



International Student
CONNECT

ONTARIO
**INTERNATIONAL
STUDENT GUIDE**





CANADA

Canada is the second-largest country in the world. Ten million square kilometers stretch from the Atlantic to the Pacific to the Arctic Oceans. While Canada's wilderness is vast and diverse, most people in the country live in urban and suburban settings in regions with dense populations.

Canada is a young country with three founding peoples. The Aboriginal or indigenous peoples of Canada lived here for thousands of years before the arrival of Europeans. There are three groups of indigenous peoples: First Nations, Inuit and Métis. French settlers first came to Canada in the 1600s, followed by English-speaking settlers from Great Britain and Ireland in the 1700s and 1800s.

Over the past 200 years, people from many different ethnic and religious groups have immigrated to Canada. Today, around 20 percent of Canadians have been born outside Canada. In 1971, the country adopted an official policy of multiculturalism, which ensures equal treatment of all cultures.

The first Europeans to settle in Canada were from France. When Britain won a war against France in the 1700s, the French colonies became part of British North America. French-speakers settled in many parts of Canada. The French-speaking part of the

Canada colony later became the French-speaking province of Quebec. Today, Canada has two official languages—English and French.

Canada became a country in 1867 when three British North American colonies—Canada, New Brunswick, and Nova Scotia—joined together to become the Dominion of Canada, a colony of the United Kingdom. The Dominion of Canada had four provinces: Ontario, Quebec, New Brunswick and Nova Scotia. Over the years, more colonies joined Confederation and today the country of Canada has 10 provinces and 3 territories.

While Canada is now an independent nation, it is still a member of the British Commonwealth. Canada is a constitutional monarchy and the Queen of Canada, Queen Elizabeth II, is the head of state. The elected prime minister is the head of Canada's government. The Queen is represented in Canada by the Governor General of Canada, who is nominated by the Prime Minister and appointed by the Queen.

Canada has three levels of government: federal, provincial, and municipal.

Federal Government - Some of the federal government's responsibilities include immigration and customs, national defence, and international relations. Because English and French are the two official languages of Canada, the federal government must provide services throughout the country in both English and French.

Provincial Government - Each province manages its own health care and education, among other things. Ontario's colleges and universities are regulated and funded by the provincial government, but the federal government manages the process for obtaining a study permit or student visa.

Municipal Government - Municipal or regional governments handle local concerns such as housing, libraries, garbage collection, water and police.



Canadian Cultural Values and Beliefs

Canada is an open, free society where people have the right to express their opinion and practice their faith and cultural traditions. Respecting these freedoms and celebrating diversity is the foundation of Canadian culture. In Canada, the good of the many is sometimes more important than the rights of any one individual. Canadians feel strongly that education and basic health care should be free for every resident and that the government should provide income support to those in need. To pay for this collective

good, all residents of Canada pay taxes on their income, their property, and on goods and services. Canada is also a land of pristine wilderness and vast natural resources, which inspires Canadians to protect and celebrate the country's natural heritage.

Inclusivity and Diversity

Canada has a diverse society that works towards the inclusion of all people. Canada's population includes people with differences of all kinds, such as cultural and religious backgrounds, sexual orientation, gender identity, ability, and interest. By accepting and celebrating our differences, we ensure that Ontario is a place where everyone feels at home. There are many laws and policies in both Canada and Ontario that protect everyone's **human rights** and encourage an inclusive society. The freedoms protected by Canada's laws cannot impede on the basic freedoms of others, so every member of Ontario society must compromise to ensure fairness for all.

Freedom of Religion

Ontario is a secular society, however, every person in the province, and the country, is allowed and encouraged to practice their religious faith. Schools and workplaces try to accommodate religious practices such as dietary restrictions, dress codes, and holidays. However, religious practices that go against provincial or federal laws or that violate human rights are not protected. Freedom of religion is protected by the [Ontario Human Rights Code](#) and the [Canadian Charter of Rights and Freedoms](#).

Gender Equality

In Ontario, and all of Canada, women have the same legal rights as men. In fact, equality between men and women is a core value in Canadian society. Cultural practices that demean or hurt women or girls, or deny them the same opportunities, are not tolerated. Many people in Ontario argue that still more cultural changes are needed to ensure the true equality of women in our society. The [Status of Women Canada](#) and the [Ontario](#)

[Women's Directorate](#) are government departments that work on women's equality and ending violence against women.

The LGBTQ Community

LGBTQ is short for lesbian, gay, bi-sexual, transgendered, and queer. Members of the LGBTQ community are proud participants in Ontario society. Same-sex marriage and adoption are legal in Ontario. Discriminating against or harassing people because of their sexual orientation or gender identity is against the law in Canada. Members of the LGBTQ community are protected by the [Ontario Human Rights Code](#) and the [Canadian Charter of Rights and Freedoms](#).

Disability

Disability is a general term that refers to many different conditions. People can have physical, mental, or cognitive disabilities; hearing or vision disabilities; epilepsy; mental health disabilities and addictions; environmental sensitivities or other conditions. Often, a person's disability is not visible to other people. Ontario is committed to becoming a place where everyone can participate in the community. The province has laws to protect the rights of people with disabilities. The Accessibility for Ontarians with Disabilities Act requires all institutions in Ontario to make their services and facilities accessible to people with disabilities. Ontario is a better place to live for everyone when all of its residents can access reading materials, websites, services and physical spaces.

Norms and Expectations

Canadians have a reputation for being polite, diplomatic, and funny! Compared to their American neighbours, Canadians are often seen as quiet and reserved, and in business and politics this makes Canadians seem less aggressive and ambitious. The practice of peacekeeping was introduced by Canada. The Canadian armed forces continue to serve in peacekeeping missions around the world. And Canada often acts as mediator in global

relations. Canadians are proud of this reputation for politeness and diplomacy—it is an important part of Canadian identity. But Canadians also love a good joke, especially when it's about Canada. This identity is at the core of the norms and expectations in Canadian society.

Social Customs

Because Ontario is such a diverse place, there are no universal customs. Each cultural group adapts their traditions to life in Ontario. And the people of Ontario have learned to adapt their traditions to respect and include those of newcomers. In general, Ontarians are polite and reserved. In fact, Ontarians are sometimes so polite and reserved that they avoid making eye contact or speaking to strangers in public places, especially in larger cities. This can be misinterpreted as rudeness, but to an Ontarian, intruding or staring seems impolite. Yet behind their reserve, Ontarians are very kind and friendly people.

There are many social expectations in Ontario society that are related to this cultural norm of reserved politeness. For example, people wait patiently in line for services in Ontario and take their turn boarding public transit. Ontarians are also sensitive to time. Scheduled events and meetings start on time and being late is considered rude and inappropriate. People in Ontario rarely complain about poor service in public, and criticism and complaints are often softened with positive statements. And Ontarians, like all Canadians, often apologize even when they are not at fault. There is a popular joke in the United States: When you bump into a Canadian, they apologize for being in your way!

Family Relationship

In Ontario, there are many ways to be a family. Families can include stepchildren and stepparents, single parents, children who are adopted, or no children at all.

Some families live separately and others include many generations in the same home. Same-sex marriage has been legal in Ontario since 2003, and same-sex couples are

allowed to adopt children. Unmarried couples that live together are “common-law partners” and have many of the same rights and obligations as married couples.

Family violence is not tolerated in Ontario, or in any part of Canada. Violence against a spouse, or any other family member, including unwanted sexual activity, is illegal in Ontario. Wives have the right to refuse sexual contact of any kind. Threatening family members is also a crime. A person who is found guilty of domestic violence against a family member is subject to serious punishments, such as imprisonment.

Adultery is not against the law in Ontario, but it may be considered grounds for divorce. Only the courts may grant a divorce and either spouse or marriage partner may apply for divorce. In Ontario you may be married to only one person at a time. If you married someone in another country, you must get a divorce before you can marry someone in Ontario. If a couple separates or divorces, the court resolves child custody based on what is best for the child. The courts also have the power to compel a person to pay financial support for both their spouse and children.

While parents are allowed to use spanking or “reasonable force” to discipline young children, severe punishment is not allowed. And it is against the law to use physical force against teenagers. It is also against the law to touch children in a sexual way or to force children into marriage. Every adult in Ontario is required by law to report suspicions of child abuse. When child abuse or neglect is suspected, child welfare officials may remove children from family homes.

Caring for the Environment

Protecting the environment is an important cultural norm in Ontario. For many years, Ontarians have been working to reduce consumption, manage waste, and conserve energy to help protect the environment.

Most Ontarians have access to clean and safe drinking water through city water services or local wells. Buying bottled water is not necessary. Many people in Ontario try to carry reusable water bottles and shopping bags to reduce plastic waste. Buying

energy efficient appliances and light bulbs, and turning off the power reduces energy consumption. Walking, cycling, or taking public transit instead of driving helps to reduce the consumption of gasoline and reduces vehicle emissions. Ontarians also save money when they conserve energy and avoid creating waste.

Waste Management

In Ontario trash or garbage is collected from homes by the local municipal government and then sent to landfills. To reduce the amount of garbage sent to landfills, the province and local communities have waste diversion programs. Ontario households separate plastic, paper, and metal items from their trash for recycling in the Blue Box program. Many communities also separate their organic waste for a Green Bin collection program. To encourage the use of Blue Boxes and Green Bins, many communities limit the amount of regular garbage they will collect and charge extra if residents go over the limit.

Most communities also have Orange Drop programs to collect harmful substances such as paint, batteries, and motor oil so that these items are not allowed to pollute the water or ground. There are also electronics recycling programs for old phones, computers and other items. Electronics retailers often have drop-off centres in their stores. There is an environmental handling fee on all new electronic purchases, which helps to pay for these recycling programs.

Ontarians can also recycle in the workplace and in public. Fast food retailers have recycling bins, and most communities have recycling and garbage bins on the street and in the parks. Littering, or throwing trash on to the street, is against the law in most communities. Keeping your community clean is a social expectation in Ontario—there are fines of up to \$1,000 or more for putting trash or garbage where it does not belong. Police will even stop your car if they see you littering on a highway.



ONTARIO

Before Confederation, Ontario—Canada West—was also known as Upper Canada, because it was located up the St. Lawrence River. Today, Ontario is part of central Canada and goes from the Ottawa River valley in the east to the edge of the prairies in the west. Ontario also stretches from the Great Lakes in the south to Hudson’s Bay in the north.

Ontario may only be the fourth largest province or territory in Canada but it is still quite big—it is twice the size of France, and about one third the size of India. Ontario is also the largest province by population. With over 13 million people, Ontario is home to more than one third of Canada’s population.

Almost 40 percent of the population of Canada lives in Ontario. Most Ontarians live in urban centres in the southern part of the province near the Great Lakes and the St. Lawrence River. Ottawa, the capital city of Canada is located in Ontario on the Ottawa River, which is the border with Quebec. Ottawa is Canada’s fourth-largest city. Canada’s largest city, and the fourth largest in North America, is Toronto—6 million people live in the Greater Toronto Area.

Ontario has a diverse economy. Some of Canada’s best agricultural land is in southern Ontario. Southern Ontario is also home to major centres of financial services, hospitality, manufacturing, life sciences, and information and telecommunication technology. The economy in the North is based on natural resources. The main industries in the North include mining, forestry, and hydroelectricity, as well as the services that support these industries.

Multicultural Society

The name “Ontario” comes from an indigenous word meaning “beautiful lake” or “sparkling water.” The indigenous or Aboriginal peoples of Ontario have lived in the land of sparkling water for at least 7,000 years. Europeans first arrived in Ontario in the 1600s and started building trading posts and forts.

The first settlements were built in the mid 1700s. The first European colonists and settlers were from France and the British Isles. But by the 20th century, immigrants from all over Europe, Asia, Africa, and South America were coming to Ontario.

Ontario is also home to the largest population of Aboriginal people in the country. The Aboriginal peoples of Canada—the First Nations, Inuit, and Métis—include many nations, each with their own religion, language, and cultural traditions. They are the foundation of diversity in the province.

Today, Ontario is a clear example of Canada’s commitment to multiculturalism. Almost half of all newcomers to Canada live in Ontario. Living in Ontario means living among people of different backgrounds, religions, and languages. It also means having the chance to enjoy foods, music, art, and performances from all over the world!

Ontario's Climate

Ontario has four distinct seasons with cold snowy winters and warm summers. Ontario's climate is influenced by the Great Lakes, which makes the weather change frequently and quickly. Ontarians must check the weather forecast every day to make sure they are prepared!

Winter

The winter season is longer and more extreme in the north. But even in Southern Ontario winter can still be quite harsh. Winter begins around October in Northern Ontario and late November or December in Southern Ontario. It lasts until March in the south and April in the north. Temperatures can drop far below freezing and snow accumulates into large snow banks.

But life in Canada does not stop in winter. Ontarians dress appropriately and go about their day. International students in Ontario need to ensure they have proper winter boots, coats or jackets, hats, gloves, and scarves. Because of quick weather changes, a winter day can start out with mild temperatures and get very cold later in the day.

Spring

Spring is a shoulder season between winter and summer and is generally very rainy. Spring goes from March to June, but sometimes feels shorter. Sometimes there is winter weather in late March and summer conditions in late May. In fact, in the spring the weather can change from summer conditions one day to winter conditions the next.

Summer

June to August are the summer months. Summers in Ontario can be very hot and humid, especially in larger cities. Generally, summer is milder in Northern Ontario, but hotter temperatures and high humidity are not uncommon. In summer, the daily temperature can change from quite cool in the mornings to terribly hot in the afternoon.

Fall

Fall brings cooler temperatures, lots of wind and both rainy and sunny days. Like spring, fall can be very short if there are high temperatures in September and winter comes early. Fall is also the beginning of the new school year and the harvest season. Leaves change colour to orange and red before falling from the trees—which is how the season gets its name. Taking a trip to see the “fall colours” is a popular activity in Ontario.

Franco-Ontario

While English is the main language spoken in Ontario, French Canadians have lived in the province for hundreds of years. Today, almost 5 percent of Ontario’s population is Francophone, and there is a vibrant French culture in the province. That population is also diverse—around 14 percent of Francophones in Ontario were born outside of Canada. Some Franco-Ontarian communities in eastern and northeastern Ontario are over 90 percent French-speaking. The *Assemblée de la francophonie de l’Ontario* coordinates the political and cultural activities of the Franco-Ontarian population.

French Language Services Rights and Services

The two official languages of Canada are French and English. Canadian law gives equal status to both languages and all federal services are available in both languages. French is not an official provincial language in Ontario, but the *French Languages Services Act* gives everyone the right to provincial services in French. French-language government services are provided in designated areas based on the size of the Francophone population. Cities with more than 5000 Francophones and smaller communities with Francophone populations of at least 10 percent are designated areas. Some of the services available in French include obtaining a driver’s licence or registering marriages and births. The province also provides information about all of its programs in French.

Francophone Education

French is a required subject in English-language schools in Ontario. Speaking both English and French fluently is an advantage when seeking work in Canada, especially jobs in government. As such, second-language French immersion programs for English-speaking children are very popular across the province. There are also first-language French public schools for children from families who speak French at home. There are several French-language post-secondary institutions in Ontario. Most of these programs are for Francophones and bilingual speakers of both French and English. There are also programs that help English-speaking students improve their French.

French-language and Bilingual Colleges and Universities

- **Collège Boréal**

Collège Boréal is a French-language college based in the city of Greater Sudbury with several campuses and access centres throughout the province.

- **La Cité**

La Cité is a French-language college with two campuses in the city of Ottawa.

- **Université de Laurentienne**

Laurentian University in Sudbury offers programs in both French and English.

- **Université de Sudbury**

The University of Sudbury is part of Laurentian University and offers programs in both French and English.

- **Université de Hearst**

Université de Hearst is a French-language university with campuses in the Northern Ontario communities of Hearst, Timmins, and Kapuskasing.

- **Université de Ottawa**

The University of Ottawa offers programs in both French and English.

- **Université Saint Paul**

Saint Paul University in Ottawa is a Roman Catholic institution affiliated with the University of Ottawa and offers programs in both French and English.

- **Glendon College**

Glendon College is affiliated with York University in Toronto and offers bilingual programs that allow students to take courses in both French and English.

- **Dominican University College**

Dominican University College is a Roman Catholic institution affiliated with the University of Carleton in Ottawa and offers bilingual programs that allow students to take courses in both French and English.

- **Ontario Institute for Studies in Education**

The Ontario Institute for Studies in Education (OISE) is the Faculty of Education at the University of Toronto and hosts *Le Centre de recherches en éducation franco-ontarienne* (CREFO).

- **Royal Military College**

The Royal Military College (RMC) in Kingston offers programs in both French and English; students must either be a member of the Canadian Armed Forces, the spouse of an Armed Forces members, or an employee of the federal government.



EDUCATION IN ONTARIO

Children and adolescents are required to attend school in Ontario until they have either completed their Ontario Secondary School Diploma, or they have reached the age of 18. While some parents choose to pay tuition for private schools, most children in Ontario attend one of the many public schools in the province.

Children begin school at age 4 with two years of kindergarten and begin grade 1 at age 6. Elementary or grade school is from grades 1 to 5 or 6, followed by middle school or junior high school for grades 6 or 7 and 8. Some elementary schools go to grade 8. High school or secondary school includes grades 9 through 12. Generally, students graduate around the age of 18.

Public schools may be either English or French, and there is also a publically funded Catholic school system with programs in both English and French. French-language schools are for students who speak French at home, but English-language schools offer French-immersion programs available to all students.

Post-Secondary Programs

After high school, students may choose to pursue post-secondary training or education. There are many different post-secondary options for students in Ontario. These options include university, college, apprenticeship, and private career college. There are two main types of public post-secondary institutions in Canada: colleges and universities. There are 24 colleges and 22 universities in Ontario.

Universities offer three- and four-year undergraduate programs that lead to bachelor's degrees. Graduate programs include master's degrees and doctorate or PhD degrees. Colleges offer diplomas, certificates, and some bachelor's degrees. Post-graduate college programs offer certificates to students who have already completed a college diploma or a university degree. Colleges also offer continuing education courses.

Students can begin professional degrees such as medical degrees and law degrees after three years of undergraduate studies. Teachers and registered nurses in Ontario obtain bachelor's degrees. Ontario universities also offer masters degrees in professional areas such as business, social work, and education.

Students interested in trade apprenticeships might enrol in college training programs, or begin their apprenticeship programs while still in high school. Private career colleges are another alternative for skilled trades and professional training, but students will find that most fields and industries have training programs at one of Ontario's public colleges.

Ontario's post-secondary institutions provide academic support, tutoring, and counselling services to help students adjust to the challenges of student life. The colleges and universities in Ontario also offer many social programs and services to their students.

Colleges

Colleges in Canada focus on practical training for various industries from arts and media, to business and technology to skilled trades. Most college programs lead to diplomas or certificates. However, some college programs lead to bachelor's degrees, and there are also joint programs with universities that offer both degrees and diplomas. Colleges also offer continuing education certificates and classes where no application is necessary.

Ontario's college system was created to offer equal access to education across the province. In some cases, a certain college may offer a special program or a unique approach to a particular field of study. But in most cases, colleges in Ontario offer the same quality of education across disciplines and have similar admission requirements.

Universities

Universities grant bachelor's, master's and doctorate degrees and have an emphasis on research. Some universities also offer professional degrees in law, medicine, nursing, education and other fields. Smaller universities offer only undergraduate programs, or may only have a few graduate programs. Most universities offer a large range of programs, but also have speciality fields of study. In some cases, a university may be the only institution to offer a particular program in Ontario or Canada.

University undergraduate programs differ from college programs in that they focus more on theory and research than on practical applications. Large universities are made up of smaller "colleges," but these differ from the colleges described above. In some fields, those with university training have more opportunity for advancement. In other fields, college training is preferred.

Note: In the United States, some universities are called "colleges" for historical reasons or because they only offer undergraduate degrees. Americans refer to attending university as "going to college," even when their school is called a university. This is not the case in Canada, where people specify whether they went to college or university.

Campus Life

Life on campus is an important part of the international student experience in Ontario. Some students live in residences on campus, or in apartments and houses near campus. Other students live with family or friends and commute to campus by car or on public transit. But the campus is the heart of student life in Ontario—no matter where they live, students spend much of their time on campus.

Some of the facilities you will find on an Ontario campus include cafeterias, food courts, coffee shops, pubs, computer labs, libraries, fitness and recreation centres, prayer rooms, and medical clinics. There are also student organizations and clubs, faith groups, social events, guest speakers, music and theatre performances, and competitive and recreational sports.

Academic Calendar

In Ontario, the school year begins in September and runs until June. However, college and university terms end in April or May, and many schools have a third spring or summer term that begins in May or June. Universities and colleges also have regular holiday periods. There is a break between first and second semester in December. There is a one-week holiday in February known as reading week.

In addition to school holidays, there are eleven public holidays in Ontario—schools are closed on these days, and on some of these days, businesses also close. Many of the holidays are on Mondays, which creates what are known as long weekends. Some schools also close for various religious holidays.

Each school will publish a calendar that lists all holidays and school closures, as well as important dates. Some important dates include international application deadlines,

housing application deadlines, financial aid application deadlines, tuition payment deadlines, English test score deadlines, class registration deadlines, and residence move-in and move-out dates.

	Holiday	What's Happening?
September	Labour Day	School year begins
October	Thanksgiving Day	Thanksgiving Halloween
November		Remembrance Day (government holiday)
December	Christmas Day Boxing Day	Exams Winter Break
January	New Year's Day	Winter term begins
February	Family Day	Reading Week (post-secondary) Valentine's Day
March		March Break (schools) St .Patrick's Day
April	Good Friday Easter Monday	Exams Summer Break
May	Victoria Day	Spring Term begins
June		Summer Term begins
July	Canada Day	
August	Simcoe Day	

Language Requirements

If you are applying to a college or university program in Ontario that is taught in English, you must demonstrate English language proficiency. In general, international students who speak English as a first language or have been educated in an English-language school are exempt from proficiency requirements.

There are several tests of English language proficiency, such as the Test of English as a Foreign Language (TOEFL), the International English Language Testing Service (IELTS), the Michigan English Language Assessment Battery (MELAB), and the Canadian Academic English Language Assessment (CAEL). Check your school's website to find out which tests are preferred, the required test scores, and the criteria for proficiency test exemptions.

Colleges and universities also offer English language remediation programs which allow international students to improve their Academic English skills.

French-language college and university programs will require a test of French language skill—check with the school to learn more about French language certificates or proficiency requirements.

Financial Resources

There are very few financial resources available to international students in Canada. When applying for a study permit, international students must demonstrate their ability to pay for their tuition fees and their living expenses while in Canada, as well as the cost of return transportation.

International students in Canada are not eligible for student loans from the Canadian government or Canadian banks.

Some colleges and universities have special scholarships or bursaries for international students. There are also bursaries and scholarships that are open to all students. Contact your college or university as soon as possible to ask about financial assistance options for international students.

The best source of financial assistance may be in your home country. There may be government programs that provide funding for students to study abroad. Non-government organizations in your home country may also have scholarship or funding programs for students. Some employers have support programs for their employees to pursue international studies. You should research and apply for these opportunities before applying for your study permit.



LIVING IN ONTARIO

Housing

In Ontario, post-secondary students are responsible for their own housing. Many schools offer on-campus housing, but students can choose either on-campus or off-campus. Contact your international student centre as soon as possible to ask about your options.

Learn more about housing in Ontario on the [Settlement.org Housing page](#). The Canada Mortgage and Housing Corporation also provides an [Introduction to Renting in Canada](#) on their website.

On-campus Housing

On-campus housing consists of residences on or near campus. These residences may include dormitories with cafeterias or apartment-style suites with kitchens, or a combination of both. Living on campus may cost more than living off campus, but there

are many benefits. For example, if you live on campus, you do not need to buy furniture, negotiate with landlords, or spend time commuting to campus. With meal plans, you can also avoid grocery shopping and cooking. On-campus residences also create a sense of community for new students and help with the transition to student life and living in Ontario. On-campus housing is limited at many colleges and universities in Ontario. If you would like to live on campus, you should apply for housing as soon as you are accepted.

Off-campus Housing

There are many types of off-campus housing, such as student residences, homestays, and private rentals. Colleges and universities in Ontario provide information and assistance to students who must find off-campus housing. Contact your school for more information.

Homestay

International students may also arrange their own homestays through private agencies, but some colleges and universities also run homestay programs. In a homestay, students have a private bedroom in a family home. Some meals may be provided. Host families can offer valuable support for students transitioning to life in Ontario. Homestays are also a good way for students to improve their spoken English. Check with your school's international student centre for more information.

Student Residences

Off-campus student residences are similar to the types of housing found on-campus, but they are run by co-operatives or private companies and not by the college or university. This type of housing is generally open to students only. Your college or university's off-campus housing office may provide information about off-campus student residences in the area.

Rental Housing

The most common type of off-campus housing is private rentals. Rental contracts in Ontario are usually 12-months long. Most rental housing in Ontario is rented unfurnished. However, those landlords who rent specifically to students often provide basic furnishings.

Students often rent shared accommodation or apartments and houses with multiple bedrooms. Two, three or even larger groups of students may sign leases together. Students in Ontario often advertise when they are looking for roommates. In neighbourhoods close to campus, landlords may rent single rooms in a house to individual students. These students have separate rental agreements but share common areas like the kitchen.

Students may also rent studio or one-bedroom apartments on their own. A studio apartment, also known as a bachelor's apartment, consists of a single room for living and sleeping, as well as a private kitchen and bathroom. Apartments may be found in condominium buildings, where each unit is privately owned, or in an apartment building owned by one person or a company. Homeowners also rent extra space in their house to students. This may be an extra bedroom, but it is most often a private suite in the basement of the house. It is very common for students in Ontario to live in basement apartments.

Landlord and Tenant Rights and Responsibilities

Both landlords and tenants in Ontario are protected by the rules outlined in the [Ontario Residential Tenancies Act](#). For example, as a tenant, you must pay rent on time and follow the terms of your lease. You are also required to give 60 days' notice before moving out. Landlords are required to maintain the property and may only raise the rent once a year, and only by a fixed amount.

If you cannot resolve a problem with your landlord, you can apply to the [Landlord and Tenant Board](#) for assistance. It is important to investigate a property and understand

the terms of your lease or rental agreement before you sign the contract or make a payment.

The [Settlement.org](https://www.settlement.org) housing page includes information on [Tenant Rights and Responsibilities](#). The OCASI In My Language website also explains many of these issues on their [Housing Rights and Responsibilities page](#).

Banking and Finance

Canadian Money

Canada's currency is the dollar (\$). There are 100 cents in a dollar. Canadian coins include the nickel (5 cents), dime (10 cents), quarter (25 cents), a one-dollar "loonie," and a two-dollar "toonie." Canadian notes or bills are printed on a plastic polymer and are different colours. The most common paper bills are \$5 (blue), \$10 (purple), \$20 (green) and \$50 (red). The \$100 bill is brown; to protect against counterfeiting, many stores do not accept \$100 bills. Canada does not use a 1-cent coin or penny. When paying with cash, the price is rounded up or down to the nearest 5 cents. If you pay electronically, you will pay the exact price.

The value of the Canadian dollar is measured against the U.S. dollar. In Canada, the media often refers to the Canadian dollar as "the loonie" because the U.S. dollar is known simply as "the dollar." Canadians must pay careful attention to advertisements and websites to determine if the listed price is in U.S. dollars or Canadian dollars. American coins are similar in shape and face value to Canadian coins and often circulate unnoticed in Canada. U.S. coins do not work in coin machines and retailers do not have to accept them. In popular tourist areas, retailers may accept U.S. currency either at par (in place of Canadian currency) or at a posted exchange rate.

Average Cost of Living in Canada

Milk, 1 litre	\$2.13
Bread, white loaf	\$2.79
Rice, 1 kilo	\$3.96
Water, 1.5 litres	\$2.17
Public transit ticket	\$3
Gasoline, 1 litre	\$1.07
Prepaid mobile, 1 min	\$0.31
Movie ticket	\$13
Fast food meal	\$9
Cappuccino	\$3.78
1-bedroom apartment, city centre	\$1,152.03
1-bedroom apartment, outside centre	\$903.91

Source: Cost of Living in Canada, www.numbeo.com/cost-of-living/

Average Cost of Living in Ontario

Milk, 1 litre	\$2
Bread, white loaf	\$2.50
Rice, 1 kilo	\$4
Water, 1.5 litres	\$2
Public transit ticket	\$3
Gasoline, 1 litre	\$1
Prepaid mobile, 1 min	\$0.30
Movie ticket	\$13
Fast food meal	\$9
Fancy coffee	\$3.50
1-bedroom apartment	\$1000

Source: Based on data retrieved from www.numbeo.com

Bank Accounts, Debit Cards, and Credit.

Canada has several national banks with branches across the country. Most Canadians put their money in bank accounts to keep it safe. International students should plan to open a Canadian bank account while studying in Ontario. Many banks offer accounts specifically for international students, including Bank of Montreal (BMO), Canadian Imperial Bank of Commerce (CIBC), Royal Bank of Canada (RBC), Scotiabank, and Toronto Dominion (TD) Canada Trust. Most Canadians do their banking online or on the phone, but you will have to go to a bank branch to open an account.

The bank will issue a bank card for your account. With your bank card and a personal identification number (PIN), you will be able to access your funds from automatic banking machines (ABMs), also known as automatic teller machines (ATMs). Canada also uses a national [point-of-payment system called Interac](#)—all bank cards issued in Canada work on the Interac system. Using the card machine at the cash register, you will be able to pay for almost anything by transferring funds directly from your account. This is often referred to as “paying by debit.” Bank cards and debit cards are the same thing in Canada.

It is often necessary to have a credit card in Canada—airfare, hotel reservations, car rentals, and most online payments require credit cards. Having a credit card in your name and using it responsibly is a good way to build your credit history in Canada. A good credit history will be helpful if you choose to become a permanent resident in Canada. Credit cards are available through the Canadian banks as well as through lending companies such as MBNA and Capital One. Pre-paid credit cards are a good alternative if you do not qualify for a credit card—these cards allow you to transfer money onto the card and use it wherever a credit card payment is required.

Taxes

In Ontario, the Harmonized Sales Tax or HST is added to most goods and services. The HST includes both a federal tax on goods and services and a provincial tax on goods. It is important to remember that 13% will be added to the listed prices of most consumer goods. Many necessary items such as books, groceries, and children’s clothes are either

exempt from HST or taxed at a lower rate. Retailers usually advertise the before-tax price, and the taxes are added to the final bill. Menus and price tags will say if the price includes tax.

Everyone who works in Canada must pay an income tax to the Canada Revenue Agency (CRA)—the tax is usually deducted directly from each paycheque and remitted to the government by employers. Canadians also make contributions to the Employment Insurance program and the Canada Pension Plan through deductions from their paycheques.

Each year, Canadians file a tax return form to report on their incomes and taxes paid. Some people receive refunds and others must pay an additional amount. Those with very low incomes are exempt from paying income tax and may also receive a reimbursement for some of the HST they pay. Self-employed people must remit their own income tax and Canada Pension Plan payments—self-employed workers who earn at least \$30,000 in a 12-month period must also collect and remit HST.

The [CRA has information for international students](#) on the tax system. [International students must determine their residency status](#) to know how they will be taxed in Canada and whether they need to file a return.

Budgeting

Meeting the costs of tuition and living expenses is a challenge for all students. It is important for students to manage their finances carefully. Creating and sticking to a budget can help you match your spending to your income or resources. The cost of living varies across the province and expenses will vary from school to school and program to program. Colleges and universities list program tuition and fees for international students on their websites. Some schools also provide estimates for the cost of living in their community. Other organizations and websites also provide information on the cost of living and ways to save money. Once you subtract your major expenses, such as tuition, rent, books, and communication, you can calculate how much money you will have to live each month.

If you plan to stay in Canada after finishing your studies, it is important to budget for the transition period between school and work, and the time it takes to become a permanent resident. Health insurance is included in international student fees, but after you graduate, you will need to pay for private insurance while you wait for the Ontario Health Insurance Plan (OHIP) to begin. Also, between the end of school and when you start to work full time, you will still need to pay rent and other living expenses.

Learn more about financial issues and banking in Ontario on the [Settlement.org website's Personal Finance page](#) and the [Prosper Canada Centre for Financial Literacy website](#).

Try using this [budgeting tool](#) from the Financial Consumer Agency of Canada.

What's in a Student Budget?

Expense	Dollar Amount	Due Date
Tuition		
Fees		
Textbooks		
Material		
Housing		
Transportation		
Computer		
Phone		
Internet		
Food		
Clothing		
Personal items		
Laundry		
Entertainment		

Transportation

There are many ways to get around communities in Ontario. Walking, cycling, and taking public transit are the most affordable options. The [Walk Score website](#) rates the convenience of walking, cycling, and public transit for any address in Ontario. More expensive transportation options include taxis, ride share, and driving. Ontario also has train and bus service between towns and cities and there are regular flights from Toronto and Ottawa to smaller cities in the province.

Public Transit

Most towns and cities in Ontario have public transit systems—smaller towns may have regional transit systems. Public transit systems offer service to local college or university campuses within their community. Most public transit systems in Ontario consist of buses. Larger cities like Ottawa have rapid transit using dedicated bus lanes, and several communities such as Hamilton and Kitchener-Waterloo are building new light rapid transit lines. The Toronto Transit Commission (TTC) system has subways, rapid transit trains, light rapid transit lines, streetcars, and buses.

GO Transit

The [GO Transit](#) system operates commuter trains and buses between the cities and towns in and around the Greater Toronto and Hamilton Area (GTHA). These trains and buses cater to commuters and offer bus service to several universities and colleges in the area.

Metrolinx and Presto

Metrolinx is a provincial transit agency that brings together the public transit systems in the (GTHA), including GO Transit, the regional commuter bus and train system. The

Metrolinx [Presto Card](#) is a universal regional fare card that can be used on several of the public transit systems within the GTHA region, as well as in the city of Ottawa. Riders can use Presto to pay their fare on different systems in a single trip. Presto cards can be loaded with credit for single fares or with weekly or monthly passes, and fares can be purchased at machines or online.

Walking

Walking is a great way to save money and maintain a healthy, active lifestyle. Students in Ontario often choose off-campus housing within walking distance of campus. Rent may be higher closer to campus, but the money saved by walking instead of paying for public transit can offset that cost. Ontario communities have good sidewalks and pedestrian traffic signals, which makes walking a safe choice for getting around.

Cycling

Like walking, cycling is another inexpensive way to get around communities in Ontario. Cycling is also a good way for students to add exercise into their busy lives. Many cities and towns in the province have designated routes and paths for cycling. Following the rules of the road, wearing a helmet, and maintaining your bicycle, help make cycling a safe transportation option. College and university campuses also have bike racks—it is important to lock up your bicycle when you are not using it.

Taxis and Ride Share

Taxi services are available in most communities in Ontario. Taxis require a special license from the local government and must display this license in the vehicle. Taxis are metered and you should be able to clearly see the meter—the cost is determined by distance and time. You can ask the driver for an approximate cost before you get in.

To arrange a taxi, you can call a local taxi dispatch service or use a smartphone app. Some towns and cities have taxi stands at busy locations, where taxis wait for the next customer. In larger cities there are multiple taxi companies and you can flag a taxi in the street by waving—available taxis have a light on the top of the car.

Ride sharing apps like Uber offer an alternative to taxi service. It is legal for riders to use these apps, however, it is important to know that ride sharing services do not have the same safety guarantees as regulated taxis. Cities in Ontario are currently working on ways to regulate ride sharing systems to ensure safety and equity.

Driving

Owning a car is expensive in Ontario. While it is possible to purchase used cars at lower prices, car owners must still pay for insurance, registration, regular maintenance, gas, and parking. However, you may still have the opportunity to drive in Ontario, even if you do not own a car. Some jobs require driving. You may also rent cars and small trucks through private rental companies. Or you may choose to join a car-sharing service such as [ZipCar](#), [Enterprise](#), [Car2Go](#), or [Community CarShare](#). These services allow their members to rent a car for short periods of time and pay by the hour.

In Ontario you must have a valid driver's license to drive a car, truck, or motorcycle. A license from your home country or an international drivers license are only valid for short stays in the province. After 60 days, you must have an Ontario license to drive legally. There are different types of licenses based on class of vehicle, including larger trucks, motorcycles, and scooters.

Depending on your home country, you may be able to exchange your driver's license for an Ontario license. The [Ministry of Transportation's DriveTest website](#) explains how to get a driver's license in Ontario. The Ministry of Transportation also provides information on [safety practices for drivers](#).

The local police services enforce traffic and parking laws. If you violate traffic laws, you must pay the fine or appear in court to dispute the ticket. Parking is limited in larger

cities and there are regulations about where you can park. It is important to read parking signs carefully, pay for parking when necessary, and pay any parking tickets or fines that you receive.

Carpooling

Carpooling is another way to commute to school and work. Individuals who must drive arrange to pick up others who contribute to the cost of driving—gas, maintenance, and insurance. There are also special lanes on highways and some city streets called HOV or high occupancy vehicle lanes that can only be used by buses, taxis, and cars with two or more people. These lanes can make the drive much quicker during rush hour. Drivers and riders may work together or attend the same school, but they also advertise on bulletin boards, classified sites, and special carpooling websites and apps. However, carpoolers should also have public transit alternatives as a back-up, in case the driver or the car is unavailable.

Trains and Buses

Intercity train and bus services make it easy to travel around Ontario, to other provinces, or even to the United States.* Many of these services offer discounted fares for students. [Greyhound Canada](#) runs buses between cities and towns throughout Ontario and the rest of North America. [Megabus](#) is a discount bus company with routes from Toronto to popular destinations like Montreal and New York, with stops along the way. [VIA Rail](#) is Canada's main passenger train service and connects to Amtrak in the United States. [Ontario Northland](#) runs buses and trains to and from towns in Northern Ontario.

**Note that while Canadian citizens and permanent residents can freely enter the United States, international students should always check their visa status before travelling to the United States.*

Communication

Ontario benefits from extensive media available in many languages, including television, radio, magazines, newspapers, and news and cultural websites. Ontarians also enjoy a reliable , telephone system, mobile telephone service, Internet access and a national postal service. [Learn more about communication services in Canada on the Immigration, Refugees and Citizenship Canada website.](#)

Internet Service

Student housing often includes Internet services and may even include landline phone service. Some off-campus rental housing also includes Internet in the rent. If Internet is not included, you can arrange to have the services installed or “turned on.” Installation and monthly service fees vary from company to company. You may be able to save money by “bundling” phone services with Internet service from the same company.

If you do not have Internet access at home, you can access free Internet service and use computers at the public library in your community by signing up for a library card. Many restaurants and cafes also offer free Wi-Fi to their customers. Your college or university will have computer labs available for student use.

Phone Service

Most students choose to have cell or mobile phone service instead of a wired or landline phone. Cell phone service (also called wireless service) may be less expensive than a landline and will move with you when you change housing. There are several companies that offer a variety of plans with different amounts of talk time, SMS texting, and data (which is another way to access the Internet).

Before choosing Internet and phone services, research all the options and understand all the details of any contract before you sign it. [Consumer Protection Ontario describes your consumer rights](#) and what questions to ask before signing a wireless service contract. [Compare My Rates](#) also allows you to compare the costs of Internet, phone and television services, and www.cellphones.ca has a tool for comparing cell phone providers.

Evaluating a Phone Plan

- How many calling minutes are included?
- Do the minutes include incoming and outgoing calls?
- Are the minutes local, national, or international?
- If not included, what is the cost of long distance in Canada?
- What is the cost of international calls?
- Is there a special plan for calling my home country?
- How many incoming and outgoing texts are included?
- What is the cost of international texting?
- How much data is included?
- What is the charge for going over the data limit?
- Is roaming within Canada included?
- What is the charge for U.S. and international roaming?
- How long is the contract?
- What is the fee if the contract is ended early?
- Can I save money by bundling the service?

Evaluating an Internet Plan

- What is the gigabyte usage limit?
- What is the charge for going over the usage limit?
- What is the mbps uploading speed?
- What is the mbps downloading speed?
- What are the limits for downloading and uploading?
- Is the modem rental included?
- Does the modem have Wi-Fi?

- What is the cost of installation and set up?
- Is this an introductory rate?
- When will the rate change and by how much?
- Is there a contract associated with this rate?
- If so, what is the charge for cancelling the service?
- Are repairs to external data lines included in this service?
- Can I save money by bundling the service?

Consumer Awareness

[Ontario's Consumer Protection Act](#) outlines your rights as a consumer and protects you against dishonest practices. But, consumers in Ontario are responsible for making smart consumer choices. In general, retail prices are not negotiable—but specials and sales are common. Comparing prices between different retailers or service providers is another way to save money. Some retailers also honour their competitors' advertised sale prices.

Consumers should also check their receipts to ensure they have been charged the correct amount. Many retailers in Ontario participate in the Scanning Code of Practice, which guarantees that the advertised price will match the code scanned at the cashier. If the coded price scans higher than the listed price, consumers are entitled to a discount of up to \$10 on the item. Consumers are responsible for understanding the terms of any purchase or contract. For example, most consumer products can be returned for a refund or exchange but the consumer must follow the terms of the retailer's returns and exchanges policy.

The [Settlement.org](#) website has more [detailed information on shopping in Ontario](#), including how to pay for purchases, shopping online, tipping, and saving money.

Where to Shop: Buying Food

There are many places to buy food in Ontario—the price, quality, and type of products available differs from one place to another. Shop around to explore your options and find the vendors that you like best.

- Supermarkets
- Discount grocery stores
- Wholesale stores or clubs
- Bulk food stores
- Health food stores
- Specialty or “ethnic” markets
- Fruit and vegetable shops
- Butchers
- Bakeries
- Farmer’s Markets
- Food co-ops
- Convenience stores

Online Consumer Awareness

In Ontario, online consumer awareness is more than just shopping online. You can use the Internet to become an informed consumer.

- Search for specialty or “ethnic” markets and restaurants near you
- Check local area blogs and online publications that feature stores and markets and review restaurants.
- Check restaurant reviews on websites and apps like TripAdvisor, Yelp, and Zomato
- Check online flyers to find weekly specials at local grocery stores
- Research products and compare prices between retailers
- Read terms and conditions of sales and services agreements
- Sign up for newsletters and flyers with deals, coupons, and promotions

Health

Health and wellbeing is the key to success as a student. Concentration, memory, and energy all depend on our physical health. But maintaining a healthy lifestyle of nutritious

food, regular exercise, plenty of sleep, and limited drug and alcohol use is a challenge for students in Ontario. Cheap fast food, hours of studying, and late night parties often get in the way! Colleges and universities in Ontario provide information and programs to help students make healthier choices.

Tips for a Healthy Student Life

- Eat regularly—don't go to class on an empty stomach
- Instead of restricting “bad foods,” focus on adding healthy foods to your diet
- Keep fruits, veggies, and healthy snacks like granola bars or nuts in your room or backpack
- Plan a regular weekly session of exercise like a yoga class or a recreational sports league
- Walk or cycle to campus or to work as part of your regular routine
- Build time into your schedule for sleep and keep to that schedule
- Avoid caffeine in the afternoon and evenings to ensure quality sleep
- Avoid screens before going to bed and turn off notifications while you are in bed
- Drink alcohol in moderation—avoid alcohol during the school week and limit consumption on weekends
- Avoid the use of illegal drugs
- Avoid smoking and using tobacco

Alcohol and Drug Use

In Ontario, some college and university students drink alcohol in social settings. Students must be 19 years old to buy alcohol in stores, restaurants, and bars. But to maintain a healthy lifestyle, students must avoid frequent drinking and excessive or “binge” drinking. Drinking alcohol also impairs judgement, which can have serious consequences for school, work, and general health.

Students may purchase cigarettes and other legal tobacco products at the age of 19 years. However, there are many restrictions about smoking tobacco products. Workplaces, campus residences and other buildings, and public transit are a smoke-free environment. Smoking is also banned in restaurants and bars and within a certain distance of many building entrances. Landlords often advertise for non-smoking tenants

and restrict where people may smoke on the property. Using tobacco of any kind is very bad for student health and well-being. Smoking is also the biggest risk factor in the leading causes of death in Canada—heart and lung disease, cancer, and stroke. Nicotine is also one of the most addictive drugs in the world.

The use of illicit drugs and the abuse of prescription drugs also affects student health and well-being. Whether drugs are used socially, to enhance performance, to avoid pain or the need for sleep, they pose a danger. Drugs are habit forming and harmful to your body and mind. Buying, selling, and possessing illicit drugs and medications without a prescription is illegal in Canada and can have severe consequences. While the laws regarding the possession and use of marijuana are changing in Canada, it is still against the law to buy, sell, and use marijuana for recreational purposes in Ontario (as of September 2016).

Mental Health

Mental health is an important part of student life. Your on-campus health services and student life offices will have services and programs to help you balance the demands of school, work, and personal life and the added stress of adjusting to life in Ontario. Stress, anxiety, depression, and addiction are serious conditions that can be treated with help. In addition to on-campus health services, community public health departments, health care providers, and settlement and other community agencies can help students who are struggling with mental health and general well-being.

Good2talk is a free, confidential, 24-hour counselling service for students at Ontario's colleges and universities. Students can call at any time to speak to a counsellor about any issue, big or small. The service also provides referrals to on- and off-campus counselling services and programs.

Good2talk.ca (24/7/365)

1-866-925-5454

Sexual Health

Sexual health is an important part of student life in Ontario. Colleges and universities have programs and services to educate their community members on issues of sexual health, from sexually transmitted infections (STIs) and HIV, to birth control, and the important issues of sexual violence and consent. Also, [communities in Ontario have public health units](#) that offer free access to sexual health services through clinics and community programs. Sexual health clinics provide many services including birth control counselling, low cost or free birth control, free condoms, and STI and HIV testing. You can learn more about sexual health and find a clinic near you by visiting [Sexual Health Ontario's website](#). Ontario also has an **AIDS and Sexual Health Infoline**, which is confidential and available in multiple languages.

AIDS and Sexual Health Infoline

1-800-668-2437

Accessing Health Services

Health Insurance

The Ontario Health Insurance Plan (OHIP) is for permanent residents of Ontario only. International students must pay for private health insurance. The cost of a basic private health insurance plan is included in international student fees at Ontario colleges and universities—this insurance is mandatory. It may be possible to opt out of this plan and receive a refund, if you have health insurance from another source. International students may also choose to purchase supplemental insurance. College and university student associations provide supplemental insurance for both domestic and international students. Contact the international student centre or the student association at your school for more information on health insurance programs.

With private insurance, you may need to pay for services upfront and then submit a claim to the insurance provider for reimbursement. In some cases, the health care provider may bill the insurance company directly. It is important to review the terms of your basic and supplemental insurance policies before accessing health services.

Health Centres

There are many ways to access health care in Ontario. The Ontario Government has a [fact sheet on the health care system in Ontario](#). The fact sheet is available in a variety of languages. Note that not all types of health care services will be covered under international student insurance policies.

Many colleges and universities have on-campus health centres with doctors, nurses, therapists and counsellors. Students may also visit primary care physicians off-campus (regular doctor visits may not be covered by international student insurance). To see a specialist in Ontario, you must have a referral from a primary care physician. Optometrists (eye doctors) and dentists do not require a referral, but insurance may not cover the costs of these types of doctors. Some colleges and universities may offer low-cost eye and dental care.

Walk-in Clinics

When primary care physicians are not available or their offices are closed, people in Ontario can visit their local Walk-In or After-Hours Clinic. No appointment is necessary at a walk-in clinic. These clinics provide simple, non-emergency care and consultation, as well as prescriptions. International students may need supplemental insurance to cover the costs of visiting a walk-in or after-hours clinic.

Urgent Care Centres and Emergency Rooms

When people in Ontario need emergency medical attention, they can visit **urgent care centres** or a **hospital emergency room**. An urgent care centre provides immediate

care for minor injuries and conditions such as broken limbs and wounds. A hospital emergency room provides immediate care for all types of urgent medical needs, including injuries and acute illness.

In the event of a medical emergency, call 9-1-1

Health Information

Campus health centres can provide information on many health-related topics. Ontario also has a free information service called Telehealth Ontario. Telehealth Ontario is free, confidential, and available 24 hours per day. Telehealth nurses can provide general health information, give advice for treatment, or help you decide if you need to see a doctor. The service is available in English and French and some additional languages. In a medical emergency, do not call Telehealth—call 9-1-1.

Telehealth Ontario

1-866-797-0000

Employment

International students with study permits for designated institutions may work off-campus without a work permit. A study permit allows students to work up to 20 hours per week during the school term. Study permit holders may work full-time hours during school holidays. However, international students in programs that include co-op placements or internships must have a work permit. The spouses of international students must obtain a work permit if they would like to work while in Canada. Learn more about employment in Ontario at the [Settlement.org website Employment page](#).

Everyone who works in Canada, including study and work permit holders, must have a Social Insurance Number (SIN). The [Service Canada website](#) outlines [how to apply for a SIN](#). A SIN should not be used for identification—it is used for government record keeping only. You should not give your SIN to anyone but government agencies and your

employer. You do NOT need to share your SIN with anyone else, including your landlord, your bank, or your credit card company. You will not be asked to give your SIN to your college or university, unless they are also your employer.

Finding Work

Many students in Ontario must work to help pay for their education. It is common to work both on and off campus. There are many different types of on-campus job opportunities, from jobs related to your field of study, to jobs that support campus life (such as food service and office work). Off campus, students often work in the service industry, as these jobs offer part-time and flexible work shifts that do not interfere with class schedules. Students may also work in part-time jobs related to their area of study or that develop leadership and communication skills.

Employment Services

The career centre or career services office at your school will have resources to help students find and apply for jobs, including information and training on writing resumés and preparing for interviews. Career centres often organize the hiring process for on-campus jobs and advertise or list off-campus job opportunities. They may also host job fairs to help match student workers with potential employers.

In addition to campus services, international students can also look for work on job listing websites such as [Monster.ca](https://www.monster.ca) and [Workopolis.ca](https://www.workopolis.ca), as well as social media sites like LinkedIn. International students in Ontario can also use the employment services and resources offered by the province and community organizations, such as [Employment Ontario](https://www.employmentontario.ca) and the [Ontario Job Bank](https://www.ontariojobbank.ca). However, sometimes the best way for students to find part-time jobs in Ontario's service industry is to look for Help Wanted signs in the windows of local retailers and submit an application.

Co-op and Internships

Some post-secondary programs in Ontario include co-operative education or co-op work terms. Other programs require an internship as part of the program. Many of the top placements for these programs are competitive, and students must apply and interview for their position. Co-op placements pay entry-level wages for the industry and usually last a full academic term. Internships may be full-time or part-time and may be paid or unpaid. If an internship is an academic requirement, students usually receive academic credit instead of payment. Most internships that are not part of an academic program must pay minimum wage. There are very strict rules in Ontario for unpaid internships that are not part of college or university programs.

Entrepreneurship

Ontario and Canada encourage entrepreneurship and small business as an important part of the economy. There are many resources available to international students with business and innovation ideas in Ontario. Colleges and universities in Ontario often have start-up incubators and other programs to support student entrepreneurship. The provincial government also has many programs to [assist young entrepreneurs in Ontario](#). [Futurpreneur Canada](#) is a national, non-profit organization that provides financing, mentoring and support tools for eligible entrepreneurs.

Worker's Rights and Responsibilities

All workers in Ontario are protected by legislation regarding worker rights and safety.

The Employment Standards Act (ESA) includes the standards that both employers and employees must follow, including rules about hours, pay, and work environment.

The **Occupational Health and Safety Act** protects the health and safety of workers and sets standards that employers must follow. In Ontario, workers who are injured at their job may be eligible for compensation from the Ontario [Workplace Safety and Insurance](#)

[Board \(WSIB\)](#). To learn more about your rights as a worker in Ontario and health and safety in the workplace, visit the [Ministry of Labour's website](#).

The **Ontario Human Rights Code** protects people against discrimination based on the person's age, race, country of origin, ethnicity, religion, disability, family status, gender identity, or sexual orientation. The [Ontario Human Rights Commission](#) outlines how the Code promotes equality in the workplace.

Culture, Recreation, and Community

Finding the balance between school, work, and social life is key to every student's success. It is important to make time for recreation, entertainment, and social interactions to help manage the stress of your academic life. There are also many things you can learn outside of the classroom. Cultural understanding, creativity, teamwork, leadership, and interpersonal skills all benefit when you explore your world and get involved in your community.

Arts, Culture, and Attractions

Ontario is home to many attractions, museums, cultural centres, concert venues, theatres, and galleries. Learn more about [arts and culture in the province on the Ontario.ca website](#). There also are 280 Provincial Parks with lakes, beaches, hiking trails, and campgrounds. With nature conservancies, zoos and animal habitats, historic sites, ski resorts, adventure sports, amusement parks, regattas, marathons and races, arts festivals, film and theatre festivals, literary festivals, cultural celebrations, and parades throughout the year, there is something fun for everyone.

Colleges and universities in Ontario also have many arts and cultural events for both students and the larger community. Schools often have their own performance groups and campus venues have regular touring performers. Student associations also plan events and performances on campus.

Some Attractions in Ontario

Maid of the Mist, Niagara Falls

www.maidofthemist.com

CN Tower, Toronto

www.cntower.ca/en-ca/home.html

Bata Shoe Museum, Toronto

www.batashoemuseum.ca

Hockey Hall of Fame, Toronto

www.hhof.com

Royal Ontario Museum, Toronto

www.rom.on.ca

Canadian Museum of History, Ottawa

www.historymuseum.ca/

Canadian Museum of Nature, Ottawa

nature.ca

Hamilton Children's Museum, Hamilton

www.hamilton.ca/attractions/hamilton-civic-museums/hamilton-childrens-museum

Art Gallery of Ontario, Toronto

www.ago.net

Aga Khan Museum, Toronto

www.agakhanmuseum.org

McMichael Canadian Art Collection, Kleinburg

www.mcmichael.com

National Gallery of Canada, Ottawa

www.gallery.ca/en

Science North, Sudbury

sciencenorth.ca

Canada Aviation and Space Museum, Ottawa

www.casmuseum.techno-science.ca

Ontario Science Centre, Toronto

www.ontariosciencecentre.ca

Fort York National Historic Site, Toronto

www.fortyork.ca

Black Creek Pioneer Village, Toronto

www.blackcreek.ca

Huronian Museum, Midland

huroniamuseum.com

Sainte-Marie among the Hurons, Midland

www.saintemarieamongthehurons.on.ca

Upper Canada Village, Morrisburg

www.uppercanadavillage.com

Butterfly Conservatory, Niagara Falls

www.niagaraparks.com/niagara-falls-attractions/butterfly-conservatory.html

Polar Bear Habitat and Heritage Village, Cochrane

www.polarbearhabitat.ca

Toronto Zoo

www.torontozoo.com/

Ripley's Aquarium of Canada, Toronto

www.ripleyaquariums.com/canada/

ByWard Market, Ottawa

www.byward-market.com

St. Jacobs Farmers' Market and Village, Waterloo Region

www.stjacobs.com

Calypso Theme Waterpark, Limoges

www.calypsopark.com/en/waterpark

Canada's Wonderland, Vaughn

www.canadaswonderland.com

Some Festivals and Events in Ontario

Winterlude, Ottawa

www.winterlude.ca

Bon Soo Winter Carnival, Sault Ste. Marie

www.bonsoo.on.ca

Sugarbush Maple Syrup Festival, Central Ontario

maplesyrupfest.com

DiverCiné Film Festival, Ottawa

www.divercine.com

Stratford Festival

www.stratfordfestival.ca

Shaw Theatre Festival, Niagara-on-the-Lake

www.shawfest.com

DesiFest, Toronto

desifest.ca/

Doors Open, multiple cities

www.doorsopenontario.on.ca

Jane's Walk Festivals, multiple cities

janeswalk.org/

Toronto International Dragon Boat Race Festival

dragonboats.com

Mariposa Folk Festival, Orillia

www.mariposafolk.com

Summer Fest, Windsor

www.summerfestwindsor.org

Haiti en Fête, Ottawa

www.haitienfete.ca/

Caribana Caribbean Festival, Toronto

www.caribanatoronto.com

Toronto African Film & Music Festival

www.torontoafricanfilmmusicfest.com

Great Canadian Kayak Challenge & Festival, Timmins

www.thegreatcanadiankayakchallenge.com

Canadian National Exhibition, Toronto

theex.com

Toronto International Film Festival

tiff.net

James St. Supercrawl, Hamilton

supercrawl.ca

Eden Mills Writers Festival, Eden Mills

emwritersfestival.wordpress.com

Word on the Street, Toronto

thewordonthestreet.ca/toronto/

Oktoberfest, Kitchener-Waterloo

www.oktoberfest.ca

Recreation

Every college and university in Ontario offers recreational activities for students. Most campuses have fitness centres with gyms, fitness equipment, pools, and studios for classes.

On-campus intramural sports leagues are a great way to stay active and have fun. Learn more about on-campus culture and recreation at your international student centre or on your school's website.

Cities and towns in Ontario also have many recreational opportunities. Community recreation centres have a wide range of facilities including public parks, sports fields, swimming pools, ice rinks, and gyms. Some facilities and programs can be used for free while others have fees or require registration. Private recreation and fitness clubs require membership fees, as do local sports clubs or leagues that organize regular games and tournaments.

Public Libraries

There are municipal and regional public library systems throughout Ontario. Any residents of the local community, including international students, can apply for library cards in the city or town where they live. Libraries lend books and media and offer access to online databases and publications. Public libraries offer computers and Wi-Fi as well as a quiet place to work. Some library services such as borrowing books or using computers require a library card. Most services are free, but libraries do charge late fines and other small user fees, such as for printing documents or using meeting rooms. Libraries also run many community programs, including guest speakers and workshops.

Faith Communities

Everyone in Canada has the freedom to practise their religion—this freedom is protected by the *Charter of Rights and Freedoms*. Colleges and universities have faith groups on campus and may even have worship services on campus. There are churches, synagogues, mosques, temples and other places of worship in communities across the province. Finding a place to practice your faith is a great way to get involved in the community. The [Settlement.org Religion and Worship page](#) also provides information on finding a place of worship in your community.

Volunteering and Community Engagement

Participating in campus life is a good way to meet your fellow students, learn about Canadian culture, and develop interpersonal skills. Social events, clubs, sports leagues and volunteer projects are just some of the ways to get involved on campus. Volunteering in your off-campus community is also an excellent way to get involved, meet new friends, learn new skills and make a difference. Faith communities, community organizations, and government programs are just some of the ways you can volunteer in Ontario. Learn more about volunteering and different opportunities near you at the [Volunteer Canada website](#) and the [Ontario Volunteer Centre Network website](#).

Safety and Security

Ontario is a very safe place to live, even in the big cities. Crime rates are very low and violence is uncommon. However, it is important to be aware of potential dangers such as walking alone at night, cybercrime, buying and using illegal drugs, and drunk driving. All communities in Ontario have emergency services, including police, fire, and ambulance. University and college campuses also have safety and security departments that work to keep their community members safe.

Police, Fire, Ambulance Services

The police services in Ontario help to keep people safe in the community. They patrol neighbourhoods, investigate crime, and help people who are in trouble. You can ask the police for help in all kinds of situations such as violence in the home, an accident, a personal injury, or a crime that has taken place.

Every community has a fire department on call to put out fires and respond to emergencies. Fire fighters in Ontario are also trained as first responders for medical

emergencies and the fire department is often the first to arrive at accidents and other types of emergencies. The ambulance service provides emergency medical treatment and transports patients to hospital emergency rooms.

In a life-threatening emergency call 9-1-1 from any phone.

If your health or the health of another person is in jeopardy, call 9-1-1.

If you or someone else is in danger, call 9-1-1.

If you see a fire, call 9-1-1.

The 9-1-1 operator will ask if you need **Police, Fire, or Ambulance** and then ask you for more details about the emergency.

Ontario's 9-1-1 services are available in over 140 languages. Tell the operator what language you prefer to speak and they will transfer the call. If possible, you should make emergency calls in the language you are most comfortable speaking!

The *French Languages Services Act* guarantees your right to speak to someone in French when you call 9-1-1 in Ontario.

In a **non-emergency situation**, such as reporting a crime after it has happened, contact the local police service through their **non-emergency phone number**.

If you live on campus, contact campus security in non-emergency situations.

To report information to police without using your name, call **Crime Stoppers** at: **1-800-222-TIPS (8477)**.

Campus Safety and Security

Campus safety is a priority for colleges and universities in Ontario. Every school has its own safety and security department with on-campus security staff, programs, and facilities. For example, most college and university campuses have security phones on

campus. Most campuses also have walk-home services, in which a team of two student volunteers (usually one male and one female) will escort students walking after dark on campus or in the nearby community. Colleges and universities also offer educational and awareness programs. Learn more about campus safety on your school's website, or by visiting the campus security office.

Online Safety

Like in many places in the world, the Internet has become the main source of information in Ontario. Businesses, schools, and the government now rely on websites, email, and digital apps to communicate. There are many benefits of this new Internet age, but it is important to be aware of potential threats. Colleges and universities in Ontario offer information and training about online security and safety for their campus community.

Cybercrimes such as identity theft and email fraud are serious concerns. People in Ontario must guard against potential threats by keeping their passwords safe and their Personal Identification Number (PIN) secret. Everyone must watch out for "phishing" emails that ask for sensitive information and for unsolicited spam emails that may be spreading computer viruses. Criminals may also misrepresent themselves online and over email in an attempt to trick people.

Students in Ontario rely on social media to connect with friends and meet new ones. Responsible use of social media is a great way to get involved and make friends. However, we should all avoid sharing personal information and private details with strangers online. It is important to check privacy settings for our accounts and be sure we know the true identities of people we meet online. College and university students should also guard against cyberbullying. Suspicious activity and online harassment should always be reported to campus security or law enforcement.

For more information about online safety and security, visit [Canada's Get Cyber Safe website](#). To report fraud, visit the [Canadian Anti-Fraud Centre](#). If you have been the victim of a cybercrime, call your local police non-emergency phone number. If you are in immediate danger, call 9-1-1.

Laws and Legal Support

It is important to learn about the laws that govern every day life in Ontario—these laws may be different from the laws in your home country. For example, it is against the law to drive a motor vehicle of any kind without the proper license and insurance. It is also against the law to ride a motorcycle without a helmet. You must be 19 years old to buy alcohol and tobacco in Ontario. Buying and using illegal drugs is against the law.

Sexual Assault and Consent

In Ontario, sexual assault is a very serious crime. Sexual assault includes any sexual act (even kissing and touching) performed without consent or an agreement to participate. Consent must be active, enthusiastic, and continuing—it cannot be coerced or forced through intimidation. Individuals have the right to refuse consent at any time and may withdraw their consent at any time. This includes married partners and people who have previously engaged in sexual activity. Individuals who are incapacitated by drugs and alcohol cannot give consent. A young person cannot consent to a sexual act until the age of 16 and they cannot marry until the age of 16. In circumstances where the young person may be exploited (such as with a partner in a position of authority) the age of consent is 18.

To learn more about sexual violence and consent, visit the Ontario government's [Let's Stop Sexual Violence and Harassment](#) website. To learn about the age of consent, visit Justice Canada's [Age of Consent to Sexual Activity](#).

Legal Support

Many college and university student associations in Ontario provide students with legal support, information, and advice in the form of legal clinics and referrals. There are also several community organizations that provide legal information free of charge. Your national consulate may also provide legal assistance to their citizens.

In Ontario, only people with very low incomes qualify for legal aid. However, if you need legal advice or a lawyer, you can call the [Legal Aid Ontario toll-free line](#) at 1-800-668-8258. Legal Aid will let you know if you qualify for legal aid. They can also refer you to a lawyer for legal advice on the telephone.

If you are arrested in Canada, you have the right to know why and you have the right to speak to a lawyer in private—once you ask to speak to a lawyer, the police must stop questioning you. When asked, the police must also give you the toll-free number to seek free legal advice from duty counsel. After speaking to a lawyer, police may continue to question you, but you have the right to remain silent.



PATHWAYS TO IMMIGRATION

As they approach the end of their studies, international students in Ontario must decide whether or not to remain in Canada. Graduation is a time of transition for every student, but international students must think carefully about what they plan to do after graduation and the end of their study permit.

There are several pathways to immigration for international students who complete college or university programs in Ontario. However, these pathways have requirements that require advanced planning. Depending on the pathway to immigration that you choose, you may need to begin the application process a few years in advance, or you may need to have a confirmed job offer in place. If you think you may like to become a permanent resident of Canada after graduation, you should begin researching the different pathways to immigration before you even begin your studies.

Ontario Immigrant Nominee Program (OINP)

The [Ontario Immigrant Nominee Program](#) is open to undergraduate, post-graduate, and graduate students. The program nominates people for permanent resident status within Ontario. There are three streams for international students.

International Students with a Job Offer

You can apply for permanent residence under the OINP if you obtain a bachelor's degree, a two-year diploma, or a post-graduate certificate from an institution in Ontario and you have a permanent full-time job offer from a registered Ontario employer. You must apply for this program within two years of graduation. Job Offer applicants may apply from outside Canada. If applying from within Canada, applicants must have legal status within the country.

International Master's Graduates

You can apply for permanent residence under the OINP if you obtain a master's degree from an Ontario university. You must apply for this program within two years of graduation. Master's applicants do not need a job offer, but they must be currently living in Ontario and planning to live and work in the province. Applicants must have legal status within the country.

International Ph.D. Graduates

You can apply for permanent residence under the OINP if you obtain a doctorate degree from an Ontario university. You must apply for this program within two years of graduation. Ph.D. applicants do not need a job offer and they may apply from outside Canada. If applying from within Canada, applicants must have legal status within the country.

Express Entry

The [Express Entry](#) process manages permanent residence applications for three federal economic immigration programs: Canadian Experience Class, the Federal Skilled Worker Program, and the Federal Skilled Trades Program. These programs are designed for people with previous work experience and the first two programs can apply to international students.

Canadian Experience Class

The **Canadian Experience Class** is for applicants who have at least one year of Canadian work experience in a skilled, professional, or technical field. International students who plan to apply for permanent residence under this class should start preparing the application three years before the submission date. There is a specific list of job categories included in this program. Immigration, Refugees and Citizenship Canada outlines [how international students can qualify for the Canadian Experience Class](#) program.

Federal Skilled Worker Program

The **Federal Skilled Worker Program** is for applicants who are skilled professionals with qualifications and work experience in management positions, professions, or technical and skilled trades. In this class, the work experience does not have to be in Canada. Applicants are awarded points under the following six categories:

- facility with English or French
- education
- work experience
- age
- job offer
- adaptability

Immigration, Refugees and Citizenship Canada outlines [how international students can qualify for the Federal Skilled Worker Program](#).



COMMUNITIES IN ONTARIO

Southwestern Ontario

Southwestern Ontario lies between the Great Lakes of Ontario, Erie, and Huron. It is a primarily agricultural region with a significant manufacturing industry, as well as transportation, business administration, research and development, and tourism.

Southwestern Ontario is home to many universities and colleges in several communities. Southwestern Ontario includes a significant portion of the Golden Horseshoe, including the Niagara Region, and cities such as Windsor, London, Kitchener-Waterloo, and Guelph. The highway from Toronto to Windsor is a major connection for U.S. and Canada trade, and the region's largest communities are located along this highway.

Climate

The climate of Southwestern Ontario varies across the region. Like all of Ontario, the region has four seasons, but the length and nature of the winter season changes in different parts of the region. Windsor and Sarnia have the warmest climate in the province with hotter summers and slightly milder winters. Cities such as Kitchener-Waterloo and London have higher snowfalls than those cities on the lake such as Hamilton and Toronto. Niagara's position between two Great Lakes creates a double lake effect that reduces the amount of snow compared to the rest of the region and extends the growing season.

Windsor

www.citywindsor.ca

Windsor is Canada's southernmost city, located on the south bank of the Detroit River, across from the American city of Detroit, Michigan. In the 1800s, Windsor was an important destination on the Underground Railroad for escaping slaves from the United States. The city also has an historic French-speaking population, dating back to settlers from New France in the 1700s. That makes Windsor the oldest continuous settlement in the province.

The riverfront in downtown Windsor has several parks with walking and cycling trails. With Lake St. Clair to the northeast and Lake Erie to the south, the residents of Windsor and surrounding Essex County can enjoy several beaches and water-based activities throughout the year. The automotive industry is a major part of Windsor's economy, and as a large border city, Windsor is also an important transportation hub. On an average weekday, over 10,000 commercial vehicles cross the city's Ambassador Bridge between Detroit and Windsor.

Windsor has two post-secondary institutions—St. Clair College and the University of Windsor—and a Collège Boréal access centre.

- Pop. 210,891
- 350 km to Toronto Pearson Airport
- 190 km to London
- 305 km to Hamilton
- 805 km to Ottawa
- 5 km to Detroit, Michigan, USA

Check it Out

- The Windsor Sculpture Park is a free outdoor art gallery with 31 contemporary sculptures.
- The Art Gallery of Windsor has an extensive collection of Canadian art.
- Riverfront Bike Trail is a 5-km trail along the river, beginning at the Ambassador Bridge.
- Summer Fest is an annual week-long festival to celebrate Canada Day.
- The Windsor Spitfires play in the Ontario Hockey League. Windsor also has a team in the National Basketball League of Canada called the Windsor Express.
- Point Pelee National Park, located 60 km south of Windsor on the shores of Lake Erie, is the southernmost point in Canada.

Did You Know? Double Celebration

For many years, Windsor and Detroit have celebrated Canada Day and American Independence Day together. For more than half a century, Windsor residents have enjoyed a spectacular annual fireworks show on the Detroit River to mark both July holidays.

St. Clair College

www.stclaircollege.ca

St. Clair College serves the counties near Lake St. Clair. The college has campuses in Windsor, Chatham, and Wallaceburg. St. Clair offers a wide range of diploma and certificate programs, including autism and behaviour science and journalism, and a degree in nursing. Learn more by visiting [St. Clair's International Education page](#).

University of Windsor

www.uwindsor.ca

The University of Windsor is a mid-sized research institution located downtown near the Detroit River, below the Ambassador Bridge. Windsor offers undergraduate and graduate degrees in nine faculties including human kinetics, nursing, and engineering. The university also has a law and business schools. Learn more by visiting [Windsor's International Student Centre page](#).

Sarnia

www.city.sarnia.on.ca

Sarnia is located where St. Clair River meets Lake Huron. The St. Clair River connects Lake Erie to Lake Huron via Lake St. Clair and the Detroit River. Located directly across the river from Port Huron, Michigan, Sarnia is both a port city and an important border connection with the United States.

Today, the city of Sarnia is surrounded by farmland. The city also relies on the petrochemical industry—the nearby town of Oil Springs was the site of the first oil well in North America. There are several parks within the city, many of which are along the city's extensive waterfront. Sarnia is also home to Lambton College.

- Pop. 72,366
- 270 km to Toronto Pearson Airport
- 675 km to Ottawa
- 100 km to London
- 150 km to Windsor
- 105 km to Detroit, Michigan, USA

Did you know? Close but Far!

There is no direct highway connection between Sarnia and Windsor. If you travel on a major interstate through the American state of Michigan, Sarnia is just 100 km from Windsor. But in Canada, you must travel on smaller back roads around Lake St. Clair, which is a 150-km trip.

Check it Out

- The Stones'n Bones museum houses a large collection of fossils, gems, and insects.
- The Lawrence House Centre for the Arts hosts visual art exhibits, music performances, and an open stage.
- The Sarnia Sting play in the Ontario Hockey League.
- The Festival of Good Things includes free music performances, a crafts market, and a 5-km run and colour celebration in which runners are doused in paint powder along the way.
- The Wawanoosh Conservation Area wetland just outside of the city has a 2.5-km trail through the natural marshes.

Lambton College

www.lambton.on.ca

Lambton College is located in Sarnia. The college offers diplomas and certificates in a wide range of programs including industrial sciences, as well as a degree in nursing. Lambton also has a campus in Toronto for international students and a fire-fighter training school in Corunna. Learn more by visiting [Lambton's International page](#).

London

www.london.ca

London is the largest city in Southwestern Ontario. Located on the Thames River, the city is the halfway point between Toronto and Windsor on the main highway corridor.

London is home to two post-second institutions, Western University and Fanshawe College, as well as a Collège Boréal access centre. Western is among the oldest universities in Canada.

London has a diverse economy with a large emphasis on the insurance industry, information technology, and a growing bio-tech industry. Medical research and education also play an important role in the city, as some of the city's largest employers are hospitals and the university.

As a large city in a large agricultural region, London serves as both a commercial and cultural centre, hosting major events and cultural activities.

- Pop. 366,151
- 175 km to Toronto Pearson Airport
- 190 km to Windsor
- 110 km to Kitchener-Waterloo
- 625 km to Ottawa

Did You Know? Name it first!

In 1793, Lieutenant-Governor John Graves Simcoe named London and the Thames River after those in England. However, it was several years before any Europeans actually settled in London, and thirty years before the village was finally founded.

Check it Out

- Museum London hosts both historical and visual art exhibits.
- The Grand Theatre presents all types of live performances throughout the year.
- The Western Fair is an annual agricultural fair held in London since the 1860s. Today the fair has rides, games, food vendors, and music performances in addition to agricultural events.
- The Knights are London's Ontario Hockey League team. London also has a team in the National Basketball League of Canada, the London Lightning.
- Sunfest is an annual festival of food, culture, art and music held in Victoria Park.

- London is less than an hour's drive to Stratford, the home of the world-renowned Stratford Festival.
- Pinery Provincial Park on the shores of Lake Huron is 70 km northwest of London.

Fanshawe College

www.fanshawec.ca

Fanshawe College offers diplomas, certificates, and degrees in a wide range of fields, including aviation, nursing, and media. There are Fanshawe campuses in London, St. Thomas, Woodstock, and Simcoe. Learn more by visiting [Fanshawe's International page](#).

Western University

www.uwo.ca

Western University, formerly known as the University of Western Ontario, is located on the Thames River in London. Western is a large research university with twelve faculties and schools, including music, business, education, medicine, dentistry, and law. There are three liberal arts colleges within the larger university: Huron University College, King's University College, and Brescia University College. Brescia is the only women's university in Canada. Learn more by visiting Western's [International and Exchange Student Centre page](#).

Kitchener-Waterloo

www.kitchener.ca

www.waterloo.ca

Kitchener and Waterloo are two independent cities within one continuous urban centre. Together they are the core of the Region of Waterloo, and are usually referred to as

Kitchener-Waterloo or simply KW. Kitchener-Waterloo is home to three post-secondary institutions: the University of Waterloo, Wilfrid Laurier University, and Conestoga College.

Kitchener-Waterloo has a diverse economy. Kitchener has traditionally been an industrial city and Waterloo has traditionally focused on its universities and research and development industry. Today, the region is often referred to as Canada's Technology Triangle—it has the second highest concentration of tech companies in North America. Together the cities are also the centre of Ontario's Mennonite community and an important agricultural region. The cities were built along the Grand River and have several parks and conservation areas with bike and walking trails. KW also has vibrant independent arts communities with galleries, performance venues, and arts organizations.

Did You Know? The Tri-Cities

The cities of Kitchener and Waterloo are identified together by Ontarians as KW. But, the city of Cambridge is just southeast of Kitchener, and life in the three communities blends together. These three cities are known as the Tri-Cities and have a combined population of well over 400,000.

- Kitchener pop. 219,153
- Waterloo pop. 98,780
- 90 km to Toronto Pearson Airport
- 540 km to Ottawa
- 110 km to London
- 25 km to Guelph

Did You Know? Home of the Blackberry

The Blackberry smartphone was created by Research In Motion, a company started by University of Waterloo graduates in a building adjacent to the campus.

Check it Out

- Oktoberfest is an annual celebration of the region's German heritage.
- There are several art galleries in the region, including the Berlin Tower ARTSPACE, the Canadian Clay & Glass Gallery, the Homer Watson House and Gallery, and the Kitchener-Waterloo Art Gallery.
- The Kitchener-Waterloo Symphony plays at the Conrad Centre for the Performing Arts in downtown Kitchener.
- Waterloo Park in Uptown Waterloo has historical buildings, a bandshell, and a water park for kids.
- The Kitchener Rangers play in the Ontario Hockey League.
- St. Jacobs Farmer's Market, is open year-round in the Mennonite village of St. Jacobs, just 10 km north of Kitchener-Waterloo

Conestoga College

www.conestogac.on.ca

Conestoga College serves the Waterloo Region and surrounding counties and offers diplomas, certificates and some degrees in a variety of programs. The college has campuses in Kitchener, Cambridge, Guelph, Waterloo, Stratford, Brantford, and Ingersoll. Learn more by visiting [Conestoga's International page](#).

University of Waterloo

uwaterloo.ca

The University of Waterloo is a large research [university](#) that grants undergraduate and graduate degrees in six faculties and ten schools, including the only standalone faculty of mathematics in North America. There are four affiliated liberal arts colleges at Waterloo: Conrad Grebel, St. Jerome's, Renison, and St. Paul's. The University of Waterloo is part of the TriUniversity Group Libraries partnership, with the University of Guelph and Wilfrid Laurier University. Learn more by visiting [Waterloo's International Student Experience page](#).

Wilfrid Laurier University

www.wlu.ca

Wilfrid Laurier University, which is known simply as Laurier, is a mid-sized research university that offers undergraduate and graduate degrees in nine faculties, including music, social work, and business. Laurier has a main campus in Waterloo as well as campuses in Kitchener and nearby Brantford. Currently, Laurier is the headquarters of the Academic Council of the United Nations System. The university is part of the TriUniversity Group Libraries partnership, with the University of Waterloo and the University of Guelph. Learn more by visiting [Laurier's International page](#).

Guelph

guelph.ca

Guelph was founded in the 1820s by a British land settlement company. The town was designed to attract settlers with European-style squares, broad high streets, and small lanes—many of which still exist. The city has a diverse and stable economy that includes manufacturing and agribusiness as well as growing biotech, technology, and environmental management industries. Guelph is also located on the main highway through southwestern Ontario and less than 100 km to downtown Toronto.

The city of Guelph is only 25 km from Kitchener-Waterloo and Cambridge, so it is often grouped with those linked cities. But even though residents often travel between the communities to work, study, shop and play, Guelph is not part of Waterloo Region. There are two post-secondary institutions in Guelph, including a campus of Conestoga College and the University of Guelph, which is a major employer in the region. Guelph is also an arts and culture hub for the surrounding communities.

- Pop. 121,688
- 75 km to Toronto Pearson Airport
- 525 km to Ottawa

- 25 km to Kitchener-Waterloo
- 120 km to London

Did You Know?

The University of Guelph was formed in the 1950s by joining the Ontario Agricultural College, the Ontario Veterinary College, and the MacDonald Institute—North America’s foremost women’s college devoted to home economics and the domestic arts.

Did You Know?

Guelph’s nickname is The Royal City. The community was named for the House of Guelph, a large royal dynasty in Europe that included Queen Victoria and her descendants.

Check it Out

- The River Run Centre is home to the Guelph Symphony Orchestra and hosts music, theatre, and dance performances throughout the year.
- The Hillside Summer Festival is a three-day music and arts festival held at the Guelph Lake Conservation Area.
- The Guelph Storm plays in the Ontario Hockey League.
- The Guelph Arboretum was planted in the 1970s and was modeled after Harvard University’s Arnold Arboretum, which was founded in 1872.
- The annual Eden Mills Writers’ Festival takes place in the village of Eden Mills, 12 km east of the city.
- The Aberfoyle Antique Market, the largest antique market in Canada, is 12 km south of the city.

Conestoga College

www.conestogac.on.ca

Conestoga College serves the Waterloo Region and surrounding counties and offers diplomas, certificates and some four-year degrees in a variety of programs. The college

has campuses in Kitchener, Cambridge, Guelph, Waterloo, Stratford, Brantford, and Ingersoll. Learn more by visiting [Conestoga's International page](#).

University of Guelph

www.uoguelph.ca

The University of Guelph is a large comprehensive research university and home to the Ontario Agricultural College and the Ontario Veterinary College, two of its founding colleges. Today there are seven faculties or colleges offering undergraduate and graduate degrees in a wide range of programs in the arts and sciences, business, computer science, and engineering, as well as fine arts, theatre, community development, and hospitality and tourism. The University of Guelph is part of the TriUniversity Group Libraries partnership, with the University of Waterloo and Wilfrid Laurier University. Learn more by visiting [Guelph's International page](#).

Hamilton

www.hamilton.ca

Hamilton is located on the western end of Lake Ontario, where the north shore meets the south shore. Hamilton is the political centre of the larger Regional Municipality of Hamilton-Wentworth, which includes communities such as Stoney Creek, Ancaster, and Dundas. Hamilton is also closely linked to the neighbouring city of Burlington on the north shore of the lake.

The mid-way point between Toronto and the American city of Buffalo, New York, Hamilton has a long history as an industrial city. For many years, Hamilton has been the largest producer of steel in Canada, making it the Steel Capital of Canada. Industry has declined over the years and the city is in a period of transition—the higher cost of living in nearby Toronto is inspiring a migration to Hamilton's more affordable urban centre and neighbourhoods with heritage homes.

The Niagara Escarpment, which locals refer to as Hamilton Mountain, runs through the city. Downtown Hamilton is located on the flat lands between the “Mountain” and Lake Ontario. Hamilton is home to Mohawk College, McMaster University, and a Collège Boréal access centre.

- Pop. 519,949
- 65 km to Toronto Pearson Airport
- 65 km to Kitchener-Waterloo
- 515 km to Ottawa
- 55 km to St. Catharines

Did You Know? All the Falls

There are more than 100 small waterfalls in the city of Hamilton. Many of these falls can be seen along the Bruce Trail, which runs the length of the Niagara Escarpment from Niagara Falls to the Bruce Peninsula—right through the city of Hamilton.

Check it Out

- The Art Gallery of Hamilton is the third largest in the province and has a permanent collection of 19th century and contemporary art.
- Supercrawl is an annual arts and music festival on James Street in downtown Hamilton. There is also a monthly Art Crawl hosted by the James Street galleries.
- Canada’s most famous warship, HMCS Haida, is a National Historic Site docked in Hamilton.. The Canadian Warplane Heritage Museum is also in Hamilton.
- Dundurn Castle, a neoclassical mansion from the mid-1800s, is open for tours by guides in period costume.
- Hamilton is home to the Canadian Football League’s Hamilton Tiger-Cats and the Canadian Football Hall of Fame.
- The Ontario Hockey League’s Bulldogs play in Hamilton.
- The Royal Botanical Gardens between Hamilton and Burlington is the largest botanical garden in Canada and is a National Historic Site.

Mohawk College

www.mohawkcollege.ca

Mohawk College has campuses in Hamilton and Stoney Creek. The college offers diploma, certificate, and degree programs in a wide range of fields, including health sciences and engineering technology. The Mohawk-McMaster Institute for Applied Health Sciences is a Mohawk program located at McMaster University. Learn more by visiting [Mohawk's International page](#).

McMaster University

www.mcmaster.ca

McMaster University is a mid-sized research university with six faculties, including business, engineering, health sciences, humanities, science, and social science. The health sciences faculty is home to McMaster's medical school. McMaster is well-known by Ontario residents by its nickname, "Mac." Learn more by visiting [Mac's International Student Services page](#).

Niagara Region

www.niagararegion.ca

The Niagara Peninsula is an isthmus of land between the south shore of [Lake Ontario](#) and the north shore of [Lake Erie](#). The peninsula makes up the Regional Municipality of Niagara and includes several cities and towns, including [St. Catharines](#), [Niagara-on-the-Lake](#), [Niagara Falls](#), and [Welland](#). The Niagara Region is home to the world-famous and powerful Niagara Falls. The Niagara Escarpment is a cliff that runs through the river to create the falls, and continues for hundreds of kilometers through the region. This

section of the Niagara Escarpment is a UNESCO Biosphere Reserve. The rushing water of the Niagara River creates hydroelectric power for much of the province. Niagara is well-suited to growing fruit, including grapes, which makes Niagara the main wine-making region in the province. Niagara Falls and the wine industry help to make the Niagara region a major centre of tourism in the province and Canada, with millions of visitors every year.

Did You Know? Double Lake Effect

Niagara's climate is more mild than other parts of the province, but winter is still very cold and snow is common—sometimes Niagara Falls even freezes over. But the double lake effect of Lake Erie and Lake Ontario often redirects precipitation to the nearby American city of Buffalo, New York, which is south of Lake Ontario but east of Lake Erie. The Buffalo area often gets twice as much snow as most communities in the Niagara Region!

Check it Out

- The world-famous Niagara Falls are located on the Niagara River between Ontario and the American state of New York.
- The locks of the Welland Canal rise over the Niagara Escarpment, allowing ships to bypass the falls between Lake Erie and Lake Ontario.
- The Butterfly Conservatory in Niagara Falls has over 2,000 butterflies.
- The scenic Niagara Parkway is a 55-km road and cycling path along the Niagara River that connects Fort Erie and Niagara-on-the-Lake and travels through Niagara Falls
- There are many wineries, distilleries, and breweries throughout the region that offer tours and tastings.
- Short Hills Provincial Parks offers camping and hiking on the Escarpment and Rock Point Provincial Park offers camping and swimming on the shores of Lake Erie.
- The Shaw Festival in Niagara-on-the-Lake is a six-month theatre festival named for George Bernard Shaw.

Welland

www.welland.ca

Welland is in the centre of the Niagara Region, between the Welland River and Welland Canal. Called the “place where rails and water meet, the small industrial city of Welland grew around the intersection of the Welland Canal with the railroads from New York, Windsor, and Toronto. Today, the city relies on both industrial and agricultural businesses. Welland also has a significant French-speaking population, which began decades ago when several Quebecois families moved there to work for Quebec-based company. Today, there is a French-language school and several businesses that provide services in French. The main campus of Niagara College is in Welland.

- Pop. 50 631
- 130 km to Toronto Pearson Airport
- 24 km to St. Catharines
- 79 km to Hamilton
- 582 km to Ottawa
- 40 km to Buffalo, New York, USA

Niagara Falls

www.niagarafalls.ca

The city of Niagara Falls is located where the Niagara River meets the Niagara Escarpment, directly across from Niagara Falls, New York. The Canadian side of the river has the best view of Niagara Falls, which has made the city of Niagara Falls, Ontario, a huge draw for tourists for over a century. Today the city is full of tourist attractions, including parks, casinos, adventure activities, haunted houses, arcades, waterparks, concert venues, and countless restaurants and hotels. One of Niagara College’s campuses is located just a few blocks from the Horseshoe Falls.

- Pop. 82 997
- 125 km to Toronto Pearson Airport
- 20 km to St. Catharines
- 75 km to Hamilton
- 575 km to Ottawa
- 37 km to Buffalo, New York, USA

Niagara-on-the-Lake

www.niagarafalls.ca

Niagara-on-the-Lake is located where the Niagara River meets Lake Ontario, across the border from Youngstown, New York. A charming historic town, Niagara-on-the-Lake is another centre of tourism in the region. Home to wineries, restaurants, guesthouses, inns, and shops, Niagara-on-the-Lake serves as a home base for tourists taking wine tours and attending the Shaw Theatre Festival.

- Pop. 15,400
- 130 km to Toronto Pearson Airport
- 580 km to Ottawa
- 20 km to St. Catharines
- 75 km to Hamilton
- 56 km to Buffalo, New York, USA

Niagara College

www.niagaracollege.ca

The College has three campuses - in Welland, the Niagara-on-the-Lake Campus, and in Niagara Falls. Niagara offers diplomas, certificates, and some bachelor's degrees in a wide range of programs. Special offerings include horticulture, wine making, brewery operations, and the business of hospitality. Niagara is also home to the Canadian Food and Wine Institute at its Niagara-on-the-Lake campus. Learn more by visiting [Niagara's International page](#).

St. Catharines

www.stcatharines.ca

St. Catharines is the largest city in the Niagara Region. It is on the south shore of Lake Ontario, directly across the lake from Toronto. The Lake Ontario entrance to the Welland Canal is in the city, and much of St. Catharines' economy has been based on its important location for commerce and transportation. St. Catharines' nickname is "The Garden City," thanks to the many parks, gardens, and walking trails. The city is home to Brock University, which is named for General Brock, hero of the War of 1812.

- Pop. 131,400
- 110 km to Toronto Pearson Airport
- 560 km to Ottawa
- 55 km to Hamilton
- 52 km to Buffalo, New York, USA

Check it Out

- The St. Catharines Farmer's Market is open year-round on Tuesdays, Thursdays, and Saturdays
- The St. Catharines Museum and Welland Canals Centre has several historical exhibits and a viewing platform for watching the ships travel through the lock.
- Lakeside Park is home to two 19th century lighthouses and an antique carousel ride carved by Charles I.D. Looff.
- The First Ontario Performing Arts Centre in St. Catharines is home to the Niagara Symphony.
- St. Catharines has a large arts community with private galleries, public art, and exhibits throughout the city.
- The Niagara Ice Dogs of the Ontario Hockey League play in St. Catharines, as do the Niagara River Lions of the National Basketball League.

Brock University

brocku.ca

Brock University is a mid-sized research university in St. Catharines, with a small campus in Hamilton. The university offers undergraduate and graduate degrees in applied health sciences, business, education, humanities, mathematics, science, and social science. Brock's campus is at the base of the escarpment, making it the only university in Canada located in the UNESCO Biosphere Reserve. Learn more by visiting [Brock's International Community page](#).

The Greater Toronto Area

The Greater Toronto Area is the largest metropolitan area in Canada and is made up of the city of Toronto and the regions of Peel, Durham, York, and Halton. Thanks to a long and varied history of immigration, the GTA is an area of great diversity, both in the city of Toronto and the neighbouring regions.

As the northern part of the Golden Horseshoe, GTA stretches from the Niagara Escarpment to the Kawartha Lakes and from Lake Ontario to Lake Simcoe. The GTA includes urban centres, suburban areas, as well as important watersheds, conservation areas and farmland. Sometimes the Greater Toronto Area is grouped together with Hamilton as the Greater Toronto and Hamilton Area or GTHA.

Climate

Like the rest of Southern Ontario, the GTA has four seasons with hot humid summers and cold snowy winters. However, the GTA has a few microclimates—closer to the lake, the daily weather conditions can be different from the rest of the region. The lake effect can also change the amount of snow that falls in the city and lakeside communities versus the rest of the region.

Did You Know? The Golden Horseshoe

Along with Hamilton and Niagara, the Greater Toronto Area makes up an area of the province known as the Golden Horseshoe. The name comes from the region's strong and diverse economy and the shape of Lake Ontario's western shore. The Golden Horseshoe, which stretches from Oshawa to Niagara Falls, is the most densely populated and developed region in Canada.

Peel Region

www.peelregion.ca

Peel Region consists of two large cities, Mississauga and Brampton, and the town of Caledon. Toronto's Pearson Airport is actually located in Peel Region. The region is home to multiple campuses of Sheridan College and the University of Toronto–Mississauga.

Peel region is a growing and diverse part of Ontario with a population of about 1.3 million, which makes it the second-largest municipality in the province. Just a few decades ago, the area was made up of small towns, villages and farms, but today it is a blend of urban, suburban, and industrial areas alongside agriculture. Despite its growth, Peel Region still has many natural areas. The Credit River runs through the region to Lake Ontario and it has several conservation areas. The Credit River is even a spawning area for Chinook salmon and rainbow trout.

Check it Out!

- PAMA, the Peel Art Gallery, Museum, and Archives in Brampton is housed in a collection of heritage buildings from the 1800s.
- The Art Gallery of Mississauga has both exhibits and educational workshops.
- The Rose Theatre and the Lester B. Pearson Theatre present a wide range of performances throughout the year.
- Mississauga's annual Carassauga Festival of Cultures has pavilions of countries and cultures from all over the world.

- The Sikh Heritage Museum of Canada is located in Mississauga and includes exhibits about Sikh faith and culture, as well as the Sikh experience in Canada.
- There are many hiking and biking trails in the region, including the Etobicoke Creek Trail, Chinguacousy Trail, Burhnamthorpe Trail, and Cooksville Creek Trail.
- The Mississauga Steelheads play in the Ontario Hockey League.
- The Raptors 905 is a NBA Development League team that plays in Mississauga.

Brampton

www.brampton.ca

Today the city of Brampton incorporates both early settlements and new developments. The village of Brampton was incorporated in 1853 and named for a town in England. But the town of Bramalea was a planned community built in the 1970s. Today, Brampton's economy includes several industries, including manufacturing, information sectors, and administration and logistics. Brampton is home to one of the main campuses of Sheridan College.

Did You Know?

Brampton used to be known as the Flower Town of Canada. An early settler named Edward Dale started a flower nursery in the 1860s and the business grew. Eventually, Brampton had the largest cut-flower industry in North America.

- Pop. 523,911
- 20 km to Toronto Pearson Airport
- 480 km to Ottawa
- 20 km to Mississauga
- 70 km to Guelph
- 80 km to Oshawa

Mississauga

www.mississauga.ca

Mississauga is the third largest city in Ontario after Toronto and Ottawa. The city was formed in the 1960s from several villages and towns such as Cooksville, Port Credit, and Streetsville and named for the Mississaugas First Nation. Since then, Mississauga has grown in population as a suburb of Toronto. Today Mississauga is home to many Canadian corporate headquarters, and the city's economy is based on industries such as finance, pharmaceuticals, aerospace, transportation, and electronics. Mississauga is also home to the University of Toronto's Mississauga location and a Collège Boréal access centre.

Did You Know?

Mississauga is named for the Mississaugas First Nation who lived in the territory before European settlement. Today, the Mississaugas of the New Credit First Nation are important members of the Greater Toronto and Hamilton Area community.

- Pop. 713,443
- 15 km to Toronto Pearson Airport
- 470 km to Ottawa
- 20 km to Brampton
- 75 km to Guelph
- 88 km to Oshawa

Sheridan

www.sheridancollege.ca

Sheridan College has main campuses in Brampton, Mississauga and Oakville, which is west of Mississauga. The college offers diplomas, certificates and degrees in a wide variety of fields including, animation and illustration. Sheridan also has joint

programs with the University of Toronto Mississauga. Learn more by visiting [Sheridan's International page](#).

University of Toronto Mississauga (UTM)

www.utm.utoronto.ca

The University of Toronto Mississauga is a small research university and a satellite campus of the larger university. The university was founded as Erindale College but adopted the UTM name in the late 1990s. UTM offers a wide range of undergraduate and graduate degrees in many fields and is home to the Centre for South Asian Civilizations. Learn more by visiting [UTM's International Education Centre](#).

York Region

www.york.ca

The Regional Municipality of York is north of Toronto and includes the towns of Markham, Richmond Hill, and Newmarket, among others, as well as the city of Vaughn. These communities began as small towns north of the city that supported the surrounding farm country. But after decades of population growth and commercial development, the region is now a mostly urban community of over 1 million people.

The region has a diverse community that includes traditional manufacturing, high tech, agriculture, and services. A significant portion of the Oak Ridges Moraine—a large greenbelt in central Ontario—is in York Region. The region has several conservation areas that protect the moraine and the larger environment.

Seneca College has campuses in the York Region communities of King, Markham and Newmarket. While York University is not technically within the region, it is located on the region's border with the city of Toronto.

- Pop. 1,032,545
- 45 km to Toronto Pearson Airport
- 465 km to Ottawa
- 100 km to Hamilton
- 60 km to Barrie

Check it Out!

- Canada's Wonderland—a large amusement park with roller coasters and a water park—is located in the York Region town of Maple.
- The Oak Ridges Trail system across the moraine connects to the Bruce Trail and other major hiking trails in the province.
- The Sharon Temple National Historic Site is a Quaker temple in East Gwillimbury that was built in the early 1800s.
- The McMichael Canadian Art Collection in Kleinburg houses a large Group of Seven collection as well as First Nation and Inuit art.
- The Richmond Hill Centre for the Performing Arts has a wide variety of performances throughout the year.

Did You Know?

York Region is one of the fastest growing communities in Ontario—the population is expected to be well over 1.5 million by 2031. That means the community will have doubled in size in just 30 years.

Seneca College

www.senecacollege.ca

Seneca College is based in Toronto's North York. Seneca has six campuses, each specializing in a particular area of study, and four additional community campuses for

continuing education. The college offers diplomas, certificates and degrees in a wide variety of fields including, fashion and esthetics, and engineering technology. Learn more by visiting [Seneca's International Student Services page](#).

York University

www.yorku.ca

York University is a research university located on the city's northern border with York Region.

York offers undergraduate and graduate degrees through eleven faculties including law, business, and education. York also has the only space engineering program in Canada. York University's college system assigns each undergraduate student to one of nine colleges based on their faculty or program of study. Learn more by visiting the [York International](#) page.

Barrie

Barrie is the largest city in Simcoe County, north of York Region. Barrie is located on the shores of Kempenfelt Bay—the western end of Lake Simcoe. The historic downtown is along the waterfront. The city is also quite close to the southern shore of Georgian Bay on Lake Huron and the highway that connects Barrie to Toronto is also the main highway into Northern Ontario.

Barrie is not technically part of the official Greater Toronto Area, but many people commute between Barrie and the GTA for work and school. Barrie also has a diverse economy, with major employers in both the public and private sectors. Tourism is also an important part of Barrie's economy and focuses on their waterfront, beaches, and historic downtown. The city hosts many annual festivals and events that attract visitors. Barrie is home to the main campus of Georgian College and also has a Collège Boréal access centre.

Check it Out!

- The Kempenfest is an annual arts festivals held in downtown Barrie.
- The Barrie Film Festival hosts a 10-day festival in October as well as other film events throughout the year.
- The Barrie Colts play in the Ontario Hockey League.
- The popular Georgian Bay resort town of Wasaga Beach is just 40 km from Barrie.
- Barrie is in the heart of Ontario's ski country, with resorts such as Blue Mountain and Snow Valley and Mount St. Louis Moonstone nearby.

Did You Know? The Nine Mile Portage

Today the Nine Mile Portage is a recreation trail in Barrie. Historically, it was a portage route used by First Nations and later by European fur traders and explorers to portage or carry their canoes from Lake Simcoe to the Nottawasaga River and on to Georgian Bay.

- Pop. 136,063
- 55 km to Toronto Pearson Airport
- 415 km to Ottawa
- 35 km to Orillia
- 250 km to North Bay
- 300 km to Sudbury

Georgian College

www.georgiancollege.ca

Georgian College is located in Barrie, with additional campuses in Orillia, Owen Sound, Midland, Bracebridge, Collingwood, and Orangeville. The college grants diplomas, certificates and degrees in a wide range of programs including aboriginal studies, golf operations management, and nursing. Learn more by visiting [Georgian's International page](#).

Durham Region

The Regional Municipality of Durham is east of the city of Toronto and includes the cities and towns of Pickering, Ajax, Whitby, and Oshawa, among others. The region is a mix of urban and suburban communities along the shores of Lake Ontario, as well as smaller towns and rural communities north of the lake. There are three post-secondary institutions in Durham: Durham College, Trent University Durham and the University of Ontario Institute of Technology (UOIT).

The economy of Durham region includes agriculture, health care, and education. However, Durham is also home to the automotive industry in Canada, with major headquarters and plants in and around the region. There are also several power generation plants in Durham, which are major employers in the region.

Check it Out!

- The Canadian Automotive Museum in downtown Oshawa explores the history of the automotive industry in Canada.
 - There are many art galleries in the region, such as the Robert McLaughlin Gallery in Oshawa, the Station Gallery in Whitby, and Cultural Expressions Gallery in Ajax.
 - Durham Region participates in Culture Days, an annual event that offers free arts and culture activities and experiences to residents and visitors.
 - The Ontario Philharmonic is a professional orchestra based in Durham Region.
 - The Oshawa Generals play in the Ontario Hockey League.
 - The Great Blue Heron Charity Casino near Port Perry is owned and run by the Mississaugas of Scugog Island First Nation.
 - The Waterfront Trail offers biking and walking paths along the shores of Lake Ontario from Pickering to Port Hope.
-
- Pop. 608,124
 - 75 km to Toronto Pearson Airport
 - 405 km to Ottawa
 - 215 km to Kingston
 - 80 km to Peterborough

Oshawa

www.oshawa.ca

Oshawa is the largest urban centre in Durham Region and is considered to be the eastern end of the Greater Toronto Area. Oshawa was built on the Oshawa Creek, which flows into the lake in Lakeview Park. Oshawa is considered the automotive capital of Canada, as the home of General Motors Canada which is the largest GM plant in North America. However, the economy is far more diverse, including major employers in the health care, education, and power generation industries. Durham Region's three post-secondary institutions—Durham College, Trent University Durham, and the University of Ontario Institute of Technology—are located in Oshawa.

- Pop. 149,607
- 70 km to Toronto Pearson Airport
- 395 km to Ottawa
- 210 km to Kingston
- 85 km to Peterborough

Did You Know?

Oshawa has a long history in the automotive industry. General Motors Canada began as the McLaughlin Carriage Company, which was founded in 1872. The McLaughlin estate is now a National Historic Site.

Durham College

www.durhamcollege.ca

Durham College has campuses in Oshawa, Whitby, and Pickering and shares its Oshawa campus with UOIT. The college offers diplomas, certificates, and degrees in a wide range of programs, including sports management. Durham's Centre for Food has culinary,

hospitality, horticulture and food science programs. Learn more by visiting [Durham's International page](#).

University of Ontario Institute Technology (UOIT)

uoit.ca

The University of Ontario Institute of Technology (UOIT) opened in 2003, making it Canada's newest university. The university shares Durham College's Oshawa campus and offers undergraduate and graduate degrees in a full range of fields, with a specialty in science and technology. UOIT requires students to have laptops in class and offers computers for lease as part of its fees. Learn more by visiting [UOIT's International page](#).

Trent University Durham

www.trentu.ca

Trent University Durham is a campus of Peterborough's Trent University. Trent Durham offers undergraduate programs in humanities, social science, and business. Learn more by visiting [Trent Durham's International page](#).

Toronto

Toronto is Canada's largest city, and the fourth largest in North America. The downtown core is located on the shores of Lake Ontario on a protected harbour. Toronto is the national centre of banking and finance, business, media, and arts and culture. The city is also a transportation hub for international travel in North America and a centre of tourism.

Toronto is one of the most diverse cities in the world with residents from all over the world. Around half of Torontonians were born outside Canada and over 150 languages are spoken in the city. Toronto is a city of neighbourhoods, many of which are home to

groupings of cultural restaurants and business. Many Torontonians rely on public transit and the city has the only subway system in the province. Toronto is also home to several of the province's public post-secondary institutions, which are located both downtown and in the inner suburbs.

Check it Out!

- The Toronto Islands are a short ferry ride from downtown, with beaches, parks, and an amusement park.
- The Royal Ontario Museum, the Art Gallery of Ontario, and Aga Kahn Museum of Islamic art are located in Toronto.
- Toronto is home to the Toronto Symphony Orchestra, the National Ballet, and the Canadian Opera Company.
- Toronto has the third largest English-speaking theatre district in the world.
- The Toronto International Film Festival is one of the most prestigious film festivals in the world and film showings are open to the public.
- There are countless cultural festivals and events in the city, celebrating music, food, film, arts and literature.
- The Canadian National Exhibition is held each August at Toronto's exhibition grounds.
- Toronto is home to seven professional sports teams, including the Raptors, the Blue Jays, the Maple Leafs, and the Toronto FC.

Toronto Sports Teams

- Raptors – National Basketball Association (NBA)
- Blue Jays – Major League Baseball (MLB)
- Maple Leafs – National Hockey league (NHL)
- Toronto FC – Major League Soccer (MLS)
- Argos – Canadian Football League (CFL)
- Toronto Rock – National Lacrosse League (NLL)
- Marlies – American Hockey League (AHL)

- Pop. 2,615,060
- 25 km to Toronto Pearson Airport
- 450 km to Ottawa
- 70 km to Hamilton
- 260 km to Kingston
- 110 km to Barrie
- 95 km to Guelph

Centennial College

www.centennialcollege.ca

Centennial College is based in the east end of Toronto and in the inner suburb of Scarborough, with four campuses and two learning centres. The college has a wide range of diploma, certificate, and degree programs, including book and magazine publishing and aircraft technology. Learn more by visiting [Centennial's International Education page](#).

Collège Boréal

www.collegeboreal.ca

Based in [Sudbury](#), Collège Boréal is a French-language college that offers many programs. Boréal has 7 campuses in Northern Ontario and Toronto, as well as 35 access centres across Ontario. The Toronto campus is located in downtown Toronto. Learn more by visiting [Boréal's International Student's page](#).

George Brown College

www.georgebrown.ca

George Brown College is located in downtown Toronto. The college has three campuses: St. James, Casa Loma, and Waterfront, as well as a small associate location on the

Ryerson University campus. George Brown College offers diploma, certificate, and degree programs in a wide variety of fields, including hospitality and culinary arts. Learn more by visiting [George Brown's International page](#).

Humber College

www.humber.ca

Humber College is based in Etobicoke in Toronto's west end. The college has three campuses: North Campus, Lakeshore Campus, and Orangeville Campus. The college offers diplomas, certificates, and degrees in a wide range of programs, including recreation and performing arts. The North Campus is also home to the University of Guelph-Humber. Learn more by visiting [Humber's International Centre page](#).

Seneca College

www.senecacollege.ca

Seneca College is based in Toronto's North York area. Seneca has six campuses and four additional community campuses for continuing education. The college offers diplomas, certificates and degrees in a wide variety of fields including fashion and esthetics, and engineering technology. Learn more by visiting [Seneca's International Student Services page](#).

University of Guelph-Humber

www.guelphhumber.ca

The University of Guelph-Humber is located on the Humber North Campus. The university is a collaboration between the college and the University of Guelph and offers seven different academic programs. Students at Guelph-Humber earn both a bachelor's

degree and a college diploma at the same time. Learn more by visiting [Guelph-Humber's International Applicant page](#) or [Humber College's International Centre page](#).

OCAD University

www.ocadu.ca

OCAD University, formerly known as the Ontario College of Art and Design, is in downtown Toronto. OCAD U, offers bachelors and masters degrees of arts, fine arts, and design. All programs require a studio component and students applying to design and fine arts must submit a portfolio of their work. Learn more by visiting [OCAD University International Student Services](#).

Ryerson University

www.ryerson.ca

Ryerson University is a large research university in the centre of downtown Toronto. Ryerson offers undergraduate and graduate degrees in six faculties, including business, arts, science, community services, communication and design, engineering and architecture. Ryerson also has the largest continuing education program in the country. Learn more by visiting [Ryerson's International Student Support page](#).

University of Toronto

www.utoronto.ca

The University of Toronto (U of T) is Canada's largest university and offers graduate and undergraduate degrees in a wide range of academic areas. U of T has the only medical school in the city, as well as several other professional faculties, including dentistry, pharmacology, law, and education. The St. George Campus is located downtown and

includes several affiliated colleges: Innis, New, St. Michael's, Trinity, University, Victoria, and Woodsworth. The University of Toronto has two additional campuses—in the inner suburb of Scarborough and in the city of Mississauga—that operate as separate but affiliated institutions. Learn more by visiting [University's Centre for International Experience](#).

University of Toronto Scarborough

www.utsc.utoronto.ca

The University of Toronto Scarborough is a small research university and a satellite campus of the larger university. Once known as Scarborough College and later Scarborough Campus, the university is referred to as UTSC. UTSC focuses on undergraduate programs in a full range of academic fields and also offers some graduate degrees. Learn more by visiting [UTSC's International Student Centre page](#).

York University

www.yorku.ca

York University is a research university located on the city's northern border with York Region.

York offers undergraduate and graduate degrees through eleven faculties including law, business, and education. York also has the only space engineering program in Canada. York University's college system assigns each undergraduate student to one of nine colleges based on their faculty or program of study. Learn more by visiting the [York International](#) page.

Glendon College (York University)

www.glendon.yorku.ca

Glendon College is a bilingual liberal arts college affiliated with York University that offers primarily undergraduate degrees. The Glendon College campus is located 20 km southwest of York University and overlooks Sunnybrook Park. All programs at Glendon are taught in both French and English. Learn more by visiting [Glendon's International Students admissions page](#).

Eastern Ontario

Eastern Ontario is a large triangle of land between the St. Lawrence River and the Ottawa River, which is the border between Ontario and Quebec. The Central Ontario communities east of the Greater Toronto community are often grouped together with the traditional region of Eastern Ontario because of their proximity. This larger region includes the northeastern shore of Lake Ontario, the Kawarthas lakes region, and the Ottawa Valley. The region's population is relatively small, but has a very diverse economy thanks to its mix of rural areas, small towns, and urban centres. Ottawa, the capital city of Canada, is the centre of the federal government and related businesses. Other industries in the region include agriculture, food processing, manufacturing, high-tech, research and development, transportation, and tourism.

Climate

Like most of the province, eastern Ontario has four seasons, with hot summers, a rainy spring season, cool falls and cold snowy winters. The region gets more snow than Southwestern Ontario and the Greater Toronto Area. But the climate in Eastern Ontario does vary, thanks to the lake effect. For example, Belleville gets a little less snow than neighbouring Kingston thanks to its sheltered position on the Bay of Quinte. Communities in the Ottawa Valley, which is north of Lake Ontario, get far more snow than those along the lake.

Did You Know? The Saint Lawrence Seaway

The Saint Lawrence Seaway is a system of canals and locks that connects the St. Lawrence River and the Great Lakes. The Seaway allows a ship to travel from the Atlantic Ocean to Thunder Bay on Lake Superior.

Ottawa

ottawa.ca

Ottawa is the capital city of Canada. The fourth-largest city in the country, Ottawa is located on the south bank of the Ottawa River, across from Gatineau, Quebec. The larger Ottawa-Gatineau metropolitan area, also known as the National Capital Region, is the only major urban centre in Canada located in two different provinces.

Ottawa has several post-secondary institutions, including Carleton University and the University of Ottawa, and two large colleges. Ottawa's post-secondary institutions offer education in French as well as English. As the seat of the federal government, Ottawa is a bilingual community and the public service of Canada is one of the city's main employers. The high tech industry is also a major part of the city's economy. These industries help make Ottawa the city with the highest education levels in Canada.

With many national museums and historical sites, Ottawa is a major destination for tourists. Ottawa also has many opportunities for outdoor activities in both winter and summer with both ski resorts and white water rafting companies located nearby. Visitors and residents also enjoy major festivals and arts performances, including Canada's largest July 1st Canada Day Celebration.

- Pop. 883,391
- 460 km to Toronto Pearson Airport
- 200 km to Kingston
- 200 km to Montreal, Quebec
- 215 km to Syracuse, New York, USA

Check it Out

- The Rideau Canal is a UNESCO World Heritage Site that connects the Ottawa River to the St. Lawrence. In winter, the frozen canal becomes a 7.8-km skating rink!
- The annual Winterlude festival celebrates winter in Ottawa with a snow park and ice slides, ice and snow sculptures, and performances.
- The National Arts Centre presents English and French theatre, dance, and music performances, including the National Arts Centre Orchestra.
- ByWard Market is home to market buildings and open-air stalls, restaurants, bars, and street performers in a historical area of the city.
- Ottawa is home to the National Gallery of Canada, the Canadian Museum of Nature, the Canadian Museum of History, Canadian War Museum, the Canada Aviation and Space Museum, and the Canada Science and Technology Museum.
- Ottawa has several sports teams: the National Hockey League's Senators and the Canadian Football League's Redblacks, as well as the Ontario Hockey League's Ottawa 67s.
- Parliament Hill is home to Canada's parliament buildings and the Peace Tower, which is pictured on the Canadian \$20 bill.
- Did You know? What's in a Name?
- Ottawa was founded as ByTown in 1826 after founder Colonel John By. The city was incorporated in 1855 and renamed for the nearby Ottawa River, which was named for the Ottawa or Odawa people. Odawa is an Algonquin word that means traders or to trade.

Algonquin College

www.algonquincollege.com

Algonquin College is an English-language college that serves the National Capital Region with three campuses in Ottawa, Perth, and Pembroke. The college offers a wide range of diplomas, certificates, and degrees. Learn more by visiting [Algonquin's International Student Centre](#).

La Cité Collégiale

www.collegelacite.ca

La Cité is the largest French-language college in Ontario, with a main campus in central Ottawa and three campuses in the Ottawa area and an office in Toronto. The college offers a wide range of programs. Learn more by visiting [La Cité's International Students page](#).

Carleton University

carleton.ca

Carleton is a mid-sized comprehensive university with six faculties, including a faculty of public affairs. Carleton is also home to the Norman Paterson School of International Affairs and the Sprott School of Business. Carleton University campus is located in southern Ottawa between the Rideau Canal, Dow's Lake and the Rideau River. Learn more by visiting [Carleton's International Student Services Office page](#).

Dominican University College

www.dominicanu.ca

Dominican University College or Collège universitaire dominicain is a very small bilingual university in Ottawa. Dominican is a Roman Catholic institution now affiliated with Carleton University. The university offers undergraduate and graduate degrees in philosophy, ethics, and theology to both men and women. Learn more by visiting [Dominican's International Students page](#).

University of Ottawa

www.uottawa.ca

The University of Ottawa (U of O) is a large research university and the largest English-French bilingual university in the world. U of O has ten faculties, including a faculty of common law and a faculty of civil law. It also has medical, business, and engineering schools. The main campus is located in downtown Ottawa, south of ByWard Market, with other facilities throughout the city. Learn more by visiting [the University of Ottawa's International Office page](#).

Saint Paul University

ustpaul.ca

Saint Paul University or *Université Saint-Paul* is a very small bilingual university in Ottawa. Open to both men and women, Saint Paul is affiliated with the University of Ottawa. As a Roman Catholic Pontifical university, it has a faculty of Canon Law. Saint Paul also offers undergraduate and graduate degrees in philosophy, theology, and human science. Learn more by visiting [Saint Paul's International Office page](#).

Kingston

www.cityofkingston.ca

The city of Kingston is one of the oldest English-language settlements in Canada. Located where the St. Lawrence River meets Lake Ontario and the Rideau Canal, Kingston was an important centre in the early days of Canada. Kingston was the first capital city of Canada, and the centre of military operations for the new country. The city is home to many historical buildings constructed from local limestone, earning it the nickname Limestone City

In the past, the city had a significant manufacturing industry, but today Kingston's economy relies on the Canadian military and Queen's University as major employers. Tourism is also an important industry, thanks to the city's rich history and the nearby Thousands Islands, Frontenac Provincial Park, and "cottage country" lakes. Kingston

is also a centre of arts for the region, with major performance venues, galleries, a symphony orchestra and regular music, arts, and film festivals.

Kingston is on the main highway and rail corridor between Toronto and Montreal and benefits from its central location between Toronto, Ottawa, Montreal, and New York State. The city is home to three post-secondary institutions: Queen's University, St. Lawrence College, and the Royal Military College of Canada. The Royal Military College is the only military university in Canada, however, enrolment is limited to members of the military community and government employees; it does accept visiting students from other universities in Canada.

- Pop. 123,363
- 270 km to Toronto Pearson Airport
- 200 km to Ottawa
- 290 km to Montreal, Quebec
- 215 km to Syracuse, New York, USA

Check it Out

- Kingston's Fort Henry was built during the War of 1812 and is now a National Historic Site.
- Cataraqui Cemetery is the burial place of Canada's first Prime Minister, John A. Macdonald.
- Kingston has many arts festivals, including WritersFest, Limestone City Blues Festival, Buskers' Rendezvous, the Canadian Film Festival, and Artfest.
- The Grand Theatre is home to the Kingston Symphony as well as theatre, popular music, dance and comedy performances.
- Feb Fest is downtown Kingston's annual winter carnival with ice sculptures, skating, hockey, and music.
- The Thousand Islands archipelago in the St. Lawrence River straddles the Canada-US border and is a popular vacation destination for boating, swimming, and enjoying the outdoors.
- The Ontario Hockey League's Frontenacs play in Kingston.
- Did You Know? What's in a Name?

- Legend claims that the popular Thousand Island salad dressing was created by a Thousand Islands local—then a vacationing American actress took the recipe back to New York City and the rest is history. But there are many versions of this origin story and none of them have any written proof! Yet almost everyone agrees the dressing was named for the popular vacation destination.

St. Lawrence College

www.stlawrencecollege.ca

St. Lawrence College has campuses in Kingston, Brockville, and Cornwall. The college offers diploma, certificate, and degree programs in a wide range of fields, including behavioural psychology, microelectronics, and nursing. Learn more by visiting [St. Lawrence's International Student's page](#).

Queen's University

www.queensu.ca

Queen's University is a mid-sized research institution near downtown Kingston. With eight faculties and schools, Queen's offers undergraduate and graduate degrees in a full range of fields, including business, education, engineering, law, and medicine. The university is named for Queen Victoria, who issued the university's royal charter in 1841. Learn more by visiting [Queen's International page](#).

Belleville

www.belleville.ca

Belleville is located on the Bay of Quinte, a 50-km arm of Lake Ontario. Belleville is the centre of the Bay of Quinte Region and the gateway to Prince Edward County, which is located across the Bay. The city often experiences milder temperatures and less snow

that the rest of Eastern Ontario, thanks to its positioning on the Bay. The main campus of Loyalist College is located in Belleville.

Located on the main highway between Toronto and Montreal, Belleville's economy includes manufacturing and transportation but also relies heavily on tourism and the local Canadian Forces Base. The Bay of Quinte region is a popular vacation area, and Prince Edward County is both a vacation destination and a growing wine region. The entire region is an important centre of agriculture for the province.

Check it Out

- The annual Waterfront and Ethnic Festival brings together music performances, rides, and an ethnic food village.
- The Belleville Arts Association supports local artists, runs a gallery and studio, and hosts events throughout the year.
- The Empire Theatre and Centre for the Performing Arts brings films and live performances to Belleville.
- The Glanmore National Historic Site is a heritage home built in the Second Empire architectural style of the 1880s.
- Prince Edward County has several vineyards and wineries to explore with tours and tastings.
- Sandbanks Provincial Park has sandy beaches and dunes with campgrounds and hiking trails.

- Pop. 49,454
- 195 km to Toronto Pearson Airport
- 80 km to Kingston
- 270 km to Ottawa
- 360 km to Montreal, Quebec

Loyalist College

www.loyalistcollege.com

Loyalist College in Belleville offers a full range of diploma and certificate programs. The college's main campus is a short walk from the Bay of Quinte. There is also a Loyalist campus in Bancroft. Learn more at [Loyalist's International Students page](#).

Peterborough

www.peterborough.ca/

Peterborough is located on the Otonabee River, about 40 km north of Lake Ontario. The city is located in the Kawarthas, a rural area of lakes and woods. The Mississauga First Nations named the area Kawartha, which means "bright waters and happy lands". Today, Peterborough is the gateway to the popular vacation destination and is a commercial, service, and culture centre for the surrounding area. Peterborough is also home to Trent University and Fleming College.

In addition to tourism, Peterborough's economy includes manufacturing, food processing, electronics, biotechnology, and many multinational companies are based in the city. Health services, the provincial government, and the university are also major employers. The city has a vibrant arts scene with several theatres, popular music venues, art galleries, a symphony orchestra, and a professional dance theatre. There are also several historical sites and Aboriginal heritage attractions.

- Pop. 78,698
- 145 km to Toronto Pearson Airport
- 270 km to Ottawa
- 180 km to Kingston
- 100 km to Belleville

Did You Know? What's in a Name?

In the 1880s, Peterborough was nicknamed the Electric City because it was the first community in Canada to have electric streetlights. Several businesses and institutions in Peterborough use the name today.

Check it Out

- The Market Hall Performing Arts Centre hosts arts performances from around the world and the community.
- The Peterborough Musicfest is a month-long series of free concerts.
- The Peterborough Farmer's Market is open year-round on Saturdays.
- There are over 100 parks in the city of Peterborough.
- The Kawarthas region offers many opportunities for outdoor activities in both winter and summer.
- The city's Ontario Hockey League team are the Peterborough Petes.

Fleming College

flemingcollege.ca

Sir Sandford Fleming College, now known as Fleming College, has campuses in Peterborough, Lindsay, Coburg, and Haliburton. Fleming College offers a wide range of certificate and diploma programs including ecosystems management and museum management. The college also offers an indigenous perspectives designation on some programs. Learn more by visiting [Fleming's International Education page](#).

Trent University

www.trentu.ca

Trent University is a small liberal arts and science university on the banks of the Otonabee River. Trent has a wide range of undergraduate programs, and variety of graduate degrees in the fields of cultural studies and environmental sciences. Based on their field of study, all students at Trent belong to one of the university's colleges. Trent also has an additional campus in Durham Region. Learn more by visiting [Trent's International Students page](#).

Northern Ontario

Most of the province is part of a huge region known as Northern Ontario. Because it is so big, Northern Ontario is often further divided into Northwestern and Northeastern Ontario. Mining, forestry, and tourism are the main industries in the north—as well as education and government services. The population in Northern Ontario is relatively low and spread across several small cities, even smaller towns, and remote communities. It can take several hours to travel from one community to the next in Northern Ontario.

Climate

Those who live in the north get to enjoy Canada's stunning wilderness every day—but that stunning wilderness is home to some extreme weather. Like most of Canada, Northern Ontario has four seasons. Winter is long in the north. The temperature starts to drop in November and it doesn't warm up again until April or May. There is also plenty of snow in the north—but winter days are usually bright and sunny.

Spring and fall are cool and rainy, but also short. The summer months of June, July, and August are very pleasant in the north—the days are mild and sunny and very long, with up to 16 hours of daylight! The key to enjoying life in the north is to be prepared for the weather!

Did You Know? Canadian Shield

The Canadian Shield is an area of Precambrian bedrock that stretches from eastern Canada to the northern prairies and from the Great Lakes to the Arctic Ocean. There is just a thin layer of soil on the shield, which makes farming almost impossible in Northern Ontario. The landscapes of the north include striking rock faces and formations.

Thunder Bay

www.thunderbay.ca

Thunder Bay is the largest community in Northwestern Ontario. The city sits on the northwestern shore of Lake Superior, the largest of the Great Lakes. Thunder Bay has two post-secondary institutions: Lakehead University and Confederation College.

Surrounded by the natural beauty of the Canadian Shield, the small city of Thunder Bay is the economic centre of Northwestern Ontario. Forestry and manufacturing are two important industries for the region and the city, however tourism is also important. .

Visitors and residents enjoy wilderness and outdoor activities like camping, canoeing, hiking, and fishing. The city is also a centre of arts and culture for the region with many festivals, exhibits, and performances held throughout the year.

- Pop. 109,140
- 1380 km to Toronto Pearson Airport
- 1500 km to Ottawa
- 700 km to Sault Ste. Marie
- 700 km to Winnipeg, Manitoba
- 300 km to Duluth, Minnesota, USA

Check it Out!

- Thunder Bay's world-famous Sleeping Giant rock formation overlooks the city from across the bay in Sleeping Giant Provincial Park.
- The Thunder Bay Art Gallery has a permanent collection of contemporary art and hosts visiting exhibits.
- Magnus Theatre is home to the Professional Theatre of Northwestern Ontario.
- The Lakehead Festival of Music and the Arts is an annual competition and showcase for young performers.
- The Thunder Bay Symphony Orchestra performs a variety of concerts throughout the year.

- The Terry Fox Monument commemorates Terry Fox's historic run across Canada to raise money for cancer research in 1980 after losing his leg to cancer.
- Did You Know? Lakehead is in Lakehead
- Thunder Bay was founded in the 1970s when several smaller towns joined together. Residents voted to select their new city's name. Thunder Bay beat the name Lakehead by just a few hundred votes!

Confederation College

www.confederationc.on.ca

Confederation College serves the entire region on campuses in Thunder Bay, Dryden, Fort Frances, Geraldton, Kenora, Marathon, and Sioux Lookout. Confederation offers diploma and certificate programs in many different fields, including natural resources and aviation. Learn more by visiting [Confederation's International Education page](#).

Lakehead University

www.lakeheadu.ca

Lakehead University is a small, primarily undergraduate research university with nine faculties, including a faculty of natural resource management. Lakehead recently opened a law school, and also hosts the western campus of the [Northern Ontario School of Medicine](#). Lakehead also has a campus in the central Ontario town of Orillia. Learn more by visiting [Lakehead's International Students page](#).

Sault Ste. Marie

saultstemarie.ca

Sault Ste. Marie is located on the northern banks of St. Mary's River, which connects Lake Superior to Lake Huron. The American community of Sault Ste. Marie, Michigan,

is on the southern banks of the river. Sault Ste. Marie, Ontario, has two post-secondary institutions: Algoma University and Sault College.

Forestry and manufacturing are the major industries in Sault Ste. Marie. The community has also invested in solar, wind, and other renewable energies and now calls itself the Alternative Energy Capital of North America. The natural beauty of the northern Great Lakes region makes Sault Ste. Marie an important tourist destination, and the city is a centre of arts and culture for the region with many festivals, exhibits, and performances held throughout the year.

- Pop. 75,141
- 680 km to Toronto Pearson Airport
- 800 km to Ottawa
- 700 km to Thunder Bay
- 550 km to Detroit, Michigan, USA

Check it Out!

- The Sault Ste. Marie Canal National Historic site has heritage buildings, bridges and locks, and nature trails.
- The Algoma Art Gallery has both a permanent collection and hosts special exhibits throughout the year.
- Stokely Creek is one of the largest cross-country ski resorts in North America and gets 200 inches of snow every year.
- The Sault Symphony Orchestra is a joint orchestra that performs throughout the year in both Sault Ste. Marie, Ontario, and Sault Ste. Marie, Michigan.
- Every September the Batchewana First Nation hosts an annual Pow Wow with traditional Anishinabek food, music, and dancing.

Did You Know?

French fur traders named the city after the rapids and cascades or *les saults* on the St. Mary's River. English speakers adopted the French name, but pronounce *Sault Ste. Marie*

as *Sue Saint Marie*. Both the American and Canadian cities are often referred to by their shared nickname, The Soo.

Sault College

www.saultcollege.ca

Sault College is located in the city of Sault Ste. Marie and offers a wide variety of programs, with a special focus on services for the region's Native population. Learn more by visiting [Sault's International Student page](#).

Algoma University

www.lakeheadu.ca

Algoma University is the smallest English-language undergraduate university in Ontario, with only 1600 students. Algoma offers a wide range of programs, including the only degree program in the Ojibwe language. Learn more by visiting [Algoma's International Students page](#).

Greater Sudbury

Sudbury is the largest city in Northern Ontario and is located about 90 km north of Georgian Bay. In 2001, Sudbury joined with several nearby towns to become Greater Sudbury. The city is home to Laurentian University, Cambrian College, and the main campus of Collège Boréal.

Mining and lumber were once the main industries of Sudbury, but today, most people in the city work in the service economy. Sudbury is a bilingual community, and about 15 percent of the population speak French at home. Sudbury also has a thriving arts community with both English and French art galleries and professional theatre

companies. The city is surrounded by the natural beauty of the Canadian Shield's lakes, rock formations and forests.

- Pop. 160,275
- 390 km to Toronto Pearson Airport
- 480 km to Ottawa
- 1015 km to Thunder Bay
- 315 km to Sault Ste. Marie

Check it Out!

- Science North and Dynamic Earth are Sudbury's interactive science museums.
- Sudbury's Big Nickel is a 9-metre replica of a Canadian five cent coin which commemorates Canada's Centenary and Sudbury's history of nickel mining.
- Up Here is a music and arts festival held in downtown Sudbury every August.
- The Sudbury Symphony Orchestra performs through the year.
- Nearby Windy Lake Provincial Park has campgrounds, trails for hiking, snowshoeing, and cross-country skiing, and sandy beaches for swimming.
- The Sudbury Wolves play in the Ontario Hockey League.
- Did You Know? Hundreds of Lakes
- Known as the City of Lakes, Sudbury has over 300 natural lakes within the city limits.

Cambrian College

www.cambriancollege.ca

Cambrian College is the largest college in Northern Ontario with campuses in Sudbury, Espanola, and Manitoulin Island. Cambrian has a wide variety of programs, with a special focus on the skilled trades. Learn more by visiting [Cambrian's International Students page](#).

Collège Boréal

www.collegeboreal.ca

Based in [Sudbury](#), Collège Boréal is a French-language college that offers many programs. Boréal has 7 campuses in Northern Ontario and Toronto, as well as 35 access centres across Ontario. Learn more by visiting [Boréal's International Student's page](#).

Laurentian University

laurentian.ca

Laurentian University is a mid-sized university that offers both undergraduate and graduate degrees, with several programs also available in French. The university is a federation of three institutions in Sudbury: Huntington University, Thorneloe University, and the University of Sudbury. Laurentian University is home to the eastern campus of the [Northern Ontario School of Medicine](#), and has recently opened a faculty of architecture. Learn more by visiting [Laurentian's International Student Services page](#).

North Bay

www.cityofnorthbay.ca

North Bay is a small city on the northeastern shore of Lake Nipissing, which is located between the Great Lakes and the Ottawa Valley. Known as the Gateway of the North, North Bay is the southern-most city in the vast northern region of the province. Originally a forestry town, North Bay grew thanks to the railroad—the city was the southern terminus of the railroad from northern mines and the connection to the railways in the south. Today, the city's economy relies more on education, government services, and health care services for the surrounding area.

There are many opportunities for outdoor activities in and around North Bay, such as boating, camping, hiking, and skiing. North Bay also has a large arts community and several art galleries and studios. Canadore College and Nipissing University are based in North Bay, which also hosts a campus of Collège Boréal.

- Pop. 53,651
- 335 km to Pearson Airport
- 360 km to Ottawa
- 125 km to Sudbury

Check it Out!

- The Capitol Centre theatre has a full season of touring theatre, music, dance, and comedy performances and hosts the North Bay Symphony
- Art on Main is a North Bay artists' collective with a gallery and retail store that supports established, emerging, and student artists in the area.
- North Bay's Summer in the Park Festival is a three-day music festival that features many types of contemporary music and performances.
- Laurier Woods Conservation Area offers more than 10 kilometers of trails and 97 hectares of preserved wilderness in the heart of the city.
- Algonquin Provincial Park is just a few kilometres south of the city.
- The North Bay Battalion play in the Ontario Hockey League.
- Did You Know? Trading Route
- The site of North Bay was a stop along the fur traders' canoe route from Montreal, which was based on First Nations trading routes. But the first settlement did not grow until the railroad was built in 1882.

Canadore College

www.canadorecollege.ca

Canadore College offers a wide range of certificate and diploma programs including indigenous studies, aviation, and helicopter training. Canadore has three campuses

in North Bay and one campus in Parry Sound. Learn more by visiting [Canadore's International Education page](#).

Collège Boréal

www.collegeboreal.ca

Based in [Sudbury](#), Collège Boréal is a French-language college that offers many programs. Boréal has 7 campuses in Northern Ontario and Toronto, as well as 35 access centres across Ontario. Learn more by visiting [Boréal's International Student's page](#).

Nipissing University

www.nipissingu.ca

Nipissing University is a small university located in North Bay overlooking Lake Nipissing with additional campuses in Brantford and Bracebridge. The university has three faculties: arts and science, applied and professional studies, and education. Learn more by visiting [Nipissing's International Students page](#).

Northeastern Ontario

The eastern half of Northern Ontario is a sparsely populated area that relies on mining and forestry. There are no urban areas in Northeastern Ontario—the small city of Timmins is the largest community in the region. The region has vast stretches of undeveloped wilderness along the border of Quebec and the western shore of James Bay. The region has a very high population of Francophones—many communities are nearly entirely French-speaking.

Check it Out!

- The Timmins Symphony Orchestra and Chorus plays four to five concerts throughout the year.
- Timmins Culture Days is a three-day arts festival at the end of summer.
- The Cochrane Polar Bear Habitat is a conservation area for one of Canada's beloved but endangered species. The nearby Heritage Village recreates a 1900s northern settlement.
- Cedar Meadows Wilderness Park, just outside of downtown Timmins, is a great place to see Canadian moose.
- Cross-country skiing, snow-shoeing, snowmobiling, and dog sledding are popular winter sports in Northeastern Ontario.
- There are many places for backcountry camping, hiking, and canoeing in Northeastern Ontario, such as Rene Brunelle, Fushimi Lake, and Nagamaisis Provincial Parks.
- In summer, Ontario Northlands runs the Polar Bear Express train from Cochrane to Moosonee along the Arctic Watershed.

Timmins

www.timmins.ca

Timmins is a small city on the Mattagami River in Northeastern Ontario. The city of Timmins is small, but it is a major centre for the regional population of over 100,000. Mining, forestry, and tourism are the primary industries in the region. The city hosts many festivals and events throughout the year and is home to galleries, cultural centres, and museums. The main campus of Northern College is located in Timmins, and the city also has campuses of the Université de Hearst and College Boréal.

- Pop. 43,165
- 680 km to Pearson Airport
- 720 km to Ottawa
- 300 km to Sudbury
- 360 km to North Bay

Did You Know? Mr. Timmins

The city of Timmins was founded as a mining settlement by Noah Timmins after gold was discovered in the early 1900s.

Kapuskasing

www.kapuskasing.ca

Kapuskasing is a small town a few hours north of Timmins. Kapuskasing is a bilingual community—about two thirds of the population are Francophone—and forestry is the main industry. The town is home to campuses of the Université de Hearst and College Boréal.

- Pop. 8,196
- 850 km to Toronto Pearson Airport
- 850 km to Ottawa
- 160 km to Timmins

Hearst

www.hearst.ca/en

Hearst is located less than two hours northwest of Kapuskasing. Hearst is a Francophone community—around 95 percent of the population speaks French as their first language. Hearst is the home of Université de Hearst and has a campus of Collège Boréal.

- Pop. 5,090
- 920 km to Toronto Pearson Airport
- 945 km to Ottawa
- 260 km to Timmins
- 100 km to Kapuskasing

Temiskaming Shores

www.temiskamingshores.ca

Temiskaming Shores is a city near the Quebec border that joins together the three towns of New Liskeard, Haileybury, and Dymond. The community is about 25 percent Francophone. Temiskaming Shores is home to campuses of both Collège Boréal and Northern College.

- Pop. 10,400
- 485 km to Toronto Pearson Airport
- 510 km to Ottawa
- 215 km to Sudbury
- 210 km to Timmins

Northern College

www.northernc.on.ca

Northern College is based in Timmins but serves the large region of northern Ontario with additional campuses in Kirkland Lake, Haileybury, and Moosonee. The Haileybury campus is home to veterinary science and wildlife rehabilitation programs. Learn more by visiting [Northern's International Students page](#).

Collège Boréal

www.collegeboreal.ca

Based in [Sudbury](#), Collège Boréal is a French-language college that offers many programs. Boréal has several campuses in Northern Ontario and Toronto, as well as 35 access centres across Ontario. Learn more by visiting [Boréal's International Student's page](#).

Université de Hearst

www.uhearst.ca

The University of Hearst is a very small French-language university that offers degrees in business, social sciences, and translation. There are campuses in Hearst, Kapuskasing, and Timmins. Learn more by visiting the [University of Hearst's website](http://www.uhearst.ca).



APPENDIX: PRE-ARRIVAL GUIDE

Choosing to study abroad is an exciting decision, but it is also a challenge. You have made the decision to study in Ontario. You applied to a program and now you've been accepted. So what is your next step? Use this guide to help you prepare for your studies in Ontario.

Contact Your Institution

Accept Admission

Once you have been accepted into a university or college program, you must accept their offer of admission and confirm that you plan to attend. Many programs have waiting lists—if you decide not to attend, you should let the institution know so that they can

offer the place to a student on the waitlist. Confirm your attendance again as soon as your study permit is approved.

Confirm Housing

You must inform your institution if you wish to live in on-campus housing. You may need to submit an application for on-campus housing, or simply inform the institution that you wish to accept the place reserved for you. On-campus housing may be limited at your institution, so it is important to contact the institution about housing as soon as possible.

Arrange Skills Testing

English Proficiency Test

Each institution has its own requirements for English proficiency. If you have not already taken an English proficiency test, check with your school to see which test is recommended and what score is required. You must also check the deadline for submitting your scores. You will need to arrange for your own test and submit your scores before that deadline.

Math Assessment Test

Your program may also require a math or skills assessment test. Some programs may have math requirements as a condition of acceptance while other programs use assessment tests to determine whether students must take introductory math classes. Check with your institution and program requirements and make the necessary arrangements.

Pay Fees

Your school's calendar will list the deadline for fee payments. You must pay your fees for the term by the scheduled deadline or you will not be able to register for classes.

Check with your school to determine what methods of payment are available and whether payment can be made in installments.

Register for Courses

You must register for courses before the beginning of the school term. Check with your school for information about the course registration schedule, the course calendar (or list of courses), and the procedure for registration. Most of this information will be found on your school's website.

Your school will provide you with a student ID or user name and password to use their online system. Be sure you understand which courses are required and register for those courses first. Note that you should take any necessary assessment tests before course registration to ensure you register for the correct courses.

Review Your Timetable

Once your registration is complete and confirmed, check your timetable to ensure you have the correct courses and that there are no scheduling overlaps. You will be able to change your schedule by adding and withdrawing from a course.

However, there are restrictions and a deadline for making changes. Check your institution's academic calendar for the withdrawal deadline, which may also be called "drop/add" deadline.

Review Your Institution's Policies

Every school in Ontario has policies that students must follow. Your institution will publish its policies online or in a student handbook. It is your responsibility as a student to be familiar with these policies; ignorance of a rule is not a defence.

Some policies concern practical issues such as attendance, adding and withdrawing from courses, or use of computers and the Internet. Other policies deal with student behaviour and community standards. Note also that schools may have minimum grade-point-average (GPA) requirements. Students who do not meet the minimum GPA may be put on academic probation and could be expelled. Plagiarism and cheating are very important issues at schools in Ontario and expectations may be different than what you are used to. It is very important to review and understand your school's policies regarding academic honesty.

Obtain Immigration Documents

Study Permits

As soon as you have been accepted to a program at a **designated institution**, you can apply for a **study permit**. It can take a long time to complete the process, so you should begin the application immediately. If your program is less than 6 months, you may not need a study permit. You can [apply online](#), at a [visa application centre](#), or at a [Canadian visa office](#) in your country of residence.

If you are from a tourist visa-exempt country, you will need an **Electronic Travel Authorization (eTA)** to enter Canada. An eTA will be automatically issued with new study permits. However, if you wish to exit and re-enter Canada during your study period, you are responsible for renewing your own eTA before it expires.

When your study permit is approved, you will receive a letter of introduction. When you land in Canada, present this letter to the border services officer, along with supporting documents. The Canada Border Services Agency will issue your permit.

Work Permits

If you have a valid study permit, you can work in Canada—no additional work permit is required. A study permit allows you to work part-time hours during the study period and full-time hours during school holiday periods. Study permit holders may work both on campus and off campus.

If you must participate in **co-operative education** terms or **paid internships**, you need to [apply for a work permit](#). If you want to work in Canada immediately after graduation, you must apply for a work permit through the [Post-Graduation Work Permit Program \(PGWPP\)](#).

Your spouse needs a work permit if they wish to work while in Canada. [Spouses can apply for an open work permit](#) that is valid for the length of the study permit.

Learn more about work permits at [Immigration, Refugees and Citizenship Canada's website](#).

Medical Exam

You must be in good health to apply for a study permit. If you plan to study in Canada for more than 6 months, **you may need to complete a medical examination**. The need for a medical exam depends on where you have lived the year before you plan to come to Canada. Immigration, Refugees and Citizenship Canada [lists the countries whose residents must have a medical check](#).

The medical exam must be completed by a panel physician—a doctor approved by Immigration, Refugees and Citizenship Canada (IRCC). Use the [IRCC website's Find a Panel Physician](#) online tool to find a doctor in your country of residence.

Police Certificate

A **police certificate is a check of your criminal record**—it may be called something else in your country, such as a police clearance certificate, a criminal background check, a good conduct certificate, or a judicial record extract. Police certificates are used to ensure applicants do not pose a security risk.

Police certificates are **not a standard requirement for study permit applications**, but Canadian visa officers may request one during the process. If you are asked to submit a police certificate, apply for one immediately to avoid delays in your study permit application. Learn more about [applying for a police certificate on the IRCC website](#).

Family Documents

If you have a valid study permit, you may bring your spouse and children to Canada during your study period. Your spouses and children will require valid travel documents, but do not need to apply for separate visas. However, your family members may need to obtain medical exams and provide police certificates, if requested by a Canadian visa officer.

If they want to work, your spouse will need to [apply for an open work permit](#). However, your children may attend public school without a study permit of their own. When the children of international students reach the age of 18, they must apply for a study permit to continue attending school.

Arrange Housing

There are two main types of student housing in Ontario: on-campus and off-campus. On-campus housing consists of residences on or near campus. These residences may include dormitories with cafeterias or apartment-style suites with kitchens, or

a combination of both. Off-campus housing includes private student residences, homestays, and rental housing. Private student residences provide similar facilities to on-campus housing but are not affiliated with the school. Homestays provide private rooms and some meals, as well as the support of a homestay family. Rental housing is the most common type of off-campus housing.

Applying for On-Campus Housing

Your college or university may have housing reserved for first-year students, but many schools have limited on-campus housing. It's important that you apply for housing as soon as possible. Check the housing or residence life website of your school for deadlines and the application process. You may need to pay a deposit for your housing costs to confirm your place.

Finding Off-Campus Housing

Students are responsible for finding their own off-campus housing. Most schools have online listing services for off-campus student housing. Many students who live off campus rent rooms in houses or apartments shared with other students, spare rooms in private family homes, or basement apartments. Students often advertise for roommates in shared housing. Students may also rent apartments or condos on their own. Contact your school as soon as possible to ask about your options.

Rental Checklist

- How much is the rent?
- How long is the lease?
- What is included in the rent?
- Does the unit have Internet?
- Is the room or unit furnished?
- Do the windows and doors lock properly?

- Is the outside of the property well lit?
- Do the appliances work properly?
- Who will be sharing the common areas?
- Is the neighbourhood safe?
- Can you walk to campus or public transit?
- Can you walk to grocery stores and other amenities?

Early Arrival Accommodation

Most rental housing agreements begin on the first day of the month and rent is paid by the month. It can take some time to find off-campus housing. On-campus housing has strict move-in dates, but many colleges and universities will allow you to move in a few days early, if you make arrangements in advance.

If you plan to arrive before your move-in date, or you plan to find off-campus housing after you arrive, you will need to secure temporary accommodation. Temporary housing options include hotels, traveller's hostels, and short-term holiday rentals. Your university or college may also rent rooms during the summer months.

Arrange Health Insurance

UHIP and College programs

Mandatory health insurance is included in international student fees at both colleges and universities in Ontario. University students must pay for the University Health Insurance Plan. Health insurance for college students is provided by private insurers—each college negotiates its own plan with the insurance providers.

Early Arrival and Post Graduate Insurance

Student insurance plans are effective during the school term only. If you arrive in Canada before your plan begins, you will need additional medical insurance. If you choose to remain in Canada after completing your program, you may need to purchase private insurance. There are several insurance companies that provide temporary medical insurance for international students.

Supplemental Insurance

International student insurance only covers basic medical care. Many schools arrange for optional supplemental insurance for all students. Check with your school's student association for information about supplemental plans for students. Or, contact the international student centre for more information about insurance.

Arrange Travel

To Canada

Most international flights to Ontario land at Toronto's Pearson International Airport (YYZ). Some international flights also arrive at Ottawa's Macdonald-Cartier International Airport (YOW). There are regular flights to Ontario from other Canadian cities such as Montreal and Vancouver. It is also very common to connect to Toronto or Ottawa through American cities such as Los Angeles, San Francisco, Atlanta, Houston, Miami, and New York.

Note on Flights to the United States

If your flight to Ontario has a connection in the United States, be sure to check the visa requirements. If you would normally need a tourist visa to visit the United States, you will need to apply for a transit visa for your connection in the United States. If you are from a country in the Visa Waiver Program, you will need to apply for the Electronic System for Travel Authorization (ESTA).

To Final Destination

There are regular flights from Toronto and Ottawa to other cities in Ontario. However, when travelling in the southern part of the province, the train or bus may be a less expensive alternative. There are also shuttle and bus services to communities near major airports in the province.

VIA Rail

[VIA Rail](#) is the main passenger train service in Canada and offers regular trains between the cities in the Greater Toronto Area, Southwestern Ontario, and Eastern Ontario. VIA Rail's service to western Canada also stops in Sudbury.

Greyhound

[Greyhound](#) is the main bus service in Canada and offers regular buses between cities throughout Ontario, including northern cities.

Ontario Northland

[Ontario Northland](#) offers bus services to Sudbury, North Bay, and communities in Northeastern Ontario.

Megabus

[Megabus](#) is a discount bus company that offers services from Toronto to Montreal and to New York City and stops in communities along the way.

GO Transit

[GO Transit](#) offers intercity bus and train services between communities in the Greater Toronto and Hamilton Area.

Union-Pearson Express

The [Union-Pearson Express](#), or UPX, is a train service from Toronto Pearson Airport to Union Station in Toronto. The UPX allows travellers to transfer from flights to VIA Rail and GO Transit. Toronto's intercity bus station is a short distance from Union Station.

Ground Transport

There are many ground transportation options, including **public buses, shuttle bus services, and taxis or limos**. Visit the website of the airport or train or bus station in your final destination for more information on local transportation options.

International Student Welcome and Transfer Services

Many schools offer welcome services at their local airport and bus or train station. The school may have a welcome booth or make arrangements to meet individual students on arrival. Check with your school for more information about welcome services and transportation options.

Airport Welcome Program @ YYZ

From late August to mid-September, all international students arriving at Toronto Pearson Airport can visit special welcome booths in the international arrivals areas. The [Airport Welcome Program](#) supports arriving students with welcome packages, information, and directions to campuses in the GTA. Students may also make a free international phone call to let their family or friends know they have arrived safely.

Note on Travel to the North

While it is possible to travel to northern cities by bus, these trips are very long—the bus from Toronto to Thunder Bay takes over 20 hours. It is much faster to fly to northern cities from Toronto or Ottawa. There are regular flights to Thunder Bay, Sault Ste. Marie, Sudbury, Timmins, and North Bay on Air Canada, WestJet, and Porter Airlines. Thunder Bay also has regular flights from Winnipeg, Manitoba.

Prepare for Departure

Packing

What to Bring

- To stay within airline baggage allowances, international students should try to pack lightly. Remember that you can purchase any clothing or school materials you may need. However, you should bring some personal items from home to help you feel more comfortable as you adjust to life in Ontario.
- Students in Ontario dress casually for class and social events, but do wear formal clothing for special occasions. You may need business attire for work or professional activities. However, you may also want to bring some traditional cultural clothing for special events.
- You will need warm clothing and outerwear in Canada. If cold-weather clothing is expensive in your country, plan to bring extra money to purchase what you need in Canada. If you are arriving in August or September, you will not need warm clothes right away.
- If you are staying in a student residence, will need to bring your own bed linen and towels. If you are renting a room or apartment, you may also need additional household supplies. These can be purchased once you arrive.
- Most students find they need a laptop computer and a smartphone, and perhaps even a tablet. You can bring these items with you or plan to purchase them when you arrive. Note that your smartphone or other mobile phone may not work on the Canadian network.

- You should bring an electrical adaptor for your appliances. North American electrical systems operate at 110 volts and 60 Hz and use three-prong and two-prong plugs. You can also purchase new power cords for your digital devices when you arrive in Canada.
- Be sure to bring any medications and copies of your prescriptions, as well as a copy of your glasses or contact lens prescription.
- Translation apps and online dictionaries may be useful for every day needs, but if English is not your first language, you may need a more advanced and comprehensive translation dictionary to help you in your studies.

Important Documents

- Valid passport
- Other identification
- Letter of introduction for study permit
- Letter of acceptance from your school
- Proof of financial resources
- Other documents recommended by visa officer
- Driver's license and insurance records
- Proof of vaccinations
- Reference letters from previous employers
- Marriage certificate, if accompanied by spouse
- Birth certificates, proof of immunization, and school records for children

Make copies of all your documents. Plan to leave a set of copies at home with someone you trust and keep extra copies in your baggage. If possible, keep digital copies on a hard drive or on the cloud.

Restrictions

- Review the **baggage allowance** for your flight and ensure that you do not exceed the **number of bags** allowed or any **baggage weight restrictions**. If you exceed the limit, you will have to pay an extra fee at the airport. Be sure to check the restrictions and allowance for both checked baggage and carry-on items.
- Review the **security restrictions for international travel** and ensure there are no prohibited items in your checked luggage or carry-on items. In some cases, restricted items will be confiscated, but more dangerous items can lead to travel delays, fines, or criminal charges.
- Review **custom restrictions for Canada and any countries that you may transit through**—there are strict guidelines about bringing food items, alcohol, tobacco and currency into Canada and other countries.

Final Steps

- Make a list all of the goods you are bringing to Canada. Record the serial numbers where possible and record the approximate monetary values. Border services officers may ask for this information, so pack this list in your carry-on.
- Obtain Canadian currency to cover the costs of your first few days in the country, including the costs of ground transportation and early arrival accommodation.
- Pack the originals of your important documents in your carry-on, including travel documents, school enrolment information, and details about and directions to your accommodations.
- Pack all valuables in your carry-on, including currency, computers or devices, and jewellery.
- Check the weather at your final destination and make sure you carry appropriate clothing in your carry-on.

- Ensure you have the contact information for someone in Canada, such as your school's international student office, a homestay agency, or a person who is meeting you at the airport.
- Confirm your flights and onward travel.
- Leave for the airport!

Departure Checklist

Contact Your Institution

- Accept Admission
- Confirm Housing
- Arrange Skills Testing
- Pay Fees
- Register for Courses
- Review Timetable
- Review Policies

Obtain Immigration Documents

- Study Permits
- Work Permits
- Medical Exam
- Police Certificate
- Family Documents

Arrange Housing

- Apply for On-Campus Housing
- Find Off-Campus Housing
- Book Early Arrival Accommodation
- Arrange Health Insurance
 - UHIP and College Plans
 - Early Arrival Insurance
 - Supplemental Insurance

Arrange Travel

- To Canada
- To Final Destination

Prepare for Departure

What to Bring

- Personal Items
- Clothes for school, work, special events, social settings
- Warm clothing and outerwear, or funds to purchase
- Bed linen and towels
- Funds for household items
- Laptop computer and a smartphone
- Electrical adaptor
- Medications and prescriptions
- Translation dictionary

Important Documents

- Valid passport/travel document
- Other identification

- Letter of introduction for study permit
- Letter of acceptance from your school
- Proof of financial resources
- Other documents recommended by visa officer
- Driver's license and insurance records
- Proof of vaccinations
- Reference letters from previous employers
- Marriage certificate, if accompanied by spouse
- Birth certificates, proof of immunization, and school records for children

Check Restrictions

- Baggage allowance and weight restrictions
- Security restrictions for international travel
- Customs restrictions for Canada and transit countries



FINAL STEPS

- List of goods with monetary value
- Canadian currency for arrival
- Originals of your important documents in carry-on
- Valuables packed in carry-on
- Clothing for weather at final destination
- Contact information
- Confirmed flights and onward travel



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