Early registration helps get your preferred courses & build your schedule. Late registration could lead to getting waitlisted meaning you might not get to take your preferred course in that semester

Need help choosing courses?
Contact an **academic advisor**
Visit: [RegHelp for new students](#) | [Mount Allison](#)

Apply for residence or confirm off-campus housing.

MTA residences are welcoming, apply early to secure your spot.

[Applying to residence](#) | [Off-Campus Housing -Mount Allison Students' Union](#)

Know your move-in date.

Check your residence details and plan travel accordingly.
Arriving before residence opens or before the start of your lease could mean additional costs to secure alternative accommodation.

Move-in details for students living on-campus.
<https://mta.ca/current-students/student-life/housing-and-residence-life>

Plan your travel to Sackville.

Book flights once your study permit is approved, aiming to arrive on the official international orientation arrival day.

For details, see:
www.mta.ca/international/orientation

Plan your transportation from the airport.

Contact the International Centre with your arrival plans.
The International Centre arranges a shuttle to campus for students arriving on the designated international orientation arrival day.

If you can't arrive on that day, the International Centre can give you info on how best to travel from the airport when you do arrive!

Print hard copies & keep digital copies of documents.

Passport, Mount Allison acceptance letter, study permit approval letter, immunization records.

Pack prescriptions with a doctor's note

Bring sufficient supply of medications you need (3 month supply is recommended). You can visit Mount Allison's wellness centre for info on getting an updated prescription from a local doctor.

Bring glasses/contacts and special medical items.

E.g., Inhalers, or other essential medical devices.

Have some Canadian cash for arrival.



QUICK
TIPS

Pay your tuition and fees (or make a plan for payment by the deadline)

More information on this later in the handbook.

Contact international@mta.ca or the International Centre with questions you have, if any.

Check [Self-Service](#) for deadlines. Payments use [PayMyTuition](#).

Join pre-arrival webinars.

Information will be sent to your Mount Allison email, so check regularly.

Follow Mount Allison International centre on Instagram and Facebook.

Stay connected [@mta.intl](#) and [@mounta.io](#).

Check your email regularly.

Important updates and resources will be sent here.



Don't wait until the last minute, study permit and visa processing can take time!

Moving forward, there would be useful links or info guiding you on how to do this so don't give up until the end and come back as much as you need.



Paying Tuition & Scholarships

Paying for university can feel stressful, but we're here to make it clear and simple.

Understanding Tuition

Mount Allison tuition and student fees cover not just your academic program, but also a wide range of services to support you during your time here.



For current rates and full breakdowns, visit: [Tuition, fees, and payments](#) | [Mount Allison](#)

Your fees typically help fund:

- Health and dental insurance
- International medical coverage
- Student union membership
- Access to campus facilities like the gym and library
- Technology and student support services
- Orientation programming and more



Some services (like insurance) may be eligible for opt-out if you already have coverage. Always review your student account and reach out if you have questions.

How to Pay



- Log in to [Mount Allison Self-Service](#).
- Go to **Student Finance** → **Make a payment**.
- Click “**Make a payment**”, which redirects you to the secure **paymytuition** portal.
- Select your payment method and carefully **follow the steps**.
- Track your payment in PayMyTuition and **save your receipt**.
- Prefer a video? Watch the "**How to Make An International Payment with PayMyTuition**" tutorial on YouTube for a visual walkthrough here: youtube.com+1paymytuition.com+1

Timing & Late Fees

Tuition is due the 2nd week of each term, exact dates and tuition breakdown can be found [here](#). Start your transfer 5–7 days in advance to avoid banking delays.

If you pay late:

- You may face late fees.
- Access to classes or transcripts may be restricted until payment is received.

Paying Tuition & Scholarships

Paying for university can feel stressful, but we're here to make it clear and simple.



Scholarships & Bursaries

Now, we know that some students might need help, especially when the semester starts and bills start coming in so we are excited to tell you that Mount Allison offers automatic entrance scholarships based on your grades at the time of admission.



There are also scholarships for returning students as well as bursaries per academic year.

Check out:

- [Financial aid for first-year students | Mount Allison](#)
- [Scholarships and awards for first-year students | Mount Allison](#)



Struggling with finances? Reach out.

The Financial Aid Office and International Centre can guide you to resources so you can focus on your studies. Do not feel shy to reach out, Mount Allison does its best to support all of its students.



Financialaid@mta.ca



internationalcentre@mta.ca

Getting to Mount A

Here's how to plan your journey to Mount Allison so it goes as smoothly as possible.

“My journey to Sackville took 22 hours and 3 flights...but arriving and seeing the small town, the campus, and the friendly people made it worth it. It's truly a home away from home”



Plan your transportation from the airport to Sackville

Options include:

- Airport shuttles (e.g. Maritime bus)
- Taxis or Uride (limited in Moncton; confirm availability)
- Mount A may help coordinate transport. Contact the International Centre with your arrival details!
- Look at costs to make sure you are covered.

What to do in case of lost or delayed luggage

- Report it immediately at the airport. Keep a small bag with essentials (medication, a change of clothes, charger) in your carry-on just in case.

Know your airport

- Moncton (YQM) – closest airport (40 min drive from Sackville)
- Halifax (YHZ) – larger airport (2 hour drive from Sackville)



What to expect at immigration

Have these ready to show:

- Your passport and study permit approval
- Your Mount Allison acceptance letter
- Proof of funds (bank statements, scholarship letter, payment to MTA)
- See [IRCC: Prepare for your arrival](#)



Check out Sackville and the Mount A campus

- It's a small, friendly town with everything you need. Download a [campus map](#) to familiarize yourself with key buildings, your residence, and food spots.
- Here is the link to an interactive map: [Mount Allison University](#)

Let the International Centre know your arrival date and flight arrival time. A travel registration form is launched 2 months in advance of orientation: www.mta.ca/international/orientation



ARRIVING AND SETTLING IN

Your first week at Mount A

Now that you've arrived, it's very normal to feel a mix of excitement and uncertainty.

The good news? You're not alone, and there's a lot of support around you.

This section is your quick guide to settling in, physically and emotionally, during your first few days on campus. From picking up your student ID to figuring out where to grab groceries, we've got you covered.

CHECKLIST 2



Use this checklist to stay grounded and make your transition smoother

Check into your residence or housing.

Get your keys, settle your room, and meet your Residence Don or landlord.

Pick up your student ID card.

This gives you access to meals, the printers at different points on campus e.g. library, and certain buildings on campus. Get more information on getting your student ID card using this link: [Campus card](#) | [Mount Allison](#).

Confirm your course schedule.

Log into [Self-Service](#) to double-check your classes and room locations.



QUICK TIPS

Many of these steps can be done during Orientation Week. For example, banks often come to campus to help you open accounts, and there are sessions to help with health insurance and SIN registration. Check the Orientation section for details on what's covered!

The bookstore offers a variety of services that could be helpful like mailing services, books, course materials, etc. To see more: [University Bookstore](#) | [Mount Allison](#)

“

*Your first week may feel busy, but take it one step at a time.
You're not alone here, and there's always someone to help.*

”

**Buy your textbooks or course materials.**

Visit the Mount Allison University Bookstore online to view and order all required course materials up to three weeks before term starts.

Options include new, used, and e-textbooks, and you can choose pickup, shipping, or delivery to your residence room via the Books on Beds program [Books, course materials, and supplies](#). [Mount Allison](#).

Attend orientation events.

They'll help you meet people, learn your way around, and get insider tips.

Set up your bank account (if needed).

Open a Canadian bank account to manage money and reduce fees. There are two local banks in Sackville: Royal Bank of Canada (RBC) and ScotiaBank.

Get a phone plan.

Pick up a Canadian SIM card or confirm your plan is working.

Visit the International Centre.

Stop by to say hello! Let us know you've arrived safely and get any help or info you need. They are here to support you!

Attend any immigration/health insurance sessions.

Some students may need to finalize SIN registration or health card paperwork.

Psst... these are usually covered during orientation.

Explore Sackville.

Find the grocery store, pharmacy, and places you might need.

Introduce yourself to your professors.

They're friendly and want to help you succeed.

Take a deep breath and celebrate your arrival!

You've done something big, and it's okay to feel proud.

More on Housing

This section will walk you through what to expect, what to bring, and what to know about your first home away from home.



Confirming Your Housing Before Arrival

- If you're living in residence, you'll receive your placement by email after submitting your deposit. No lease signing is required, you're covered by the residence agreement.
- If you're off-campus, try to finalize your lease before you travel. Reach out to landlords early and ask detailed questions (see checklist below).
- If you arrive before your lease begins, Mount A does not provide temporary housing, but the International Centre can point you toward local options. Eg: the Coastal Inn offers a student rate, though it can still be expensive, so it's best to plan your arrival date carefully.



Move-In Dates & Key Pickups

- Residence move-in usually happens a few days before classes begin. You'll get information about when and where to pick up your room key from the university.
- Off-campus tenants often move in as early as May, but if you're arriving for the Fall term, make sure your landlord confirms your exact move-in day and how to collect your key.

Understanding Off-Campus Living

Rent Range

Most student accommodations in Sackville cost \$400–700/month, depending on size and whether it's shared.



Utilities

Some leases include heat, electricity, internet, or water. Others don't. Always ask what's covered.



Internet

You may need to set it up yourself. Popular providers are Eastlink and Bell.



Winter Prep

Many houses are older and can be drafty in the winter, ask about heating type and insulation before you sign.



Lease Basics & Legal Info

A lease is a binding legal agreement. Breaking it early may require penalties or mutual agreement. Your landlord also has legal responsibilities and must follow rules to end a lease or enter your space.

- **Security deposit:** You'll usually pay one month's rent plus a separate deposit (equal to a month's rent). You can get your deposit back if the space is left in good condition (take photos when you move in).
- **Lease termination:** - Month-to-month leases: 1 month's notice | Yearly leases: 3 months' notice
- **Rent increases:** Must be given 6 months notice in writing & abide by province laws.
- **Landlord entry rules:** a. 24-hour notice for inspections
b. 7-day notice for non-emergency repairs
c. No entry without notice except in emergencies
- **Assignment & subletting:** Generally allowed unless unreasonably restricted by the lease. Assignment means having someone else take over your lease; subletting means temporarily renting it out.
- **Emergency repairs:** Ask your landlord who to contact if something breaks after hours — this should be clarified before move-in.



Learn more about your tenant rights in NB: tenantrights.ca/facts/new-brunswick

Understanding Off-Campus Living

Questions to ask before signing a lease

- Is the lease individual or shared?
- Are utilities included? If so, which ones?
- What's the total monthly cost, including all extras?
- What's the official notice period to end the lease?
- Can I sublet during the summer?
- Who do I contact for repairs, and how quickly do they respond?

Shared spaces and roommate etiquette

- Keep common areas tidy (kitchen, bathroom, entryways)
- Respect quiet hours — ask your landlord or roommates about noise expectations
- Coordinate a shared cleaning schedule
- Be clear about grocery storage, laundry days, and chores
- Always communicate early if conflicts come up, misunderstandings can grow quickly



ORIENTATION & Your First Weeks at Mount A



Why Go to Orientation?

Orientation Week isn't just for fun (though it is fun!). It's designed to help you:

- Meet people fast (so you don't feel alone)
- Get important tasks done easily: like your student ID, bank setup, health insurance, and Social Insurance Number registration (SIN) — remember to bring your passport and study permit to make these processes easier!
- Learn your way around campus and Sackville
- Ask questions in a low-pressure environment
- Feel excited (instead of overwhelmed) about starting university

It's totally normal to feel tired, jetlagged, or shy during O-Week. But showing up to events can make your transition smoother—and you might meet a lifelong friend while you're there.

ORIENTATION & your first weeks at Mount A

What Happens During Orientation?

Mount A's Orientation is packed with helpful activities and relaxed social events, including:

- Campus tours so you know where to find your classes.
- Check-in fairs to set up your student ID, phone, bank, and health insurance easily.
- Workshops and panels on academics, health services, and Canadian social life.
- Local banks and Service NB representatives on campus to help with opening accounts, getting your SIN, and answering questions about paperwork.
- Trips to the local mall to grab essentials you didn't pack.
- Movie nights, beach trips, karaoke, and games to help you unwind and connect.



If you arrive in late August, the International Orientation (IO) runs first, focusing on international student needs, followed by University Orientation (UO) for all students in early September.

What if I Miss Orientation?

We get it things happen, and plans change. If you miss Orientation:

- Don't panic. You can still get your health insurance and other essentials from Student Services.
- Visit the International Centre as soon as you can—they'll help you catch up on anything you missed.
- Check out the next sections in this handbook for step-by-step guides on setting up your phone, banking, groceries, and living in Sackville.
- Follow Mount A's social media or join WhatsApp groups for international students to find out about upcoming events you can join.



Even if you miss official Orientation, it's **never** too late to reach out, join clubs, and meet people. Most students are still making friends throughout their university life!

Make the Most of it

- Try to show up even if you're tired—you can always leave early if you need to.
- Don't be afraid to say hi first (others are nervous too).
- Take advantage of student-led Walmart runs and town tours.
- Try one social event, even if you're shy.

Banking, Credit Cards & Tax forms

If you don't get the chance to open a Canadian bank account during Orientation Week, make it one of your first to-do's. Many banks have student-friendly accounts with no monthly fees and opening one early will make life much easier. Just bring your passport, study permit, and proof of enrollment, most banks can get you set up in under an hour.

Why open a Canadian account?

- Avoid extra charges from using foreign cards
- Get paid faster if you have a part-time job
- Easily pay bills or e-transfer friends



Popular Canadian banks with branches or ATMs nearby:

- Scotiabank (branch in Sackville)
- RBC (branch in Sackville)
- TD, CIBC, and BMO (branches in Moncton)



Banking, Credit Cards & Tax forms

If you don't get the chance to open a Canadian bank account during Orientation Week, make it one of your first to-do's. Many banks have student-friendly accounts with no monthly fees and opening one early will make life much easier. Just bring your passport, study permit, and proof of enrollment, most banks can get you set up in under an hour.

Credit Cards

Credit cards in Canada aren't just for spending; they're also how you **build a credit history**. Good credit will help you later if you want to rent an apartment, buy a car, or apply for a loan.

- Many banks offer **student credit cards** with no annual fee and low limits (\$500–\$1,000) to help you start building credit.
- Use your credit card for small purchases and pay it off **in full** each month to avoid interest.
- If you're under 18, you may need a co-signer to apply.

Tip: Credit cards are a tool, not free money. If you don't think you can manage one responsibly yet, it's okay to wait until you feel more confident. Carrying a balance can quickly lead to high-interest debt and a low credit score.

Tax Residency Forms

When you open a Canadian bank account, you'll be asked to complete a tax residency form.

- This isn't the same as filing taxes, it's to confirm whether you are considered a tax resident of another country.
- The form is required under international tax reporting agreements.
- You may need to provide your foreign tax identification number (for example, your home country's tax ID).
- If you're unsure how to fill it out, ask the bank staff, they handle this for international students all the time.

Phone Plans in Sackville

Sorting out a phone plan early will help you stay connected with family, friends, and classmates while in Canada. Here are some options students commonly use:

Prepaid & Budget-Friendly Providers

If you want lower monthly costs and flexibility, prepaid and bring-your-own-phone (BYOP) plans are a popular choice.

These plans are often self-service, meaning you manage your plan online, add data when needed, and avoid long-term contracts.

Popular options include:

- Public Mobile, Lucky Mobile, and PC Mobile – Known for lower-cost plans, no contracts, and reliable networks.
- You can usually apply online, order a SIM card, and have it mailed to your Sackville address, making setup easy.



Major Providers (Bell, Rogers, Telus, Eastlink)

If you prefer in-person assistance or family plan options,

larger carriers have physical stores in nearby Moncton and provide:

- Reliable nationwide coverage
- Family and student-specific plan options
- Device payment plans if you need a new phone

These plans typically cost more monthly but may offer perks like larger data allowances, roaming options, and the ability to add family members later.

Digital-First Providers (Public Mobile, Koodo, Fizz)

If you're comfortable managing everything through an app or website, these providers:

- Offer fully online account management
- Let you **switch plans or top up data anytime**
- Often have lower costs due to self-service systems
- Ship SIM cards to your address for easy activation

Tips

- If you already have an unlocked phone, using a BYOP prepaid plan can save you money.
- Look for student deals or data bonuses when signing up, especially during back-to-school periods.
- Consider your data needs (campus Wi-Fi is widely available) before choosing a plan.
- Ask your friends or upper-year students what they use to get a sense of local coverage.

LIVING IN SACKVILLE



With around 6,000 people, Sackville is small, on purpose. It's a university town, which means it's built around student life, and you'll often see familiar faces around campus and downtown.

It's normal to feel a bit out of place at first (or even bored).

But many students find that Sackville becomes a comforting second home, where you can walk everywhere, build close friendships, and feel safe exploring.

“

I thought I'd be bored in a town this small... but I've never felt more connected. Sometimes I'm bored though.

”

Weather & Seasons



Fall

(September–November)

- Cool, beautiful, often rainy.
- Days can swing from warm to chilly quickly.

5°C  15°C



Winter

(December–March)

- Cold, snowy, and icy.
- Wind chill often makes original temperatures feel colder.

0°C  -15°C



Spring

(April–May)

- Wet and muddy.
- Some days feel like winter, others feel like summer.

0°C  15°C

Summer

(June–August)



- Hot and sometimes humid.

18°C  30°C

“

Socks here are thicker than in my home country

”

Weather & Seasons



Dressing for Sackville Weather

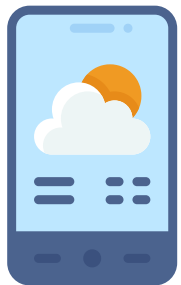


- Layering is your best friend. Wear thermal layers in winter and keep a light jacket handy in fall and spring for sudden changes.
- Invest in good winter boots and a warm coat to stay comfortable walking on snowy or icy sidewalks.
- Winter gear can be found in Moncton (SportChek, Walmart, Winners) or second-hand in Sackville.



Weather Resources

- Check The Weather Network or AccuWeather before heading out each day.
- Mount A posts storm closure updates on its website and social media during heavy snow days.



Getting Around



Walking

Sackville is a walkable town—most places, including grocery stores, cafés, and downtown, are within a 10–15-minute walk from campus. A good pair of waterproof shoes will help in rainy or snowy weather.

Biking

Biking is a fast way to get around during warmer months.



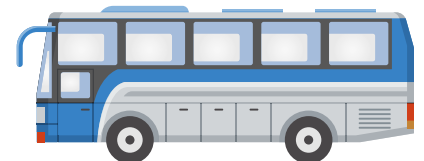
Bring a bike lock and be cautious on rainy days, as roads can get slippery. You can rent a bike from the MASU office during the summer if you don't have your own



Taxis

Sackville Taxi: Taxis are available but can be busy, especially during bad weather or weekends, so it's best to call ahead. Local rides within Sackville typically cost \$8–\$12. For longer trips to nearby cities like Moncton or Amherst, expect to pay \$100+ (prices vary).

Intercity Travel (Maritime Bus)



The Maritime Bus connects Sackville with Moncton, Halifax, Fredericton, and other Maritime cities.

- The bus stop is located at Circle K/Irving on Main Street.
- Buses typically leave in the afternoons, depending on your destination.
- Check the Maritime Bus website for the latest times and prices.
- Book your ticket in advance during holidays, as buses fill up quickly.

Driving and Licenses

If you plan to drive in Canada, check the license requirements for your home country:

- Some international licenses are valid in New Brunswick for **3 to 6 months** after you arrive. For example, licenses from countries like **Nigeria, India, or China** can be used short-term, but you'll need to apply for a local license if you plan to stay longer.
- If you're from a country with a **reciprocal agreement** like **Germany, France, South Korea, Japan, or the United States**, you may be able to **exchange your license** for a New Brunswick one **without taking a road test**.
- If your country does **not** have an agreement, you'll likely need to apply for a New Brunswick license. This usually includes providing **proof of residency** and **ID**, paying a **fee**, and possibly completing a **written knowledge test** or **road test**.



Visit [SNB - Driver's licences for new residents](#) for more information about getting a New Brunswick driver's licence.



This service is handled through **Service New Brunswick (SNB)**. You can visit the SNB office in Sackville (112 Main Street) or check the **Government of New Brunswick Driver's Licence page** online for full, updated details.

Groceries, Essentials, and Shopping

Okay, let's talk about food and essentials—because we all need to eat, and you'll thank yourself later if you learn where to get things without breaking the bank.



Essentials & Household Items

1. **The Dollarstore:** Budget-friendly cleaning supplies, kitchenware, and personal care items.
2. **Home Hardware:** For light bulbs, basic hardware, and some household items.
3. **Independent & Foodland:** Both carry hygiene and household essentials.
4. **Walmart trips in Moncton:** Often organized by the International Centre or student groups during the first weeks—great for picking up bedding, electronics, or anything you forgot to pack.

Don't overbuy frozen food if you live in residence, freezers are often small!!

Grocery Stores

1. **Independent Grocer (Loblaws):** The largest grocery store in town, good for full grocery hauls.
2. **Foodland:** Slightly smaller, sometimes pricier, but often has different selections.
3. **Dollarama:** Great for snacks, frozen foods, cleaning supplies, school supplies, and affordable kitchen basics.
4. **Sackville Farmers' Market (Saturdays 9–12):** Fresh produce, baked goods, and local crafts.

Bring reusable bags (bags often cost extra). Many students notice that prices in Sackville can be a bit higher compared to nearby towns like Amherst—but we'll let you be the judge of that!

Shopping non-perishables in bulk can help you save, and checking flyers or using apps like Flipp will help you catch weekly deals & coupons.



“Independent offers a student discount on Tuesdays (just show your student ID at checkout), and you might find other local shops offering student deals throughout the year, so it never hurts to ask!”

When You Need a Little Extra Help

Balancing bills, groceries, and student life can get tough sometimes—but don't worry.

Sackville is a caring community with services ready to support you when you need a little extra help. Here are a few you can turn to:



The Pantry (MTA)

 *Wallace McCain Student Centre,
2nd floor (Room 282)*

 *Monday–Friday,
8:30 a.m.–4:30 p.m*

The Pantry supports students who are experiencing food insecurity. Registered students can receive biweekly food boxes by completing the registration form available on the [Mount Allison Food Pantry website](#)

Mountie Meals

Mountie Meals provides discrete, low-barrier food security support to meet a short term gap as students work out a plan to meet their financial needs.

For more information, visit [Mount Allison Food Pantry website](#)

Enactus MtA Period Project

Provides **free menstrual products** in washrooms across campus to reduce period poverty and support student health. Check academic building and residence washrooms for these supplies, and follow **@EnactusMtA** on Instagram for updates on refill stations and initiatives.

 These services also welcome donations if you are interested in helping your fellow students and community members in this way.



These resources are here for you, and many students use them at some point while focusing on their studies and well-being.

Food, Takeout & Where to Eat

On Campus

Jennings Dining Hall (Meal Hall)

The main dining hall has something for everyone, **with all-you-care-to-eat menus, daily specials, and fresh-made stations.**

Students living in residence swipe their student ID cards to enter, making it easy to grab meals between classes. Buffet-style meals are included with most residence plans, so you won't need to worry about going hungry during busy days.



Plans are also available for off-campus students who would like to dine in Jennings, visit [Meal plans](#) for more info.

There are also two cafe venues on campus, Gracie's Cafe & the Flying Bean.



For more information visit: [Food locations and hours](#) | [Mount Allison](#)



Hours may change during orientation, holidays, storm days, reading weeks, and exam periods. Changes are posted at Jennings, on Twitter, the Mount Allison website (for storm days), and emailed to residence students.



Curious about what's on the menu?
Check out their insta page **dining.mta** for daily meal offerings.

Local Eats

Sometimes you'll want a change from meal hall, and Sackville has cozy local spots:

- **Goya's Pizza & Jack's Pizza:** Classic pizza and shawarma cravings sorted.
- **Patterson's Family Restaurant:** Diner-style meals.
- **Song's Chopsticks:** Korean and Japanese dishes.
- **Aida's Café & Duck's Café:** Cozy café atmospheres for sandwiches, coffee and more.
- **The Painted Pony:** Known for brunch and homestyle meals.
- **Tim Hortons:** A Canadian staple for coffee, bagels, and donuts, with one on campus and one downtown.
- **Other fast-food options in Sackville:** McDonalds, subway, and local food trucks during warmer months.



Many places post flyers with coupons or daily specials near the MASU office, around campus and at the post office, & some accept student cards for discounts, so keep an eye out!

Missing Food from Home?

Local stores like Independent and Foodland carry international staples (rice, spices, lentils, sauces). For a wider selection:

- **Baobab African Store (Moncton)** – African and Caribbean groceries.
- **Mama Supermarket (Moncton)** – Wide range of East and Southeast Asian groceries.
- **Kim's mart corporation (Moncton)** - Asian groceries.
- **Champlain Place Mall Trips (Moncton):** Good opportunity to stock up on harder-to-find snacks, spices, and comfort foods.

Student groups and the International Centre often organize trips to Moncton, making it easier to shop in bulk for your essentials.



Takeout in Canada can add up quickly, especially with delivery fees and tips. Meal prepping while treating yourself to occasional takeout can help you balance convenience with costs during your time at MtA

“

*If you love plantain, Independent sells fresh ones—
game changer!!*

”





Adjusting to Small-Town Life



- Sackville is quiet, but there's a strong student community.
- Join clubs, attend events, and explore local coffee shops to build a routine.
- Missing home is normal—creating a comforting space and connecting with peers can help.



Even if Sackville feels small, it's a place where you can build big memories.

Canadian Culture

A Quick Guide for New Students

As you settle into small-town life, you might also notice some uniquely Canadian customs and everyday habits. Understanding these can help you feel more comfortable and connected as you navigate your new environment.

Here are some everyday Canadian habits and customs that might help you feel more at home:

Pressing the Button to Cross the Street

At many intersections, the pedestrian light only changes when someone presses the “walk” button. So, it’s common for people to press the button and wait for the signal before crossing.

Tap Water is Safe and Commonly Drunk

Most Canadians drink tap water straight from the sink or water fountains. It’s clean, refreshing, and a popular alternative to bottled water.

Tipping Happens Often

In restaurants and taxis, it’s usual to leave a tip—often around 15–20% of the bill. For many workers, tips make up a significant part of their income.

Holding Doors Open

Politeness is appreciated. It’s common to hold the door open for people walking behind you as a friendly gesture.

Frequent Use of “Please” and “Thank You”

Polite words like “please” and “thank you” are regularly used and seen as a way to show respect and kindness.

Personal Space is Respected

People generally keep a comfortable distance during conversations, especially with those they don’t know well.

Casual and Friendly Interactions

Canadians often greet strangers with a quick “hi” or small talk in everyday situations.

Community Celebrations and Events

Besides official holidays, events like St. Patrick’s Day often include parades, parties, or themed gatherings. These celebrations are popular ways people connect socially.

A Note on Canadian Holidays

Canada has many holidays throughout the year with various community events and traditions. Big ones like *Canada Day*, *Thanksgiving*, and *Christmas/New Year’s* often include local gatherings especially in towns like Sackville. Knowing about these holidays can help you understand Canadian life rhythms and offers chances to participate in local culture and meet new people.

BEING A MOUNT A STUDENT

Registering for Courses

- **When to register:** Registration opens in May/June, and you can register for both Fall and Winter courses at the same time to secure your spot.
- **Where to register:** Use the Mount Allison Self-Service Portal to add, drop, and adjust your courses. for step-by-step guidance, check out the [RegHelp for new students](#)
- **How many courses:** Full-time students usually take 5 courses per term (each course is typically 3 credit hours). However, students are considered full-time when registered in 3-5 courses per term.
- **How to choose courses:** Be sure to check out the resources on the [Registrar's office website](#) and if you still have questions, schedule a meeting with your [academic advisor](#). You can also use a Degree Audit Form or your Degree Plan on Self-Service (under Academics > Degree Planning) to help track your progress and see what you need for your degree.
- **How to read course codes:** Example: PSYC 1001 = Introductory Psychology. (PSYC = subject, first digit in course code = year level).
- **Waitlists happen:** If a course is full, join the waitlist. Many students get into courses before classes start, so don't panic. You can email your instructor or speak to them after the first class to discuss if it is likely if you will receive a spot in the class.



“

*Try to balance your schedule by mixing required and elective courses.
A blend of heavy and light classes can help prevent burnout, especially in your first semester.*

”

Academic Life at Mount A

- **What classes are like:** Courses can include lectures, smaller discussions, labs, or workshops depending on your program.
- Some courses are **activity-based (fieldwork, community projects, presentations)** where you earn grades by doing, not just listening—try to take a mix to keep learning interesting.
- **Check your syllabus:** At the start of each course, you'll receive a **syllabus (course outline)** with **grading breakdowns, deadlines, and expectations. Read it carefully and keep it handy—it answers 90% of your “What happens if...?” questions.**
- **Participation matters:** Professors often grade participation, so **show up, ask questions, and join discussions.**



- **Academic calendar:** Mount A has **two main terms** (Fall and Winter) with a break in between, plus reading weeks and holidays. Exams happen at the end of each term. More info on course policies, [here](#).
- **Exams & accommodations:** If you're sick or dealing with an unavoidable situation, you may be able to request accommodations. You may need to provide proof (like a doctor's note). Visit the [Registrar's office website](#) for more information.

First-year students whose first language is not English may qualify for extra time on final exams. Eligibility requires:

- Holding a valid study permit
- Being in your first calendar year at Mount Allison
- Being a non-native English speaker
- Not having been educated previously in English at high school or university levels [Mount Allison](#)
- To apply, complete the International Centre Exam Accommodation Form which can be pick up at the International centre, following the deadlines set by the Registrar's Office. Final approval is granted by your course professor.

Academic Life at Mount-A

- **Always communicate:** If you're struggling or need to miss class, email your professors. They appreciate a heads up and are usually understanding.
- **Study habits:** University learning is more independent. Expect to **read, research, and work on assignments outside of class.**
- **Make a friend in class:** It helps to have someone to share notes, study with, and keep each other accountable.
- **Where to get help:**
 - a. **Writing Centre located in the Library:** For essay feedback and writing support. They also offer specialized support for EAL/international students, including sessions with writing tutor Steve Gates.
 - b. **Numbus tutoring platform:** peer-to-peer tutoring platform accessible to MTA students
 - c. **Professors' office hours:** Drop in to ask questions or get clarification—they want to help you succeed.



Campus Resources at Mount A

Navigating university life involves more than just classes, it's about having the right support around you. After getting familiar with academic expectations, it's important to know about the key campus resources available to help you thrive both inside and outside the classroom.

Here's an overview of services and spaces designed to support your success at Mount-A:

Meighen Centre

The Meighen Centre provides support and accommodations for students with documented disabilities, both permanent and temporary, to ensure equal access to academic opportunities. Students register through the Accommodate system. It's best to apply early as documentation is required and some supports take time to arrange.

MASU (Mount Allison Student Union)

MASU supports student life on campus by offering services, advocacy, events, and resources to enhance your university experience. They help with everything from orientation to student rights and campus involvement.

Sexualized Violence Support

Mount Allison is committed to a safe and respectful campus. If you or someone you know has experienced sexual violence, confidential support is available through the REES (Respect, Educate, Empower Survivors) platform. Services are free and do not require a formal report.

Indigenous Student Spaces

Mount Allison provides Indigenous gathering spaces such as Mawita'mkw in Room 130 of the Wallace McCain Student Centre. These spaces serve as welcoming places for Indigenous students and community members, featuring Indigenous artwork and literature.

Black Caucus & Black Resource and Information Centre (BRIC)

The Black Caucus is a student-led group offering community, cultural events, and advocacy for Black students. The BRIC, located in Room 124 of the Wallace McCain Student Centre, is a dedicated safe space centering the Black experience and supporting Black initiatives on campus.

First Generation Students Group

This group supports students who are the first in their families to attend university, providing workshops, peer support, and community-building activities.



For more details on these and other campus resources, visit the MASU office or [Mount Allison Students' Union.](#)

Health & Wellness

University is about learning, but you can't learn well if you're not taking care of yourself. Staying well is just as important as your grades.

WELLNESS CENTRE

Located on campus, the Wellness Centre offers medical and wellness services to support your health while you're at Mount A.

It's your first stop if you're feeling unwell, need mental health support, \or want to explore wellness options.

Services include:

- a. Appointments for minor medical care and prescriptions
- b. Counselling with a psychologist (fee-for-service)
- c. Acupuncture, massage therapy, and chiropractic care (fee-for-service)

*MTA partners with external providers offering **fee-for-service** appointments at the Wellness Centre or virtually. Some fees may be covered under your Mount Allison Students' Union (MASU) insurance plan.*

Get more information here: [Primary health care](#) | [Mount Allison](#)

COUNSELLING SERVICES

Free and confidential counselling is also available through Mount A to help with stress, homesickness, or if you just need someone to talk to.

[Book online](#) or in person.

CAMPUS WELLNESS SERVICES

Therapy dog days, peer support programs, and mental health events happen throughout the year to help you stay balanced and connected.

STAYING ACTIVE

Movement helps your mood, focus, and stress levels. You can:

- Use the campus gym and fitness centre, located in the Athletic Centre and Student Centre.
- Join gym classes like yoga, spin, and strength training at the fitness centre (check the gym schedule to find classes you're interested in)
- Play intramural sports or explore Sackville's trails for fresh air and movement
- Get more information here: [Athletics, fitness, and recreation](#) | [Mount Allison](#)



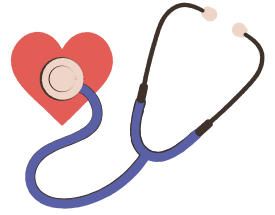
SELF-CARE DURING BUSY WEEKS

Sleep, meals, and breaks matter, even during exams. Small steps like **short walks, hydration, and getting enough rest** help you recharge.

Hospital Care & Wait Times

For emergencies or more serious medical issues, go to Sackville Memorial Hospital, just a 15 min walk from campus.

 8 Main Street, Sackville



Wait times vary at the Sackville Hospital: they may be short on quiet days, but during flu season or busy periods they can stretch for hours.

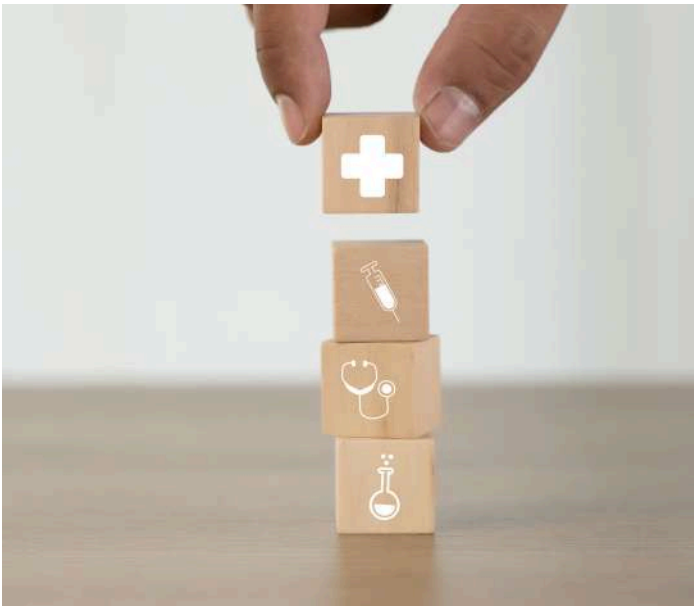
If you need help immediately, call 911 or go to your nearest emergency department no matter the estimated wait time.



You may also want to try these options:

- **Wellness Centre (on campus):** For urgent but non-emergency care.
- **Tele-Care 811:** Free, bilingual nursing advice line available 24/7—great for immediate guidance.
- **eVisitNB (Maple app):** Secure online service where you can connect with a nurse or doctor for advice, prescriptions, or sick notes. Tip: A valid NB Medicare card is required for this service. (www.evisitnb.ca/)

New Brunswick Medicare Coverage



WHO'S ELIGIBLE

- Full-time degree-seeking international students studying in New Brunswick with a valid study permit are eligible for public Medicare coverage.
- Coverage may also extend to spouses or dependents.
- Exchange and students registered part-time are not eligible.

Document requirements

- Study permit
- Proof of full-time enrollment for the school year (your official enrollment letter found on Self-service)
- Proof of New Brunswick residency (lease or housing confirmation letter for residence students - see the International Centre)
- Passport



HOW TO APPLY

- **Online:** Apply through the New Brunswick Medicare online application. It's the quickest method, with processing times of about **4–6 weeks**.
- **Paper/In Person:** Download the paper form and submit it by mail or in person at Service New Brunswick (112 Main Street).

You'll first receive a confirmation letter followed by your Medicare card.

If you've already applied using one method, don't apply again online.

- If eligible, you'll be able to opt out of the MASU International Student Medical plan.

For help, visit the International Centre. They can guide you through forms & eligibility

Resources for International Students

Moving to a new country can feel overwhelming, but you're not alone here.

Mount A has supports in place to help you settle in,
meet people, and navigate life in Canada.

Now to the team actually sponsoring this handbook, they have very special services,
events specially tailored to assist international students.

- **International Centre:** Your go-to spot for questions about immigration documents, adjusting to life in Canada, and connecting with other international students. It's located in the Wallace McCain Student Centre.
- **Immigration advising:** Need to renew your study permit, apply for a co-op work permit, or figure out post-graduation options? Book an appointment with the International Centre to get help.
- **Peer mentorship program:** This program pairs you with an upper-year student who can help you adjust to campus life, find resources, and feel more at home.
- **Events & activities:** Throughout the year, there are international potlucks, culture nights, workshops, and social hangouts where you can meet other students and share your culture.
- **Finding community:** Many students join cultural clubs, language conversation groups, or the International Centre's activities to make connections and ease homesickness.



Quick tips

- Keep your immigration documents organized and check expiry dates early.
- Attend International Centre events to meet others and learn about Canada.
- Feeling overwhelmed?
The International Centre
is a safe place to ask questions.



Want to learn more about the International Centre's services, hours, and supports?

[International Centre](#) | [Mount Allison](#)

Getting involved on campus

One of the best ways to make Mount A feel like home is to get involved, even if you're shy or unsure at first. There's something for everyone here.

- **Clubs & societies:** Mount A has clubs for nearly every interest—academic clubs, cultural groups, hobby clubs, and more.

If you don't see something you're interested in, you can start your own through the MASU (student union).

- **Residence leadership opportunities:**

If you live in residence, joining your house executive or becoming a residence assistant is a great way to meet people, plan events, and build leadership skills.

- **Events calendar:** From movie nights and trivia to cultural showcases and career panels, there's always something happening on campus. Check your email and the Mount A and MASU websites for upcoming events.
- **Volunteering & student government:** If you want to build your resume, meet new people, and give back, consider volunteering, joining student government, or helping with campus initiatives.
- **Intramural sports:** Not a varsity athlete? No problem. Intramurals are a fun, low-pressure way to stay active and meet people. Options range from soccer and basketball to dodgeball and ultimate frisbee.



Quick tips

- **Attend club fairs** at the start of the term to see what's available.
- Say yes to one small thing, like a trivia night or club meeting—you never know who you'll meet.
- Getting involved can help with homesickness and build your confidence.

“
Joining the Desi student association
changed everything for me —
it gave me friends and confidence.”

Check out the full list of clubs and campus activities here: [Clubs and societies](#) | [Mount Allison](#)

Best Places to Socialize on Campus

Mount Allison's campus has plenty of great spots to meet up with friends, relax, and soak up the student vibe. Some of them include:

The Student Centre (Wallace McCain Student Centre)



This is the heart of student life. Grab a coffee, catch a campus event, or chill in the lounge areas. Gracie's café and common areas are great spots to meet classmates.

The Pond

A popular pub and social hub located inside the Student Centre where students gather for food, drinks, and events. Great for relaxing and making new friends.



Gracie's

Also located in the Student Centre, Gracie's offers a casual, friendly atmosphere, a nice place to grab a bite and hang out between classes.

The Flying Bean Café

Located in the library, this cozy café is perfect for casual chats or study breaks with friends while enjoying a snack or drink.





WORKING & MONEY

Balancing school and money can feel overwhelming, but with a bit of planning, you can make your budget last while still enjoying your time at Mount A.

Budgeting & Cost of Living

What will I spend each month?

- **In residence:** Your biggest expense (housing + meal plan) is already covered, so your costs are mostly snacks, toiletries, phone plan, and entertainment.
- **Off-campus:** Budget for rent, groceries, internet, heat, and transportation.

Expected costs
(monthly)

Description	Amount
Groceries	\$150-250
Toiletries & cleaning	\$20-40
Phone plan	\$30-50
Take-outs/treats	\$20-60
Transport	\$20-50

**These cost estimates are approximate and will vary depending on your personal spending habits and circumstances.*



Quick tips

- Meal prep instead of daily takeout
- Thrift stores and Facebook Marketplace are your friends
- Share rides to Moncton for big grocery hauls
- Use student discounts (e.g., Independent on Tuesdays)



Common trap people fall into:

"I went to buy a month of groceries and realized that I could have gotten four months' worth of groceries in my country after converting. That stressed me out."

Try not to do that. You are in Canada now, and prices here will be different.

Constantly converting every price to your home currency will only add stress.

Instead, focus on budgeting within Canadian prices and finding ways to save here.

You'll adjust faster, and your mental health will thank you.

Working in Canada

Many students work part-time to help with costs and gain valuable experience while at Mount A, but it's important to know the rules.

Getting Your SIN (Social Insurance Number)

- You'll need a Social Insurance Number (SIN) to work in Canada and access government benefits. Most international students apply during International Orientation when Service Canada visits campus.

What to expect:

- During Orientation, you can often apply on the spot, and the process is quick.
- If you miss the campus session, you can apply online yourself—simply gather digital copies of your documents and use the secure government portal. It usually takes just a few minutes to apply.
- Once submitted, your SIN confirmation is typically available through your **My Service Canada Account** within five business days.
- Some cases are even issued immediately digitally.

What You'll Need:

- Valid passport
- Study permit
- Other identification as required

->Apply online here: [Social Insurance Number](#)

Tips:

- If you're eligible, your SIN will appear in your My Service Canada Account (MSCA)—also called a digital SIN. Paper confirmation letters are still mailed.
- Once approved, your SIN document typically arrives within 5 business days.
- No fee is required.

Need help?

- The International Centre is happy to assist if you'd prefer in-person guidance.

Work limits:

- With a study permit, you can work up to 24 hours per week off-campus during the semester and full-time during scheduled breaks.
- [.Work off campus as an international student - Canada.ca](#)

On-campus jobs do not count toward your 24-hour limit,

- So you can work as many hours as you want on campus, as long as you keep up with your studies.

Finding jobs

Mount A has fantastic support systems to help you find jobs and gain professional development before entering the workforce.

Experiential Learning Office:

- This office connects students with on-campus jobs, co-op placements, internships, and community opportunities. They also help with resumes, cover letters, interview prep, and professional skill-building. It doesn't stop there! Check out their page to see everything they offer and make the most of it: [Experiential learning | Mount Allison](#)

Using the Experiential Learning Office:

- Helps you gain work experience while managing your studies
- Supports resume building and interview skills
- Helps you find jobs related to your program and interests
- Builds a network for references and future opportunities

Where to find jobs:

- Mount A Experiential Learning job portal
- Department emails and campus bulletin boards
- Talking to professors for research assistant opportunities
- Drop by the Experiential Learning Office to explore opportunities

Quick tips:

- Start with a few work hours to see how it fits your study schedule.
- On-campus jobs often align better with class commitments.
- Use Mount A's resume and interview support services—they're free and incredibly helpful.

“

I've picked up a ton of experience and skills thanks to reflecting on my journey, the help from the Experiential Learning Office, and great internships along the way.

”

Emergency Funds, Bursaries & Support

It's normal to feel stressed about money sometimes.

There are supports if you need help:

Emergency bursaries & loans:

Mount A offers short-term, confidential financial help if you're in a tough spot.

Financial aid beyond scholarships:

You can apply for bursaries during the year if your financial situation changes.

When to talk to Financial Services:

It's not just for emergencies. They can help you plan your finances, understand your bill, or answer your questions.



Don't be afraid to ask for help. Many students need support at some point, and it doesn't mean you've failed.

For more information: [Bursaries](#) | [Mount Allison](#)



Understanding Taxes in Canada (for Students)

“Wait, I have to file taxes?” Yes—and it’s easier than you think!

Should I file?



Yes! Even if you didn’t work or earn income in Canada, filing a tax return can help you claim refunds or credits you’re eligible for, like the GST/HST credit. It also creates an official record of your time in Canada, which can support future visa or immigration applications.

Filing your taxes is a requirement in Canada if you work. It’s a good idea to file every year when studying here, even if you don’t work.

What you’ll need:

- SIN (Social Insurance Number)
- T4 slip (from employer if you worked)
- T2202 (tuition slip from Mount A)
- Rent receipts, scholarship letters, etc.

When to file:

Every year by **April 30** for the previous year (Jan–Dec)

How to file:

- Mount A’s International Centre offers free tax clinics during tax season
- Online tools like TurboTax Free, SimpleTax, or Wealthsimple are options
- You can also file with a tax preparation company (like H&R Block)



Tips

- Keep a digital folder with tax documents
- Ask questions—tax clinics are beginner-friendly. Small refunds add up!

“
I almost skipped doing my taxes.
Then I got \$145 back for free!!
”

Scam Awareness

New students are often targeted by scammers pretending to be immigration officers, landlords, or delivery services. Remember:

01

Real officials will never demand payment over the phone.

02

If you get a suspicious email or call, talk to the International Centre or a trusted staff member before responding.

03

Never send money via gift cards or wire transfer to someone you don't know.

04

If unsure, it's always okay to ask.

Hear what other students have to say!

“

First Week & Culture Shock



“I was surprised by how quiet the streets felt at night. Don’t be afraid to explore during the day to get familiar with the town.”

“The cold was different from what I expected—even if you come from a ‘cold’ country, Canadian winter is next level.”

“There’s a lot of smiling and ‘how are you?’ from strangers. It’s normal!”

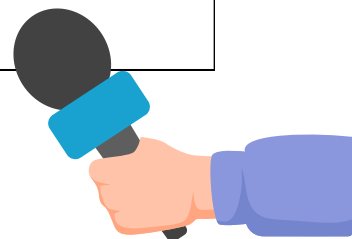


Packing & What I Wish I Brought

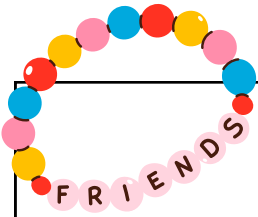
“Bring a heavy-duty winter jacket and boots if you can. Good socks, too. Thick ones.”

“Spices and snacks from home. They’re comfort food when homesickness hits.”

“I wish I had brought a few traditional clothes for cultural nights or when I felt homesick.”



Quotes, Tips & Advice from Students

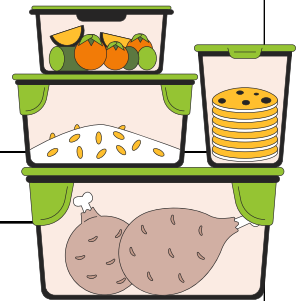


Making Friends

“I made a friend by just sitting beside someone in class and saying hi. Most people are happy to chat.”

“Join clubs, even if you’re shy. It’s how I found my people.”

“You don’t need to have everything figured out before joining a conversation or event.”



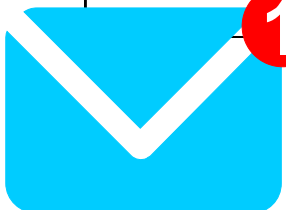
Everyday Tips

“Meal prepping on weekends helps save money and time during busy weeks.”

“Don’t keep converting everything to your home currency. It will drive you crazy and stress you out.”

Check your email often. A lot of opportunities come through there.”

1



Glossary of Canadian & Mount A Terms

Timmies/Tims

Tim Hortons, Canada's favorite coffee and donut shop.

Rez

Residence (on-campus housing).

Meal Hall

Another name for Jennings Dining Hall.

Double Double

Coffee with two creams, two sugars.

Storm Day

A day when classes are canceled due to snowstorms.

Don

live-in adult staff who provide support for all residents.

RA

Resident Assistant, upper-year student supporting the residence community.

TA

Teaching Assistant, an upper-year student helping with classes.

Office Hours

Times professors are available to meet with students.

Credit Hours

Units showing how much a course counts toward your degree.

Stud

Short for Student Centre (Wallace McCain Student Centre), a hub for events, clubs, and hanging out

Student-Owned Businesses

Support your fellow Mounties by checking out:

Braids'n'Twists Culture:

is a hair salon specializing in creative Afro hairstyles, including braids, twists, cornrows, and more.

We also provide professional hair care services such as washing and detangling, along with our exclusive Hair Care Kit to keep your styles looking fresh.

 [@braidsntwistsculture.](https://www.instagram.com/braidsntwistsculture)

Nails by Preet:

is a home based nail studio specializing in high-quality, custom nail services.

I offer Gel-X extensions, builder gel overlays, simple gel polish designs, acrylic removal, and detailed nail art.

Whether you're looking for a clean, minimal look or something bold and creative, I'm here to help you express your style through beautiful nails.

 [@nails.x.preetk.](https://www.instagram.com/nails.x.preetk)

Rons Nails:

Hi! I'm a nail artist based in Sackville. I do Gel-X, polygel, and acrylic nails with lots of fun and colorful designs. I'm from Lagos, Nigeria, and I love making art in all kinds of ways. That's why I put so much care into every set I do.

 [@Rons.nails.](https://www.instagram.com/Rons.nails)

Feyisola's kitchen

We specialize in freshly cooked Nigerian meals made with love and the finest ingredients. Our services include everyday Nigerian favorites, hearty comfort food, and customized dishes tailored to your taste. We offer event catering for small gatherings to large celebrations, weekly meal prep plans for busy individuals and families, and special holiday menus to make your occasions unforgettable. Whether it's a single plate or a full feast, we bring warmth, flavor, and quality to every meal.

 [@Feyisolas_kitchen](https://www.instagram.com/Feyisolas_kitchen)

Closing Note



Woohoo, you've made it to the end! Now, tell me, what would you do without me, huh? (Just kidding)

I hope this handbook helps you feel more prepared, less stressed, and excited for what's ahead.

Remember:

You are brave for moving so far from home.

Make lots of friends and memories.

You don't have to figure everything out alone.

Mount A is rooting for you. You've got this.

Bye!

Closing Note



No matter where you are in your journey, the International Centre is here for you. Whether you need help with immigration paperwork, adjusting to life in Sackville, or just finding community, we're always happy to support you. Stop by, send us an email, or join one of our events, you don't need to wait until there's a problem to reach out.

We hope this handbook helps you feel more prepared, less stressed, and excited for what's ahead.

Welcome to Mount Allison, and welcome to your new home away from home.

MountAllison UNIVERSITY



► CAMPUS BUILDINGS

- 01 Convocation Hall
- 02 Athletic Centre
- 03 Ralph Pickard Bell Library
- 04 Crabtree Building
- 05 M.Y. Bell Conservatory of Music
Brunton Auditorium
- 06 Avar-Dixon Building | Ron Joyce
Centre for Business Studies
- 07 Hart Hall
- 08 Barclay Building
- 09 Flemington Building
- 10 Owens Art Gallery
- 11 Gairdner Building
- 12 Wallace McCain Student Centre
Admissions/Registrar's Office
The Argosy (student newspaper)
Campus Tours
CHMA (campus and community radio)
Fitness Centre
Gracie's Cafe
International Centre
Meighen Centre
Mount Allison Students' Union (MASU)
Student Affairs
The Pond (campus pub)
Tweedie Hall
University Bookstore
Wellness Centre
- 13 Thornton House
- 14 Edwards House
- 15 Hunton House

- 16 Bennett House
- 17 Bigelow House
- 18 Sir James Dunn Building
Wu Centre
- 19 Chapel
- 20 Centennial Hall
Financial Services
People & Culture
President's and Vice-Presidents' Offices
Research Office
University Advancement
Alumni, Marketing and Communications,
and Development Offices
- 21 Bennett Building
- 22 Purdy Crawford Centre for the Arts
- 23 Trueman Cottage/University Club
- 24 Windsor Hall
- 25 Jennings Dining Hall
- 26 Harper Hall
- 27 Campbell Hall
- 28 Facilities Management
Housing, Conferences, and Event Services
- 29 Gemini Observatory
- 30 Colville House
- 31 The Anchorage
- 32 Carriage House
- 33 Hammond House
President's Residence
- 34 Bermuda House
Hammond Studio
Hammond Lounge

- 35 Ladies' College Park (formerly Swan Pond)
- 36 Alumni Field
- 37 Park St. Field
- 38 Sackville Waterfowl Park
- 39 Downtown Sackville
- 40 Charlotte House (located on Charlotte St.)
- 41 Normandy Field
- 42 Interim Library/Multi-Sport Complex
(Under Construction)

► PARKING

- P1 King St. lot (24hr)
- P2 Dunn lot
- P3 Hillcrest lot Thornton &
- P4 Edwards lot (24hr)
- P5 Convocation Hall lot
- P6 Rectory Lane lot

CAMPUS TOURS

Wallace McCain Student Centre, 2nd floor
(506) 364-2257
campusvisit@mta.ca

ADMISSIONS

Registrar's Office
Mount Allison University 62 York St.
Sackville N.B. E4L 1E2
(506) 364-2269
admissions@mta.ca | mta.ca/apply