

CANADIAN ORIENTATION ABROAD

Participant Workbook

A PRE-DEPARTURE
GUIDE FOR
NEWCOMERS
TO CANADA



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Publisher: International Organization for Migration
17 route des Morillons
P.O. Box 17
1211 Geneva 19
Switzerland
Tel.: +41 22 717 9111
Fax: +41 22 798 6150
Email: hq@iom.int
Website: www.iom.int

Prepared for IOM by Ann Youssef

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Process maps

interior back cover

Activities

Throughout this workbook, there are activities to be completed that will help you learn important information on life in Canada. The instructions are written at the beginning of each activity. Read these carefully. Some activities have the first question answered for you in red, so you can see how to answer the rest. If the activity has correct answers, look at the bottom of the page for the answer key written upside down.

The types of activities in this workbook include:

a) Map activities

Find a location on the map and draw an “X”.

b) Matching activities

Draw a line between the numbers and letters.

c) Check mark activities

Read the question and put a check mark “✓” in the box.

d) Classifying activities

Look at the pictures and classify them by drawing a symbol in the box.

e) Fill-in-the-blank activities

Write the missing information on the lines provided.

f) Put-in-order activities

Read the statements and put a number in each box to order the statements from first to last.

g) Storyboards

Look at the sequence of pictures that tell a story.



Questions for you to think about or reflect on appear in a box like this.



Important information to remember appears in a box like this.

Unit 1

OVERVIEW

OF CANADA





Unit 1 OVERVIEW OF CANADA



1.1 Did you know this about Canada?

Canada is the second largest country on Earth with many different landscapes. Depending on the area, there are high mountains, vast plains, forests and many lakes and rivers.



Indigenous peoples thrived on the land that is now Canada long before the arrival of the first European settlers. Indigenous peoples were there before oral and written history.

Today, Canadian society is diverse in age, race, religion, gender, sexual orientation, abilities and economic status.



Considering its big size, few people live in Canada. Canada's current estimated population is _____.



The name "Canada" comes from the Huron-Iroquois (First Nations) word "kanata". It means safe place, village or settlement.



Canada has a prime minister, not a president. The symbolic Head of State is the King or Queen of Canada, who is the same as the one in the United Kingdom. The King or Queen does not have power in government.

Unit 2

TRAVEL





2.10 Before you travel

Instructions: Look at things you can do to prepare to travel. Draw a line between each action and its description.



1.

a) Exclude items that are too large, illegal or that you will be provided with in Canada.



2.

b) Place the most important items in your hand baggage.



3.

c) Gather and copy important documents.



4.

d) Make sure that you can identify your baggage and that it closes.



5.

e) Gather the belongings you want to pack based on importance, safety restrictions and weight.



On the day of your travel, IOM will provide you with a bag with the IOM symbol on it. Keep this bag visible and safe during your entire journey.



Answers: 1 (c); 2 (e); 3 (a); 4 (d); 5 (b)

2.11 What documents are in the IOM bag?

Instructions: Look at the documents. Draw a line between each document and its name.



1.

a) Confirmation of Permanent Residence



2.

b) Other documents, including exit permits if needed



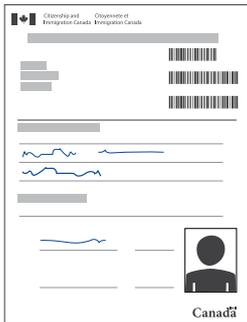
3.

c) Passport or travel document



4.

d) Visa



5.

e) Airline ticket



6.

f) Immigration medical documents if applicable



The Confirmation of Permanent Residence is your official immigration document. Several weeks after your arrival, you will receive your Permanent Resident card.

Your Permanent Resident card does not replace your Confirmation of Permanent Residence. You must therefore always keep the Confirmation of Permanent Residence in a safe place.

Answers: 1 (c); 2 (d); 3 (e); 4 (f); 5 (a); 6 (b)

Unit 3

SUPPORTS AND SERVICES



3.5 Roles and responsibilities

Settling in a new country takes time and effort.

Both you and those who are supporting you share responsibilities.

Instructions: Look at the responsibilities related to your resettlement. Draw a line between each responsibility of your government-funded organization or sponsors and your responsibilities.



Receive and welcome you in Canada.



Advise you on how to responsibly spend the limited amount of money you receive.



Help you find permanent housing and help you understand your rental contract.



Show you how to stay safe in your accommodation.

1.



a) Budget your expenses so that you can live with the money you receive. If you overspend, you will not receive more money.

2.



b) Keep your doors locked and safely use appliances.

3.



c) Have all your baggage and documents with you. Keep the IOM bag visible so people can find you.

4.



d) Maintain the place where you live clean and in a good condition. Understand and respect your rental contract.

Answers: 1 (c); 2 (a); 3 (d); 4 (b)





5.

Help adults in your family enrol in free language classes.



6.

Assist you in understanding the school system in your province or territory. Help enrol the children in your family in school.



7.

Help you open a bank account. Explain how to access and use money in Canada.



8.

Explain important rules and regulations in Canada.



e) Keep your banking information safe. Pay all banking fees and charges related to your loans and credit cards.



f) Attend language classes if you need to improve your English or French.

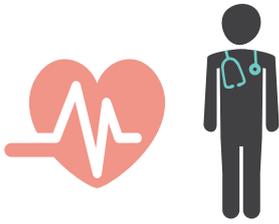


g) Follow the laws and rules in Canada.



h) Enrol children in your family in school. Follow-up on their educational and social development.

Answers: 5 (f); 6 (h); 7 (e); 8 (g)



9.

If there is an urgent medical need, help you access medical services.



10.

Explain how to use public transportation available in your new community.



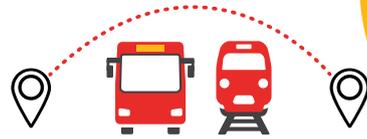
11.

Provide an orientation on your new community.



12.

Help you apply for important documents in Canada and explain their importance.



i) Independently use public transportation and be prepared with important addresses in case you get lost.



j) Be active in your new community and connect with other people.



k) Keep your documents safe, know how to use them and renew them on time.



l) Inform someone you trust about any urgent medical needs, including allergies and dietary requirements.



Which two immediate settlement supports are the most important to you?

Answers: 9 (i); 10 (j); 11 (i); 12 (k)

Unit 4

HOUSING





4.6 The lease

The lease is a written contract between tenants and landlords. You must read and fully understand the lease before you sign it.

The following information are in most leases:



Ask your government-funded organization or sponsors about the governing body for housing in your province or territory. You can contact that organization to ask questions, or to submit a complaint about housing.



Unit 5

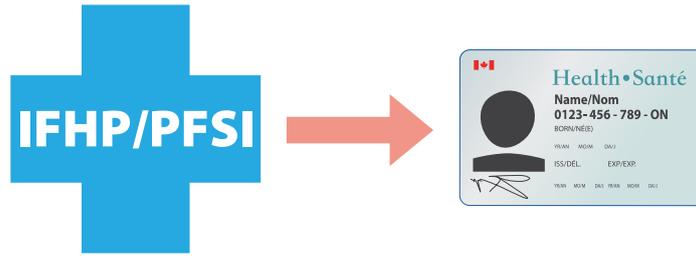
HEALTH





5.2 Interim Federal Health Program

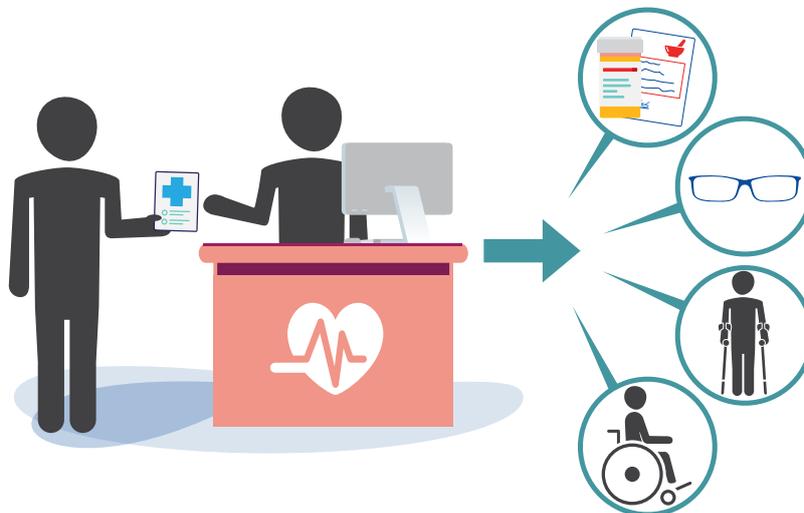
How long before you can access provincial or territorial health-care services depends on where you live in Canada.



The Interim Federal Health Program (IFHP) covers essential medical services until you get your health card and can access publicly funded health-care services. It also covers additional medical services while you are receiving financial support from the Government or from your sponsors. For more information, read here:



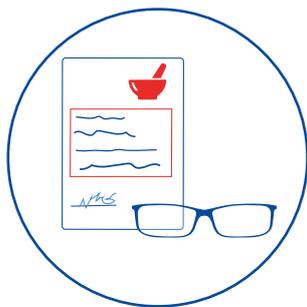
You will receive your IFHP certificate upon your arrival in Canada. Keep this document safe.



You should present your IFHP certificate to a registered IFHP health-care provider each time you need a service or a product so that they can confirm your coverage.



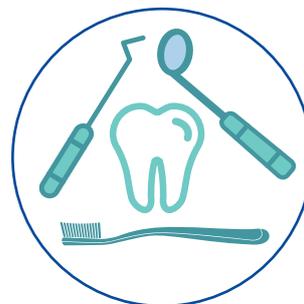
With IFHP, you will receive additional coverage for health services that are not covered under your provincial or territorial health-care services, including:



1. Limited vision care (prescription eyeglasses)



4. Other services such as ambulance services, prescription medications and interpretation services



2. Urgent dental care



3. Mental health services



You will receive these benefits while you are receiving financial support from the Government of Canada and/or your sponsors. After your IFHP coverage ends, you will need to pay for these additional medical services.



When using IFHP, you first need to ask if a particular medical service is covered. If not, you may need to pay for it or wait until you have access to your provincial or territorial health-care services. Your government-funded organization or sponsors can assist you to find out what services or products are covered through IFHP. You can also search for IFHP-registered health professionals here:



Unit 6

EDUCATION





Unit 6 EDUCATION

6.1 Education in Canada

By law, children in Canada must study. Depending on the province or territory, children start studying between ages 4 and 6 and must continue until they are between ages 16 and 18.



In Canada, the provinces and territories are responsible for education. As a result, there may be some differences depending on where you live. For more information on education where you will live, read here:



English

Français



Canada has two official languages: English and French. Public schools are usually available in either of these languages.

In English schools, lessons are taught in English, and French is taught as a second language. In French schools, English is taught as a second language. French immersion schools offer a mix of both. For more information, ask your government-funded organization or sponsors.



The official language in the province of Quebec is French. Newcomer children will go to schools where lessons are taught in French. In other provinces and territories, find out about education in French here:



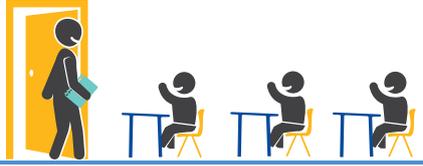


6.5 Being a student in Canada

Instructions: Read what it is like to be a public school student in Canada. Put a check mark “✓” in the box of the statements that are different from the countries where you have lived.



1. Students do not usually wear uniforms.



2. Students do not usually stand up when a teacher enters the room.



3. Students study and work together on assignments, regardless of gender, cultural background or ability.



4. Students have schoolwork they need to do at home. It is called homework.



5. Students cannot harm each other or be harmed by school staff. There are serious consequences for anyone who purposely harms others in schools.



6. Students of all religions study together and must respect all religions equally.



7. Students bring lunch from home to eat at school.



Many public schools have workers to help newcomer families and students understand how the education system works and how to adjust to studying in Canada.



Unit 7

EMPLOYMENT

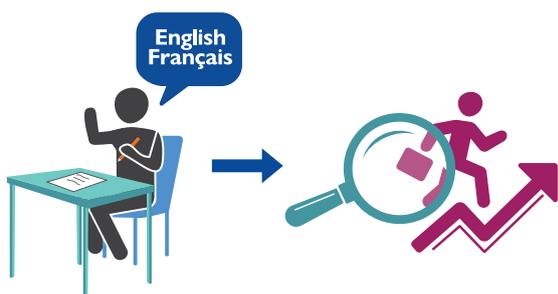




Unit 7 EMPLOYMENT

7.1 Employment in Canada

To become financially independent, finding and keeping a job is important.



English or French language skills are essential in finding a job and starting your new life in Canada. For more information on language classes for newcomers, see Unit 6, Activity 6.10.



Neither the Government of Canada nor your government-funded organization or sponsors can guarantee you a job upon your arrival in Canada.



It is common for people in Canada to go back to school at different times in their lives. They do this to keep their skills up to date or to become qualified for new job opportunities.



Ask your government-funded organization or sponsors to connect you with employment-related services.



7.2 How do you feel about working in Canada?



Instructions: Read the statements about attitudes about working in Canada. Put a check mark “✓” in the “👍” box if you agree. Put a check mark “✓” in the “👤” box if you are not sure. Put a check mark “✓” in the “👎” box if you disagree.



1. You will only accept a job with the salary you want. 👍 👤 👎



2. You will accept a job offer even if it is below your level of skills. 👍 👤 👎



3. You will work to support yourself and your family. You do not expect that others will support you financially. 👍 👤 👎



4. You are willing to volunteer to practise the language and meet new people. 👍 👤 👎

Unit 8

BUDGETING



8.2 What are the basic living costs in Canada?

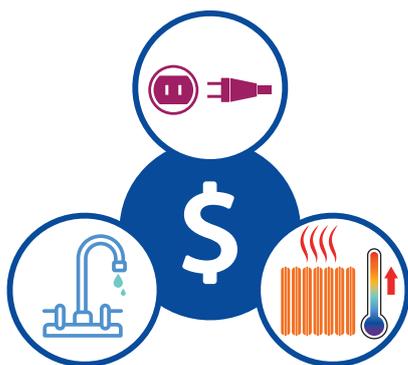


Instructions: Look at basic living expenses in Canada. Put a check mark “✓” in the box of the expenses that are new to you.



1. Housing

This is your largest expense every month. It is mainly your rent but may also include insurance and maintenance costs.



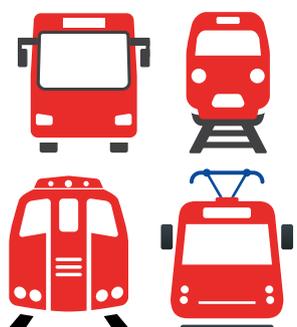
2. Utilities

In most parts of Canada, this includes electricity, heating and water. Some of these costs may be included in your rent. Your bills for electricity and heating will be higher in the winter.



3. Food

This is a large portion of your expenses and refers to the cost of feeding yourself and your family.



4. Transportation

This includes the cost of public transport to move around your community.



5. Communication

This may include cell phone or landline telephone services, cable television and Internet access that are payable every month.



6. Child care

Parents who are working or studying need to pay the cost of child care for their children.



7. Other expenses

This may include clothing, toiletries, school supplies and other essential items.



8. Immigration loan

This is the amount of money that was paid on your behalf by the Government of Canada for your travel.

You can calculate your own expenses here:



After your first year in Canada, it is your responsibility to start paying back the loan through regular monthly payments. You will receive a written statement with the total amount owing and the monthly amount you will need to pay. For more information, see Unit 2, Activity 2.4.



Unit 9

TRANSPORTATION





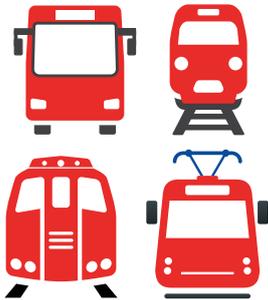
Unit 9 TRANSPORTATION

9.1 Transportation in Canada

Canada is a large country with distinct regions and landscapes. People move in different ways between regions and within their communities. There are various options to travel within Canada.



Instructions: Read about the modes of transportation in Canada. Put a check mark “✓” beside the ones that are new to you.



1. Public transportation

All cities and most towns in Canada have this type of transportation for people to use. They are quick ways of getting around your community. Examples are the bus, subway, light rail and streetcar. It varies based on where you live.



2. Bicycles

This is a healthy and affordable way of getting around cities and towns. They are permitted on most streets and have specific lanes. Wearing a helmet is strongly recommended.



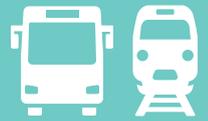
3. Taxis

All cities and towns have one or more taxi companies. Drivers have an official identification to indicate that they are licensed by the city. They are expensive. They have automatic meters to calculate the cost of your trip. The rates are fixed and cannot be negotiated.



4. Ride-sharing applications

This technology connects riders and drivers through a mobile application. Travel is often less expensive than a taxi, but they are not regulated by the Government. Take additional safety precautions when using these services.



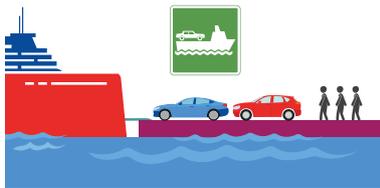
5. Motorcycles

These use very little fuel but can only be used for a few months of the year because of winter weather. A special licence is needed to drive one.



6. Cars

There are various types and sizes of cars in Canada that you can choose from depending on your lifestyle, budget and needs. There are many additional expenses that come with owning one, such as insurance, fuel and repairs.



7. Ferries

In coastal areas such as British Columbia and the Atlantic region, these boats are a common mode of transportation. Many can transport both passengers and vehicles.



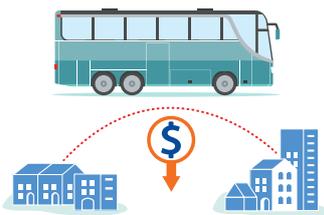
8. Airplanes

The fastest way to travel long distances in Canada is by airplane. It is expensive but may end up costing less than driving or taking a train. All main cities in Canada have airports.



9. Trains

The train network extends across the country. However, not all towns and cities in Canada are connected. It is less expensive to buy tickets in advance.



10. Intercity buses

It is generally the least expensive way to travel between cities. Travel can be long due to distances. It is often the only way of travelling to smaller towns if you do not have a car.



There is a lot to know about transportation in Canada. Ask your government-funded organization or sponsors about transportation in your community when you arrive.

