

## Financial Aid Resources

Knowing how much money you will need and learning how to manage your money is one of the keys to your success as a student. Using a cost calculator tool can help you estimate your tuition and fees and how much money you need to save, seek or borrow to get you through your studies: <http://www.sait.ca/admissions/tuition-and-financial-aid>

Still need help? Funding Advising can help guide you through the financial resources available to you as a student. They can help you with developing a financial plan, answer questions about student loans, and provide emergency financial advice.

**Where:** MC221, Stan Grad Centre

**When:** Monday – Friday 8:00 am to 4:00 pm

**Questions?** Call 403-284-7054 or email [funding@sait.ca](mailto:funding@sait.ca)

## SAITSA Services & Programs to Help Students on a Budget

### **SAITSA Food Bank**

Students in need of emergency food relief will receive an immediate supply of food. SAITSA can assist with completing a referral to the Calgary Food Bank for longer term support. Hampers may be requested at the SAITSA Resource Centre.

**Where:** MC107, Stan Grad Centre

**When:** Monday – Friday 8:30AM to 4:30PM

**Questions?** Call 403-210-4323 or email [saitsa.info@edu.sait.ca](mailto:saitsa.info@edu.sait.ca)

### **Good Food Box**

Buy a box of fresh fruits and vegetables at a student friendly price, courtesy of Community Kitchens of Calgary. The boxes come in three approximate sizes: 20 lbs for \$20.00, 30 lbs \$25.00, and 40 lbs for \$30.00

Orders must be placed and pre-paid **in cash only** at the SAITSA Resource Centre office. Orders are placed once per month and can be picked up the following week. Boxes not claimed by 4:30pm on the pick-up date will be donated. **NOTE:** *No boxes in May, June, July and August.*

**Where:** MC107, Stan Grad Centre

**When:** Monday – Friday 8:30AM to 4:30PM

**Questions?** Call 403-210-4323 or email [saitsa.info@edu.sait.ca](mailto:saitsa.info@edu.sait.ca)

### **SAITSA Student Support Centre**

Student peer support will work with you to find a resource or place to help you meet your needs. They can help you in many ways. Some examples are:

- Talk to you about community groups/agencies and what they do
- Connect you to services that can help with food, clothing and shelter
- Connect you to resources to help you with budget and money management

**Where:** NJ105, Senator Burns Building

**When:** Monday – Friday 9AM to 5PM

**Questions?** Call 403-210-5823 or email [saitsa.studentsupportcentre@edu.sait.ca](mailto:saitsa.studentsupportcentre@edu.sait.ca)

### **SAITSA Awards**

SAITSA gives out more than 20 financial awards annually to outstanding students for involvement in SAITSA or various other criteria. For more information on how to apply: <http://saitsa.com/student-services/awards/>

### **Other ways SAITSA helps you save on your cost of living:**

- Our Community Volunteer Income Tax Program is designed to help individuals with limited income file their taxes for free (only available in March)
- The SAITSA Resource Centre offers:
  - Full service printing, binding, laminating and other finishing services for all of your projects at student friendly prices
  - Courtesy phone for free local phone calls
  - Discount ski-lift tickets, Flames and Stampeders tickets, and movie passes
- On-campus jobs with flexibility for a busy student schedule— to see current opportunities and for more information: <http://saitsa.com/student-services/jobs/>

**Don't forget to check out our money management events throughout the year— see the calendar on SAITSA.com or download the SAITSA app.**