

Meet Your International Community Support

- The International Centre
- University of Manitoba Students Union (UMSU)
- University of Manitoba International Students' Community Center (UMICC)
- Spiritual Care



**University
of Manitoba**

International Centre



**University
of Manitoba**

international@umanitoba.ca

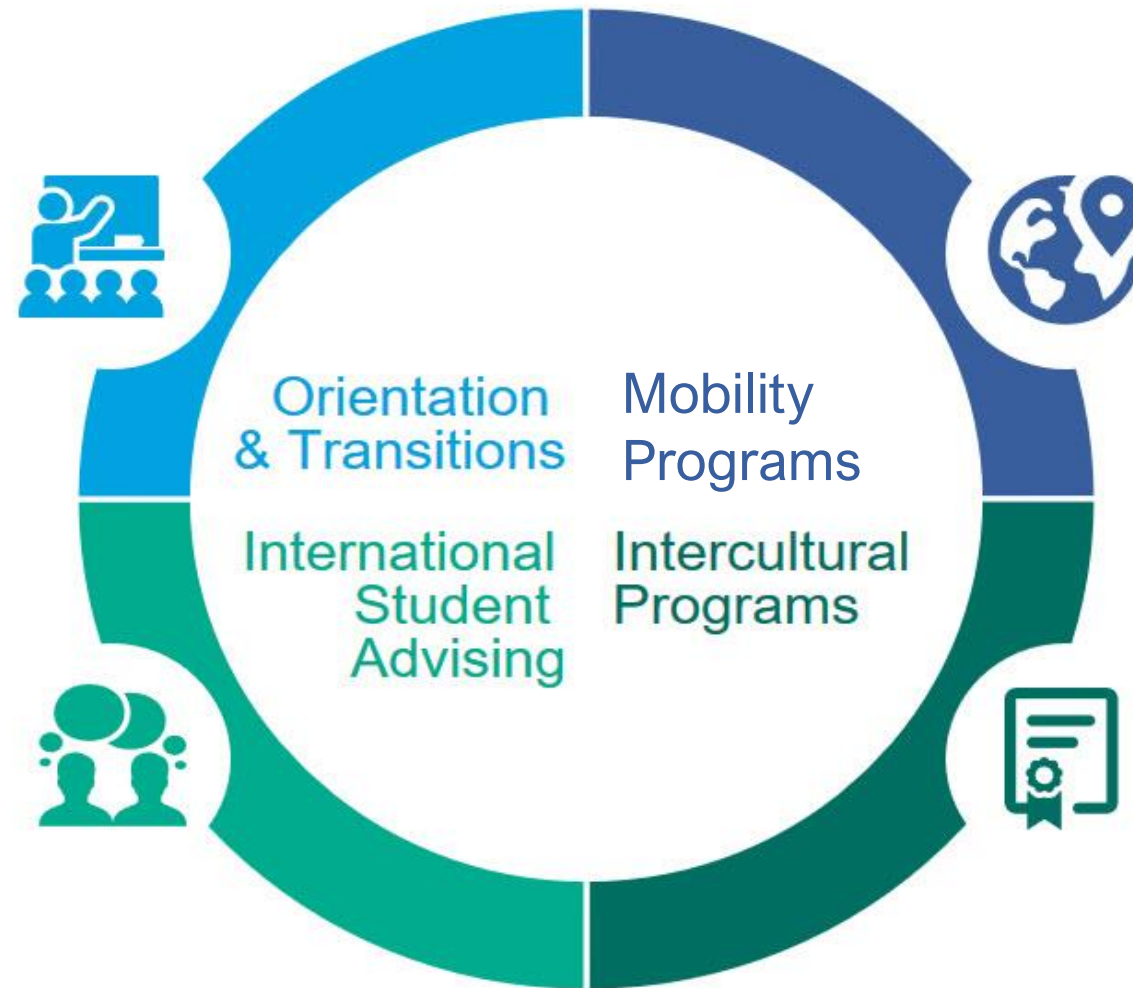
204-474-8501

541 UMSU University Centre

[International Centre](#) website



**University
of Manitoba**





University
of Manitoba

International Centre Student Newsletter

[Updates](#) | [Events](#) | [Tips](#) | [Community](#)

July 2023 | Edition 1

The International Student Newsletter is delivered on the last week of every month.



Welcome to the International Student Newsletter!

Get important immigration updates, events, tips and community updates to your inbox every month from the International Centre (IC).

[Learn more about the IC](#)

Follow Us On
Instagram

@um.international



University
of Manitoba

Intercultural Programs

- Welcome Mentors
- Language Exchange
- Intercultural Leaders
- Social events



Volunteering at Orientation

Students in their second year or more



Why participate in IC programs?

Cross-cultural friendships

- Domestic students in Canada reported only 11% of their friends were international students (Grayson, 2008)
- 56% of international students claimed to have not even one Canadian friend (CBIE, 2013)

Intercultural Friendships

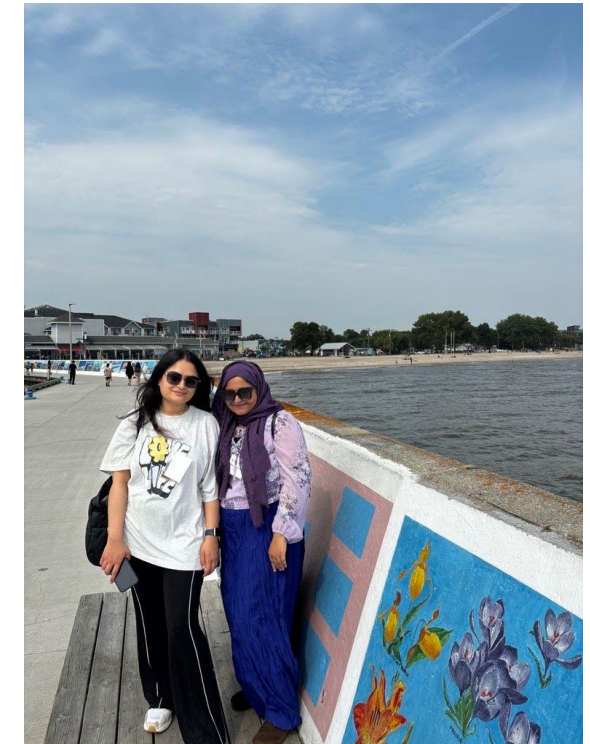
What helps promote friendships across cultures?

- Cultural similarity
- Cultural differences
- Prior intercultural experience
- Targeted socializing



IC Events

Join us for events this Fall and Winter term to meet other international students, or domestic students interested in learning about other cultures and travelling.



Weekly Wednesday Conversation Group

- Every Wednesday, starting Sept 11
- 1:30-2:30 pm
- Meet at 541 UMSU University Centre



Ways to get involved & meet people

<https://umanitoba.ca/student-supports/get-involved>

- Peer Mentoring
- Community Engaged Learning
- Volunteer on campus (or off)
- Student exchange
- Recreation services
- Leadership programs
- Student Groups, Clubs and Associations (UMSU will talk about this)
- UMGSA
- HSGSA
- Get a part-time job
- Check out UM Events: <https://eventsalendar.umanitoba.ca/>



Outdoor Movie

Outdoor Movie Night!

Showing: The Fall Guy (2024)

Date Friday, August 30

Time 8:00 pm (or sunset)

All students welcome!

FREE!

SIGN UP >>
here



umanitoba.ca/international/orientation

Sponsored by:



University
of Manitoba
**STUDENTS'
UNION**



**University
of Manitoba**

Meet the IC for Coffee & Tea (Winter Clothing Display): Sept 4

Come visit the International Centre staff and on-campus partners: Career Services, Spiritual Care and Student Care!

Take a look at our **winter clothing display**

Come and drop in anytime between **12-2 pm**, coffee and snacks provided!

Room 544 UMSU University Centre



**University
of Manitoba**

Get your SIN on Campus: Sept 5 & 6

- Sept 5 & 6
- 9:00-3:00pm both days
- 217 University Centre
- Registration not required, first come first served
- Scan the QR code for details on what documents to bring



GETTING INVOLVED

Find Your UM Community



**University
of Manitoba**

Ice Breaker

DO WE ALL LIKE THE SAME THINGS?

Using menti.com

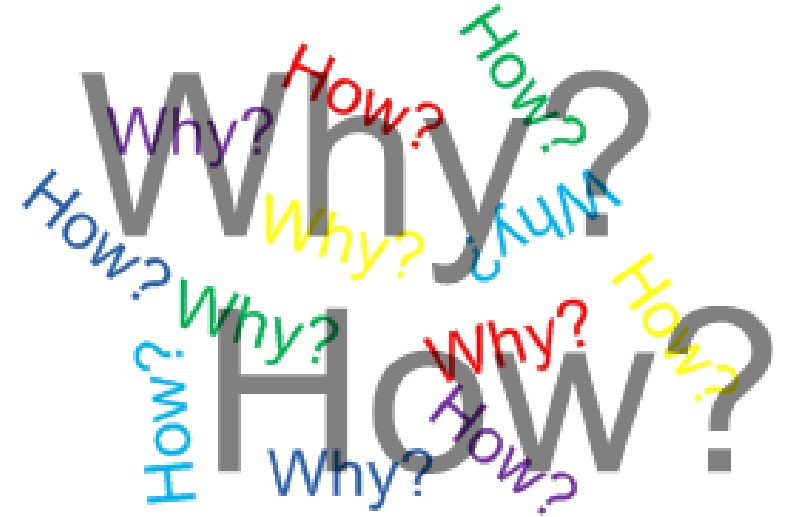
 Mentimeter



**University
of Manitoba**

How & Importance of Getting Involved

- Find your community
- Gain CCR
- Build your skills and experience
- Passion



UMSU

What is UMSU?

We are the University of Manitoba Students' Union (UMSU). We serve students by enhancing student life and increasing the quality of education through consultation, representation, and advocacy.

Meet your 2024-2025 Executive Team:

President – Divya Sharma

VP Finance & Operations – Carolyn Wang

VP University Affairs – Rachhvir Dhaliwal

VP External Affairs – Prabhnoor Singh

VP Student Life – Bolu Akindele



How to get involved with UMSU

- Volunteering
- UMSU Clubs
- UMSU Community Groups
- UMSU Committees (Member Services, Finance, Judicial Board)
- Events (www.umsu.ca/events)
- Job Opportunities
 - We hire students at all of our businesses – Degrees Diner, VW Social Club, UMSU Service Centre, GPA's, IQ's Café & Billiards and Umcycle

Find more information on our website at www.umsu.ca

Stay tuned with the latest news and events by following us on Instagram! @myumsu

UMSU Clubs & Associations

- UMSU Clubs bring together people with shared passions and interests to explore a variety of activities.
- With over 100 student clubs and 28 associations, there's something for everyone!
- UMSU Clubs are started by students and can be found on www.umsu.ca/clubs
- Student associations are in form of faculties
 - i.e. University 1, Faculty of Science, etc.
- Interested in joining a club? Stop by our Get Involved Week!
 - September 16 – 20, 1st floor UMSU University Centre



UMSU Community Groups

- We have seven community representatives
 - 2SLGBTQIA+ Students' Representative – Theodore Biggs-Engel
 - Accessibility Representative – Ekamjit Singh
 - Black Students' Representative – Damilola Ojo
 - Indigenous Students' Representative – Michaela de Hoop
 - International Students' Representative – Krupa Mashru
 - Racialized Students' Representative – Christabel Attoni-Oteari
 - Women's Representative – Heaven Kaur



Learn More!

Upcoming Events

- Keep up with current events on our event calendar (www.umsu.ca/events) and on Instagram @myumsu !



SCAN ME



FREE BREAKFASTS

10am in the MPR (while supplies last)
2nd Floor - UMSU University Centre

**ALL
WEEK!**

**ALL
WEEK!**

BISON BASH MARKET

9am to 4pm in the MPR
2nd Floor - UMSU University Centre

CARNIVAL PARTY

11am to 3pm in the MPR
2nd Floor - UMSU University Centre

**TUESDAY
10**

**TUESDAY
10**

KARAOKE NIGHT

8pm to close at VW Social Club
3rd Floor - UMSU University Centre

UMSU STREET PARTY

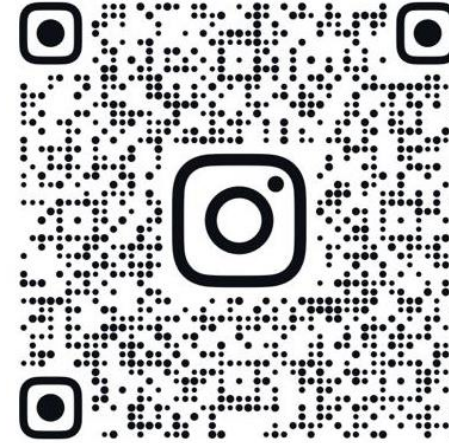
9pm to 2am at UMSU Street
3rd Floor - UMSU University Centre

**FRIDAY
13**

UMSU International Students' Representative

Krupa Mashru (she/her)

- From Kenya
- Major in Athletic Therapy
- Fun fact: I can find rhythm in everything—whether it's in dance, music, or even the hustle and bustle of daily life!
- Contact: isr@umsu.ca
- Instagram: @umanitoba_icc



What is ICC?



 @umanitoba_icc

The International Students' Community Center (ICC) is a vibrant hub overseen by the UMSU International Students' Representative, dedicated to fostering a sense of unity among international students at the University of Manitoba.

What do we (executives) do?

- Plan various events and activities(Movie Night, Giveaway, Monthly Community Assembly)
- Provide on and off-campus to support international students
- Address challenges (visa matters, academic support, cultural adaptation, and any other topics) that impact the well-being and success of our students.
- Create financial aid and scholarships for international students
- Create an inclusive and welcoming environment for our students
- And much more....



Initiatives

- Giveaways
- Culture Appreciation Event
- Lunch with Us
- Office hours
- UMSU Bursary for International Students
- Collaboration with the International Center



 [umanitoba_icc](https://www.instagram.com/umanitoba_icc)



Sponsored by:



UM | International Centre



University
of Manitoba

ICC Members

- Sign up to be our member!
- Follow our Instagram @umanitoba_icc and Facebook International Students' Community Center
- Office : 185 Helen Glass (drop by during office hours to hang out!)
- Contact: umsu.intlstudentscenter@gmail.com or isr@umsu.ca



University
of Manitoba

Spiritual Care and Multi-Faith Centre



University
of Manitoba

A person with a backpack is walking away from the camera on a wooden boardwalk that winds through a dense forest of massive redwood trees. The trees are tall and have thick, textured bark. The boardwalk is made of wooden planks and is bordered by low wooden railings. The ground is covered in green moss and ferns. The lighting is soft and dappled, suggesting a canopy of trees above.

“Who am I?”

“What will I do
with my life?”

“Does it even
matter?”

“What is it
all about?”



University
of Manitoba

Your Big Questions...

- What “big questions” are you hoping to find answers to while at university?
- What may keep you from asking or searching for answers?
- What might help you step out and go in search of answers?

Travelling Companions

Wholeness includes Connection

“So many aspects of personal growth and development revolve around relationships and interactions. Issues of friendship, sexuality, tolerance, compassion, forgiveness, and autonomy are important aspects of emerging identity that are worked out in the company of peers in the college environment”

(Chickering et. al., 2006)



When finding a group to connect with, make sure that they...

- Invite open and thoughtful investigation of beliefs and welcome a critical approach to faith
- Encourage you to be a responsible and contributing member of the larger community
- Offer a reasonable and credible belief system upon which to structure your life.
- Encourage relationships with family and friends outside the group
- Help you through some of life's inevitable crises

ADDRESSING AGGRESSIVE RELIGIOUS RECRUITING resource -

<https://umanitoba.ca/student/media/um-aggressive-religious-recruiting.pdf>



**University
of Manitoba**

Connecting with Student Groups and Spiritual Health Supports

Student communities

- <https://umanitoba.ca/current-students/first-year/um-commons/student-communities>
- <https://umsu.ca/student-clubs-associations/student-clubs/>



Spiritual Care and Multi-Faith Centre Groups and Activities



- Drum Circles
- Free-Tech Lunches
- Meditating with a Buddhist Monk
- Falun Dafa Body Practices
- Bible Studies
- Prayer Gatherings
- Individual Quiet/Contemplative Times
- Smudging
- Inter-faith Gatherings
- Faith-Based Student Groups



UM Spiritual Care & Multi-Faith Centre

Drop by for a visit...

528 UMSU University Centre

Email: spiritualcare@umanitoba.ca

Phone: 204-474-8721

Website: <https://umanitoba.ca/student-supports/spiritual-services>

Facebook: <https://www.facebook.com/SpiritualCareUofM>

Instagram: @um.spiritual.care



Meet your Spiritual Care Team...

- **Spiritual Care Office Assistant**

Sabina Loewen

528 UMSU University Centre

Email: spiritualcare@umanitoba.ca

Phone: [204-474-8721](tel:204-474-8721)

Website: <https://umanitoba.ca/student-supports/spiritual-services>

Facebook: <https://www.facebook.com/SpiritualCareUofM>

Instagram: [@um.spiritual.care](https://www.instagram.com/um.spiritual.care)



**University
of Manitoba**

- **Humanist**

UM Humanist Chaplain –
Trevor Lehmann

522 UMSU University Centre

Tel: 204-474-9059

Email: trevor.lehmann@umanitoba.ca



- **Jewish**

Hillel Winnipeg – Lindsay Kerr

Room 149, University Centre

Phone: [204-480-6561](tel:204-480-6561) (Jewish Federation)



**University
of Manitoba**

- **Lutheran**

Lutheran Campus Ministry –
Michelle Collins

523 UMSU University Centre

Phone: 1-431-278-5146

Email: mcollins@elcic.ca



- **Mennonite**

Inter-Mennonite Campus Ministry (Menno
Office)

Mark von Kampen

524 UMSU University Centre

Phone: 204-474-9691

Email: mvonkampen@gmail.com



- **Muslim**

Natasha Ali

522 UMSU University Centre

Phone: 204-474-8618

Email: natasha.ali@umanitoba.ca



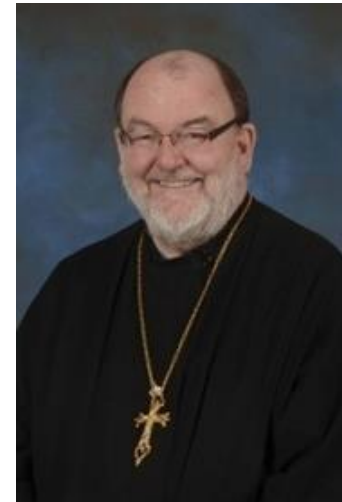
- **Ukrainian Orthodox**

Fr. Roman Bozyk

523 UMSU University Centre

Phone: 204-474-6514

Email: roman.bozyk@umanitoba.ca



- **Anglican**
Ecumenical Chaplain & Spiritual
Advisor
Helen Holbrook
207 St John's College
Phone: 204-474-7980
Email: sjcchaplain@umanitoba.ca



- **Catholic**
Eliude Cavalcante
Director of Campus Ministry
Room 221, St. Paul's College
[204-474-8645](tel:204-474-8645)
Eliude.Cavalcante@umanitoba.ca



- **Fr. Mark Filips**
Priest Chaplain
Room 222, St. Paul's College
[204-474-8460](tel:204-474-8460)
Mark.Filips@umanitoba.ca



Indigenous Elders-in-Residence

- **Elder Norman Meade**

Indigenous Student Centre

114 Sidney Smith St.

University of Manitoba (Fort Garry campus)

Winnipeg, MB R3T 2N2 Canada

Phone: 204-474-8500

Email: isc@umanitoba.ca



- **Elder Carl Stone**

Indigenous Student Centre

114 Sidney Smith St.

University of Manitoba (Fort Garry campus)

Winnipeg, MB R3T 2N2 Canada

Phone: 204-474-8500

Email: isc@umanitoba.ca

