

CANADIAN ORIENTATION ABROAD

Economic Mobility Pathways Pilot Participant Workbook

A PRE-DEPARTURE GUIDE FOR NEWCOMERS TO CANADA



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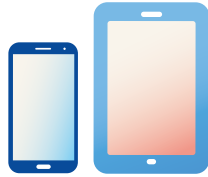
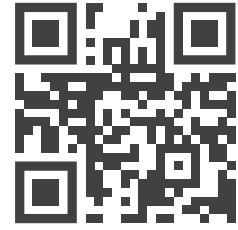
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Process maps

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.



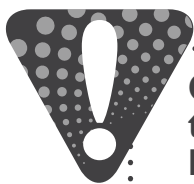
4. Point your device's camera at the QR code, ensuring that it is centered on the screen.



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. You can access electronic copies of this workbook in other languages here:



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. Financial support



11. Government-funded organizations



12. Rights in Canada



13. Laws in Canada



14. Privacy, safety or security



15. Allowed or legal



16. Not allowed or illegal



17. Unwanted or against



18. Time passing



19. Time-specific



20. Information



21. Search



22. Education degrees or credentials



23. Résumé (curriculum vitae)



24. Marriage



25. A person (no specific gender)



26. Windmill
Microlending loan



27. Private medical insurance



28. Atlantic region of Canada



29. Loans



30. Flags of provinces and territories



Newfoundland and Labrador



Prince Edward Island



Nova Scotia



New Brunswick



Quebec



Ontario



Manitoba



Saskatchewan



Alberta



British Columbia



Nunavut



Northwest Territories



Yukon

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.

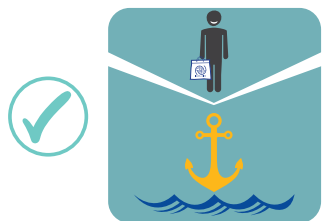


Important information to remember appears in a box like this.

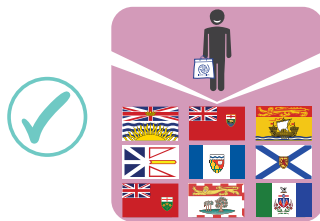
Who is this workbook for?

This workbook contains information for individuals and their family members immigrating to Canada under the Economic Mobility Pathways Pilot (EMPP), including:

1. Regional pathways



a) **Atlantic Immigration Program (AIP)**

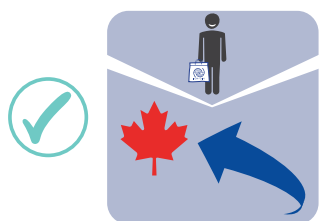


b) **Provincial Nominee Program (PNP)**



c) **Rural and Northern Immigration Program (RNIP)**

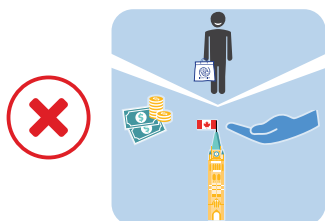
2. Federal pathways



- a) **With a job offer**
- b) **Without a job offer**

For more information on these programs, see Unit 3, Activity 3.1.

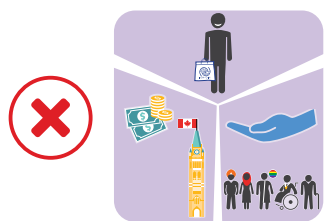
The information in this workbook does **not apply** to refugees coming to Canada under resettlement programs including:



1. **Government-Assisted Refugee (GAR) Program**



2. **Private Sponsorship of Refugees (PSR) Program**



3. **Joint Assistance Sponsorship (JAS) Program**



4. **Blended Visa Office Referred (BVOR) Program**

For refugees resettling to Canada through one of the 4 above programs, please refer to the Canadian Orientation Abroad Participant Workbook for newcomers to Canada available here:



CONSENT FORM FOR IOM TO SHARE YOUR INFORMATION WITH IN-CANADA SERVICE PROVIDERS

Who are we? The International Organization for Migration (IOM) is part of the United Nations system and is the leading intergovernmental organization in the field of migration. It provides support and humanitarian assistance to migrants across the world, including refugees and internally displaced people, and is guided by the principle that humane and orderly migration benefits migrants and society. IOM processes your personal data in accordance with its Data Protection Principles, available on the official website of IOM: www.iom.int/data-protection.

What data do we collect from you and why? By signing this form, you authorize IOM and any authorized person or entity acting on behalf of IOM to process, including collect, use, share, retain or otherwise process your personal data (i.e. information that can identify you), as follows:

TYPES OF PERSONAL DATA	SPECIFIED PURPOSE
<p>The data that will be collected includes your:</p> <ul style="list-style-type: none"> - Application number - Unique client identifier (UCI) - Full name - Gender - Date of birth - Your relationship to the principal applicant (if any) - Nationality - Your first language - The programme you are using to immigrate to Canada - Destination (city and province in Canada) - Date of departure - Phone number - Email address - Consent to be contacted by IRCC for consultation or research - Consent to be contacted by other IRCC-funded organizations to receive services that will help you settle in Canada - Preference of official language in Canada 	<p>Your data is being collected so IOM can:</p> <ol style="list-style-type: none"> 1. Report in IRCC's Immigration Contribution Agreement Reporting Environment (iCARE) that you received information and orientation about Canada from IOM 2. Share your data with IRCC-funded partners who provide services to Economic Mobility Pathways Pilot immigrants. These organizations will contact you and offer you services including employment counselling, needs and assets assessments and referrals, mentoring, legal advice, assistance in searching for housing, enrolling children in school, and engaging with your community

IOM may use or otherwise process your personal data for internal administration purposes, which include compliance with any obligations and internal procedures IOM may have, audits or investigations. Your aggregate data may be used to report, monitor and evaluate IOM's projects and programmes and for research purposes.

Who may have access to your data? Within IOM, your personal data will be accessed by IOM personnel who need to carry out tasks relating to the purpose(s) mentioned above on a need-to-know basis. Externally, your personal data may also be shared with persons or entities that provide assistance, services and/or advice to IOM in accounting, audit, administrative, information technology, legal, financial and other matters relating to the purposes mentioned above. Additionally, you agree that your personal data may also be transferred to third parties as follows:

TYPES OF PERSONAL DATA	NAME OF THIRD PARTY	SPECIFIED PURPOSE OF TRANSFER
<p>The data that will be collected includes your:</p> <ul style="list-style-type: none"> - Application number - Unique client identifier (UCI) - Full name - Gender - Date of birth - Your relationship to the principal applicant (if any) - Nationality - Your first language - The programme you are using to immigrate to Canada - Destination (city and province in Canada) - Date of departure - Phone number - Email address - Consent to be contacted by IRCC for consultation or research - Consent to be contacted by other IRCC-funded organizations to receive services that will help you settle in Canada - Preference of official language in Canada 	<p>La Cité Connexions Francophones</p>  <p>Email: info@connexionsfrancophones.ca Telephone: +1(800) 267-2483</p> <p>YMCA of Greater Toronto Next Stop Canada</p>  <p>Email: PreArrivalServices@ymcagta.org Telephone: +1 (416) 928-3362</p>	<p>Connexions Francophones and/or YMCA of Greater Toronto provide services to Economic Mobility Pathways Pilot immigrants. These organizations will contact you and offer you services including employment counselling, needs and assets assessments and referrals, mentoring, legal advice, assistance in searching for housing, enrolling children in school, and engaging with your community.</p>

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Can I make requests or submit a complaint concerning my personal data? Yes. You can request IOM to (a) have information about the processing of your personal data by IOM, (b) access your personal data, (c) correct your personal data, (d) delete your personal data, (e) object to the further processing of your personal data and/or withdraw your consent. IOM will need to verify your identity to be able to assess your request and it may not always be able to comply, for example, due to safety and security considerations. IOM will assess this on a case-by-case basis and if a restriction is found to be applicable, you will be informed of our reasoning of this. You can also submit complaints concerning the processing of your personal data by IOM.

How do I contact IOM? You may exercise any of the above rights, submit complaints or obtain further information by contacting IOM Ottawa at iomottawa@iom.int or by telephone: +1 (613) 237-0651.

DATA SUBJECT’S DECLARATION OF INFORMED CONSENT:

I hereby:

1. Understand and agree that IOM processes my personal data in accordance with IOM’s Data Protection Principles.
2. Understand and agree that all the above is applicable to the personal data of any person for whom I have the right to provide their personal data to IOM.
3. Declare that the information I have provided is, to the best of my knowledge, accurate, true and correct. I understand that if I provide false information in this form, IOM may be unable to provide me with assistance.
4. Declare that I have been informed and fully understood the contents of this form. I hereby state that I agree to all the above and that I sign the form of my own free will.

Signed at _____ on _____

Data subject’s first and last name: _____

Data subject’s mark/signature/wet-ink thumbprint: _____

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Signed at _____ on _____

Data subject's first and last name: _____

Data subject's mark/signature/wet-ink thumbprint: _____

Unit 1

OVERVIEW

OF CANADA





Unit 1 OVERVIEW OF CANADA



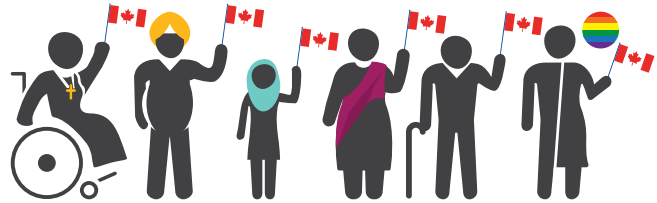
1.1 Did you know this about Canada?

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.



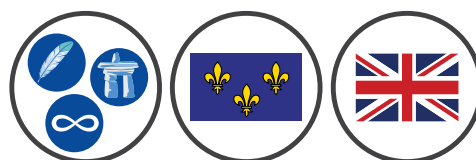
Canada is a democratic country with an elected House of Commons and an appointed Senate.

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.

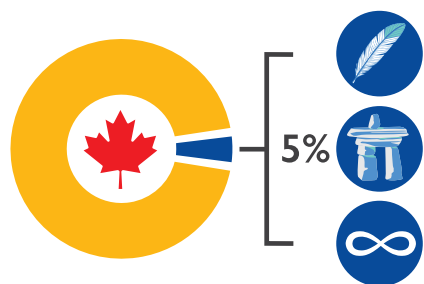


1.2 Founding peoples of Canada

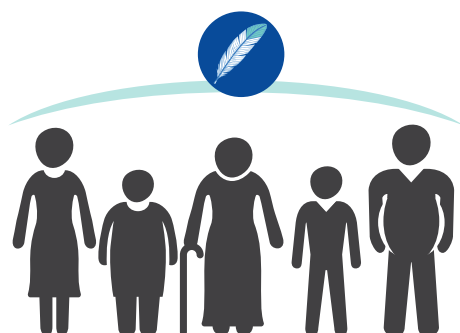
There are three founding peoples of Canada: Indigenous, French and British. However, throughout its history, immigration has also played a central role in building Canadian society.



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.



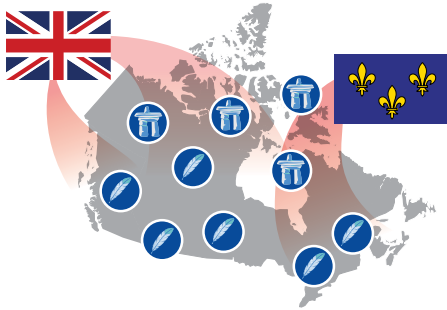
b) Inuit

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.



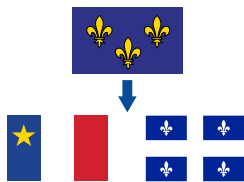
c) Métis

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.

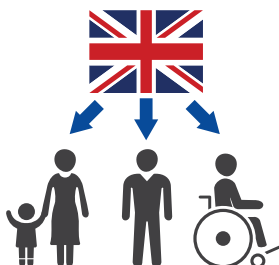
2. “French Canadians” include Acadians, Quebecers and other French-speaking communities across Canada.



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.

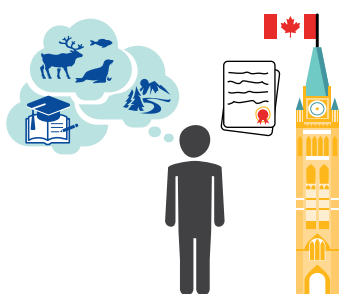


Treaties are agreements made between Indigenous peoples and the Government of Canada. Some First Nations gave up large areas of land in exchange for promises of schools, annual payments and certain rights to hunt and fish. Indigenous peoples and the Government did not always understand treaties in the 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.

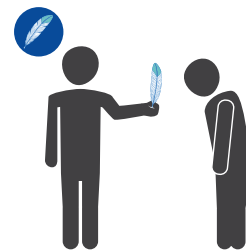


Everyone in Canada plays a part in the reconciliation with Indigenous peoples.

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

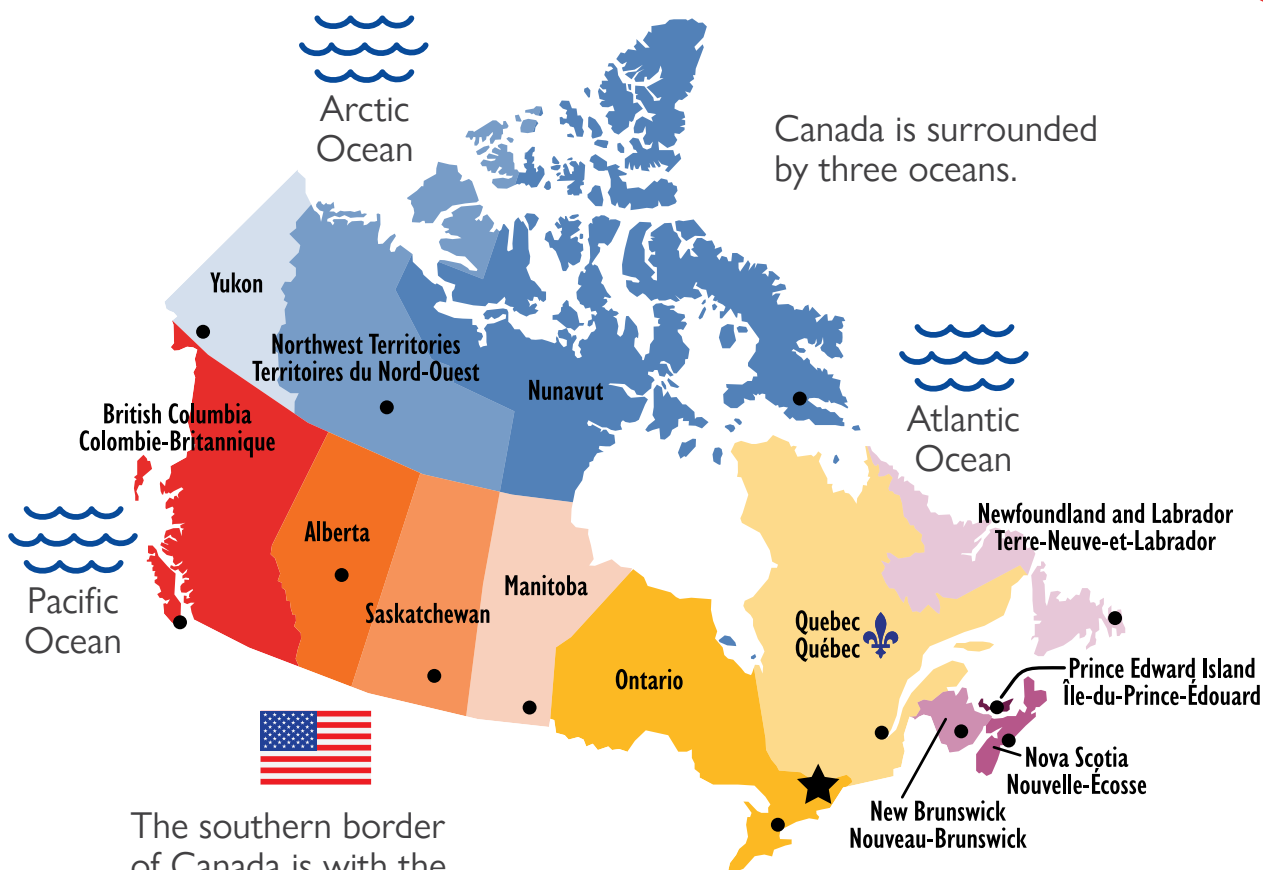


4. Participate in local Indigenous events

1.3 Map of Canada



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



Canada is surrounded by three oceans.

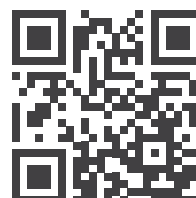
The southern border of Canada is with the United States of America.

★ Ottawa is the capital of Canada. It is located between the provinces of Ontario and Quebec.

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



Inuksuk



Infinity symbol



Maple leaf



Beaver



Poppy

1.

a) Used on the Métis flag. It means that Indigenous and European cultures are joined, and Métis peoples will live forever.

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.

4.

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.

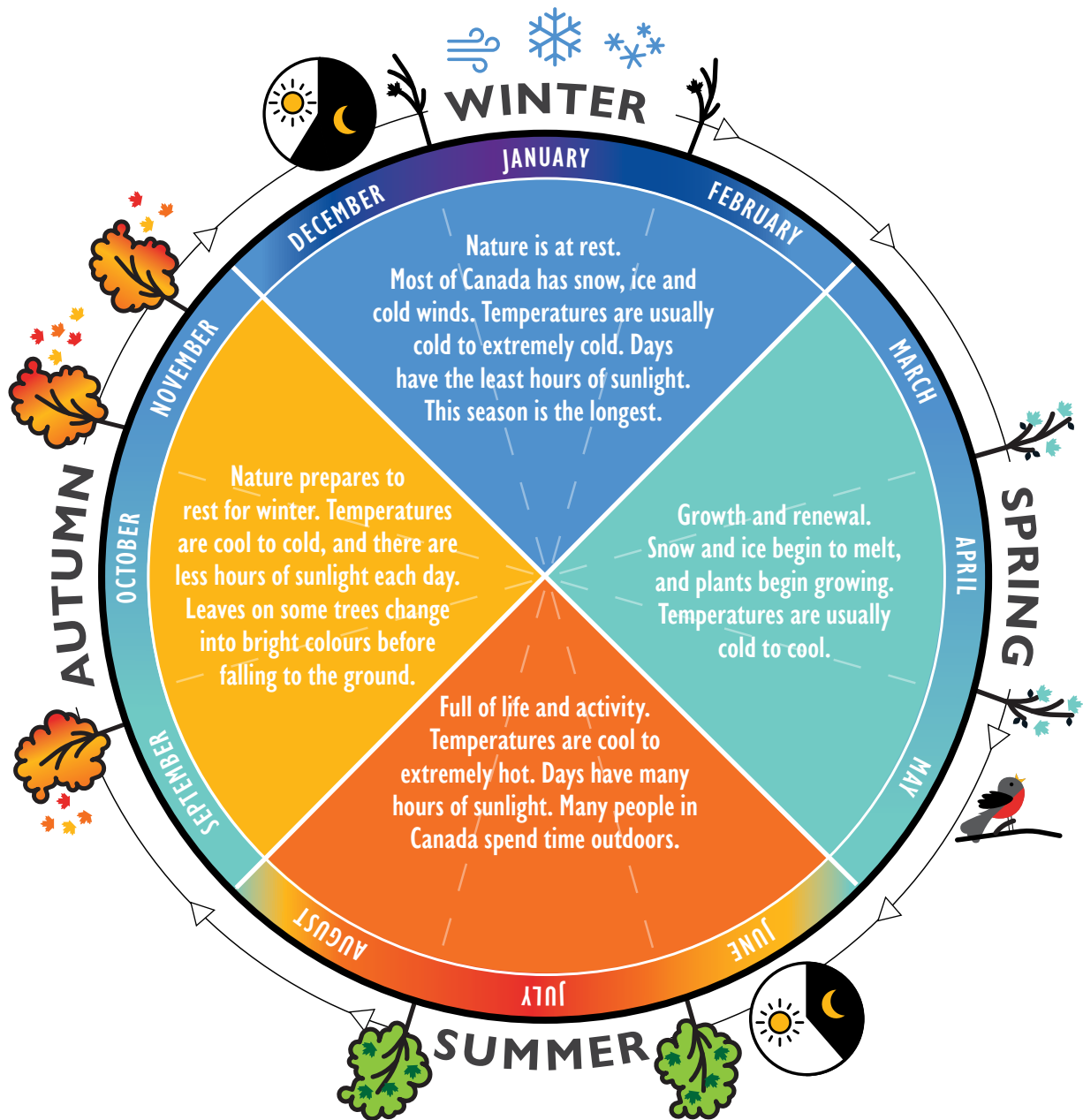
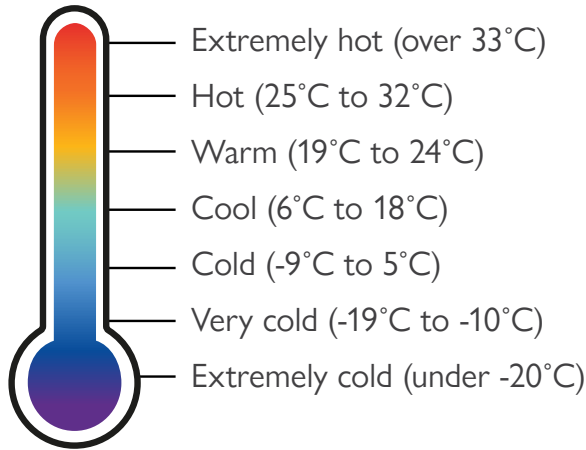
6.

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

1.5 The seasons



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





1.6 Activities for 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.



h) Going on a picnic



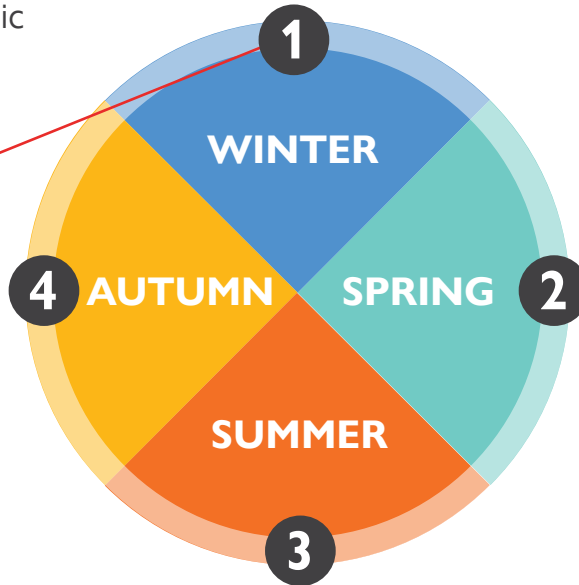
a) Harvesting fruits and vegetables



b) Planting flowers



g) Skating



c) Sledding



f) Swimming



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



d) Enjoying the colours of the trees

Answers: 1 (c, g); 2 (b, e); 3 (f, h); 4 (a, d)



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.

f) Sweater and jacket

e) Hat (called a "tuque" in Canada)

d) Long underwear/ snow pants

a) Scarf

b) Mittens or gloves

c) Warm socks and boots



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

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



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.



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.

Answers: 1 (✓); 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:



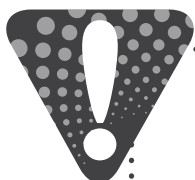
1. Being respectful in the words you say and how you act



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.

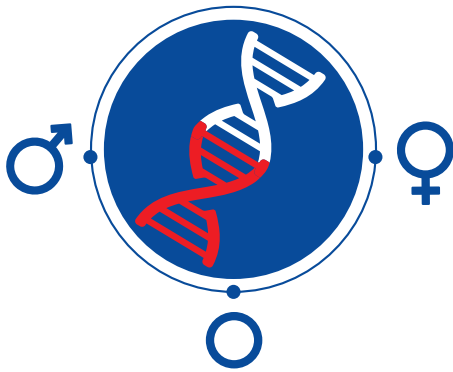


1.9 Diversity

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 diversity in 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 ♂ or female ♀ based on our appearance and how our bodies are formed. Some people are naturally born with a mix of male and female biology ◉. We all have sex characteristics. Think about yours.



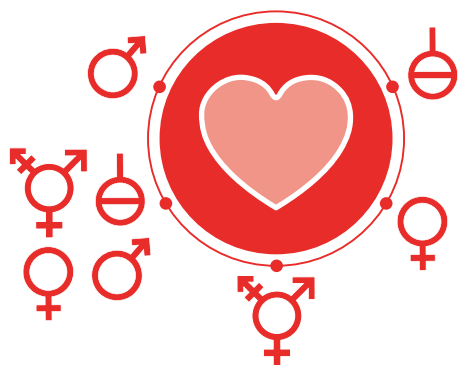
2. Gender identity

Our own sense of being female ♀, male ♂, both ♂♀ or neither ◉. 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

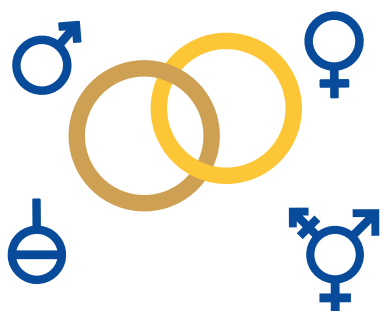
How we express or present our gender identity. Our gender expression can be masculine ♂, feminine ♀, a mix ♂♀ or something else. Gender expression can include our choice of clothing, hairstyle, makeup, body language, voice and behaviour. The name we use and our pronouns are common ways we express our 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” (X).



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



People of different gender identities have been living in Canada since before European settlers arrived. Today, some Indigenous people who have a gender identity other than male or female identify as “Two-Spirit”. Two-Spirit also has a spiritual meaning for some Indigenous people.





1.10 People with disabilities in Canada



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.



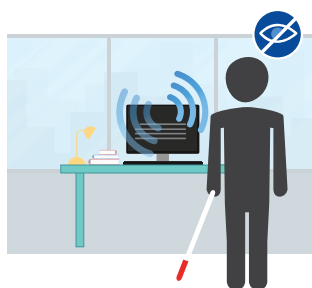
This includes:



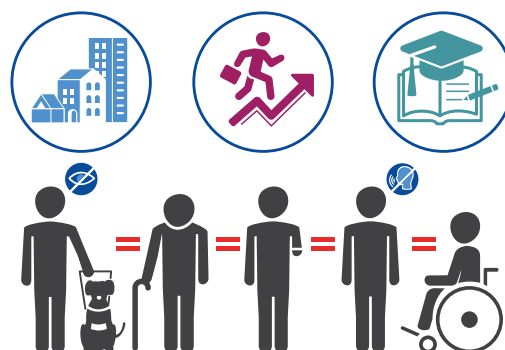
1. Creating accessible public spaces and public transportation



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



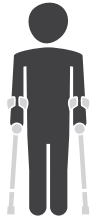
There are services that can help with the cost of caring for yourself or a family member living with a disability. For more information, ask your government-funded organization or sponsors.





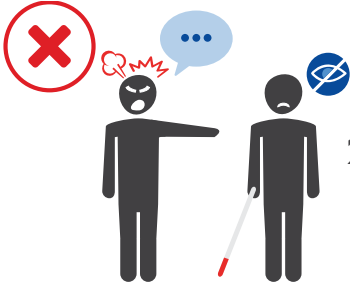
1.11 Interacting with people with disabilities in Canada

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



1.

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



2.

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



3.

c) See the person, not the disability.



4.

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.

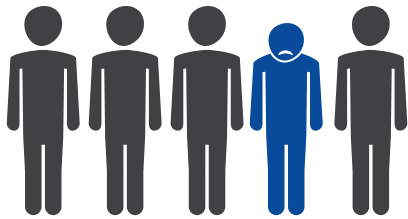
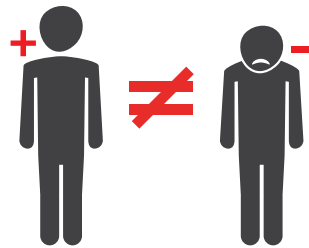
f) Do not call a person with a disability "abnormal".



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

1.12 Discrimination in Canada

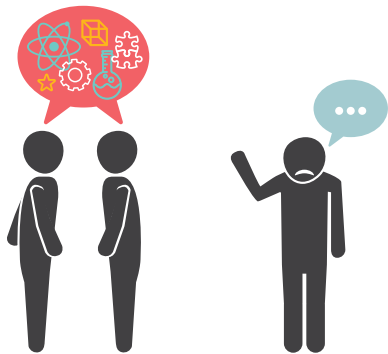
Discrimination prevents people from doing things that others can do freely. To discriminate against someone means to treat them unequally from other people and in a way that is negative.



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:



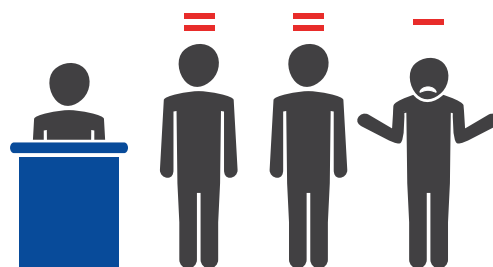
1. Being treated as not smart



2. Being treated as suspicious



3. Being mistaken for a service worker



4. Being treated unfairly when accessing services

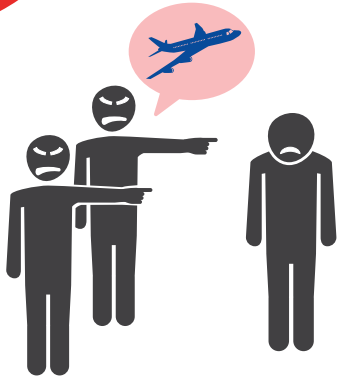


Canadian laws make it illegal to treat others badly or unfairly because of who they are.





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!”

1.



a) Discrimination based on disability



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

2.



b) Discrimination based on nationality



“Elevator broken”

3.



c) Discrimination based on religion



4.
“Two men holding hands in public! Shameless!”



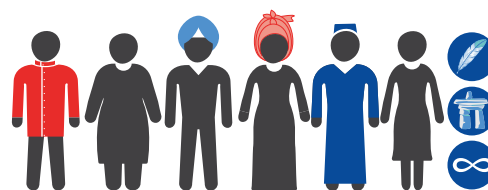
5.
“Women can’t do this job.”



6.
“People like you can’t buy things here!”



7.
“If people like them keep moving here, the neighbourhood will become unsafe.”



g) Discrimination based on race

Answers: 4 (f); 5 (e); 6 (d); 7 (g)



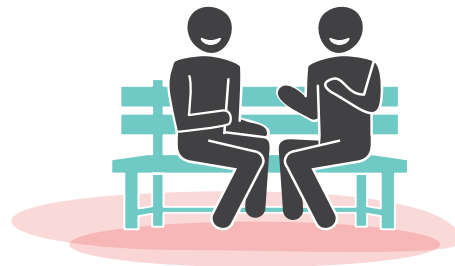
1.13 Handling discrimination in Canada

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

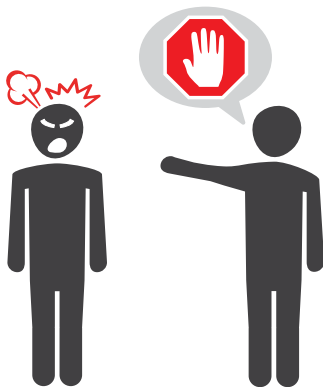
Instructions: Look at recommendations on how to handle discrimination in Canada. Put a check mark “✓” in the box of the actions you would do when you are in Canada.



1. Think about your strengths.



2. Talk to someone you trust.



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



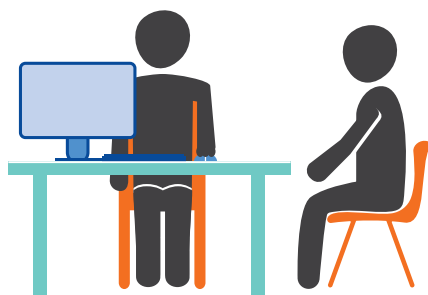
4. Write down the details, what happened, names, dates, time and places. This will show if there is a pattern of discriminatory behaviour.



5. Seek help from a mental health-care professional.



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.

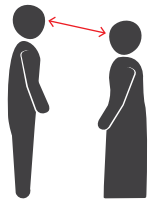
Instructions: Look at common public behaviour in Canada. Put a check mark "✓" in the box of the behaviours that are new to you.



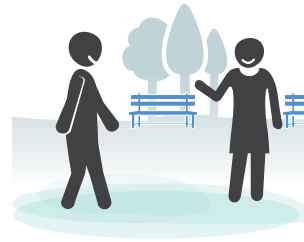
1. Lining up



2. Couples kissing (including same-sex couples)



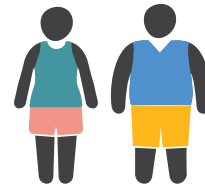
3. Making eye contact



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.



1.15 Laws in Canada



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.



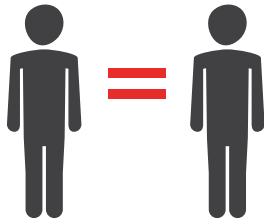
2. Provincial and territorial laws
These laws vary by province or territory. Examples are housing, health, education and family.



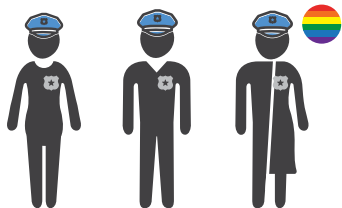
3. Municipal laws
These laws apply in a particular town or city. These might include laws about noise, smoking, littering or parking a car.



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 “III” in the box when the consequence is time in jail.



1. Carrying a firearm without a permit



2. Driving without wearing a seatbelt



3. Smoking in public places



4. Driving while distracted



5. Fishing or hunting without a licence



6. Unwanted sexual touching or remarks



7. Physically hurting another person, including a family member

Answers: 1 (III); 2 (\$); 3 (\$); 4 (\$); 5 (\$); 6 (\$ or III); 7 (III)



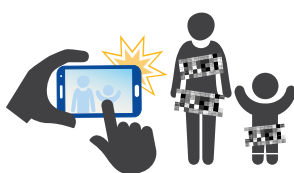
8. Bribing a government official



9. Selling, using or transporting illegal drugs



10. Being married to more than one person



11. Making, sharing or owning photos of naked children



12. Driving a vehicle under the influence of a substance (drugs, alcohol, medications)



13. Forcing others into marriage



14. Having sex with children



15. Practising female genital mutilation



Which of these laws in Canada are new for you?

Answers: 8 (III); 9 (III); 10 (III); 11 (III); 12 (III); 13 (III); 14 (III); 15 (III)



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 are suffering



6. Protest peacefully against the Government



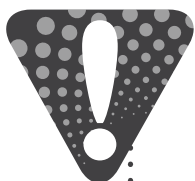
7. Have children, including single people and same-sex couples



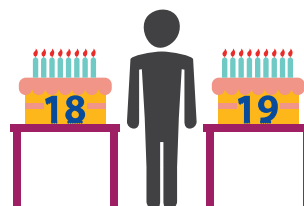
8. Practise any religion or no religion at all



9. Legally change gender (male ♂, female ♀, 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

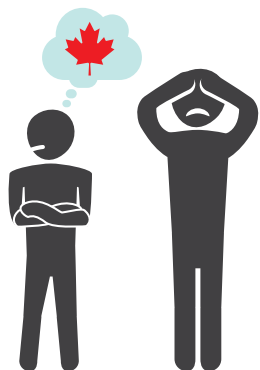
In Canada, families may look different from families where you have lived. The responsibilities of each family member are different in each family.



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.

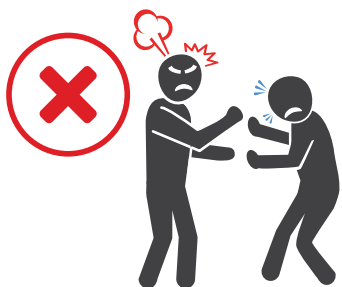


Even when there is stress, it is important to remember that family violence is illegal in Canada. For more information, read here:





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



1.

a) Neglecting the needs of a child or elder



2.

b) Controlling documents or misusing money of other family members



3.

c) Hitting a family member



4.

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



5.

e) Verbal and/or emotional abuse



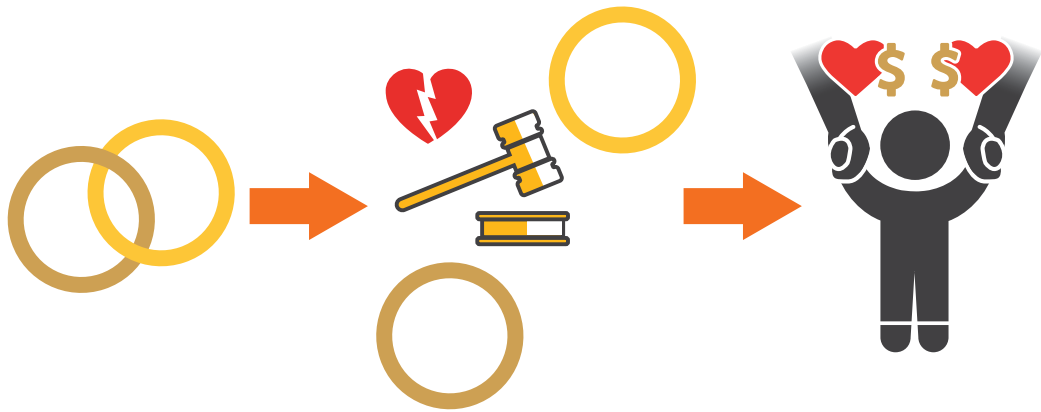
6.

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.

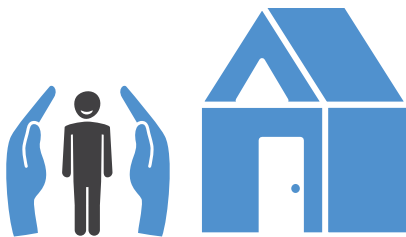


You do not have to stay in an abusive relationship to keep your immigration status in Canada. You do not have to live with your sponsor (including a spouse or partner) to keep your permanent resident status.

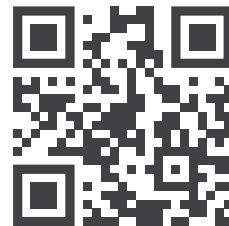
If you are being threatened, harmed in any way or fleeing violence, you can:



1. Call 911 for the police in an emergency.
2. Call 211 or visit [211.ca](https://www.211.ca) for social and health services.



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



4. Talk to a counsellor and seek advice.

1.19 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.



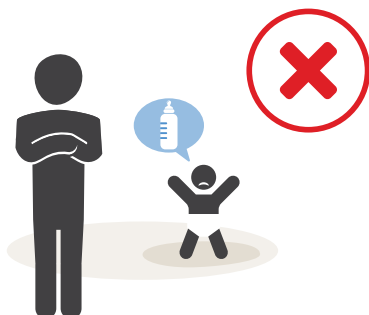
The following ways of disciplining children are unacceptable in Canada:



1. To hit, punch, beat or kick



2. To threaten to hurt or kill

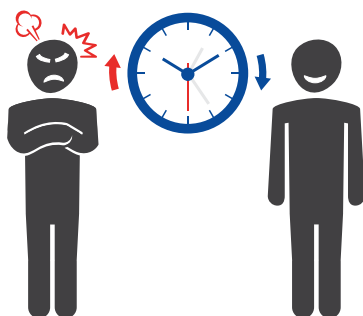


3. To deny food or basic needs



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.



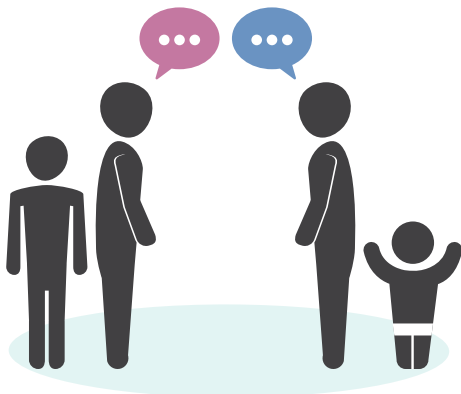
4. Direct a child's attention to another activity.



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 Immigration: hopes and fears

Meet two people who are going to immigrate 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.

1. Meet _____.

He is 24 years old. He fled his country and for the past three years, he has been outside his country living with his wife.

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



His hopes are:



a) To improve his English, French and industry-specific language skills



b) To live in a safe and secure country

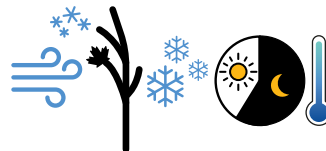


c) To succeed in his new job and support his family

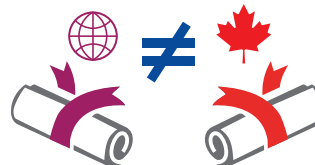
His fears are:



a) Being away from his relatives and friends



b) The long, cold winters



c) That his wife's previous studies will not be recognized in Canada and that she will need to start over



2. Meet _____ .

She is 36 years old. Her partner died. She has been living in a refugee camp for the last 5 years. She has worked as a nurse and is coming to Canada with her two children to work as a nurse's aide.

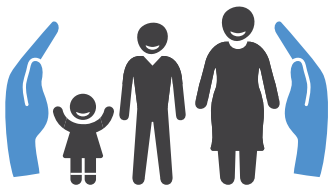


When she was accepted to immigrate to Canada under an Economic Mobility Pathways Pilot, she made the following list:

Her hopes are:



a) To have a better future for her and her children



b) To be able to have her qualifications recognized and to eventually work as a nurse in Canada



c) To be welcomed in her new community and make friends

Her fears are:



a) Managing her income and budgeting to repay her immigration loans



b) She will be very far from her home country and her relatives



c) Raising her children in a new culture

It is normal to have mixed feelings of hope and fear about moving to Canada. Write any additional hopes and fears you have on the lines provided.

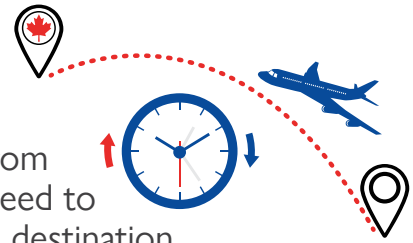
For more on tips on how to succeed as a newcomer in Canada, read here:





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. You may need to arrange and pay for an overnight stay in a hotel during your travel. Review the information about your travel to Canada and plan ahead, including for situations with long delays in transit. Keep your employer informed once your application has been approved and you have received details about your travel.



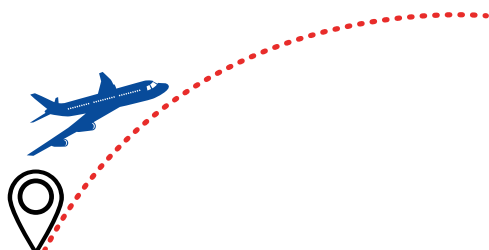
Instructions: Look at the world map. Find where you live now and mark it with a “X”. Canada is marked with a maple leaf. Draw a line between the two locations.



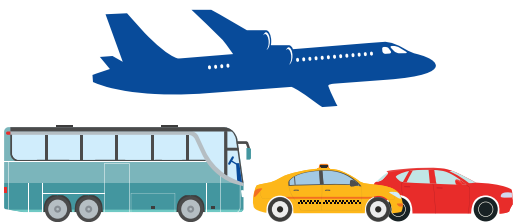
2.3 Your travel to Canada

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) Calgary
b) Vancouver d) Other _____

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 organize and take from the airport to the city or town you will live in is:

- a) airplane
b) intercity bus
c) private vehicle or taxi



Depending on which program under the Economic Mobility Pathways Pilot you use to immigrate to Canada, an employer or the community that is supporting you may help you plan your travel from the airport to the city or town where you will live. Ask them how they can help you.



2.4 Your transportation loan



Individuals immigrating to Canada through the Economic Mobility Pathways Pilot can apply for a transportation loan. Transportation loans cover the cost of air travel to Canada and travel assistance from IOM. These loans are interest-free and must be repaid after individuals arrive in Canada.”

Immigrants who chose to book their own travel are not eligible for a transportation loan.



1. Should you choose to use a transportation loan to cover the cost of travel, you will be asked to sign your loan document prior to your departure. 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 transportation loan covers transportation fees from the point of departure to the first port of entry in Canada. You may need to arrange and pay for an overnight stay in a hotel during your travel in Canada if required.

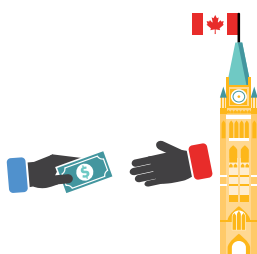


3. You begin to repay the loan one year after you arrive in Canada.

4. The loan is interest-free.



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 transportation loan, please call 1-800-667-7301 or email collection@cic.gc.ca. If you change your address, you must notify Collection Services within 10 calendar days. For more information on the transportation loan, read here:



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.



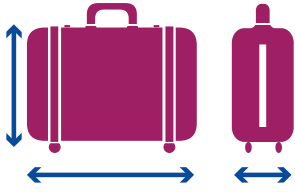
Checked baggage is often similar in size, shape and colour. You must be able to recognize your own baggage. Write your full name on all baggage. Add something to your checked baggage to recognize it easily.





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.

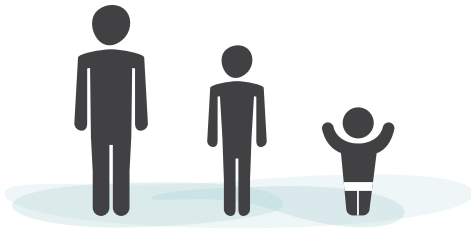


2. The maximum weight in kilograms of each piece of baggage. You will need to weigh each piece of baggage using a scale.

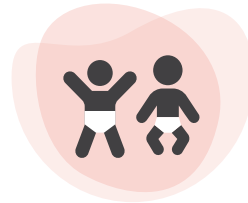


3. The number of pieces of baggage allowed per person based on age.

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

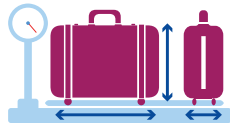


1. **Passengers aged 2 and older**
How many of each type of baggage is each passenger aged 2 years and older allowed to bring to Canada?



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 for the weight and the number of pieces of baggage set by the airline. If you do not, the airline may refuse to accept your baggage.

2.7 What goes in each bag?



Instructions: Look at the items.

Put a circle “○” 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**.



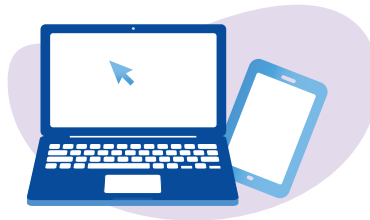
Put a triangle “△” in the box of the items that are **personal items**.



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



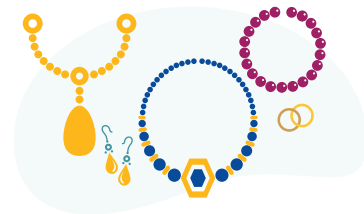
3. Cell phones and smartphones



4. Cameras



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



6. Jewellery



7. Clothes and shoes



8. Toys



9. Religious items

Answers: 1 (△); 2 (△); 3 (△); 4 (△); 5 (□); 6 (○); 7 (□); 8 (□); 9 (□)



10. Personal care products (including sanitary pads)



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)



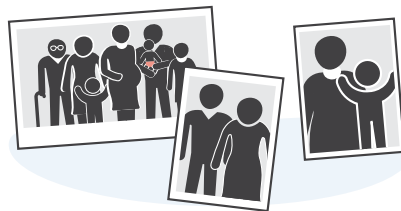
14. Hairbrushes, combs and toothbrushes



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

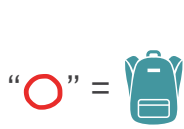


20. Medications with prescription



21. Canned food

Answers: 10 (○); 11 (○); 12 (○); 13 (□); 14 (○); 15 (□); 16 (▽); 17 (○); 18 (○); 19 (▽); 20 (□); 21 (□)



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



There are no restrictions on the amount of money you can bring into Canada. If you enter Canada with money or monetary instruments worth more than \$10,000 Canadian dollars (CAD) per family group, you must declare them at Canadian Customs. Otherwise, you may 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.



Answers: 22 ; 23 ; 24 ; 25 ; 26 ; 27 ; 28 ; 29 ; 30



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.

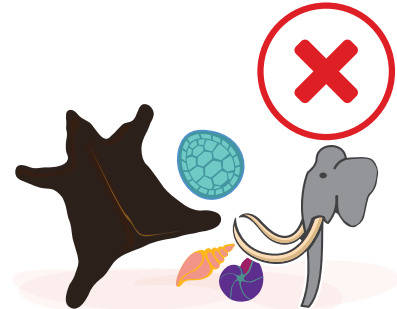
Prohibited things you need to leave behind are:



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



2. Plants, soil and wood



3. Parts of animals, including skins



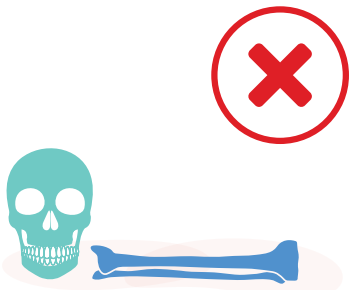
4. Herbs, spices and seeds



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



6. Firearms, ammunition and weapons



7. Human bones

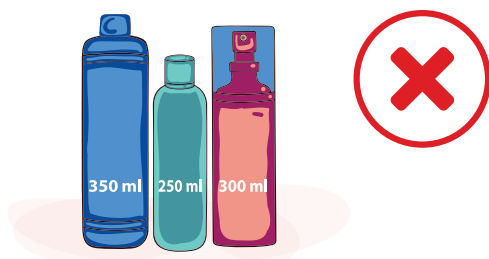


8. Vehicles



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. It is your responsibility to plan for your pet or service animal's transportation, medical documents and vaccinations, as well as inform your employer or hosts. There are restrictions on bringing live animals to Canada and additional costs and arrangements are required. For more information, read here:



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.



3.

c) Gather and copy important documents.



4.

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



5.

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

2.11 Planning your travel

Individuals immigrating to Canada through the Economic Mobility Pathways Pilot travel in two ways:

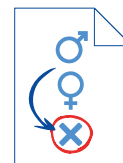
1. Independently: Individuals are responsible for arranging their travel including preparing documents, buying airplane tickets, and completing departure airport immigration procedures and immigration control in Canada.

2. Travelling with IOM assistance: IOM provides individuals with travel assistance which include in-country and international transportation, as well as assistance in transit airports up until the first Canadian airport individuals will land in. This assistance is provided based on a set fee per person. On the day of travel, these individuals will be provided with a bag with the IOM symbol on it. It contains many important travel-related documents. Keep this bag safe during the entire journey until landing in Canada.



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

If you are travelling to Canada with IOM assistance, and your gender expression differs from what appears on your document, speak privately to an IOM staff for guidance and support.



Instructions: Look at the documents that are important regardless of whether you travel independently or with IOM assistance to Canada. Draw a line between each document and its name.



1.

a) Confirmation of Permanent Residence



2.

b) Other documents, including exit permits if needed



3.

c) Passport or travel document



4.

d) Visa



5.

e) Airline ticket



6.

f) Immigration medical documents if applicable



The Confirmation of Permanent Residence is your official immigration document. Several weeks after your arrival, you will receive your Permanent Resident card. Your Permanent Resident card does not replace your Confirmation of Permanent Residence. You must therefore always keep the Confirmation of Permanent Residence in a safe place.

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



2.12 What documents will you bring with you?

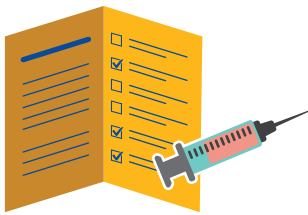
Instructions: Look at additional documents you may have. Put a check mark “✓” in the box of the documents that you have and plan to take with you.



1. Medical prescriptions and records



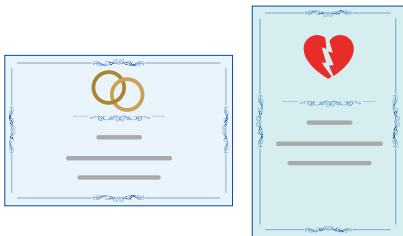
2. Educational certificates



3. Vaccination records



4. Birth certificates



5. Marriage/divorce certificates



6. Translations of important documents

Instructions: Write any other important documents you will need on the lines provided.

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



Immigration checkpoint



Security checkpoint



Departure gate



Customs checkpoint



Baggage claim

1.

2.

3.

4.

5.

6.

- 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, these are some 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



Moving walkways



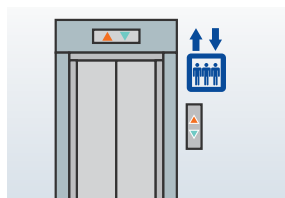
Information monitor



Direction signs



Automatic stairs



Elevators

1.

2.

3.

4.

5.

6.

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

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

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

d) Help you move your baggage within the airport.

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

f) Help you walk long distances more quickly.

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


2.15 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.

a	Canada Air		Boarding Pass / Carte d'embarquement				
b	Name/Nom	John Doe					
c	Flight/Vol	d	Date	e	From/De	f	Destination
	CA 110		20 AUG/AOÛT		Toronto		Saskatoon
g	Boarding Time/Heure d'embarquement		h	Gate/Porte	i	Seat/Siège	
	9:15			13		22B	
j	Departure Time/Heure de départ						
	10:00						



Answers: 1 (b); 2 (d); 3 (e); 4 (f); 5 (i); 6 (j); 7 (h); 8 (g); 9 (c); 10 (a)



2.16 The airplane

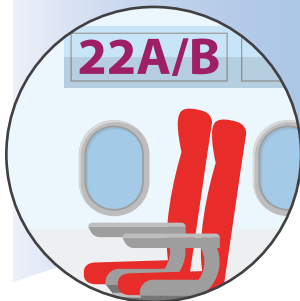
Instructions: Look at the map of the inside of an airplane. Draw a line between each part of the airplane and the number that marks where it can be found on the map.



a) Toilets



b) Emergency exit



Draw a line to seat 22B



c) Diaper-changing table



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

2.17 At your seat

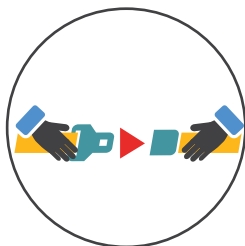
Instructions: Look at what is at a seat on an airplane. Draw a line between each picture and its description.



Air sickness bag



Tray



"Fasten seatbelt" sign



Call button

1.

2.

3.

4.

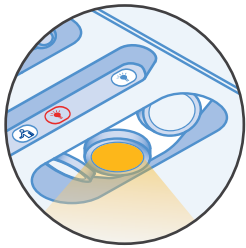
a) An instruction you must follow to keep yourself safe.

b) A flat surface to use while seated on the airplane.

c) A way to get the attention of a flight attendant.

d) A paper or plastic bag to use if you need to vomit.

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



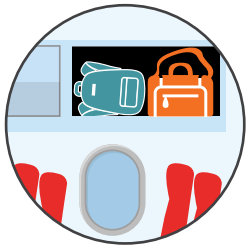
Light

5.



**In-flight
entertainment
system**

6.



**Overhead
baggage
compartment**

7.



**Safety
instruction card**

8.

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

f) A place to put your hand baggage.

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.

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

2.18 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.



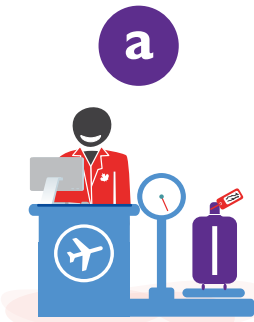
6. You are at baggage claim area and cannot find one of your bags.



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



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



a
Check-in counter staff



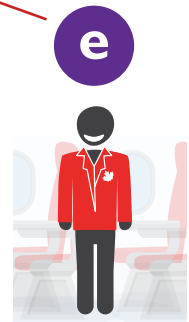
b
Airport security



c
Airport staff



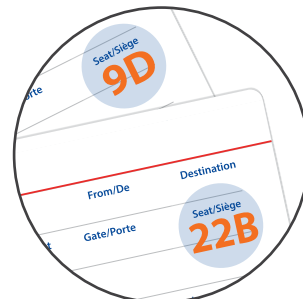
d
Airport information desk



e
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.

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

2.20 Your permanent resident status

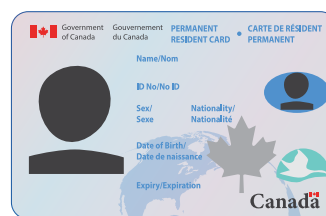
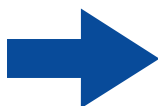


Upon arrival in Canada, you will go through a brief interview with an officer at the airport. Then you will be asked to sign some documents.

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 immigrating with you to Canada? Will they immigrate 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.



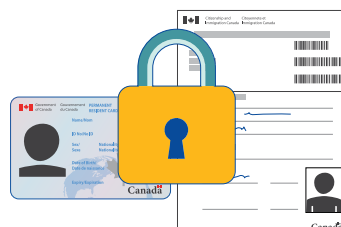
You will be mailed a card that shows you are a permanent resident of Canada. It is called a Permanent Resident card. Permanent resident status does not expire, but the card does. When your card expires, is lost or stolen, you must apply for a new one.

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

You may apply for an interest-free loan to cover the costs related to permanent residence for you and your dependent family members. You are expected to repay this loan. For more information, read here:



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

1.



a) Respect the human rights of everyone



Voice your opinion

2.



b) Support yourself, your family and pay taxes



Human rights for all

3.

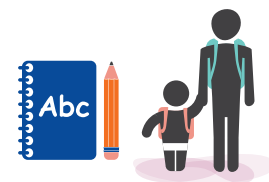


c) Respect all religions



Practise your religion

4.



d) Ensure children are studying



Free basic public education

5.



e) Respect the opinions of others

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



6.

Own property



f) Care for the environment



7.

Access to publicly funded health-care



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

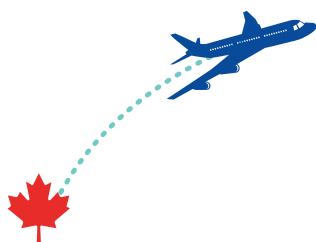


8.

Right to live in a clean and healthy environment



h) Pay taxes



9.

Travel outside Canada



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:



English

Français



1. Be in Canada for a certain amount of time. To calculate when you can apply for citizenship, read here:
2. Have sufficient knowledge of English or French.
3. Pass a test to prove that you have some knowledge of Canada.



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

Unit 3

SUPPORTS AND SERVICES





Unit 3 SUPPORTS AND SERVICES



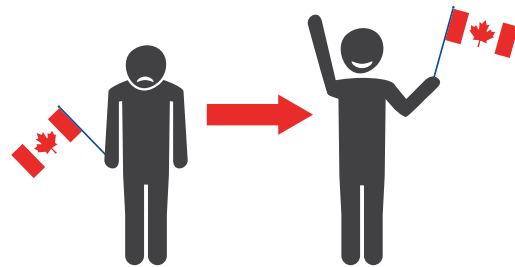
The information provided in this unit is about services available in Canada for economic immigrants. It is useful to read it again after you arrive in Canada.



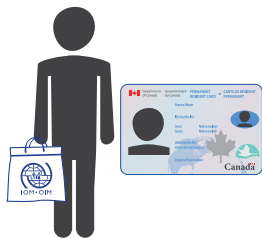
You become a permanent resident after you pass through immigration procedures at your first airport in Canada. As a permanent resident, you can access different types of support that will help you adjust to life in Canada. For more information, read here:



Settlement workers in your new community can help you adjust to your new daily life. Find a government-funded organization that meets your personal needs and those of your family.



3.1 Economic mobility pathways to Canada



Canada's Economic Mobility Pathways Pilot (EMPP) provides an opportunity for skilled individuals to qualify for permanent residence through economic immigration programs. For more information, read here:



Instructions: Read the information on the different immigration pathways. Put a check mark “✓” in the box of the program that relates to your immigration to Canada.



1. Regional pathways



AIP

a) Atlantic Immigration Program (AIP)

A pathway to permanent residence for skilled foreign workers and international graduates who want to work and live in one of Canada's four Atlantic provinces. Individuals require a job offer from a designated employer in Atlantic Canada. Individuals can connect with settlement services in their new community. For more information, read here:



PNP

b) Provincial Nominee Program (PNP)

A pathway to permanent residence for individuals who have the skills, education and work experience to contribute to Canada's economy. Each province or territory has immigration programs that target certain groups and their own requirements. Individuals can connect with settlement services in their new community. For more information, read here:



RNIP

c) Rural and Northern Immigration Pilot (RNIP)

A community-driven pathway to permanent residence for individuals with skills, designed to spread the benefits of economic immigration to smaller communities. Each community has its own eligibility requirements, job and application processes. Communities connect individuals with settlement services and mentoring opportunities available. For more information, read here:



2. Federal pathways



a) With a job offer b) Without a job offer

Two pathways to permanent residence based on an individual's work experience and language skills. One pathway requires individuals to have a job offer, while the other does not. Each federal pathway has different requirements. Individuals apply directly to the Government of Canada. For more information on eligibility and how to apply, read here:



Regardless of your immigration pathway, you should access long-term settlement services from government-funded organizations in your new community. Ask your employer or community organization to connect you to these services. For more information, see Unit 3, Activity 3.9.





3.2 Becoming financially independent

Individuals immigrating to Canada through economic immigration programs, including the Economic Mobility Pathways Pilot, are expected to be financially independent from the moment they arrive in Canada.



In addition to paid employment, you can access different loan programs to cover your costs before your departure or upon arrival. You will be required to repay these loans after your arrival in Canada. Speak to your employer about when you will be paid your employment wages for the first time and if advanced payment is possible. You may have applied for these loans before your arrival through a partner organization.



1. Transportation Loans



Interest-free loans from the Government of Canada that cover the cost of air travel from overseas to your final destination in Canada. For more details on what this loan covers, see Unit 2, Activity 2.4. For more information, read here:



2. Right of Permanent Resident Fee Loans



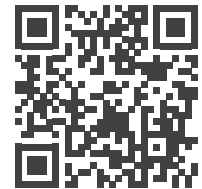
Interest free loans from the Government of Canada that cover the cost of permanent residency in Canada. For more information, read here:



3. Windmill Microlending Loans



If you have a job offer in Canada, a low-interest loan from Windmill Microlending can be used to show that you have the necessary settlement funds to be eligible for economic immigration. These funds are expected to be used in Canada to help you cover living costs for you and your family during the first few months. You may apply for this loan before arriving to Canada or at any time after your arrival. This is not a loan from the Government of Canada. For more information, read here:

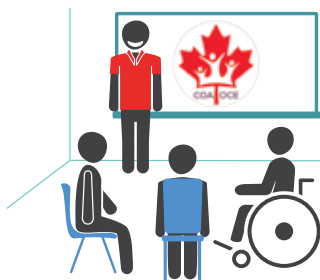


Individuals may have access to another loan from the Government of Canada which are called Assistance Loans. They are interest-free loans that should only be used as a last resort to help cover the cost of rent, food, clothing, household items, and items needed to access employment. For more information, read here:



3.3 Common settlement services

All permanent residents who immigrate to Canada through the Economic Mobility Pathways Pilot can access to the following services:



1. Free in-person and online information and orientation services that help you prepare for life in Canada and make informed choices before you arrive. For more information, read here:



2. Immigration loans from the Government of Canada that covers the cost of your travel to Canada including transportation, assistance, and permanent residence fees. You will be required to start repaying these interest free loans one year after you arrive in Canada. For more information, read here:



3. Ongoing needs and assets assessments and referrals to supports and services. Government-funded organizations for newcomers offer these assessments and referrals. For more information, see Unit 3, Activity 3.9.



4. Language assessment and language classes for adult learners both in French and English. For more information on adult language classes, see Unit 6, Activity 6.10.



Government-funded organizations are responsible for supporting 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.





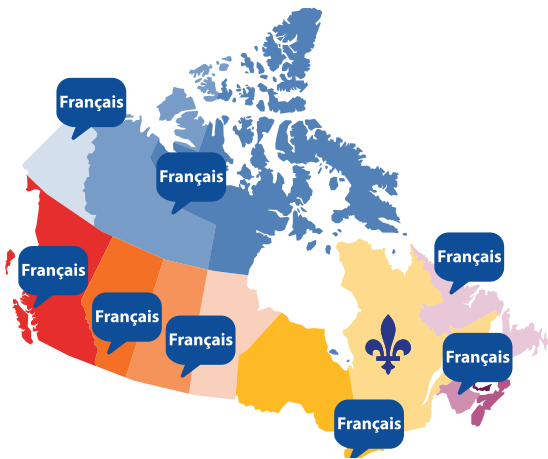
5. Employment-related services to help you and members of your family plan your careers and match you with employers and mentors. For more information, see Unit 7, Activity 7.8.



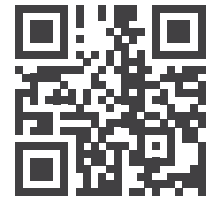
6. Services to help you connect, explore and build a sense of belonging in your new community. For more information, read here:



7. Settlement services are also available in French. These services help newcomers prepare for their new life in Canada in their language of choice. For more information, read here:



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



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. Community, education and health-care services are run by the provinces and territories. Their availability in French depends on the region.



3.4 Planning for your settlement

Settling in a new country takes time and effort. Proper planning can help you ensure a smooth transition.

Instructions: Look at important steps in planning for your settlement in Canada. Put a check mark “✓” beside the actions you plan to take as you immigrate to Canada.



1. Find temporary accommodation in Canada prior to arriving. For more information, see Unit 4, Activity 4.1.



2. Plan your transportation from the airport to your temporary accommodation, including how you will make a payment.



3. Plan on how much money you will need during the first weeks before starting work and receiving your first wages.



4. Apply for any loans you may need to ensure you are financially independent.



5. Budget the family expenses including plans to repay any loans. For more information, see Unit 8, Activity 8.1.

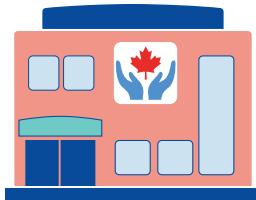
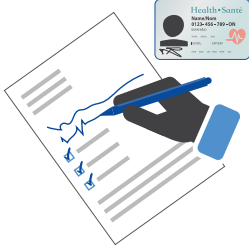


6. Purchase private medical insurance if there is a waiting period to access publicly funded health-care services in your province or territory.



7. Have all baggage and documents ready to complete entry procedures upon arrival in Canada.





8. Inform your employer and any supporting organizations or community that you have arrived in Canada.

9. Apply for important documents including a social insurance number, provincial ID, or permanent resident card.

10. Apply for publicly funded health-care services in your province or territory.

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

12. Find a government-funded organization in your community that can help when you immigrate to Canada.

13. Open a bank account and learn how to use and access money in Canada.

14. Keep your documents confidential and safe and learn how to use them and renew them on time.

15. Search for permanent housing and prepare rental application documents.



16. Enrol children in your family in a daycare, kindergarten or school. Follow up on their educational and social development.



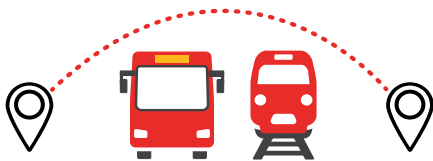
17. Enrol yourself and adults in your family in free language classes or training.



18. Understand and sign your new rental contract (lease).



19. Learn about how to stay safe in your accommodation such as how to lock doors, use appliances, clean and maintain the place in good condition, and dispose of garbage.



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



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



Depending on which program under the Economic Mobility Pathways Pilot you use to immigrate to Canada, an employer or the community that is supporting you may help you plan your settlement. Ask them how they can help you. For more information on creating a personalized settlement plan, read here:





3.5 Moving within Canada

You have the right to choose where you will live in Canada. However, you are strongly encouraged to travel to your original destination. Be aware that living somewhere other than your destination community could result in a loss of employment with the intended Economic Mobility Pathways Pilot employer.



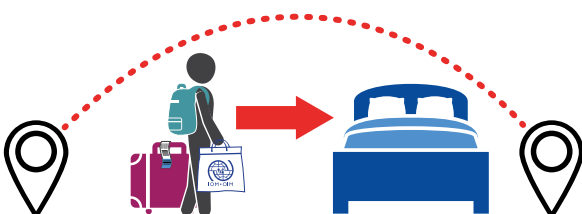
Consider the following things first before you think of moving:



1. If you wish to move to another community and will no longer work at the job which you received an offer for, you must notify your employer in writing 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.



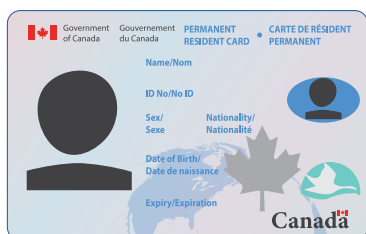
4. Any periods in which you would be unemployed may make it difficult to support yourself and any family members.



5. If moving between provinces and territories, you must notify the concerned Governments.

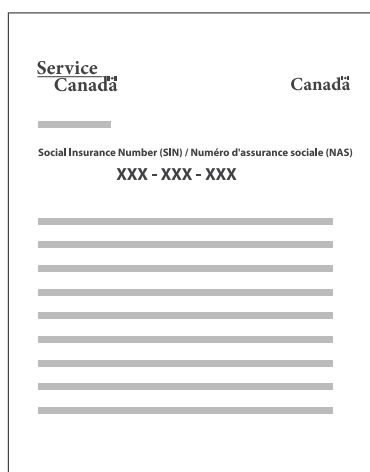
3.6 Important documents in Canada

Your identity documents belong to you. No one, including your 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:

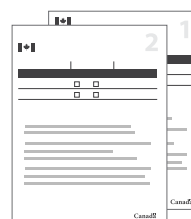


3. Provincial health card

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.



Make photocopies of important documents and keep them in a safe place. You will need to pay fees to replace them if your documents are lost or stolen.





3.7 Government-funded organizations for newcomers

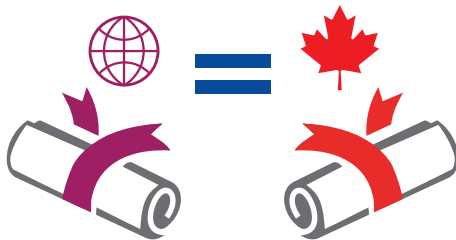
These organizations are also called settlement agencies and are common in Canada. They help newcomers to settle into their new community. As a permanent resident, you can access these long-term services until you become a Canadian citizen. These services are free. They can help you:



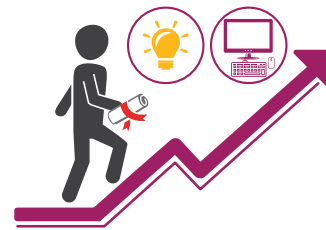
1. Register for free language classes (English/French).



2. Learn how to look for a job.



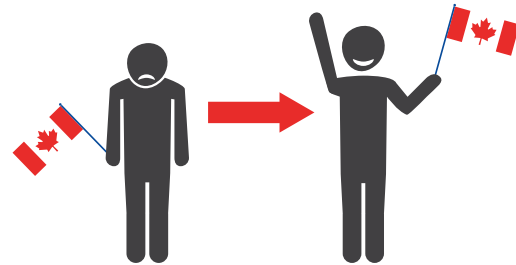
3. Advise on how to get your credentials recognized.



4. Work with you to improve your skills.



5. Get involved in the community.



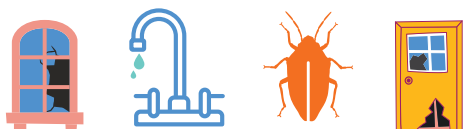
6. Resolve settlement challenges.

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



3.8 Possible 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 have contacted your employer by phone and email but have not heard from them.



3. You have not heard from a government-funded organization for over a week. You would like to start applying for important documents, begin language classes and enrol 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) Continue to call or write to your employer. Reach out to a government-funded organization if you get no response for more than 2 weeks.



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



c) Call your landlord and politely explain the problems.



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

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



3.9 Other long-term settlement services in your community

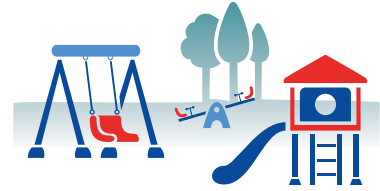
Many communities offer services that all people, including permanent residents, can access for free or at a low cost. Your new community may have all these long-term services or it may only have a few.

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.



1.



a) Public parks

Practise different sports and pastimes.



2.



b) Cultural centres

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



3.



c) Public libraries

Practise your faith with others.



4.

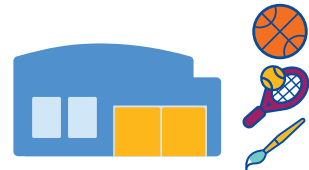


d) Museums

Meet people from a specific country or culture.



5.



e) Community centres

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.



6.



f) Places of worship

Learn about Canada's history, culture and art.



7.



g) Government-funded language learning centres

Answers: 1 (c); 2 (e); 3 (a); 4 (f); 5 (b); 6 (g); 7 (d)

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.



8.

Ask about issues related to money.



9.

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



10.

Seek advice on specific issues related to the law.



11.

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



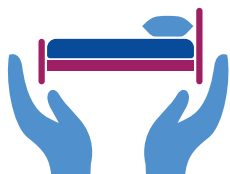
12.

Receive free food if you do not have enough money to buy the food you need.



13.

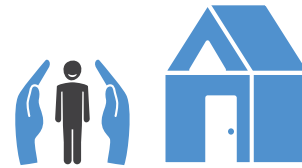
Sleep here if you need a safe place to stay during a crisis.



14.



h) Legal aid clinics



i) Shelters and safe houses



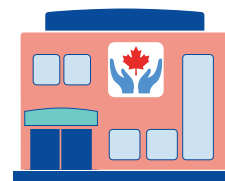
j) Banks



k) Free mental health clinics



l) Employment centres



m) Government-funded organizations for newcomers



n) Food banks

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





3.10 Where can you find free sources of information?

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



Government of Canada / 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



benefitsfinder.services.gc.ca

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



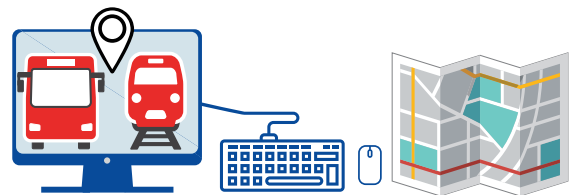
Call 911

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



Call 211

- 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



4.1 Temporary accommodation

Finding safe and affordable permanent housing in Canada takes time and effort.

You may need to stay at temporary accommodation for a few weeks or longer when you first arrive. It will depend on the availability of permanent housing in your community.



It is your responsibility to search for a place to live as early as possible and consider arranging temporary accommodation even before you arrive in Canada. Depending on which program under the Economic Mobility Pathways Pilot you use to immigrate to Canada, an employer or the community that is supporting you may help you plan your settlement. Ask them how they can help you. You can also ask a government-funded organization for newcomers.

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 needs and budget.



1. Hotel or motel rooms

Basic rooms, usually each with their own toilet, rented for a determined length of time at variable prices, and subject to availability.



Be wary of scams when looking for accommodation online. Some advertisements are misleading, and the accommodation may not even exist. If the accommodation and price look too good to be true, it is probably a scam.





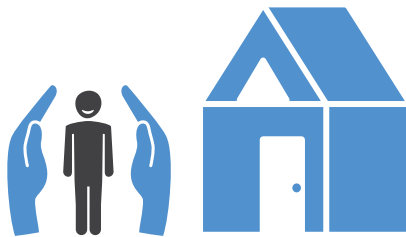
2. Short-term rental accommodation

A room, apartment, or house, that may be shared or separate and can be rented for a short period of time. There may be access to a kitchen to prepare meals. Additional costs can include utilities, cleaning and parking fees.



3. Other temporary accommodation

Temporary accommodation, including sharing the home of a friend or relative, until a suitable permanent place to live is found. It may be offered by your employer.



In case you find yourself in a situation where you do not have a place to stay, read about emergency housing here:



As a newcomer in Canada, you will need to provide an address where you will receive important documents and for enrolling children in school. It is important to keep track of all addresses as you will be required to provide your current and previous places where you have lived.



4.2 Permanent housing in Canada

Finding low-cost housing in Canada is difficult. Housing options may be limited. It is your responsibility to find options that meet your needs and budget. For more information on finding a place to live in Canada, read here:



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. Learn about the area you intend to live in by reading online reviews related to the safety and accessibility of buildings and neighbourhoods. Speak to a government-funded organization for newcomers for more information about housing.



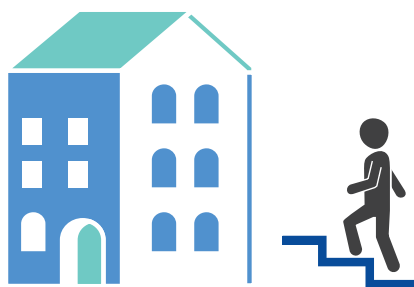
Answers: 3; 4; 6; 7; 8 (✓)

4.3 Types of permanent housing in Canada



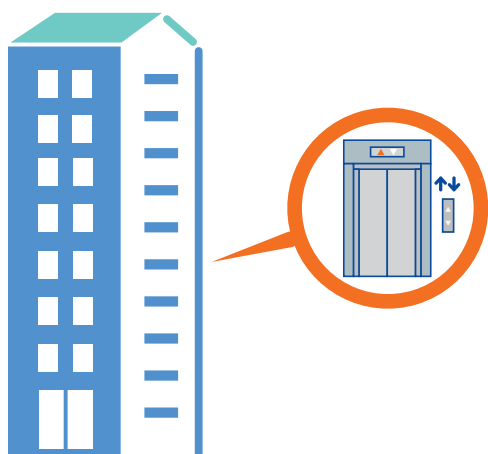
Instructions: Read about different types of permanent housing in Canada.

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.



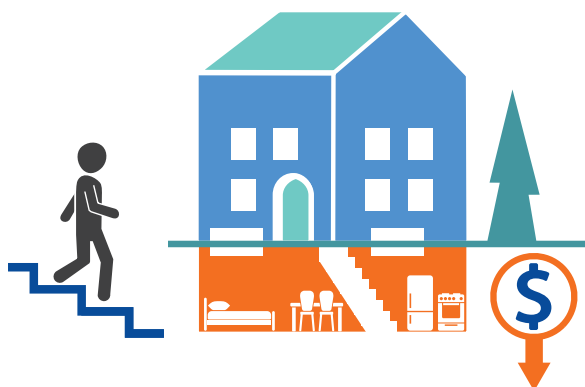
b) High-rise apartment buildings

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.



Apartments in Canada usually have one to three bedrooms. Apartments with four or more bedrooms are rare and expensive.





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



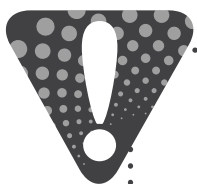
a) Accessible housing

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. For more information on sharing housing, read here:



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. For specific information on renting or borrowing money to buy a home, read here:



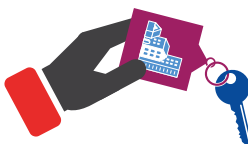
4.4 Important words related to housing



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



Tenant



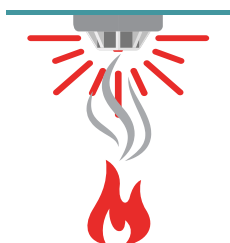
Landlord



Appliances



Tenant insurance



Smoke detectors



Recycling bins

1.

2.

3.

4.

5.

6.

a) A person who owns a place that is rented to others.

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.

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.

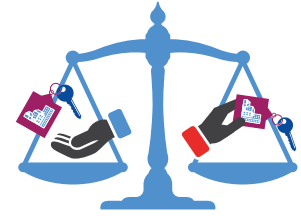
f) Containers where you can place used plastic, cans, paper and glass. Many cities collect these items and repurpose them.

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



4.5 Housing laws

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



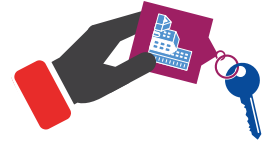
Instructions: Read the questions. Put a check mark “✓” in the box of whose right or responsibility each is. Some questions have more than one correct answer.



a) Tenant



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



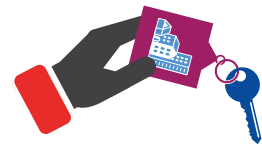
b) Landlord



a) Tenant



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



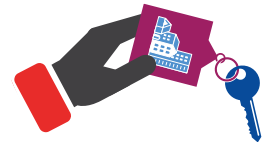
b) Landlord



a) Tenant



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



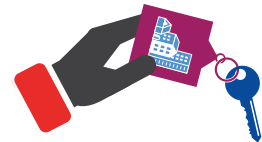
b) Landlord



a) Tenant



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



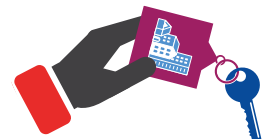
b) Landlord



a) Tenant



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



b) Landlord

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



a) Tenant



6. Who is responsible for paying for damages caused by the tenant?



b) Landlord



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.



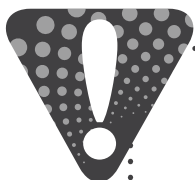
Answers: 6 (a); 7 (b); 8 (b); 9 (a, b); 10 (b)



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:



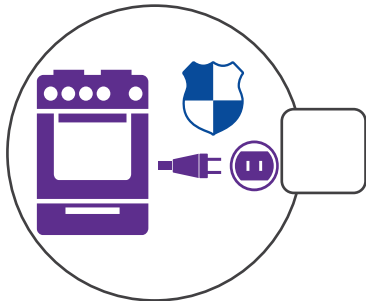
There is a governing body for housing in your province or territory. You can ask a government-funded organization for newcomers on how to contact the governing body to ask questions, or to submit a complaint about housing-related issues.



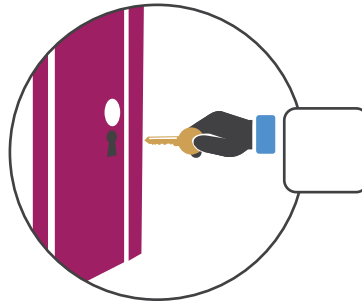
4.7 Staying safe in your home

Here are some tips for staying safe in your home.

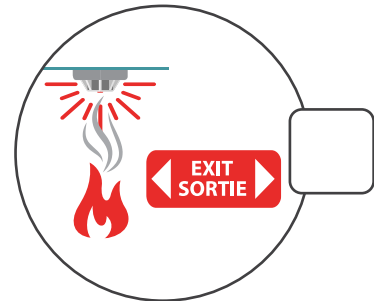
Instructions: Read the tips for staying safe in your new home. Put a check mark “✓” in the box of the safety tips you plan to do once you are in Canada.



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



1. Locking doors



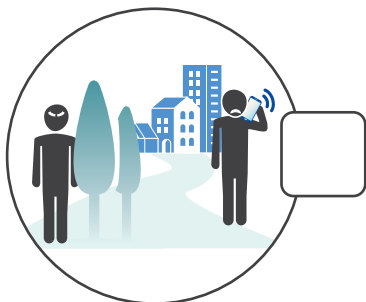
2. Testing smoke detectors regularly and knowing where emergency exits are



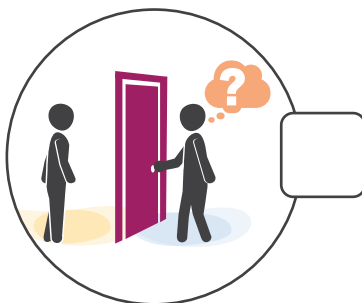
7. Purchasing tenant insurance



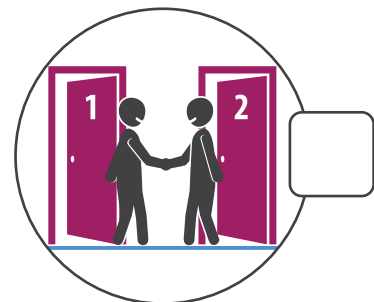
3. Keeping jewellery and other valuable items somewhere safe



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.

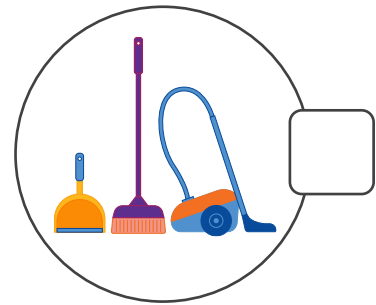
Instructions: Read how to stay healthy by keeping your home clean. Put a check mark “✓” in the box of the cleaning methods that are new to you.



7. Disposing of sanitary products like pads, tampons and diapers in the trash bin, not the toilet



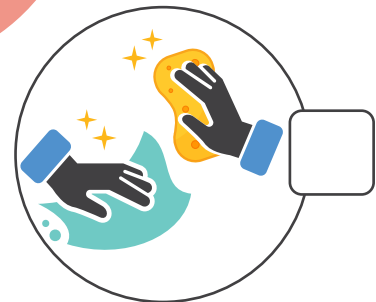
1. Regularly separating, taking out the garbage and recycling on collection days



2. Vacuuming and sweeping floors



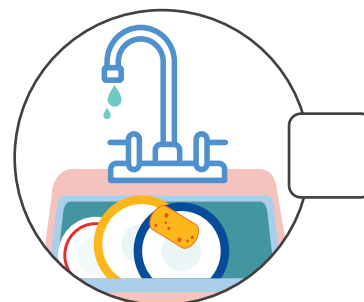
6. Cleaning toilets, sinks, bathtubs and showers



3. Cleaning surfaces in your home



5. Washing clothing and bedding



4. Washing dishes

Unit 5

HEALTH





Unit 5 HEALTH



5.1 Public health-care in Canada

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. How long before you can access publicly funded health-care services depends on where you live in Canada. Services vary from one province and territory to another.

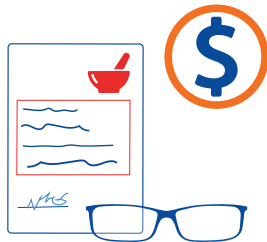
You must notify the Ministry of Health as soon as you arrive and when you move between provinces or territories.

For access to publicly funded health-care services you need to apply for a health card as soon as possible. For more information on public health-care services in Canada, read here:



Private health insurance is recommended whenever you do not have access to publicly funded health-care services. Ask your employer if temporary health-care services are available.

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 answers to frequently asked questions about publicly funded health-care services in Canada, read here:



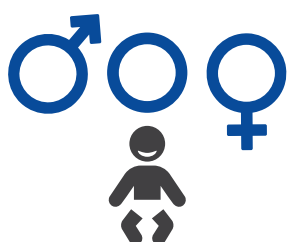
1. When you or someone in your family starts working, ask if the employer offers additional health-care services that are not covered in your province or territory.



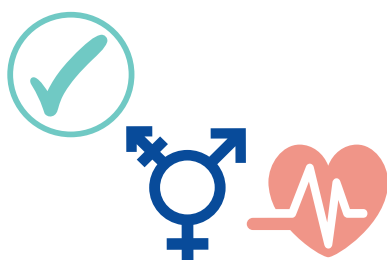
2. In some provinces or territories, prescription medications and dental care are available for some people at a lower cost or for free. For more information, visit your province or territory's website here:



3. In Canada, you can choose when to have children and how many. Speak to a doctor about your family planning options. It is your body and your choice.



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 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.



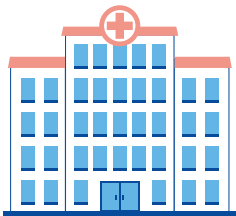
Family doctors



Community health centres



Emergency rooms



Hospitals

1.

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.

2.

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.

3.

c) Larger health-care centres where you go if you have a serious health issue and require testing or surgery.

4.

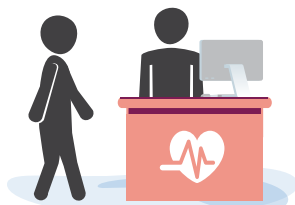
d) Where people residing in a certain area can go to see family doctors and nurses.



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.



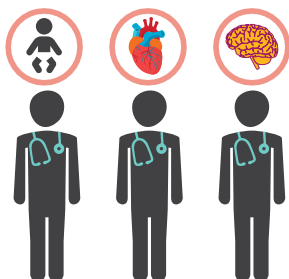
Answers: 1 (b); 2 (d); 3 (a); 4 (c)



Walk-in clinics

5.

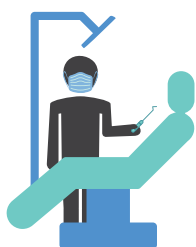
e) Doctors who concentrate on specific health issues and have training in that area of medicine. Your family doctor usually refers you to see these doctors. Non-urgent referrals to these doctors may take several months.



Specialists

6.

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 health-care plans cover some urgent dental surgery if done in a public hospital.



Dentists

7.

g) Where you go when you have non-life-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.



Pharmacies

8.

h) Professionals who can help if you have emotional pain. Seek help from a professional if emotional pain starts to affect your daily life.



Mental health services

9.

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. 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.



Answers: 5 (g); 6 (e); 7 (f); 8 (i); 9 (h)



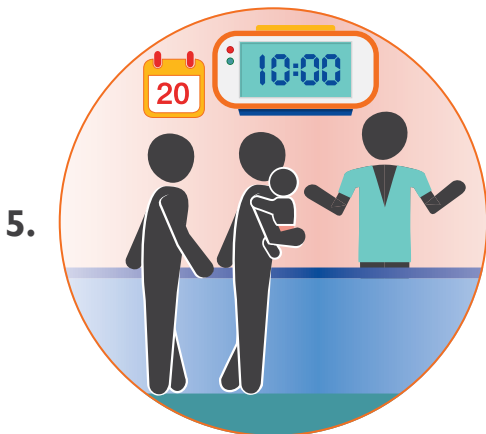
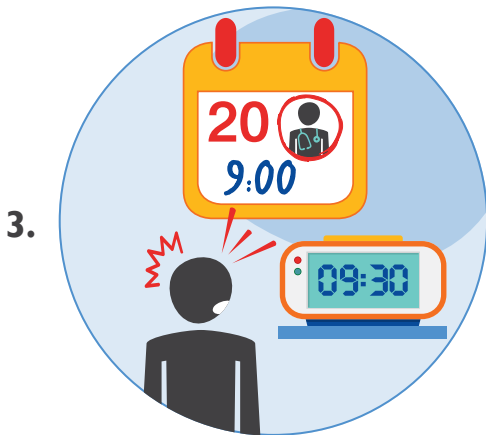
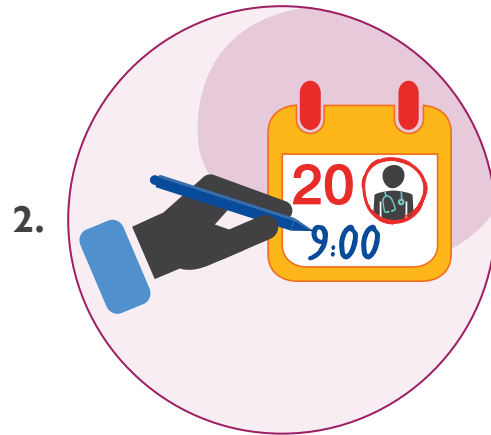
5.3 Medical appointments

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.

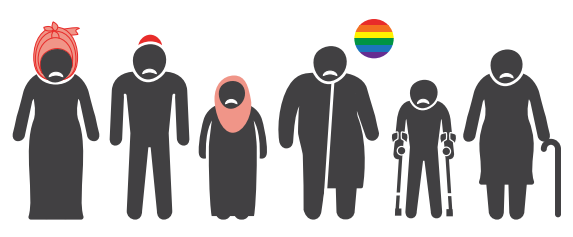


Instructions: Look at this family's experience with medical appointments in Canada.

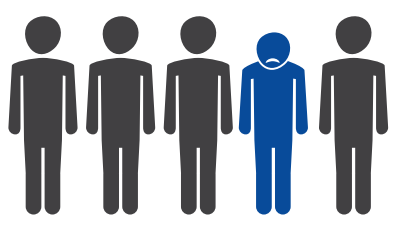


5.4 Mental health

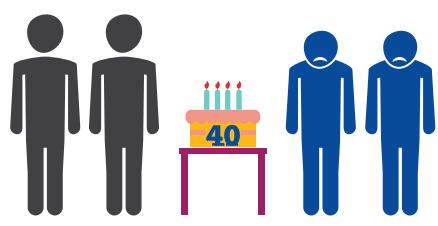
Mental health refers to how you feel, think and behave as you cope with life. It also refers to how you handle stress, anger and sadness.



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:





5.5 Some challenges for newcomers

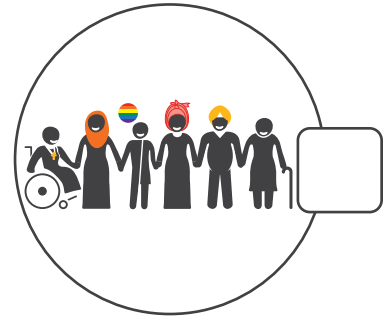
Instructions: Look at challenges some newcomers face in Canada. Put a check mark “✓” in the box of the challenges you may face in Canada.



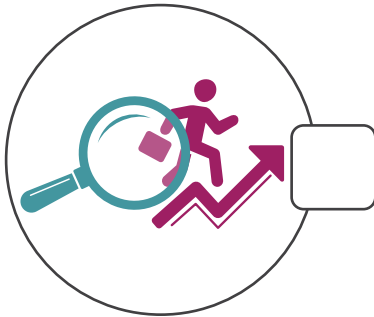
1. Having to leave an unsafe part of the world, your home, family and friends



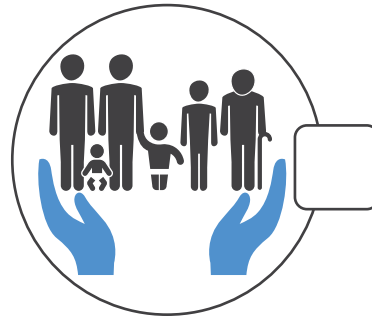
2. Finding a place to live



3. Making new friends



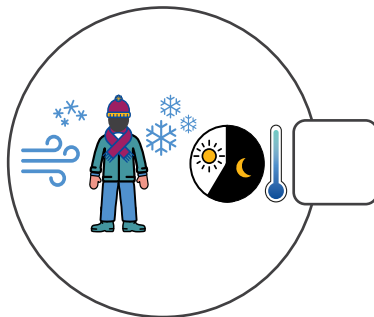
4. Getting and keeping a job



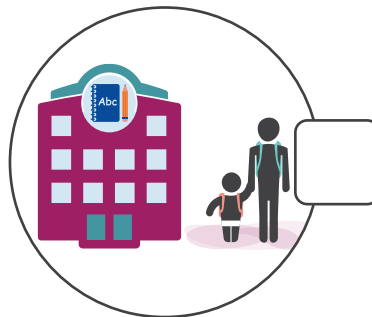
5. Supporting your family



6. Settling in a new society



7. Getting used to the weather



8. Starting at a new school



If you or someone you know is experiencing challenges related to problematic substance use, for more information, read here:



5.6 When to seek help?



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



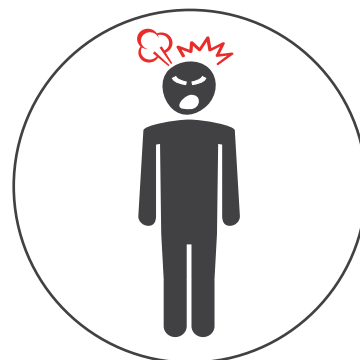
3. Not hungry



4. Sleepless



5. Tired or exhausted



6. Frustrated or angry



7. Worried or stressed



8. Lonely, isolated or withdrawn

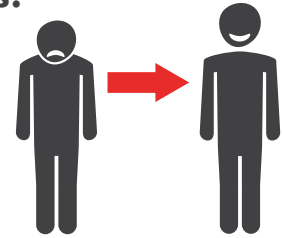


9. Having thoughts of self-harm or death

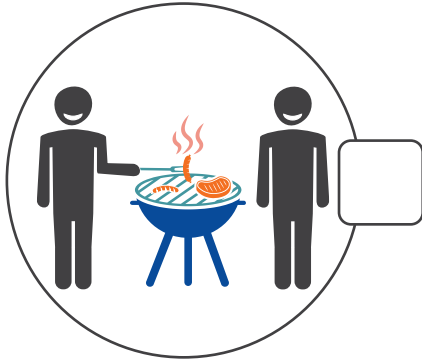


5.7 How can you help yourself and others?

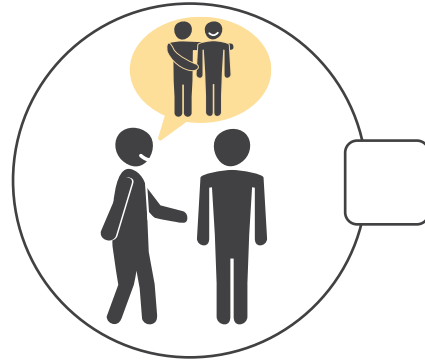
If you feel sad or worried, there are things you can do to help yourself and others. Start by doing activities that you know make you feel relaxed or happy.



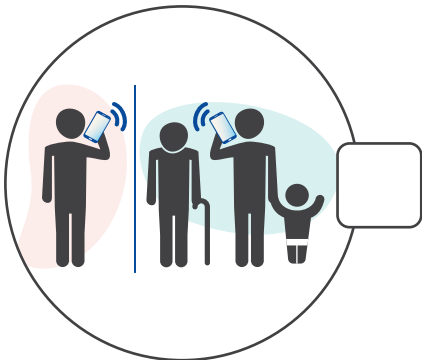
Instructions: Look at the actions. Put a check mark “✓” in the box of the actions that would be helpful to you when experiencing difficulties adjusting to life in Canada.



1. Cooking with or for others



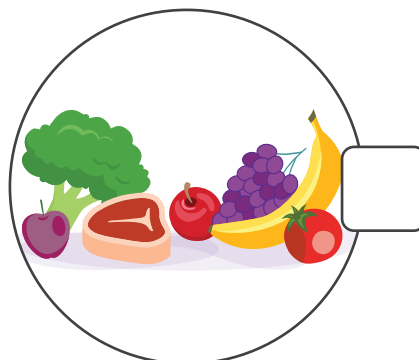
2. Helping others



3. Connecting with family and friends

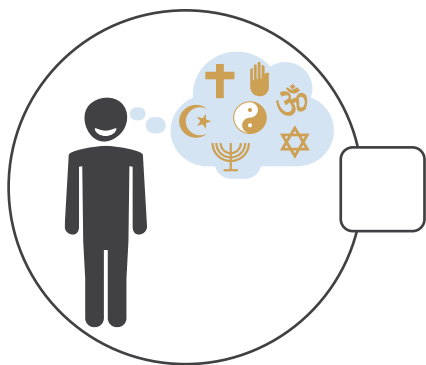


4. Spending time outdoors

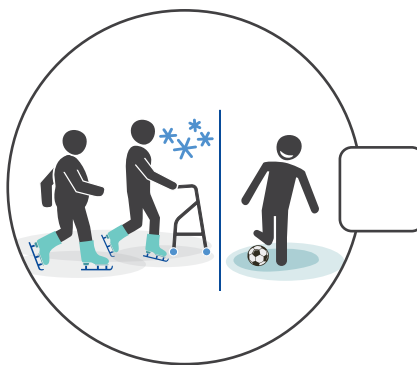


5. Eating healthy.
For more information,
read here:

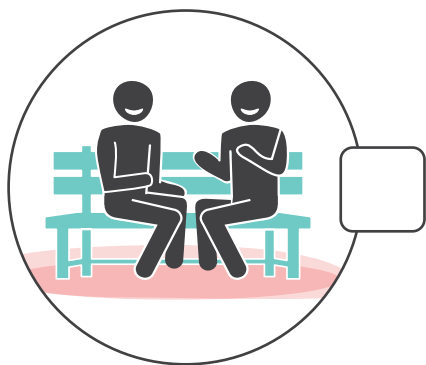




6. Praying or meditating



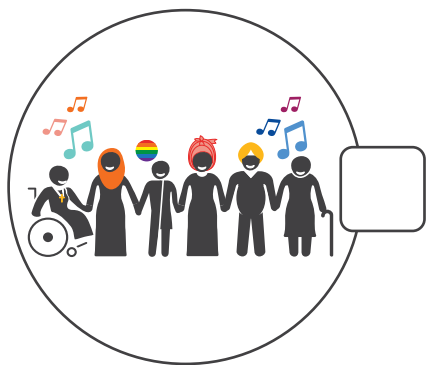
7. Playing sports or exercising



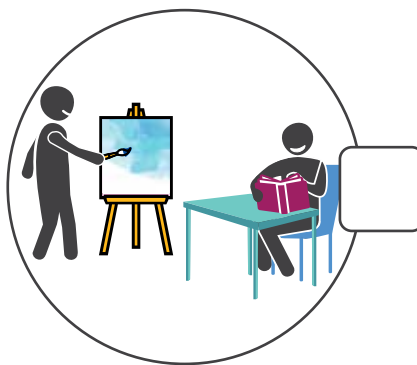
8. Talking to people you trust



9. Focusing on the positive aspects of life



10. Practising aspects of your culture



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.

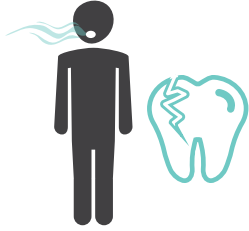




5.8 Preventing health issues with hygiene

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

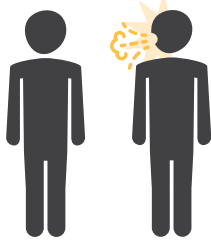
Instructions: Look at the health issues. Draw a line between each issue and how to prevent it.



Bad breath and tooth decay



Influenza, diarrhea and parasites



The spread of diseases



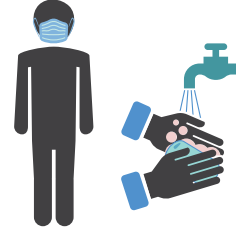
Lice

1.

2.

3.

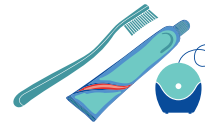
4.



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.



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

Unit 6

EDUCATION

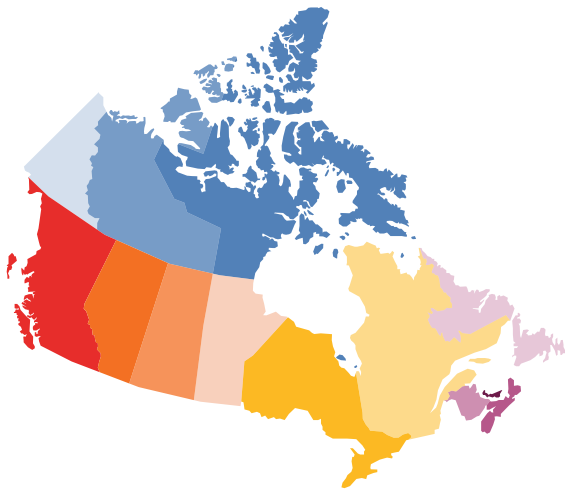
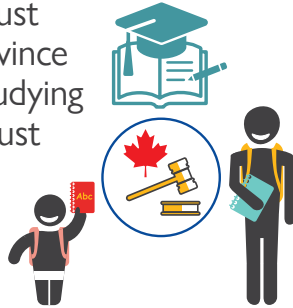




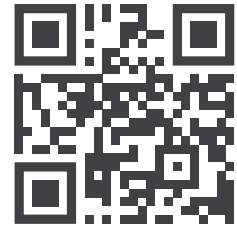
Unit 6 EDUCATION

6.1 Education in Canada

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



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



English

Français



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

In English schools, lessons are taught in English, and French is taught as a second language. In French schools, English is taught as a second language. French immersion schools offer a mix of both.



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 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 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

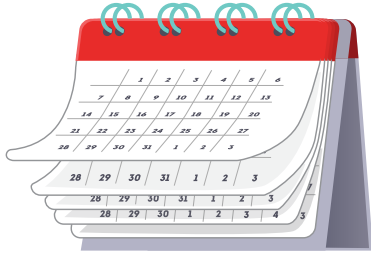
Some families choose to educate students at home. Students still need to be registered to show that they are receiving an education. Families cover the majority of the costs and decide what students learn. Regulations for home schooling vary between provinces and territories.

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

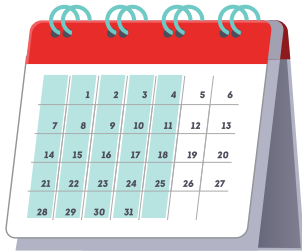


6.3 Public education in Canada

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.



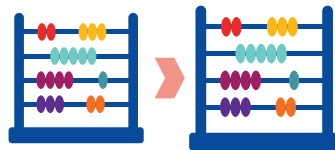
5. Additional support is often available for students who have physical, behavioural or learning challenges. This help can be offered either at school or elsewhere. Speak with the school and seek support as soon as you arrive.

6.4 Basic education levels in Canada

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



Kindergarten: 3–5 years of age



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.



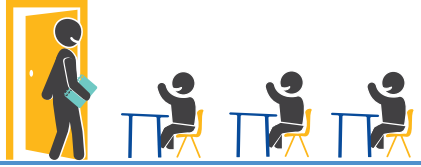


6.5 Being a student in Canada

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.



1. Students do not usually wear uniforms.



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



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



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



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



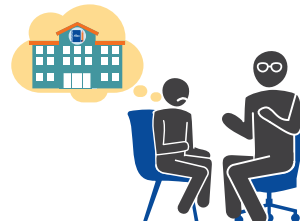
6. Students of all religions study together and must respect all religions equally.



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



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





8. Students are provided with some of the supplies they need. Families usually need to buy some items like backpacks, notebooks, binders and running shoes.



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?



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 or school administrator.



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



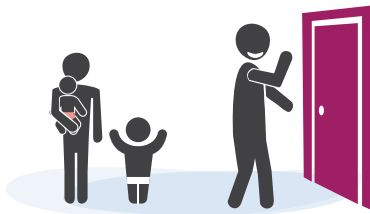
2. Meeting and speaking with their teachers



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:



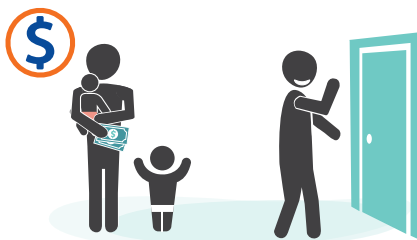
1. Having a responsible friend or family member look after them



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.



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.



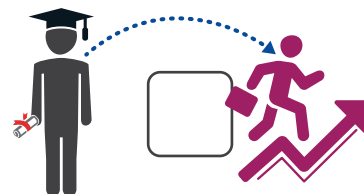
1. To complete unfinished studies



2. To improve your English and/or French



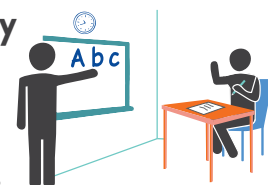
3. To upgrade your skills by getting a certificate, diploma or degree



4. To become qualified to work in your desired job

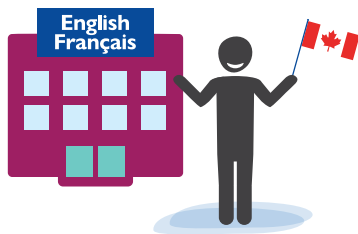


For adults who have not finished their secondary studies (high school), there are classes to help them get their diploma. Some of these classes also teach adults how to read and write even if they do not know how to in their own language.



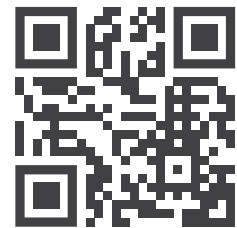
6.10 Adult language classes

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



1. Language classes are available for learning English and/or French. Some provinces and territories offer job-specific language training.

2. To begin language classes, you must first do a free language assessment. Once in Canada, ask a government-funded organization for newcomers about 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.

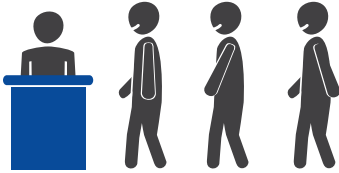


6.11 Why do permanent residents take language classes?

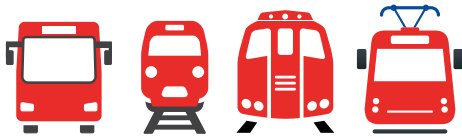
Instructions: Read the reasons why permanent residents take language classes. Put a check mark “✓” in the box of reasons why you would want to study English and/or French in Canada as an adult.



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 their education

6.12 Education options for adults



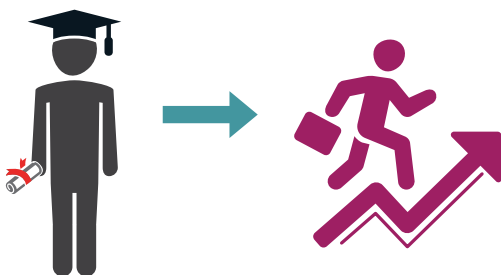
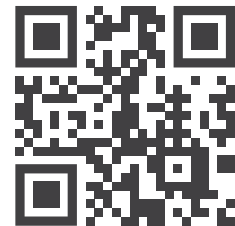
1. After secondary education is completed, adult students can choose to study in colleges, institutes or universities.



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, read here:



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.

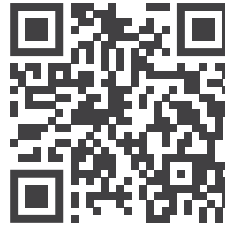


6.13 Cost of post-secondary education

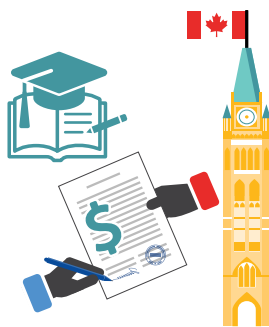
Tuition fees for post-secondary studies vary depending on the institution and program.



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.

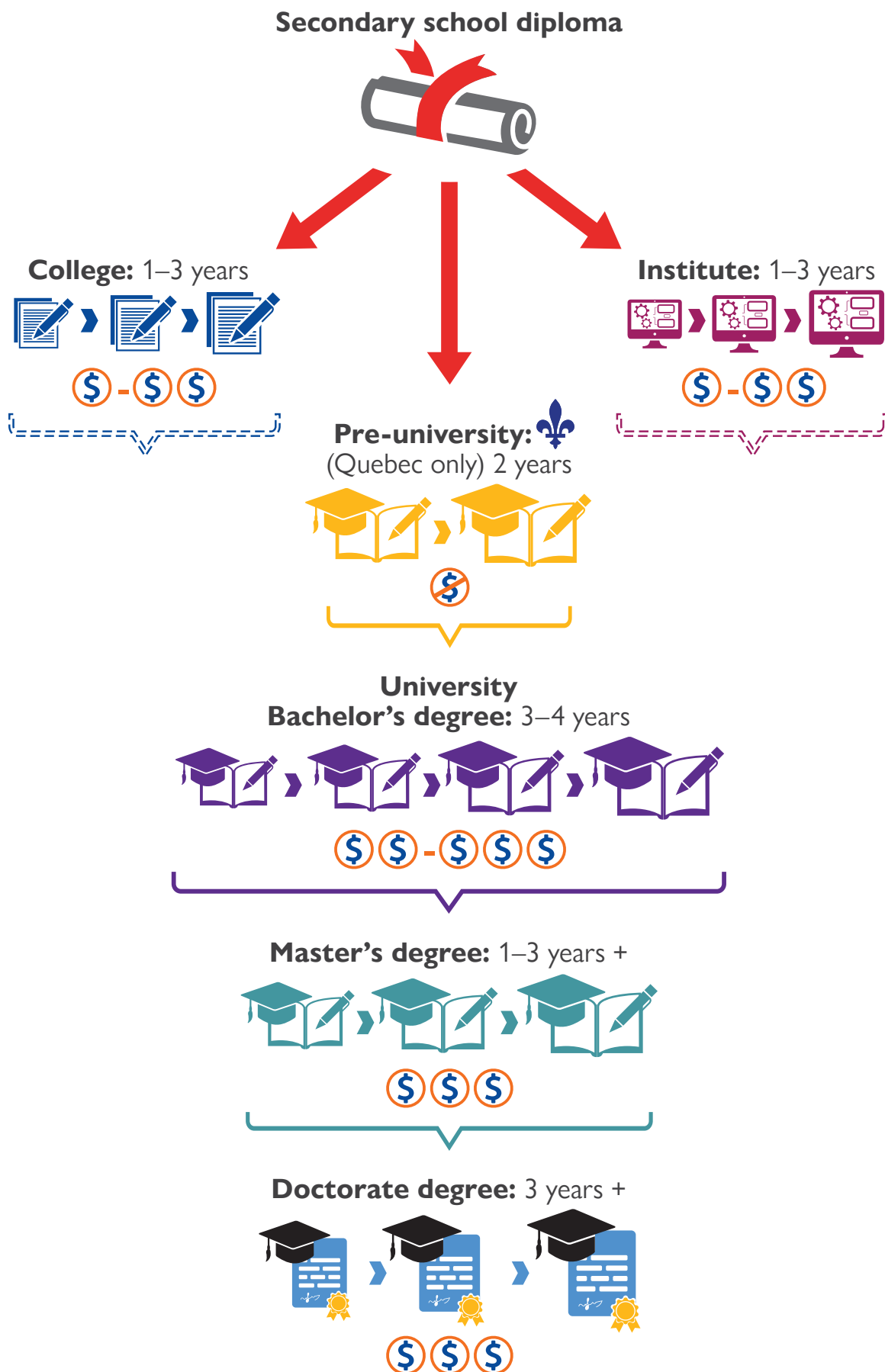
For more information on financial support for post-secondary education, read here:



6.14 Levels of post-secondary education



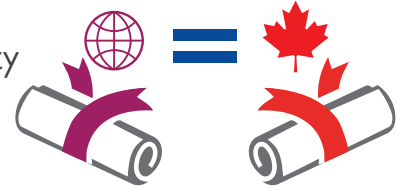
Instructions: Look at levels of post-secondary education for adults. In some provinces and territories, these levels may be slightly different. “” is for no cost; “” is for low cost; “ ” is for medium cost; and “ ” is for high cost.





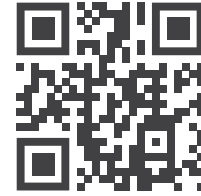
6.15 Education credential evaluation

Your studies at a college, institute or university outside Canada may not automatically be recognized in Canada.

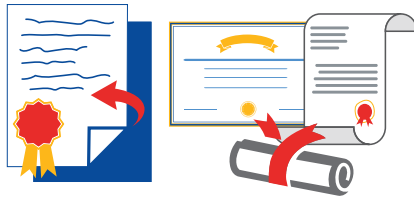


You may have already obtained an educational credential assessment to immigrate to Canada. This assessment can help when you are looking for a job. You may need to have different credential assessments done to study or to work in a regulated occupation in Canada.

For more information on credentials, call 1-416-962-9725 or read here:



Instructions: Read the steps for credential evaluation for education purposes. 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.



3. Contact the admissions office to find out what kind of education evaluation they accept.



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



Credential evaluation takes time and costs money. For more information about what you need to do to practise your occupation in Canada, read here:



Unit 7

EMPLOYMENT

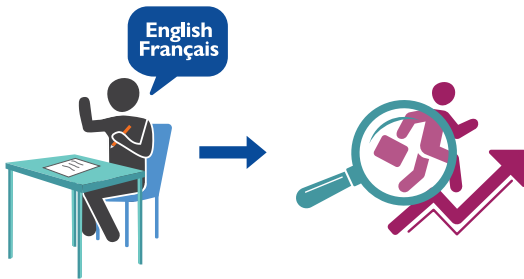




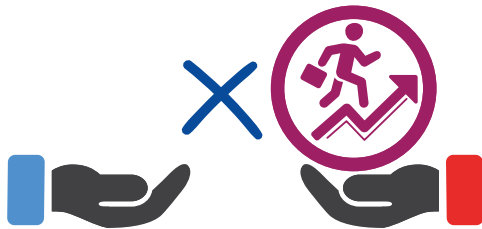
Unit 7 EMPLOYMENT

7.1 Employment in Canada

To become financially independent, finding and keeping a job is important. This requires planning and persistence.



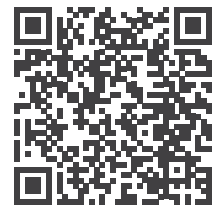
English or French language skills are essential in finding a job and starting your new life in Canada. For more information on language classes for newcomers, see Unit 6, Activity 6.10.



Although individuals immigrating to Canada through the Economic Mobility Pathways Pilot may arrive with a job offer, the Government of Canada cannot guarantee you a job upon your arrival. It is your responsibility to financially support yourself and your family.



To maintain a job, it is important to understand Canadian workplace culture and show that you can do your job effectively. Learn more about the skills, competencies, and attitudes for success in the workplace here:



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.



Government funded-organizations for newcomers are common in Canada and many offer employment-related services. For more information, see Unit 3, Activity 3.9.



7.2 Employment expectations



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



1. You will only work at a job with the wage you want.



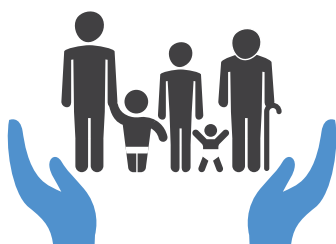




2. You will work at a job even if it is below your level of skills.







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 outside of work.









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.



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



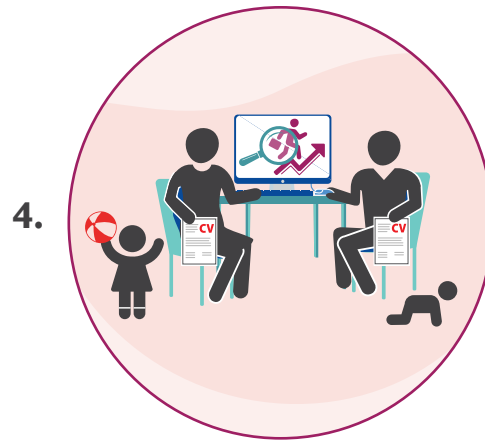
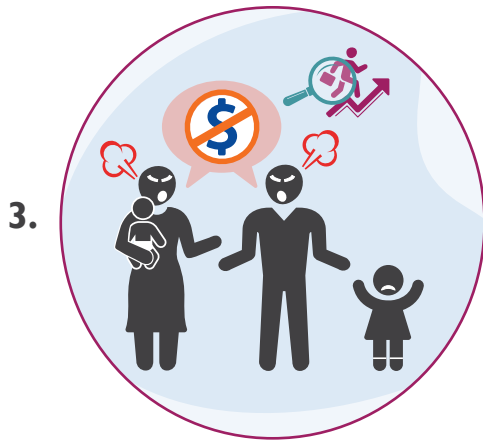
There are laws that prevent employers from treating employees unfairly based on gender, age, race, social class, marital/family status, language, religion, nationality, immigration status, sexual orientation and ability or disability.



Answers: 1 (✓); 2 (✓); 3 (✓); 4 (✓); 5 (✓); 6 (✓); 7 (✓); 8 (✓); 9 (✓); 10 (✓); 11 (✓); 12 (✓)

7.4 Families and employment

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

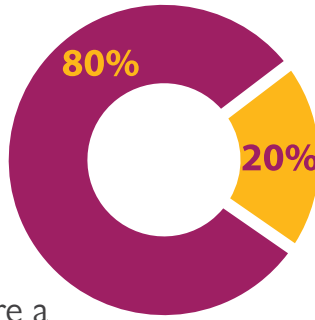


In workplaces in Canada, all people have the same rights and opportunities regardless of their gender. It is illegal to pay people who do the same job differently because of their gender.





7.5 Types of jobs in Canada



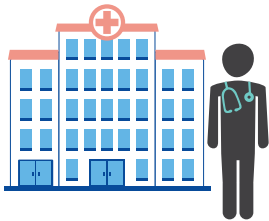
1. Non-regulated jobs

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.

Examples of regulated jobs are:



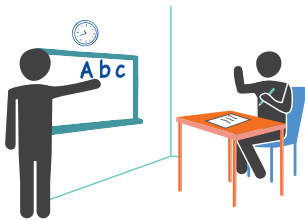
1. Health care



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)

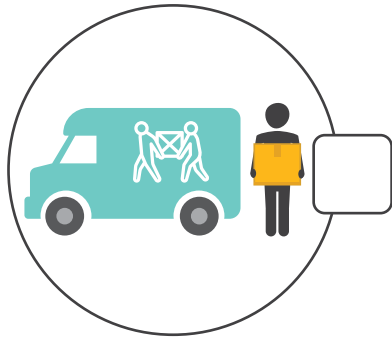
You may have to pass exams and pay fees to a regulatory body to get a licence. For more information, see Unit 7, Activity 7.10.



7.6 Common jobs 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



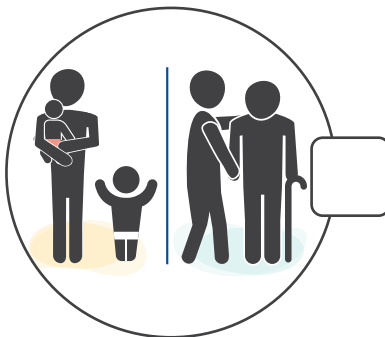
2. Cashier



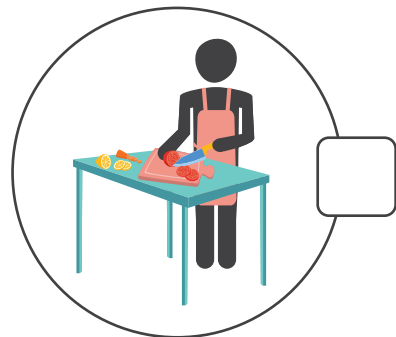
3. Cleaner



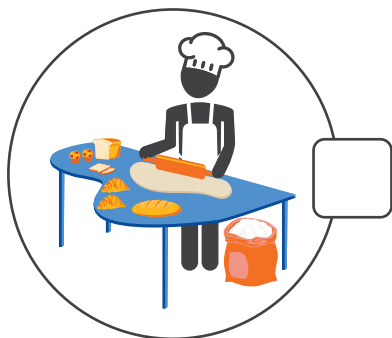
4. Construction worker



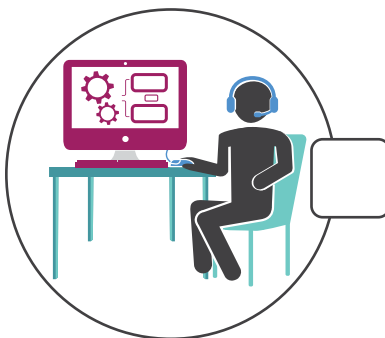
5. Caregiver



6. Food service worker



7. Baker



8. Computer programmer or developer



9. Landscaper





7.7 Challenges in finding a job in Canada

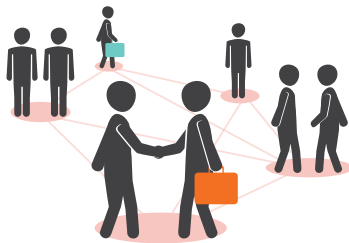
Instructions: Read some solutions to common challenges that newcomers face in finding a job in Canada. On the next page, read the newcomer situations. Match each newcomer situation to a solution by writing the letter in the box. Each situation has more than one correct answer.



- a) Take a language assessment and enrol in a government-funded general language class to improve English, French, or industry-specific language skills.



- b) Gain professional experience in Canada by volunteering, doing an internship or starting with a transitional job.



- c) Learn about workplace practices in Canada by being involved in social and professional events.



- d) Complete a credential evaluation of previous experience outside of Canada in order to assess the skills and training needed for certain jobs in Canada.



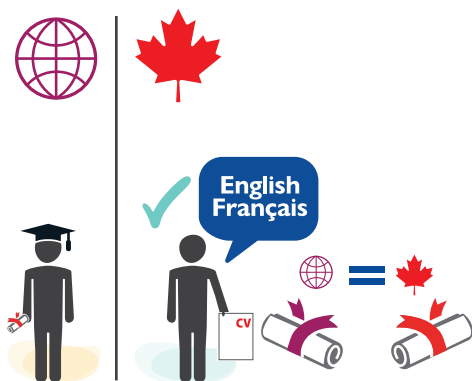
- e) Join a mentorship program and start networking with Canadian professionals who can provide referrals to jobs.



- f) Study at a Canadian institution, join a bridging program or a short-term training and complete an education credential evaluation of previous studies.

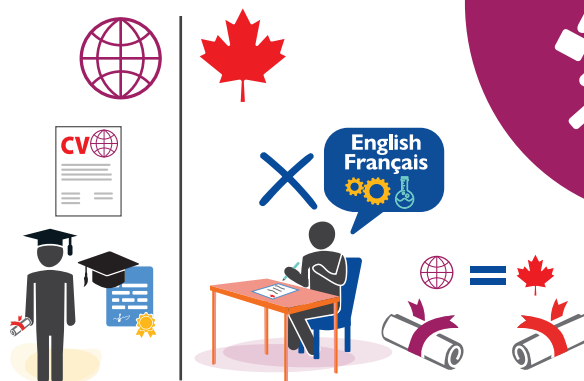


You may visit a government-funded organization for newcomers in your community. A settlement worker can provide you with some useful advice on how to overcome challenges in finding a job.

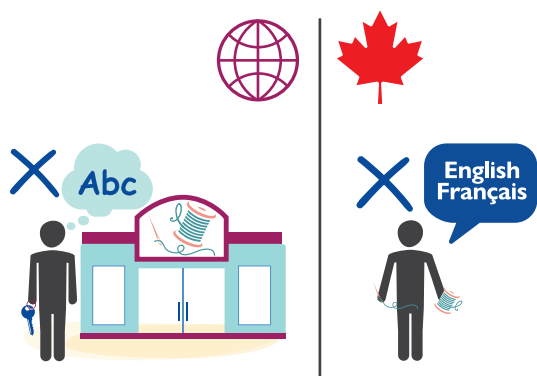


b, c, e

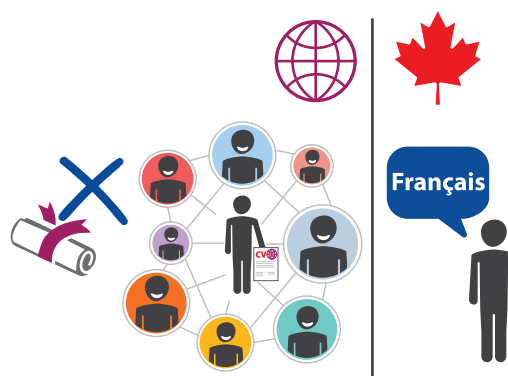
1. A newcomer who speaks English and French and whose studies have been recognized in Canada. They have never worked in the field of work they studied.



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. Remember that you are not bound to your employer. You have the right to seek alternative employment.



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



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.



1. Online, through employment websites and social media such as LinkedIn.com.



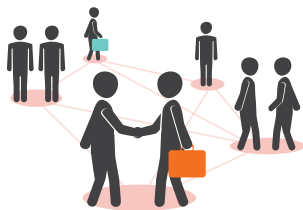
2. Networking with friends, relatives, and community members can help you access internally advertised opportunities.



3. Visiting a government-funded organization for newcomers.

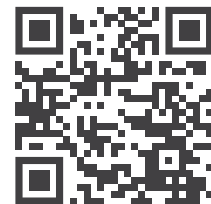


4. Meeting employers in person.



5. Attending job fairs virtually or in person.

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



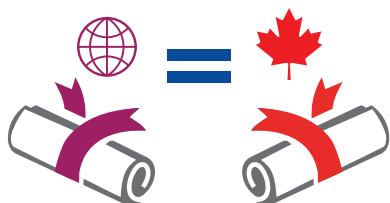
There are many ways to find jobs in Canada. Though most job postings are online, some are not publicly advertised.

Verify that the job is legitimate before applying. Never pay money or share your personal information if you are not sure.



7.9 Options to start your career in Canada

Instructions: Read options of how to start a career in Canada. Put a check mark “✓” in the box of the options you plan on doing.



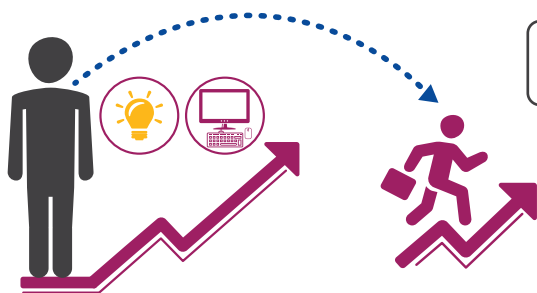
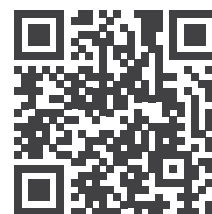
1. Credential evaluation

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



2. Transitional jobs

Working at any job to gain Canadian experience and practice language while waiting to be licensed in a certain field of work. For people under age 29, search for opportunities here:



3. Bridging programs

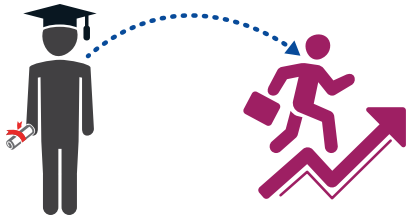
Training that helps you gain Canadian experience in your field of work, learn workplace English or French and understand workplace culture.



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:





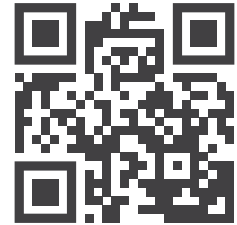
5. **Canadian education**

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



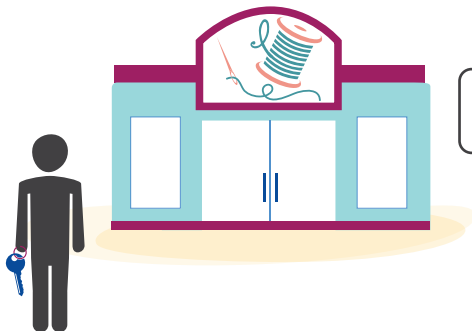
6. **Volunteerism**

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.



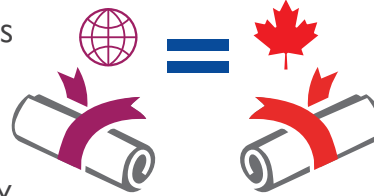
8. **Starting your own business**

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. 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:



An educational credential assessment can help when you are looking for a job. Additionally, for certain jobs your skills and training will also need to be assessed. For more information on the credential evaluation, read here:



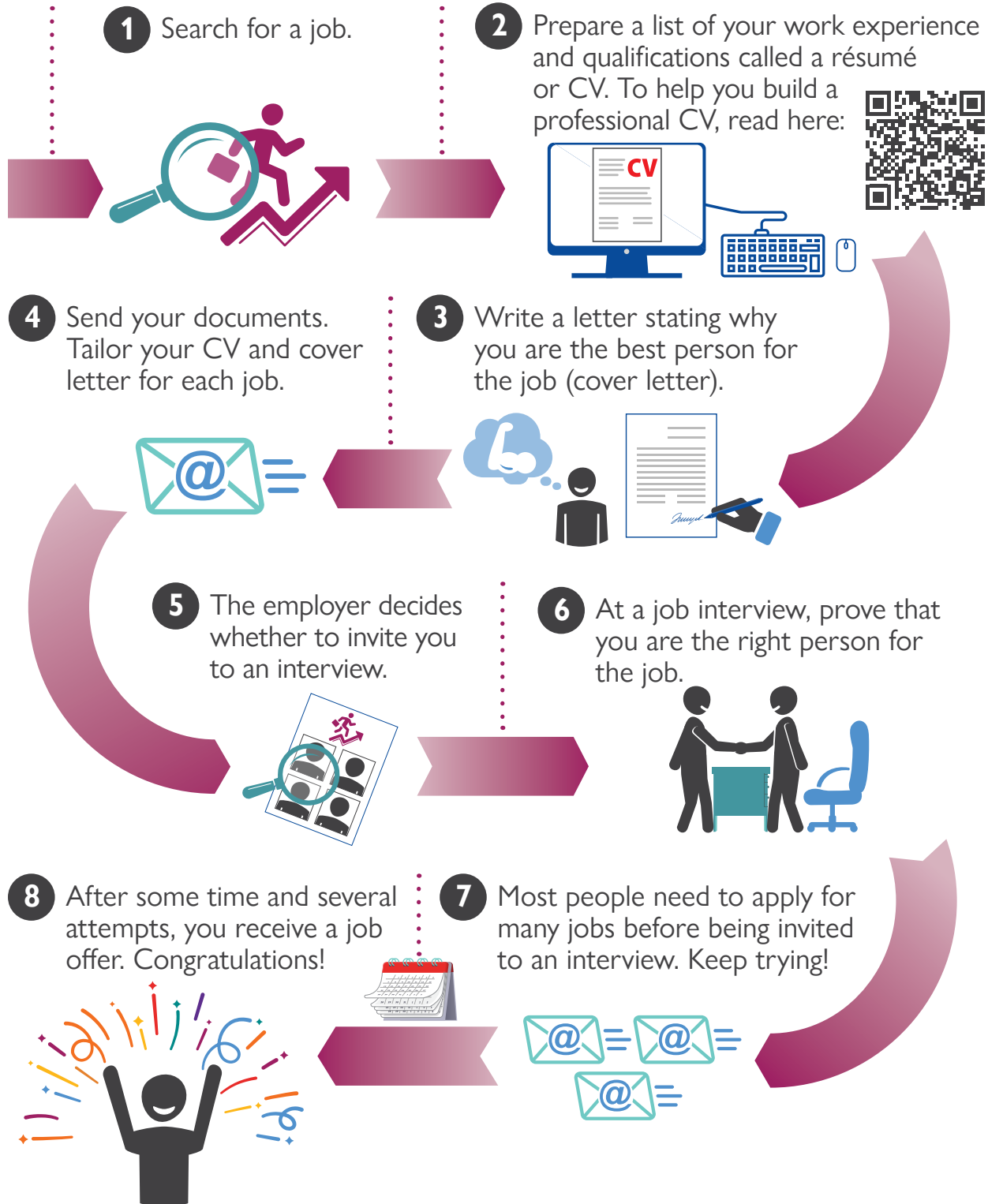
The same job can have different titles and requirements depending on the province or territory. Carefully read the job description to ensure that your qualifications match the requirements of the job.





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.



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.



7.12 Learning about working conditions in Canada

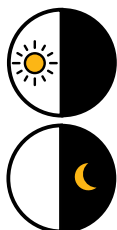
Instructions: Read the list of topics that are important to learn more about after you receive a job offer. Put a check mark “✓” in the box of the topics as you learn more about them.



1. Your rights as a worker in Canada. For more information see Unit 7, Activity 7.13.



2. The terms and conditions of your contract. For more information, read here:



3. Working standards in Canada. For more information see Unit 7, Activity 7.13.



4. Workplace culture in Canada. For more information, see Unit 7, Activity 7.14.

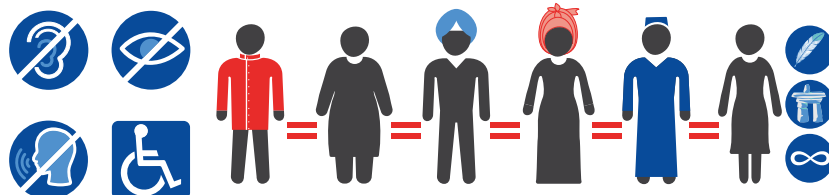


5. Health and safety in the workplace. For more information, read here:



6. Government-mandated employment benefits. For more information, read here:





3. Sometimes, it is necessary for employers to make changes to the workplace for certain individuals in order to prevent or stop discrimination. Employers have an obligation to make adjustments to their rules or practices within a reasonable limit. These adjustments enable people with disabilities to participate fully at work.

For more information on employers' duty to accommodate people with disabilities, read here:



4. The Employment Equity Act requires federally regulated employers to take active measures to eliminate barriers to employment through special measures and accommodation of differences. Historically, women, Indigenous peoples, people with disabilities and racialized groups of people have been at a disadvantage in employment.

For more information on employment equity, read here:



5. Pay equity is equal pay for work of equal value in federally regulated workplaces. It aims to close the gender pay gap for underpaid and undervalued groups. For more information on pay equity, read here:





7.14 Workplace culture in Canada

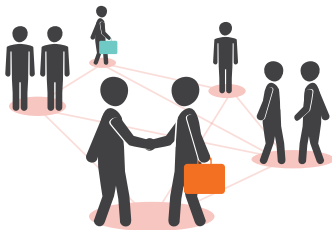
Workplace culture can include management styles and practices, the way work is organized, how employees are treated, and social support available there. Understanding Canadian workplace culture can help a person retain a job, feel satisfied at work, achieve work-life balance, and advance in their career.

Instructions: Read about common aspects of workplace culture in Canada. Put a check mark “✓” in the box of the aspects that you will ask your employer for more information about.



1. Diversity

Collaborating with people of different identities, abilities, backgrounds, cultures, skills, experiences, and perspectives. This may include Indigenous peoples, people with disabilities, people with diverse sexual orientations, gender identities and expressions, and sex characteristics, as well as people with different nationalities, religions and races.



2. Employee participation

Participating in employee-focused events such as workplace parties, activities outside the workplace, and invitations to general or recognition meetings.



3. Egalitarian workplace

Accessing equal employment opportunities regardless of age, gender or other characteristics.



4. Pay equity

Receiving equal payment for positions that contribute equal value to the employer's operations.



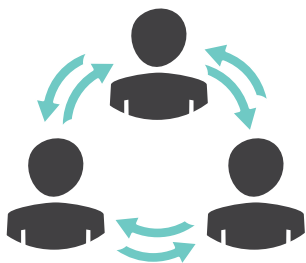
5. Accommodating religious needs

Requesting accommodation to adjust on-the-job practices, such as dress codes, break times, or rescheduling workdays or time off to observe religious practices.



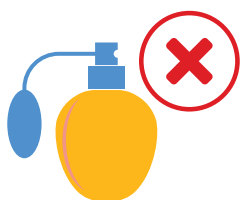
6. Flexible work arrangements

Asking about flexible scheduling and work arrangements to balance work and home life.



7. Transparent communication

Giving and receiving feedback and interacting openly with all the personnel of the organization whenever needed.



8. Scent-free environments

Keeping the air healthy for everyone. The chemicals used in scented products like perfume can make some people sick. To keep the air healthy for everyone, some workplaces ask workers to wear unscented products.



9. Workers' unions

Joining a union based on the industry and requesting to involve their representatives to resolve employment issues.



10. Filing a complaint

Disagreeing with an administrative decision made by an employer by filing a complaint or reporting misconduct or unfair treatment.



11. Internal rules and regulations

Respecting codes of integrity, conduct, and confidentiality. These can include aspects like punctuality, dress code, and data and information protection.



12. Wellness and well-being

Benefiting from employer-offered mental and wellness programs to find balance between work and personal life, to reduce stress, violence or bullying.



13. Safety at the workplace

Receiving timely information and training on health and safety measures to protect workers and refusing to work in dangerous situations.



14. Entitlement to vacation, sick and personal leaves

Taking paid or unpaid leave from work when ill, injured, if there is a need to provide primary caregiving for a family member, or for feeding a newborn baby.



15. Maternity and parental leaves

Taking paid leave from work for people before or after they give birth. Parents of all genders can take leave from work to care for newborn or newly adopted children.



These workplace practices are examples only and are not all offered by all employers. Workplace practices depend on the size of the employer, industry, and sector.

7.15 Work norms in Canada



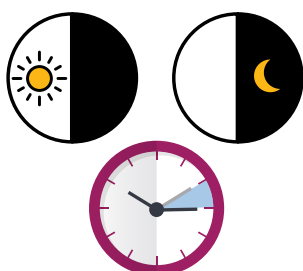
Instructions: Read about work norms in Canada. Put a check mark “✓” in the box of the norms that are different from the countries where you have lived.



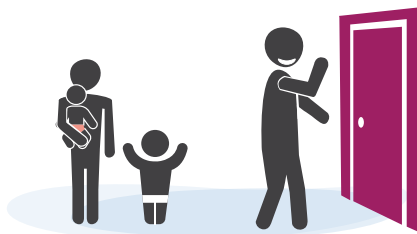
1. A full-time job is at least 30 hours per week. Which days are work days, and how long shifts are will vary depending on the industry.



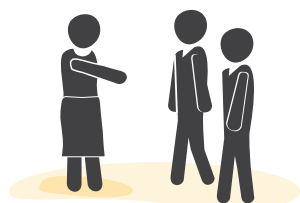
2. A part-time job is usually a maximum of 16 to 24 hours per week.



3. Some jobs require shift work and working on weekends. This means that the workplace operates more than 8 hours or up to 24 hours per day. Normally, there are three shifts: day, evening and night shift.



4. Families who work and have young children need to plan for child care or after-school care. In Canada, children cannot be left alone without supervision. For more information on child care options, see Unit 6, Activity 6.7.



5. It is common for women to supervise male workers in Canada.



6. Taking a paid or unpaid break of at least 30 minutes during every period of 5 consecutive hours of work.



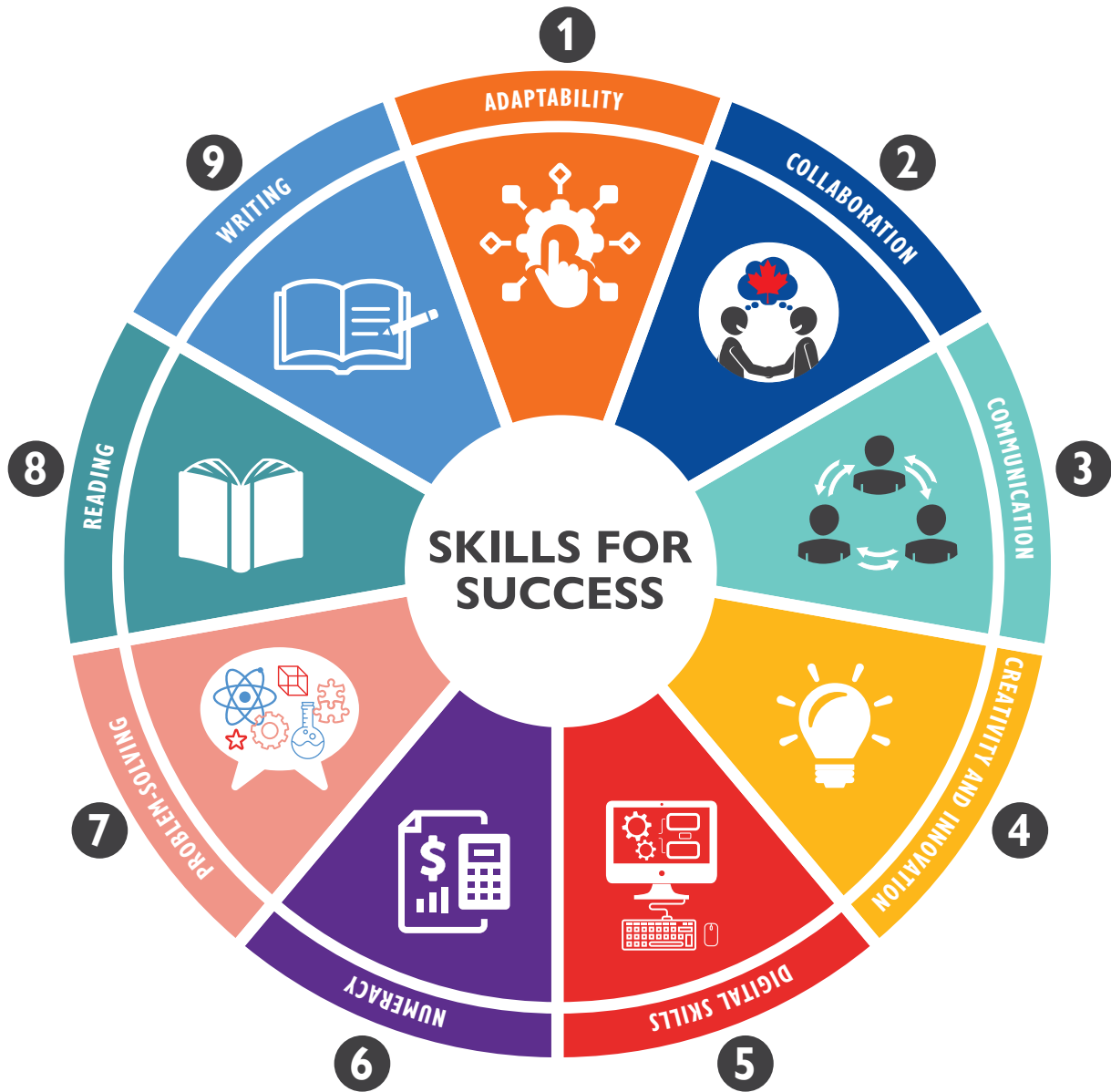
Every workplace has its own culture and work expectations. Adapting to the culture of a new workplace and meeting workplace expectations is important in keeping a job and advancing in a career.





7.16 Skills for success in the workplace

Skills are knowledge and abilities that help a person do a job, role or task effectively. Look at the skills below that are helpful for work, learning and life.



For more information on skills for success and a free online skill assessment, read here:





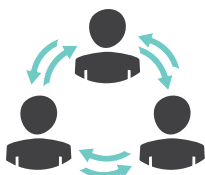
1. **Adaptability**

Ability to achieve or adjust goals and behaviours when expected or unexpected change occurs.



2. **Collaboration**

Ability to contribute and support others to achieve a common goal.



3. **Communication**

Ability to receive, understand, consider, and share information and ideas through speaking, listening and interacting with others.



4. **Creativity and innovation**

Ability to imagine, develop, express, encourage, and apply ideas in ways that are new, unexpected or challenge existing methods.



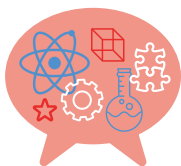
5. **Digital skills**

Ability to use digital technology and tools to find, manage, apply, create and share information and content.



6. **Numeracy**

Ability to find, understand, and use mathematical information presented through words, numbers, symbols and graphics.



7. **Problem-solving**

Ability to identify, analyze, propose solutions, and make decisions on a daily basis.



8. **Reading**

Ability to find, understand and use information presented through words, symbols and images.



9. **Writing**

Ability to communicate ideas and share information using written words, symbols and images.



Instructions: Look at the skills for success. Draw a line between each skill and its example.



Adaptability

1.

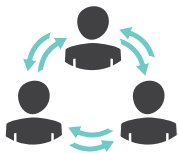
a) Listen to instructions, serve customers and discuss ideas, exchange information, pay attention to, and understand others.



Collaboration

2.

b) Change work plans to meet new deadlines, learn how to work with new tools and improve skills through feedback.



Communication

3.

c) Develop new products and services, come up with new, unique ideas or solutions.



Creativity and innovation

4.

d) Contribute to the team's work, provide meaningful support to colleagues, and value other people's inputs.

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



Digital skills

5.

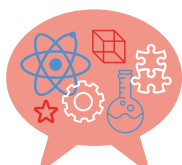
- e) Safely use social media, securely make online purchases, find and exchange information online and instantly communicate with others.



Numeracy

6.

- f) Locate information on forms and drawings, read items such as emails, reports, news articles, blog posts and instructions.



Problem solving

7.

- g) Perform calculations, manage budgets, analyze and model data and make estimations.



Reading

8.

- h) Fill out forms and applications, write emails, reports and social media posts.



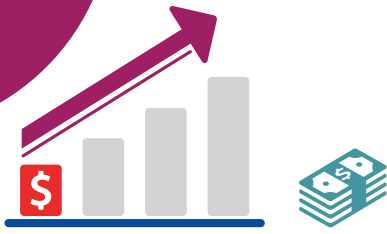
Writing

9.

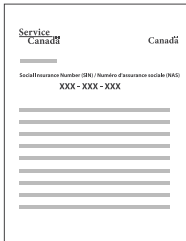
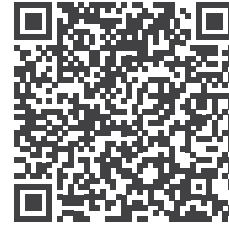
- i) Think about different ways to complete a task, make decisions about best solutions, and troubleshoot technical failures.



7.17 Your wage



1. In Canada, employers are legally required to pay a minimum wage. The minimum wage is different in each province and territory. For more information about the minimum wage and wage 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 payment in cash, but by direct deposit (directly transferred in your bank account) or by cheque.



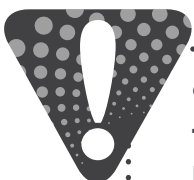
4. For each pay period, you will receive a pay statement. Your net pay is lower than your total wages. Deductions are taken from your total wages to cover income tax, pension benefits, as well as employment insurance and health insurance.



5. In Canada, all workers contribute from their wages 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.



“Under the table work” is an undeclared job for which you receive money, but do not pay taxes on. This type of work is illegal. It has serious consequences for both the employer and the employee.



Unit 8

BUDGETING





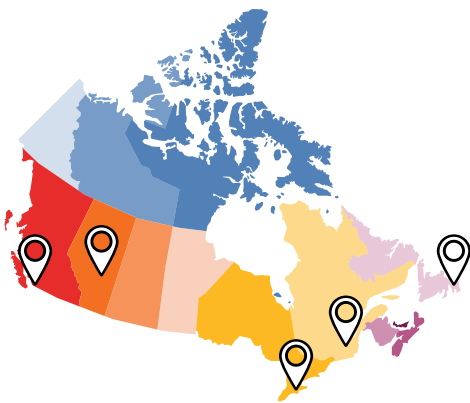
Unit 8 BUDGETING

8.1 Money in Canada

Canada's official currency is the Canadian dollar (CAD). There are 100 cents (¢) 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. It is important to plan how much money you will need, especially for the first few weeks before you start working and receive your wages in Canada. You can calculate your own expenses here:



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

8.2 What are the basic living costs in Canada?

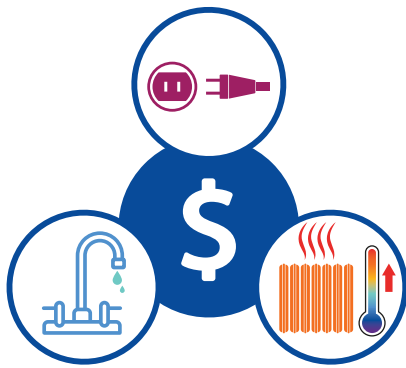


Instructions: Look at basic living expenses in Canada. Put a check mark “✓” in the box of the expenses that are new to you.



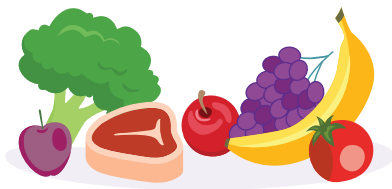
1. Housing

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



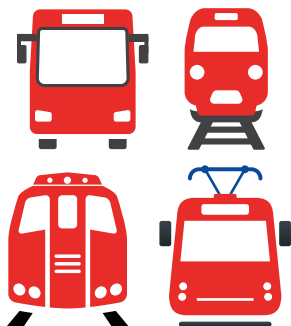
2. Utilities

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



3. Food

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



4. Transportation

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



5. Communication

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



6. Child care

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



7. Other expenses

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



8. Immigration or settlement loans

These include amounts of money that were initially paid on your behalf by the Government of Canada or borrowed from Windmill Microlending for your travel and/or settlement. For more information, see Unit 3, Activity 3.2.

To create a customized plan, use the budget tool here:



It is your responsibility to start paying back the loans (with or without applicable interest fees) through regular monthly payments. For more information, see Unit 3.



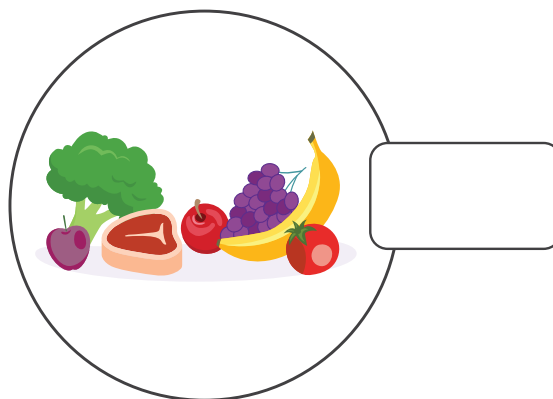
8.3 Basic living expenses



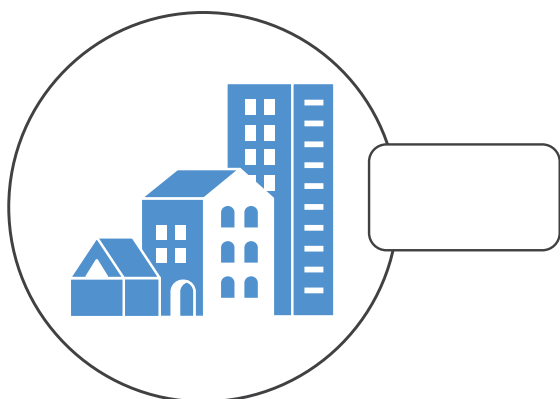
Instructions: Look at the basic expenses that you will be responsible for covering upon arrival in Canada. Write “\$\$\$\$” for the greatest expense, “\$\$\$” for the second highest expense, “\$\$” for the second lowest and “\$” for the lowest expense.



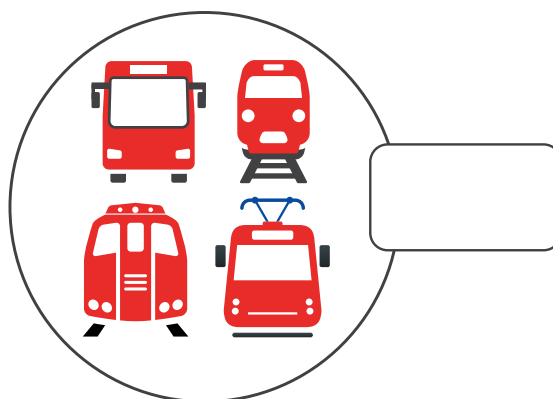
1. Communication



2. Food



3. Housing and utilities

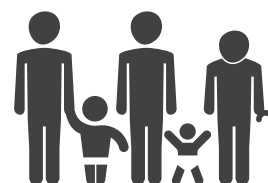


4. Transportation

For more information on income assistance and other financial benefits for all permanent residents in Canada, read here:



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. You may ask a government-funded organization for newcomers if you are eligible for any of these additional allowances.

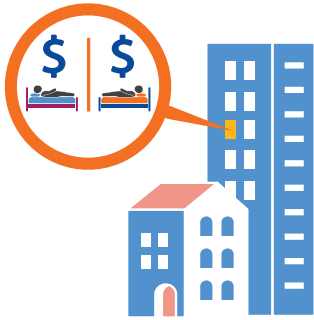


Answers: 1 (\$); 2 (\$\$\$); 3 (\$\$\$\$); 4 (\$\$)

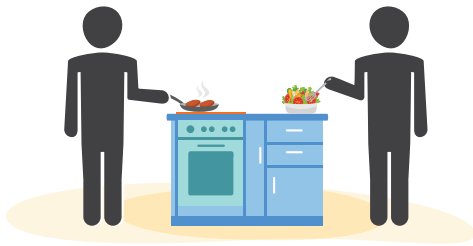


8.4 How can you save some money?

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.



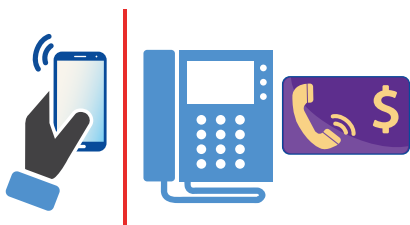
1. You can share a house or an apartment with someone and pay part of the rent.



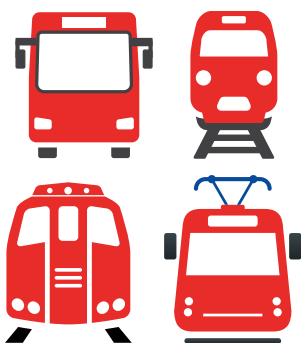
2. You can buy fresh food and prepare meals at home instead of eating in restaurants.



3. You can look for stores and products with the lowest prices and check 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.



6. You can use free Internet available at libraries and other public places.



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 a government-funded organization for newcomers if low-cost child care is available in your community or share responsibilities with other parents.



8.5 Expectations related to your finances in Canada



Individuals immigrating to Canada through the Economic Mobility Pathways Pilot must be financially independent from the time they arrive in Canada. You are expected to financially sustain yourself and your family members. Different loans can help cover your basic needs upon arrival. For more information, see Unit 3 Activity 3.2.

Having realistic expectations regarding what you will be able to do with the money you have or earn will help you adjust to life in Canada.

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



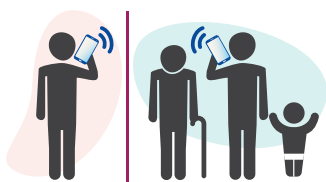
1. You are receiving your salary from your employer.



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



3. You are single, do not have children, and your salary is your only source of income.



4. 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.

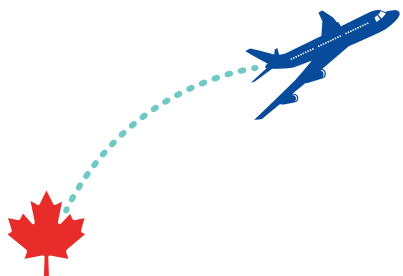


c) Public transportation is the least expensive option for travelling. You can save money by buying a monthly pass.



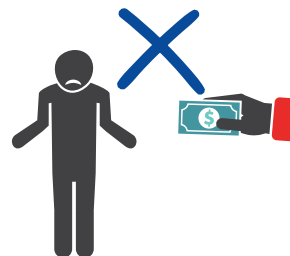
d) You probably do not have enough money to send to family members back home.

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



5.

You want to travel outside Canada.



e) If you use all the money before the end of the month, you will not be able to ask your employer for more. Speak to a government-funded organization for newcomers about how to manage your expenses.



6.

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



f) Travel is expensive and your income may not be enough to pay for this. You should plan in advance and save.



7.

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



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



8.

Housing is expensive in your community.



h) You will likely need to save and/or get a loan. Your salary is not enough to pay for these things.



It is important to pay your rent and utility bills on time to avoid any penalties or being forced to leave your housing. Frequent late payments can prevent you from being able to renew your lease at the end of the initial contract period.

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.



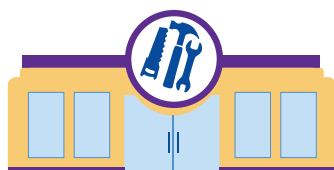
Supermarkets



Drugstores



Department stores



Home improvement stores

1.



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

2.



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

3.



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

4.



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.

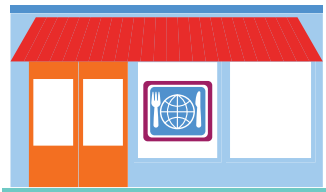
Answers: 1 (b); 2 (d); 3 (a); 4 (c)



Second-hand stores

5.

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.



Ethnic food stores

6.

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



Garage sales

7.

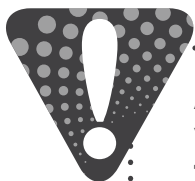
g) These are informal, outdoor events where people sell used items from their homes, usually at very low prices. The date and location are usually advertised on signs in the neighbourhood.



Online sales

8.

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.



A government-funded organization for newcomers 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.

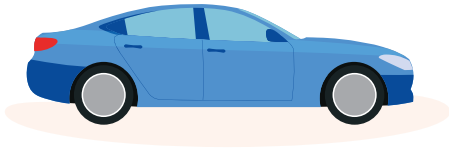


Answers: 5 (h); 6 (e); 7 (g); 8 (f)

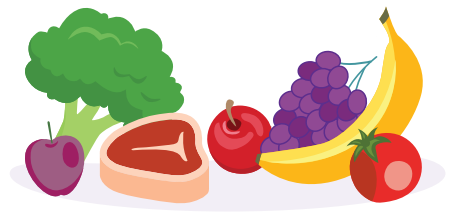


8.7 What do you need versus what do you want?

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



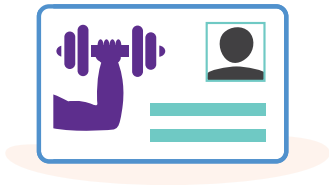
4. Clothing



5. The latest smartphone



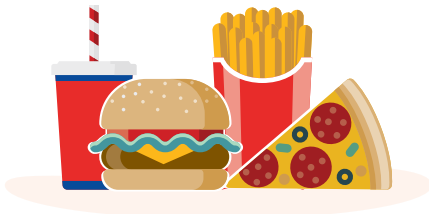
6. Hygiene products



7. A fitness club membership



8. A place to live



9. Eating at a restaurant



10. Expensive branded shoes



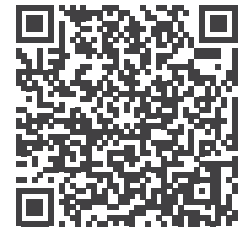
It is important to identify what your needs versus your wants are. Some items you want may be expensive, and you may have to wait to buy them.





8.8 Banking in Canada

Individuals accepted to immigrate to Canada through the Economic Mobility Pathways Pilot can open a Canadian bank account. Monthly fees are applicable depending on the type of account. For more information on opening a bank account in Canada, read here:



A bank account enables you to:



1. Use automated banking machines



2. Receive money through direct deposits and send money to other bank accounts



3. Be issued a debit card to make 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.

Beware of fraud. Criminals may send you a suspicious link by email, text message or call you on the phone to collect your personal information. To protect yourself, do not share any personal or banking details with anyone you do not know well.



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:

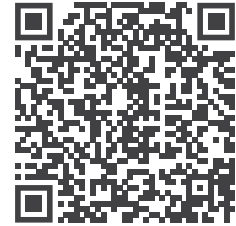


8.9 Credit cards

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



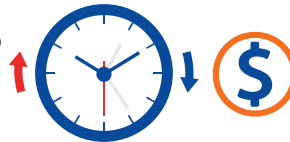
1. When you use a credit card, you are borrowing money. The bank or company that issues the credit card charges interest on the amount you owe. For more information, read here:



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.



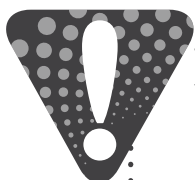
8.10 Your credit history



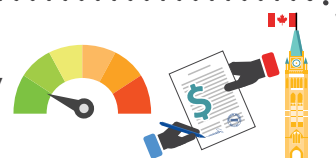
1. When you use credit, how well you repay is recorded in your credit history. In the future, when you apply for a loan, banks will base their decision on your credit history. To have a good credit history, make your payments in full and on time every month.



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.

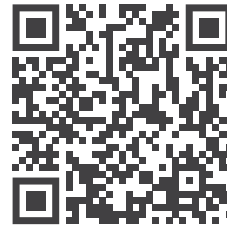




8.11 Taxes in Canada

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.

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



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



1. Basic education



2. Health-care



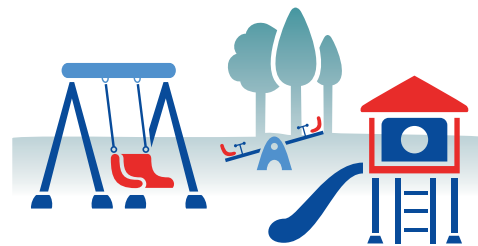
3. Maintenance of roads
and highways



4. Emergency services
like firefighters and police



5. Community services



6. Public parks



7. Public transportation
and parking

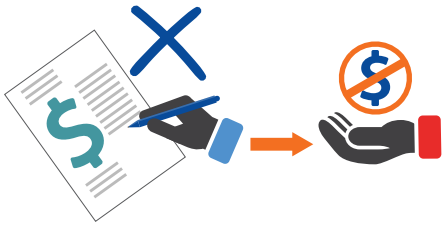


8. Snow removal on roads,
highways and sidewalks



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 assistance or benefits 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.



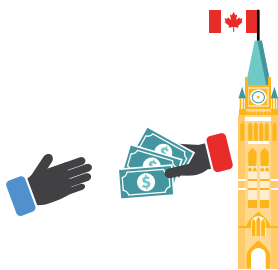
Failing to submit your income tax report could result in losing some benefits such as the Canada Child Tax Benefit.

For more information on submitting your income tax report, ask a government-funded organization for newcomers 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 a government-funded organization for newcomers about benefits you might be eligible for.



A government-funded organization for newcomers 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





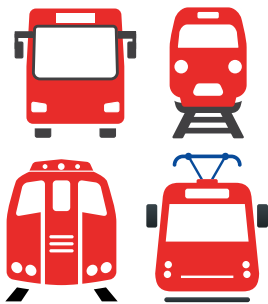
Unit 9 TRANSPORTATION

9.1 Transportation in Canada

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



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



1. Public transportation

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



2. Bicycles

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



3. Taxis

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



4. Ride-sharing applications

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



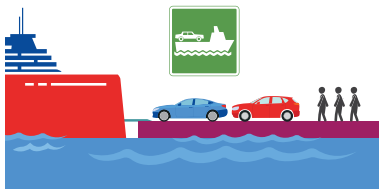
5. Motorcycles

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



6. Cars

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



7. Ferries

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



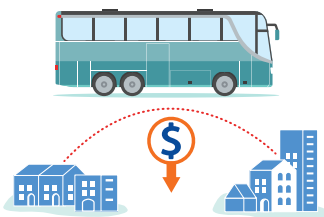
8. Airplanes

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



9. Trains

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



10. Intercity buses

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



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

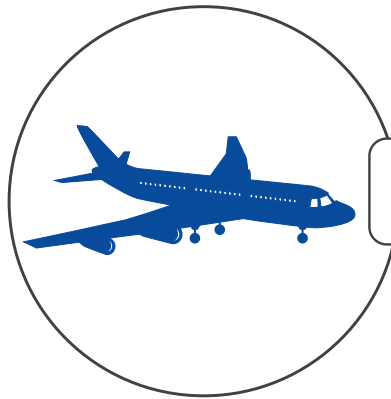




9.2 Cost of transportation

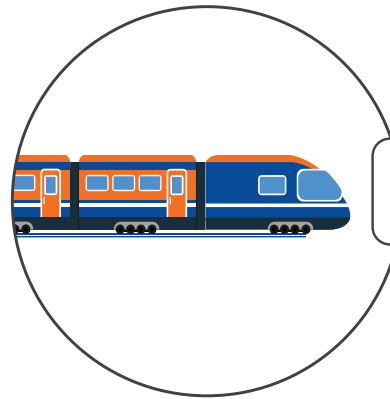
Instructions: Look at the modes of transportation in Canada. Put “\$\$\$” in the box of the modes that have a high cost, “\$\$” for a medium cost and “\$” for a low cost.

1. Long-distance travel

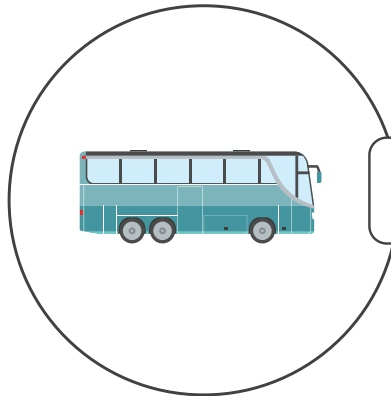


\$\$\$

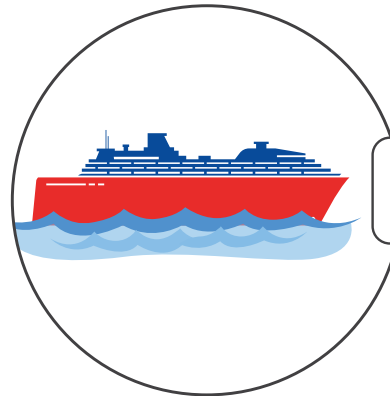
a) Airplanes



b) Trains



c) Intercity buses



d) Ferries

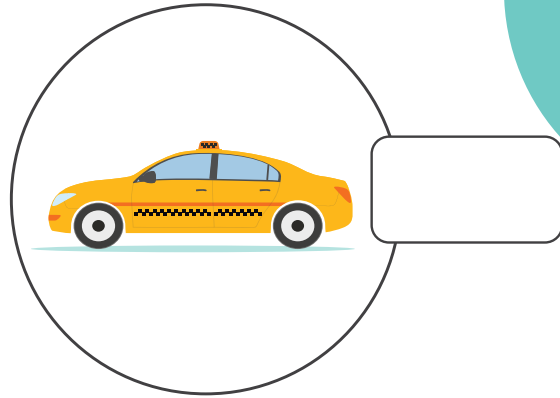
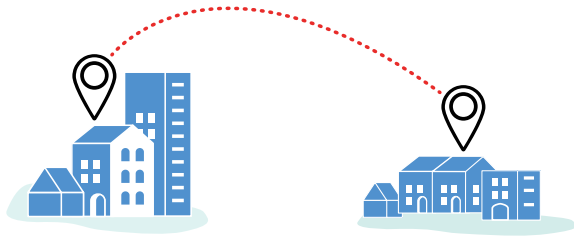
You can get more information on public transportation, maps and tickets by calling or visiting your local bus and train stations, information kiosks or by researching online.



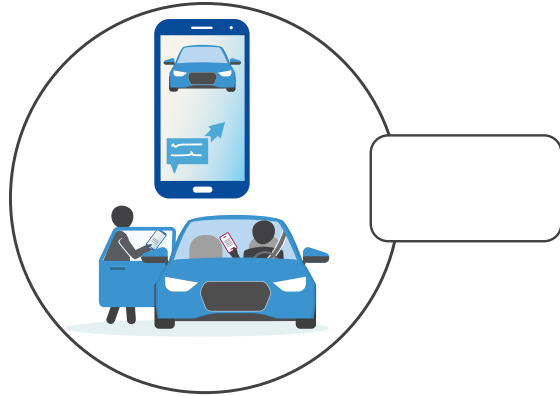
Answers: 1. (a) \$\$\$, (b) \$\$\$, (c) \$, (d) \$\$\$



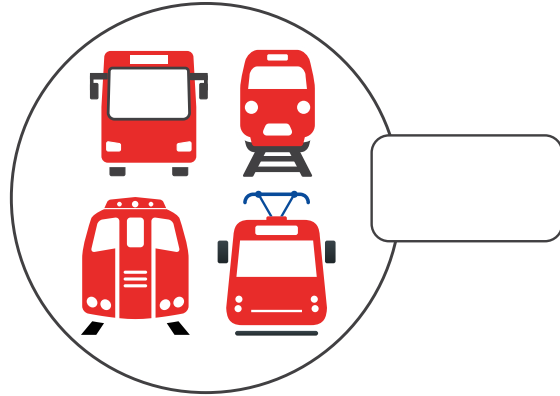
2. Short-distance travel



a) Taxis

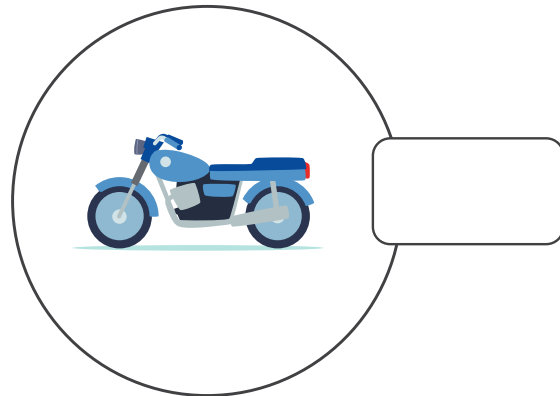


b) Ride-sharing applications

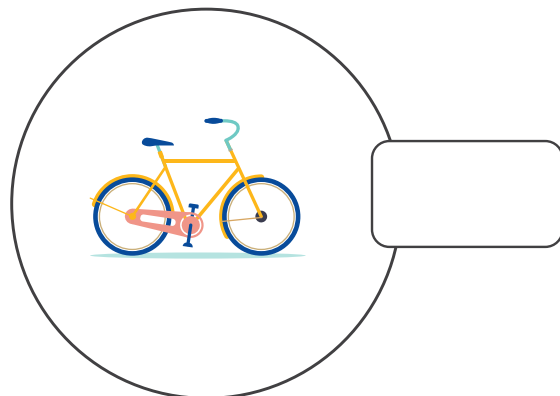


c) Public transportation

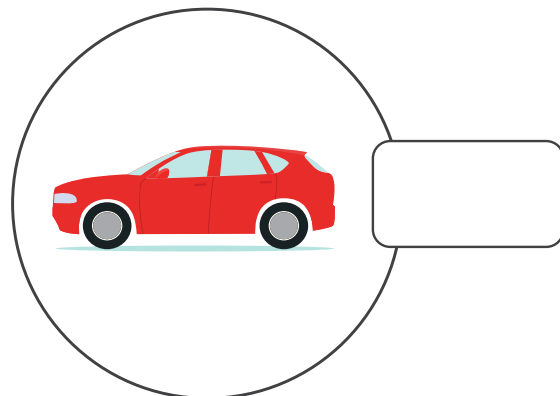
3. Travel using a personal vehicle



a) Motorcycles



b) Bicycles



c) Cars

Answers: 2. (a) \$\$\$; (b) \$\$\$; (c) \$; 3. (a) \$; (b) \$; (c) \$\$\$

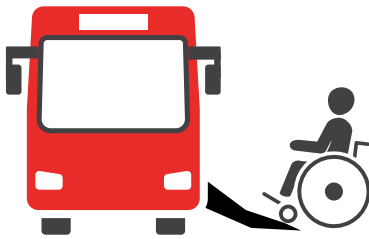


9.3 Using public transportation in Canada

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.



2. In many cities and towns, there is transportation for people with limited mobility such as specially equipped buses.



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



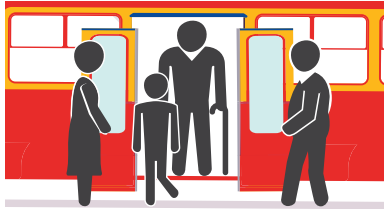
4. On a bus or streetcar, press a button to notify the driver when you are getting off. If you need help reaching a specific location, ask the driver and sit near the front.



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.



6. You will need exact change when purchasing a ticket on public transport, as the driver does not handle cash and usually cannot provide change.



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.



It is possible to walk and use a bicycle in many cities. These are healthy alternatives to driving or taking public transportation. Children may also walk or bicycle to school.

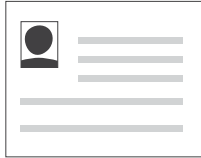




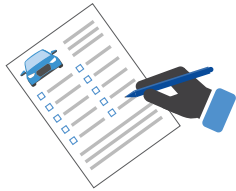
9.4 Driving in Canada

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 test about driving rules.



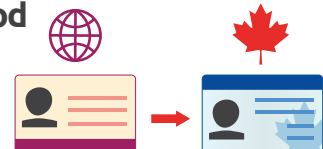
e) Pass a road driving test.



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 a government-funded organization for newcomers about the regulations in your province or territory.

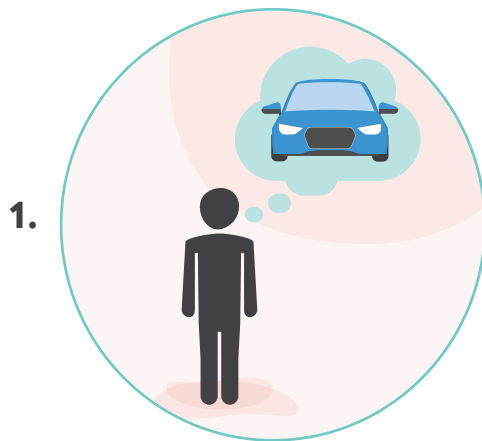


Answers: (a) 3; (b) 1; (c) 6; (d) 2; (e) 5; (f) 4

9.5 Buying a car



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



What could this person have done differently?

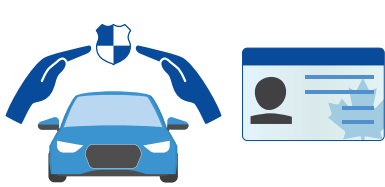


9.6 Laws related to driving

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.



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.



2. Drivers are not allowed to drive under the influence of a substance (drugs, alcohol, medications).



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:



9.7 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.



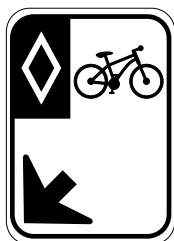
1.

a) Slippery road



2.

b) Animal crossing



3.

c) School crossing



4.

d) Walk



5.

e) Bicycles only



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



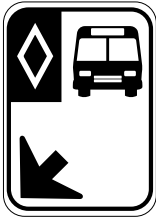
Red means "stop".



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.

l) 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.



Answers: 6 (f); 7 (h); 8 (f); 9 (g); 10 (j); 11 (i); 12 (k)

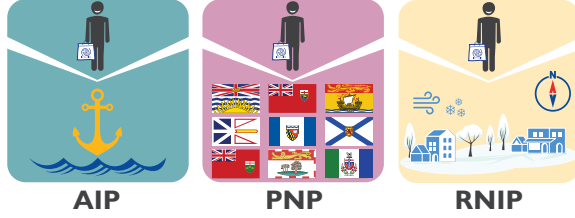
Good luck in Canada!



1

BEFORE TRAVEL TO CANADA

1. Regional pathways



2. Federal pathways



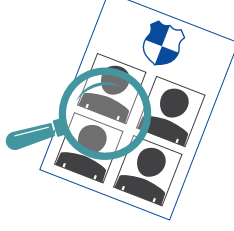
1 Begin the immigration process



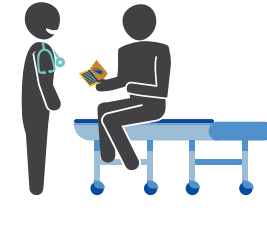
5 Pass an application review



4 Pass security checks



3 Complete free medical exams



2 Attend a selection interview



6 Receive approval



7 Access pre-arrival services



8 Create a settlement plan



9 Apply for loans (if necessary)



13 Prepare for travel



12 Arrange your first accommodation



11 Ensure access to health care



10 Plan your travel



2

TRAVEL TO CANADA

1 Prepare documents/ receive your IOM bag



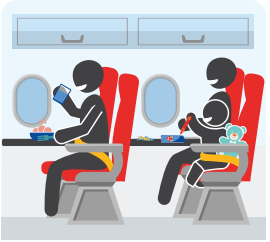
2 Go to the airport



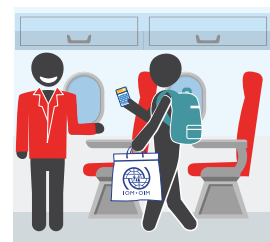
3 Airline check-in



7 Enjoy your flight



6 Board the airplane



5 Complete departure airport immigration procedures



4 Pass airport security



8 Transit



9 Arrive in Canada



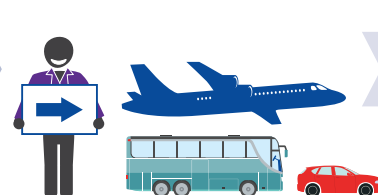
10 Complete immigration control procedures



3

IN CANADA

1 Travel to your final destination



2 Stay at temporary accommodation



3 Apply for important documents



8 Access settlement services



7 Enrol children at school and adults in language classes



6 Find permanent housing



5 Start your new job



4 Open a bank account



9 Get to know your community



10 Stay active and healthy



11 Take steps to become more self-sufficient



12 Seek help when needed



All settlement services in Canada are free of charge. Each settlement case is unique. The sequence of the above-mentioned steps may vary.

