

International Student
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THE CLIMATE IN ONTARIO

Social gatherings in Canada often begin by talking about the weather: it's a very popular topic of conversation. The weather can be a challenge for many newcomers to Ontario. Knowing how to make the most of the weather here and the opportunities our different seasons offer makes it easier to adjust.

Spring – March 20 to June 20

Spring is the season of renewal; the trees are budding, flowers are popping up and animals are emerging from hibernation. It's 'sugaring-off' season, when maple syrup is made. It's also a good time to go for a walk in one of Ontario's many parks to discover the province's flora and fauna: findlink.at/OnParkBlog.

Summer – June 21 to September 21

Sun, vacations and heat are all synonymous with summer in Ontario. This time of year is an opportunity for everyone to enjoy a variety of fun activities. Head to the beach at one of the province's many lakes, go camping or enjoy a nearby park. There are a whole host of summer festivals to enjoy as well: for a list of festivals in Ontario, go to www.ontariotravel.net/en/home.

Autumn – September 22 to December 20

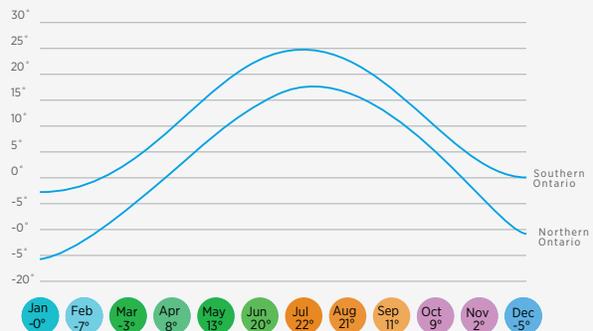
The autumn colour palette is a feast for the eyes. This is the season for taking long walks and savouring the golden hues, bright reds and warm oranges of the trees as they transition from summer to winter. The mobile app Discover Ontario can help you take full advantage of this time of year: ontariotravel.net/en/plan/mobile-app. On rainy days, visit one of Ontario's superb museums museumsontario.ca.

Winter – December 21 to March 19

Despite the cold, winter offers a whole array of activities including skiing, skating, tobogganing and ice fishing. There are also quite a number of winter carnivals, where snow and ice get centrestage. To find out how to enjoy winter, go to findlink.at/snowadvent.

CLIMATE

Average Monthly Temperatures for Ontario (in degrees Celsius)⁴



⁴ Source: currentresults.com or findlink.at/091

WEATHER

Ontario is a huge province and weather varies from region to region. Winters in northern Ontario are usually longer and colder than in the southern part of the province, where summers are generally warmer and more humid. Weather forecasts for all towns and cities in Ontario and Canada can be found at weather.gc.ca. Weather in Ontario can be extreme and we need to be prepared accordingly.

Extreme cold - In winter, the temperature is generally below 0°C everywhere in the province and can fall as low as -30°C in some areas. Be aware of the following hazards:

- **Frostnip or frostbite** - When skin is exposed to cold and wind, body tissues can freeze. Frostnip and frostbite typically affect the fingers, ears and nose.



- **Hypothermia** – Body temperature can drop dramatically when a person is exposed to the cold for too long. The symptoms of mild hypothermia are shivering, confusion and loss of muscle control (e.g. difficulty walking). Hypothermia can reach a critical point and become an emergency.
- **Wind chill** – The wind chill index, or factor, refers to the sensation of cold felt by the body on exposed skin due to the wind or flow of air. For example, if the wind chill is 20°C while the outside temperature is only 10°C, it means that your face will feel as cold as if it were a calm day (no wind) with a temperature of -20°C.

For more information regarding cold-related emergencies, consult the Canadian Red Cross website: findlink.at/WintEmerge.

It is important to prepare for the cold and ensure cold weather safety. To find out more, go to ec.gc.ca and findlink.at/winterwear.

- **Extreme heat** – Summers in Ontario are usually hot, humid and sunny. Daytime temperatures are often above 20°C and can sometimes climb above 30°C. Although newcomers often appreciate hot weather, it is still very important to protect yourself.

- **Heatstroke** – Also known as sunstroke, heatstroke occurs when the body loses its ability to regulate its own temperature. A sense of fatigue, light-headedness, headache and sweating are all symptoms of heat exhaustion. Serious heatstroke is evidenced by an absence of sweating, high fever, confusion and loss of consciousness and is considered to be an emergency.
- **Humidex** – The humidex combines temperature and humidity into one number. It reflects the perceived temperature, which can be higher than the actual air temperature as a result of the humidity.
- **UV index** – The UV index measures the intensity of the sun's ultraviolet rays. The higher the UV index number, the higher the risk of sunburn and skin damage.

For more information on heat-related emergencies and how to prevent them, go to findlink.at/HeatReEmeg.

Important Note

In case of serious hypothermia or heatstroke, call **9-1-1** and shelter the exposed person from extreme temperatures.