

Welcome to Canada

Studying and Living in Canada



The Communication Embassy

www.thecommunicationembassy.com



**The Communication Embassy
Ready for a World of Opportunities?**

The Communication Embassy is dedicated to providing support to our international students as they adjust to living in Canada

This booklet is provided to assist you integrate into your new life in Canada.

Please contact **The Communication Embassy** for further information.

Included in this package is information on the following:

- General Information about Canada: geography, weather, food.
- Pre-departure Information
- Immigration Regulations
- Shopping and Entertainment
- Local Transit
- Medical Information

We look forward to meeting you upon your arrival!

Oh Canada

Key Facts

Capital City: Ottawa

Type of Government: Constitutional monarchy

Head of State: Queen Elizabeth II, represented by Governor General

Head of Government: Prime Minister Stephen Harper

Official Languages: English and French

Area: 9,976,140 km²

Population: 32.5 million

Religion: Roman Catholic 45%, Protestant and other 55%

Currency: Canadian Dollar (\$CAD)

Number of Time Zones: 6

Weights and Measures: Metric system

The Canadian way of life

Canada is an immense country. It is very diverse in its people, its landscape, its climate, and its way of life. However, Canadians do share the same important values. These values guide and influence much of our everyday life. These are values of pride, a belief in equality and diversity and respect for all individuals in society. Women, men, children and seniors are all equally respected in Canada. Canadians may be different from each other but it is these shared values that make Canada a friendly, caring, peace loving and secure society in which to live.

Geography

Canada is the world's second-largest country (9,976,140 km²), surpassed only by the Russian Federation. More than 50 percent of Canada's land is blanketed with rich forest ranges, accounting for 10 percent of the world's remaining forests and 20 percent of the world's remaining wilderness areas.

Canada is made up of ten provinces and three territories. The provinces from west to east are: British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, New Brunswick, Prince Edward Island, Nova Scotia and furthest east, the province of Newfoundland and Labrador. The territories are the Yukon, the Northwest Territories (NWT), and Nunavut.

There are some two million lakes in Canada, covering about 7.6% of the Canadian landmass. Canada shares four of the five Great Lakes, the largest sources of fresh water in the world, with the United States.

Canada has six time zones. The easternmost, in Newfoundland, is three hours and 30 minutes behind Greenwich Mean Time (GMT). The other time zones are the Atlantic, the Eastern, the Central, the Rocky Mountain and, farthest west, the Pacific, which is eight hours behind GMT.

Despite the enormous size of this country, approximately 80 percent of all the people in Canada live in a concentrated area of cities and towns within 100 kilometres of the U.S. border.

Climate

The image of Canada as a frigid northern climate is not totally accurate. Canada's climate is as varied as its topography, and this great expansive country includes a collection of extremes. Canada's most populous regions, which lie in the country's south along the U.S. border, enjoy four distinct seasons. In most of the country, winter lasts longer than summer; yet when summer comes, even in the north, it can be very hot.

Ontario has a wide variety of weather conditions. In the south, where most of the population lives, winters are less severe because of the moderating influence of the Great Lakes. Summers are also longer in the south but more humid as well. Daily temperatures reach close to 20°C from mid-June to mid-September, with week-long heat waves in the 30s not an uncommon occurrence. Warm, sunny days and crisp, cool nights make the fall season popular. However, lows of -25°C are not uncommon in winter. More moderate temperatures are the norm in spring and fall.

Pre departure Information

Whether you are in Canada for a month or for a year, **The Communication Embassy** wants to make sure you feel comfortable from the moment you arrive in Canada.

At the Airport

Before you land in Canada, the airline will provide you with a Canada Customs Declaration form. The Canada Border Security Agency website, provides information on this declaration form at:

cbsa-asfc.gc.ca/noncan-eng.html

On arrival at the airport , follow the signs for Arrivals to the Customs and Immigration area. The officer at the booth will want to see your passport and Letter of Acceptance from The Communication Embassy. The officer may ask you questions about the purpose of your visit to Canada also what you are bringing into Canada. A Study Permit will be issued to you at this time.

If you want to rent a luggage trolley, at the airport, you will need \$2.00 (CAD)

Things to Bring with you in your Hand Luggage

- Passport
- Pen
- Airline Ticket
- Letter of Acceptance from **The Communication Embassy**
- Address and telephone number of your arranged accommodation
- Prescription medication (note from your doctor explaining why you take the medication)
- Extra pair of prescription glasses (if you use them)

Currency and Sales Tax

Try to have at least \$200 (Canadian or US) in cash when you arrive for your immediate needs like food and transportation. Prices in stores, restaurants, etc are base prices and a 13% sales tax is added on when you pay.

Immigration Regulations

Study Permit

In Canada, a Study Permit is necessary for any non-resident person studying for a period longer than six months. Even if you plan on studying in Canada for less than six months, you may want to apply for a Study Permit in case you decide to extend your studies at a later date.

Visit <http://www.cic.gc.ca/english/study/study.asp> to learn more on how you can get a study permit.

If you are applying to renew your study permit, Citizenship and Immigration Canada (CIC) will ask you for a "Letter of Acceptance". This is a letter from The Communication Embassy to confirm your current registration and the date on which you will complete your studies.

Under the new rules on the International Student Program, **The Communication Embassy** may be required to submit attendance and/or advancement data for all international students to the federal government. Unlawful stays in the country may result in visa removals and a student may be asked to return to their home country.

Visit <http://www.immigrationdirect.ca/cic-forms.jsp> for more information on immigration.

Use of Alcohol, Tobacco and Drugs

In order to promote a healthy and safe learning environment, **The Communication Embassy** does not tolerate the use of alcohol, tobacco and drugs on **The Communication Embassy** property and during **The Communication Embassy** activities.

The legal age for purchasing, possessing, consuming and supplying alcohol in Ontario is 19 years old.

It is illegal for any minor under the age of 19 to purchase and smoke cigarette products in Ontario.

The use of marijuana or other non-prescription drugs is illegal in Canada.

Shopping and Entertainment

Attractions

In town:

Mississauga City Hall
Mississauga Celebration Square
Port Credit
Jack Darling Memorial Park
Kariya Park
Sky Zone
Streetsville
Erindale Park
Living Arts Centre
Bradley Museum
Meadowvale Theatre
Hershey Centre
Laser Quest
Square One Mall
Dixie Mall
Heartland Outlets

For **events** in Mississauga, visit:

www.discovermississauga.ca

www.mississauga.ca

Places of Worship

Visit:

<http://opendata.peelregion.ca/data-categories/facilities-and-structures/places-of-worship.aspx>

Attractions

Out of town:

Niagara Falls
Toronto Museum of Hockey
CN Tower
Rogers Centre
Canada's Wonderland (Summer)
Snow Valley (Winter)
Niagara on the Lake
Safari Niagara
Toronto Zoo
Marineland
African Lion Safari
Medieval Times Toronto

Excursions

Ottawa
Montreal
Quebec City
Algonquin Park
New York City
Chicago

Local Transit

Getting around Mississauga

The Communication Embassy is located at 4255 Sherwoodtowne Blvd. in Mississauga, Ontario.

How do I get to **The Communication Embassy**?

Bus Service

The City of Mississauga offers bus services across the city. Bus fees are not included in the tuition fees and students must make their own transportation arrangements.

Public Transit is available in the city of Mississauga and it includes GO Transit services to Toronto, Niagara Falls, etc. GO Transit and Mississauga Transit are a 10-minute walk from the The Communication Embassy.

For further information please visit <http://www.mississauga.ca/portal/miway>

Oakville Transit is connected to GO Transit, Mississauga Transit and Burlington Transit.

Mississauga Transit 905-615-4636

GO Transit 1-888-438-6646

Medical Information

When you come to study or work at **The Communication Embassy**, you must have health insurance to pay for basic health care services and medical treatments.

The Communication Embassy students must understand that medical insurance is mandatory while attending **The Communication Embassy** program. **The Communication Embassy** offers to each student the option to purchase medical insurance during the registration/application process. If a student declines to purchase **The Communication Embassy's** medical insurance they are required to purchase their own insurance from a different provider. The student must provide evidence of medical insurance.

WHAT HAPPENS IF I GET SICK?

TELEHEALTH ONTARIO:

A free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse. 24 hours a day & services are offered in over 110 languages.

Phone: 1 (866) 797 - 0000

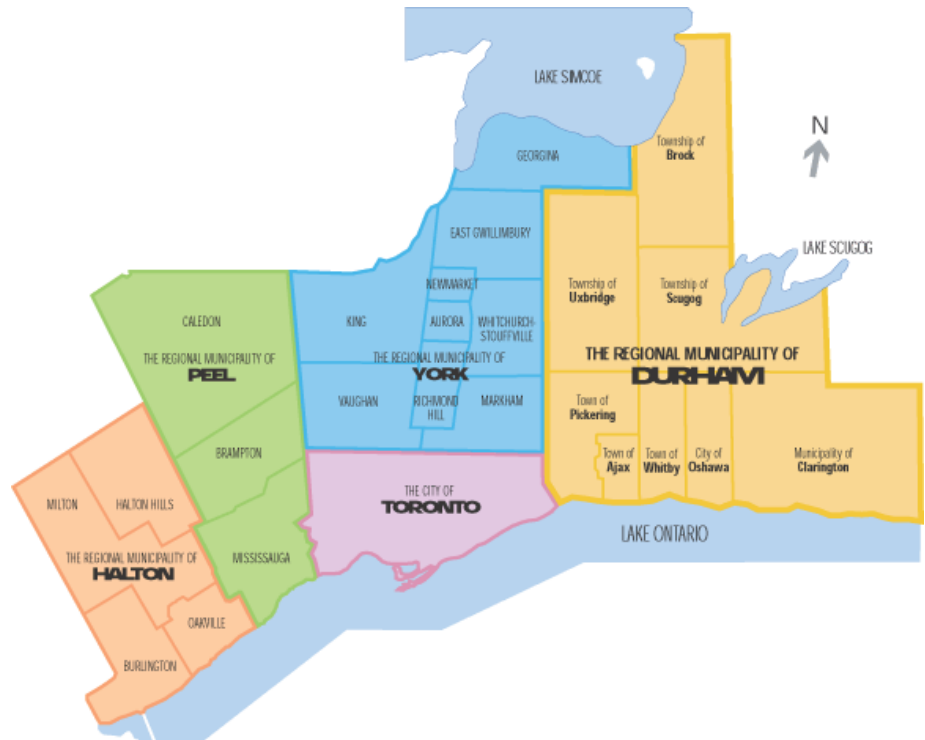
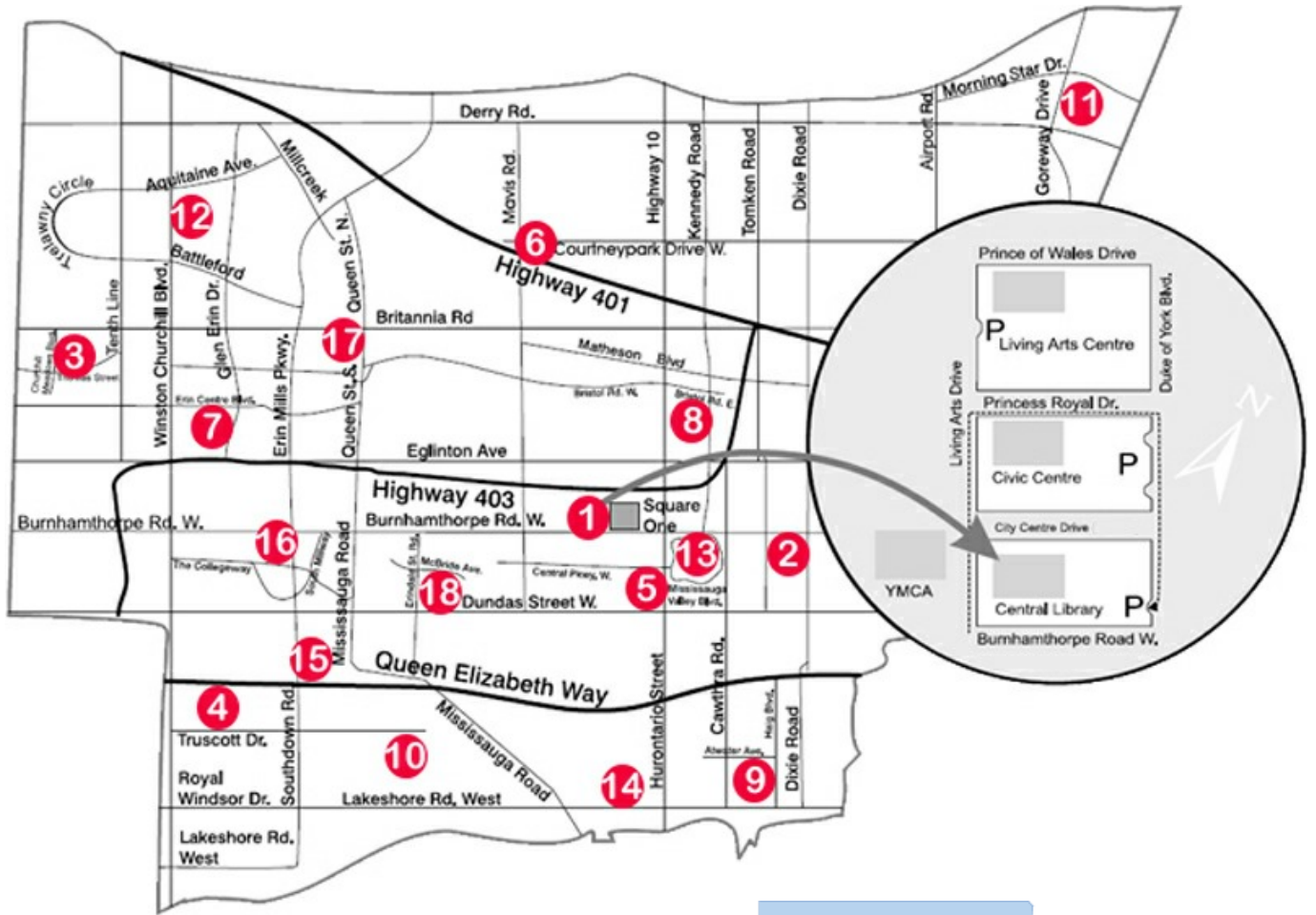
WALK-IN CLINICS (Consult with Medical Insurance provider prior to the visit)

OPTOMETRISTS AND DENTISTS (Based on your medical policy)

YOUR INSURANCE COMPANY: _____

POLICY NUMBER: _____

TELEPHONE NUMBER(S): _____



Banking Information

While in Canada, it is a good idea to have a Canadian bank account. To open an account you must show two pieces of identification such as a student ID card, valid passport or a driver's license. The bank will also require you to provide your local address in Canada.

There are many banks in the surroundings of The Communication Embassy (Square One Mall).

The "Big 5" banks in Canada are: The Bank of Nova Scotia (also known as Scotiabank), The Royal Bank of Canada, Bank of Montreal (BMO), Canadian Imperial Bank of Commerce (CIBC) and TD Canada Trust.

www.scotiabank.com

www.rbcroyalbank.com

www4.bmo.com

www.cibc.com

www.tdcanadatrust.com

Personal Safety and Care of Valuables

It is our intention at **The Communication Embassy** to provide you with important information regarding personal safety and crime prevention tips.

IN YOUR HOME

Never open the door to strangers

Should a stranger request to use your phone, do not allow the person to enter your home.

Do not reveal personal information to anyone on the phone or at your door.

ON THE STREET

Plan your route and avoid short cuts through vacant lots or unlit areas.

Avoid being alone if you can.

Do not carry large amounts of money. Use debit or credit cards when possible.

Do not leave purses unattended in shopping carts.

Know the schedules for your public transportation.

Use caution in conversations with strangers.

Visit www.crimereductioncanada.com for more tips

Emergency Contacts

Mississauga has comprehensive emergency management plans and programs in place. Whether an emergency is caused by people, technology or nature, these plans and programs are designed to allow for an emergency response that does not interrupt the daily services provided to residents.

9-1-1

Call 9-1-1 when you need police, fire or paramedic services to respond immediately to:

- a fire
- a medical emergency
- a crime in progress.

Multi-language translation services are available through 9-1-1 when needed.

HOSPITALS

Trillium Health Centre	905-848-7100
Credit Valley Hospital	905-813-2200

NON EMERGENCY

Peel Regional Police	905-453-3311	
Peel Regional Paramedic Services	905-791-7800	.1-888-919-7800
Airport: Terminal One	416-247-7678	
Airport Terminal Three	.416-776-5100	
Weather Information	.416-661-0123	
The Communication Embassy	416-931-9716	