CANADIAN ORIENTATION ABROAD

Participant Workbook

A PRE-DEPARTURE
GUIDE FOR
NEWCOMERS
TO CANADA









Funded by:

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Process maps

CANADIAN ORIENTATION ABROAD PARTICIPANT WORKBOOK

interior back cover

Instructions on using QR codes

Throughout this workbook, you will see symbols like this to direct you to additional information on important subjects. These are called Quick Response (QR) codes. Read about how you can use the camera on a smartphone or tablet to access information on the Internet with QR codes. You will need connection to the Internet to do this.





1. Check if your device reads QR codes with its camera, or if you need to download a QR code reader.



2. Ensure that you are connected to the Internet.



3. Open your device's camera or its QR code reader.



4. Point your device's camera at the QR code, ensuring that it is centered on the screen.



5. Wait for the code to scan.



6. Open the QR code's content and access more information.



QR codes in this workbook provide you with links to trusted websites that contain information in English, French and some other languages. If you do not speak these languages, you can use an online translator to get an idea of the information that the websites contain.



Symbols

In this workbook, you will see symbols with different meanings. The symbols are provided with brief descriptions. You will learn more about these symbols and their meanings as you go through the workbook.



1. The Government of Canada



2. Information about Quebec







3. Indigenous peoples in Canada



4. Canada or Canadian



5. Countries other than Canada



6. Geographic location



7. People with disabilities



8. Diversity in sex characteristics, gender identity, gender expression or sexual orientation



9. Diversity of religions



10. Help and support



11. Financial support



12. Immediate settlement support



13. Government-funded organizations



14. Private sponsors of refugees



15. Rights in Canada



16. Laws in Canada





17. Privacy, safety or security



18. Allowed or legal



19. Not allowed or illegal



20. Unwanted or against















21. Time passing

22. Time-specific

23. Information



24. Search



25. Education degrees or credentials



26. Résumé (curriculum vitae)



27. Marriage



28. A person (no specific gender)

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.

Notes			

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.



Canada is a democratic country with an elected House of Commons and an appointed Senate.



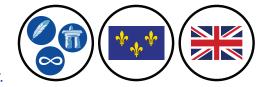
Over 200 languages are spoken in Canada. These include Indigenous languages, as well as the languages of the many immigrants who have settled in Canada.



1.2

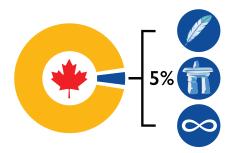
Founding peoples of Canada

There are three founding peoples of Canada: Indigenous, French and British. However, throughout its history, immigration has also played a central role in building Canadian society.

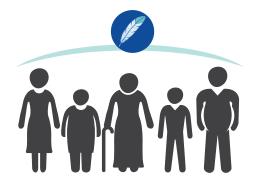




1. "Indigenous peoples" were the first to live on the land that is now Canada. They were there long before the arrival of the first European settlers. They had their own economies, languages and cultures.



Today, about 5% of people in Canada are Indigenous peoples. There are three distinct groups recognized in Canada.



a) First Nations

There are hundreds of different First Nations. There are more than 60 First Nation languages today, which people are working to keep in use. First Nations live in towns and cities across Canada. About half live on lands set aside for their use called "reserves". Many others live in self-governing Nations, where they make decisions on local issues.



b) Inuit

They typically live in small communities across the large northern region of Canada. *Inuit* means "people" in their language, Inuktitut. Inuit knowledge of the land, sea and wildlife enables them to thrive in the harsh Arctic environment. Today, they continue to hunt and fish for foods, such as seal, whale and caribou to feed their communities.

c) Métis

They were originally children of European fur traders and First Nations women. Métis became a distinct people with their own culture and traditions in communities along fur-trade routes. Today, they live across Canada, especially in Ontario and the western provinces.

In the early 1600s, European settlers began to live and form colonies in what is now Canada. Colonization means settling and taking ownership over land that is already occupied by other peoples. In this case, Indigenous nations were colonized by European settlers.

2. "French Canadians" include Acadians, Quebecers and other French-speaking communities across Canada.

The Acadians are descendants of French settlers to what is now the Atlantic region. Today, Acadian culture is flourishing and a lively part of French-speaking Canada.

Quebecers are the people of Quebec. Many are French-speaking descendants of French settlers who came between 1600 and 1700 Common Era (CE). Quebecers maintain a unique identity, culture and language. Today, about one million French-speakers live in provinces other than Quebec.

3. "English Canadians" are descendants of English, Welsh, Scottish and Irish who came to Canada between 1600 and 1900 CE.













Many Indigenous nations were welcoming towards Europeans, and they traded peacefully with them. Indigenous nations taught the Europeans the skills they needed to survive Canada's harsh winters.





Treaties are agreements made between Indigenous peoples and the Government of Canada. Some First Nations gave up large areas of land in exchange for promises of schools, annual payments and certain rights to hunt and fish. Indigenous peoples and the Government did not always understand treaties in the same way. Canada's experience in honouring its promises to Indigenous peoples remains controversial up to this day. Learning more about the history of Indigenous peoples in Canada will help you better understand them today.



Canada is committed to strengthening the relationship with Indigenous peoples based on recognition, respect, co-operation and partnership.

Canadian law recognizes the rights of Indigenous peoples. These include:



1. Treaty rights



2. Hunting and fishing rights



3. Land rights



4. Right of self-government





Unfortunately, the Government of Canada has not always respected the rights of Indigenous peoples.

In 2008, the Government created a Truth and Reconciliation Commission. This group released a report on ways to heal and create respectful relationships between Indigenous peoples, the Government and all Canadians. This is called "reconciliation" and is an ongoing process.



Everyone in Canada plays a part in the reconciliation with Indigenous peoples.

Instructions: Read the recommended actions towards reconciliation. Put a check mark "✓" in the box of the actions you would do when you are in Canada.



1. Learn more about Indigenous peoples



2. Respect Indigenous peoples and their traditions



3. Support Indigenous artists and businesses



4. Participate in local Indigenous events





Instructions: Look at the map of Canada. If you know where you will live, find it and draw an "X".



English and French are the two official languages of Canada. By law, the federal government must provide services throughout Canada in both English and French. Quebec is officially a French-speaking province. The official languages of New Brunswick are French and English. The majority of people in other provinces and territories speak English, but there are French-speaking communities throughout Canada.



For more information on French-speaking communities in Canada, look at the Carte interactive sur les collectivités francophones here:





1.4 Canada's symbols

Instructions: Look at symbols of Canada. Draw a line between the symbol and its description.



Eagle feather



2.





b) From a common tree in Canada. The tree produces a sweet syrup, and the leaves change colours. It appears on Canada's flag.



3.

c) A sacred First Nations' symbol representing a connection to the Creator. It is used in ceremonies.





d) Symbol to remember soldiers who fought and died for Canada's freedom.



5.

e) Trade of its fur was important for Canada's economy a long time ago.



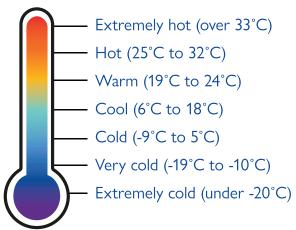


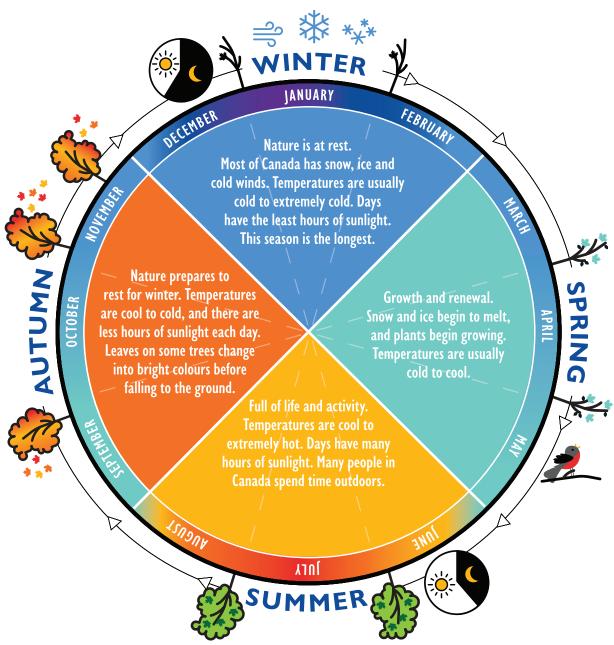
f) An Inuit stone structure used for communication. It is a tool for survival in the Arctic or a spiritual marker.





Read about the four seasons in Canada and how weather varies during each season.









There are many activities that people in Canada enjoy during each season.

Instructions: Look at the seasonal activities. Draw a line between the activity and its season.





a) Harvesting fruits and vegetables



b) Planting flowers



h) Going on a picnic



WINTER



SUMMER



c) Sledding

g) Skating



f) Swimming



e) Visiting a sugar shack (where maple sap is boiled into syrup)



d) Enjoying the colours of the trees

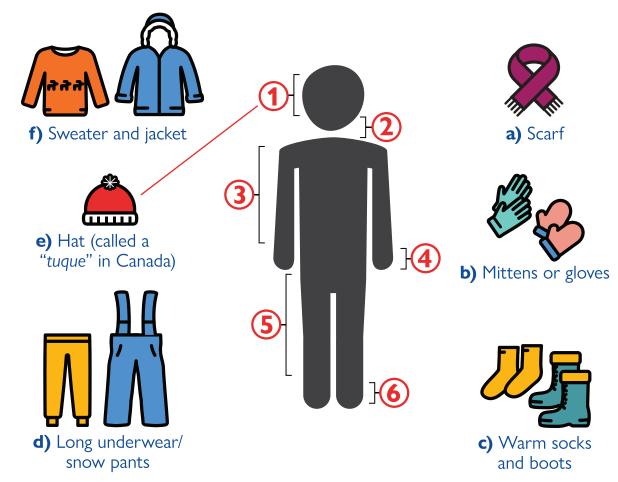


Many Indigenous inventions played a big part in early Canadian history. They continue to be important outdoor activities that people in Canada enjoy during all seasons.

1.7 Ready for winter?

Canadian winters can be a shock to newcomers who may not be used to cold or extremely cold temperatures. A slight wind can make temperatures feel much colder. To keep yourself warm in winter, dress in layers.

Instructions: Look at the different parts of the body that are in danger due to the cold. Draw a line between each part of the body and the clothing that protects it.



People in Canada are active all year round and enjoy many outdoor activities during each season. Dressing appropriately is essential.



1.8 The faces of Canada

Instructions: Look at the people. Put a check mark "✓" in the box of the people you think are Canadian.







2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



Newcomers bring their talents to Canada. Their participation in society contributes to Canada's success. They work, pay taxes, make friendships and are involved in their communities.



1 out of every 5 people in the country is born outside of Canada.





People in Canada are expected to show tolerance and respect towards all people regardless of their age, gender, race, social class, marital/family status, language, religion, nationality, immigration status, sexual orientation and ability or disability.

This can be done through:



1. Being respectful in the words you say and how you act



2. Respecting all people's right to live as they wish, even if it differs from the way you live



3. Promoting the fair treatment of all people without exception



Keeping an open mind, and being flexible and tolerant of differences will help you while you are adjusting to life in Canada.

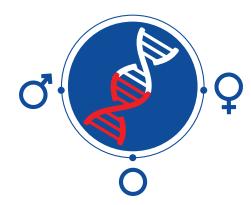


1.9 Diversity

Canada is a country that values and respects diversity. Canadian law applies equally to everyone. Read about the diversity that exists in Canada in the next pages of the workbook.



Instructions: Read about diversityin sex characteristics, gender identity, gender expression and sexual orientation and rights in Canada.



1. Sex characteristics

When we are born, a sex is usually given to us based on biological markers. We are usually told by a doctor or our parents that we are male σ or female φ based on our appearance and how our bodies are formed. Some people are naturally born with a mix of male and female biology σ . We all have sex characteristics. Think about yours.



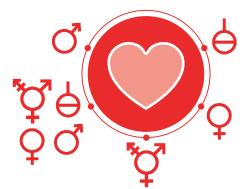
2. Gender identity

Our own sense of being female \mathbb{Q} , male \mathbb{C} , both \mathbb{C} or neither $\stackrel{\bullet}{\bullet}$. Our gender identity may be the same as, or different from, the sex we were given when we were born. We all have a gender identity. No one can tell us what our gender identity is; only we know. Our understanding of our gender may change. Think about yours.



3. Gender expression

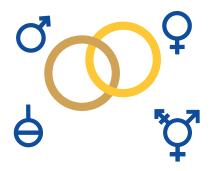
How we express or present our gender identity. Our gender expression can be masculine of, feminine of, a mix of or something else. Gender expression can include our choice of clothing, hairstyle, makeup, body language, voice and behaviour. The name we use and our pronouns are common ways we express our gender. How we express our gender may change. We all express our gender in different ways. Think about how you express yours.



4. Sexual orientation

Our physical, romantic and emotional attraction to another person. We can be attracted to a person of a different gender, the same gender, to more than one gender or to no gender. We all have a sexual orientation. Our understanding of our sexual orientation may change. Think about who you are attracted to.

The law in Canada protects people from being treated unfairly because of their sex characteristics, gender identity, gender expression and sexual orientation.



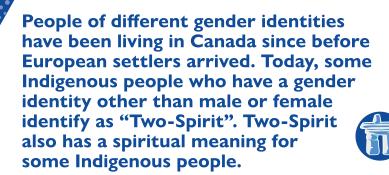
a) Marriage is a right for everyone, including people of different genders or people of the same gender.



b) If a person feels their gender identity is different from their sex assigned at birth, they can legally change their gender. Canadian passports and identity documents allow people to choose "male", "female" or "another gender" (*).



c) In Canada, people have the right to express their sexual orientation, gender identity and gender expression in the way that they choose.







People with disabilities have impairments, activity limitations and participation restrictions. Some disabilities are visible, and others are not. A person can be born with a disability or develop a disability because of an injury, an illness or aging.



1 out of 5 people in Canada has at least one disability.

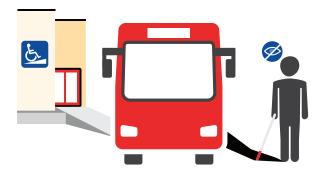


People with disabilities have the right to enjoy the same quality in all aspects of their life as every person in Canada. If you or a family member are a person with a disability, exercise your rights and communicate your needs to the people helping you.



In Canada, businesses, schools, organizations and communities are working to address the needs of people with disabilities.





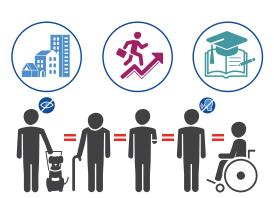
1. Creating accessible public spaces and public transportation



2. Providing scholarships or financial support to help people with disabilities access education



3. Making changes to workplaces so that people with disabilities can work there



4. Rejecting unequal treatment of people with disabilities in employment, education, housing and other aspects of everyday life



There are services that can help with the cost of caring for yourself or a family member living with a disability. For more information, ask your governmentfunded organization or sponsors.





Interacting with people with disabilities in Canada

Instructions: Look at scenes of people with disabilities. Draw a line between each scene and its description.





a) Speak directly to the person with a disability, not to a person assisting them.



b) Do not assume that a person with a disability cannot do something.



c) See the person, not the disability.



d) Do not touch a person with a disability or their aid device without their permission.



5.

e) Ask if a person with a disability needs help instead of helping without being asked to.



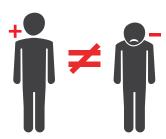
6.

f) Do not call a person with a disability "abnormal".

1.12

Discrimination in Canada

Discrimination prevents people from doing things that others can do freely. To discriminate against someone means to treat them unequally from other people and in a way that is negative.







People in Canada recognize that discrimination exists. Despite Canada being a multicultural and accepting society, 1 in 5 people in Canada has experienced discrimination.

Discrimination can happen in different forms. Sometimes it is easy to recognize; other times, it is more hidden.

Discrimination can take the form of day-to-day experiences involving subtle slights or insults. Some of these insults include:



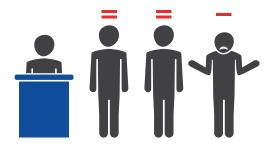
1. Being treated as not smart



2. Being treated as suspicious



3. Being mistaken for a service worker



4. Being treated unfairly when accessing services



Canadian laws make it illegal to treat others badly or unfairly because of who they are.





Instructions: Look at examples of discrimination in Canada. Draw a line between each example and the type of discrimination.



"What country are you from? Go back home!"









a) Discrimination based on disability



2.

"Our team does not allow players to cover their heads. You cannot play."



b) Discrimination based on nationality



"Elevator broken"



c) Discrimination based on religion





"Two men holding hands in public! Shameless!"





d) Discrimination based on gender identity



5.

"Women can't do this job."







e) Discrimination based on gender



"People like you can't buy things here!"



f) Discrimination based on who you love (sexual orientation)



"If people like them keep moving here, the neighbourhood will become unsafe."



g) Discrimination based on race



1.13 Handling discrimination in Canada

In Canada, you have the right to respectfully question procedures or practices that you feel are discriminatory.

Instructions: Look at recommendations on how to handle discrimination in Canada. Put a check mark "✓" in the box of the actions you would do when you are in Canada.



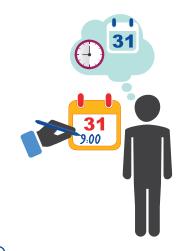
1. Think about your strengths.



2. Talk to someone you trust.



3. If possible, tell the person doing it to stop.



4. Write down the details, what happened, names, dates, time and places. This will show if there is a pattern of discriminatory behaviour.









6. You can call the local police's non-emergency phone number for guidance.



7. If the harassment is at work, check if your employer has an anti-harassment policy and follow its instructions.



8. If you are in danger, call 911.



Discrimination sometimes leads to violence. Violent acts of discrimination are not common in Canada. This kind of violence is a serious violation of the law.



1.14 Things people do in Canada

You will see some people in public spaces in Canada acting in ways that may be different from how you or people you know act.

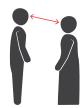
Instructions: Look at common public behaviour in Canada. Put a check mark "✓" in the box of the behaviours that are new to you.



1. Lining up



2. Couples kissing (including same-sex couples)



3. Making eye contact



4. Smiling at or greeting strangers



5. Wearing religious clothing and symbols



6. Wearing shorts and sleeveless shirts



7. Breastfeeding in public



8. Using underarm deodorant



In Canada, littering, spitting, urinating and coughing or sneezing without covering your mouth are considered unacceptable things to do in public.







There are three levels of laws in Canada.



1. Federal laws

These laws apply to every person living in Canada. Examples are the laws on immigration and income taxes.



2. Provincial and territorial laws

These laws vary by province or territory. Examples are housing, health, education and family.

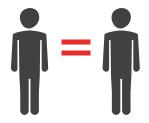


3. Municipal laws

These laws apply in a particular town or city. These might include laws about noise, smoking, littering or parking a car.



a) Under Canadian law, people are presumed innocent until proven guilty.



b) Police in Canada must treat everyone the same. They can help in an emergency.



c) There are police officers of all genders.



d) Police work to keep communities safe, investigate crimes and help victims of crime. They can arrest people and charge them with an offence under the law.



You are responsible for knowing and understanding the laws and the consequences if you break them.



1.16 Illegal in Canada

Instructions: Look at illegal actions in Canada. Put a "\$" in the box when the consequence is a fine. Put a "\mathbb{\pi}" in the box when the consequence is time in jail.









8. Bribing a government official







9. Selling, using or transporting illegal drugs







10. Being married to more than one person





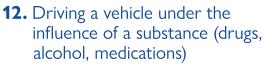


11. Making, sharing or owning photos of naked children















13. Forcing others into marriage







14. Having sex with children







15. Practising female genital mutilation



ich of these laws in Canada are new for you?



1.17 Legal in Canada

People in Canada may have freedoms that differ from those where you have lived. You are not expected to do these things or agree with them just because you live in Canada. You are however expected to respect that people have the right to do these things, even if you disagree.





1. Decide who and when to marry if over 18, including someone of the same gender



2. Terminate a pregnancy (abortion)



3. Use cannabis products (adults only)



4. Use alcohol (adults only)



5. Get medical assistance to die if a person has an incurable illness, disease, or disability and is suffering.





6. Protest peacefully against the Government



7. Have children, including single people and same-sex couples



8. Practise any religion or no religion at all



 Legally change gender (male ♂, female Q, another gender x)



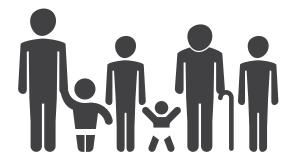
The age when a person is considered an adult in Canada is 18 or 19 years old. It differs from one province or territory to the other.





1.18 Family dynamics

In Canada, families may look different from families where you have lived. The responsibilities of each family member are different in each family.





1. Moving to a new country affects families because responsibilities of members often change. These changes can be stressful.



2. There are healthy ways to deal with these changes such as talking and being supportive of family members having difficulties.



3. Some newcomer parents say that they find living in Canada challenging. Their children adjust to the new culture faster than they do. Parents may not agree with some of the things that their children do, like how they dress, speak or act.



Even when there is stress, it is important to remember that family violence is illegal in Canada. For more information, read here:



Instructions: Look at examples of family violence. Draw a line between each example and its description.





a) Neglecting the needs of a child or elder



b) Controlling documents or misusing money of other family members



c) Hitting a family member



d) Killing a family member as a way to save a family's honour



e) Verbal and/or emotional abuse

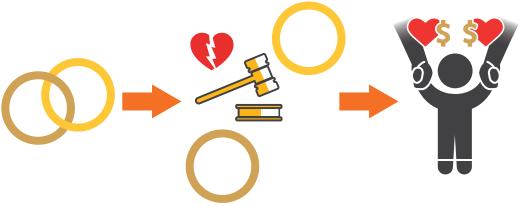


f) Forcing a family member to perform sex acts

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



If a person no longer wants to be married, either spouse can apply for a divorce. In Canada, only a court can grant a divorce. If divorced, both parents must financially support their children and come to an agreement about their care.





You do not have to stay in an abusive relationship to keep your immigration status in Canada. You do not have to live with your sponsor (including a spouse or partner) to keep your permanent resident status.

If you are being threatened, harmed in any way or fleeing violence, you can:



- **1.** Call 911 for the police in an emergency.
- **2.** Call 211 or visit 211.ca for social and health services.



3. Find a shelter at www.sheltersafe.ca.





4. Talk to a counsellor and seek advice.



Disciplining children in Canada



The laws in Canada protect children from neglect and abuse. Everyone is responsible for reporting child abuse. Support is available to families to protect children and keep the family together. However, the law allows the Government to remove children from an unsafe household.



The following ways of disciplining children are unacceptable in Canada:



1. To hit, punch, beat or kick



3. To deny food or basic needs

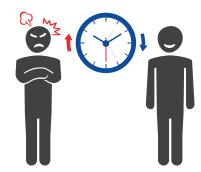


2. To threaten to hurt or kill



4. To neglect and refuse affection

Read what a parent can do instead.



1. Take time to calm down when frustrated.



2. Remember the differences between children and adults in maturity, age, knowledge, strength and experience.





3. Give the child a chance to be alone in a safe place for a couple of minutes to calm down.



4. Direct a child's attention to another activity.



5. Reward good behaviour.



6. Make consequences of unacceptable behaviour clear.



7. Find other parents to connect with when you are having difficulties.



8. Talk to a counsellor about other ways to discipline.



9. Deny privileges and/or set limits.



Which of the above-mentioned ways of disciplining could work in your family?

Unit 2 TRAVEL





Unit 2 TRAVEL



2.1

Resettlement: hopes and fears

Meet two people who are going to be resettled to Canada.

They were asked how they think their lives will change when they move to Canada.

Each expressed having hopes and fears about their new life in Canada.

Instructions: Read the stories. Put a check mark "✓" in the box of the hopes and fears that you have about living in Canada.

4	Meet			
*	ΙΥΙΔΔΤ			
	I IEEL			

He is 24 years old. He fled his country before he was able to complete his studies. For the past three years, he has been on his own, outside his country, and living as a refugee.

When he was accepted for resettlement to Canada, he made the following list:



His hopes are:



a) To improve his English or French skills



b) To live in a safe and secure country





c) To continue his studies and find a job to support himself

His fears are:



a) Being alone in Canada



b) The long, cold winters



c) That his previous studies will not be recognized in Canada and he will need to start over

2. Meet	<u> </u>
She is 45 years old. Her partner died. She has been living in a refugee camp for past 15 years. She has no formal education She is going to Canada with her two children in the state of th	on.
When she was accepted for resettlemen Canada, she made the following list:	t to
Her hopes are:	Her fears are:
	English Français
a) To have a better future for her and her children	a) She does not speak English nor French
b) To live in a peaceful environment	b) She will be very far from her home country and her relatives
c) To be welcomed in her new community and make friends	c) Raising her children in a new culture
It is normal to have mixed feelings of hop	be and fear about moving to Canada.
Write any additional hopes and fears you	ı have on the lines provided.



2.2 Your journey

Your trip to Canada will be long and tiring. There may not be direct flights to Canada from the country where you are living. You may need to take more than one flight to reach your final destination. It is common for travel to take many hours or a few days.



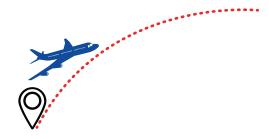
Instructions: Look at the world map. Find where you live now and mark it with a "X". Canada is marked with a maple leaf. Draw a line between the two locations.



2.3 Your travel to Canada

The following information regarding your travel to Canada is important.

Instructions: Complete the information about your travel to Canada. It is normal that you may not know all this information until a few days before you depart. Write the information on the lines provided or circle "O" the answers related to your journey.

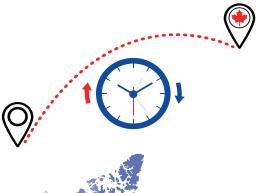


1. The airport that you will depart from is:



2. An airport where you will connect onto another flight is:

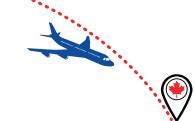




3. The number of hours it will take to travel from your country of departure to Canada is:



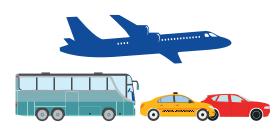
- **4.** The first Canadian airport you will land in is:
 - a) Toronto
- c) Vancouver
- **b)** Montreal
- d) Calgary



5. The final airport that you will land in is:



6. The city or town where you will live in Canada is:



- **7.** The type of transportation you will take from the airport to the city or town you will live in is:
 - a) airplane
 - **b)** intercity bus
 - c) private vehicle or taxi



2.4 Your immigration loan

Through the Immigration Loans
Program, the Government of Canada
pays the cost of your travel to Canada on
your behalf. You are expected to repay
this loan.





1. Prior to your departure, you will be asked to sign your loan document. It includes information regarding the cost of your travel, which you need to repay after your arrival in Canada. These papers are considered legal documents.



2. Generally, the immigration loan covers the transportation fees from the point of departure to the final destination in Canada.



3. You begin to repay the loan one year after you arrive in Canada.



4. The loan is interest-free.

information on immigration

loans, read here:



5. The Government will send you a statement telling you when you need to start paying the loan, how long it will take and how to pay. If you have any questions regarding your immigration loan, please call 1-800-667-7301 or email collection@cic.gc.ca. For more

6. You must inform the Government of Canada if you have difficulties repaying the loan. Arrangements can be made to reduce the amount of the monthly payments, if required.

2.5 Types of baggage





1. Hand baggage

This is small in size. Passengers carry it with them in the airplane. It must fit in the space under the seat or in the overhead compartment of the airplane.



2. Checked baggage

This is usually the largest type of baggage passengers can bring. The airline puts this in the storage area of the airplane. Passengers are given a receipt when they give this baggage to the airline. They need to keep this receipt and present it in case their baggage is lost. Passengers collect this baggage at the end of their flight.



3. Personal items

These are small items, including a laptop computer in its bag, a briefcase, a purse or a small bag.



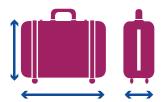
Checked baggage is often similar in size, shape and colour. You must be able to recognize your own baggage. Write your full name on all baggage. Add something to your checked baggage to recognize it easily.





2.6 Baggage limits

Each airline has its own baggage limits. Check your itinerary or ask IOM staff about your baggage limits. These limits determine:



1. The maximum size in centimetres of any baggage you bring. You can find the size by measuring the height, length and width.



2. The maximum weight in kilograms of each piece of baggage. You will need to weigh each piece of baggage using a scale.



3. The number of pieces of baggage allowed per person based on age.

Instructions: Write the baggage limits for your trip on the lines provided.



1. Passengers aged 2 and olderHow many of each type of baggage is each passenger aged 2 years and older allowed to bring to Canada?



2. Passengers under the age of 2
How many of each type of baggage
is each passenger under the age
of 2 allowed to bring to Canada?

3. What is the maximum dimension and weight of each piece of baggage?



Passengers under the age of 2 will not have their own seat on the airplane. That is why they have different baggage allowances.



Follow the baggage limits set by the airline. If you do not, the airline may refuse to accept your baggage or you may need to pay an additional fee. This fee is usually high.

2.7 What goes in each bag?

Instructions: Look at the items.



Put a circle "O" in the box of the items that can be put in your hand baggage.



Put a square " " in the box of the items that can be put in your checked baggage.

Put a triangle "\(\Delta \)" in the box of the items that are **personal items**.

Keep in mind the dimensions and weight restrictions of each type of baggage as you decide.





1. Small amount of baby formula and diapers



2. Laptops and tablets



3. Cell phones and smartphones



4. Cameras



5. Other electronic devices (compatible with 110-120 volts)



6. Jewellery



7. Clothes and shoes



8. Toys



9. Religious items

















11. Small amounts of liquids, creams and gels (less than 100 ml each in a clear plastic bag)



12. Liquids, creams and gels (more than 100 ml each)



13. Cigarettes (up to 200 rolled cigarettes, 50 cigars and 200 g of manufactured tobacco)



14. Hairbrushes, combs and toothbrushes



15. Alcohol (up to 8.5 L of beer, 1.5 L of wine, 1.14 L of liquor)



16. Documents and certificates



17. Personal photos



18. Money



19. Books and dictionaries



20. Medications with prescription



21. Canned food











22. This workbook



23. Quiet toys for the journey



24. Packaged snacks



25. Clothing that you can layer



26. Umbrellas (depending on the weather)



27. Watches



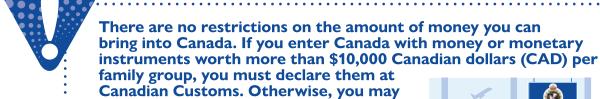
28. A book or magazine



29. A stroller



30. Cosmetics



need to pay a fine or face other penalties. You can bring money into Canada in the form of cash, money orders, cheques, stocks or transfer of funds between your bank and a Canadian bank. The amount

you declare may affect the level of financial support you receive.







2.8 Things to leave behind

There are some things that you are not allowed to bring to Canada. If you bring them to Canada and do not declare them, you may need to pay a penalty or face prosecution when you arrive.

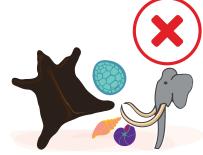
Prohibited things you need to leave behind are:



1. Food (including meat, milk, dairy products and fruits/vegetables)



2. Plants, soil and wood

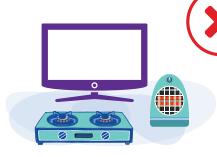


3. Parts of animals, including skins





4. Herbs, spices and seeds



5. Large electronic devices (including televisions and home appliances)



6. Firearms, ammunition and weapons



7. Human bones





8. Vehicles



9. Drugs

2.9 Restricted items in hand baggage







1. Liquids, creams and gels (more than 100 ml each)



2. Sharp and dangerous objects (nail cutters, matches, lighters, pen knives, flammable materials and sporting equipment)



3. There are restrictions on bringing live animals to Canada. To bring a service animal, you must pay for its transportation, medical documents and vaccinations.



4. For individuals travelling with children, check if formula, milk and baby food (in small containers) are permitted in your hand baggage.



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.



(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.





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.

3.

b) Other documents, including exit permits if needed



Canada

c) Passport or travel document



5.

e) Airline ticket

d) Visa





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.



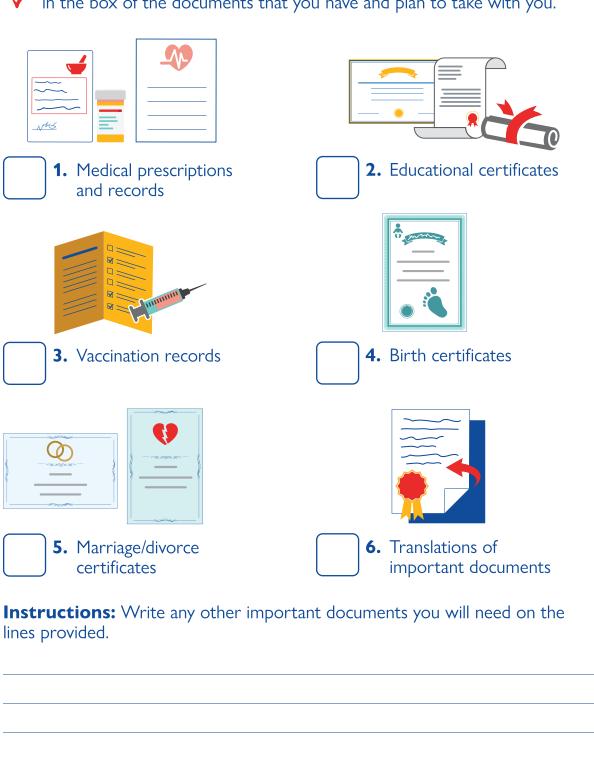


During travel to Canada, IOM can help people whose gender expression is different from what appears in their documents.

For more information, speak privately to an IOM staff.

2.12 What documents will you bring with you?

Instructions: Look at additional documents you may have. Put a check mark "✓" in the box of the documents that you have and plan to take with you.



2.13 At the airport



There are many procedures to go through at airports on your way to your new home, Canada. You may need to go through these steps more than once.

Instructions: Look at the airport procedures. Draw a line between each airport procedure and its description.



Airline check-in counter



2.

Immigration checkpoint



3.

Security checkpoint



4.

Departure gate



5.

Customs checkpoint



Baggage claim

- a) Follow instructions of officers looking for dangerous items in your baggage and on you. You and your baggage will need to pass through a scanner. An officer may need to touch you to check for dangerous items.
- b) Weigh and tag your baggage. Receive your boarding passes and baggage registration tags. Leave your baggage with the airline staff.
- c) Check your ticket to see the specific number of the sitting and waiting area. It is where you will board the airplane. Listen carefully for any announcements.
- **d)** Answer questions about the items in your baggage.
- e) Collect your checked baggage from this moving belt. Baggage often look the same. Make sure that the baggage you take is yours.
- f) Provide your documents for inspection to a government official when you exit and enter a country.

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



2.14) Tools at the airport

At the airport, there are the following tools that can help you along your journey.

Instructions: Look at tools at the airport. Draw a line between each tool and its description.



Baggage carts



a) Show time and gate information on when and where flights arrive and depart.



2.

b) If you need to move from one level to the other in the airport with baggage carts and for people with disabilities.



3.

c) Help point you to where you want to go.

d) Help you move your

baggage within the airport.





Direction signs



5.

e) If you need to move from one level to the other in the airport.



6.

f) Help you walk long distances more quickly.

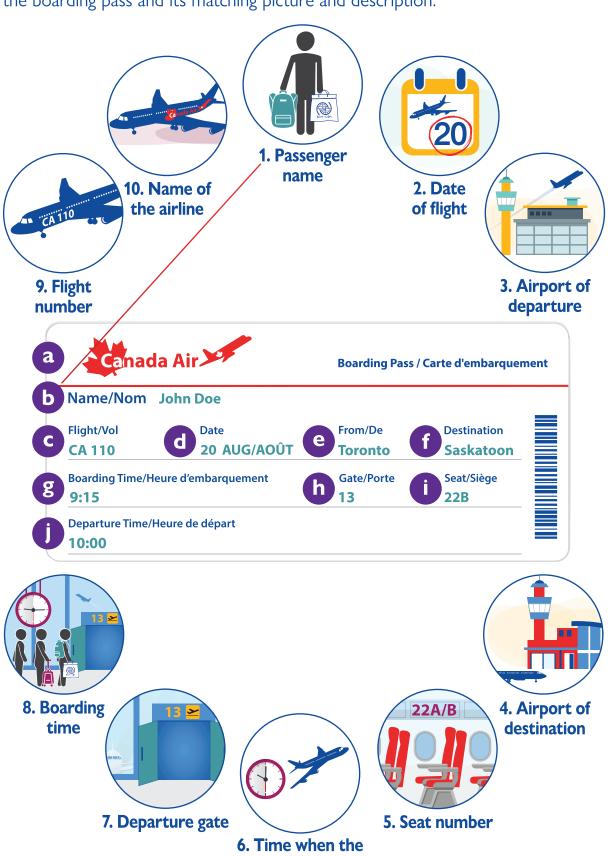


Information on boarding pass



You will need to show your boarding passes often. Each passenger has their own. Keep them in a safe place and do not lose them.

Instructions: Look at the boarding pass. Draw a line between each letter on the boarding pass and its matching picture and description.

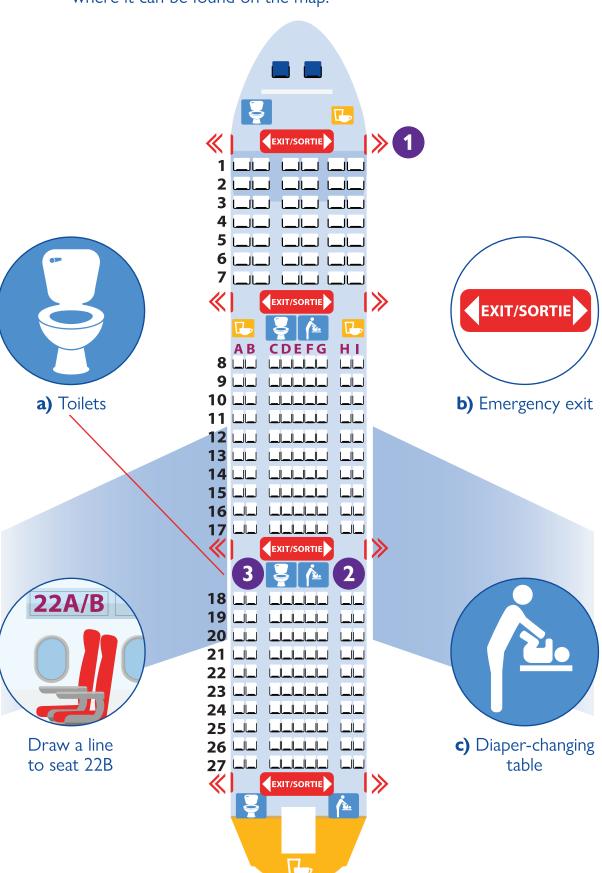


flight will depart



2.16 The airplane

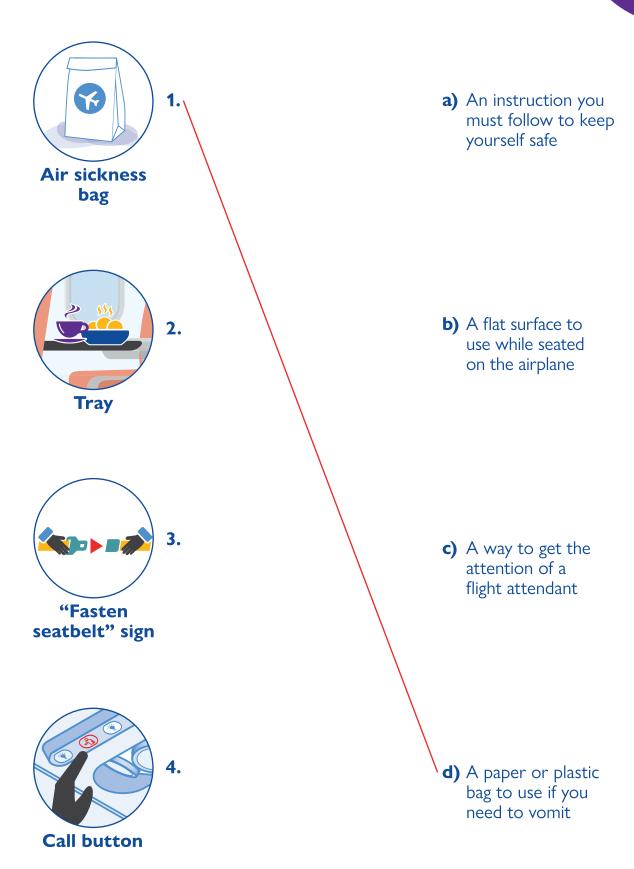
Instructions: Look at the map of the inside of an airplane. Draw a line between each part of the airplane and the number that marks where it can be found on the map.



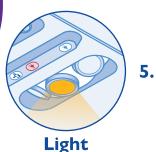




Instructions: Look at what is at a seat on an airplane. Draw a line between each picture and its description.







e) A pamphlet that tells you more about the safety features on the airplane



In-flight entertainment system

f) A place to put your hand baggage



Overhead baggage compartment

g) To use if it is dark in the cabin, for reading or other purposes



h) A way to pass the time by watching movies, listening to music or playing games



It is illegal to remove safety equipment, such as life jackets, from the airplane.



2018) Things to do on the airplane



Instructions: Look at activities you can do on an airplane. Put a check mark "✓" in the box of the activities you plan to do during your flight.



1. Eat your meals and drink plenty of liquids.



2. Sleep and relax.



3. Keep children busy and quiet at their seats.



4. Use the toilet.



5. Take medications if needed.



6. Talk in a soft voice to other passengers.



7. Follow flight attendants' instructions.



You must fasten your seatbelt during departure and landing, and when advised by flight attendants.



2.19 Who can help you?

Instructions: Look at the people who can help you during your travel to Canada. Draw a line between each situation and the person or people who can help you. Some situations have more than one

correct answer.



6. You are at baggage claim area and cannot find one of your bags.



1. You are hungry, thirsty or need assistance while on the airplane.



2. Sirens go off in the airport, and there is an emergency.



Check-in counter staff





Airport security





Airport staff





Airport information desk



Flight attendant



5. You are going to your connecting flight, but do not know where the gate is.



4. Your seat on the airplane is far from the rest of your family.



3. You are lost at the airport.



Whether at the airport, in the airplane, or in transit, ensure your family stays together and watch your children.



() Your permanent resident status

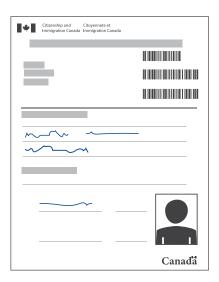


Upon arrival in Canada, you will go through a brief interview with an officer at the airport. Then you will be asked to sign some documents.

When this is completed, you become a permanent resident, with the right to live in Canada.



Do you have a partner, spouse or dependent child or grandchild who is not resettling with you to Canada? Will they resettle to Canada in the future? If so, you must tell the Government about your relationship before you arrive in Canada. Failing to notify the Government of that relationship will make it very difficult to reunite with that family member in Canada in the future.







You will be mailed a card that shows you are a permanent resident of Canada. It is called a Permanent Resident card. Permanent resident status does not expire, but the card does. When your card expires, is lost or stolen, you must apply for a new one.

Allow a lot of time for your Permanent Resident card application to be processed.



The documents you receive when you arrive in Canada are very important. Keep them safe.





2.21 Rights and responsibilities in Canada

As a permanent resident of Canada, you enjoy many rights. With these rights also come responsibilities.

Instructions: Look at your rights and responsibilities as a permanent resident in Canada. Draw a line between each right and the responsibility it relates to.



Right to work or own your business



a) Respect the human rights of everyone



opinion

2.



b) Support yourself, your family and pay taxes



3.



c) Respect all religions



your religion

4.



d) Ensure children are studying



5.



e) Respect the opinions of others

Free basic public education

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



Own property



f) Care for the environment





7.

Access to **publicly funded** health care



8.

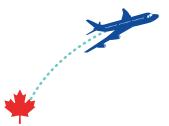
Right to live in a clean and healthy environment



g) Show your valid Permanent Resident card to be allowed to re-enter Canada



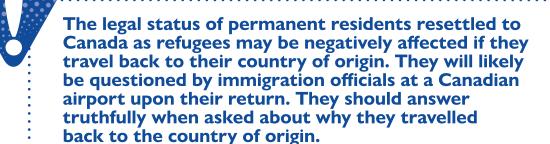
h) Pay taxes







i) Pay property taxes



Answers: 6 (i); 7 (h); 8 (f); 9 (g)



2.22 Permanent residents

As a permanent resident of Canada, you enjoy the same rights as citizens, except you:









- **1.** Cannot vote in federal elections
- 2. Cannot apply for some high-level government jobs
- 3. Must be physically present in Canada a minimum number of days to keep a permanent resident status



Permanent residents who are convicted of serious crimes may lose their permanent resident status.





2.23 When can you apply for Canadian citizenship?

Before you apply for Canadian citizenship, you must:





1. Be in Canada for a certain

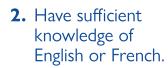
can apply for citizenship,

amount of time. To

calculate when you









3. Pass a test to prove that you have some knowledge of Canada.



read here:



You can apply for a Canadian passport after you have been granted Canadian citizenship.

Unit 3 SUPPORTS AND SERVICES





Unit 3

SUPPORTS AND SERVICES

The information provided in this unit is about services available in Canada. It is useful to read it again after you arrive in Canada.

You become a permanent resident after you pass through immigration procedures at your first airport in Canada. As a permanent resident, you can access different types of support that will help you adjust to life in Canada.



Where these supports come from differs depending on the resettlement program.

3.1 Resettlement programs to Canada

Instructions: Read the information on resettlement programs. Put a check mark "✓" in the box of the program that relates to your resettlement to Canada.





Individuals receive financial support from the Government. They receive immediate settlement support from government-funded organizations. For

organizations. For more information, read here:





2. Private Sponsorship of Refugees (PSR) Program

Individuals are sponsored and supported by private groups or institutions. Individuals receive financial support from their private sponsors. They receive immediate

settlement support from their private sponsors. For more information, read here:





3. Joint Assistance Sponsorship (JAS) Program

Individuals receive financial support from the Government. They receive immediate settlement support from government-funded organizations. They have private

sponsors who provide them with additional support in Canada. For more information, read here:





4. Blended Visa Office-Referred (BVOR) Program

Individuals receive financial support from the Government and from their private sponsors. They receive immediate settlement support

from their private sponsors. For more information, read here:



BVOR

Regardless of your resettlement program, you should access long-term settlement services from government-funded organizations. Ask your government-funded organization or sponsors to connect you to these services. For more information, see Unit 3, Activity 3.11.





3.2 Limits of immediate settlement supports

The financial support you will receive in Canada is limited.

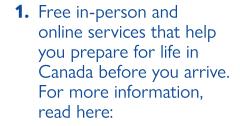
The immediate settlement support you will receive in Canada, whether from your government-funded organization or private sponsors, is also limited. The length of time that these supports last depends on the resettlement program. The length of supports may change depending on your circumstances.



Common services of resettlement programs

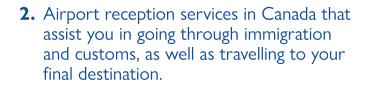
Regardless of the resettlement program you fall under, all permanent residents who resettle as refugees in Canada have access to the following services:













3. An immigration loan from the Government of Canada that covers the cost of your travel to Canada. You will be required to start repaying this interest-free loan one year after you arrive in Canada.



4. Temporary health-care coverage under the Interim Federal Health Program (IFHP). This covers essential medical services until you can access your province's health-care program. It also covers additional medical

services while you are receiving financial support from the Government or your sponsors. For more information, see Unit 5 or read here:



3.4 Immediate settlement supports



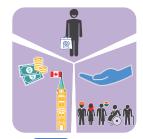
Instructions: Put a check mark "✓" in the box of the program that relates to your resettlement to Canada.







PSR



JAS



BVOR

Instructions: Look at the immediate settlement support you will receive in Canada. Put a check mark "✓" beside who provides you with each support.

1. If you arrive in winter, who will provide you with winter clothes?





a) A government-funded organization at a Canadian airport if you arrive between 15 October and 15 April







2. Once at your final destination in Canada, who will arrange your transportation to the first place where you will live?







sponsors





3. Who will arrange temporary accommodation for you when you first arrive in Canada?













4. Who will help you find permanent housing and provide new or used household items?







b) Your sponsors



5. Who will refer you to additional long-term settlement support that will help you settle in Canada?



a) Your government-funded organization



b) Your sponsors



6. Who will provide you with limited financial support?



a) The Government



b) Your sponsors



c) Both the Government and your sponsors



3.5 Role

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.



1

Receive and welcome you in Canada.



2.

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



3.

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



Show you how to stay safe in your accommodation.



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



b) Keep your doors locked and safely use appliances.



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



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



Help adults in your family enrol in free language classes.



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



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



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.



9.

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



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

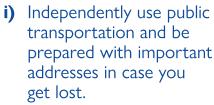


Provide an orientation on your new community.



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







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.



I) 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?



Change of destination

You have the right to choose where you will live in Canada. However, you are strongly encouraged to travel to your original destination. There, you will receive the support based on your settlement needs. Consider the following things first before you think of moving:





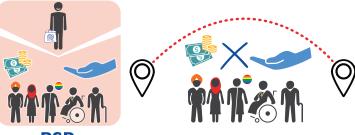
1. If you wish to move to another community, in order to avoid any break in financial support and immediate settlement support, you must notify your government-funded organization or sponsors as soon as possible.







- 2. If you choose to move, you are responsible for all the costs related to moving to a different community, including travel and accommodation.
- 3. You will need to prepare for your arrival and temporary accommodation at the new destination.
- **4.** There could be a delay in receiving your financial support.



5. You may no longer be eligible for financial or settlement support from your sponsors if you do not live in the same community as your sponsors.

GAR



Your relationship with your sponsors

Instructions: Read the actions to take if you have concerns about your sponsors. Put a number from 1 to 3 in each box to order the actions from first to last.









You and your sponsors can seek the help of the Government of Canada to find solutions. You can email the Government at IRCC.PSRCaseReview-RevuedecasPSR.









Speak to your sponsors and ask questions to try to resolve any misunderstandings.









Go to a government-funded organization for newcomers in your community. A settlement worker there can provide you with some useful advice.



PSR: Your sponsors are not allowed to ask you for money or tell you that you need to prepay to be sponsored. Do not pay anything, even if they promise to give your money back once you are in Canada. Your sponsors are legally responsible for providing limited financial support to you.





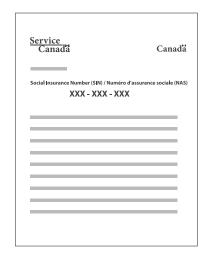
3.8 Important documents in Canada

Your identity documents belong to you. No one, including your sponsors, settlement worker, family members or an employer should keep your documents for you. As a new permanent resident in Canada, you should obtain the following important documents shortly after you arrive:



1. Permanent Resident card

This is an official proof of your status as a permanent resident in Canada. This document will be mailed to you. This document does not replace your Confirmation of Permanent Residence, which you sign at the airport when you arrive in Canada. You must keep both.



2. Social Insurance Number (SIN)

This number is needed to work in Canada and to apply for government programs and benefits.

Keep this number safe and do not let others use it.

For more information, read here:





3. Provincial Health card

You need a health insurance card from your province or territory to access health care. This card is for your use only. Apply for your health card as soon as possible after your arrival.







Government-funded organizations for all newcomers





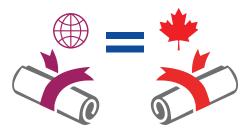
These organizations are also called settlement agencies and are common in Canada. They help all newcomers to settle into their new community. As a permanent resident, you can access these long-term services until you become a Canadian citizen. These services are free. They can help you:



1. Register for free language classes (English/French).



2. Learn how to look for a job.



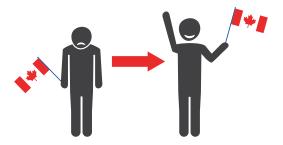
3. Advise on how to get your credentials recognized.



4. Work with you to improve your skills.



5. Get involved in the community.



6. Resolve settlement challenges.

You can find government-funded organizations for newcomers using the Government of Canada online tool here:

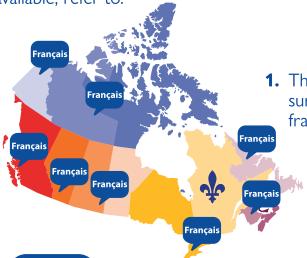






Settlement services are also available in French. Government-funded organizations delivering immediate and long-term settlement support can connect you with Francophone organizations or French services in your community.

For more information about where services in French for newcomers are available, refer to:



1. The Carte interactive sur les collectivités francophones here:



Français



2. The Government of Canada website here:





3. For services in Quebec, refer to the Government of Quebec online tool here:



Government-funded organizations are responsible for supporting all newcomers. They must protect your privacy. They are required to get your permission before they share information about you with others.

When you find someone you trust, share any concerns or challenges with them so that they can be supportive.



3.10 Settlement situations



Instructions: Read the settlement situations. Draw a line between each situation and its recommended solution.









1.

There are many problems with your new home.



2.

You arrive at the airport in Canada, but no one is there to receive you.



3.

You have not heard from your government-funded organization or sponsors for over a week. You would like to start applying for important documents, begin language classes and enrol the children in school.



4.

You have a friend in another province or territory. They want you to move to that province or territory right away.



a) Try to locate the airport reception services staff for assistance and show your IOM bag.



b) Seek advice from your government-funded organization or sponsors to understand possible consequences of a move before deciding.



c) Call your governmentfunded organization or sponsors and politely explain the problems.



7

d) Call them, explain your situation and ask for an appointment.



Other long-term settlement services in your community

Many communities offer services that all people, including permanent residents, can access for free or at a low cost. Your new community may have all these long-term services or it may only have a few.

Instructions: Look at long-term settlement services. Draw a line between each service and the place where it can be accessed.

Access free computers, Internet, books, newspapers, music and films. Different group programs are available.



a) Public parks

Practise different sports and pastimes.



b) Cultural centres

Have a picnic and meet others in your community. Children can play on outdoor equipment.





Practise your faith with others.



c) Public libraries







a specific country or culture.





Study English and/or French for free, learn about Canadian culture and meet new people. In some provinces and territories, receive financial support while attending language classes.





Learn about Canada's history, culture and art.



g) Governmentfunded language learning centres



Talk to someone if you are feeling sad, worried or stressed. It is a free, confidential and non-judgmental service to help you stay healthy.

Ask about issues

related to money.





h) Legal aid clinics





Ask for long-term settlement support related to education and employment in your new community.





Seek advice on specific issues related to the law.





Get help writing a résumé or curriculum vitae (CV), looking for a job and preparing for a job interview.





health clinics

Receive free food if you do not have enough money to buy the food you need with the financial support provided by the



m) Government-funded organizations for newcomers







Sleep if you need a safe place to stay during a crisis.

Answers: 8 (k); 9 (j); 10 (m); 11 (h); 12 (l); 13 (n); 14 (i)



Where can you find free sources of information?

1. Official information on the Government of Canada and government services





of Canada

Government Gouvernement du Canada

www.canada.ca or call 1-888-622-6232 (Service Canada Centre)

2. Information on federal, provincial and territorial benefits for newcomers





www.benefitsfinder.services.gc.ca

3. Contact number for the firefighters, ambulance or the police



Call 911

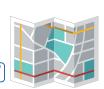
4. Free, confidential, multilingual information available 24 hours a day regarding various services



5. Information on how to move around your new community







Maps



Call 911 to contact firefighters, an ambulance or the police.



Unit 4 HOUSING





Unit 4 HOUSING





Temporary accommodation

Your government-funded organization or sponsors work hard searching for a place for you to live, even before you arrive in Canada.

Depending on the availability of permanent housing in your community, you may stay at temporary accommodation for a few weeks. Types of temporary accommodation differ depending on the resettlement program.



You are expected to move out of temporary accommodation as soon as suitable permanent housing is found.

Instructions: Put a check mark "✓" in the box of the program that relates to your resettlement to Canada.







PSR



JAS



BVOR

Instructions: Read the descriptions of temporary accommodation. Put a check mark "✓" in the box of the types of accommodation where you could stay when you arrive in Canada based on your resettlement program.







Shared accommodation for newcomers under the GAR program. Rooms are basic. Some centres have shared washrooms and eating areas.







Basic rooms, usually each with their own toilet, paid for by your government-funded organization or sponsors.



3. Temporary rented accommodation

A home rented by your governmentfunded organization or sponsors and specifically for people who recently arrived in Canada. Usually, you will need to move out of this place quickly to make room for newly arrived people.





Temporary accommodation, including sharing the home of a sponsor or relative, until a suitable permanent place to live is found.



While staying in temporary accommodation, you are expected to follow rules, keep the space clean and in good condition, and not to disturb others.



4.2 Permanent housing in Canada

Finding low-cost housing in Canada is difficult. Housing options may be limited. Your government-funded organization or sponsors will help you identify a limited number of options that meet your basic needs and budget. They will also help with furniture and basic household items for your new home.



Instructions: Look at the buildings. Put a check mark "✓" in the box of buildings that are examples of first permanent housing.



1



2.



3.



4.



5.



6.



7.



8.



9.



Location, cost and size of housing are three important considerations when renting a permanent home.



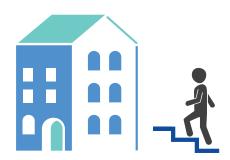


Types of permanent housing in Canada



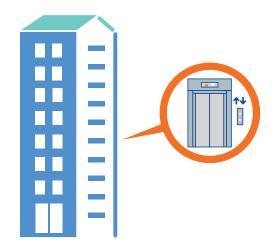
Instructions: Read about different types of permanent housing in Canada.

1. Apartments



a) Low-rise apartment buildings

These buildings are not very tall and usually do not have an elevator. Each floor can have more than one apartment.



b) High-rise apartment buildings

These are tall buildings, usually in larger cities, that have elevators and can have more than one apartment on each floor.



c) Second-storey apartments

These apartments may be above a store or a restaurant and could be less expensive than an apartment in a high-rise or low-rise building.



d) Basement apartments

These apartments are common in Canada. They are partly below the ground, with small windows to let the sunlight in. Basement apartments are often less expensive than other types of apartments.







2. Houses



a) Single detached houses

Often, only one family will live in a single detached house. These types of houses are expensive to rent or buy.



b) Attached houses

In attached houses, each house has its own door but shares a wall with the house beside it. Each house may be owned or rented by different people.

3. Other permanent housing



a) Accessible housing

This type of housing addresses the specific needs of people who have difficulties moving around or caring for themselves.



b) Shared housing

This type of housing is rented by two or more people who share a common living area. Usually, each will have a separate bedroom and pay part of the rent.



It is difficult to find housing for large families. There is a limit in the number of people that can live together in one place.



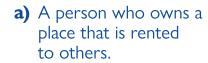


Important words related to housing



Instructions: Look at words related to housing. Draw a line between each word and its description.







b) Electric machines that help with the household work. Rented homes usually come without furniture, except for some large appliances that belong to the landlord, not the tenant.





3.

5.

2.



c) Devices that make loud sounds to warn you that there may be a fire.



d) A person who rents a place to live.



e) Payment for damages caused in case of unexpected problems, like theft, injury or fire.



Recycling bins

f) Containers where you can place used plastic, cans, paper and glass. Many cities collect these items and repurpose them.



4.5 Housing laws

Housing laws outline tenant and landlord rights and responsibilities. They vary in each province and territory.



Instructions: Read the questions. Put a check mark "✓" in the box of whose right or responsibility each is. Some questions have more than one correct answer.





a) Tenant



1. Who is responsible for paying the rent amount in full and on time?



b) Landlord



a) Tenant



2. Who has the right to increase the rent amount, but only with a written notice and within certain limits?



b) Landlord



a) Tenant



3. Who is responsible for keeping the interior of the home clean, well-maintained and safe?



b) Landlord



a) Tenant



4. Who is responsible for respecting the building's rules and city by-laws, such as noise levels?



b) Landlord



a) Tenant



5. Who is responsible for keeping the building safe and in a good condition?



b) Landlord

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



















a) Tenant



7. Who must request permission to enter the rented housing to carry out repairs?



b) Landlord



a) Tenant



8. Who is responsible for arranging and paying for regular maintenance and repairs?



b) Landlord



a) Tenant



9. Who must follow the law if they want to end the rental contract (lease) earlier?



b) Landlord



a) Tenant



10. Who may require the payment of the first month of rent plus a security or damage deposit?



b) Landlord



The landlord might hire a person who collects the rent, keeps the building in a good condition, and makes sure repairs are done on their behalf. This other person is called a property manager.





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:



7. Whether you need to pay for electricity, water and heating separately or if these are included in rent amount



1. Name of tenant



2. Name of landlord



6. What happens if either the tenant or landlord wants to end the lease early

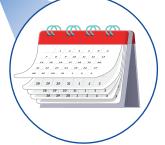




3. Address of the rented place



5. Rent amount and payment dates



4. Length of lease, including dates



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.



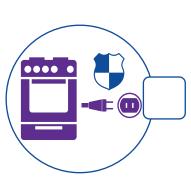


7 Staying safe in your home



Here are some tips for staying safe in your home. You can ask your government-funded organization or sponsors to show you how to do these things.

Instructions: Read the tips for staying safe in your new home. Put a check mark "✓" in the box of the safety tips you plan to ask your government-funded organization or sponsors about once you are in Canada.





8. Asking how to safely use appliances and how to prevent accidents in your home



1. Locking doors

2. Testing smoke detectors regularly and knowing where emergency exits are



7. Purchasing

tenant insurance





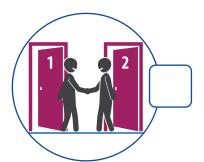
3. Keeping jewellery and other valuable items somewhere safe



6. Reporting any suspicious people around your home



5. Not allowing strangers in



4. Knowing your neighbours



4.8 Keeping your home clean

Keeping your living space clean is essential to staying healthy.

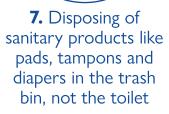
Instructions: Read how to stay healthy by keeping your home clean. Put a check mark "✓" in the box of the cleaning methods that are new to you.



1. Regularly separating, taking out the garbage and recycling on collection days



2. Vacuuming and sweeping floors





6. Cleaning toilets, sinks, bathtubs and showers



3. Cleaning surfaces in your home



5. Washing clothing and bedding



4. Washing dishes

Unit 5 HEALTH





Unit 5 HEALTH



Public health care in Canada

Each province and territory offers publicly funded health-care services to its residents. Coverage varies from one province and territory to another. When you receive medical services in

Canada, usually you do not have to pay for them directly. These services are funded by the taxes people pay.







To use publicly funded health-care services, you need a health card. You need to apply for a health card from the province or territory where you live. Ask your government-funded organization or sponsors to help you apply for your health card as soon as possible.

Some health-care services are fully covered, while others are partially covered or not covered at all. Health-care services that people sometimes need to pay for directly include:



1. Prescription eyeglasses



2. Dental care



3. Prescription medications

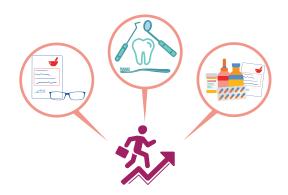


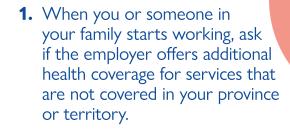
4. Ambulance services



5. Home care for individuals with specific medical needs

For more information, ask your government-funded organization or sponsors or visit your province or territory's website.



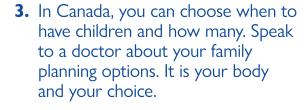






2. In some provinces or territories, prescription medications and dental care are available for some people at a lower cost or for free. Ask your government-funded organization or sponsors about it.







4. Babies naturally born with mixed sex characteristics usually do not have surgery unless medically necessary.



5. It is legal for people to have surgery to affirm their gender identity if it is different from the sex they were assigned at birth.



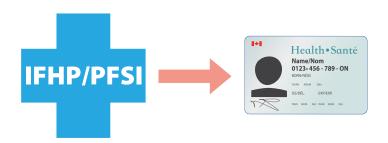
You need to show your health card every time you access publicly funded health-care services. Use your own health card and do not lend your card to anyone else.





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.

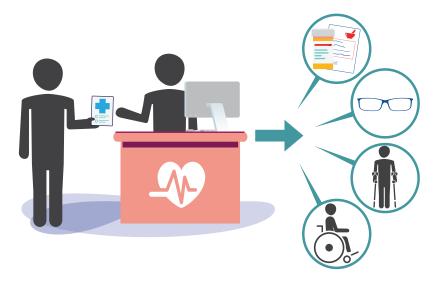


The Interim Federal Health Program (IFHP) covers essential medical services until you get your health card and can access publicly funded health-care services. It also covers additional medical services while you are receiving financial support from the Government or from your sponsors. For more information,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





3. Mental health services



2. Urgent dental care





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.



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:







5.3 Where to go for different health-care services?

Various health-care providers in Canada offer different services.

Instructions: Look at different health-care providers in Canada. Draw a line between each provider and its description.



Family doctors



Community health centres



3.

Emergency rooms



Hospitals

- a) The area of a hospital where you go if you have a serious and immediate health issue. Depending on the health issue, you can go there on your own or by ambulance by calling 911.
- b) Professionals who provide general health-care advice and treatment. They can refer you to see a specialist. Show the results of the medical tests and vaccinations you received before arriving to Canada.
- c) Larger health-care centres where you go if you have a serious health issue and require testing or surgery.
- **d)** Where people residing in a certain area can go to see family doctors and nurses.



In Canada, you decide who knows about your personal medical information. It is not shared with others, unless you say that it can be shared or you tell them directly. It is your responsibility to make decisions about your health and advocate for yourself.







Specialists



7.

Dentists



Pharmacies



e) Doctors who concentrate on specific health issues and have training in that area of medicine. Your family doctor usually refers you to see these doctors. Non-urgent referrals to these doctors may take several months.

- **f)** Who you should go to if you have a problem with your teeth. Most of these services are not covered by publicly funded health care. However, some public health-care plans cover some urgent dental surgery if done in a hospital.
- g) Where you go when you have nonlife-threatening medical concerns, when you do not have a family doctor, or when your family doctor is not available. You generally do not require an appointment to visit.
- h) Professionals who can help if you have emotional pain. Seek help from a professional if emotional pain starts to affect your daily life.
- i) Where you go to buy prescription medications and other health-care products. Health-care professionals here can also answer questions about medication and some offer vaccinations.

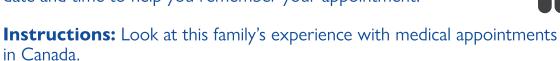
Finding a family doctor takes time in Canada. Ask your government-funded organization or sponsors as soon as you arrive. In the meantime, if you have a non-urgent health concern and need to see a doctor, you can visit a walk-in clinic or a community health centre.



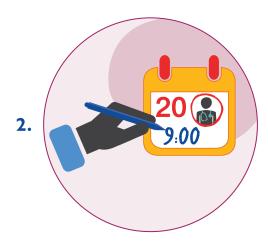
5.4 Medical appointments

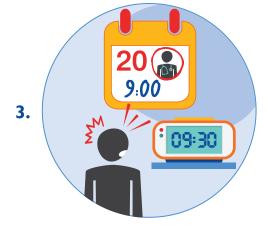
It is important to be on time for a medical appointment. If you arrive late, the doctor may refuse to see you.

If you are late for a medical service for which you must pay, you may be refused services, and you will still need to pay. Therefore, always record the date and time to help you remember your appointment.

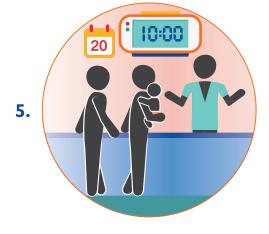














5.5 Mental health

0000



Mental health refers to how you feel, think and behave as you cope with life. It also refers to how you handle stress, anger and sadness.



1. Anyone can experience mental health issues. They affect people of all genders, ages, education, income levels and cultures.



2. In any year, 1 in 5 people in Canada will personally experience a mental health issue.



3. By age 40, about 50% of the population will have or have had a mental health issue.



4. Find out what mental health services are available by calling 211 or searching online. You can also speak to your family doctor, nurse or social worker for assistance. For

more information on how newcomers in Canada can manage their mental health, read here:





5. For children with mental health needs, call 1-800-668-6868 or read here:





5.6 Some challenges for newcomers

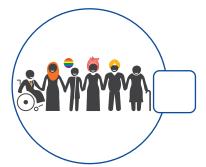
Instructions: Look at challenges some newcomers face in Canada. Put a check mark "✓" in the box of the challenges you may face in Canada.



1. Having to leave an unsafe part of the world, your home, family and friends



2. Finding a place to live



3. Making new friends



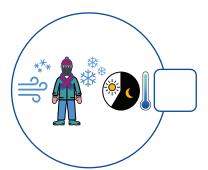
4. Getting a job



5. Supporting your family



6. Settling in a new society



7. Getting used to the weather



8. Starting at a new school





Starting life in a new country can be difficult, and it takes time to adjust. It is normal to feel many emotions while adjusting. However, if feelings affect your daily functioning, ask for help. Talking to someone about any difficulties you are having is the first step to helping yourself. Seek help if you or someone you know is often:



1. Sad or hopeless



2. Having bad dreams or flashbacks



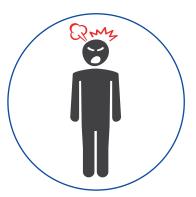
3. Not hungry



4. Sleepless



5. Tired or exhausted



6. Frustrated or angry



7. Worried or stressed



8. Lonely, isolated or withdrawn

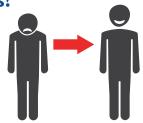


9. Having thoughts of self-harm or death

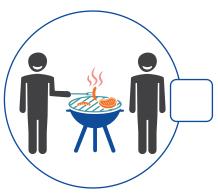


5.8 How can you help yourself and others?

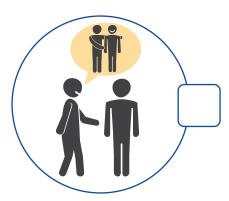
If you feel sad or worried, there are things you can do to help yourself and others. Start by doing activities that you know make you feel relaxed or happy.



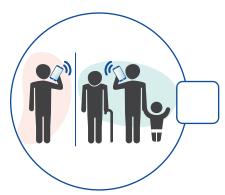
Instructions: Look at the actions. Put a check mark "✓" in the box of the actions that would be helpful to you when experiencing difficulties adjusting to life in Canada.



1. Cooking with or for others



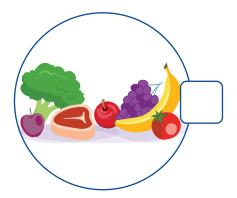
2. Helping others



3. Connecting with family and friends

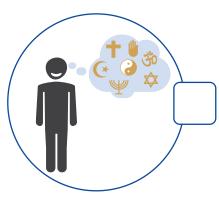


4. Spending time outdoors



5. Eating healthy. For more information, read here:





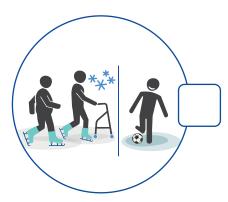
6. Praying or meditating



8. Talking to people you trust



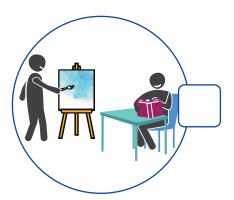
10. Practising aspects of your culture



7. Playing sports or exercising



9. Focusing on the positive aspects of life



11. Making time for yourself and doing something that you enjoy, such as reading a book or making something



Your emotional health is as important as your physical health, and the two are related. Just like when you have a problem with your body, if you are experiencing emotional pain, it is important to seek help.





Preventing health issues with hygiene

Good personal hygiene is important to protect yourself and others from illnesses and diseases.

Instructions: Look at the health issues. Draw a line between each issue and how to prevent it.



Bad breath and tooth decay



2.

Influenza, diarrhea and parasites



3.

The spread of diseases





a) Using a face mask when ill, covering your mouth when coughing or sneezing and washing your hands afterwards.



b) Not sharing clothing, brushes or towels with other people.



c) Brushing teeth 2 to 3 times daily and regularly flossing.



d) Washing hands regularly with soap for at least 20 seconds, especially after using the toilet or before preparing food.



The use of pads or tampons when menstruating and diapers for children and the elderly is important for personal hygiene. They are regularly changed at home or in designated places, such as public toilets.



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:



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:





6.2 Educ

Education options for children

Instructions: Read the different options for educating children in Canada. They may vary depending on where you live. Put a check mark "✓" in the box of the education options you plan to ask your government-funded organization or sponsors about once you are in Canada.



1. Public schools

a) This is the most common type of school in Canada. They are funded by the taxes people pay. Provinces and territories ensure that high-quality education is available at public schools. Teachers need to be certified to teach at these schools and follow a government curriculum.



b) Separate schools

This is a publicly funded school that is only available in some provinces and territories. In these schools, the Roman Catholic religion is part of the curriculum.



2. Private schools

These schools require families to pay for students to study there. Some of these schools follow rules set by the Government. Other private schools decide what their students learn and choose who teaches them. In these schools, religion may be part of the curriculum.



3. Home schooling

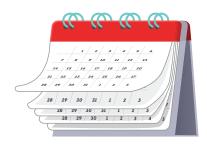
Some families choose to educate students at home. Students still need to be registered to show that they are receiving an education. Families cover the majority of the costs and decide what students learn. Regulations for home schooling vary between provinces and territories.

For more information on education, visit the website of your province or territory's Ministry of Education.



6.3 Public education in Canada

Instructions: Read about common aspects of education for children in Canada.



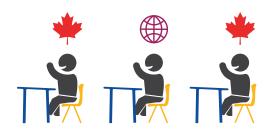
1. The school year begins at the end of August or in early September and ends in June, with breaks during the year. If you arrive in Canada and the school year has already begun, you can still enrol school-aged children in schools.



2. Students go to school from Monday to Friday, except on public and school holidays.



3. Students are at school usually for 7 to 8 hours per day. Students stay at school for that entire time.



4. Even if they cannot speak English or French, newcomer students are often placed in the grade that corresponds to their age. Extra help is available to them to learn the language.



5. Additional support is often available for students who have physical, behavioural or learning challenges. This help can be offered either at school or elsewhere. Speak with the school, your government-funded organization or sponsors and seek support as soon as you arrive.



Basic education levels in Canada



Instructions: Look at levels of education for children. In some provinces and territories, these levels may be slightly different.



Primary school: 6–10 years of age (grades 1–5)



Middle school: 11–13 years of age (grades 6–8)



Secondary school (high school):

14–18 years of age (grades 9–12)



Secondary school diploma





Students who go to school must show that they have been vaccinated against certain illnesses or apply for an exemption. It is important to keep vaccination information up to date.





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.







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.

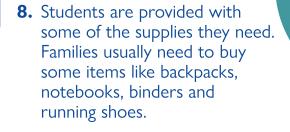


Many public schools have workers to help newcomer families and students understand how the education system works and how to adjust to studying in Canada.











9. Students learn about how their bodies grow and change. It is called sex education. Ask the school for more information.



10. Students are not allowed to use substances like alcohol or drugs at school.



11. Students learn by discussing ideas, working in groups and asking questions. Students are usually not asked to only memorize facts.



12. Students study in English, French or both.



13. Students participate in activities organized outside the classroom. Some examples are sports, clubs or trips to museums. This is how students develop their interests and make friends.



14. Students and teachers are diverse. They are of different races, religions, genders, sexual orientations and abilities.



Which of the differences you identified above will be challenging for you or a student in your family? Speak to your government-funded organization or sponsors about your concerns.



6.6 Bullying

Bullying is a form of discrimination that happens at schools. It affects young people from all backgrounds and communities. Read more about the forms of bullying below.



1. Verbal bullying is calling someone names, threatening them or gossiping about them.



4. Virtual or cyberbullying is using the Internet, social media or text messaging to intimidate, put down, spread rumours or make fun of someone.







2. Physical bullying is hitting, poking, pinching, chasing, shoving, destroying or stealing belongings or unwanted sexual touching.

3. Emotional bullying is excluding someone by not letting them join a group or humiliating them in front of others.



Bullying in schools is an unfortunate reality. Schools across Canada are working to address this serious issue. If you or someone you know is experiencing bullying, speak to a trusted adult, teacher, school administrator, your government-funded organization or sponsors.



6.7 Family and education

Family members are encouraged to support a student's learning by playing an active role in their education. This includes:



1. Helping them with their homework



2. Meeting and speaking with their teachers



3. Volunteering at their school

If there are children under the age of 12 in your family, they cannot be left alone without supervision.

Options for child care are:



1. Having a responsible family member look after them



2. Enrolling them in a licensed child care centre or nursery school



3. Finding trusted home-based child care



4. Paying a responsible person to look after them



The cost of child care is different in each province and territory. Government-funded child care is available in some provinces and territories at a low cost. For more information, ask your government-funded organization or sponsors.



6.8 Student situations

Instructions: Read the student's situations. Reflect on what you would do if you or a student in your family were in these situations.



1. A student refuses to go to school.



2. After a 15-year-old student joins a sports team at school, their grades worsen.



3. A student is misbehaving in class by interrupting the teacher and speaking with friends when they should be working quietly.



4. A 17-year-old student is invited to a mixed-gender party after school.

6.9 Adult students

Instructions: Read the common reasons why adults study in Canada. Put a check mark "✓" in the box of reasons why you would want to study in Canada as an adult.



1. To complete unfinished studies



2. To improve your English and/or French



3. To upgrade your skills by getting a certificate, diploma or degree



For adults who have not finished their secondary studies (high school), there are classes to help them get their diploma. Some of these classes also teach adults how to read and write even if they do not know how to in their own language.



6.10 Adult language classes



Instructions: Read about government-funded language classes for adult permanent residents in Canada.



1. Language classes are available for learning English and/or French.



2. To begin language classes, you must first get a free language assessment. Once in Canada, ask your government-funded organization or sponsors about when and where

when and where you can do the assessment. To get an idea of your level, do a self-assessment test here:





3. Classes may be full-time, part-time, during the day, evening or on weekends.



4. Classes teach more than just language. You will learn about life in Canada.



5. Ask if child care, tickets for public transportation or other supports are available where you take language classes.



6.11 Why do permanent residents take language classes?

Instructions: Read the reasons why permanent residents take language classes. Put a check mark "\sqrt{"}" in the box of reasons why you would want to study English and/or French in Canada as an adult.



1. Find a job



2. Access services more easily









3. Move around your new community using public transportation



4. Help children with their education



5. Connect with other people in your new community



6. Pass the language requirements for citizenship



7. Continue your education

6.12 Education options for adults

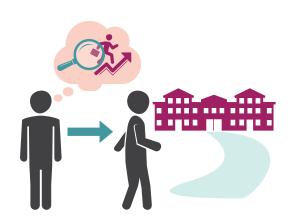




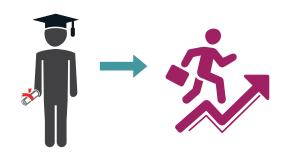
1. After secondary education is completed, adult students can choose to study in colleges, institutes or universities.



2. Admission is competitive, and spaces are limited. Make sure you meet all the requirements and apply on time.



3. Research the local labour market before choosing what you will study. For more information about different programs of study offered at Canadian colleges, institutes and universities,



4. Having a diploma or degree in Canada does not guarantee you a job. However, some jobs require a diploma or degree just to apply.

read here:



6.13 Cost of post-secondary education

Tuition fees for post-secondary studies vary depending on the institution and program.

A useful tool to calculate the cost of post-secondary education is available by calling 1-888-815-4514 or here:







Financial support for post-secondary education is based on need. Financial support can come in the form of:



1. Student loans from the Government that you must repay.



2. Grants and scholarships that you do not have to repay.



3. Private student loans from banks that you must repay. The terms are not as good as government loans.

For more information on financial support for post-secondary education, read here:

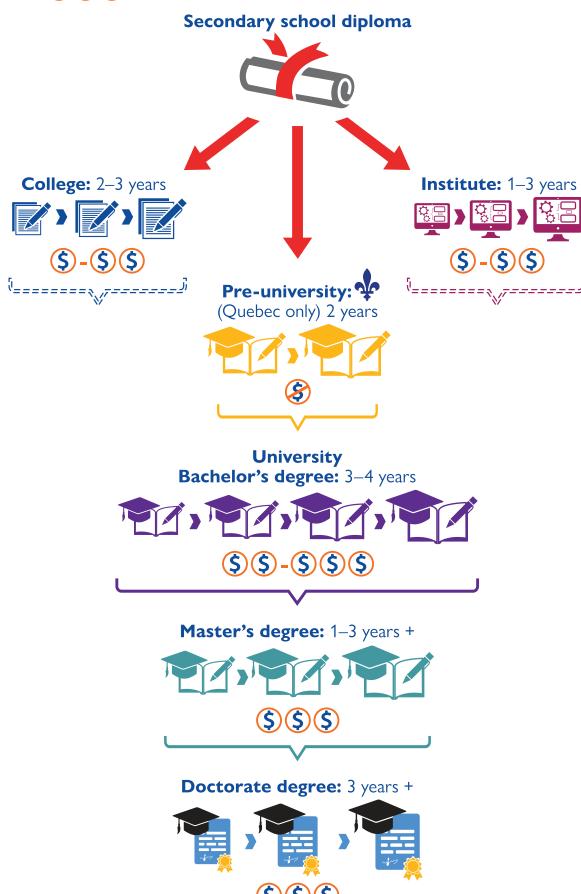




6.14 Levels of post-secondary education



Instructions: Look at levels of post-secondary education for adults. In some provinces and territories, these levels may be slightly different. "§" is for no cost; "§" is for low cost; "§§" is for medium cost; and "§§§" is for high cost.





6.15 Credential evaluation process

Your studies at a college, institute or university outside Canada may not automatically be recognized in Canada. To continue your studies or work in a certain occupation in Canada, your previous studies need to be assessed. For more information on credentials, call 1-416-962-9725 or read here:





Instructions: Read the steps for credential evaluation. Put a check mark "✓" in the box of the steps you can start before you arrive in Canada.







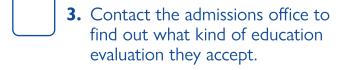
- **1.** Collect as many documents as possible including:
 - a) Diplomas, degrees and certificates
 - **b)** School transcripts
 - c) Proof of work history
 - d) Employer/supervisor references





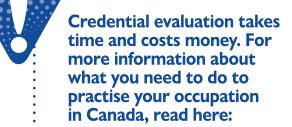
2. Search for places to study and find a program that interests you. Learn about its application and admission requirements.







4. Check if you need to do an English or French language assessment.







Unit 7 EMPLOYMENT





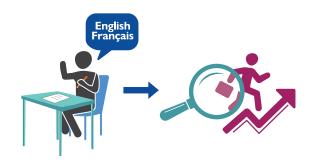
Unit 7 EMPLOYMENT



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







How do you feel about working in Canada?



Instructions: Read the statements about attitudes about working in Canada. Put a check mark "\sqrt{"}" in the "\sqrt{"}" box if you agree. Put a check mark "\sqrt{"}" in the "\sqrt{"}" 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.









7.3 Who works in Canada?

Instructions: Look at the people. Put a check mark "✓" in the box of the people you think have the right to work in Canada.







2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



There are laws that prevent employers from treating employees unfairly based on gender, age, race, social class, marital/family status, language, religion, nationality, immigration status, sexual orientation and ability or disability.





Instructions: Read how this family's attitude about employment in Canada changed.

Meet	

When he arrived in Canada, he was 60 years old and his child was 16 years old. He has never worked in a foreign country before and does not speak English nor French. At 60 years old, people in his country would typically start to enjoy retirement. However, in Canada, the situation is different.



Why should he work in Canada?

1. He is in good health and wants to contribute to his new community.



2. The money that he receives from the Canada Child Benefit will end when his child turns 18.



3. He is not eligible to receive a pension and must wait many years to become eligible for Old Age Security.



4. His 16-year-old child plans to go to university. He wants to help her with the cost of education.



5. He has no savings.



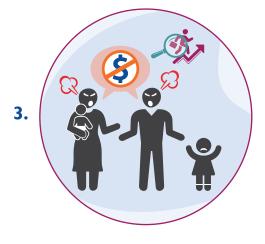
How is this family's situation and yours similar?

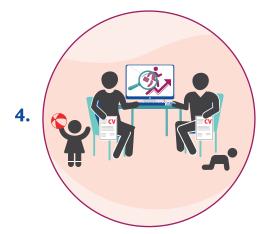


Instructions: Look at how this family's attitude about employment in Canada changed.

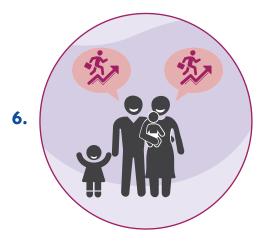
















Types of jobs in Canada

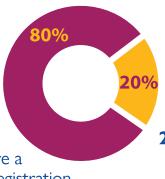


80% **20**%

1. Non-regulated jobs

These jobs do not require a licence, certification or registration. Though requirements for employment vary, you may still be required to demonstrate a certain level of skills or education. About 80% of jobs in Canada are non-regulated.







2. Regulated jobs

These jobs require a licence from a regulatory body in your province or territory. A regulatory body is a public or government organization that makes rules about practising a job. About 20% of all jobs in Canada are regulated.



1. Health care



2. Financial services



3. Law and legal services



4. Teaching



5. Engineering and architecture



6. Accounting



7. Real estate



8. Social work



9. Trade occupations (electrician, plumber, mechanic)

You may have to pass exams and pay fees to the regulatory body to get a licence.





7.6 Your first job in Canada

In Canada, many people's first jobs are non-regulated jobs. A first job is not necessarily the job a person will have forever. The most important thing is to start somewhere.

Instructions: Look at first jobs that people in Canada of all ages do. Put a check mark "✓" in the box of the first jobs you would apply for to support yourself and your family.



1. Delivery person



2. Cashier



3. Security guard (does not carry a weapon)



4. Construction worker

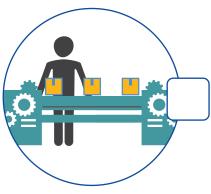


5. Landscaper



6. Hairstylists and barbers





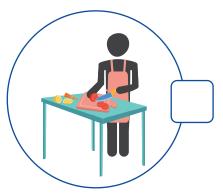
7. Assembly line worker



8. Sewer (tailor, seamstress)



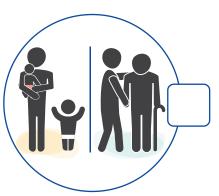
9. Cleaner



10. Food service worker



11. Stock clerk



12. Caregiver



7.7 Challenges in finding a job in Canada

Instructions: Read the challenges newcomers face in finding a job in Canada. On the next page, read the newcomer situations. Match the challenges to each newcomer situation by writing the letter in the box. Each situation has more than one correct answer.



a) Low language skills in English or French



b) No experience working in Canada



c) Unfamiliarity with workplace culture in Canada







d) Work experience outside of Canada is not recognized

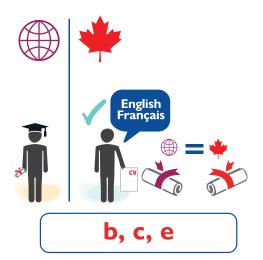


e) No large network of people in Canada who can connect them with a job



f) Studies and credentials obtained outside Canada are not recognized in Canada

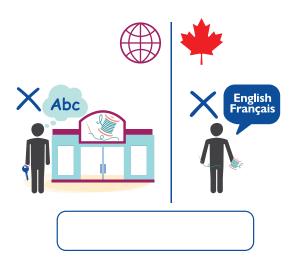
What other challenges do you think newcomers might face when searching for a job in Canada?



1. A newcomer who speaks English and French and whose studies have been recognized in Canada. They have never worked in the field of work they studied.



2. A newcomer with advanced education that is not recognized in Canada. They have worked in their field outside of Canada. They need to pass exams to be able to practise their job in Canada. They do not know the technical words related to their job in English or French.



3. A newcomer who cannot read or write. The work they do is with their hands. They have many years of experience working and owned their own business before arriving in Canada.



4. A newcomer who has not completed high school and who speaks some French. They have worked for many years in their country. Most of the jobs they got were through people they knew.



Though it may be difficult to find a job similar to the one you did before, keep a positive attitude and an open mind.





7.8 How to search for a job in Canada?

Instructions: Read about how to search for a job in Canada. Put a check mark "✓" in the box of the ways you plan to search for a job in Canada.







2. Networking with friends, relatives, community members and sponsors



3. Visiting a government-funded organization



4. Meeting employers in person



5. Attending job fairs

Job search websites include: www.jobbank.gc.ca/home and www.workopolis.com









There are many ways to find jobs in Canada. Though most job postings are online, some are not publicly advertised.





Options to start your career in Canada



Instructions: Read options of how to start a career in Canada. Put a check mark "\sqrt{"}" in the box of the options you plan on doing.



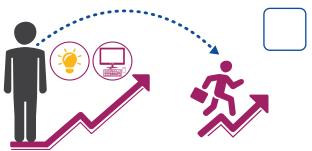


Applying to have your foreign experience and education recognized in Canada.



2. Transitional jobs

Working at any job to gain Canadian experience and income, and practise language while waiting to be licensed in a certain field of work.



3. Bridging programs

Training that helps you gain Canadian experience in your field of work, learn workplace English or French and understand workplace culture.



4. Internships

Working at a short-term, entry-level job in your field of work, but have little Canadian experience in. One example is the Federal Internship for Newcomers program. For more information, read here:







5. Canadian education

Studying at a Canadian institution to become qualified to work in your desired job.



6. Volunteerism

Gaining some temporary, non-paid Canadian work experience while building your network. For more information, read here:





7. Mentorship programs

A way of matching you with a mentor in your desired field of work. This person shares tips and facilitates connections to your field of work.



8. Starting your own business

Starting your career in Canada by developing your own business or being self-employed. For more information, read here:



7.10

The importance of credential evaluation

Credential evaluation is a process that compares your past experience to the employment standards established in Canada. It is a way of evaluating your skills, knowledge, work experience and education from another country.







Credential evaluation helps Canadian employers understand your qualifications. A credential evaluation agency can assess your educational credentials for a fee.

credentials for a fee. For more information on credentials in Canada, read here:





The result of a credential evaluation is useful to include in your résumé.



There are programs that help cover the costs for the evaluation of your foreign credentials. For more information, read here:



For more information on the credential evaluation, read here:





The same job can have different titles and requirements depending on the province or territory. Carefully read the job description to ensure that your qualifications match the requirements of the job.

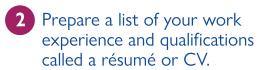




7.11 The job application and hiring process

Instructions: Look at the steps in the job application and hiring process. These steps may be slightly different depending on the job.









- 4 Send your documents.
 Tailor your CV and cover letter for each job.
- Write a letter stating why you are the best person for the job (cover letter).





- The employer decides whether to invite you to an interview.
- 6 At a job interview, prove that you are the right person for the job.





8 After some time and several attempts, you receive a job offer. Congratulations!

7 Most people need to apply for many jobs before being invited to an interview. Keep trying!





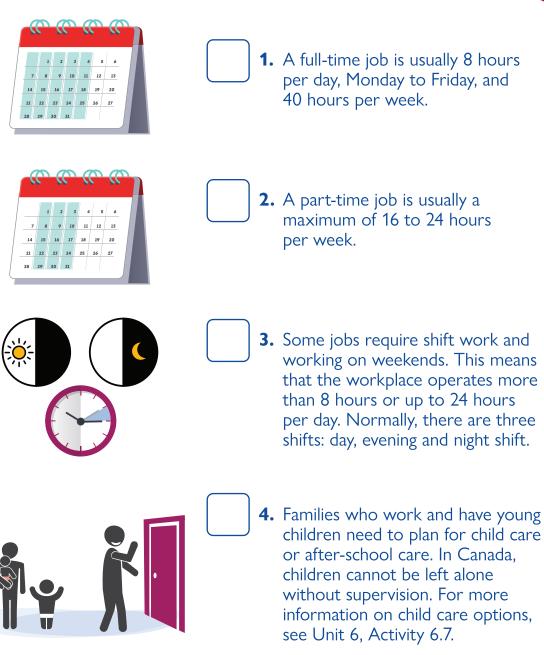
Check the language requirements in the job description. Most jobs require you to speak English, while French is more commonly required in Quebec. Knowing both English and French is an asset to find a job in many fields of work.







Instructions: Read about work norms in Canada. Put a check mark "✓" in the box of the norms that are different from the countries where you have lived.





Every workplace has its own culture and work expectations. Adapting to the culture of a new workplace and meeting workplace expectations is important in keeping a job and advancing in a career.



5. It is common for women to

supervise male workers in Canada.



1. In Canada, employers are legally required to pay a minimum salary. The minimum salary is different in each province and territory. For more information about the minimum salary and the

salary scales for different jobs in your community,

read here:



2. You need to have a Social Insurance Number (SIN) to be able to work in Canada. Provide the information of your SIN only when it is legally required.



3. Normally, you will not receive your salary in cash, but by direct deposit (directly transferred in your bank account) or by cheque.



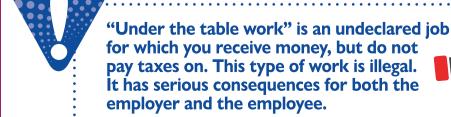
4. For each pay period, you will receive a pay statement. Your net pay is lower than your total salary. Deductions are taken from your total salary to cover income tax, pension benefits, as well as employment insurance and health insurance.



5. In Canada, all workers contribute from their salary to a public pension fund called the Canada Pension Plan. At the age of 65 or older, people who have lived in Canada for a certain amount of time receive a modest allowance from the Government called Old Age Security.



6. You are responsible for submitting your income tax report using your T4 (a statement of your earnings and deductions) from your workplace by 30 April each year.





Unit 8 BUDGETING





Unit 8

BUDGETING



81 Money in Canada

Canada's official currency is the Canadian dollar (CAD). There are 100 cents $(\not c)$ in a dollar. The Bank of Canada issues two types of money:



1. Printed bank notes have one size but different colours based on value.



2. Coins have different sizes, shapes and colours. They have a Canadian symbol on the back.



The cost of living in Canada varies from one province and territory to another. The cost of living varies between big cities and rural areas. It might also depend on the neighbourhood in which you live.

Once you are living in your permanent housing, every month, you will need to pay for your basic living costs and other essential expenses.

Keeping a budget will help you know how much money you have and can spend. Your government-funded organization or sponsors can help you learn how to make and follow a monthly budget.

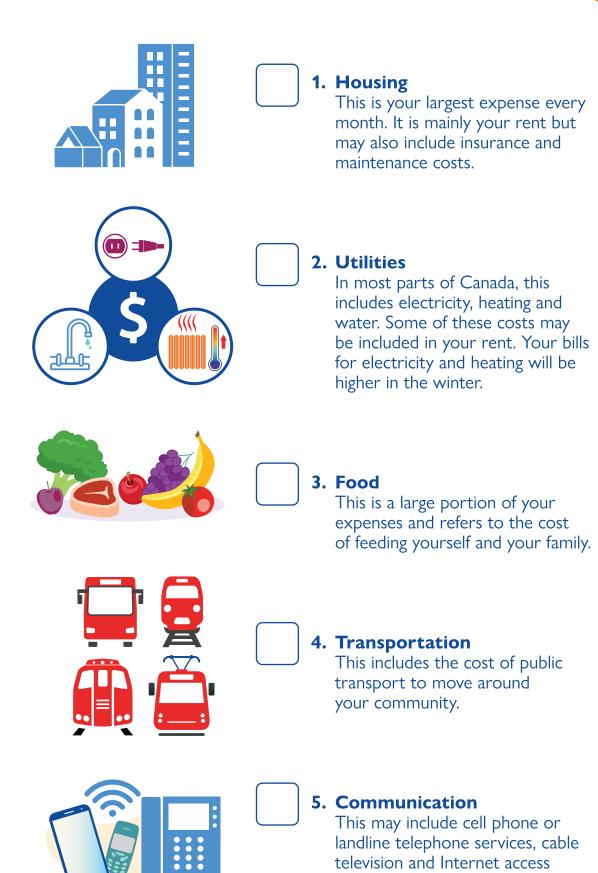




What are the basic living costs in Canada?



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



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.





The amount you receive in financial support will depend on many factors including family size, ages of family members, where you live and your family's needs.

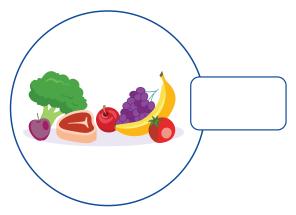




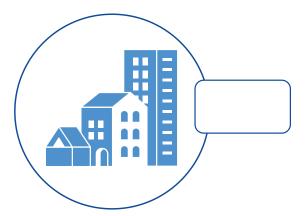
Instructions: Look at the basic expenses that your financial support helps you pay. Write "\$\$\$\$" for the greatest expense, "\$\$\$" for the second highest expense, "\$\$" for the second lowest and "\$" for the lowest expense.



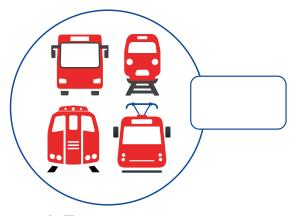
1. Communication



2. Food



3. Housing and utilities



4. Transportation



Based on individual circumstances, you may receive additional allowances. These may include allowances for families with a newborn, people over the age of 65, people with specific dietary needs or to help pay for housing. Ask your government-funded organization or sponsors if you are eligible for any of these additional allowances.

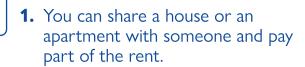




8.4 How can you save some money?

Instructions: Read the tips on how you can save money in Canada. Put a check mark "✓" in the box of the ones that you think are useful to you.







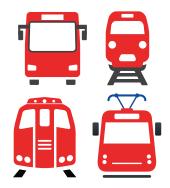
2. You can buy fresh food and prepare meals at home instead of eating in restaurants.



3. You can look for stores and products with the lowest prices and checking store flyers for good deals.

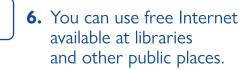


4. You can choose to have either a cell phone or a landline telephone instead of both. Long-distance calls can be very expensive, and you should carefully check rates before calling internationally. You can also use the Internet to make low-cost long-distance calls or buy calling cards.



5. You can use public transportation instead of buying a car.









7. You can compare the terms and conditions before choosing a contract or a payment plan for a cell phone, cable television, Internet, furniture or a car. Search for discounts available.



8. You can look for housing with utilities included in the cost of the rent. This is a fixed cost that could help you with budgeting. Otherwise, the cost of utilities will vary based on personal use.



9. You can ask your government-funded organization or sponsors if low-cost child care is available in your community or share responsibilities with other parents.



8.5 Expectations related to financial support

The amount of financial support you will receive is limited. It is only enough to cover your basic needs. Having realistic expectations regarding what you will be able to do with the money you receive will help you adjust to life in Canada.



Instructions: Look at the situations. Draw a line between each situation and its realistic expectation.



You are receiving financial support either from the Government and/or your sponsors.



2.

The distances between your home and places you want to go in your community are far.



You are single, do not have children, and are receiving limited financial support.



You want to speak to your family in another country.



a) You share housing with someone and pay part of the rent.

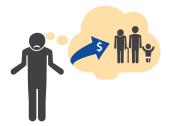




b) You connect with family by making Internet-based calls or buying calling cards.

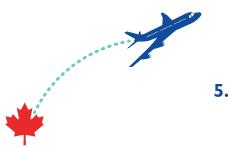


 Public transportation is the least expensive option for travelling. You can save money by buying a monthly pass.



d) You probably do not have enough money to send to family members back home.

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



You want to travel outside Canada.



Your expenses are more than the money you receive each month.



Your long-term goals are to complete your post-secondary education, to buy a home or a car.



Housing is expensive in your community.



e) If you use all the money before the end of the month, you will not receive more. Speak to your government-funded organization or sponsors about how to manage your expenses.



f) Travel is expensive, and the amount of financial support you receive is not enough to pay for this. You should plan in advance and save.



g) Most of your financial support will be used to pay your rent. Families especially may need to use other benefits to cover the costs of other basic needs.



h) You will likely need to save and/or get a loan. The monthly financial support you will receive is not enough to pay for these things.

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



8.6 Shopping in Canada

It will take some time until you figure out where the best places to shop are.



Instructions: Look at different places to shop in Canada. Draw a line between each place and the description of what you can buy there.



Supermarkets



a) Large stores that sell clothing, shoes, furniture, appliances, housewares and other non-food items.



b) These are the most common types of food shops. Many sell cleaning products, cosmetics, magazines and common non-prescription medications.



Drugstores



3.

2.

Department stores



c) These stores sell products to repair or maintain a home, such as tools, appliances and sometimes furniture.



d) These stores usually have a pharmacy where prescription medications can be purchased. Many also sell non-prescription medications, diapers, women's hygiene products, cosmetics, magazines and food.



Home improvement stores



e) These stores are often owned by people from various cultural backgrounds who import goods from outside Canada. You may find food products from your country in these stores.



f) Buying items using the Internet. Vendors include virtual stores and private secondhand sales. It is common for people in Canada to shop online.



g) These are informal, outdoor events where people sell used items from their homes, usually at very low prices. The date and location are usually advertised on signs in the neighbourhood.



h) These stores sell used items, such as clothing and other household items at reduced prices. It is common for people in Canada to buy used items.



Second-hand stores

Ethnic food stores



Garage sales



Online sales



Your government-funded organization or sponsors can show you where to buy food and provide tips on how to find good prices. They can also tell you where to look for sales, how to use discount coupons, do comparison shopping and about private sales.



8.7 What do you need versus what do you want?

Instructions: Look at the items and decide whether each one is something you need or something you want. Put a circle "○" in the box of the needs and a triangle "△" in the box of the wants.



1. A car



2. Healthy food



3. A big house



4. Clothing



5. The latest smartphone









7. A fitness club membership



8. A place to live



9. Eating at a restaurant



10. Expensive branded shoes



It is important to identify what your needs versus your wants are. Some items you want may be expensive, and you may have to wait to buy them.





8.8 Banking in Canada

Shortly after you arrive in Canada, your government-funded organization or sponsors will help you fill out an application to open a Canadian bank account.



A bank account enables you to:



1. Use automated banking machines



2. Receive money through direct deposits



3. Issue a debit or a credit card for purchases in stores and on the Internet



4. Pay bills using the online banking system



5. Write cheques

There are different types of bank accounts. The most common are:



1. Chequing accounts

These are for paying expenses. You can order cheques to pay rent and other bills. You can also withdraw the money from your account using your debit card and transfer money online.



2. Savings accounts

These are for saving money for future expenses or goals. Banks may pay you interest on the amount of money you keep in these accounts.



Be careful not to write cheques for more money than you currently have in your chequing account. There are legal consequences for that. For more information on the different kinds of bank accounts, read here:





8.9 Credit cards

Many people in Canada use credit cards for most of their purchases, from daily shopping in stores to buying things on the Internet.







 When you use a credit card, you are borrowing money. The bank or company that issues the credit card charges interest on the amount you owe. For more information, read here:





2. Use credit cards carefully. It is easy to go into debt when using credit cards. Before you purchase anything on credit, make sure you have enough money in your account or that you will be able to make the monthly payments on time in addition to your regular expenses.



If you miss a credit card payment, the bank or lending company will charge you a penalty fee.





Your credit history



1. When you use credit, how well you repay is recorded in your credit history. In the future, when you apply for a loan, banks will base their decision on your credit history. To have a good credit history, make your payments in full and on time every month.



2. You need to pay your rent and utility bills on time every month. If you fall behind on your payments, this will be recorded in your credit history and you could be evicted.



Your first chance to build a good credit history in Canada is by making monthly payments on your immigration loan.





Taxes in Canada

Canada Revenue Agency is the main body responsible for tax laws in Canada. Taxes are collected by federal, provincial and municipal governments.

For more information on Canada Revenue Agency and to create an online account, read here:



Instructions: Look at different types of taxes people pay in Canada. Draw a line between each type of tax and its description.



Goods and services (or sales) tax



Property tax



Income tax





a) You pay this tax if you own a house, an apartment or land. When renting, it is the landlord who pays these taxes on the property.



b) These taxes are taken by the Government on income you receive from a job or as benefits. They are usually deducted before you receive your payments.



c) This is the money you pay in addition to the cost of the items you buy or services you receive. There is no tax on basic food in Canada. For items such as cigarettes and alcohol, there is an added tax.







In Canada, everyone pays taxes. Taxes in Canada pay for:



1. Basic education



2. Health care



3. Maintenance of roads and highways



4 Emergency services

4. Emergency services like firefighters and police



5. Community services



6. Public parks



7. Public transportation and parking



8. Snow removal on roads, highways and sidewalks



8.12 Reporting your income for tax purposes

Once you are in Canada and have obtained a Social Insurance Number (SIN), you must submit your income tax report, including any financial support you have received. This is done during the period of February to April each year. Even if you lived in Canada for only part of the year, or you had no income in the year, you still need to submit a report. If you have a spouse or a common-law partner, they also have to submit a separate report every year.



Failing to submit your income tax report could result in losing some benefits such as the Canada Child Tax Benefit.

For more information on submitting your income tax report, ask your government-funded organization or sponsors and read here:



8.13 Additional financial benefits

As soon as you get your SIN, apply for benefits you may be entitled to. Submitting your income tax report on time will help you receive your benefits.







You might be eligible for benefits, including the Canada Child Tax Benefit, goods and services tax refunds, and other provincial and territorial benefits. Ask your government-funded organization or sponsors for benefits you might be eligible for.



Your government-funded organization or sponsors can help you fill the relevant forms and attach needed documents.

For more information about the benefits available to you, read here:



Unit 9 TRANSPORTATION





Unit 9 TRANSPORTATION



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.

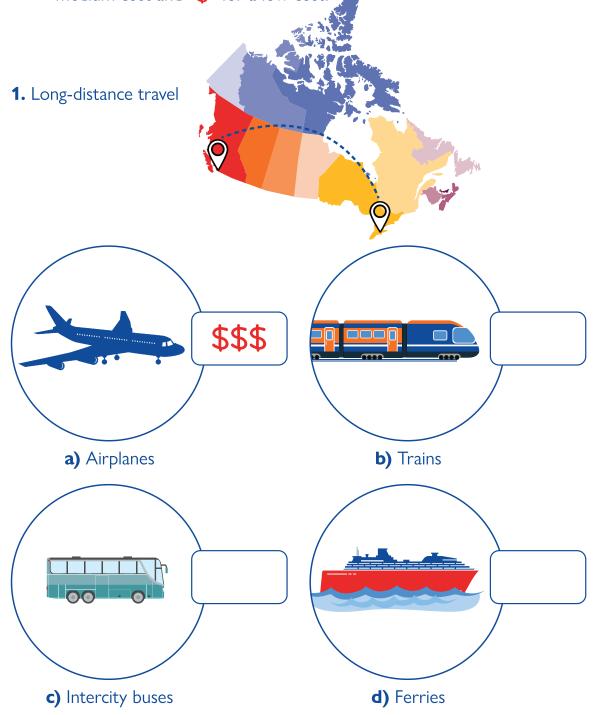






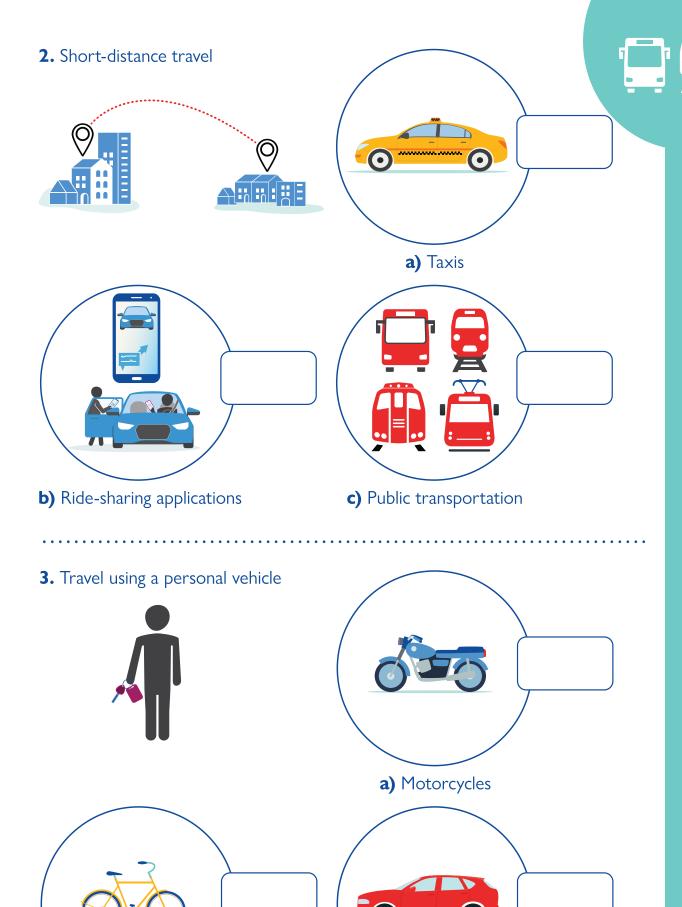
9.2 Cost of transportation

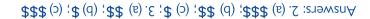
Instructions: Look at the modes of transportation in Canada. Put "\$\$\$" in the box of the modes that have a high cost, "\$\$" for a medium cost and "\$" for a low cost.



You can get more information on public transportation, maps and tickets by calling or visiting your local bus and train stations, information kiosks or by researching online.







c) Cars

b) Bicycles



9.3 Using public transportation in Canada

Instructions: Read the statements about using public transportation in Canada. Put a check mark "✓" in the box of the statements that are new to you.









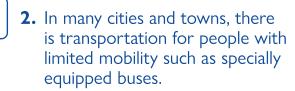






1. To use public transportation, you must pay when entering the vehicle or purchase a ticket or a pass.







3. For students and people over 65, many cities offer discounted public transportation.

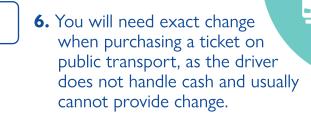


4. On a bus or streetcar, press a button to notify the driver when you are getting off. If you need help reaching a specific location, ask the driver and sit near the front.



5. It is expected that you offer your seat to someone older than you, a person with a disability, a pregnant woman or an adult with small children.







7. When getting on public transportation, let passengers exit before you get on.



8. Keep your proof of payment throughout your journey.





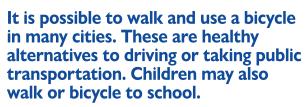
9. There are emergency indicators on public transportation that you can activate if needed.



10. You and other passengers should form a line when waiting for public transportation.



11. School bus services are generally available for children who live a set distance from the school they attend. Others may take public transportation to school.







9.4 Driving in Canada

The process for getting a driver's licence for the first time in Canada depends on the province or territory where you live. In most provinces and territories, people of all genders must be at least 16 years old to begin learning.

Instructions: Read the steps for getting a driver's licence in Canada. Put a number from **1** to **6** in each box to order the steps from first to last.

	a) Get a learner's permit.
	1 b) Fill out an application.
	c) Get a full driver's licence.
	d) Pass a written driving test.
	e) Pass a road driving test.
STOP	f) Take a driving course to prepare for your road driving test and to get your full licence more quickly.

If you currently have a valid driver's licence from another country, you may be able to trade it for a local driver's licence or use it to drive in Canada for a short period after arriving. Ask your government-funded organization or sponsors about the regulations in your province or territory.



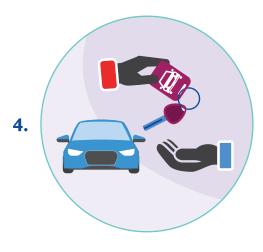


Instructions: Look at this person's experience buying a car in Canada.















What could this person have done differently?



9.6 Laws related to driving

Driving laws are strictly applied in Canada. Penalties for breaking these laws are costly and include fines, higher insurance costs and suspension or loss of a driver's licence.



Instructions: Look at driving laws in Canada. Put a check mark "✓" in the box of the laws that are new to you.

2=	1.	Drivers in Canada need a driver's licence and proof of car insurance. It is illegal to drive without these, and drivers must have them whenever they are driving.
X	2.	Drivers are not allowed to drive under the influence of a substance (drugs, alcohol, medications).
STOP	3.	All drivers must stop at a distance from school buses when their red lights flash and the bus arm is extended.
	4.	Vehicles drive on the right. Drivers must give way to emergency vehicles that have their lights flashing and sirens sounding.
	5.	All people must use a seatbelt whether they are the driver or a passenger in any car.
	6.	Snow and ice are major driving hazards in most parts of Canada. In some provinces and territories, it is mandatory to use winter tires.
	7.	Small children must be seated in the back and in a specialized car seat for their safety. The choice of the seat depends on the age and weight of the child. For more information on child seats, read here:

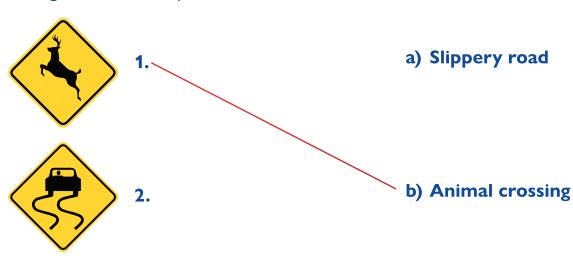


Common road signs in Canada



These road signs can be seen across Canada, although they may look slightly different in some places.

Instructions: Look at the road signs. Draw a line between each sign and its description.





3.

c) School crossing



4.

d) Walk



5.

e) Bicycles only



When you cross a street, pay attention to the traffic signals around you.



Red means "stop".



Yellow means "slow down"



Green means "go".





6.

f) No right turns



7.

g) Pedestrian crossing



8.

h) Stop



9.

i) Buses only



10.

j) Do not walk



11.

k) Speed limit in kilometres per hour



12.

I) Yield (give way)



If you have an accident with another vehicle or hit a pedestrian, it is a serious crime to leave the scene of the accident. Use the emergency number 911 to call the police and an ambulance.

Good luck in Canada!



Notes









