

International Student Guide
2017 · 2018



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Why Canadore

? At Canadore, you are more than just a number; we truly care that you succeed. We have quality programs and award-winning professors to help train you for your future career. **Canadore has one of the highest graduation rates in Ontario!**

Approximately
1,000 GRADUATES
EACH YEAR
and over 44,000 alumni
working around the globe



75+ **FULL-TIME QUALITY PROGRAMS**
with outstanding faculty
and student services

OUR FOCUS

- Student success
- Program and service excellence
- Connection to community
- Sustainability
- Innovation



Approximate

STUDENT POPULATION

4,500 each year from all over the world, representing more than **400 COMMUNITIES**

One of the only colleges in Ontario that **SHARES A CAMPUS WITH A UNIVERSITY**



LEADING STUDENT AND GRADUATE SATISFACTION

SEAMLESS registration from program application to financial assistance to support services, along with **UPGRADING & FAST TRACK** options



We love sharing online and hearing from you!



GREAT THINGS HAPPEN HERE



Welcome to Canadore College

Welcome to Canadore College, where a smile is commonplace. Start with a warm and friendly atmosphere, add highly trained faculty and caring support staff plus state-of-the-art facilities, and you get an educational opportunity second to none! Our personal approach to education is based on the belief that a balance between academics and practical experience will better prepare you to face the demands of an ever-changing workplace.

Our faculty comes from industry to share their expertise with you. They maintain close ties with industry, keeping Canadore's programs on the leading edge. Student success is enhanced by the excellent rapport between faculty and students. Even though our faculty are highly qualified, we deal with each other on a first-name basis in a relaxed atmosphere that contributes to academic and personal growth.

Canadore College is a small, government-funded college located in the City of North Bay, in the province of Ontario, Canada. Each year, approximately 4,500 full time students enrol in over 75 different diploma programs, with another 3,000 people attending part-time. All of our diploma programs are approved by the provincial Ministry of Advanced Education and Skills Development.

Canadore College is one of the most beautiful colleges in Ontario, with three campuses located within 15 minutes of each other. The College Drive Campus is located on a 650-hectare wooded escarpment overlooking the City of North Bay.

We have one of the only campuses in Ontario where a college and university share facilities. This means that students have more opportunities to take advantage of both of the educational systems. Several of our programs have agreements where students may transfer from a college program directly into an upper year of a university degree program.

The library at the College Drive Campus is world class with information technology and research capabilities usually found only at large universities.



1. College Drive Campus

100 College Drive
P.O. Box 5001
North Bay, Ontario, Canada
P1B 8K9
☎ 705.474.7600

Note: Use this mailing address for all North Bay Campuses

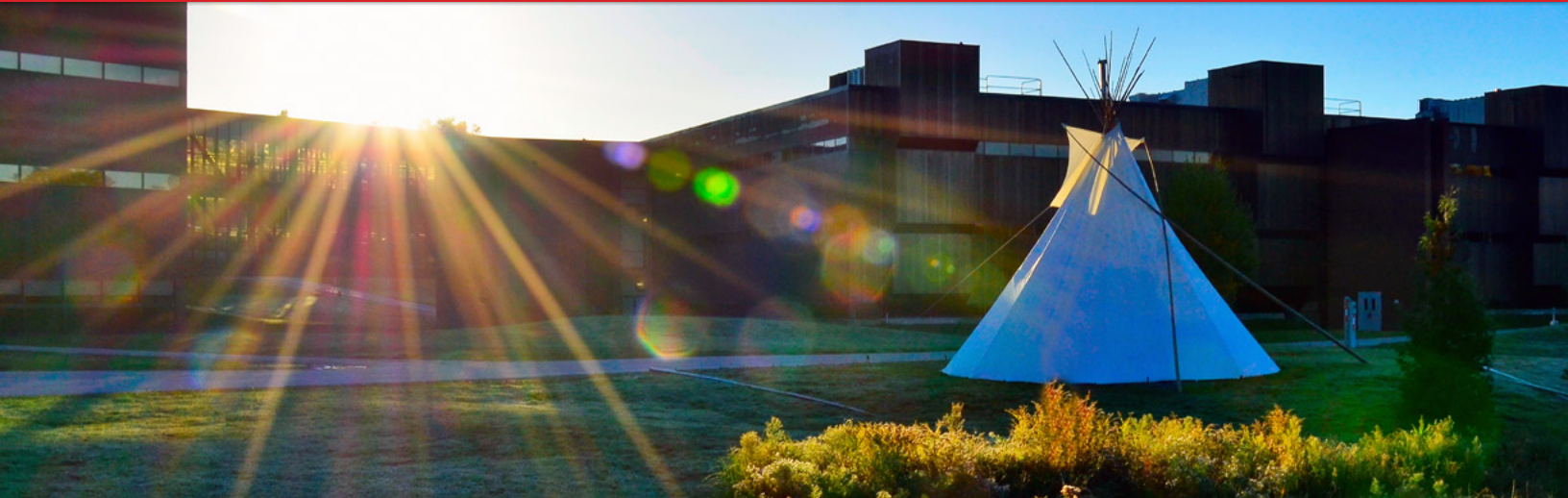
2. Aviation Technology Campus

55 Aviation Avenue
North Bay, Ontario, Canada
☎ 705.474.7600

3. Commerce Court Campus

60 Commerce Crescent
North Bay, Ontario, Canada
☎ 705.474.7600





Welcome to Canadore College!
***Great Things Happen Here* is more than
a slogan – it is our promise to you.**

As a Canadore College graduate myself, I can say this with confidence. As you make the transition to our Canadian culture, learn more about our community and adjust to your new Canadore family, please know that we are here to support you. You'll see that Canadore has a lot to offer, from academic supports to extra-curricular activities, from varsity sports to cross-cultural celebrations, and everything else in between.

We offer a student experience like no other and our comprehensive team of experts will work closely with you to help you get to where you want to be.

Make it a point to talk to us about your unique goals – we'd love to help.

Thank you for choosing Canadore!

A handwritten signature in black ink that reads "George Burton". The signature is fluid and cursive, with a large, stylized initial "G".

George Burton
President and CEO
Proud Canadore Graduate
askthepresident@canadorecollege.ca

Feel free to contact us
by phone or email

 705.474.7600 ext. 5151 or 1.855.495.7915
 info@canadorecollege.ca

STARTING AT CANADORE

Getting Started

Congratulations and welcome to Canadore College. Canadore is pleased to present our International Student Guide to help you enjoy your years at the college to their fullest. We know that you will have many questions when you arrive. Hopefully this guide will assist in answering some of your questions as well as provide you with an introduction to your new community.

Orientation

Upon your arrival in North Bay staff from the International Office will meet with you. They will provide you with orientation of the college, the city and Canadian culture. The orientation provides you with an opportunity to ask questions and meet other International students that are having the same feelings as yourself. The orientation process helps to make you aware of what is available to you, what the college policies are and what is available for you in the city. It is our experience that this type of one-on-one orientation ensures that you will be able to adapt to the Canadian way of life quicker and feel comfortable in your new home away from home.

Contact Persons

Laure Atkins
International Officer

Hison Wang
International Student Advisor

Laura Solano Moya
International Partner Support

Where to Find Help

The International Office is located in room C210, second floor of the College Drive Campus.

- ☎ 705.474.7600 ext. 5425 between 8:30am and 4:30pm
- ☎ 705.498.7244 after 4:30pm and Saturdays and Sundays
- ✉ international@canadorecollege.ca



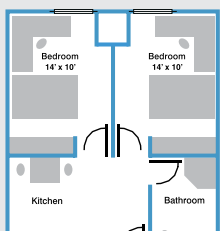
CAMPUS LIFE

Accommodations

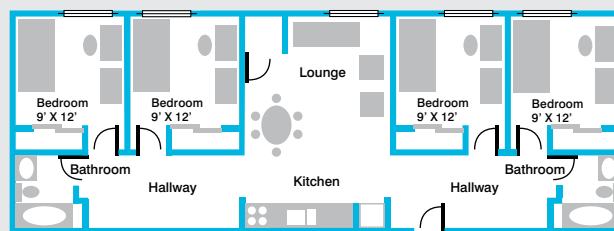
Your choice of housing will depend on personal preference, cost and availability. You have the choice of living on campus in residence or off campus in private accommodation.

Please note: most residences, apartments and rooms have regulations regarding leases and damage deposits. Be sure you are familiar with the regulations before entering a rental agreement.

The College offers apartment-style residence accommodation. Students receive a fully furnished single bedroom along with shared cooking, dining, living room and bathroom facilities in each unit. Students are responsible for their own cooking, grocery shopping, laundry and cleaning. You are required to wash your own dishes, clean your own room and you must share cleaning responsibilities for the rest of the house during the year. This is a condition of living in the residence. You are required to pay a \$300 damage deposit if you live in the college residence. This will only be returned if your room and the residence are clean and free of any damage.



2 Bedroom Layout



4 Bedroom Layout



CAMPUS LIFE

Health Services and Dental Clinic

Health Insurance Card

You should always carry your Health Insurance Card with you. In the event of an emergency it has a 24-hour emergency contact number on the back. You may be required to pay for services and prescriptions. These expenses can be reimbursed by mailing the bill to StudentGuard. Please contact the International Office for assistance.

The Campus Health Centre

There are medical facilities at Canadore College's main campus. A Doctor and Registered Nurses are in attendance in the Health Centre from mid-August until the end of April.

A Doctor is available by appointment only.

Their office is located at Room B-205 on the main floor at Canadore College, College Drive location; beside the Campus Shop and across from Security Services.

📞 705.474.7600, ext. 5261

The Health Centre also provides these services: semi-urgent care, primary care, sexual health, immunizations, health promotion and disease prevention. We have a physician, a nurse and medical laboratory services on site!

Walk-In Clinics

During evening hours and weekends there are a number of Walk-In clinics located throughout the city.

Near North Medical Clinic

(Closest to the Main College Campus)
Suite 201, Shopper's Drugmart Building
66 Josephine Street
Monday to Friday 5:00pm to 8:00pm

Emergency Services

24 hours daily coverage at the North Bay Regional Health Centre
50 College Drive
📞 705.474.8600



Dental Clinic

Located in Room C320, College Drive

📞 705.474.7600, ext. 5250

Canadore College's on-campus dental hygiene clinic is run by Dental Hygiene faculty, staff and students and offers a variety of services to patients:

- Free dental cleaning for everyone above the age of three
- Referrals to medical doctors and dentists
- Smoking cessation
- Oral cancer screening
- Mouth guards
- Full oral examination
- Nutritional counselling
- Radiographs and duplication of radiographs
- Professional teeth whitening



Athletic Department and Recreation Services

Room C250, College Drive Campus
📞 705.474.7600 ext. 5259

We strongly recommend that you make academics your number one priority but we also know it's important to get active, and meet people. Whether you're interested in varsity athletics, intramural, or recreational, Canadore has something for you! Our varsity teams compete in assorted sports against other college teams in the Ontario Colleges Athletic Association (OCAA). If you're not participating, come support our Panthers as they compete against their rivals!

Campus Recreation

As a Canadore student you have many opportunities to participate in an extensive campus recreation program, which includes intramural leagues and tournaments, instructional clinics, clubs, activity days and other activities. Take advantage of free gym time, a fitness room, cross-country ski trails and walking trails during your leisure time. In addition to the Education Centre facilities, there are excellent opportunities in the community for boating, swimming, curling, skiing, bowling, etc.

The Panther Athletic Council (PAC)

The Panther Athletic Council is your student athletic executive. They work with the Recreation and Leisure Services staff to provide you with a well-rounded schedule of competitive athletic opportunities as well as recreation and leisure activities throughout the year.

- Over 40 campus recreation activities throughout the year
- Athletics office open Monday to Friday for information and registration
- Check us out on Facebook (facebook.com/canadore.panther)





CAMPUS LIFE

Cafeteria

College Drive Campus

Tim Hortons Main Café

Monday to Thursday
7:30am to 8:30pm
Friday 7:30am to 4:00pm
Closed Weekends

Subway

Monday to Thursday
10:30am to 7:00pm
Friday 10:30am to 3:00pm
Closed Weekends

Main Café Marketplace

Featuring Pizza Pizza, Grill & Co,
and more
Monday to Thursday
8:00am to 6:30pm
Friday 8:00am to 4:00pm
Saturday 10:00am to 3:00pm

Commerce Court

Commerce Court Cafeteria

September to May
Monday to Thursday
7:30am to 4:00pm
Friday 7:30am to 3:00pm

Aviation Campus

Aviation Campus Cafeteria

Monday to Thursday
7:30am to 4:00pm
Friday 7:30am to 3:00pm

Meal Plans

Chartwell Services is pleased to offer Canadore College students a meal plan that provides convenience, flexibility and economy. Our staff of fully qualified food service professionals are pleased to present you with a wide variety of nutritionally and balanced and delicious meals.

Annual Swipe and Save Plan \$2,200 Dining Dollars (Tax Exempt- Save 13%)

With \$2,200 Dining Dollars you are set to eat tax-free for the academic year. Dine across campus at all Chartwells locations and receive a 5% discount on all non-branded purchases every time you use your card. This plan provides great value. It is Important to use up all of your Dining Dollars. Dining plans are loaded onto your student card.

Semester Swipe & Save Plan \$1,100 Dining Dollars (Tax Exempt- Save 13%)

With \$1,100 Dining Dollars you are set to eat tax-free for the semester year. Dine across campus at all Chartwells locations and receive a 5% discount on all non-branded purchases every time you use your card. This plan provides great value. It is Important to use up all of your Dining Dollars. Dining plans are loaded onto your student card.

Swipe & Save Re-loadable Plan

Load a minimum of \$100 Swipe & Save Dollars on your card and use at food outlets on campus. Receive a 5% discount on all non-branded purchases.

CAMPUS LIFE

Campus Shops

At the Campus Shops students may purchase required textbooks, course materials, instructional and stationery supplies as well as major software packages at educational prices. Shop for college crested clothing, backpacks and other memorabilia, snack foods, greeting cards and excellent gift items, or rent a locker. Is there a book that you would like that the bookstore does not carry? The Campus Shop staff will be happy to order it for you or you can order books online.

The Campus Shop

C202 Main Foyer
College Drive Campus
Monday to Friday, September to May
8:30am to 4:30pm

The Shoppe Courtyard

Commerce Court Campus
Store hours are flexible and will be posted

Learning Resources

Educational Technoloy Services (ETS)

Located at College Drive, ETS supports the learning process by providing audiovisual services and support to all students, faculty, and staff. Clients may borrow a range of equipment including data projectors, digital audio recorders, cameras, and tripods to support class projects or presentations.

College Drive Campus

Room C2671a
📞 705.474.7600
Monday to Friday
8:15am to 4:00pm

Erin Barker, ext. 5399
erin.barker@canadorecollege.ca

Mike Buck, ext. 5450
michael.buck@canadorecollege.ca

Harris Learning Library

The Harris Learning Library is one of the largest libraries in Ontario's college system. It has friendly and helpful staff and provides access to learning and research materials from every library in the region through the PALS library sharing service. The library features individual and group study work spaces, wireless Internet, electronic loan program, and self-service printing and copying seven days a week.

The staff at the Information Desk will be happy to assist you if you have any questions about the library and its services. Library service at Commerce Court Campus is provided in a facility shared with Educational Resources. Materials at one location can usually be transferred to the other location on request.





SAFE CAMPUSES

Campus Safety and Security

Officer on Duty 7 days a week 24 hours a day
705.498.7244

At Canadore College, the safety and security of students and staff are a prime concern. Through special initiatives and audits, we strive to keep our surroundings comfortable and safe for everyone.

A Campus Walk service operates from Monday to Friday, from 6:00 p.m. to 10:45 p.m. to escort people to and from their vehicles and/or the Education Centre residence.

For assistance during coverage hours, call 705.494.9192 (College Drive). Emergency telephones, which have a direct connection to the Security Office, are located at both ends of the College Drive Campus and in our parking lots. All pay telephones in the buildings have free access to 911 and the Security Office. A Whistle Program is promoted and safety whistles are available at no cost.

The College attempts to ensure adequate lighting both inside and outside its buildings at all campuses. Special attention is given to landscaping to remove any barriers to ensure safety, yet maintain attractiveness. Other safety measures include the installation of windows in all classroom doors to ensure an unobstructed view both from the classroom and hallway; security mirrors at hallway intersections to provide a view of adjoining corridors; and surveillance cameras throughout the campus and on the residence grounds

Educational information is provided on issues of personal safety through brochures, video presentations, and guest speakers.

College Drive

Room B203
☎ 705.474.7600 ext. 5555
Campus Walk: 705.494.9192
Cell: 705.498.7244 (24/7)

Commerce Court

Room E142a
☎ 705.474.7600 ext. 5636
Cell: 705.498.9375 (8:00am to 9:30pm)

Fire and Evacuation

The College has a fire safety plan designed to provide occupant safety in the event of a fire, to ensure effective use of the fire safety features of the building, and to minimize the possibility of fires. If you discover fire or smoke you are required to leave the area immediately and alert building occupants by activating the nearest fire pull station as you exit and call 911.

If you hear the fire stage 1 alarm bell, which is a continuous alarm bell, immediately leave the building using the nearest exit unless it is blocked by smoke or fire then use an alternate route. Do not use an elevator when exiting the building in a fire. If you hear a second stage alarm, which is an intermittent bell alarm, it means another building adjacent to you is in alarm and your building is in warning. When the bell stops, do not enter the building unless you are directed so by a College official.

Continuous fire alarm sounds

- Switch off any equipment you are using.
- Take personal belongings with you only if in the same room.
- Quickly go to the nearest exit and leave the building.
- Do not use the elevators.
- Take a position outside so as not to interfere with the Fire Department

Intermittent fire alarm sounds is a FIRE ALERT. Carry on normal activities but be prepared to vacate the building.

SAFE CAMPUSES

Lockdown

Most schools, colleges, and universities in North America have implemented school lockdown procedures, which warn occupants of a threat so students and school employees can respond to a perceived or actual emergency situation. Lockdowns are a sound safety tool in most emergency situations. In our College a lockdown is initiated through PA announcements that announce through the buildings. If you hear a PA announcement stating there is a lockdown you must take appropriate action. No procedure document can predict every potential violent incident scenario that may occur. Every person in the College/University community **MUST** use their knowledge and judgment to best safeguard their own personal safety. Stay calm and remain patient. It may be several hours before the situation can be resolved.

The three basic steps in responding to a lockdown include evacuation if there is a safe exit, hiding in a locked or barricaded room, or as a last resort, take action if the only option when faced with a threat is to fight for your life. Please review the procedures to make yourself aware of what to do in case of an emergency.

In the event of a lockdown, follow these procedures.

If you have pertinent information (i.e. location or description of offender) **CALL 911**.

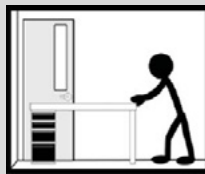
Security ext. 5555
Security cell: 705.498.7244
Security cell: 705.471.2488

Warning:

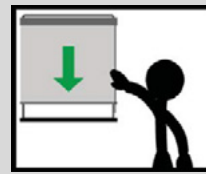
If the fire alarm sounds during a lockdown, do not leave your secure space unless there are hazardous signs of smoke or fire in your immediate vicinity.



If safe to exit building, do so and get well away from building



Alternately, lock/block doors. If door has accessibility access, deactivate it



If equipped, close all shades and turn off lights



Keep everyone quiet and away from any doors and windows



Silence all phones and pagers. Only communicate pertinent information to 911 and not via social media



Listen for announcements via the Emergency PA System, including the termination of the event



When PA termination announcement is made, wait for Police/Security and/or College Administrators to clear your area



If you are not comfortable leaving your secure place...DON'T

College Policies

Respectful College Community Policy

Harassment and discrimination are cruel and disruptive behaviors against others. They can have devastating effects and are prohibited by the Ontario Human Rights Code. Everyone has the right to work and learn in an environment that is free from harassment and discrimination on all prohibited grounds as stated in the Ontario Human Rights Code.

It is the responsibility of each member of the campus community to help create an environment which is free of harassment and discrimination. Our goal is ZERO TOLERANCE of harassment and discrimination.

Smoking Policy

The College provides a smoke-free learning and working environment. Designated outdoor smoking areas have been established on our campuses. The legal age for smoking in Canada is 19. You must provide proof of age to purchase cigarettes and cigars.

Sexual Assault and Sexual Violence

Canadore College respects all individual's civility, diversity, dignity, equality, sexual orientation and freedom. The College is committed to maintaining a healthy and safe learning, living, social, spiritual, recreational and working environment.

Your Rights

Anyone who has experienced sexual violence has the right to:

- Be treated with dignity and respect
- Be believed
- Be informed about on- and off-campus services and resources
- Decide whether or not to access available services and to choose those services they feel will be most beneficial
- Decide whether to report to campus security and/or local police
- Have an on-campus investigation with the institution's full cooperation
- Have a safety plan
- Have reasonable and necessary actions taken to prevent further unwanted contact with the alleged perpetrator(s)

Definitions

Sexual assault: is any type of unwanted sexual act done by one person to another that violates the sexual integrity of the victim and involves a range of behaviors from any unwanted touching to penetration. Sexual assault is characterized by a broad range of behaviors that involve the use of force, threats, or control towards a person, which makes that person feel uncomfortable, distressed, frightened, threatened, or that is carried out in circumstances in which the person has not freely agreed, consented to, or is incapable of consenting to.

Sexual violence: A broad term that describes any violence, physical or psychological, carried out through sexual means or by targeting sexuality. This violence takes different forms including sexual abuse and sexual assault.

Consent: Express Willingness. Give Permission. Agree. Consent is the act of willingly agreeing to engage in specific sexual behavior, and requires that a person is able to freely choose between two options: yes and no. This means that there must be an understandable exchange of affirmative words which indicates a willingness to participate in mutually agreed upon sexual activity.

- Silence or non-communication must never be interpreted as consent and a person in a state of diminished judgment cannot consent.
- A person is incapable of giving consent if she/he is asleep, unconscious or otherwise unable to communicate.
- A person who has been threatened or coerced (i.e. is not agreeing voluntarily) into engaging in the sexual activity is not consenting to it.
- A person who is drugged is unable to consent.
- A person is usually unable to give consent when she/he is under the influence of alcohol and/or drugs.

SEXUAL ASSAULT AND VIOLENCE

- A person may be unable to give consent if they have a mental disability preventing them from fully understanding the sexual acts.
- The fact that consent was given in the past to a sexual or dating relationship does not mean that consent is deemed to exist for all future sexual activity.
- A person can withdraw consent at any time during the course of a sexual encounter.
- A person is incapable of giving consent to a person in a position of trust, power or authority, such as a faculty member initiating a relationship with a student who they teach, an administrator in a relationship with anyone who reports to that position.
- Consent cannot be given on behalf of another person.

Where to Report

Security Services is the main contact for sexual violence reports, other support groups include Campus Health Centre, Student Success Services, and Residence Life Staff.

Security Services

- ☎ 705.474.7600 ext. 5555
- ☎ 705.498.7244 – College Drive
- ☎ 705.471.2488 – Secondary number
- ☎ 705.498.9375 – Commerce Court
- ✉ security@canadorecollege.ca

Campus Health Centre

Room B205, College Drive
☎ 705.474.7600 ext. 5261

Residence Life Staff, Front Desk

- ☎ 705.980.1301 ext. 0
- ✉ info@canadorez.ca
- RA on-call 705.358.3200

Student Success Services

College Drive Campus – Room C262
☎ 705.474.7600 ext. 5205

Commerce Court Campus – Room E101a
☎ 705.474.7600 ext. 5655

Aviation Campus – Room Y237
☎ 705.474.7600 ext. 5956

Parry Sound Campus – Room 120
☎ 705.746.9222 ext. 7351

Other Resources Available

- **International Office** – College Drive Campus, room C210
☎ 705.474.7600 ext. 5425
- **First Peoples' Centre** – College Drive Campus, room C254
☎ 705.474.7600 ext. 5961
- **First Peoples' Centre** – Commerce Court Campus, room E100
☎ 705.474.7600 ext. 5647
- **Good2Talk** – free, confidential and anonymous helpline providing professional counselling, information and referrals for mental health, addictions and well-being to postsecondary students in Ontario, 24/7/365.
☎ 1.866.925.5454
- **Amelia Rising Sexual Assault Centre of Nipissing**
☎ 705.476.3355 (24-hour crisis line) or 705.840.2403 (office)
- **Emergency Services North Bay Regional Health Centre**
☎ 705.474.8600 / call 911 or 1.800.352.1141
- **North Bay Police**
☎ 705.472.1234 or Victim Services at 705.497.5555 ext. 227

Working in Canada: Work Permits

Part-Time Work

During the academic year students are allowed to work to a maximum of 20 hours per week and full time during holidays and between semesters.

To qualify for this program you must meet certain criteria. The student:

1. MUST be attending class full time and registered as a FULL-TIME student
2. MUST be maintaining an acceptable academic standard

The International Officer is required to report the status of each student at the beginning and end of each semester. If the student fails to meet any of the above noted criteria the study/work permit will be nullified and it must be returned to Immigration Canada.

Please note that while the immigration regulations allow employment, there is no guarantee that you will find a job.

Co-op Students

Students whose course of study requires them to work off campus require a Work Permit. Work permits take six to eight weeks to obtain, so apply at least two months prior to starting work to avoid any delays! Since work placement is part of your program there will be no fees charged to process the application.

It is possible to work in Ontario for three years immediately after graduation from Canadore College. This is provided you have completed a two-year program. If you graduated from a one-year program (not ESL) you will only be able to obtain a one year work permit. Please note that a Work Permit is required for this employment.

You can get assistance or find out more information about the requirements by visiting the International Office.

Social Insurance Number (SIN)

In order to work in Canada or to receive benefits and services from government programs, you will need a Social Insurance Number from Service Canada. You must have one of the following conditions indicated on your study permit in order to apply for a SIN for off-campus work:

- May work 20 hours per week off-campus or full-time during regular breaks if meeting criteria outlined in section 186(v) of IRPR.
- May accept employment on or off campus if meeting eligibility criteria as per R186(F), (V) OR (W). Must cease working if no longer meeting these criteria.

If none of the above conditions are on your study permit than you must submit a request for an amendment to your study permit before you can apply for a SIN.

If your study permit has, "This permit does not permit the holder to engage in off campus employment in Canada," printed on it and you have changed your program of study, you must apply to change the conditions of your study permit and pay the applicable fee.

Service Canada's Address:

Canada Place, Suite 102
107 Shirreff Avenue
North Bay, Ontario

LIVING IN NORTH BAY



Welcome!

North Bay is a friendly city of 55,000 people located 340 km north of Toronto and 340 km west of Ottawa, the nation's capital city. You'll soon feel at home here. We're big enough to offer a variety of sporting, entertainment and cultural events, yet small enough that people still take the time to stop and talk. You can rollerblade on the Kate Pace Way, take a cruise on the Chief Commanda, enjoy the waterfront or take in a concert at the Arts Centre. We have four distinct seasons, with different activities suited to each.

North Bay is accessible by car, plane or bus. Planes fly into the city at least twice a day from Toronto and Ottawa, and buses also have regular schedules each day. In the City, there is a full service municipal bus system that runs every 30 minutes or hour, depending on the location.

North Bay's Weather

North Bay's temperature varies considerably, ranging from approximately +25 C in the summer months to -25 C in the winter months. When classes commence in the fall, the days are generally warm 20 C and this, combined with changing colors of the leaves, makes autumn a pleasant season in North Bay. January is usually the coldest month with average daytime high temperature approximately -15 C and low temperature - 25 C.

While studying in North Bay bring warm clothing with you. However, if you are moving from a hot climate, you likely won't have suitable winter clothing so plan to purchase them in Canada after your arrival. As September is usually warm, you will have enough time to shop for winter clothes before you actually require them. If you are arriving in winter be sure to bring your warmest clothing. Even in winter, once dressed properly, you can enjoy outdoor activities. Buildings are kept warm in winter so it is seldom necessary to wear heavy clothing indoor.



MONTH:	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
DAILY MEAN (°C)	-17.0	-15.1	-4.8	3.3	11.2	15.9	18.6	17.3	12.2	5.9	-1.4	-9.1
DAILY MAX. (°C)	-8.0	-8.8	0.2	0.2	16.8	21.3	23.8	22.3	16.9	10.1	2.2	-4.7
DAILY MIN. (°C)	-25.0	-23.9	-15.8	-1.8	5.5	10.5	13.3	12.3	7.4	7.4	-4.9	-13.5



Winter Tips

Being active in winter is an important part of enjoying life for many Canadians. Winter sports and pastimes give us a chance to enjoy the outdoors with family and friends, get involved with others in the community, and maintain our health. And if we keep a few basic things in mind, we'll all be able to "slide" safely through winter.

- Wear several layers of lightweight clothing rather than one layer of a heavy garment.
- Cover your head. As much as 50% of your body heat is lost through your head
- Cover exposed skin (face, hands) to protect against frostbite.
- Wear waterproof boots or sturdy shoes with good traction to prevent slipping.
- Winter can last up to six months.
- If it is sunny outside it does not mean that it is warm out.

Frostbite and Hypothermia are the two main dangers associated with prolonged exposure to extremely cold temperatures.

Frost Bite:

Frostbite is damage to the body tissue caused by the tissue freezing. Frostbite causes a loss of feeling and a white or pale appearance in extremities such as fingers, toes, ear lobes or the tip of the nose.

If symptoms are detected, get medical help immediately! If you must wait for help, slowly warm the affected areas.

Hypothermia:

Warnings signs of hypothermia are uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion.

If you suspect hypothermia, take the victim's temperature. If it's below 95 degrees Fahrenheit or 35 degrees Celsius, immediately seek medical care. If medical care is unavailable, start warming the body slowly. Warm the body core first. If needed, use your own body heat to help. Get the victim into dry clothing and wrap them in a warm blanket covering the head and neck.



Driving in Canada

You should obtain an International Driver's License in your country before coming to Canada if you plan on driving while in Canada. You can also apply for an Ontario's Driver's License once you arrive in Ontario. Both a written examination and a road test will be required to obtain your Ontario Driver's License.

You may use your home country driver's license to drive in Ontario as long as you are a registered student. Note that in this case "student" is defined as being registered full-time in courses. Therefore during terms such as spring and summer, when you are not taking any courses, you would not be eligible to drive with your home country license.

To rent a car you need to be over the age of 25. This varies by car rental companies.



LIVING IN NORTH BAY



City Transit Service

The City of North Bay provides regularly scheduled bus service to the College Drive, Commerce Court and Aviation Campuses. Service is direct from city centre with connections available from all parts of the city. All full-time students receive a free bus pass for travel throughout the city during the academic year.

Transit information is available on the City of North Bay website:

cityofnorthbay.ca/cityhall/department/transit-and-parabus

Contacting Your Family

When you get to campus, you may want to contact your family and friends to let them know that you have arrived safely in Canada. Here are some suggestions for contacting people in other countries.

By telephone:

Using a long distance telephone calling card to make long distance calls from a payphone is usually less expensive than paying cash. You can purchase telephone cards at various locations throughout the city. Another option is to charge the cost to the person you are calling by placing a collect call.

To make an overseas call from a telephone in Canada, follow these directions:

- Dial 011, then the country code, then the city code, then the local number.
- For a collect call, third party billing, and calling card calls, dial 01, then the country code, then the city code, then the local number.
- Check the phone book or dial '0' for operator assistance if you do not know the country and city code of the place you are calling.

By email:

If you wish to send an email to your family to let them know that you have arrived safely, there are computers in the library and computer labs set up for free internet use.

By mail:

The city's main post office is located downtown at 101 Worthington Street East. Many drug stores have postal outlets, as well as the Northgate Mall. If you want to send a letter, you can purchase envelopes, paper, and stamps from the Campus Shop.

Drug and Alcohol Laws

In Ontario, you must be 19 years of age or older - we call this “age of majority”- in order to purchase and consume alcohol. When you buy alcohol or when you are going out to a place or an event at which alcohol will be sold and consumed, you will be asked to show photo identification to prove that you are 19 years of age or older.

The use of illegal drugs is strictly prohibited in Canada, and the abuse of drugs or alcohol is a serious offence in Canada. If you are caught in possession of drugs you can be seriously penalized. There are also laws against over consumption of alcohol. You must never operate a vehicle after you have consumed alcohol. In regards to alcohol use, it is important that you remember not to:

- Carry open liquor (bottles of alcoholic beverages with the top off or seal broken) in a car
- Walk in a public place with open liquor
- Provide liquor to anyone less than 19 years of age
- Behave in a disorderly manner while drinking in a licensed premises
- Refuse to take a Breathalyzer test, which measures the content of alcohol in your body

Tobacco Laws

In Ontario, you must be at least 19 years of age to purchase cigarettes and you may be asked to provide photo identification to prove your age. North Bay has a by-law prohibiting smoking in all indoor public places. This includes restaurants, bars, shopping malls and grocery stores. Violation of this law can result in a fine.

What to Do If Questioned or Arrested by Police

Don't panic. You must always cooperate with police. Any refusal to cooperate with police may result in criminal charges being filed against you. The level of cooperation is as described below:

Under Canadian Law you are required to give police your name and address. If you are a witness to any crime you should fully cooperate with police and provide them with accurate details of the crime.

If you are arrested, you are required to provide them with only your name and address. When you are arrested you have the following rights:

- You are allowed to request language translation services
- You are to be informed promptly of the reasons for your arrest
- You are allowed to obtain a lawyer without delay and to be informed of that right.
- You are entitled to one phone call. Contact a lawyer and if you don't know any, contact a friend or an advisor at the International Office
- You should also immediately ask for Duty Counsel.

It is important that you don't say anything until you have legal counsel and a language translator is present. Any statement that you make can be used against you in court and your understanding of questions or the way you express yourself may be interpreted in the wrong way.

In Canada, you are innocent until proven guilty by the courts. The police's job is to collect evidence and lay charges. We have lawyers on stand-by who will assist you with your case. Have the Duty Counsel contact the International Department for further assistance. We can't talk with you, only legal counsel can.

It is important to know your rights in Canada, visit www.attorneygeneral.jus.gov.on.ca for more information.

Currency

When you arrive in Canada, have at least \$100 Canadian or U.S. in cash. A currency exchange service is usually available at the airport from 5 a.m. to midnight. We also recommend that you carry enough traveller cheques or bank drafts to cover at least your first month's expenses. Usually there are extra costs in the first month (such as rental damage deposits and books); this can amount to \$2,000 or more for a single student.

In Canada our currency consists of both coins & bills.



A Goods & Services Tax (GST) is applicable to all transport, accommodation, and restaurant meals and just about anything else you're likely to purchase, including newspapers. On top of this, in most of Canada, a Provincial Sales Tax also must be paid. This adds 13% to the quoted price, so factor it into your expenses.

Banking

Once you arrive in Canada it is very important for you to set up a Banking Account right away. You will need to pay for many different things including tuition, books, food and other services.

In Canada we use our currency (money), cheques and our Debit Cards to pay for everything. Debit Cards are used anywhere Interac is accepted. Interac is a tool used at ATMs (Automated Teller Machines). These are bank machines and you can take money out or deposit money into your bank account.

The following are a list of banks that you can open an account in North Bay.

CIBC

(Closest to main campus)
789 McKeown Avenue, ☎ 705.472.2310

Scotiabank

Northgate Square, ☎ 705.472.5680
204 Main Street West, ☎ 705.494.4717

TD Canada Trust

103 Laurentian Avenue, ☎ 705.474.3421
240 Main Street East, ☎ 705.472.4370

Royal Bank of Canada

105 Main Street West, ☎ 705.472.5470
925 Stockdale Road, ☎ 705.494.7100

When you have chosen the bank that you wish to deal with, give them a call and make an appointment or visit the bank, tell the first person you speak with that you are an international student attending Canadore College and that you wish to open a chequing account and they will help you set it up.

Transfer of Funds

There are several ways to transfer money to Canada, including bringing traveller cheques, a bank draft or having a transfer of funds from your bank at home to the Canadian Bank where you open an account. The option you select will depend on the amount of funds being transferred, service charges and the timeliness of each option. Many Canadian banks charge a transaction fee for cashing travellers' cheques, but funds are available to you immediately. If you bring a bank draft with which to establish your Canadian bank account, you will need to allow the bank fifteen business days for them to make the funds available to you. If you plan to have money transferred by cable, inquire at your bank as to the service charges and business days required to complete this transaction. Your financial institution may have other suggestions as to how you transfer funds to Canada.

Payment Options

Flywire for International Students:

Canadore College has partnered with Flywire to offer international students and their families an easy and affordable way to pay for their tuition and fees.

Flywire is a secure method of payment that allows you to track your payment from start to finish. Through this service you can pay your tuition and fees from any country and any bank—often in your home country currency, which allows you to save on bank fees. To use this service you will be asked to create an account on the Flywire website with your basic personal information.

STEP 1

Go to Canadore's payment portal (canadorecollege.flywire.com) to enter the amount you owe and the country you will be paying from.

STEP 2

Select your payment option and payment type.

STEP 3

Create a Flywire account or log in to your existing account. Enter basic information to initiate your payment booking.

STEP 4

Review and confirm your payment.

STEP 5

Follow your payment instructions to send funds to Flywire.

Note: Payment instructions are only valid for one payment. If you wish to make another payment to Canadore, please initiate a new booking

STEP 6


Track your payment by logging into your Flywire account at any time. Receive text and email status updated each step of the way, including a confirmation when your payment has been delivered to Canadore College.


ADJUSTING TO CANADIAN CULTURE

When you arrive in Canada, you may find that things are very different than they were in your home country and it may take some time for you to adjust. But learning about a new culture can be fascinating. No two people react to a new culture in the same way, so we cannot tell you exactly what you should do to help make the adjustment to your new culture easier. But here are a number of strategies that may help:

- Give yourself lots of time to accomplish the things that you need to do. You will find it easier and less stressful if you do not try to complete too many tasks in one day.
- Make sure to get enough sleep. Travel is tiring, and depending on where you have travelled from, you may experience fatigue or 'jet lag' as you adjust to being in a new time zone.
- Experiment with food slowly. New food can upset your stomach, so try to continue to eat some of the foods you ate at home and drink bottled water for your first two or three weeks in Canada.
- Call, write, or email your family and friends. If you keep in touch with people at home, you will feel less homesick.
- Ask questions. If you are unsure about something, ask someone. People are generally very willing to help, and asking questions will help you learn things more quickly, making your transition smoother.
- Explore the city. The more you get to know about the city and all it has to offer, the more at home you will feel.
- General hygiene practices in Canada: wash your hands frequently, use deodorant, brush and floss your teeth, and shower on a regular basis.














Canadian Facts

-  Canada is a country with 36 million people and has two official languages English and French. Ottawa is the capital of Canada; Toronto is the capital of the province of Ontario.
-  Canada is the second largest country in the world, occupying six time zones from east to west. The country is divided into 10 provinces and three territories, each with its own elected government.
-  All products are sold with directions, ingredients or menus in both official languages.
-  Canada is a multicultural country. You will see people from many different countries and backgrounds here. Canadians believe in tolerance and equality among people. Men and women are treated with equal respect, and there are strict laws against prejudice or discrimination on the basis of gender, religion, ethnic background, sexual orientation, or marital or social status.
-  As visitors to Canada, you and your dependents have the same rights and are protected under the same laws as Canadian citizens. The Canadian Charter of Rights and Freedoms guarantees that anyone residing in Canada has:
 - Freedom of conscience and religion
 - Freedom of thought, belief, opinion, and expression
 - Freedom of peaceful assembly, and
 - Freedom of association

-  Canada is an open society with maximum of social tolerance.



Greetings and Customs

-  Order of names in Canada are first name, sometimes a middle name is used, then last name, for example John (first name) Smith (last name) or John (first name) Paul (middle name) Smith (last name). Canadians quickly call people by their first names.
-  Canadians smile and laugh loudly. This isn't considered rude.
-  In Canada, people greet each other by saying "Hi", "Hello" or "How are you doing?" Some other common sayings: you bet (means certainly or definitely), give me a hand (means to help), let's go for coffee (means you want to meet to talk later, doesn't mean you have to drink coffee, but you usually do), give me a second (speaker needs some more time), that's neat (means that's interesting), the Mall (means shopping mall), that's rough (means that's too bad), good job (means that you did well at something), see you later (means good bye), what's up (means how are you doing or what are the plans).
-  For a more business greeting, we shake each other's right hand firmly and smile to make a good impression
-  Keep a distance of 1 meter when talking to another student/person.
-  Canadians line up for services. Keep a 0.5 meters distance from the person in front of you. At bank machines stay at least 1.5 meters from the person at the bank machine
-  The O.K. sign (index finger to thumb in an "O" shape) or "a thumbs up" sign are acceptable ways to show approval.
-  Some courtesies Canadians have are opening or holding doors open for the person behind them, offering elders their seat on a bus or train if crowded, being polite.
-  Canadian students dress casual. Jeans and t-shirts are very popular attire.
-  Restaurants and public buildings are smoke free in North Bay and in other major Canadian cities.
-  Popular sports in Canada are ice hockey, soccer, football, baseball, basketball, golf and tennis.
-  In public, emotions are kept under restraint.
-  It's considered normal to tip 15-20% of the bill. Tips are usually given to waiters, cab drivers, hairdressers, and hotel attendants.

MAP OF COLLEGE DRIVE CAMPUS AREA