

STUDY IN CANADA



PRE-DEPARTURE GUIDE

FOR AUSTRALASIAN STUDENTS

5th Edition

PRE-DEPARTURE GUIDE FOR AUSTRALASIAN STUDENTS

5th Edition

2012

Academic Relations
The High Commission of Canada
Commonwealth Avenue
CANBERRA ACT 2600
Australia

Tel: (+61) 02 6270 4051

Fax: (+61) 02 6270 4081

Email: studyincanada@international.gc.ca

Web: www.australia.gc.ca

Table of Contents

1	Introduction	1
2	Acknowledgements	1
3	Canada: The Basics	2
3.1	Overview	2
3.2	Geography	2
3.3	Population	3
3.4	Language	3
3.5	Provinces and Territories	4
3.6	Political System	5
3.7	Education System	5
4	Immigration Procedures	8
4.1	Overview of Canadian Immigration Procedures	8
4.2	Study Permits	8
4.3	Working in Canada	9
4.4	Transiting the USA	9
4.5	Summary	9
5	Travel Information	10
5.1	Travelling to Canada	10
5.2	Tourism in Canada	12
5.3	Useful Travel Links	15
6	Finances	18
6.1	Canadian Currency	18
6.2	Banking	18
6.3	Health and Travel Insurance	21
6.4	Tipping	21
6.5	Sales Taxes	21
6.6	Some Typical Costs in Canadian Dollars (2012)	23
6.7	Sample Budget	24
7	Living in Canada	25
7.1	Climate	25

7.2	Winter Survival Tips	26
7.3	Communications.....	27
7.4	Time Zones	29
7.5	Accommodation.....	32
7.6	Employment	33
7.7	Electrical Appliances and Voltage	35
7.8	Driving in Canada.....	37
7.9	Business Hours	39
7.10	National Public Holidays in Canada.....	39
8	Leisure Activities.....	40
8.1	Entertainment and Media	40
8.2	Sports and Recreation.....	42
9	Culture Shock.....	44
9.1	What is Culture Shock?	44
9.2	The Five Stages of Cultural Adaptation	44
9.3	Tips for Managing the Effects of Culture Shock in Canada.....	46
10	Make the Most of Your Experience!	47
10.1	Administrative Processes: Exchange Students.....	47
10.2	Administrative Processes: Fee-Paying Students	48
10.3	Quick Tips: Exchange and Fee-Paying Students.....	48
10.4	Before You Go.....	49
10.5	While You Are There	50
10.6	When You Return.....	51
10.7	Links.....	52
11	Personal Safety	53
11.1	Register with the High Commission.....	53
11.2	In an Emergency	53
11.3	In the Community and on the Street	54
11.4	On Campus	54
11.5	On Buses, Subways and in Taxis	54
11.6	On the Road.....	55
11.7	On a Bicycle	55

11.8	With Alcohol and other Drugs	55
11.9	With Street People	56
11.10	With Your Accommodation	56
11.11	With Tutors	56
11.12	With Other Relationships	57
11.13	General Precautions	57
12	Important Contacts in Canada.....	59
13	Returning to Canada	60
13.1	Visiting Canada as a Tourist.....	60
13.2	Postgraduate Study in Canada.....	60
13.3	Short Courses	64
13.4	International Experience Canada (IEC) Australia	65
13.5	Information for both Australian and New Zealand International Experience Canada (IEC) Applicants	66
13.6	Post-Graduation Work Program	68
13.7	Work Permit	69
13.8	Migration to Canada	69
14	Pre-Departure Checklist.....	70
15	Map of Canada.....	72
16	Disclaimer	72

1 Introduction

Dear Student,

Congratulations on your decision to study in Canada!

You join a growing number of Australasian students who have wisely chosen to attend Canadian educational institutions, world-renowned for their quality programs.

Canada is a culturally diverse nation with a valued tradition of embracing newcomers. Similar to Australia and New Zealand, Canada is a safe, modern and prosperous society, rich in natural beauty and well-known for the quality of its academic institutions.

The High Commission of Canada in Australia has prepared this guide to assist Australasian students who are embarking on a journey to study in Canada. The following pages address some of the non-academic questions and concerns regarding your preparations.

Although we are not directly involved in your study arrangements, we hope that you will find this guide to be a useful tool. We encourage you to look beyond Canada's surface and explore the uniqueness of its culture, get involved and truly make the most of what is sure to be an enriching life experience.

Should you require further information, please do not hesitate to contact our office.

Bon voyage!

Mary Lou Hayman

Manager, Academic Relations and Public Affairs

The High Commission of Canada in Australia

2 Acknowledgements

The High Commission of Canada would like to acknowledge the hard work of the many contributors, particularly Loren Alban, Elissa Arkinstall, Craig Brown, Stephen El-Azab, Danielle Koppert, Veronica Lasanowski, Sarah Bernier, Prue Torrance, Rebecca Barnes, Marilyn Woodward, Mandy Baric, Claire Murray, Chris Devauld, Irene Kaspar, Hollie D'Aoust and the IEC and CIC staff of the Consulate General of Canada, Sydney.

3 Canada: The Basics

3.1 Overview

Undoubtedly, Canada is most famous for its natural beauty. To many people in other countries, the word 'Canada' evokes images of wide-open spaces, dramatic mountains, pristine forests and majestic lakes.

Canada is known as a modern, progressive nation with an open and generous society.

Canadians are widely regarded as honest, friendly, polite, well-educated, interesting and healthy. They enjoy a very high standard of living. In fact, Canada consistently ranks in the top three in the United Nations' list of the best countries in which to live (UN Human Development Index, 1990 - 2011).

3.2 Geography

Occupying the northern half of the North American continent, Canada's land mass is 9,093,507 square kilometres, making it the second-largest country in the world after Russia. In addition to coastlines on the Atlantic and Pacific oceans, Canada has a third sea coast on the Arctic Ocean, giving it the longest coastline of any country. To the south, Canada shares an 8,893 kilometre land border – the longest in the world – with the United States. To the north, the Arctic islands come within 800 kilometres of the North Pole. Canada's neighbour across the Arctic Ocean is Russia.

Because of the harsh northern climate, only 12 per cent of Canada's land is suitable for agriculture. Thus, most of the population live within a few hundred kilometres of the southern border, in a long, thin band that stretches between the Atlantic and Pacific oceans.

Among Canada's most distinctive features are the vast mountain ranges: the Torngats, Appalachians and Laurentians in the east; the Rocky, Coastal and Mackenzie ranges in the west; and Mount St. Elias and the Pelly Mountains in the north. At 5,959 metres, Mount Logan in the Yukon is Canada's tallest peak.

There are more than two million lakes in Canada, covering about 7.6 percent of the country. The main lakes, in order of surface area located in Canada (many large lakes are traversed by the Canada-U.S. border), are Huron, Great Bear, Superior, Great Slave,

Winnipeg, Erie and Ontario. The largest lake situated entirely within Canada is Great Bear Lake (31,328 km²) in the Northwest Territories. The St. Lawrence River (3,058 km long) is Canada's most important river, providing a seaway for ships from the Great Lakes to the Atlantic Ocean. In total, Canada has almost 900,000 km² of fresh water.

3.3 Population

Canada has a population of approximately 34.8 million people, of which 82 percent is concentrated in cities and towns (Statistics Canada, July 2012). The population density ratio is one of the lowest in the world at 3.7 persons per square kilometre.

As of 2011, the largest Canadian cities are:

- Toronto (5.7 million)
- Montréal (3.9 million)
- Vancouver (2.4 million)
- Calgary (1.2 million)
- Ottawa region (1.2 million).

Canada is a multicultural and diverse country. The majority of Canadians are of European ancestry, primarily descendants of the early French and British colonists, as well as later immigrants from eastern and southern Europe.

However, as patterns of immigration have shifted over the years so has the ethnic mix of the Canadian population. The second half of the 20th Century saw a great influx of people from Asia, the Caribbean and Africa. In the 2006 Census more than one third of Canadians reported having 1 or more of 200 ethnic origins and over 16 per cent of Canadians classified themselves as a visible minority. Canada also has a diverse aboriginal population, which consists of First Nations, Inuit and Métis peoples.

Many religions are widely practiced in Canada. As well, almost 20 per cent of Canadians claim to have no religious affiliation.

3.4 Language

Canada has two official languages: English and French. English is the native language for 57.8 per cent of the population and French is

the native language for 22.1 per cent (2006 Census, Statistics Canada). All Federal Government institutions and many businesses offer bilingual services.

Canada is becoming more and more a multilingual society in the wake of growing numbers of immigrants whose first language is neither English nor French. Chinese dialects are the third most common native language in Canada, followed by German, Italian, Punjabi and Spanish (2006 Census). The most common Aboriginal languages reported as mother tongue are Cree (78,855 people), Inuktitut (32,010) and Ojibway (24,896).

3.5 Provinces and Territories

Name and Flag	Capital City	Population (000's)
 Alberta	Edmonton	3,873.7
 British Columbia	Victoria	4,622.6
 Manitoba	Winnipeg	1,267.0
 New Brunswick	Fredericton	756.0
 Newfoundland and Labrador	St John's	512.7
 Northwest Territories	Yellowknife	43.3
 Nova Scotia	Halifax	948.7
 Nunavut	Iqaluit	33.7
 Ontario	Toronto	13,505.9
 Prince Edward Island	Charlottetown	146.1
 Québec	Québec City	8,054.8
 Saskatchewan	Regina	1,080.0
 Yukon Territory	Whitehorse	36.1

Source: Statistics Canada, 2012

3.6 Political System

Canada is a constitutional monarchy and a federal state with a democratic system of government. This means Canadians recognize Queen Elizabeth II as their Head of State. Canada's Governor General carries out Her Majesty's duties in Canada on a daily basis and is Canada's de facto Head of State. Like many other democracies, Canada has clearly defined the difference between the Head of State and the Head of Government (the Prime Minister).

The Parliament of Canada, in Ottawa, consists of the House of Commons, whose 309 members are elected, and the Senate, whose 105 members are appointed. On average, Members of Parliament (MPs) are elected every four years. The Prime Minister, who normally is the leader of the party with the largest number of seats in the House of Commons, is the Head of Government. The Prime Minister usually appoints 20 to 30 MPs as Ministers who make up the Cabinet. The Cabinet develops government policy and is responsible to the House of Commons. Headed by Cabinet, the Government of Canada performs its duties through the intermediary of the federal departments and agencies, boards, commissions and state-owned corporations. Each province has its legislature under the leadership of a Premier.

3.7 Education System

In Canada, there is no federal or national department of education. Each province and territory has exclusive responsibility for elementary, secondary and post-secondary education within its borders. Nonetheless, the Canadian education system is comprehensive and recognized internationally for its quality.

Elementary and Secondary Education

Kindergarten to Grade 12 education is publicly funded and free to all Canadian citizens and permanent residents until the end of secondary school. Mandatory school age, or compulsory schooling, varies across Canada, but is generally between ages 5-7 and 16-18. Preschools, also known as kindergartens, provide pre-elementary education for 4-5 year olds. Elementary education in most provinces and territories covers the first 6 or 8 years of compulsory schooling. Secondary schooling generally commences with grades 7 or 9. Some areas have a two-tiered secondary school system with junior high school (usually grades 7-9) and senior high school (grades 10-

12). The school year at most elementary and secondary schools is September to June.

Universities and University Colleges

Canada offers a wealth of higher education options and life-enriching opportunities at its universities and university colleges. Canada's more than 100 universities and university colleges are diverse and range in size from less than 1,000 students to over 40,000 students and are located across the country.

Canadian universities consistently appear in rankings of world-class institutions. *The Times* 2012 World University Ranking placed 5 Canadian universities in the top 100. Shanghai Jiao Tong University's prestigious 2012 Academic Ranking of World Universities placed four Canadian institutions in its top 100.

Canada invests considerably in post-secondary education. Indeed, with 2.5 percent of its GDP devoted to tertiary education, Canada stands one percentage point above the OECD average (Education at a Glance 2012 Report, OECD). Canada is also a well-educated nation at the tertiary level. The proportion of Canadians aged 55 to 65 with a tertiary degree is over 40 percent, the second highest in the OECD (OECD, 2012). For the age range 25 to 34 years, this proportion increases to almost 50 per cent.

Universities offer undergraduate degrees (bachelor and honours) and graduate degrees (master and doctoral). The length of most undergraduate (bachelor) degrees is four years when undertaken on a full-time basis. Bachelor of Laws (LL.B) programs are usually three years in duration, but require at least three years of prior undergraduate study for admission. Similarly, degrees in medicine are usually four years in duration, however admission to medical schools in Canada requires three years of prior undergraduate study. Postgraduate degrees from Canadian universities, including master and doctoral degrees, are highly regarded internationally and generally offer competitive tuition fees (see Section 13.2).

University colleges also offer academically oriented undergraduate degrees as well as more practically oriented college degrees or diplomas (see also Colleges and Technical Institutes, below).

University semesters generally run as follows:

- Semester 1: early September to Mid December
- Holiday Break: mid December to early January

- Semester 2: early January to early May
- Summer holidays / Summer courses: May to September.

Colleges and Technical Institutes

Colleges and technical institutes offer vocationally-oriented programs of study leading to certificates and diplomas and some degree programs (e.g. applied arts degrees). These institutions are very similar to TAFE colleges in Australia and generally tend to focus heavily on training and skills development through hands-on experience.

Some colleges offer transfer programs that enable participants to complete courses through the college and then later transfer into a university or university college, sometimes with credit towards their university degrees.

4 Immigration Procedures

4.1 Overview of Canadian Immigration Procedures

As regulations may change, **this section is only to be used as a guide**. Australian and New Zealand passport holders are not required to obtain a Temporary Resident Visa (TRV).

It is advisable to send your application at least 2-3 months prior to your departure date. You may have to undergo a medical assessment. If you have any convictions (for example DUI) it will increase the time to complete the application.

4.2 Study Permits

Study permits must be applied for at a visa office outside of Canada before your departure.

You **require** a study permit if:

- You are engaging in study at an educational institution in Canada for a period of more than six months.
- You plan to undertake employment on the campus of the institution in which you are enrolled, even if your study is less than six months.
- If there is a possibility that you might stay in Canada to pursue further studies after your short course has finished.
- If undertaking a program, normally longer than six months (such as a semester of a bachelor degree) which is not part of an official student exchange.

Certificat d'acceptation du Québec (CAQ)

If you plan to attend an educational institution in Québec, you must have a CAQ before you can be issued a study permit.

For more information on the CAQ please visit

www.immigration-quebec.gouv.qc.ca/en/immigrate-settle/students/index.html

You can apply for study permit:

1. Online through VESPA (Visa Exempt Study Permit Abroad)
2. At the Consulate General of Canada in Sydney.

4.3 Working in Canada

Provided you hold a study permit, you can work on the campus of any publicly funded, degree granting institution that you are attending (no separate work permit is required).

More information, step-by-step guidance, or application forms, please visit either of the following websites.

- www.australia.gc.ca (Visas and Immigration)
- www.cic.gc.ca
- www.educationau-incanada.ca/index.aspx?lang=eng

4.4 Transiting the USA

If you are planning to transit the USA travelling to and from Canada or to take a USA vacation break during your studies, make sure to consult their website for up-to-date information. It is not always automatic you would be granted entry to the USA.

<http://canberra.usembassy.gov/nonimmigrant-visas.html>

4.5 Summary

Contact the Canadian education institution you plan to attend to clarify what documentation is required of you to study in Canada. When in doubt, ask questions!

Also, regardless of whether or not you require a study permit, ensure that when travelling to Canada you carry with you your Letter of Acceptance from the Canadian institution.

Students who plan to travel both to and/or from Canada via the United States should also read the section on transiting through the USA (see Section 4.4).

5 Travel Information

5.1 Travelling to Canada

When you are ready to make your travel plans, talk to a travel agent about your options or investigate the many online offers available.

Some important travel arrangements to consider are:

- **Type of airline ticket:** are you sure of your dates of travel or will you want a flexible ticket which allows you to change your return flight?
- **Travel insurance:** insurance is strongly recommended. The medical insurance you will have at your host institution may only cover you during your study period. During your travelling time before and after your studies you may not be covered (see Section 6.3).
- When do you need to **be at the airport**? For international flights you will usually need to check-in for your flights at least two hours prior to the scheduled departure time.
- How will you **get to the airport** and how long will it take you to get there?
- Do you have a **current passport**? Is it valid until at least 6 months after your return date?
- Do you need a **study permit or other visas** (see Section 4)?
- Where will you stay **when you arrive in Canada**? How will you get there from the airport?
- Do you have some **local currency** for any transit destinations? Some countries require you to pay airline taxes in transit, which have not already been included in your ticket cost. You may also find local currency useful to purchase a snack or magazine along the way.
- Do you have **Canadian currency**, including cash and traveller's cheques (if using)?
- Do you know the airline's **baggage limitations**? Check how much baggage you are allowed to take with you and be mindful of weight restrictions. Check which items are restricted or prohibited, remembering that some

seemingly harmless goods can be dangerous on board an aircraft and should not be packed in either checked or carry-on baggage. When packing your carry-on baggage, remember to prepare for any delays in your flights or checked baggage by packing basic toiletries (if permitted) and a change of clothes.

- Remember that **customs** control also prohibits or restricts the import of certain goods to Canada. People found in contravention of these regulations face stiff penalties. There are restrictions on alcohol, tobacco, firearms, food, animals and plant products.
- Remember to **clearly tag ALL of your baggage**, noting your name and the complete address of your destination in Canada (your new address or the international office of the educational institution you will be attending). Also, pack a card inside your luggage with your Canadian contact details.
- When you **check in for your flights**, ask whether your baggage will be checked through to your final destination in Canada, or whether you must claim and transfer your baggage at any stage. Also check whether you can be issued with the boarding passes for all of your connecting flights or whether you will need to go to the check-in desks at each airport en route.
- Remember to keep all **important documents, medications and high value items** (cameras, jewellery, laptops, phones, credit cards and cash) with you – do not pack these items in your checked baggage.
- You must keep **important documents** with you at all times while travelling. You should also make photocopies and pack these away in your baggage, as well as leaving copies at home with someone you trust. Important documents for travel to Canada include:
 - passport
 - airline tickets
 - travel insurance certificate
 - Letter of Acceptance from your Canadian institution
 - key addresses and phone numbers
 - a bank statement showing proof of funds

- Letter of Introduction from Canadian immigration (if relevant)
 - prescriptions or a letter from your doctor for any medication you are carrying
 - traveller's cheques (if using)
 - medical and immunisation records (may be useful if you need medical care while abroad)
 - academic history and university transcripts (may be needed to obtain credit transfers, as evidence of pre-requisites for exchange students, or to obtain work if relevant).
- Use the **Pre-Departure Checklist** (see Section 14).

5.2 Tourism in Canada

Canada offers many incredible sights: from the 'English' city of Victoria on Vancouver Island to the Rocky Mountains in Alberta, the lakes and plains of the prairies, the breathtaking Niagara Falls in Ontario, the quaint fishing villages of the Maritimes, and the frozen wonders of the north. Each region is unique and well worth exploring.

Here is an overview of the regions and just some of the many sightseeing highlights in Canada. For more information, visit the provincial tourism websites, listed in Section 5.3 below.

Ontario

Home to Toronto and Ottawa, Ontario is the most populous province in Canada. An incredibly diverse region, it offers something for everyone, from vibrant and multicultural cities to vineyards and wilderness.

Major Cities: Toronto, Ottawa, Kingston, Kitchener-Waterloo, London .

Major Attractions: Niagara Falls, CN Tower, Algonquin National Park, Toronto International Film Festival, Niagara wine region, the Rideau Canal Skateway, St. Jacobs Farmers' Market.

Québec

Canada's French-speaking province has a rich heritage and was the first area in the country to be settled. Experience the European flair of historic Québec City, attend one of Montréal's many festivals or try one of Montréal's many restaurants.

Major Cities: Montréal, Québec City.

Major Attractions: Montréal Jazz Festival, old Québec City, Château Frontenac, Montréal Botanical Garden, Québec-Canada Ice Hotel, Mont Tremblant, sugar shacks, Laurentian Mountains, Canadian Museum of Civilization.

British Columbia

This province is world-renowned for its breathtaking, unspoilt natural scenery of mountains, oceans, and rainforests. A sport-lovers' paradise, BC has an activity for every season, from mountain biking to sailing to skiing. Make sure that you carve up the slopes skiing or snowboarding at Whistler.

Major Cities: Vancouver, Victoria.

Major Attractions: Vancouver, Victoria, Whistler Balckcomb, Cariboo-Chilcotin Coast, Vancouver Island, Gulf Islands, Okanagan Valley.

Alberta

A must-see province for nature-lovers, Alberta is home to the Rocky Mountains, Banff and Jasper. It is also known for its legendary western roots, pioneering spirit and as the home of the world-famous Calgary Stampede.

Major Cities: Calgary, Edmonton.

Major Attractions: Rocky Mountains, Calgary, Edmonton, Southern Alberta, Dinosaur Provincial Park, Head-Smashed-In Buffalo Jump, Calgary Stampede.

Prairies (Manitoba, Saskatchewan)

The Prairies is a vast steppe-land area between the Rocky Mountains in the West and the Great Lake region in central Canada. The northern stretches of this region are home to Canada's boreal

forest - one of the earth's last remaining relatively undisturbed forests large enough to maintain its biodiversity.

Major Cities: Winnipeg, Regina, Saskatoon.

Major Attractions: Fishing in one of 10,000 lakes, Wanuskewin Heritage Park for Plains Indian history, see the polar bears in Churchill (Manitoba), Wascana Centre, Big Muddy Badlands – a part of Butch Cassidy’s “Outlaw Trail,” Inuit art at Winnipeg Art Gallery.

Maritimes (Prince Edward Island, Nova Scotia, Newfoundland & Labrador, New Brunswick)

Home of legendary hospitality and spirit, the Maritime Provinces boast quaint fishing villages and eco-adventures galore. Make sure that you sample some of the fantastic seafood and legendary lobster dinners.

Major Cities: Fredericton, Saint-John, Moncton, Halifax, St. John’s, Charlottetown.

Major Attractions: The Bay of Fundy, Gros Morne National Park, fantastic seafood dinners, Anne of Green Gables’ farmhouse, drives along the coast, Cabot Trail, Peggy’s Cove, Fortress Louisbourg, the Halifax Citadel.

Up North (Northwest Territories, Nunavut, Yukon)

Experience the true north; breathtakingly beautiful, cold, snowy and everything you have heard about Canadian winters. See moose, polar bears, grizzly bears and caribou and take a ride in a dogsled, build an igloo and explore the vast tundra.

Major Cities: Whitehorse, Yellowknife, Iqualuit.

Major Attractions: Eco-tourism adventures, Mackenzie Mountain, Baffin Island, dog sledding and snowmobiling, explore Dawson City’s gold rush heritage, Chilkoot Trail, see the Northern Lights.

TOP TEN THINGS TO DO IN CANADA!

1. Get up close and personal to **Niagara Falls** with a boat ride on the “Maid of the Mist”.
2. Go skiing at **Whistler Blackcomb**.
3. Experience **Quebec’s Winter Carnival**, Québec City’s vibrant winter festival
4. Watch ridin’, ropin’ and ranglin’ at the **Calgary Stampede**
5. Visit one of Canada’s many **national parks**; **Banff** and **Jasper** in Alberta, **Pacific Rim** on Vancouver Island or **Gros Morne NP** in Newfoundland.
6. Travel to **Vancouver** and rollerblade around **Stanley Park** or shop and explore **Granville Island**.
7. Skate on the **Rideau Canal Skateway** in Ottawa, the world’s longest skating rink
8. Visit **Baffin Island (Oikiqtaaluk)** and see the **Aurora Borealis (Northern Lights)** illuminate the night sky in Canada’s north.
9. Wind your way along the 300km **Cabot Trail** and enjoy a legendary **lobster dinner** along the way.
10. Watch the **whales** play in New Brunswick’s **Bay of Fundy**

5.3 Useful Travel Links

Government Services

- Canada’s International Gateway:
www.canadainternational.gc.ca

- Canada Border Services Agency:
www.cbsa-asfc.gc.ca/menu-eng.html

Canadian Tourism

- Canadian Tourism Commission: www.travelcanada.ca
- Parks Canada: www.pc.gc.ca
- Alberta: www.travelalberta.com
- British Columbia: www.HelloBC.com
- Manitoba: www.travelmanitoba.com
- New Brunswick: www.tourismnewbrunswick.ca
- Newfoundland & Labrador:
www.newfoundlandandlabradortourism.com
- Nova Scotia: www.novascotia.com
- Nunavut: www.nunavuttourism.com
- Northwest Territories: www.spectacularnwt.com/
- Ontario: www.ontariotravel.net
- Prince Edward Island: www.gov.pe.ca/visitorsguide/
- Québec: www.bonjourquebec.com
- Saskatchewan: www.sasktourism.com
- Yukon Territory: www.touryukon.com

International Airlines

- Air Canada: www.aircanada.com
- Air New Zealand: www.airnewzealand.com
- Cathay Pacific: www.cathaypacific.com
- Delta Airlines: www.delta.com
- Qantas: www.qantas.com.au
- United Airlines: www.united.com

Domestic Airlines

- Air Canada: www.aircanada.com
- West Jet: www.westjet.com

- Porter Airlines : www.flyporter.com

Discount Student Travel

- STA Travel (Australia or New Zealand):
www.statravel.com.au or www.statravel.co.nz
- Travel CUTS (Canada and the USA):
www.travelcuts.com
- International Student Card: www.isiccard.com

Rail Travel

- VIA Rail (Canada): www.viarail.ca
- Rocky Mountaineer Vacations:
www.rockymountaineer.com
- Whistler Mountaineer: www.whistlermountaineer.com

Bus Travel

- Acadian Lines (Nova Scotia, New Brunswick and Prince Edward Island): www.acadianbus.com
- Banff Airporter (Calgary-Banff): www.banffairporter.com
- Brewster Transportation & Tours (Rockies):
www.brewster.ca
- Coach Canada (Toronto/Montréal):
www.coachcanada.com
- DRL Coach Lines (Newfoundland): www.drlgroup.com
- Gray Line Canada: www.grayline.ca
- Greyhound (Canada and USA): www.greyhound.ca
- Orléans Express (Québec): www.oleansexpress.ca
- Pacific Coach Lines (BC): www.pacificcoach.com
- Quick Shuttle (Vancouver-Seattle): www.quickcoach.com

Ferries

- BC Ferries: www.bcferrries.com
- Victoria Clipper (Victoria-Seattle):
www.victoriaclipper.com

- Alaska Marine Highway (Prince Rupert-Alaska): www.akferry.org
- Marine Atlantic (Nova Scotia-Newfoundland): www.marine-atlantic.ca
- Northumberland Ferries: www.nfl-bay.com

6 Finances

6.1 Canadian Currency

The currency of Canada is the Canadian Dollar. There are one hundred cents to one dollar.

The Canadian Dollar is available in \$5, \$10, \$20, \$50 and \$100 notes. The notes are coloured and are difficult to counterfeit.

Canadian coins come in denominations of 1 cent (Penny), 5 cents (Nickel), 10 cents (Dime), 25 cents (Quarter), \$1 (Loonie) and \$2 (Toonie). You will rarely see a 50 cent piece, although these are minted for special occasions.

For further information visit:

- Bank of Canada: www.bankofcanada.ca
- Royal Canadian Mint: www.mint.ca

6.2 Banking

Canadian banks are quite similar to Australasian ones in many respects. Most charge a fee for service and offer a variety of packages. A basic bank account will cost approximately C\$5 per month. It is your choice whether to open one in Canada or not. However, Canada's major banks offer great student accounts and services, so it may be worth your while to consider opening an account, as it may help you save on international transaction charges and make managing your money easier. Ask about student account options at any Canadian bank or go to your current bank and ask if they have partnerships with Canadian banks.

The majority of stores accept a variety of payment methods, including cash, credit card and debit cards (called EFTPOS in

Australia and New Zealand). Cheques are used fairly frequently for large amounts, such as rent and bill payment. Your bank should issue you with personalised cheques when you open an account. Internet banking is offered by all the banks and is a widely accepted method of bill payments and other transactions. Many universities offer online banking options for tuition and account payments.

Please note that when shopping in stores it is unlikely that you will be able to use your Australasian issued EFTPOS card for INTERAC, the North American equivalent of EFTPOS.

Credit Cards

Visa and Mastercard are the two main credit cards and are accepted by most major businesses. American Express is accepted, although not quite as widely. Your Australian or New Zealand credit card will be accepted in Canada. However, be aware of exchange rates and any foreign transaction fees charged by your credit card provider.

ATMs

In Canada, ATMs (automatic teller machines) are readily available and very easy to find. They are located in most shopping centres, tourist attractions and banks, as well as on the street.

Most ATMs are operated by one of the major banks (see list below). It is possible to make a withdrawal from an ATM that is not operated by your bank, but you will be charged a fee (usually between C\$1-2 for withdrawal from a local account, or more to withdraw from a foreign bank). You should check with your bank in Australia or New Zealand to find out what kind of international withdrawal fees it charges before attempting to use your ATM card to withdraw from Canadian ATMs.

All ATMs can be used for cash withdrawals and many also accept deposits of cash or cheques, allow you to pay bills, print account statements and transfer money between accounts.

Bank Trading Hours

Most banks are open from 10am and close around 4.30 or 5pm, Monday to Friday. Many branches close later, usually at 7pm, one day a week. Most banks are open reduced hours on Saturday and are closed on Sunday.

Money Transfers from Australasia to Canada

There are a variety of ways to access funds in Canada. It is worthwhile checking with your bank and organizations such as Chargex to see which method is the most convenient and least expensive.

Another way to transfer money to Canada is using traveler's cheques. They can be purchased at most banks and come in a variety of denominations. They are secure and can be immediately cashed at any Canadian bank or currency converter. Do not forget to make photocopies of your traveler's cheques in case they get lost or stolen.

It is also possible to transfer money using a bank draft, but allow 6-8 weeks for it to clear in the Canadian bank and be aware that you will likely be charged a fee for the service.

Australasian banks can also transfer money electronically into your Canadian account. Fees vary by institution, but costs average about A\$30.

You can withdraw money from your Australasian bank at most Canadian ATMs, provided that the networks used by both banks (e.g. cirrus, plus etc.) are compatible. Your bank can tell you which network it uses, as well as the fees that it charges for international withdrawals (usually quite high). Some Australasian banks have reciprocal agreements with a Canadian bank. For example, Westpac customers can withdraw money at a Scotiabank ATM for free.

You can also withdraw money from your credit card at any Canadian ATM. Fees and interest rates can be high, so find out the details from your credit card company before you leave Australia or New Zealand. Also, tell your bank that you will be using your bank/credit cards overseas. If you do not do this, your bank may think that your card has been stolen once you use it in Canada and may freeze your account!

Canada's major banks are:

- Royal Bank of Canada: www.royalbank.com
- Scotia Bank: www.scotiabank.com
- Canadian Imperial Bank of Commerce: www.cibc.com
- Bank of Montréal: www.bmo.com
- TD Canada Trust: www.tdcanadatrust.com

- President's Choice Bank: www.pcfincial.ca
- HSBC Canada: www.hsbc.ca

6.3 Health and Travel Insurance

As a result of joint federal and provincial government efforts, Canadian health policies are well-developed. In 1958, Canada introduced a universal hospital care program and in 1968 launched a medical insurance program to fund physicians' services.

Each province has its own health insurance provider and virtually all Canadian post-secondary institutions have medical insurance plans available to international students. Note that certain institutions require their foreign students to have study permits in order to access coverage. You must **contact the Canadian institution you plan to attend for information about insurance coverage.**

Regardless of whether or not you plan to purchase coverage from a Canadian institution, it is highly recommended that you purchase travel insurance.

For more information on travel insurance contact your travel agent or visit the following providers for affordable student packages:

- STA Travel: www.statravel.com.au or www.statravel.co.nz
- Ingle International Insurance: www.ingleinternational.com

6.4 Tipping

In Canada, it is customary to tip service providers such as bartenders, waiters, hairdressers, concierges and cab drivers. Wages for these service roles are quite a bit less in Canada than in Australia. A tip is a sign of appreciation for service provided and the amount given should reflect that. You are generally expected to tip 15 to 20 percent of your bill's total amount.

Note: make sure you don't tip twice by checking your bill for an already included tip, known as a 'service charge.'

6.5 Sales Taxes

A national tax of five per cent is added on to the price of most goods. This tax, known as the Goods and Services Tax (GST), is not included in the price of an item, but rather is added on at the time of payment.

Some provinces* have a Harmonised Sales Tax (HST), which combines a provincial sales tax with the GST:

- British Columbia – 12 %
- Ontario – 13%
- Nova Scotia – 13 %
- New Brunswick – 13%
- Newfoundland and Labrador – 13%

Some provinces have yet to adopt the HST and still charge a provincial sales tax and the GST separately. The provincial sales tax for these provinces is as follows:

- Quebec 7.5 %
- Saskatchewan - 5%
- Manitoba - 7%
- Prince Edward Island -10 %

Note: Alberta, Nunavut, Yukon and the Northwest Territories do not have a provincial sales tax.

* The British Columbia and Ontario HST is effective July 1, 2010.

6.6 Some Typical Costs in Canadian Dollars (2012)

Item	Cost
Milk (Homogenized - 1 Litre)	\$2.38
Eggs (dozen)	\$3.00
Bread	\$2.50
Potatoes (4.5 kg)	\$5.41
Groceries for one person (per month)	\$250 - \$350
Litre of petrol	\$1.30
Public transit fare	\$2.50 - \$3.00
Restaurant meal	\$15 - \$40
Fast food meal	\$5 - \$10
Cup of brewed coffee	\$2
Cappuccino	\$4 - \$5
Pint of beer	\$5 - \$7
Pair of Levis 501	\$55
Movie	\$9 - \$13
Mobile phone cost per minute (average)	\$ 0.30
Mobile (cell) phone package (per month)	\$50
Internet (1 month, high speed)	\$45
Cable television (per month)	\$25 - \$50
Postage stamp (within Canada)	\$0.61
Postage stamp (international)	\$1.80
Youth hostel	\$25 per night
Rent (bachelor apartment, large city)	\$700 - \$1200 per month
Rent (bachelor apartment, small city)	\$450 - \$700 per month

6.7 Sample Budget

The following sample budget is **based on a one year stay** in Canada. Please note that costs may vary significantly depending on lifestyle, the city in which you live and the institution you attend.

Estimated expenses for 12 months undergraduate study in Canada*

Description of Expense	A\$
Study permit (application fee)	\$125
Return airfare (average lowest fare)	\$2,500
Tuition (average undergraduate program) – excludes exchange students**	\$13,400
Living expenses	\$12,000
Travel and health insurance	\$1,100
Total Expenses for 12 Months	\$29,125

* The figures in this table will vary with fluctuations in international exchange rates. This table was last updated using exchange rates from 31/12/2012.

** Exchange students do not pay tuition fees to the Canadian university, but do continue to pay any fees due to their home institutions.

7 Living in Canada

7.1 Climate

Canada's climate is characterized by its diversity, both from region to region and from season to season. While it is true that in the extreme north temperatures climb above 0°C for only a few months every year, most Canadians live within 300 kilometres of the country's southern border, where mild springs, warm summers and pleasantly crisp autumns prevail for at least seven months. Generally, Canada has four **very** distinct seasons: spring (March-May); summer (June-August); fall (September-October); and winter (November-February).

For more detailed weather information visit:

www.weatheroffice.ec.gc.ca

Average Maximum Temperatures in Canada (°C)

Location	January	April	July	October
Victoria, B.C.	6.5	12.9	21.8	14.1
Vancouver, B.C.	5.7	12.7	21.7	13.5
Calgary, Alta.	-3.6	10.6	23.2	12.6
Edmonton, Alta.	-8.7	9.9	22.5	11.3
Regina, Sask.	-11.0	10.5	26.3	11.9
Saskatoon, Sask.	-12.3	10.0	25.4	11.1
Winnipeg, Man.	-13.2	9.8	26.1	11.3
Toronto, Ont.	-2.5	11.5	26.8	14.1
Ottawa, Ont.	-6.3	10.8	26.4	12.8
Montréal, Que.	-5.8	10.7	26.2	13.0

Québec City, Que.	-7.7	-7.9	24.9	11.0
Fredericton, N.B.	-4.0	9.4	25.6	13.1
Halifax, N.S.	-1.5	8.0	23.4	13.0
Charlottetown, PEI	-3.4	6.3	23.1	12.1
St. John's, Nfld.	-0.7	4.8	20.2	10.6
Whitehorse, Yukon	-14.4	5.7	20.3	4.3
Yellowknife, NWT	-23.9	-0.5	20.8	1.3
Iqaluit, NT	-21.7	-9.9	11.6	-2.1

7.2 Winter Survival Tips

Here are a number of tips that may prove useful if you are going to one of Canada's colder regions.

- Develop a habit of listening to weather forecasts on the radio or checking the internet so you are not caught in a blizzard or any other active weather system.
- Do not consider winter clothing a luxury: you will need it to stay warm and enjoy your stay in Canada (e.g. a good winter jacket, gloves, earmuffs or a warm hat, thermal underwear, a scarf and boots). *It is probably worth your while to shop for good winter clothing in Canada. There is a greater supply and costs are lower.*
- Dress in layers so that you can adjust to the variable temperatures indoors and outside.
- Be sure to eat a nutritious breakfast: you will be warmer if your body has "fuel to burn."
- Prevent dehydration in cold weather and dry indoor heat by drinking water regularly and using a moisturiser on your skin and lips.
- Wear sunglasses and sunscreen on clear days as sunlight reflecting off snow can be very intense.

- Remember the wind chill factor: high winds blowing on a cold dry day lower the temperature further (–20°C with a wind of 16 km/hr can feel like –25°C).
- Be alert about frostbite! Ears, fingers, toes, or cheeks exposed to very cold temperatures for even just a short period of time can become frostbitten. Should any part of your body feel numb or become pale or slightly blue, seek medical assistance immediately.
- Should you find yourself in an emergency situation and become stranded in the cold, do not hesitate to seek help. If, for example, you find yourself caught outdoors in a blizzard, with no transportation or public shelter in sight, knock on the closest door and ask if you can come in for a short time in order to warm up. Prolonged exposure to freezing temperatures can be life-threatening!

7.3 Communications

Canada has a comprehensive and modern communications network that offers easy access to a wide variety of technology. The penetration rate of basic telephone service, internet and cable television in Canada is one of the highest in the world.

Internet usage is widespread in Canada, with more than 85 per cent of the population being connected. Wireless networks are available in many public areas.

Cellular (mobile) phone usage is growing although not as common as in Australia. The cost of using a cell (mobile) is substantially higher than in Australia and both those receiving a cell call and those making the call, are charged for the call.

Calling Australia or New Zealand

Contacting Australia or New Zealand from Canada is relatively easy to do by phone, fax, email or regular post.

To call or fax Australia from within Canada, dial:

011 + 61 + Area Code + Local Number

To call or fax New Zealand from within Canada, dial:

011 + 64 + Area Code + Local Number

International calling cards offer reduced rates and can be purchased from most convenience stores.

Emergency Numbers to Call Home

You can also call home via operated assisted services that charges the call to the requested number in Australia or New Zealand:

Telstra's Australia Direct® Reverse Charge:

- Dial the access number and a Telstra operator will connect you to your requested number. The cost of the call will be charged to the person you are calling.
- To access this service from Canada call **1 800 663 0683**

Internet Services

Internet service is readily available at all academic institutions and you will be provided with a free university email account once you begin your studies. Internet cafés are also common, particularly in metropolitan centres, and offer reasonable rates.

If you have a laptop that supports wireless internet, consider bringing it to Canada as most universities offer wireless internet on campus grounds. Many cafés offer wireless internet as well.

Postal Services

Canadians enjoy one of the lowest basic domestic letter prices among comparable industrialized countries. Letter-mail prices are based on size and weight. A standard domestic letter starts at C\$0.61 (up to 30g). A standard international letter to Australia or New Zealand costs C\$1.80 and takes one to three weeks to deliver.

For more information, visit:

- Canada Post: www.canadapost.ca

Cell Phones

A large percentage of young people have cell phones (mobiles), and they are an important part of life in Canada.

Those choosing to get a phone in Canada can either go on a plan (starting at about C\$20 per month) or use the pay-as-you go option. The minimum term for most phone plans is 12 months. New phones can be purchased for under C\$100.

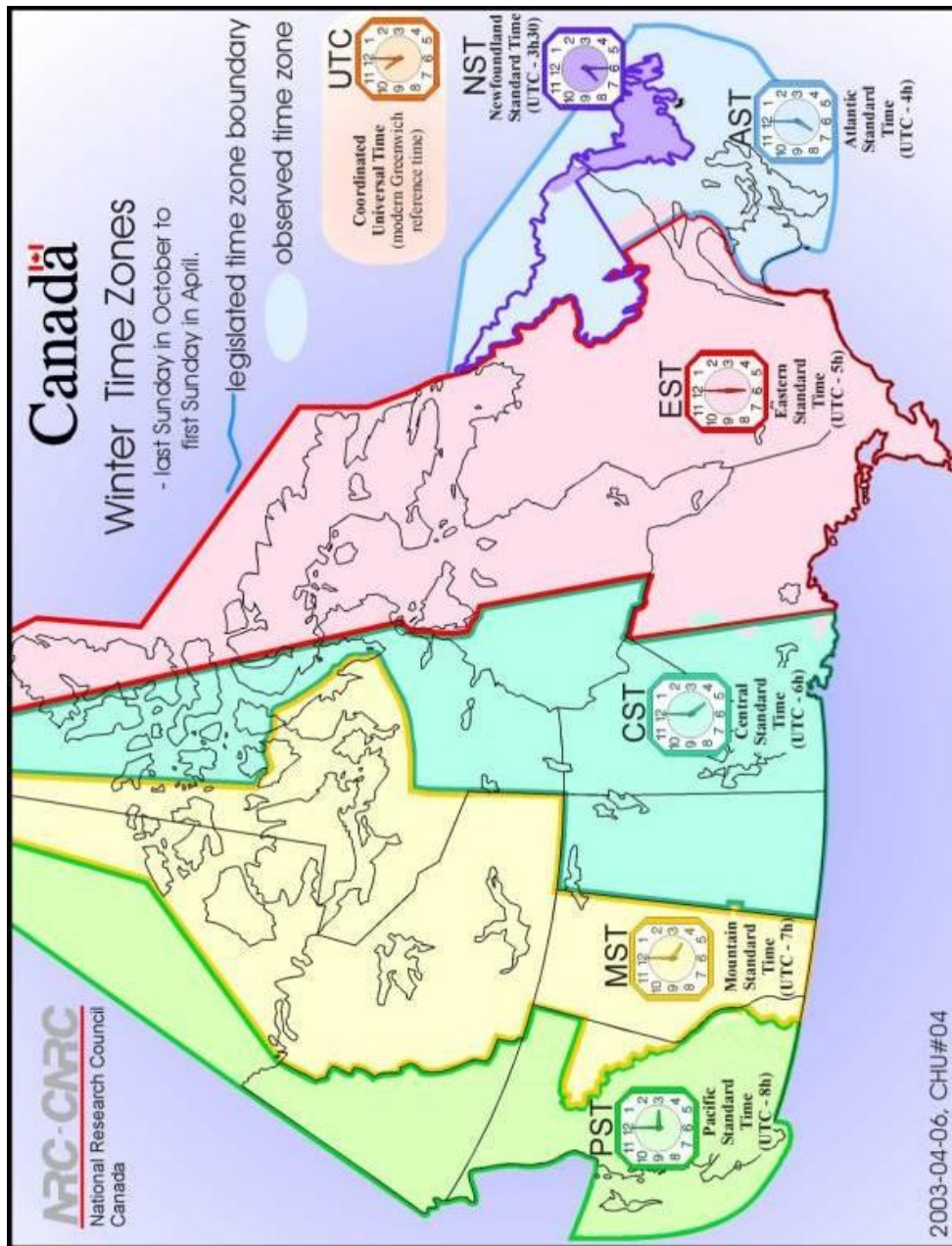
Major mobile companies in Canada are listed below:

- Rogers: www.rogers.com
- Bell: www.bell.ca
- Telus: www.telusmobility.com
- Fido: www.fido.ca
- Virgin: www.virginmobile.ca

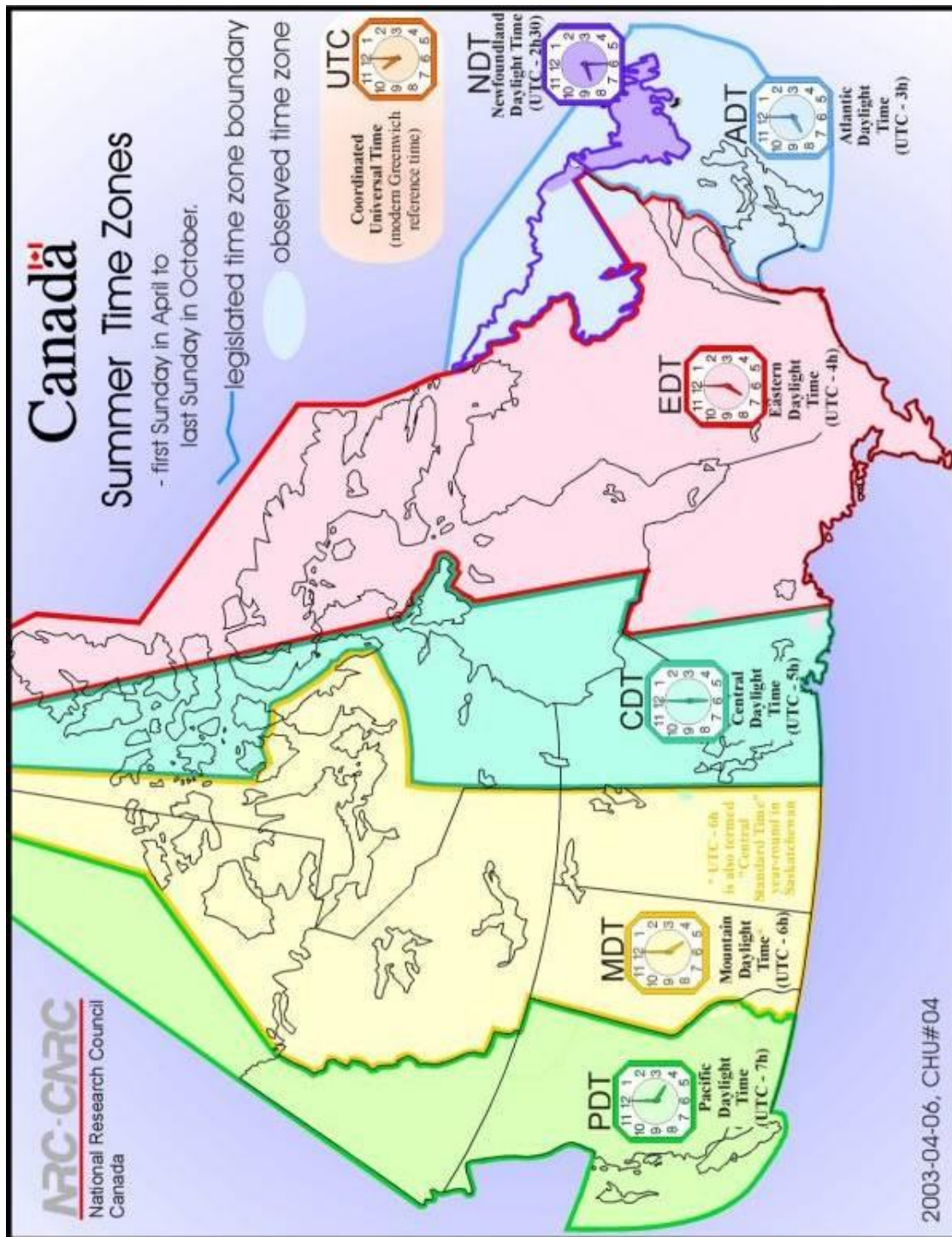
You may be able to use your existing mobile phone in Canada if it is compatible (for example GSM 1900MHz will operate in Canada) and if you have international roaming activated. Beware of high roaming fees, however! Contact your mobile phone service provider in Australia or New Zealand for more information.

7.4 Time Zones

The table and maps below show Canada's six time zones and the number of hours they are behind Greenwich Mean Time (GMT) during Standard Time and Daylight Time. Daylight Time is observed during summer (first Sunday in April to last Sunday in October) in most of Canada.



Time Zone	Standard Time	Daylight Time
Pacific	GMT -0800	GMT -0700
Mountain	GMT -0700	GMT -0600
Central	GMT -0600	GMT -0500
Eastern	GMT -0500	GMT -0400
Atlantic	GMT -0400	GMT -0300
Newfoundland	GMT -0330	GMT -0230



During Standard Time (November to March), there is a +/- 16 hour time difference between the Eastern Time zone (Toronto, Montréal, Ottawa) and the east coast of Australia (excluding Queensland; where the difference is +/- 15 hours). There is a +/- 18 hour time difference between the Eastern Time zone and New Zealand.

During Daylight Time (April to October), there is a +/- 14 hour time difference between the Eastern Time zone and the entire east coast of Australia and a +/- 16 hour time difference in New Zealand.

7.5 Accommodation

Residence/Dormitory

Many post-secondary institutions have accommodation conveniently located on or near campus. Rooms tend to vary in size, quality and cost. Dorms generally have shared kitchen, bathroom, and laundry facilities. Some dorm accommodation offers optional cafeteria meal plans whereby students, having paid a set price up-front, are issued two or three meal tickets per day.

If you are going to Canada for just a single semester, university residence may prove to be the simplest way to arrange your accommodation, as it is often less time consuming and simpler than finding your own private, off-campus housing. If you will be staying in Canada for a longer period, you may want to rent university accommodation for your first semester and then make other living arrangements for future semesters.

It is your responsibility to arrange your accommodation. For more information please contact the housing or residence office at the host institution.

Private Accommodation

A current listing of private accommodation for rent near the host institution is often available at the housing office or the student union office on campus. You should note that tertiary institutions do not normally inspect any of the accommodation that is listed. Therefore, it is up to you to decide the type of place you want, to contact the landlord, inspect the premises and determine the suitability.

When examining private rental housing, you will find that price, quality and availability vary greatly. Rent may be especially high in some cities. Expect to pay anywhere from C\$450 to C\$1200 per month, depending on the city and the particular area in which you choose to live. It is typical for the landlord to collect one month's rent up-front as a damage deposit, which will be returned to you when you move out, assuming that the place is left in good condition.

If you decide to rent privately you will most likely be required to sign a lease: a legal document that states your responsibilities as a tenant. For example, as a tenant you are required to pay the rent on time, keep the premises clean, repair any damages caused by yourself or your guests and not to disturb other tenants.

Landlords are in a position to add all types of rules and conditions to the lease. Be sure to read the document very carefully before signing and ask your landlord to provide you with a copy of the document.

The landlord also has responsibilities, particularly with respect to keeping the premises in good repair. In emergency situations, the landlord may enter the dwelling; otherwise he or she must give you notice of his or her intention to enter. The landlord must also provide notice (generally 60 days) if he or she wishes you to vacate the residence. If you, the tenant, refuse to move, the landlord can go to court and obtain an eviction notice. Lastly, note that it is illegal for the landlord to discriminate on the basis of race, religion, nationality, gender, age, sexual orientation or disability.

Remember to also check with your host university to see if they offer any assistance in housing matters. Many institutions have or advertise paralegal lease review services. If you do have trouble with your landlord, you may be able to get free or reduced legal advice or assistance through your host university.

7.6 Employment

Under certain conditions, you may be permitted to work in Canada. For information on visa regulations related to working in Canada see Section 4.3 or visit the Citizenship and Immigration Canada website: www.cic.gc.ca.

Before deciding to seek employment during your studies, you should carefully consider the following:

- Do not expect to finance your studies in Canada through a part-time job. This may be unrealistic and, in any event, it is wise to prepare savings or other sources of finance in case of difficulties.
- Be aware that you may not be able to find suitable employment or that your studies and other campus and/or social activities may not leave you much time for a job.
- If you do decide to look for a job, think carefully about how much time you can realistically commit and which jobs match your skills and experience.
- You should take some time to learn about the Canadian labour market, government legislation and your rights at work.

Social Insurance Number (SIN)

You will require a Social Insurance Number (SIN) to work in Canada or to receive government benefits.

More information:

- www.hrsdc.gc.ca

Workers Rights and Benefits

Federal and provincial laws protect workers and employers by setting minimum wage levels, health and safety standards, and hours of work. They provide for maternity leave, annual paid vacation and protection of children who are working. There are also laws to protect workers from discrimination, including protection from unfair treatment by employers based on race, religion, nationality, gender, age, sexual orientation or disability.

Workers in Canada must be paid at least the minimum wage as stated by the provincial government. The minimum wage varies depending on a worker's age, profession and province of residency.

Your employer will legally deduct money from your pay cheque for income tax, Canada pension plan, employment insurance and, where applicable, taxable benefits and union dues.

More information:

- www.jobsetc.ca
- www.hrsdc.gc.ca

General Tips

- You should not work for any employer without signing a contract. Without this proof of employment, your rights may be severely reduced if anything goes wrong.
- Always ask for pay stubs and keep them together in a safe place.
- Check your pay stub to ensure that your employer is deducting the necessary taxes from your pay. Not deducting taxes is illegal.
- Do not accept any 'under the table' jobs where you are paid cash-in-hand and are not registered as an official employee. These types of jobs are illegal.

- Familiarise yourself with the basics of Canadian labour legislation so that you are aware of your rights and what you are entitled to by law.
- Ensure that you are paid at least the minimum wage for your particular job and age group.

Finding Employment

You can find out about employment opportunities in your area by consulting your institution's careers centre, your local municipal government, newspapers or advertisements in shop windows.

The following websites also provide job listings:

- www.jobbank.gc.ca
- www.youth.gc.ca
- www.monster.ca
- www.workopolis.com
- www.craigslist.ca

7.7 Electrical Appliances and Voltage

Bringing electrical appliances to Canada requires some planning and research, as there are many differences from the Australian and New Zealand systems. Read this section carefully as the consequences can be severe, both for you and your appliances, if proper precautions are not taken.

Voltage

The voltage, or strength of the electrical current, used in Canada is 120V as opposed to the 240V used in Australasia. An electrical appliance plugged into an outlet which supplies an incorrect voltage can cause an electrical fire, sparks and smoke. Some appliances come in multi-voltage models, meaning that they can be adjusted to match the electric current in that region. If the voltage on an appliance cannot be changed, a device called a transformer can be bought at any major electronics retailer to solve this problem.

Frequency

Transformers only modify voltage; they do not modify the frequency of AC electricity. Electric power frequency is measured in Hertz (Hz: cycles per second). Australasian appliances run on a frequency of 50Hz whereas Canadian ones run on 60Hz. The difference in cycles may cause the motor in a 50Hz appliance to operate slightly faster when used on 60Hz electricity. This cycle difference will cause electric clocks and timed circuits to keep incorrect time: Australasian alarm clocks will run faster on 60Hz electricity and American clocks will lose some 10 minutes every hour when used in Australasia. However, most modern electronic equipment like battery chargers, computers, printers, stereos, DVD players, etc. are usually not affected by the difference in cycles and adjust themselves accordingly.

If you buy an appliance in Canada and take it back to Australasia, ensure that you get a model that runs on both 50Hz and 60Hz and is either a multi-voltage model or use a converter. Plugging a 120V appliance into a 240V socket can result in electrocution, fires, smoke and other hazards.

For some small appliances, such as hair dryers and alarm clocks, it may be easier to buy them once you are in Canada. However, if you must bring your appliances from home, make sure you do your research beforehand. Consult the user manual or contact the manufacturer. If in doubt about whether your appliance will work in Canada, do not take any chances.

Electrical Outlets

The shapes of the electrical plugs are different in North America from those in Australasia. However, a plug adapter will easily solve this problem. A plug adapter is a removable device that fits on a plug and changes its shape so that it can be used in a Canadian outlet. Adapters are available at any major electronics store and cost approximately A\$20. You will need to use an adapter each time you use your Australasian appliance overseas.

DVDs and VCRs

Australasian and North American VCRs operate on different systems, so you will not be able to play VHS tapes from Australasia on a Canadian VCR and vice versa (Australasia uses PAL TV and North America uses NTSC TV.).

There is a similar problem with DVDs as Australasian DVDs are “Region 4,” whereas North American DVDs are “Region 1.” However, a multi-region DVD player does enable you to play all DVDs. Laptops with DVD players can usually switch regions, but only a limited number of times.

7.8 Driving in Canada

Canada honours all valid foreign driving licences. Therefore, an International Driver's Permit is not necessary. However, learner's permits and provisional licenses may not transfer over to the Canadian equivalent. You should check with the Ministry of Transportation in the province or territory that you are visiting to determine if you are eligible to drive in Canada.

Car rentals are readily available in Canada. Rental companies usually stipulate that drivers must be at least 21 years old and have a valid driver's licence from their country of residence. Drivers between the ages of 21 to 25 may have to pay a surcharge.

Prior to leaving Australia or New Zealand, visit your local motoring association for information about international road rules, reciprocal membership with the Canadian Automobile Association (CAA), and an International Driver's Permit (if desired).

Road Rules and Driving Tips

- Throughout Canada and the United States all traffic drives on the **right hand side** of the road.
- Seat belts for drivers and front seat passengers must be worn, and infants must be strapped into a safety seat.
- Speed limits in city areas are usually 50 km/h, except in the vicinity of schools where the speed limit is reduced to 30 km/h.
- Speed limits for rural driving vary, depending on the province, and are set according to local conditions. Generally, speeds are set at 90 to 100 km/h. Always check the speed signs when crossing into a neighbouring province.
- Pedestrian crosswalks are clearly marked by overhanging yellow signs and an 'X' painted on the road surface. Pedestrians will stick out a hand to warn drivers that they wish to cross; cars must then stop.

- Toronto's famous streetcars should be given plenty of room. When a streetcar stops, allow space for passengers to board and alight from the rear doors. It is an offence to drive too close.
- Turning right on a red light is permissible at an intersection in every province **except Québec**. Before making a turn, bring the car to a complete stop and make sure that there are no signs forbidding a right turn.
- At a four way stop, come to a complete stop before advancing through the intersection. Yield (give way) to the vehicle that has stopped before you and to your left.
- If you are required to stop by a police officer, remain seated in your car, switch off the engine and await instructions from the approaching officer. The majority of vehicle stop-checks are now recorded on video camera, with police officers wired for sound, so anything you say or do will be recorded.
- Always carry your licence and vehicle documentation.
- Never attempt to bribe or pay a fine directly to a police officer; attempted bribery is a very serious offence in Canada.
- In the case of an accident involving personal injury, the police must be notified immediately. They will file an accident report. It is a crime to leave the scene of an accident involving injury without first giving details to the police.
- In the event of a breakdown, you should check the glove compartment of the car for information on who to contact (if a rental car). If it is your own car, then be aware that the Canadian Automobile Association (CAA) provides reciprocal assistance to members of international auto clubs. You should check with your local auto club for details on cover when driving in Canada.
- Should your car break down in a remote area, stay with the vehicle until help arrives. If you are travelling long distances, then it is always a good idea to let someone know the route you intend to use and your estimated time of arrival.
- If you are driving in winter, make sure your vehicle is equipped with the appropriate winter tyres. It is **illegal** in

some parts of Canada to not have winter tyres fitted during the winter months.

7.9 Business Hours

Most businesses are open from 9am to 5pm from Monday to Friday. Most retail outlets and grocery stores are open until 9pm between Monday to Friday.

The closing time for bars, clubs and restaurants varies from province to province.

7.10 National Public Holidays in Canada

The following public holidays are observed nationally:

- New Year's Day - January 1
- Good Friday
- Easter Monday
- Victoria Day - the Monday preceding May 25
- Canada Day - July 1
- Labour Day - first Monday in September
- Thanksgiving - second Monday in October
- Remembrance Day - November 11
- Christmas - December 25
- Boxing Day - December 26

There are also additional public holidays determined by the individual provinces and territories.

8 Leisure Activities

8.1 Entertainment and Media

Like all large metropolitan areas around the world, Canadian cities offer a range of entertainment options. No matter where you plan to live in Canada, you will find that there are many activities available to suit your personal tastes. The following is a list of entertainment suggestions and the relevant contact information, where applicable.

Cinema

Canadian movie theatres are typically very large and modern, featuring stadium-style seating. Given the close proximity to the United States, Canada tends to receive new movies immediately following their release dates (earlier than they are shown in Australia and New Zealand). A standard adult admission costs approximately C\$13, though most theatres have a designated “cheap night” when tickets are sold at reduced prices (about C\$9). Student rates are usually available on regular nights.

Alternatively, most cities also have repertory cinemas. These are often older, smaller cinemas that show second-run movies at discount prices.

Major cinema chains in Canada:

- Cineplex Entertainment: www.cineplex.com
- Rainbow Cinemas: www.rainbowcinemas.ca

Theatre

Most Canadian cities have wonderful theatres showing a range of musicals and theatrical performances. Broadway shows, such as *Cats*, *Phantom of the Opera* and *Mamma Mia!* circulate through the larger cities (Vancouver, Toronto and Montréal). Tickets for such productions tend to be quite expensive.

Major cities usually have a very active amateur theatre community. For those who are dramatically inclined, theatre is an excellent way to get involved in the local scene and meet new people. Shows are often advertised in local newspapers and tickets for the productions are usually very reasonably priced. Contact your local playgroup or theatre for more information (listed in the yellow pages).

More information on major events:

- Ticketmaster: www.ticketmaster.ca

Television and Radio

There are a number of television and radio stations in Canada catering to a variety of tastes.

The major Canadian networks are:

- Canadian Broadcasting Corporation: www.cbc.ca
- Canadian Television: www.ctv.ca
- Global Television: www.canada.com/globaltv/

Newspapers

Newspapers, particularly their entertainment sections, are a great way to find out what is going on in a city.

Canada's two national daily papers are:

- The Globe and Mail: www.theglobeandmail.com
- The National Post: www.canada.com/nationalpost/

Each city also has its own daily paper or sometimes several. A quick visit to the site of the Canadian Newspapers Association will enable you to find the paper(s) for the cities in Canada of interest to you: www.cna-acj.ca.

Newspapers are widely available from convenience stores and other retail locations. There are also numerous newspaper boxes located on streets and campuses.

Many Canadian cities also have alternative newspapers that offer a somewhat unique perspective on local happenings. They are often an excellent resource for classified advertisements; inexpensive things to see and do; and news stories related to young people. Be on the lookout for such publications in the Canadian city in which you will be living.

8.2 Sports and Recreation

Canadians, like Australians and New Zealanders, love playing and watching sports. Canada has two national sports: (ice) hockey is the national winter sport, while lacrosse is the national summer sport. Other popular sports include: cross-country and alpine skiing; snowboarding; swimming; baseball; tennis; basketball; golf; soccer; and curling.

Professional Sports

Canada has a number of high-profile sports teams competing in various Canadian and North American leagues and going to see a live sporting event is a popular pastime for many Canadians.

Major professional leagues in Canada:

- National Hockey League (NHL): www.nhl.com
- National Basketball Association (NBA): www.nba.com
- Major League Baseball (MLB): www.mlb.com
- Canadian Football League (CFL): www.cfl.ca
- For more information on tickets to major events visit: www.ticketmaster.ca

Recreational Sports

Many Canadians play sports in recreational or competitive leagues throughout the country. Most universities hold their own house leagues for a variety of sports. Joining a sports league at your university is a great way to get involved in university life and stay fit. For information on how to get involved, contact the Sport and Recreation Office at your Canadian institution.

Skiing and Snowboarding

Skiing and snowboarding are both popular Canadian pastimes and it is worth your while to give at least one of these sports a try while you are in Canada.

Canadian ski resorts are renowned worldwide for their quality and beauty and they are generally quite accessible from major cities. For example, there are three local mountains within a half-hour drive from Vancouver (Cypress, Grouse and Seymour), while world-

famous Whistler-Blackcomb is about two hours away. Québec also has excellent skiing, including Mont Tremblant and Mont St. Anne. The slopes outside the city of Collingwood are one of the most popular skiing destinations in Ontario and are a 3 hour drive from Toronto.

The ski season tends to last from early November to April, though this is dependent on weather conditions.

Full-day, half-day and night lift tickets are available and, although prices vary from resort to resort, they all offer special rates for multiple day passes. For a full-day adult pass expect to pay anywhere from C\$45 (Mount Seymour) to C\$98 (Whistler-Blackcomb). All established resorts offer equipment rentals and lessons. Contact the facilities at the mountains you plan to visit for more detailed information.

Lastly, if you plan to ski or snowboard during your visit to Canada, make sure you bring lots of warm clothes as temperatures on all of Canada's mountains can be very cold!

More information:

- See the provincial tourist sites (Section 5.3)
- Canadian Ski Council: www.skicanada.org

Hiking

Hiking (also known as trekking or bushwalking) is a popular sport in Canada, particularly in the southwest of British Columbia where the climate is conducive to this activity virtually year-round.

The Trans Canada Trail, as the name implies, is a recreational trail connecting every province and territory in Canada. It is open to all cyclists, joggers and cross-country skiers (in winter). The trail covers a large part of the country and is constantly being expanded. Given the geography of Canada, it is not a straight line but one that dips and curves to include as much of the population as possible.

Visit your local Tourist Office in Canada for help choosing areas and trails for hiking. Alternatively, local bookstores sell trail guides that are wonderful sources of information. For your own safety when hiking, let others know when and where you are heading and do not trek into unknown territory. Many universities also have hiking clubs, which offer a safe and fun way to explore the Canadian wilderness with knowledgeable guides in a supervised environment.

More information:

- www.tctrail.ca
- www.canadatrails.ca

9 Culture Shock

It is one thing to travel to a country as a tourist, but it is quite a different experience to actually live there and immerse yourself in a new culture. As you adjust to your new surroundings you will experience a variety of emotions, ranging from excitement to frustration. This is completely normal and to be expected. This section will help to prepare you.[†]

9.1 What is Culture Shock?

“Culture shock” is a term used to describe the anxiety that you experience as you integrate yourself into a new society. Often characterized by physical and emotional discomfort, culture shock occurs as a result of the absence of familiar signs and symbols of social interaction. In other words, it triggers an identity crisis.

When you immerse yourself in a new culture, you will typically go through five predictable stages of cultural adaptation. Although the length and intensity of each stage varies from person to person, everyone experiences culture shock at some point in their international experience. Moreover, as you progress along the stages, there may still be times when you regress back to previous stages. Do not consider yourself a failure; in time you will overcome the difficulties and move forward again.

9.2 The Five Stages of Cultural Adaptation

1. The “Honeymoon” Stage:

- You feel optimistic, fascinated, excited and adventurous.

[†]Adapted from “Culture Shock,” UNESCO Co-ordinating Committee for International Voluntary Service. URL: <http://www.unesco.org/ccivs/New-SiteCCSVI/VolunteersInfo/Documents/Cultural-Shock.htm>

- You are detached from the unfamiliar because you are still in your identity from home.

2. The “Hostility” Stage:

- You feel hostile, inadequate, disappointed and alienated.
- As the novelty wears off you experience withdrawal, loneliness and depression.
- Your new identity begins to emerge and the differences between your home and host culture are more noticeable.
- You feel a sense of failure and try to avoid the differences.

3. The “Adjustment” Stage:

- You feel self-assured, independent and in control.
- You view the situation in perspective as you are now sensitive to cultural differences.
- Although you have a tendency to stereotype and make generalizations about the host culture, you can also have a laugh at the differences and you no longer let them get you down.

4. The “Interdependence” Stage:

- You feel comfortable and accepted.
- Differences no longer dominate your identity and you have a high level of trust.
- You understand the meaning of actions in the surrounding cultural context.
- Your ultimate goal is to achieve a bicultural or multicultural identity.
- It is important to note that very few people actually achieve the “interdependence” stage and you should not consider yourself a failure if you do not develop a bicultural or multicultural identity.

5. The “Re-Entry” Stage:

- Upon returning to your home country you will experience re-entry shock, also known as reverse culture shock.

- You are excited about your experiences and frustrated when no one understands.
- You will realise that you have changed.
- You will glamourise your time abroad.

9.3 Tips for Managing the Effects of Culture Shock in Canada

- Learn about Canadian culture prior to leaving home.
- Be prepared for the climatic changes, especially in the winter.
- Ask questions when you are unsure of something.
- Get involved and participate in group events.
- Be open to new experiences and ideas.
- Talk to other international students about their experiences in Canada.
- Use the professional support services available to you at your institution.
- Try to relax and not take everything too seriously or worry unnecessarily.

More information about culture shock

- www.destineducation.ca/intstdnt/crossingcultures_e.htm
- <http://www.cie.uci.edu/prepare/shock.shtml>
- <http://www.studentsabroad.com/canada/cultureshock.html>

10 Make the Most of Your Experience!

This section is designed to get you thinking about how you can best prepare for and make the most of your time in Canada. Understanding your Canadian university's administrative processes will help you better organise your time abroad. Also, setting goals and giving yourself a checklist of things to keep in mind before, during and after your studies will help make your Canadian experience the most valuable investment possible.

Whether you are in Canada for six months on an exchange or are a full fee-paying student who is embarking on an undergraduate or post-graduate degree, your time abroad is an excellent opportunity to advance your career and make valuable contacts. The information listed below is intended to help make your Canadian experience one of personal development and self-discovery.

10.1 Administrative Processes: Exchange Students

- **The Role of Your Host University:** Your host university will help facilitate your admission through your university's international office, which will provide you with essential pre-departure information, give you advice on academic obligations, and may assist with your enrolment process. Exchange advisors can assist you with applications for housing but generally do not take responsibility.
- **Help You Can Expect in Canada:** Your host university will provide you with subject descriptions, information on credit transfers, advice on university accommodation and social opportunities. When your studies are complete, your host university will also provide a transcript to assist with credit transfer.
- **What is Expected From You:** Make sure you know your housing and travel situation well in advance. Also, know what visa you will need, what travel insurance you may require, and what you can expect to pay for travel costs. Research your destination prior to departure so you are familiar with transportation, language requirements and cultural differences.
- **Keep Note of University Procedures:** Keep track of all your correspondence with both your Australasian and Canadian universities, either electronically in email folders or via hardcopy.

10.2 Administrative Processes: Fee-Paying Students

- **International Offices:** Consult with the host university to ensure that you have the required pre-requisites and credit transfers (if applicable). International offices at Canadian universities assist international students by giving information on academic obligations, transfer credit, and setting up student accounts. Contact the international office well in advance to ensure that you are well-prepared.
- **Help you Can Expect in Canada:** International offices provide an orientation day where you can learn how to select courses, understand the academic system, and tour the university. Staff will help answer questions regarding payment, courses, living, etc.
- **What is Expected of You:** You are expected to meet the application requirements for your program, complete the application, and organize your transportation and living arrangements. The international office will have information regarding course selection, housing, etc.
- **Keep Note of University Procedures:** As with exchange students, fee-paying students should keep all important correspondence documents in a folder or online. Files should be backed up regularly.

10.3 Quick Tips: Exchange and Fee-Paying Students

- Keep your university apprised of an up-to-date address. You are responsible for receiving correspondence and important information, even if you are overseas.
- Do not assume that you will receive credit. Always obtain written approval for subjects taken overseas and double check with academic offices if your study plan changes upon arrival.
- **Australians:** If you are a Commonwealth supported student through the HECS-HELP, FEE-HELP or OS-HELP Schemes or pay your tuition up front, make sure you know the census dates so your study load is correct. You don't want to be enrolling in and/or paying too much or too little for your loan while abroad.
- **New Zealanders:** If you are applying for StudyLink (for Student Allowance, Student Loans or Scholarships) be

sure to complete the Overseas Study Application Form and bring it to your exchange office at your home university before you leave so they can complete the confirmation page.

- Find out what you must do to facilitate your credit transfer upon your return. Enquire about transferring your credit well before departure as this can take considerable time.
- Order your own academic transcript from your host university. The host university may send one to your home institution, but this can take some time and may be too late if you are expecting to meet graduation requirements.
- If you are expecting to graduate upon return, find out if you have completed all the requirements and when is the last day to resolve accreditation issues.
- Do not assume either university is concentrating on your particular academic situation. It is your responsibility to fulfill any accreditation requirements.

10.4 Before You Go

- Think about your future: where do you want to be in a year? What steps can you take in Canada to get closer to this goal?
- Establish goals: come up with some concrete personal and professional goals to accomplish while studying in Canada.
- Australians: check eligibility for government/Centrelink benefits whilst studying abroad. If you are eligible for Centrelink benefits make sure that you provide them with documentation issued by your home university prior to departure. If you are applying for Austudy/Youth Allowance, make sure you apply before you depart Australia.
- Check on scholarship opportunities with your home university and other community-based organisations. You may be eligible for funding to assist with the costs of travel and living abroad.
- Make practical preparations such as checking to see if your passport and visa will not expire whilst you are abroad.

- Obtain any necessary medical/dental check-ups before you leave Australasia. If applicable, arrange for enough medication for your period abroad or take a letter from your doctor.
- Keep a hard copy or electronic copy of any travel/medical insurance policies for your period abroad.
- Devise a realistic budget and plan to take sufficient local currency on arrival for initial expenses.
- Obtain an International Student Identity Card (ISIC). This is a universally recognised student status card and will entitle you to travel discounts. This can be obtained from STA Travel Offices.
- Register with your High Commission.
 - Australians: www.smartraveller.gov.au
 - New Zealanders: www.nzembassy.com/canada

10.5 While You Are There

- Arrive a few days before orientation so that you can familiarise yourself with your university and accommodation.
- Make contact with the international office upon arrival. They should assist you with enrolment, orientation and provide a referral service for other essential needs.
- Take part in your host university's orientation program. This will be an invaluable experience that will assist you with getting to know your destination and make new friends.
- Familiarise yourself with your host university's policies that relate to the submission of assessment work and exams. You may need to know about this sooner than you think.
- Keep a diary: writing about your experiences and emotions can ease homesickness, help you to track progress on your goals and remind you of your time abroad.
- Network: take part in social and academic opportunities that come your way.

- Volunteer: find an organization or cause that grabs your attention and get involved. Your efforts will be appreciated and the experience will look great on your résumé.
- Playing a sport or joining a team is a great way to meet new people and become part of the community. Also, ask your Canadian university about its various clubs.
- Adopt the right mindset (see Section 9, Culture Shock):
 - Arrive with an open mind.
 - Be willing to try new things, new foods, customs.
 - Remind yourself that differences are not necessarily bad.
 - Try to fit in with locals instead of rigidly holding onto your own culture.
 - Try to find similarities, not just differences, between your culture and the new one.

10.6 When You Return

- Visit your exchange coordinator/international office to resolve credit transfer and report on your experiences.
- Join your local Canada-Australia or Canada-New Zealand association.
- Act as a resource on Canada: be a buddy for other exchange students or volunteer at your university's international centre.
- Incorporate your international experiences into your everyday and academic life. Choose topics for your class presentations, discussions and projects that draw on your experiences and knowledge from your study abroad.
- Join or start a returned exchange students' association.
- Try to assist your home institution with marketing and promotional activities for Australasian students to study in Canada. If you are returning to further study in Australasia, share your experiences with your lecturer and classmates.
- Keep in touch with your Canadian friends abroad!

10.7 Links

- Volunteer Canada: www.volunteer.ca
- Professional Associations in Canada (National and Provincial): www.cicic.ca/en/profess.aspx
- Canadian Chamber of Commerce: www.chamber.ca
- Toronto Board of Trade: www.bot.com
- Ottawa Chamber of Commerce: www.greaterottawachamber.com
- British Columbia Chamber of Commerce: www.bcchamber.org/
- Board of Trade of Metropolitan Montréal: www.ccm.ca
- Canadian and New Zealand Business Association (CANZBA): www.canada-nz.org.nz
- Canadian-Australian Chamber of Commerce: www.canauscham.org.au
- Association for Canadian Studies in Australia and New Zealand (ACSANZ): www.acsanz.org.au/
- Returned Exchange Student Clubs: There are numerous returned exchange students clubs at Australian and New Zealand universities – check with your international office or student association.
- Canada Clubs in Australia (Canadian Associations in Australia): www.canada.org.au
- Canada Clubs in New Zealand (Canadian Associations): <http://geo.international.gc.ca/asia/newzealand/>
- HECS-HELP, FEE-HELP, and OS-HELP Schemes: <http://www.goingtouni.gov.au/Main/Quickfind/PayingForYourStudiesHELPLoans/Default.htm>
- StudyLink: www.studylink.govt.nz
- Centrelink: www.centrelink.gov.au/
- STA Travel: www.statravel.com.au/

11 Personal Safety

Worldwide surveys show that Canada is a peaceful, safe and orderly country (Mercer Human Resource Consulting, 2009). Despite this fact, international students should follow the same common sense safety precautions in Canada as they would anywhere in the world.

Listed below are a number of tips for keeping you and your belongings safe.

11.1 Register with the High Commission

- Australia and New Zealand both offer a service for their citizens abroad whereby you can register your details with your local High Commission. This is highly recommended as it enables your government to assist you in the case of emergency or natural disaster. See also Important Contacts in Canada (Section 12).
- Australians register online at: www.smarttraveller.gov.au
- New Zealanders register online at: www.nzembassy.com/canada

11.2 In an Emergency

- **Call 911 in any emergency situation**, if you are in trouble or if you are a witness to a crime. This is a central number for police, fire and ambulance throughout Canada. You do not need coins to dial 911 from a pay phone.
- If English is your second language, do not panic. Interpreters are available.
- If you are robbed, do not argue or fight. If you are assaulted, shout or blow a whistle to draw attention to your situation. Try to protect your body and distract the attacker so that you can escape. Call 911 immediately.
- If you are a victim of a crime, no matter how small, report it to the police.
- If you have a non-emergency issue or question for the police, you can visit or call the police station in the city in which you live. Police in Canada are very professional and willing to assist you and you should feel comfortable approaching them for help.

11.3 In the Community and on the Street

- Be cautious with strangers, just as you would in your home country.
- Be aware of who and what is going on around you.
- Trust your instincts and leave uncomfortable situations.
- Some areas of cities may have higher crime rates than others. Ask advice for the best routes to take when going out.
- Always tell someone where you are going and when you will return.
- At night always walk on well-lit, busy streets. If possible, travel with a friend and avoid isolated areas, such as parks or alleys.

11.4 On Campus

- Most universities will have campus security. This can take several forms, including patrol cars, 24-hour telephone lines and well-lit areas where you can contact the campus security office.
- Know the features of your campus security network and do not hesitate to use it if necessary.
- Some universities also offer a “walk home” service where qualified students will walk their peers home, or to another location, after dark.

11.5 On Buses, Subways and in Taxis

- Sit at the front of the bus near the driver.
- Know your bus route and schedule before you leave.
- Choose busy, well-lit bus stops after dark and if the bus does not come and you are in a hurry, do not hitchhike. Call a friend or taxi.
- Taxis are a good way to get home when it is late and dark. Know the number of a taxi company so you can easily phone one if necessary.
- Many public transportation systems also offer special assistance for those travelling alone at night, especially women.

- On the train, use the emergency phones on the platform or emergency button if you are ever harassed.

11.6 On the Road

- Be aware that North Americans drive on the right hand side of the road.
- Pedestrian crosswalks are clearly marked by overhanging yellow signs and an 'X' painted on the road surface. Pedestrians will stick out a hand to warn drivers that they wish to cross; cars must then stop.
- For more information on road rules and driving tips in Canada, see Section 7.8.

11.7 On a Bicycle

- It is mandatory that you wear a helmet when riding a bike in Canada. At night, use front and rear lights and wear reflective clothing.
- There are many clearly labelled bicycle paths in urban areas. Try to take these as often as possible, and remember to keep to the right side of the road. Your local government office or information centre will have maps.
- Otherwise, bicycles must ride on the road. The sidewalk is for pedestrians.
- Traffic rules for bikes are the same as those for cars: stop signs, red lights, etc. You must also remember to signal your turns.
- Lock your bike when leaving it unattended.

11.8 With Alcohol and other Drugs

- The legal drinking age varies from province to province, but it is typically 18 or 19 years old.
- When going to bars or night clubs, go with friends. You will have help if you need it and it is more fun.
- Arrange a ride home beforehand if you plan to drink alcohol. Do not accept a ride home from a stranger in a bar.

- NEVER drink and drive. Doing so is not only dangerous and irresponsible, it is also a serious criminal offense.
- Know your drinking limit - do not drink too much alcohol.
- Do not accept drinks from strangers or let your drink out of your sight. If you do leave it unattended, order a new drink. Drugs can be put into drinks when you are not paying attention.
- Drugs such as cocaine, heroin, marijuana, ecstasy and GHB are illegal. Do not use or possess these drugs at any time.

11.9 With Street People

- Street people will occasionally ask for money. If you want to help them, contribute to a charity. Do not hand out money on the street as this encourages them to approach others. There are many community agencies throughout Canada that help panhandlers by offering free meals, shelter, and counselling.

11.10 With Your Accommodation

- When renting accommodation, deal directly with the landlord and pay the damage deposit directly to him or her.
- When possible, pay rent with a cheque, as it is easier to provide proof of payment, and always ask for a receipt.
- Do not let people into apartment buildings or buzz them in if you do not know them. If a repairman, delivery person or salesperson wants access to the building, refer them to the manager.
- Meet and know your neighbours.
- Keep your door(s) locked, even when you are home.

11.11 With Tutors

- Only use tutors who are authorised by a Canadian educational institution. Some people who claim to be tutors or conversation partners may not be qualified or may seek inappropriate relationships.
- Never pay tutors in advance.

- Do not hesitate to report any inappropriate behaviour to your institution's harassment office.

11.12 With Other Relationships

- If you want to stop a friendship, make it clear to the person that you do not want to see him or her anymore. If they continue to bother you, tell a teacher or friend.
- Do not worry about hurting someone's feelings or being nice – you must be clear. If they continue to bother you, tell somebody nearby.
- Assault is illegal in Canada. A spouse cannot hit a spouse, a partner cannot hit a partner, and a roommate cannot hit you (nor can you hit him or her).
- BE SAFE. Always use protection when having sex.
- Sexual assault (or rape) is when someone forces or pressures you to have sex or touches you in a sexually inappropriate way when you do not want to be touched.
- Most sexual assaults occur with **someone we know** rather than with a stranger. You may feel embarrassed or ashamed, but rape is **never** your fault. Seek medical treatment immediately and inform the police or a rape counsellor.
- You have the right to say NO to any unwanted sexual advance or behaviour that makes you uncomfortable, no matter what. Be direct and assertive, clear and firm.

11.13 General Precautions

- Purchase comprehensive travel and medical insurance for the duration of your stay in Canada (see Section 6.3).
- Keep your passport and other documents in a safe place, ideally somewhere at home.
- **Never** give or loan money to anyone who approaches you on the street. People will take advantage of your trust.
- When you buy something, ask for a receipt. If you pay by credit or bank card, make sure that your card is returned to you promptly. Never give out your credit card information unless you are ready to buy something.

- Do not share your credit or bank card PIN numbers with others.
- Do not carry large amounts of money and avoid showing off cash in public.

12 Important Contacts in Canada

The High Commissions and Consulates are your representatives abroad. They can assist you with a variety of issues, including: lost or stolen passports; serious injury or illness; or incarceration or arrest.

OTTAWA

Australian High Commission

7th Floor, Suite 710
50 O'Connor Street
Ottawa, ON K1P 6L2
Tel: (613) 236 0841
Fax: (613) 236 4376
Website: www.ahc-ottawa.org

New Zealand High Commission

99 Bank Street, Suite 727
Ottawa, ON K1P 6G3
Tel: (613) 238 5991
Fax: (613) 238 5707
Website: www.nzembassy.com/canada

TORONTO

Australian Consulate General

Suite 1100 South Tower
175 Bloor Street, East
Toronto, ON M4W 3R8
Tel: (416) 323 1155
Fax: (416) 323 3910

New Zealand Honorary Consul

225 MacPherson Avenue, Suite
2A West
Toronto, ON M4V 1A1
Tel: (416) 947 9696
Fax: (416) 920 6764

VANCOUVER

Australian Consulate

Suite 1225
888 Dunsmuir Street
Vancouver, BC V6C 3K4
Tel: (604) 684 1177
Fax: (604) 684 1856

New Zealand Consulate- General

Suite 1200, 888 Dunsmuir Street
Vancouver, BC V6C 3K4
Tel: (604) 684 7388
Fax: (604) 684 7333

13 Returning to Canada

If you enjoyed your time in Canada and would like to return again, there are many opportunities to do so. In fact, why not join the more than 35 million people who visit Canada each year! Canada welcomes these visitors as tourists, students or temporary workers. This section provides information on your options as a visitor, as well as on permanent migration to Canada.

13.1 Visiting Canada as a Tourist

Australia and New Zealand passport holders, with no criminal record, may be permitted to stay in Canada for up to six months on vacation. For more information on travelling to and tourism within Canada see Section 5.

To visit Canada as a tourist you must have a valid passport.

- You may not be permitted to enter Canada if you have a criminal conviction, including a conviction for driving while impaired.
- You must respect Canadian laws while in Canada.
- If you do not hold either an Australian or a New Zealand passport you may need a Temporary Resident Visa (TRV): <http://www.cic.gc.ca/english/visit/index.asp>.
- Remember that Canada does not pay for hospital or medical services for visitors: make sure you have travel and health insurance to pay your medical costs before you leave for Canada.

More information

- www.cic.gc.ca
- www.canada.travel

13.2 Postgraduate Study in Canada

Having already experienced the high quality education available in Canada, you may decide to return for further postgraduate study.

Postgraduate study in Canada offers:

- quality programs at world class universities

- degrees that are recognized around the world
- eligibility for the post-graduation work program (see Section 13.7 below), which is designed to provide graduating students with Canadian work experience in their fields of study.

Degrees

There are a wide variety of postgraduate programs available at more than 90 universities across Canada. Postgraduate awards available in Canada include graduate diplomas, masters and doctoral degrees.

- **Master degrees** are usually two years full-time, although some MBA programs are shorter (e.g. 15 months). Master degrees may be offered as course-based degrees or research-based, which includes a thesis or dissertation.
- **Doctoral degrees** involve the completion and successful defence of a thesis that makes a substantial contribution to the advancement of knowledge in the student's chosen field of study. Doctoral degrees are usually completed within three years (maximum of six years) and include a 2-3 year full-time residency requirement.

Costs

Postgraduate programs in Canada offer excellent value for money and tuition fees are generally lower than most other international destinations (see table below).

Comparative Costs for an Academic Year*

Destination	Tuition** \$US	Costs of Living \$US	Per Annum Costs \$US
Canada	\$7,309	\$10,997	\$21,192
New Zealand	\$10,018	\$6,647	\$18,398
Australia	\$11,598	\$10,337	\$23,640
United Kingdom	\$14,396	\$15,062	\$30,834
United States (Public)	\$24,203	\$14,076	\$32,252

Financial Assistance and Scholarships

The majority of Canadian universities offer some form of financial assistance for international students studying at the graduate level. This assistance may be in the form of:

- teaching/department assistantships
- research funds
- university graduate scholarships
- external scholarships
- bursaries.

The value of these awards will vary significantly and may differ by department as well as institution. For more information contact the institution you plan to attend.

International students may also be eligible for Canadian government financial assistance or external scholarships. Here are some specific examples:

* Deloitte: "Comparative Costs of Higher Education for International Students in NZ, Australia, Canada, UK & the USA," May 2009.

** Based on a Master of Arts degree

- Commonwealth Scholarship Program:
Awards available to citizens of participating Commonwealth Countries for study in Canada (available to New Zealanders, but not Australians).
www.scholarships.gc.ca
- Vanier Canada Graduate Scholarships:
Doctoral scholarships for exceptional students, valued at C\$50,000 per year for 3 years.
This prestigious scholarship and the Banting (see below) are on par with Rhodes and Fullbright Scholarships.
www.vanier-cgs-bes.gc.ca
- Banting Postgraduate Fellowships:
Postdoctoral scholarships valued at C\$70,000 per year for 2 years.
- www.vanier-cgs-bes.gc.ca Sauvé Scholars Program:
A unique, non-award, 8 month leadership program based at McGill University in Montréal.
The program provides access to all McGill courses, weekly seminars by leaders in politics, journalism, the arts, etc., as well as group excursions and a stipend of C\$30,000.
Applicants must be under 30, have demonstrated leadership potential and hold an undergraduate degree (in any discipline).
www.sauvescholars.org
- Trudeau Foundation Doctoral Scholarships:
A highly competitive program offering doctoral scholarships for studies in social sciences and humanities, including a limited number available to foreign students.
Candidates must be nominated by their university and in their first or second year of doctoral studies.
www.trudeaufoundation.ca
- Ontario Graduate Scholarship Program:
The Ontario Government reserves 60 of its Ontario Graduate Scholarships (OGS) for international students with high academic standing.

<http://osap.gov.on.ca>

- ScholarshipCanada.com Entrance Awards Directory:
A listing of scholarships, bursaries and awards for students (not specifically for international students).
www.scholarshipscanada.com or www.schoolfinder.com

More information

- www.australia.gc.ca (Study in Canada)
- www.aucc.ca
- www.accc.ca
- www.destineducation.ca
- www.scholarships.gc.ca

13.3 Short Courses

Short courses are an excellent way to improve on a personal and professional level. Furthermore, you do not need a study permit to undertake a short course that is less than six months in duration, making short courses an ideal complement to travel or a Working Holiday Program.

There are numerous short courses available through more than 200 community colleges, technical institutes and language schools all over Canada.

For example, as a bilingual nation, Canada offers excellent opportunities to learn French in an immersion atmosphere. There are outstanding programs in Québec and across the country for all skill levels, from beginners to advanced. As well as French language instruction, many programs include cultural activities and home-stay with a francophone family, offering a true immersion experience.

The range of courses in all areas is almost limitless, but some of the more popular options include:

- adventure and outdoor leadership
- art & design
- French language
- hospitality

- information technology
- office management
- teaching English as a second language
- tourism.

Remember that if you want to enrol in a course that is longer than six months in duration, then you will need to apply for a study permit (see Section 4).

More information

- Association of Canadian Community Colleges: www.accc.ca
- National Association of Career Colleges: www.nacc.ca
- Languages Canada: www.languagescanada.ca

13.4 International Experience Canada (IEC) Australia

The IEC (formerly called the Working Holiday Program or WHP) offers young Australians opportunities to live, travel and work in Canada on an open work permit for up to two years. Previous participants may re-apply, provided all admissibility and eligibility criteria continue to be met. There is no quota and no limit to the number of places available under the IEC initiative.

There are three categories under the IEC for Australians:

- Working Holiday – designed for those who intend to travel and fund it through temporary work. Applicants don't need to have a job lined up and may find work when they arrive in Canada.
- Young Professionals – designed for graduates of post-secondary educational institutions who wish to further their careers by gaining international work experience under a pre-arranged contract of employment in Canada. Applicants find an employer on their own before applying.
- International Co-op (Internship) – designed for those who are registered students at a post-secondary institution in

Australia and who intend to complete a work placement or internship in Canada to fulfill part of their academic curriculum. Applicants find a work placement or internship on their own before applying.

To be eligible, you must:

- hold an Australian passport valid for the entire period of your intended stay in Canada;
- be aged 18-30 years inclusive at the time you apply;
- be medically and legally admissible to Canada under Canada's Immigration Act and Regulations;
- pay a participation fee;
- For Young Professionals category, an additional requirement is a signed letter of offer or contract of employment in Canada that is related to your field of professional expertise (degree and/or work experience) and that supports your career development (progression or lateral movement);
- For the Internship category, additional requirements are proof of registration as a student in a post-secondary institution in Australia as well as a signed letter of offer or contract for a work placement or internship in Canada that meets the requirements of your academic curriculum in Australia.

Some other important conditions to note are:

- You should enter Canada before the expiry date of your "Letter of Introduction."
- The IEC work permit may be valid for up to 24 months from the date you enter Canada.
- It is a multiple entry work permit.

13.5 Information for both Australian and New Zealand International Experience Canada (IEC) Applicants

- When you enter Canada, you will need to present evidence of at least C\$2,500 (or the foreign currency equivalent) in available funds, in the form of your current bank or credit card statements, traveller's cheques, or

cash. You must carry this evidence with you when you present your Letter of Introduction or you may forfeit your chance to be issued an IEC work permit. If another person is providing the funds (such as one of your parents), you must also present a letter of support signed by that person with their contact information, along with a photocopy of their passport, or other official identification with a photo, and a bank statement proving that they have sufficient funds. These documents must be dated within three months of the date on which you submit your application.

- There is no reciprocal medical insurance agreement between Canada and Australia or Canada and New Zealand. You will need to present proof of health-care insurance (covering medical care, hospitalization and repatriation). Your insurance policy must be valid for the duration of your stay in Canada. You may be refused the work permit if you do not have evidence of insurance coverage upon presentation of the Letter of Introduction. If your insurance policy is valid for less than 12 months, you may be issued a work permit that expires at the same time as your insurance.
- Unless you have undergone a medical examination as part of your IEC application, you will not be authorized to work in: 1) child care, 2) primary or secondary school teaching, or 3) health services field occupations. Contact the Canadian Immigration Centre (CIC) via the CIC Call Centre on the toll free number 1-888-242-2100 (accessible only in Canada) or go to: <http://www.cic.gc.ca/english/contacts/index.asp> if you wish to take a medical examination and remove this restriction on your work permit.
- Otherwise, you can work for any employer in Canada at any location in Canada, where you are offered a position. There is no restriction on the length of time or number of hours you can work for one employer.
- To work in Canada you will need to meet any Canadian federal or provincial registration or licensing requirements that are relevant to your occupation. Thus, if you are offered work in construction, in a medical field, as a mechanic or engineer, or in any other skilled area, you should find out whether you need to meet any provincial

licensing or regulatory requirements. For further information, please visit www.workingincanada.gc.ca

- The IEC work permit is not extendable past the expiry date printed on it.
- To stay in Canada as a tourist once your work permit expires, you must contact the CIC Call Centre on the toll free number 1 888 242-2100 (accessible only in Canada) while your work permit is still valid and request a change of status to a temporary resident (visitor).

More information

- Australian passport holders: www.australia.gc.ca and click 'International Experience Canada'
New Zealand passport holders : www.newzealand.gc.ca and click 'International Experience Canada'
- If you hold a passport for a country other than Australia or New Zealand, please refer to:
www.international.gc.ca/experience

13.6 Post-Graduation Work Program

The post-graduation work program is designed to provide graduating students with Canadian work experience in their fields of study for up to three years after their graduation. The work permit cannot be valid longer than the length of time the student studied. For example, students graduating from a four-year degree program might be eligible for a three-year work permit. Students graduating from an eight-month certificate program would only be eligible for a work permit of eight months.

To be eligible for the program you must:

- have graduated from a Canadian public post-secondary institution (some private institutions also qualify).
- have studied full-time for at least eight months preceding the completion of your program of study.
- apply for a work permit within 90 days of receiving written confirmation from your institution indicating that you have met the requirements for completing your academic

program (e.g. transcript, official letter from the institution, etc.).

- have a valid study permit when you apply for the work permit.

You are not eligible for a post-graduation work permit if any of the following are true:

- You have graduated from a program of less than eight months duration.
- You have previously been issued a post-graduation work permit following any other program of study.
- You have graduated from a distance learning program whether it is a degree, diploma or a certificate.
- You hold a Commonwealth Scholarship or other scholarship funded by the Government of Canada.
- Please refer to www.cic.gc.ca for more information on the Post-graduation work program.

13.7 Work Permit

Every year, over 90,000 foreign workers enter Canada to work temporarily to help Canadian employers address skill shortages. Citizenship and Immigration Canada (CIC) and Human Resources and Skills Development Canada (HRSDC) ensure that these workers will support economic growth in Canada and create more opportunities for all Canadian job seekers. In almost all cases, **you must have a valid work permit** to work in Canada.

- Please refer to www.cic.gc.ca for more information on working in Canada.

13.8 Migration to Canada

Every year, Canada welcomes thousands of new residents. Coming to Canada as an immigrant is an exciting opportunity, but also a great challenge. If you are interested in immigrating to Canada, you have a number of options when applying for permanent residence status.

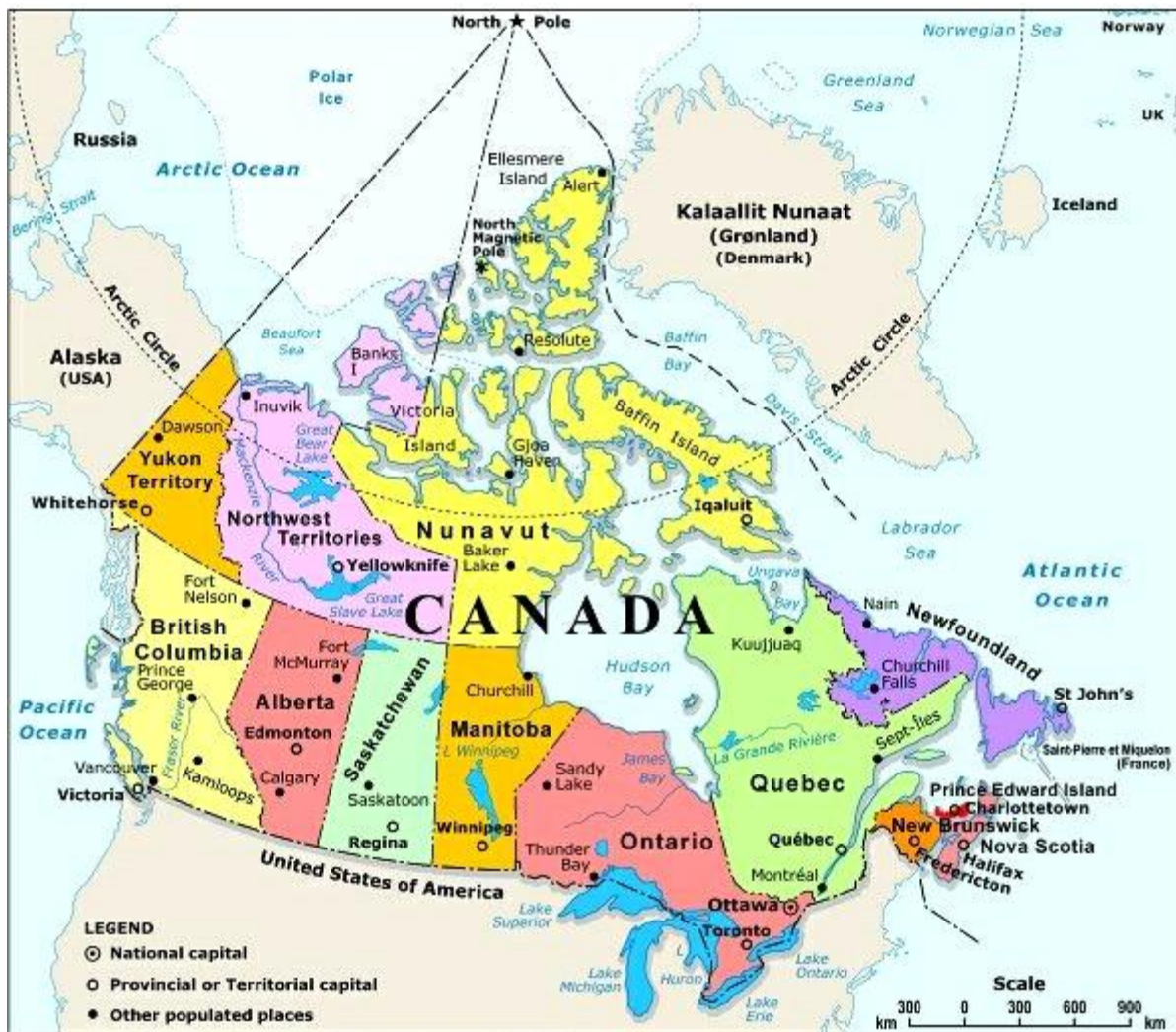
- Please refer to www.cic.gc.ca for more information on migrating to Canada.

14 Pre-Departure Checklist

- Apply to study in Canada (through your home university's Study Abroad office for exchange programs or check the Canadian university/college's admissions webpage to apply for admission to a full academic program).
- Accept your offer for study in Canada.
- Apply for a passport, or check that your current passport will be valid for at least six months beyond your return date.
- Apply for immigration documents, if required (see Section 4).
- Book airline tickets (see Section 5.1).
- Buy travel and health insurance (see Section 6.3).
- Arrange accommodation in Canada (see Section 7.5).
- Arrange transportation to/from the airport at home and in Canada.
- Arrange your banking – consider buying traveller's cheques for large denominations, as well as carrying a smaller amount of cash (see Section 6.2).
- Check baggage and customs limitations.
- Clear all paperwork with your home university (exchange students only).
- Get your documents in order, including making photocopies to store in your baggage and keep at home (see also Sections 5 and 10):
 - passport
 - airline tickets
 - travel insurance certificate
 - Letter of Acceptance for your Canadian institution
 - key addresses and phone numbers
 - a bank statement showing proof of funds
 - Letter of Introduction from Canadian immigration (if relevant)
 - prescriptions for any medication you are carrying
 - traveller's cheques (if using)

- medical and immunisation records (may be useful if you need medical care while abroad)
 - academic history and university transcripts (may be needed to obtain credit transfers, as evidence of pre-requisites for exchange students, or to obtain work if relevant).
- Find out about Canada and the town or city where you will be living and studying.
 - Contact your Canadian institution with any questions you may have.

15 Map of Canada



16 Disclaimer

The High Commission of Canada in Australia advises you that this guide is meant to serve as a general reference tool only. The High Commission accepts no responsibility or liability stemming from the use of the information contained within.



www.educationau-incanada.ca