

# How do I take a break from my program?

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Students who wish to request a break from their programs can do so by sending a Leave of Absence form to their student adviser.

For details on the process, please see the written instructions [here](#).

**International students** should first familiarize themselves with the regulations surrounding [scheduled and unscheduled breaks](#) and any potential impacts on their study permit/VISA, eligibility to work in Canada, and Post-Graduation Work Permit.

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