POST-SECONDARY International Student Orientation HANDBOOK
The Handbook is divided into several sections:

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B. Temporary Resident Visas
C. Minor Age Students
D. Study Permit Not Required for Programs of Six Months or Less
E. Notification of Acceptance or Refusal of a Study Permit Application
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Introduction

You are about to begin a rewarding learning experience in Manitoba, Canada. You have been accepted to a post secondary institution, confirmed your acceptance, and made travel plans. This orientation handbook has been prepared to help you succeed in your studies and to adjust to life in Manitoba.

In addition to reading this orientation handbook, we encourage you to review carefully all information provided by your educational institution. If you plan a homestay or you plan to live in a student residence or dormitory, read the related guides.

We wish you success in achieving your learning goals and we trust that you will enjoy your time in Manitoba.

Please note the following common acronyms used throughout this handbook:

CBSA – Canada Border Services Agency
CIC – Citizenship and Immigration Canada
MPNP – Manitoba Provincial Nominee Program
SIN – Social Insurance Number
TRV – Temporary Resident Visa
PART I: PRE-DEPARTURE INFORMATION

A. Obtaining a Study Permit

If you intend to study in Canada for more than six months you must obtain a study permit from Citizenship and Immigration Canada (CIC). CIC staff in Canadian embassies, high commissions and consulates around the world process applications for study permits. The application form and additional information can be found on the CIC website: www.cic.gc.ca/english/study/study-how.asp

You can also obtain a copy of the application from a Canadian embassy, consulate or high commission in your country but it is generally faster to download it. See the following list of CIC offices in the world: www.cic.gc.ca/English/information/offices/missions.asp

All of the following conditions must be met before a study permit will be issued:

• You must be accepted into a recognized school, university or college in Canada.
• You must be able to show proof of sufficient funds to pay for tuition, living expenses and return transportation for the student and any accompanying dependants (spouse or children).
• You must have good physical and mental health. Students from certain countries are required to undergo a medical examination. For more details, visit www.cic.gc.ca/english/information/medical/index.asp
• You must be a law abiding citizen who will not present a risk to the security of Canada. A police certificate may be required. Visit www.cic.gc.ca/english/information/security/index.asp
• You must satisfy an immigration officer that you will leave Canada when you have completed your studies.
• You must have a valid passport or approved travel document.

B. Temporary Resident Visas

Canada requires students from certain countries to obtain also a Temporary Resident Visa (TRV) before entering Canada. A list of countries requiring a TRV can be found at www.cic.gc.ca/english/visit/visas.asp.

There are two types of TRV: a single-entry visa, which allows you to enter Canada once and a multiple-entry visa, which allows you to enter Canada several times while it is in effect. TRVs are valid for a fixed period, whether they are a single-entry visa or a multiple-entry visa. You cannot use a visa after its expiry date and you cannot get a visa for a period that ends after the expiry date of your passport. If your passport will expire soon, you should renew it before you apply for your visa.

The visa application form and additional information can be found on the CIC website: http://www.cic.gc.ca/english/visit/apply-how.asp
C. Minor Age Students

Minor children1 who are not accompanied by a parent or legal guardian must apply for a study permit if they want to study in Canada. Before a study permit can be approved, arrangements must be made for the minor child to be cared for by a responsible adult in Canada. This person is known as a custodian or guardian. Legal arrangements must be made to give the custodian or guardian in Canada permission to act in place of a parent. A custodianship declaration form, signed by the parents or legal guardians, is required for any child under the age of 18.

For more information and forms related to custodial arrangements consult the CIC website: http://www.cic.gc.ca/english/study/study-minors.asp

In some cases, minor children do not need a study permit to study in Canada. These cases include:

- children attending kindergarten
- minor children already in Canada with parents who are allowed to work or study in Canada and want their children to attend pre-school, primary or secondary school

When children studying in Manitoba without a study permit reach the age of 18, they must apply for a study permit if they want to continue studying.

D. Study Permit Not Required for Programs of Six Months or Less

You are not required to obtain a study permit if your program of study will be less than six months in duration. However, many students who initially come for programs of less than six months decide to extend their studies.

Even if you do not need a study permit, it is a good idea to apply for one before you come to Canada. If you decide that you want to continue your studies in another program after you complete your short term course or program, in most cases, you will be required to apply through a Canadian visa office outside Canada for a study permit if you do not already have one.

E. Notification of Acceptance or Refusal of a Study Permit Application

The number of days required to approve or refuse applications varies. For information on average processing times in your country, visit www.cic.gc.ca/english/information/times/international/14-temp-students.asp

If your study permit application is approved, CIC will send you a letter of introduction. This letter does not serve as the study permit, but is a document that you must show at your port of entry into Canada.2 If this letter and all of your other documentation are in order, an immigration official will attach your study permit to one of your passport pages.

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1 A minor child is one who has not reached the age to be considered an adult. That age varies across Canada and around the world. In Manitoba, the legal age of majority is 18 years of age.

2 If you are arriving by air, the port of entry will be the first Canadian airport where your airplane stops. If you are arriving by car from the United States, this will be at the border crossing between the US and Canada.
If your application for a study permit is refused, there is no appeal process. Your only recourse is to try to satisfy the conditions that CIC has noted in your letter of refusal and then reapply at a later date.

F. Pre-Departure Check List

Before leaving for Canada, please ensure you have the following travel documents:

- a valid passport or travel document
- your Citizenship and Immigration Canada letter of introduction
- if required, a TRV
- a copy of your letter of acceptance from your educational institution
- evidence that you have adequate funds for your stay in Manitoba
- any other documents recommended by the visa office that processed your study permit application
- a list of items you are bringing to Manitoba, either with you or sent separately, including the name, a brief description and the approximate value of each item. Make a note of the serial numbers of valuable items such as electronics. Divide the list into two sections — items you are bringing with you and items that will follow at a later date.

G. Program Start Dates and Paying Your Tuition Fees

College and university terms begin at several different times during the year. Know the start date for your program and be sure to arrive early so you can find accommodations, learn about local transportation and adjust to the time zone.

If you are starting in a winter term, be aware that many post secondary institutions close during Christmas and New Years holidays from December 24 to January 1. You may not be able to move to a campus residence during this period. Because businesses and services reduce their hours of operation for the holidays, it may also be difficult to find a permanent off-campus residence or shop for food and clothing.

You should plan to arrive in time for any optional or mandatory orientation. Many institutions offer special orientation for international students and some academic programs also offer department-specific orientation.

To avoid late charges and ensure your enrolment is not cancelled, you must pay tuition fees on time. Know your institution’s payment deadlines and how they accept payment. Some institutions require payment in advance. Contact the relevant office at your institution to make necessary arrangements.
H. Transferring from One Canadian Post secondary Institution to Another

If you possess a valid study permit authorizing study or training at the post secondary level, you can transfer between programs or institutions without applying for a change to the conditions of your permit. This includes transfer between public and private institutions.

I. Obtaining a Study Permit Extension

You must apply for a study permit extension at least 30 days before your status expires. Applications for study permit renewal can be obtained from the CIC website www.cic.gc.ca/english/study/study-extend.asp. You should apply to renew your study permit if you intend to travel outside Canada and your permit will expire while you are travelling. Processing times for study permit extensions are posted on the CIC Web site. Visit http://www.cic.gc.ca/english/information/times/canada/process-in.asp

It is illegal to remain in Canada beyond the validity of your status in Canada, to work without a required work permit or to study without a required study permit.

J. Travelling with Dependents

Your spouse or common-law partner and children can come with you to Canada or visit you in Canada, but they must meet all the requirements for temporary residents to Canada and obtain temporary resident visas if they are from a country which requires one. If you, your spouse or common-law partner and children all apply together, you do not have to fill out a separate application form for each individual. If you all apply at the same time for an extension, each person will not have to submit a separate application form.

1. Spousal Work Permit

Your spouse can apply for a work permit from inside Canada if you have a valid study permit. For information on spousal work permits, see http://www.cic.gc.ca/english/work/apply-who.asp

2. Child Care and School Attendance

If you are bringing young children to Manitoba, by law you cannot leave them unattended and must make child care arrangements. You may hire a babysitter, a nanny, or make daycare arrangements. Some institutions offer daycare services on campus for students with young children. There is often a waiting list for enrolment in child care programs so parents are encouraged to contact their program of choice as soon as possible.

All children six to 16 years of age are required to attend school. You may choose to send them to public or private schools.
PART II: TRAVELLING TO MANITOBA

A. Travel Arrangements

There are many airlines that fly to Canada and it is up to you to find a flight that meets your schedule and your budget. We encourage you to make all of your travel arrangements with reputable travel agents and airlines. You should also consider purchasing travel insurance to cover such things as flight cancellation, baggage loss or medical emergencies. If you decide to come to Canada via the United States, contact a U.S. embassy or consulate to find out if you will need a visa. Such a visa may be required even if you will only be stopping at a U.S. airport for a short period of time.

During your travel, keep important documents and telephone numbers with you at all times: your embassy's number, your phone number in your home country and your Manitoba institution’s number. Once you arrive, it is also a good idea to register with your home country's embassy.

B. Baggage and Customs Regulations

Before departing for Manitoba check the Canada Border Services Agency (CBSA) regulations regarding what you are allowed to bring into the country: http://www.cbsa-asfc.gc.ca/noncan-eng.html

All airlines restrict the weight, size and content of baggage. Ensure that you know and comply with these restrictions before arriving at the airport. If your baggage is too large or too heavy, be prepared to pay additional fees.

If you will not be able to respect the baggage allowance, consider sending non-essential belongings by mail or courier or buying them in Manitoba.

It is possible to find almost everything you need at a reasonable price in Manitoba. Even if you think prices are much lower in your home country, keep in mind the charges for additional baggage or for sending items by mail.

If you decide to send belongings to Manitoba, keep the waybills\(^3\) and make a list of all items including brief descriptions, the approximate value and the serial numbers (if available). Never ship money, travel documents, credit cards, or other important documents.

As an international student studying in Canada, you are eligible for certain customs benefits, including the temporary importation into Canada of your household and personal effects. Since a number of conditions apply and the regulations differ according to the length of time you will be staying in Canada, refer to www.cbsa-asfc.gc.ca/noncan-eng.html.

\(^3\) The receipt you receive from the post office or company that is responsible for sending your belongings.
C. Practical Information about Manitoba

1. Time Zone
Manitoba is in the central time zone, which is six hours behind Greenwich Mean Time (GMT). From early March to early November, Manitoba operates in Central Daylight Savings Time (CDT) which is five hours behind GMT.

2. Climate/Weather
Warm, sunny summers and cold, bright winters characterize Manitoba’s climate. Daytime temperatures in July and August often reach 25 Celsius or more and midwinter temperatures are normally well below freezing, though wide variations from average values are common in all seasons. More than half of the annual precipitation falls in the summer months in the form of brief, heavy showers. Snow and freezing weather usually arrive by November and remain until late March or early April.

During the coldest days of winter, temperatures can go below minus 35 Celsius and feel even colder in windy conditions. During the winter, buildings are heated, most are well-insulated and some are even connected to one another. When you go outside, it is important to dress for the cold. The best protection includes a hat, scarf, insulated gloves, boots and a warm coat. In winter, comfort and safety are more important than fashion.

For current conditions and more detailed information, see the Environment Canada website: www.meteo.gc.ca/canada_e.html

3. Electrical Outlets
In Manitoba, electrical outlets have 110 volts and 60-cycle alternating current. If the voltage and alternating current in your country are different, you will need to buy a transformer for your electrical equipment. As transformers may be expensive and heavy, compare the costs of buying a transformer with buying new items in Manitoba. Certain electronic equipment, such as laptop computers with built-in transformers, may simply require an adapter for the electrical cord.

D. Entering Canada – What to Expect
When you arrive at a CBSA desk at your port of entry, indicate that you are coming to Canada to study. Show your travel documents and your CIC letter of introduction (which confirms that your study permit was approved). If all of your documentation is in order, a CBSA officer will attach your study permit to your passport. If any of the required documents are missing, incorrect or incomplete, you may not be allowed into the country.

When you fly to Winnipeg, your first point of entry into Canada will often be Toronto, Montreal or Vancouver. You will be required to take your baggage through a CBSA point of entry. In other words, be prepared to retrieve your baggage from the baggage claims area in that airport, take it through the CBSA port of entry and then re-check it with the airline that will fly you to Winnipeg.
E. Transportation from the Winnipeg Airport

Once you arrive in Winnipeg, you may be met by a member of your institution or host family. If not, you can take a taxicab or a public transit bus to your accommodation. Taxicabs are available just outside the airport entrance. For information on city buses, consult: Winnipeg Transit http://winnipegtransit.com/NavigoPlus/TripPlanner.jsp

If you will be studying in another Manitoba city, refer to the information provided by your institution on how to travel to your final destination. For example, there is a special shuttle bus that leaves from the Winnipeg airport to Brandon a few times a day www.brandonairshuttle.com. Bus services are available to other Manitoba centres, as well. For more information on ticket purchases and bus services, call or visit the websites below:

Beaver Bus Lines Ltd.
Phone: 204-989-7007, Across Canada: 1-800-432-5072
www.beaverbus.com

Grey Goose Bus
Phone: 204-784-4500, Manitoba only: 1-800-392-1340
www.greyhound.ca

Greyhound Canada
Phone: 1-800-661-8747
www.greyhound.ca

F. Travel Restrictions for International Students

1. Within Canada
Your study permit and your TRV allow you to travel throughout Canada during your time in Manitoba. It is advisable to keep your passport and study permit with you when travelling around the country.

2. To the United States
If you think you will be travelling to the United States during your time in Manitoba and you are from a country whose citizens require a visa to travel to the U.S., it is best to apply for one before leaving your home country. It is possible to apply for a visa from a U.S. Embassy or Consulate in Canada, but the process can be complicated for students from other countries. For more information about U.S. visa applications and requirements, see www.travel.state.gov. The following information on travelling internationally also applies to travelling to the U.S.

3. Internationally
While you are a student, if you decide to travel outside of Canada and return, it is advisable to have a valid study permit (along with any additional required travel documents) in your possession. If your study permit has expired and has not been renewed prior to your travels, you will be allowed to re-enter Canada but you will not be allowed to resume your studies until your new study permit is issued.

If a TRV was required when you first entered Canada, you will need a new one to enter again unless the original TRV authorizes multiple entries and has not expired.
PART III: GETTING SETTLED IN MANITOBA

A. Orientation and Assistance for International Students

Most Manitoba institutions offer special services to help international students adjust to campus and community life. Information on these services will have been sent to you along with your acceptance letter or can be found on your institution’s website. Take advantage of the services and orientation programs that your institution offers. These programs will prepare you for success and help you to avoid many difficulties.

B. Housing

1. Campus Housing
Your institution may offer campus residences or dormitories where you can have a room of your own or share with another student. Some institutions also offer campus accommodation for married couples.

If you decide to live on campus, apply early. Demand is usually high and rooms fill up quickly. Check directly with your institution to see if you can apply for residency before your admission as a student is finalized. If you are offered a room in a student residence or dormitory, make sure to meet payment deadlines. Most residences also offer a meal plan for an additional fee.

2. Homestay Programs
Homestay may be arranged by the institutions themselves or by an agency. This type of accommodation involves staying with a family who offers a furnished room and meals for a set fee. Homestay accommodation is inspected and family members are screened either by the institution or the agency. If your institution does not co-ordinate a homestay program, it may be able to provide contact information for an agency that does.

3. Off-campus Housing
If your institution does not offer campus accommodation, or if you prefer to live off campus, there are plenty of options available such as renting an apartment, a house or a room in a private home. Some students may even consider buying a house or condominium.

If you decide to rent accommodations off campus you will need to make your own arrangements. For information on available accommodation, contact your institution’s housing or student services office or look for offers in local newspapers or postings on bulletin boards at your institution.

Brandon Newspapers
Brandon Sun www.brandonsun.com
Wheat City Journal www.wheatcityjournal.ca

Winnipeg Newspapers
Winnipeg Free Press www.winnipegfreepress.com
Winnipeg Sun www.winnipegsun.com
Community Newspapers
www.canstarnews.com (in Winnipeg)
www.mcna.com/?section=Member%20Newspapers (throughout the province)

Before signing a rental or purchase agreement, inspect the accommodation and look at different options. If you are planning to rent, refer to the Manitoba Residential Tenancies Branch website www.gov.mb.ca/finance/cca/rtb for information about your rights and responsibilities as a tenant. This website also includes important information about things you need to consider when you are choosing a place to rent, such as location, availability of bus service, payment of utilities and other services, and lease agreement requirements. While the cost of housing is the main consideration for many students, quality and safety are also important factors.
PART IV: STUDying in manitoBa

A. Classroom Environment

In Manitoba classrooms, you will be treated as an equal with everyone else. The number of students in a class will vary according to the year of study and the subject being studied. The professor may ask questions at random about information covered or other related topics. This is done to help students learn how to apply concepts to different situations. It also encourages students to think critically about what is being taught. Thinking critically entails analyzing and questioning the materials, assumptions and theories you learn in class.

Students are encouraged to ask questions and share their perspectives, particularly in smaller classes. In some cases, you may be given a grade for the quality of your class participation. Everyone has knowledge to contribute to a class discussion, but no one is expected to know all the answers.

B. Student Expectations

You may find that classes are informal and the behaviour of professors and students may appear casual. However, you are expected to attend all classes, to arrive on time, to hand assignments in on time and to respect the views of your professor and fellow classmates.

At the start of each course you will be given a course outline. This is an important document that will explain the objectives of the course, the material to be covered, how the course is graded, major assignments, your professor’s office hours, etc. It will also provide information about what your professor expects from you. Make an appointment to meet with your professor if you have any questions or concerns. It is important to get to know your professor.

C. Attendance (Absences and Lateness)

You need to attend classes to be successful in your studies. Some courses may require a written excuse if you miss classes or exams, such as a doctor’s note if you were ill. Learn what your instructors and professors expect of you to successfully complete your program.

D. Obtaining Academic Credit

A credit is a unit of study earned during your academic program. It is usually a measure of the amount of time spent in a course. You are required to earn a certain number of course credits to be eligible to graduate with a degree or diploma. The university or college general calendar will specify what courses and how many credits you need to graduate from your program.
E. Transferring Credits/Credentials

When you apply for admission to an institution, you must provide information about any and all previous post secondary studies. You may be able to transfer credits or credentials from your previous post secondary studies. Check with the admissions office to determine what can and cannot be transferred to the institution in question.

F. Registration, Course Selection and Changes

Most post secondary programs include a combination of required courses and optional courses. You must register for every course you plan to take. Depending on the institution, this may be done in person, online or by mail.

Registration guidelines and deadlines will be provided once you have been accepted to a Manitoba post secondary institution. Read these guidelines carefully to ensure that you register for the right courses. If you have any questions, do not hesitate to contact an academic advisor. It is important to register as soon as possible to ensure that you will be able to get into the courses that you want or need. Most institutions allow you to change your registration up until a certain date without incurring any academic or financial penalties. It is very important to be aware of the deadlines for registering and for making changes to your course registration.

G. Semester/Term Structure

Most post secondary institutions in Manitoba use a semester or term system, which divides the school year into three main parts. The first term normally begins in September and ends in December (fall term) and the second term begins in January and ends in April (winter term). Some institutions also offer courses in a third term from May to August (spring/summer term) but the range of choices is more limited than during the regular academic year and the schedule is more intensive.

H. Language Knowledge

Unless you will be enrolling in an English as an additional language program, you must demonstrate a certain level of English language skills to be admitted to a Manitoba post secondary institution. Even then, you may still experience difficulties understanding your professors or completing oral and written assignments. You may also experience difficulties understanding English spoken outside the classroom, in stores or in a social setting. Most institutions offer students help with overcoming language challenges. Take advantage of the support offered and also do what you can on your own to strengthen your language skills. There are many things you can do to develop your knowledge of the language, including using your dictionary to look up words; reading English language books, magazines and newspapers; watching English television and spending time with English speakers.
I. Grading and Assessment

Students’ grades are derived from a variety of learning experiences that are developed by course professors. Students are assessed through exams, tests, individual assignments, group projects, classroom presentations and even class participation. There is no standard grading system used in Manitoba post secondary institutions, but each institution will explain its system in its handbook or catalogue as well as on its website. In addition, course instructors normally explain how students will be assessed in the course outline provided at the beginning of each term.

J. Academic Misconduct

All post secondary institutions have written policies and penalties related to academic misconduct. Examples of academic misconduct include plagiarism and cheating. Penalties may range from a warning, to temporary suspension, to expulsion from the institution.

Plagiarism involves pretending that somebody else’s work is your own. When writing research papers and essays, be careful not to copy or duplicate another person’s research, words or ideas. If you use the ideas, writings or research of others, you must give credit to the original author through footnotes or other acceptable citation methods.

Cheating takes a variety of forms such as sharing or copying answers in an exam or having someone else do an exam or assignment for you.

Academic misconduct is taken very seriously at Manitoba institutions. Ensure that you read all of the information provided by your institution and make the necessary efforts to abide by these policies. It is important to understand the regulations regarding academic misconduct, so ask questions if you are unsure.
PART V: WORKING DURING OR AFTER YOUR PROGRAM OF STUDIES

Although CIC requires students to be able to support themselves without having to work in Canada, working while you are a student and after you graduate is a good way to gain Canadian work experience and skills. If you choose to work, you must possess a valid study permit and a Social Insurance Number (SIN) to work on or off campus. SIN cards can be obtained from the nearest Service Canada Centre www.servicecanada.gc.ca/en/sc/sin/index.shtml. All employment of international students must follow Manitoba Employment Standards, which set minimum standards for wages, benefits, and employment conditions. There are no exemptions from these standards. They help to ensure all workers are treated fairly in the workplace. For details, visit http://www.gov.mb.ca/labour/standards/doc,quick_guide,factsheet.html

A. Working On Campus

Working on campus is a convenient way to earn extra spending or pocket money while studying in Manitoba. Full-time students who decide to work on campus do not require a work permit, but are required to have a SIN card. To be eligible to work on campus, you must:

• be registered full-time at your institution
• have a valid study permit
• work at the campus where you are a full-time student

B. Working Off Campus

Working off campus can provide valuable experience in the Manitoba labour market and offer a wider array of job options than on campus work. To work off campus you will have to apply for an off-campus work permit. To be eligible, you must:

• have a valid study permit
• have studied full-time at an eligible institution for at least six of the previous 12 months (For a list of eligible institutions, see www.cic.gc.ca/english/study/institutions/participants.asp#manitoba.)
• maintain satisfactory academic standing (definition varies by institution)
• be enrolled in an eligible academic program
• comply with the conditions of both your study and work permits

The following categories of students are not eligible for off-campus work permits:

• exchange students
• visiting students
• English/French as an additional language students
• students who have received an award from the Canadian Commonwealth Scholarship Program
• students who have received an award from the Government of Canada Awards Program or the Canadian International Development Agency
• students not from a participating institution
• students who did not comply with the conditions of a prior study or work permit

For more information, see www.cic.gc.ca/english/study/work.asp.

C. Co-operative Education and Work Experience Programs

If you are required to work off campus as part of your academic program, you must also apply for a co-op work permit.

D. Volunteering

If you would like to gain experience as a volunteer or if your academic program requires you to complete a certain amount of volunteer service off campus, you must apply for either an off-campus or a co-op work permit, depending on your situation. Certain types of volunteer work may be undertaken without a work permit, for example, volunteer work for which a person would not normally be paid or compensated, such as sitting on the board of a charity or religious organization, being a big sister or big brother, or answering calls at a crisis centre.

E. Working in Manitoba after Graduation

The Post-Graduation Work Permit Program allows most students who have graduated from an eligible program at a post secondary institution to work anywhere in Canada. International students are able to obtain an open work permit with a duration of eight months to three years, with no restrictions on the type of employment and no requirement for a job offer. A work permit under the post-graduation work permit program cannot be valid for longer than a student's study program. For example, if you graduate from a four-year degree program, you could be eligible for a three-year work permit. If you graduate from an eight-month certificate program, you could be eligible for a work permit that is valid for no more than eight months.

To be eligible for the program, international students must:

• have studied full-time for a minimum period of eight months preceding the completion of their program of studies
• have graduated from one of the categories of institutions described on the CIC website www.cic.gc.ca/english/study/work-postgrad-who.asp
• have completed and passed the program of study and received a notification that they are eligible to obtain their degree, diploma or certificate
• apply for a work permit within 90 days of receiving written confirmation from the institution that they have met the requirements of the academic program (for example a transcript or an official letter or a notification of graduation)
• have a valid study permit when they apply for the work permit
International students not eligible for the post-graduation work permit program include:

- students participating in the Canadian Commonwealth Scholarship Program or a Government of Canada awards program funded by Foreign Affairs and International Trade Canada
- students receiving funding from the Canadian International Development Agency and participating in a distance learning program
- students who have previously been issued a post-graduation work permit after any other program of study
- students whose academic programs were less than eight months in duration

For more information on the Post-Graduation Work Permit Program, please see http://www.cic.gc.ca/english/study/work-postgrad.asp
PART VI: BECOMING A PERMANENT RESIDENT OF MANITOBA AFTER GRADUATION

A. Manitoba Provincial Nominee Program

If you would like to become a permanent resident of Canada, and intend to work and reside in Manitoba, you may apply to the international student stream of the Manitoba Provincial Nominee Program (MPNP).

To be eligible to apply to the international student stream of the MPNP, you must have:

- graduated from a post secondary program of at least one academic year in Manitoba
- received a valid post-graduation work permit from CIC
- worked for a Manitoba employer on a full-time basis for at least six months and received an offer of long-term full-time employment from the same employer

If you do not meet these requirements, you may still be able to apply to the MPNP under another stream. If your application to the MPNP is approved, you can then apply for permanent resident status to CIC as a Manitoba Provincial Nominee.

For more information on the MPNP, please see http://www2.immigratemanitoba.com/browse/howtoimmigrate/pnp

B. Becoming a Permanent Resident through the Canadian Experience Class

This CIC initiative is designed to help Canadian-educated international graduates and skilled foreign workers achieve permanent residence. International students with at least two years of Canadian post secondary education and a minimum of one year of full-time, Canadian, skilled work experience in managerial, professional or technical positions may be selected. For details see www.cic.gc.ca/english/immigrate/cec/index.asp
PART VII: MANAGING YOUR MONEY

Living away from home and managing a large sum of money can be challenging. The best way to manage your finances is to ensure you have the necessary funds to cover all your expenses while you are studying, then to create a budget and follow it closely. For information on the expenses you will have as a student and how to create a budget, see http://www.canlearn.ca/eng/postsec/index.shtml

A. Scholarships

Depending on your program of studies and the institution you will be attending, you may be eligible for a scholarship. Institutions that offer scholarships to international students will provide this information in their application materials. Consult the website of the Canadian Embassy, Consulate or High Commission in your country to see if any special programs are available. Your home government may also offer assistance to students who wish to study in Canada. Visit the Destination Canada website of the Canadian Bureau for International Education for a listing of other possible sources of funding (www.destineducation.ca).

B. Paying for Your Studies

As indicated in the section on obtaining a study permit, you are required to demonstrate that you have sufficient resources to pay for tuition fees and living expenses for the duration of your studies. Suggesting that you will finance your studies by working in Canada will not be accepted as proof of funding. Therefore, you will have to make arrangements to access your funding from home to pay for your expenses while in Canada. You may be able to pay your tuition fees with a credit card, money order or bank transfer. In some cases, a banking card from your foreign bank will allow you to withdraw money while in Canada, but the service fees can be high.

C. Transferring Funds to Canada

Once in Manitoba, it may be wise to transfer funds from your bank into a Canadian bank account. The easiest way to do this is by direct transfer between banks. This transaction should not take more than two to five days to complete. You should not carry large amounts of money with you when you travel or while you are in Canada and you should not leave large amounts of money in your residence.
D. Banking

You can transfer funds from your home country to either a bank or credit union in Manitoba:

- Bank – it is usually easier to arrange international financial transactions through a bank than a credit union, but credit unions may offer higher interest rates on savings accounts.

- Credit union/caisse populaire – to open an account at a credit union or caisse populaire, you must first pay five dollars to become a member. After this initial fee, you may receive a small annual dividend as a shareholder. Credit unions have higher interest rates than banks, but are more difficult to use when arranging international financial transactions.

To open an account, go to any bank or credit union, or call in advance for an appointment with a customer service representative who will explain the types of accounts and services available. Anyone who opens an account must present identification, usually two pieces, such as a passport, birth certificate or major credit card.

The two main types of accounts are:

- Chequing account – a chequing account generally has lower interest rates but is useful for paying bills and withdrawing money because it normally charges lower transaction fees.

- Savings account – savings accounts pay higher interest rates and are good if you plan to keep money in the account for a long period of time, without withdrawals. Transaction fees for withdrawing money are generally more expensive for savings accounts.

Staff of the bank or credit union where you plan to open an account will help you decide what type of accounts and services best fit your needs. They can also help you transfer funds between countries and banking institutions. You can always close an account and move to a different bank or credit union if you are not satisfied with your first choice or if you move to a different city.

When you sign up for an account, you can arrange on-line banking, telephone banking and banking using an automated teller machine (ATM) card, sometimes referred to as a debit or bank card. ATM cards allow you to withdraw and deposit money, transfer funds and pay utility bills using an ATM at any time. ATMs are located throughout Manitoba (and the world). The card may also be used for purchases at many stores, businesses and restaurants. Many Canadians use ATM cards to make major purchases instead of carrying large amounts of cash.

E. Writing a Cheque

Although commercial establishments such as restaurants and stores rarely accept cheques as a form of payment, they are still the most common method of paying rent for accommodation. Cheques are also a good way to keep track of the money you spend. If you have never written a cheque, staff at your bank, your credit union or your student services office will show you how.
F. Currency

Canadian currency includes five, ten, twenty, fifty and one-hundred dollar paper bills, as well as coins. Coins include:
- penny – one cent (1¢ or $0.01)
- nickel – five cents (5¢ or $0.05)
- dime – ten cents (10¢ or $0.10)
- quarter – twenty five cents (25¢ or $0.25)
- loonie – one dollar ($1.00)
- toonie or twoonie: two dollars ($2.00)

G. Income Tax

You should submit an income tax return to the Canada Revenue Agency once a year in order to claim a tuition credit. Depending on the amount earned, international students who work on or off campus may be required to complete an income tax return. For further information call the Canada Revenue Agency general enquiries line at toll-free 1-800-959-8281 or visit www.cra-arc.gc.ca

To learn what type of income tax return to complete, you need to know your residency status. This is based on the number of days you were in Canada during the tax year. To determine your residency status, fill out and submit a Determination of Residency Status form (www.cra-arc.gc.ca/E/pbg/tf/nr74/nr74-04e.pdf). The Canada Revenue Agency should provide you with a written determination required to complete your income tax return within six to eight weeks.

H. Goods and Services Tax

Almost all purchases of goods and services in Manitoba will include two taxes, federal (Goods and Services Tax –GST– five per cent) and provincial (Provincial Sales Tax –PST– seven per cent). You will see these two amounts indicated on the bill you receive when you buy something. The GST is the same in each province but the PST can vary from province to province.

The GST and PST are not included in the sticker price of most items; they are added to your bill at the time of payment. The sticker price is not generally negotiable for food and small household items. Negotiation may be possible with expensive items such as vehicles and homes.

In some provinces, the GST and PST are combined to form the HST (Harmonized Sales Tax). In this case, only one tax is added to the bill.
I. **GST/HST Credit**

The GST/HST credit is a tax-free quarterly payment that helps individuals and families with low and modest incomes offset all or part of the GST or HST that they pay.

You are eligible for this credit if, at the beginning of the month in which Canada Revenue Agency makes a payment, you are **resident in Canada** for income tax purposes and are 19 years of age or older. You apply for the credit by completing the applicable section on your Canadian income tax return.

If you are a new **resident of Canada** and you want to apply for the GST/HST credit, complete Form RC151 **GST/HST Credit Application for Individuals Who Become Residents of Canada**, for the year that you became a resident of Canada. Also, see Pamphlet T4055, **Newcomers to Canada**. For complete details, see [www.cra-arc.gc.ca/bnfts/gsthst/menu-eng.html](http://www.cra-arc.gc.ca/bnfts/gsthst/menu-eng.html).

J. **Canada Child Tax Benefit**

The Canada Child Tax Benefit (CCTB) is a non-taxable amount paid monthly to help eligible families with the cost of raising children under 18 years of age. To determine if you are eligible for this credit and for information on how to apply, see [http://www.cra-arc.gc.ca/bnfts/cctb/fq_qlyng-eng.html](http://www.cra-arc.gc.ca/bnfts/cctb/fq_qlyng-eng.html).

K. **Tuition Fee Rebate**

Students who remain in Canada to work after graduation will be required to pay both Manitoba and Canadian income tax. The amount of tax paid on your salary may be reduced as a result of the tuition fees you have paid in Manitoba during your time as a student. In other words, it is important to keep all records of your tuition payments for future use.
PART VIII: TRANSPORTATION

A. Public Transit – City Buses

If you will be living in Winnipeg or Brandon, public transit is an economical form of transportation. Buses run regularly during the day and you can pay with exact change or purchase post secondary student monthly passes, weekly passes or bus tickets. For more information, please visit Brandon Transit (www.brandon.ca/main.nsf/pages+by+id/259) or Winnipeg Transit (www.winnipegttransit.com/index.jsp). There is also a complete transit guide in the Winnipeg Yellow Pages phonebook.

If you decide to use public transit, there are a few things that you need to know:

• Not all buses stop at all bus stops. A sign at the bus stop will indicate the location and which bus numbers stop there.
• Buses only stop at designated bus stops.
• You do not need to signal for a bus; simply wait at a designated stop.
• Pay your bus fare or show your bus pass to the driver as soon as you get on.
• If you will be transferring to another bus and you have paid your fare with cash or a bus ticket, ask for a transfer ticket.
• When you want to get off the bus, ring the bell some distance before your stop.
• If you do not know when you will arrive at your stop, ask the driver to inform you in advance.
• Enter at the front of the bus and exit the bus from the doors at the back.

B. Driving

If you will drive in Manitoba, it is your responsibility to know Manitoba’s driving laws. You can get the information you need from the Manitoba Public Insurance Driver’s Handbook which can be purchased at any driver and vehicle licensing service outlet. It is also available free of charge in PDF format on the Manitoba Public Insurance website: http://www.mpi.mb.ca/PDFs/DVL_PDFs/DrHBook_complete.pdf

International students are allowed to drive in Manitoba with a valid driver’s licence from another country for up to three months from the date of entry into Canada. To drive in Manitoba after the first three months of your stay in Canada, you must visit a Manitoba Public Insurance driver and vehicle licensing service outlet to obtain an offshore student exemption letter or a Manitoba driver’s licence.

1. Offshore Student Exemption Letter

An offshore student exemption letter authorizes you to drive in Manitoba using a valid driver’s licence issued by your home country. You must carry the offshore student exemption letter and your home country’s driver’s licence with you at all times when you are driving. To be eligible for an offshore student exemption letter, you must be a full-time student, have a valid study permit
and have a valid driver’s licence from your home country. If you become a part-time student or you no longer have a valid study permit and you continue to drive in Manitoba using an offshore student exemption letter, you will be driving without legal authorization. For information on how to obtain an offshore student exemption letter, visit http://www.mpi.mb.ca/english/dr_licensing/dlfaq.html#QL4

2. Obtaining a Manitoba Driver’s Licence
If you do not have a driver’s licence from your home country, you will need to obtain a Manitoba licence through the Graduated Driver’s Licence Program which places restrictions on your driving for 15 months. You must be at least 16 years of age, pass a written knowledge test on driving regulations in Manitoba and meet vision and medical standards. Once you have successfully passed the written test, you are then required to do a driving test. You will be issued a Manitoba licence after you have passed this second test and after you have paid the necessary fees. Driving without a valid licence is against the law.

Under Manitoba’s Graduated Driver Licensing program you will be given a Learner’s Permit, after you pass the written test, for a minimum of nine months. This is followed by an Intermediate licence, issued for a minimum of 15 months and, after that, a full licence. Each stage puts specific restrictions on the new driver to encourage good, safe driving.

If you have questions about driving privileges you can call Manitoba Public Insurance at 985-7000 in Winnipeg; toll-free at 1-800-665-2410; or visit the website www.mpi.mb.ca/english/dr_licensing/DriverLicensing.html

You can not hold an offshore student exemption letter and a Manitoba Driver’s Licence at the same time. If you have an offshore student exemption letter and you obtain a Manitoba Driver’s Licence you must return your offshore student exemption letter.

3. Owning a Vehicle
If you own a car, motorcycle or scooter in Manitoba, it must be registered and insured in the province. Driving a vehicle that is not properly registered and insured is against the law. Before buying a vehicle, it is important to consider all the costs associated such as the cost of the vehicle, repairs and maintenance, insurance, gas and parking. If you live in an apartment, you may have to pay an extra fee for parking and at most academic institutions you must pay to park (daily or by purchasing a monthly or yearly pass).

On very cold winter days, you may need to plug your car into an electrical outlet for several hours before you wish to use it.

C. Taxicabs
If you would like to take a taxicab, it is best to phone in advance because it is difficult to hail a taxicab on the street. You can find the phone numbers in the Yellow Pages phonebook under taxicabs. Fares are regulated, non-negotiable and based on an initial charge plus a fee for each kilometre the taxicab travels. The further you travel, the more you pay. If you receive good service, it is customary to tip the taxicab driver 10 to 15 per cent. Smoking is not permitted inside taxicabs.
D. Inter-City and Inter-Provincial Bus Service

Between major communities in Manitoba and across Canada, there is usually an inter-city bus service. Greyhound Bus Lines, Beaver Bus Lines and Grey Goose Bus Lines travel between many communities in Manitoba and Northwest Ontario.

Greyhound Bus Lines offers scheduled and chartered passenger bus service throughout Canada and the United States.

Telephone the bus company at the following numbers to ask where you can purchase tickets and board the bus.

Greyhound Bus Lines
Phone: 982-8747
toll-free: 1-800-661-8747
www.greyhound.ca

Grey Goose Bus Lines
Phone: 1-800-661-8747
www.greyhound.ca

Beaver Bus Lines
Phone: 989-7007
toll-free: 1-800-432-5072
www.beaverbus.com

E. Rail Transit

Via Rail Canada has transcontinental passenger train service from coast to coast. It links Manitoba with eastern and western passenger trains. It also runs through northern Manitoba to Churchill and through Northwest Ontario. Though Canada does not yet have high speed rail service for commuting quickly between cities, train travel still provides a terrific way to see the country. See www.viarail.ca
PART IX: COMMUNICATIONS

A. Telephones and Cell Phones

You may choose to have a fixed telephone (or landline) in your accommodation, a cell phone or both. Manitoba Telecom Services www.mts.mb.ca, Shaw Communications www.shaw.ca or Rogers Communications www.rogers.com/web/Rogers.portal are the major providers of fixed and mobile telephone services in Manitoba, but other providers exist as well. Landline telephones provide unlimited local service for a minimal monthly cost. If you plan to make a lot of international calls, ask about special rates for long distance plans. You may also purchase prepaid long distance phone cards which can be used at any landline telephone. Prepaid phone cards can be purchased at electronics stores, cell phone outlets, convenience stores and at Canada Post.

Cell phone companies offer long term contracts or pay-as-you-go options that do not require a contract. You will need to do some research to determine which plan is best for you based on where and how much you will be calling. If you would like to bring your foreign cell phone with you, contact your cell phone service provider to make sure your phone is configured to make and receive calls in Canada and find out what it will cost.

1. Placing Calls
   If you place a call within the city you live, you will need to dial the seven-digit number you are calling. If you call long distance to anywhere in Canada or the United States, you will need to dial 1 plus the area code and the seven-digit number. If you want to place a long distance call to a country other than Canada or the United States, you will need to dial 011 plus the country code, the routing code and the phone number. If you need help, dial 0 for the operator, but be aware a small service fee may apply.

2. Using a Payphone
   If you choose not to have your own telephone, you can use pay phones which can be found in most shopping centres, restaurants, and gas stations. A local call on a pay phone costs fifty cents in exact change (quarters, dimes and nickels). For a long distance call, you can pay with a credit card or telephone card or make a collect call (the person you are calling will have to pay for the call). To make a call, lift the receiver, insert the money or the card, then dial the number you are calling.

B. Internet Access

Most post secondary institutions will provide you with a computer account, which will allow you to use the institution’s computers for Internet access, sending e-mails and for doing your assignments. If you have a laptop, many institutions also offer wireless Internet access at designated locations throughout the campus. Certain businesses or coffee shops provide Internet access for an hourly fee. Free Internet access is often available at public libraries, community recreation centres and friendship centres.
If you want Internet access from your home, there are many companies in Manitoba that provide this service for a monthly fee, including the companies that provide telephones and cell phones.

C. Mail Services

When mailing a letter or package, include the recipient’s complete name and address as well as your name and address. Write your address in the upper left-hand corner and affix the proper postage in the top right hand corner.

Most post offices in Manitoba are located in drugstores, convenience stores and other commercial outlets. Through these outlets, many postal services are available evenings and Saturdays.
PART X: HEALTH AND CHILD CARE SERVICES

A. Medical Insurance

All Manitoba educational institutions require international students to purchase medical insurance. Some require you to enrol in a particular insurance plan while others allow you to choose your own plan. Health insurance plans generally include a family plan which provides health insurance coverage for a spouse and dependant children. Contact your institution to find out what kind of insurance is required before purchasing a plan on your own.

International students with work permits valid for at least 12 months may be eligible for free health coverage through Manitoba Health. To determine if you are eligible and for further information, see http://www.gov.mb.ca/health/mhsip/#new2Manitoba.

Once you are enrolled in a plan, you will receive a medical card which indicates the type of health insurance coverage you have. You must take this card with you when you visit a doctor’s office, a hospital or a medical laboratory.

Payment for services is usually made by the insurance company directly to the doctor, hospital or clinic where you received medical care. For some kinds of medical services, you may be required to pay at the time you receive the service. Once you have paid, you will need to send an insurance claim form and your payment receipts to the insurance company. Your insurance company will send you a cheque, depending on the service, for part or all of the cost.

B. Finding a Doctor

If you would like to see the same general practice doctor whenever you are ill, you will need to find a doctor who is taking new patients. You can find out which family doctors in your neighbourhood are accepting new patients, and how to reach them, by calling the Family Doctor Connection line at 786-7111 in Winnipeg or toll free 1-866-690-8260. This free service, offered by Manitoba Health and Healthy Living and the Manitoba College of Family Physicians, operates Monday to Friday, 8:30 a.m. to 4:30 p.m.

If you do not mind seeing a different doctor whenever you require medical attention, you can go to a walk-in clinic where you can make an appointment ahead of time or simply walk in. In the latter case, you may have to wait a while before seeing a doctor. If you are seriously injured or ill, go to the emergency room of a hospital.

It is important to tell the doctor if you are taking any prescription or homeopathic medication or other treatments. It is also important to explain your symptoms and concerns fully and clearly. Do not be afraid to ask questions or ask for clarification of medical terms and analyses. You may even visit a different doctor for another opinion.

Treatment may take different forms. For example, a doctor may offer advice instead of giving you a prescription for medication. Canadian doctors are generally concerned about overuse of certain medications such as antibiotics and may not prescribe them unless they are absolutely necessary.
If you are given a prescription, go to a pharmacy and have it filled immediately. Read and follow the directions carefully. Pharmacists are knowledgeable experts who can answer most questions about medications they sell.

C. Campus Health and Counselling Services

Most institutions offer health services for students. Services vary from institution to institution but may include:

- medical appointments for acute and minor health care problems
- dietician services
- birth control and unplanned pregnancy counselling
- immunizations
- health education workshops

Counselling services for academic, vocational, emotional, personal or social concerns are also often available, either through a separate counselling office or through the health services office. Getting through university poses many difficult challenges and many students experience stress related to the adjustments required by their studies and the multiple roles in their lives. Anxiety or depression related to worries about personal relationships or academic achievement are common. Many students can benefit from seeing a counsellor at some point in their university experience.

All services are confidential and generally free of charge.

D. Hospitals

Hospital emergency rooms use a system called triage that provides treatment for the most serious illnesses and injuries first. If you are not seriously ill or injured, you may wait a long time for treatment in a hospital emergency room. You may wish to consider visiting an urgent care centre, a doctor’s office or a walk-in clinic, instead. If you think you may need to go to a hospital emergency room, but aren’t sure, call Health Links at 788-8200 in Winnipeg or toll-free 1-888-315-9257. A registered nurse will help you decide.

For serious medical emergencies – or any emergency requiring fire, police or ambulance service – call for immediate help by dialing 911 on any telephone and be prepared to identify yourself and provide your location.

E. Dentists

You should visit a dentist for a check-up at least once a year. Contact your institution to find out whether dental coverage is included in your health insurance plan. If you do not have dental insurance you will have to pay for all dental services. Appointments are required.
F. Health Links Program

Health Links is a province-wide health information telephone service, available 24 hours a day, seven days a week. Registered nurses offer health information and support and will help you decide if you need help at an urgent care centre or an emergency room. The Health Links phone number is 788-8200 or toll free province-wide at 1-888-315-9257. This service is available in 23 languages.
A. Multiculturalism and Equality

Canada is a land of many different cultures. All people are allowed to practise their customs and culture as long as they do not interfere with the rights and security of others. Racism and human rights violations are considered unacceptable and often illegal. Men and women have the same rights and discrimination based on age, gender, ethnic background, marital status, religion, nationality, sexual orientation, and physical or mental ability is against the law.

B. Roles of Men and Women

In Canada the roles of men and women are less strongly defined than in the past. That means women may work in positions that traditionally were thought of as men’s work and men may work in positions that traditionally were thought of as women’s work. In some households, men do much of the work at home, such as cooking, cleaning and caring for children while women work outside the home.

There are many women in management positions in Canadian society. Women also play many sports that traditionally were considered men’s sports.

C. Class Issues

Canada is a democratic society and all members of society are to be treated with respect, whether highly-educated professionals or workers in service industries. Very few Canadians employ household staff; therefore, all members of the family are expected to share the chores around the house.

Canadian workplaces are often casual. Supervisors and their employees often address each other by their first name, instead of saying Mr. and Mrs. Some post secondary instructors or professors allow their students to call them by their first name. But most still expect to be known by their last name and a title such as Professor, Doctor, Mr., Ms. or Mrs. The term Ms. is a relatively recent creation that is used for a woman who is married or unmarried, just as Mr. is used for men who are married or unmarried. Some women prefer to be called Ms. and others prefer Mrs.

D. Individualism

In Canadian society, people are normally considered individuals capable of making informed decisions and representing themselves, rather than their family or community.
E. Communication and Greetings

Most Canadians consider open and clear communication as the best way to avoid misunderstandings. If you do not understand something, it is acceptable to ask for an explanation. Generally, communication in Canada is informal but if you are meeting someone for the first time in a formal situation, it is a good idea to say “hello, nice to meet you” and offer to shake hands. If you are meeting friends, or are in an informal situation with people you know, a handshake is not needed. It is a normal practice to say “hello,” “good morning” or “how are you?” Canadians do not usually expect a detailed response to this question, simply something like “fine, how are you?”

In conversations, most Canadians prefer to make eye contact while talking. If you are still learning English and have trouble finding the right word, do not worry; most people will help you find the words you need.

F. Slang

Manitobans may speak English differently than how you were taught. They may have a slightly different accent or they may use idioms or slang, informal expressions common in everyday interactions. If you don’t understand a word or phrase, just ask to have it explained.

G. Privacy and Personal Boundaries

Canadians generally value their privacy and personal space. Many Canadians are uncomfortable talking about personal matters such as family, income and religion unless they know a person well. Canadians also like to keep a physical distance between themselves and other people as a form of respect and politeness.

H. Personal Grooming and Hygiene

For Canadians, it is normal to bathe or shower every day, to wear underarm deodorant, to wash clothes weekly and to brush teeth at least twice a day. You may find that Canadians are reluctant to be near you if you do not practise standards of hygiene like these.

Canadians also shower after exercising. Public swimming pools require all swimmers to shower before entering the pool.

I. Dress Codes

Canadians tend to be relaxed and casual in the way they dress. Different forms of dress are appropriate in different situations. For example, clothing that may be appropriate at home, at the beach or at a nightclub, may not be appropriate at school or in an office. At school, students generally dress for comfort and practicality, in jeans or casual pants and shirts, or skirts and blouses. Business attire and dress for formal events, such as a wedding or special reception, are usually more formal. In general, it is important to be neat, clean, well-groomed and adequately covered for the occasion.
J. **Time**

Punctuality is important whether you are attending class, meeting friends or arriving for an appointment. If you are going for a job interview, it is a good idea to show up a few minutes early. If you are invited to someone’s house for a social gathering, arrive 5 to 10 minutes after the scheduled time. If you are running late or unable to attend an appointment or gathering, phone as soon as possible.

K. **Dinner and Restaurant Invitations**

If you are invited to someone’s home for dinner, offer to bring a food dish or beverage. Thank your host for the invitation and thank them again after the dinner is over. If you prefer to decline the invitation, it is fine to say “no thank-you,” and polite to offer an explanation. If you are invited to a restaurant, you may be expected to pay for your own meal.

L. **Smoking**

In Manitoba, smoking is prohibited in all public places including restaurants and bars. Do not smoke in someone’s home or vehicle without asking permission and then do not be surprised if they say no. You are usually expected to smoke outdoors where you must remain a certain distance away from any public entrance. You must also be at least 18 years of age to purchase any tobacco products.

M. **Waiting in Line - Queuing**

Queuing or waiting in line to be seated in a restaurant, to pay in a store, to sign up for classes, at a bus stop, etc, is common practice. Wait your turn. Patience and courteous behaviour is expected. Canadians consider queue-jumping rude and unacceptable.

N. **Littering**

Littering – throwing garbage or unwanted material on a street or floor – is not acceptable in Canada. Dispose of garbage in trash cans that are readily available in public places. Many Manitobans are also environmentally conscious and thus recycle plastics, metal, paper and glass. Some also compost degradable waste.

O. **Tipping/Gratuities**

When going to a restaurant, bar or club, getting a hair cut or taking a taxicab, it is an accepted practice to tip at least 10-15 per cent of the bill unless the service was very poor. There is no need to tip at fast food restaurants.
P. Dating and Romantic Relationships

Spending time with members of the opposite sex is natural in Canadian society. All public schools and post secondary institutions in Canada are co-educational and thus male and female students are accustomed to being in contact with one another. Relations between male and female classmates are normally relaxed and friendly and based on equality. Avoid jumping to the conclusion that friendliness is a sign of romantic interest.

If you find yourself in a relationship in which you become sexually active, ensure that you practise safe sex. Information about birth control options, sexually transmitted diseases (STDs), and pregnancy is available at most clinics and doctors’ offices. You can call Health Links at 788-8200 if you have any immediate concerns.
PART XII: EXPERIENCING AND DEALING WITH CULTURE SHOCK

A. The Stages of Cross-cultural Adaptation

While adjusting to life in Manitoba, you may experience some anxiety. This is normal in a new, foreign environment. There are five stages in the cycle of cross-cultural adaptation:

1. Excitement – the new environment is exciting and fascinating.
2. Disenchantment – you may feel stressed and frustrated that it is more difficult to adapt than you had thought. You may feel isolated, irritated, depressed and uncomfortable. You may reject Canadian culture and withdraw, believing that your customs and culture are better.
3. Adjustment – you are ready to accept Canadian customs and culture, and you begin to feel more comfortable in the foreign environment.
4. Adaptation – you can interact effectively in the new environment.
5. Re-entry shock – when you return home from Manitoba, you may experience the first four stages again as you adjust to life back home.

B. Coping with Culture Shock

- If you feel yourself experiencing culture shock, there are a few things you can do to reverse its severity:
- Learn more about the history and culture of Canada and Manitoba to understand why people behave as they do.
- Increase your interaction with Canadians and Manitobans. When we make friends within a host culture, we realize that all people are individuals and we no longer think of them as members of a team that excludes us.
- Get to know the campus and other students.
- Get involved – join a club, volunteer, etc.
- Find a hobby.
- Include physical activity, leisure time and social time in your schedule.
- Get enough sleep.
- Keep in contact with family and friends from home.
- Begin a journal and write down how you are feeling.
- Whenever you find yourself thinking negatively about your situation try to look for positive experiences or impressions, however small.
- Seek help through student services, counselling services or the international office at your institution.
- Keep your sense of humour.
• Realize that it is normal to have some difficulties. Don’t add to your stress with unreasonable expectations of yourself and others.

• If you have any concerns regarding a course, assignments or tests, talk to your professor or with an academic advisor.

• Ask Manitobans about their customs, cultures and policies. Canadians are generally open to talking about their cultures and interested in other cultures.
PART XIII: LEISURE AND RECREATION IN MANITOBA

A. Campus Recreation

Many institutions offer campus recreational facilities. Consult the website to see what types of facilities and services are available (exercise machines, weights, intramural sports, pools, sports fields, specialty classes, etc). Student fees for the use of campus recreational facilities are usually significantly less than fees for similar off-campus facilities. Your institution may also have sports teams that you can join or simply enjoy as a spectator.

B. Off-Campus Recreation

Throughout Manitoba there are a wide range of gymnasiums, swimming pools, ice-skating rinks, exercise classes, sports fields and clubs where students can go to keep active. Your institution should be able to provide a list of recreational facilities in the area. For information on activities and events in Winnipeg, see the City of Winnipeg Leisure Guide at http://www.winnipeg.ca/cms/recreation/leisureguide.stm

For information on other locations in Manitoba, visit http://www.gov.mb.ca/tourism/index.html or http://www.travelmanitoba.com/

C. Faith and Religion

Manitoba is a multicultural society, where everyone’s beliefs are treated equally and with respect. Your institution should be able to tell you where you can practise your religion in Manitoba. Some institutions even have places of worship on campus.

Most institutions allow students to observe recognized holidays of their faith. If you will miss a class or require an extension due to a religious holiday, notify your instructor or professor well in advance of the day. If you miss a class because of religious obligations, you are still responsible for completing any work assigned. Students who, because of religious obligations, are unable to write a final examination when scheduled, are usually given the opportunity to write a special examination. If this is the case for you, inform your professor several weeks in advance. You may be required to present evidence concerning the religious obligations involved.

D. Food

Because Manitoba is home to people from many ethnic backgrounds, ethnic food stores can be found throughout the province. There are also hundreds of restaurants that offer cuisine from around the world. Depending on the restaurant, you may choose to dine in, take out or have food delivered to your home.
E.  Leisure and Entertainment

There are many forms of entertainment available throughout the province. You can participate in one of Manitoba’s many festivals, attend amateur or professional sporting matches, go to nightclubs, music concerts, the symphony, the ballet, modern dance performances, art galleries, museums, cultural centres, campus events and much more.

You can also participate in your choice of many outdoor recreational activities. In summer, you can hike, fish, swim, cycle, golf, picnic, play tennis, canoe, kayak, water ski or choose from many other activities. In winter you can skate, ski, snowboard, snowshoe, toboggan, play hockey, go ice-fishing and much more.

F.  Manitoba Events and Attractions

Located at The Forks, a prominent Winnipeg tourist attraction, Travel Manitoba offers information on things to do and places to go in Manitoba. You can also visit the Travel Manitoba website at www.travelmanitoba.com.

Historic sites such as Lower Fort Garry and The Forks; city, provincial and national parks; and natural areas are among Manitoba’s and Winnipeg’s attractions. Major attractions outside of Winnipeg include the beaches of Lake Winnipeg, the lakes and forests of Whiteshell Provincial Park and Riding Mountain National Park. National and Provincial Parks in Manitoba offer a wide range of services and facilities for year-round enjoyment. No matter what recreational activities you pursue, you are sure to enjoy our spectacular natural environments, unique cultural sites, sandy beaches and clear waters.

An excellent way to learn more about Canada and to improve your knowledge of the English language is to experience local music, art, theatre, dance and history. Famous cultural attractions in Winnipeg include:

• Royal Winnipeg Ballet
• Winnipeg Fringe Festival
• Manitoba Theatre Centre
• Prairie Theatre Exchange
• Winnipeg Symphony Orchestra
• Folklorama
• Festival du Voyageur
• Winnipeg Folk Festival
• Winnipeg Art Gallery
• Manitoba Museum
Special events across Manitoba include:

- Royal Manitoba Winter Fair and Manitoba Summer Fair in Brandon (focusing on Manitoba’s agricultural heritage)
- Dauphin CountryFest (showcasing world-renowned top country music performers)
- Manitoba Highland Gathering (a festival of Scottish heritage with dance, pipe and drum competitions, heavy games of brawn, sheep shearing and herding)
- World Lily Festival in Neepawa
- Manitoba Stampede and Exhibition in Morris (professional rodeo)
- Northern Manitoba Trapper’s Festival in The Pas (includes world championship dog sled races)
- The Icelandic Festival of Manitoba in Gimli

Your institution will have more information on attractions and events. Listings of cultural events are often featured in daily newspapers.

For more information, see also:
Destination Winnipeg (http://www.destinationwinnipeg.ca/)
Tourism Brandon (http://www.tourismbrandon.com)

**G. Public Holidays – Manitoba and Canada**

Below is a list of public holidays. Please note that many shops and services are closed on these days:

- New Year’s Day – January 1st of each year
- Louis Riel Day – the third Monday in February, honours the Metis leader and Manitoba founder
- Good Friday – the Friday before Easter Sunday
- Easter Sunday – this holiday generally falls somewhere between March 22 and April 25
- Victoria Day – the Monday on or before May 24th
- Canada Day – July 1st of each year, marking the Confederation of Canada in 1867
- Civic Holiday – the first Monday in August
- Labour Day – the first Monday in September
- Thanksgiving Day – the second Monday in October
- Remembrance Day – November 11th of each year, to honour those who have served Canada in various wars and peacekeeping operations
- Christmas Day – December 25th of each year
- Boxing Day – December 26th of each year
PART XIV: SAFETY AND LEGAL ISSUES

A. Safety and Security

Canada is a safe country by international standards. Well-trained police and fire departments, safely designed roads, brightly lit streets and high quality building construction mean that danger from crime, fire and accident is reduced. International students should still protect themselves and their belongings during their stay in Manitoba. By preparing in advance you will be in a better position to react if an unexpected problem occurs. The following steps may help to keep you safe:

- Get to know your fellow students and stay in regular contact with family and friends.
- Do not carry large amounts of cash or your passport with you when you go out.
- Know where you are going and how you will get there.
- Avoid walking alone at night. Walk in well-lit areas and avoid dark alleys, parking lots, etc. Some institutions have services for someone to accompany you at night.
- Do not drink too much alcohol, never leave your drink unattended and don’t accept drinks from strangers.
- Do not drink alcohol and drive. Never get into a car with a driver who has been drinking alcohol. Be aware of your surroundings and get out of situations that make you feel uncomfortable.
- Do not accept rides from strangers nor allow a stranger to walk you home, to the bus or to your car.
- Do not hesitate to say “stop” if somebody is bothering you or encouraging you to do something you do not want to do.
- Remember the emergency telephone number for police, fire department or medical emergencies is 911.
- Remember that in Canada, the police are there to protect and help all people.

B. Emergencies

Phone 911 if you are experiencing a life-threatening or emergency situation such as:

- a crime in progress
- a motor vehicle accident
- serious injuries that require emergency attention
- a fire or the sounding of a smoke detector or carbon monoxide detector

When reporting an emergency, be prepared to say where the emergency is taking place, who you are, where you are and provide your phone number and address.

Some institutions have campus security for campus emergencies. Special phones are usually located throughout campus with a direct line to campus security.
C. Non-Emergencies

If you would like to contact the police, fire department or a hospital for non-emergency reasons, call 311.

D. Seat Belt Use

By law, everyone in a moving vehicle must wear a seatbelt at all times. Police check for seatbelt use routinely and any adult not wearing one can be ticketed and fined.

Children under five years of age who weigh less than 22 kg (50 lbs) must be placed in an approved child car seat every time they are in a vehicle. They must also be placed in the back seat, not in the front passenger seat. The driver will be considered responsible and fined if any person under 18 years of age is riding in a vehicle without a seatbelt or approved child seat.

E. Drugs, Alcohol and Tobacco

If you are caught with illegal drugs, you could face criminal charges and you may be returned to your home country. It is illegal to buy, sell, use or possess drugs such as marijuana, heroin, ecstasy, cocaine and others.

To buy alcohol (including wine and beer) or tobacco in Manitoba, you must be at least 18 years of age and show valid identification. It is illegal to serve alcohol to minors (people under the age of 18) in bars, restaurants and other public places. Establishments that serve minors could pay significant fines plus court costs. Please note that some other Canadian provinces require you to be at least 19 years of age to purchase alcohol. Smoking in indoor workplaces and public places such as restaurants, shopping centres and theatres is prohibited.

Carry photo identification (ID) when planning to purchase alcohol or tobacco. If you are asked for ID and do not have it, you will not be served. You can use your driver’s licence, passport or citizenship card for ID.

If you wish to purchase alcohol for consumption in a private home, you can only do so at liquor marts or beer and wine stores where you will also be required to provide proof of age.

F. Drinking and Driving

Manitoba has very strict laws about drinking alcohol and driving. If you have a graduated licence, you cannot drive with any alcohol in your blood. All other drivers caught driving with a blood alcohol concentration over .05 are considered impaired. They could lose their driver’s licence, their right to drive, and they may have their car impounded. Anyone caught driving while their licence is suspended will have their vehicle taken away (seized) and locked up (impounded).

For more information see: www.gov.mb.ca/justice/impaired/index.html
G. Age of Sexual Consent

In Manitoba the legal age for consensual sex is 18. It is never okay for an adult to engage in sexual activity with someone under the age of 18. Sexual activity without the consent of the other person is always a crime, regardless of the age of that person.

It is illegal to solicit the services of a prostitute. If a person is caught asking a prostitute for sex the police could charge that person with a criminal offence.

H. Human Rights

Many religions, languages and cultural backgrounds are represented in Canada. Everyone is equal according to the law, and there are laws to help us if we are treated unfairly. It is illegal to be discriminated against based on your skin colour, race, religion, nationality, ethnic origin, gender, physical or mental ability or sexual orientation. If your rights are not respected, contact the Manitoba Human Rights Commission office closest to you. Please see www.gov.mb.ca/hrc/english/index.html for more information.

I. Laws and Legal Services

As a temporary resident in Canada, you are expected to abide by all Canadian laws. If you break the law, you may be fined or serve time in prison. Committing a serious offence may result in deportation from Canada or inability to renew your temporary resident visa or study permit.

The Community Legal Education Association offers general information about the law as well as training programs designed to familiarize people with laws in Manitoba and Canada. They provide a free telephone service that allows people to consult lawyers over the phone and they also make referrals to lawyers. For more information:
Phone: 204-943-2382 or 1-800-261-2960 toll free.
E-mail: info@communitylegal.mb.ca
Website: www.communitylegal.mb.ca

Some institutions provide legal assistance through their law faculty or other programs. Consult with the relevant department at your institution for further information. If you need a lawyer and you have enough money to pay for legal services, you can contact any lawyer you choose.

J. Domestic Violence

Manitoba has a zero tolerance policy with respect to domestic abuse. This means that severe penalties are automatically imposed on anyone committing an offence. Violence or abuse of any kind (physical, emotional, sexual) within families is not a private affair and is punishable by law. While concerned about more vulnerable members of society such as women, children and the elderly, the justice system recognizes that men can also be abuse victims. Domestic crimes are treated very seriously by the police and in the courts.

For more information, visit this web site: www.gov.mb.ca/justice/domestic/index.html
K. Resources, Support and Counselling

If you or someone you know needs help, information, support, counselling or shelter, contact one of the following organizations.

### 24-Hour Help Lines Throughout Manitoba

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child and Family Services</td>
<td>1-888-834-9767</td>
</tr>
<tr>
<td>Domestic Violence Crisis and Information Line</td>
<td>1-877-977-0007</td>
</tr>
<tr>
<td>Gambling Help Line</td>
<td>1-800-463-1554</td>
</tr>
<tr>
<td>Kids Help Phone</td>
<td>1-800-668-6868</td>
</tr>
<tr>
<td>Klinic Crisis Line</td>
<td>1-888-322-3019</td>
</tr>
<tr>
<td>Klinic Sexual Assault Crisis Line</td>
<td>1-888-292-7565</td>
</tr>
<tr>
<td>Manitoba Crime Stoppers</td>
<td>1-800-782-8477</td>
</tr>
<tr>
<td>Manitoba Suicide Prevention Line</td>
<td>1-877-435-7170</td>
</tr>
<tr>
<td>Teen Touch</td>
<td>1-800-563-8336</td>
</tr>
<tr>
<td>Youth Emergency Crisis Stabilization Services</td>
<td>204-949-4777</td>
</tr>
</tbody>
</table>

### In Winnipeg

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Woman’s Place (legal help)</td>
<td>204-940-6624</td>
</tr>
<tr>
<td>Child Find Manitoba</td>
<td>204-945-5735</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.childfind.mb.ca">www.childfind.mb.ca</a></td>
</tr>
<tr>
<td>Child Guidance Clinic</td>
<td>204-786-7841</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.wsd1.org/childguidance/cgchome.htm">www.wsd1.org/childguidance/cgchome.htm</a></td>
</tr>
<tr>
<td>Child Protection Centre</td>
<td>204-787-2811</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.hsc.mb.ca/placecard16.htm">www.hsc.mb.ca/placecard16.htm</a></td>
</tr>
<tr>
<td>Children’s Hospital Emergency</td>
<td>204-787-2306</td>
</tr>
<tr>
<td>Fort Garry Women’s Resource Centre</td>
<td>204-477-1123</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.fgwrcc.ca">www.fgwrcc.ca</a></td>
</tr>
<tr>
<td>Immigrant Women’s Counselling Service of Manitoba</td>
<td>204-940-2172</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.norwesthealth.ca/Nor_West_Co-op_Community_Health_Centre/Immigrant_Womens_Counselling.html">http://www.norwesthealth.ca/Nor_West_Co-op_Community_Health_Centre/Immigrant_Womens_Counselling.html</a></td>
</tr>
<tr>
<td>International Centre of Winnipeg</td>
<td>204-943-9158</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.international-centre.ca">www.international-centre.ca</a></td>
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<tr>
<td>Service</td>
<td>Phone Number</td>
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</tr>
<tr>
<td>Klinic Community Health Centre - Evolve Program</td>
<td>204-784-4070</td>
</tr>
<tr>
<td>Klinic Crisis Line</td>
<td>204-786-8686</td>
</tr>
<tr>
<td>Mount Carmel Cross-Cultural Counselling Service</td>
<td>204-589-9420</td>
</tr>
<tr>
<td>Needs Centre for War Affected Families</td>
<td>204-940-1260</td>
</tr>
<tr>
<td>Poison Help Line</td>
<td>204-787-2591</td>
</tr>
<tr>
<td>Sexual Assault Crisis Line</td>
<td>204-786-8631</td>
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<tr>
<td>Sexuality Education Resource Centre</td>
<td>204-982-7800</td>
</tr>
<tr>
<td>Women’s Advocacy Program</td>
<td>204-945-6851</td>
</tr>
<tr>
<td>Youth Emergency Crisis Stabilization</td>
<td>204-949-4777</td>
</tr>
</tbody>
</table>

Also see Page one of the Winnipeg phone book for more information on Emergency and Non-Emergency Services.

**In Brandon**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brandon Citizen Advocacy Inc.</td>
<td>204-727-6017</td>
<td></td>
</tr>
<tr>
<td>Child and Family Services of Western Manitoba</td>
<td>204-726-6030</td>
<td><a href="mailto:info@cfswestern.mb.ca">info@cfswestern.mb.ca</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.cfswestern.mb.ca">www.cfswestern.mb.ca</a></td>
</tr>
<tr>
<td>Community Mental Health Program</td>
<td>204-725-4411</td>
<td></td>
</tr>
<tr>
<td>Crisis Line for Abused Women</td>
<td>204-727-3644</td>
<td>Outside Brandon: 1-877-977-0007</td>
</tr>
<tr>
<td>Crisis Stabilization Unit</td>
<td>204-727-2555</td>
<td>Toll-free: 1-888-379-7699</td>
</tr>
<tr>
<td>Family Counselling Line</td>
<td>204-726-5464</td>
<td></td>
</tr>
<tr>
<td>Mobile Crisis Unit</td>
<td>204-725-4411</td>
<td></td>
</tr>
<tr>
<td>Sexuality Education Resource Centre</td>
<td>204-727-0417</td>
<td><a href="mailto:brandon@serc.mb.ca">brandon@serc.mb.ca</a></td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.serc.mb.ca">www.serc.mb.ca</a></td>
</tr>
<tr>
<td>Suicide/Crisis Counselling - Westman</td>
<td>1-888-379-7699</td>
<td></td>
</tr>
<tr>
<td>The Counselling Centre</td>
<td>204-726-8706</td>
<td><a href="mailto:wicec@mts.net">wicec@mts.net</a></td>
</tr>
<tr>
<td>Service</td>
<td>Contact Information</td>
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<tr>
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<td></td>
</tr>
<tr>
<td>The Women’s Resource Centre</td>
<td>204-726-8632</td>
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<tr>
<td></td>
<td><a href="http://www.thewomenscentrebrandon.com">www.thewomenscentrebrandon.com</a></td>
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<tr>
<td></td>
<td>1-866-255-4432</td>
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<tr>
<td></td>
<td>Counsellor’s Line 571-0311</td>
<td></td>
</tr>
<tr>
<td>Victim Services/Domestic Violence Unit/</td>
<td>204-726-6515</td>
<td></td>
</tr>
<tr>
<td>Child Victim Unit/Victim Rights Unit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Westman Immigrant Services</td>
<td>204-727-6031</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:weslss@mts.net">weslss@mts.net</a></td>
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<tr>
<td></td>
<td><a href="http://www.weslss.com">www.weslss.com</a></td>
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</table>
PART XV: OTHER USEFUL SOURCES OF INFORMATION

Websites

Manitoba Council for International Education
www.mcie.ca

Government of Manitoba
www.gov.mb.ca

Government of Canada
www.canada.gc.ca

Citizenship and Immigration Canada
www.cic.gc.ca

Canadian Bureau for International Education
www.cbie.ca

Travel Manitoba
www.travelmanitoba.com

Tourism Winnipeg
www.tourism.winnipeg.mb.ca

Economic Development Winnipeg
www.winnipegedw.com

City of Brandon
www.city.brandon.mb.ca

Brandon Economic Development Board
www.econdev.brandon.mb.ca

Canadian Education Centre Network
www.cecnetwork.ca
Getting to know Manitoba

Manitoba is at the centre of Canada, a country recognized worldwide as one of the best places to live. Our province is blessed with clean air, brilliant blue skies, beautiful scenery and wide-open spaces.

Winnipeg, Manitoba’s capital, is a modern city with all urban amenities in a safe and welcoming environment. Other cities, like Brandon, Thompson, Selkirk and Portage la Prairie, offer the convenience of small, friendly urban communities. Manitoba towns are situated in scenic, peaceful settings. You will find excellent restaurants, clubs, entertainment, health care and recreation facilities in every corner of the province.

Manitoba’s distinct landscapes range from rugged wilderness to vast grain fields. You can explore expansive prairie grasslands, magnificent forests and over 100,000 lakes. Our provincial parks are home to deer, moose, geese, owls, bears, foxes and plenty of other wildlife.

Population
1.2 million

Area
649,947 square kilometres in the centre of Canada

Manitoba Facts

- The provincial animal is the bison. Hundreds of thousands of wild bison once covered Manitoba’s open plains.
- A Manitoba nickname is the Keystone Province for both its peculiar shape and its location at the centre of Canada.
- Lake Winnipeg covers 24,605 square kilometres making it Canada’s fourth largest and the world’s 11th largest freshwater lake.
- One of the best places to see the aurora borealis (northern lights) is in the town of Churchill on the edge of Hudson Bay. It is also a popular place to view polar bears in the wild and see beluga whales in the summer.
- Often referred to as a prairie province, Manitoba is more than 60 per cent boreal forested Precambrian shield country and freshwater lakes. It is also a maritime province with 645 kilometres of ocean coast along the Hudson Bay. Churchill is an international seaport and the only inland saltwater port in Canada.
- The town of Gimli is home to the largest Icelandic community outside of Iceland.
- Canada’s National Ukrainian Festival is held annually in Dauphin. The largest collection of Ukrainian-language books outside of the Ukraine is housed in Winnipeg.
- Manitoba is Canada’s second largest potato producer. Lands around Portage la Prairie produce the finest potatoes in North America, marketing through companies such as McCain Foods, Nestle Canada and Peak of the Market.
• Neepawa produces some of the finest lilies in the world, which are shipped directly to many major international flower markets.
• Brandon has twice been voted one of Canada’s top 10 cities in which to live by a major Canadian magazine.
• Winnipeg was first in the world to develop the 911 emergency phone number.

Manitoba People…and other Characters
• Manitoba has more than its share of successful music groups, award-winning authors and famous sports figures.
• Winnie-the-Pooh, from the children’s stories by A.A. Milne, was inspired by a bear cub adopted by a Winnipeg soldier. The bear was named Winnipeg (shortened to Winnie) after the soldier’s hometown. Winnie was donated to the London Zoo in 1916.
• Manitoba has an active film industry. In addition to its own award-winning actors, directors and production companies, famous Hollywood stars such as Brad Pitt, Jennifer Lopez, Richard Gere, Susan Sarandon, Harrison Ford, Philip Seymour Hoffman and Robin Williams have all appeared in movies filmed in Manitoba.
• Manitobans won nine of Canada’s 24 Olympic medals at the 2006 Winter Olympics. Manitoba’s Cindy Klassen became the most decorated Olympian in Canadian history – winning five medals.