



MOUNT
ROYAL
UNIVERSITY

CALGARY, CANADA 

COMPLETE AN EXCHANGE IN CANADA

INBOUND EXCHANGE STUDENTS **2026/27**

BE MORE THAN A NUMBER AT MRU

This is where it begins, a place of possibility where nothing is set and everything is waiting to be discovered. For over 100 years, Mount Royal University has welcomed students from Canada and around the world to explore their potential with curiosity and confidence.

With innovative programs and passionate professors, you will challenge ideas, try new things and shape a future that is your own. Our safe, inclusive campus, just an hour from Banff National Park, offers room to learn and explore.



With small class sizes, you will build real connections, be heard and truly belong.



SOME CLASSROOMS HAVE FOUR WALLS. SOME DON'T.

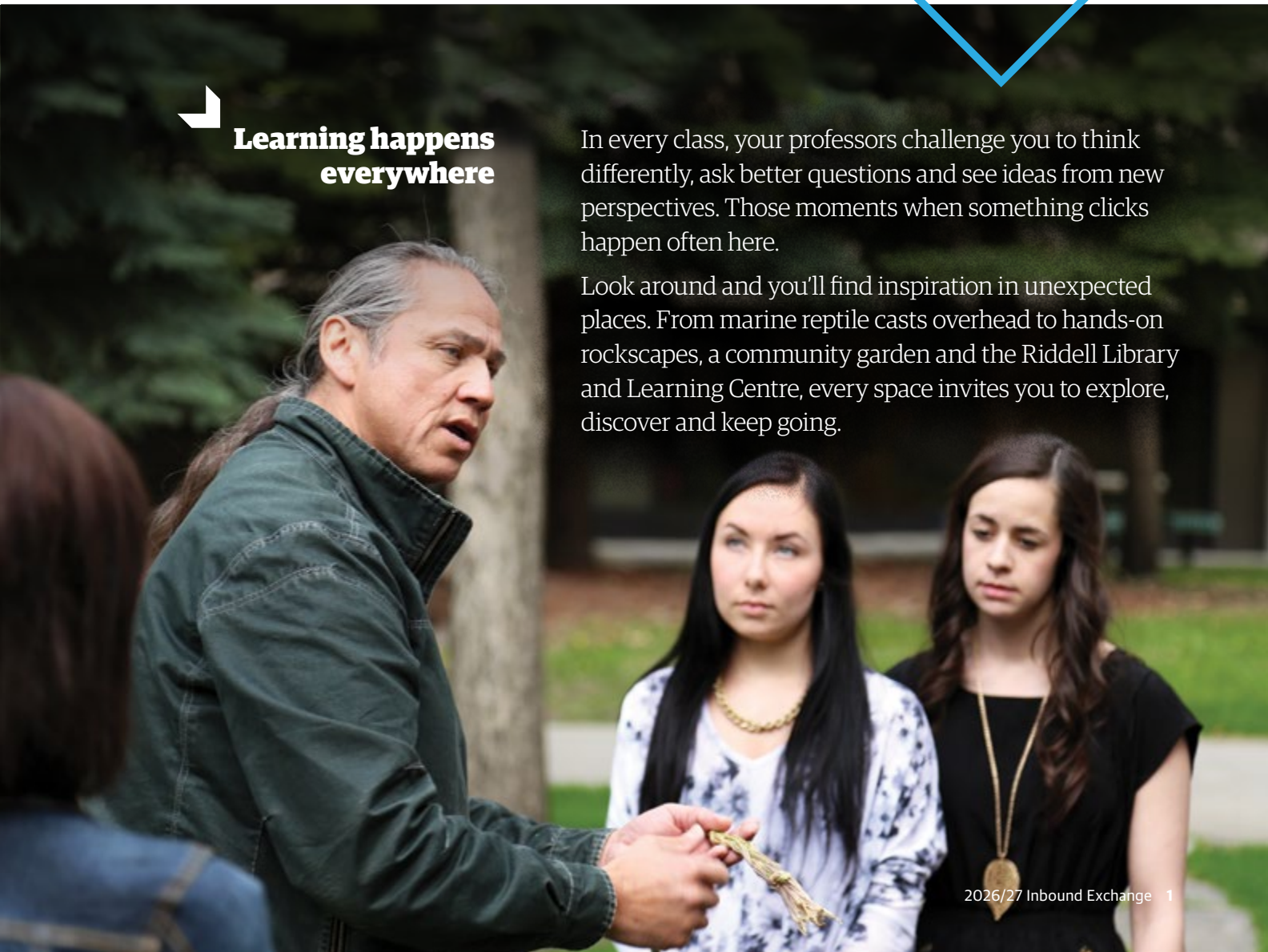
At MRU, learning isn't confined to a desk. Yes, you'll spend time in classrooms, but some of the most meaningful experiences happen in the field, in advanced simulation spaces or inside our computer and science labs.



Learning happens everywhere

In every class, your professors challenge you to think differently, ask better questions and see ideas from new perspectives. Those moments when something clicks happen often here.

Look around and you'll find inspiration in unexpected places. From marine reptile casts overhead to hands-on rockscapes, a community garden and the Riddell Library and Learning Centre, every space invites you to explore, discover and keep going.



GLOBAL STUDENT LOUNGE

The Global Student Lounge is a space built for connection, led by MRU students who understand your experience and are here to support it. Get guidance when you need it and learn from people who've been there.

Meet students from around the world and across Canada. Practice your language skills, join events and be part of a community that feels welcoming from day one.

mru.ca/GlobalStudentLounge



ENGLISH LANGUAGE PROFICIENCY (ELP) REQUIREMENT

If English is not your first language, you'll need to show that you can communicate confidently in English. This can be done in one of several accepted ways.

For more information visit mru.ca/ELP.

ELP REQUIREMENT	SCORE / LEVEL
High School/Secondary and/or Post-secondary (transferable to MRU) courses	2 years of full-time study in English (see list of English speaking countries below) and English Language Arts 30-1 or English Language Arts 30-2 (or equivalent)
LEAP 4 Advanced taken at Mount Royal	LEAP 4 with B- (80%)
Before Jan. 21, 2026 - TOEFL iBT (Test of English as a Foreign Language), both home or paper version	86 (minimum 20 in each of four sections)
After Jan. 21, 2026 - TOEFL iBT (Test of English as a Foreign Language), both home or paper version	4.5 overall (minimum 4.0 on each band)
IELTS (International English Language Test [Academic, including Academic Online])	6.5 (minimum 5.5 on each band)
Cambridge English B2 First, C1 Advanced, or C2 Proficiency	176
MET (Michigan English Test) (formerly Michigan English Language Assessment Battery MELAB)	62 (minimum 53 in all four skills)
PTE Academic (Pearson Test of English Academic, including Academic Online)	58 (minimum 55 in each area)
CAEL (Canadian Academic English Language Assessment)	70 (minimum 60 in each band)
Duolingo English Test	120 overall minimum
LanguageCert Academic	70 (minimum 60 in each band)

LIVE ON CAMPUS

Experience university life at the heart of MRU. Stay in a modern, fully-furnished, apartment-style home just steps from campus services like the Riddell Library and Learning Centre and doctor's offices. Living on campus makes it easy to connect, study and be part of a vibrant community from day one.

For more information and estimated costs, visit mru.ca/Residence.

Residence staff live on-site creating a welcoming and safe community where you can focus on learning and thriving. The campus has a peaceful, small-town vibe ideal for studying, with downtown, shopping and entertainment just a short trip away.

What's included?

- » Private, lockable and fully furnished bedroom
- » Kitchen and furnished living space, including a TV
- » Bathrooms (shared by no more than two students)
- » Utilities and internet
- » Laundry facilities operated by a mobile app
- » Storage lockers



View floor plans and tours





FIND YOUR ACTIVE

All exchange students can use the Recreation Centre as part of their program fees. It gives you the space to stay active, recharge and support both your academic and personal goals.

Fitness centre and track level

Move, sweat, push yourself. From cardio machines to free weights and a 200 m running track, it's your space to train and recharge.

Intramural leagues and drop-in sports

Try something new, compete and have fun. Basketball, soccer, ice hockey and more are all available in a safe, social environment.

Aquatic centre

Swim, dive and relax. A 25 m salt-water pool, open dive tank, lanes and a hot tub are ready for you.

Outdoor volleyball and tennis courts

Step outside, grab a ball and get in the game. Equipment is available at the customer service desk.

Squash courts

Switch up your routine with a fast-paced match on one of six international courts.

Personal training

Work with certified trainers to challenge yourself and reach your goals.

Varsity sports teams

Cheer, compete and belong. Support the Cougars in basketball, hockey, soccer and volleyball. Home games are free for credit students.

A MINI CITY MADE FOR YOU

Mount Royal is more than a campus, it's a community. Explore everything from on-campus services to Calgary's city life and nearby world-class destinations. Live, learn and discover all in one place.



On campus

- » West Gate Social restaurant and bar
- » Food kiosks and convenience store
- » ATMs for major banks
- » A world-class concert hall
- » Doctor, dentist and optometrist
- » MRU Injury and Prevention Clinic (physio, chiro, massage)
- » Pharmacy
- » Recreation Centre

Distance from campus

Destination	Drive	Bus	Walk
» Grocery store	4 min	10 min	20 min
» Full-service bank	6 min	7 min	20 min
» Movie theatre	8 min	22 min	
» CF Chinook Centre (mall)	8 min	25 min	
» Downtown Calgary	15 min	30 min	
» Scotiabank Saddledome	15 min	30 min	
» Calgary International Airport	25 min	70 min	
» Banff	1.5 hr		
» Lake Louise	2 hr		

WELCOME TO THE BLUE SKY CITY

You can feel the energy in Calgary, a city alive with ideas and opportunities. Its creative and entrepreneurial spirit is waiting for you to dive in and make your mark.

Sample the city

- » Raft down the Bow River or inline skate on Calgary's pathways
- » Hit the slopes in the nearby Canadian Rocky Mountains
- » Check out the Indigenous art in the Calgary Public Library downtown
- » Find the perfect blend of art and science at Beakerhead Festival
- » Check out the latest indie bands at Sled Island Festival
- » Cheer on the home sports teams at a professional hockey, football, lacrosse or soccer game
- » Watch the king penguins take their daily walk at the Calgary Zoo
- » Experience local Indigenous culture and shop the Authentically Indigenous Market
- » Discover East Village food and parks
- » Hang with superheroes at the Calgary Comic and Entertainment Expo
- » Try maple-bacon doughnuts or poutine at a food truck
- » Enjoy a patio along 17th Avenue
- » Take a nature walk through Glenmore Park
- » Get a strike at nearby Mountain View Bowling
- » Bike the paths through beautiful Fish Creek Park
- » Stock up on veggies at the Calgary Farmers' Market
- » Chow down on dim sum in Chinatown

ABOUT CALGARY



LARGEST CITY IN ALBERTA

More than 1.6 million people call Calgary home



VERY SUNNY

Canada's sunniest major city with an average of 333 days of sun each year

Average daytime high

- » in July: 24 degrees Celsius
- » in January: -3 degrees Celsius



PERFECT FOR SNOWSPORTS

On average, 128 cm of snow per year



CULTURAL DIVERSITY

Calgary has people from over 200 ethnic backgrounds



GLOBALLY RECOGNIZED AS A GREAT PLACE TO LIVE

Calgary was ranked the seventh most livable city in the world by Economist Intelligence Unit in 2023



EXTENSIVE PARKS AND PATHWAYS

Cycle or walk along more than 905 km of pathways and 95 km of trails - the largest bikeway network in North America





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EduCanada
A world of possibilities
Un monde de possibilités



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