

## POST-COLLEGE TRANSITION CHECKLIST

Reach out to your International Student Support Services team for support with your post-college transition. We are here to help, every step of the way!

### Settlement

*International Transition Coordinators (ITCs) provide information and resources tailored to support international students with their transition from college to community after graduation. Email [internationaltransition@conestogac.on.ca](mailto:internationaltransition@conestogac.on.ca) or book an appointment with an ITC on the [Student Success Portal](#).*

### Immigration

*Conestoga College International Student Immigration Advisors (ISIAs) remain available to Conestoga graduates for six (6) months post-graduation. For support with immigration-related questions, including PGWP, eTA, and TRV application process, please reach out to the ISIA team at [internationaladvisor@conestogac.on.ca](mailto:internationaladvisor@conestogac.on.ca) or book an appointment on the [Student Success Portal](#).*

### Post-Graduation Work Permit (PGWP)

As soon as you receive the following documents, you can [apply for your PGWP](#): \*

- Confirmation of program completion (letter of completion and final transcript)
- Proof of language test results - [Minimum language level](#)
- Immigration Medical Exam (IME), if required for work in your field

\*Visit Government of Canada website for [eligibility requirements](#)

### Electronic Travel Authorization (eTA)

- eTA is issued by IRCC at the time your PGWP application is approved

### Temporary Resident Visa (TRV)

Once you receive your PGWP, you can:

- Apply for the TRV to travel outside of Canada

## Social Insurance Number (SIN)

Once you receive your PGWP, you must do the following:

- Renew your SIN at a nearby [Service Canada location](#)
- Inform your employer immediately

## Immigration-related Resources

- Continued support from Conestoga ISiAs available for six-months after graduation
- Find licensed Immigration Consultants: [college-ic.ca](http://college-ic.ca)
- Explore settlement support:
  - [Settlement.org](http://Settlement.org)
  - [Orientation To Ontario](#)
  - Check your [city's webpage](#) for community centres, volunteer, programs

## Career and Employment

- Access Conestoga Career Services
  - As alumni: [myCareer - Student Success | Conestoga College](#)
  - As Permanent Resident: [Community Career Centre](#)
- Explore additional employment services: [settlement.org](http://settlement.org)

## Health Insurance Options

- Conestoga College Post-Graduation Health Insurance (valid until August 31 if billed for the full year). *Contact [csihealthplan@conestogac.on.ca](mailto:csihealthplan@conestogac.on.ca) for details*

After your college CIHIP insurance expires:

- [Apply for Ontario Health Insurance Plan OHIP](#): requires valid PGWP, proof of full-time employment (6 months), proof of identity, and proof of residency in Ontario
- Explore extended health and dental insurance options:
  - [Continuum Plan](#) is a seamless transition for Conestoga graduates (requires OHIP or CIHIP to join)
- Enroll in an Employer Benefits Plan if available (contribution portion deducted from paycheque)
- Private health insurance, if no employer benefits: [Find Insurance Products](#)

## Health Services

- Find a family doctor: [Health Care Connect](#)
- Access online/phone medical consultations: [Health811](#) or call 8-1-1
- Access to [mental health support](#)
- Call 9-1-1 or visit the nearest hospital in cases of emergency

## Transportation

- Check local transit options (no longer eligible for student rates on public transit)
- Explore corporate bus pass discounts with your employer
- If driving, consider driver's license requirements and costs
  - [Driver's Licence \(settlement.org\)](#)
  - [Insurance Bureau of Canada](#)

## Housing

- Notify landlord if you intend to move out of your current accommodations
- Research rental options and tenant rights
- Explore housing resources
  - [Settlement.org](#)
  - [Housing Law](#)
  - [Community Legal Education](#)
  - [Landlord and Tenant Board](#)
  - [Home Insurance Bureau of Canada](#)

## Banking

- Inform the bank of immigration status change
- Update address and employer information, if needed

## Discover Ontario

- Explore Ontario: [destinationontario.com](#)

***We are here to support you, every step of the way!***