

## International Student Guide 2021 • 2022



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A world of possibilities  
Un monde de possibilités  
► EduCanada.ca

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## International Contact Information


✉ international@canadorecollege.ca

☎ 705.474.7600 ext. 5425

[canadorecollege.ca/international](http://canadorecollege.ca/international)

 Check out our Frequently Asked Questions Here

## Why Canadore

 At Canadore, you are more than just a number; we truly care that you succeed. We have quality programs and award-winning professors to help train you for your future career. **Canadore has one of the highest graduation rates in Ontario!**

Approximately  
**1,000 GRADUATES**  
**EACH YEAR**  
and over 47,000 alumni  
working around the globe



**80+** **FULL-TIME QUALITY PROGRAMS**  
with outstanding faculty  
and student services

### OUR FOCUS

- Student success
- Program and service excellence
- Connection to community
- Sustainability
- Innovation and entrepreneurship



Approximate

### STUDENT POPULATION

**5,600** each year from all over the  
world, representing more than  
**400 COMMUNITIES**

One of the only  
colleges in Ontario that  
**SHARES A CAMPUS**  
**WITH A UNIVERSITY**



**LEADING**  
**STUDENT AND GRADUATE**  
**SATISFACTION**

**SEAMLESS** registration  
from program application  
to financial assistance to  
support services, along with  
**UPGRADING & FAST**  
**TRACK** options



We love sharing online  
and hearing from you!





# GREAT THINGS HAPPEN HERE

## Welcome to Canadore College

Welcome to Canadore College, where a smile is commonplace. Start with a warm and friendly atmosphere, add highly trained faculty and caring support staff plus state-of-the-art facilities, and you get an educational opportunity second to none! Our personal approach to education is based on the belief that a balance between academics and practical experience will better prepare you to face the demands of an ever-changing workplace.

Our faculty comes from industry to share their expertise with you. They maintain close ties with industry, keeping Canadore's programs on the leading edge. Student success is enhanced by the excellent rapport between faculty and students. Even though our faculty are highly qualified, we deal with each other on a first-name basis in a relaxed atmosphere that contributes to academic and personal growth.

Canadore College is a small, government-funded college located in the City of North Bay, in the province of Ontario, Canada. There are three accessible campuses in North Bay and one in Parry Sound, Ontario. We also offer urban campuses in Toronto, Ontario, exclusively for International students! Please visit [canadorecollege.ca/Stamford](http://canadorecollege.ca/Stamford) for more information on our urban campuses.

Each year, approximately 5,600 full time students enrol in over 80 different diploma programs, with another 3,000 people attending part-time. All of our diploma programs are approved by the provincial Ministry of Training, Colleges, and Universities.

Canadore College is one of the most beautiful colleges in Ontario, with three campuses located within 15 minutes of each other. The College Drive Campus is located on a 650-hectare wooded escarpment overlooking the City of North Bay.

We have one of the only campuses in Ontario where a college and university share facilities. This means that students have more opportunities to take advantage of both of the educational systems. Several of our programs have agreements where students may transfer from a college program directly into an upper year of a university degree program.

The library at the College Drive Campus is world class with information technology and research capabilities usually found only at large universities.

### 1. College Drive Campus

100 College Drive  
P.O. Box 5001  
North Bay, Ontario, Canada  
P1B 8K9  
☎ 705.474.7600

**Note:** Use this mailing address for all North Bay Campuses

### 2. Aviation Technology Campus

55 Aviation Avenue  
North Bay, Ontario, Canada  
☎ 705.474.7600

### 3. Commerce Court Campus

60 Commerce Crescent  
North Bay, Ontario, Canada  
☎ 705.474.7600



# MESSAGE FROM THE PRESIDENT



## **Welcome to Canadore College!** ***Great Things Happen Here* is more than a slogan – it is our promise to you.**

As a Canadore College graduate myself, I can say this with confidence. As you make the transition to our Canadian culture, learn more about our community and adjust to your new Canadore family, please know that we are here to support you. You'll see that Canadore has a lot to offer, from academic supports to extra-curricular activities, from varsity sports to cross-cultural celebrations, and everything else in between.

We offer a student experience like no other and our comprehensive team of experts will work closely with you to help you get to where you want to be.

Make it a point to talk to us about your unique goals – we'd love to help.

Thank you for choosing Canadore!

George Burton  
President and CEO  
Proud Canadore Graduate  
[askthepresident@canadorecollege.ca](mailto:askthepresident@canadorecollege.ca)



# STARTING AT CANADORE

## Getting Started

Congratulations and welcome to Canadore College. Canadore is pleased to present our International Student Guide to help you enjoy your years at the college to their fullest. We know that you will have many questions when you arrive. Hopefully this guide will assist in answering some of your questions as well as provide you with an introduction to your new community.

## Orientation

Canadore College is pleased to offer students a comprehensive orientation package that focuses on student success, program excellence and diversity. We look forward to an engaging learning environment offering the same supports we are known for. Orientation will offer information on a number of subjects. There will also be an opportunity to question Deans/Coordinators/Faculty/Program Leads on more specific questions related to your program and to prepare students for May 2021.

[canadorecollege.ca/orientation](https://canadorecollege.ca/orientation)

## Canadore's Response to Coronavirus

Find information and updates regarding Canadore's response to the COVID-19 Coronavirus at

[canadorecollege.ca/coronavirus](https://canadorecollege.ca/coronavirus)

## International Contact Information

To receive the most timely response for your inquiries, please ensure you reach out to the appropriate contact:

### Who Should I Contact?

[North Bay Students - Click Here](#)

[Toronto Students - Click Here](#)

✉ [international@canadorecollege.ca](mailto:international@canadorecollege.ca)

[canadorecollege.ca/international](https://canadorecollege.ca/international)

## Where to Find Help

The International Office is located in room C210, second floor of the College Drive Campus.

☎ 705.474.7600 ext. 5425 between 8:30am and 4:30pm

☎ 705.498.7244 Emergency Contact - Campus Security  
- after 4:30pm and weekends





# STARTING AT CANADORE

## What is the iCent App?

Canadore College and iCent have developed an app to assist students in preparing for life studying overseas and to help navigate their new environment.



## Canadore International app



**Download the iCent app**

 **CANADORE**  
college.ca

Powered by:  **iCent**  
app.com

The iCent App has many useful features, such as:

- COVID-19 information and updates
- Orientation and welcome information
- FAQs
- Important dates and deadlines
- Financial aid information
- Student supports
- Health plan information
- And much more!

[Click here for more information.](#)

\* The app is mandatory for all international students - be sure to download it before you plan your start at Canadore College. Important messaging and information will be sent directly to you via this app. This app is designed to work as a checklist to follow and "Mark as Done", as well as icons with helpful links that will make sure you don't miss anything critical before your studies with us. Please make sure to turn notifications for this app on, so you receive our important updates.



# CAMPUS LIFE

## Accommodations

Your choice of housing will depend on personal preference, cost and availability. You have the choice of living on campus in residence or off campus in private accommodation.

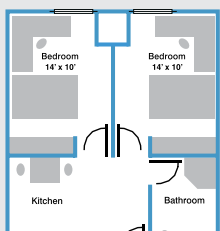
**Please note: most residences, apartments and rooms have regulations regarding leases and damage deposits. Be sure you are familiar with the regulations before entering a rental agreement.**

The College offers apartment-style residence accommodation. Students receive a fully furnished single bedroom along with shared cooking, dining, living room and bathroom facilities in each unit. Students are responsible for their own cooking, grocery shopping, laundry and cleaning. You are required to wash your own dishes, clean your own room and you must share cleaning responsibilities for the rest of the house during the year. This is a condition of living in the residence. You are required to pay a \$300 damage deposit if you live in the college residence. This will only be returned if your room and the residence are clean and free of any damage.

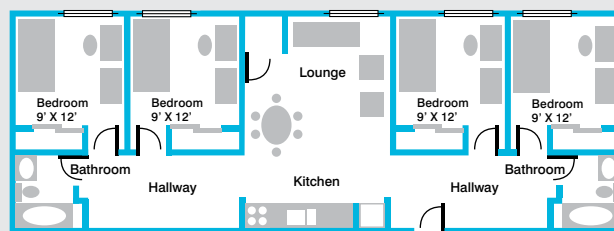
[Family Housing](#)

[International Students](#)

[Off-Campus Living](#)



2 Bedroom Layout



4 Bedroom Layout



# CAMPUS LIFE

## Health Insurance

### North Bay Campuses

International Students at Canadore College benefit from inclusion in a health insurance plan with Guard.me, a leading provider of health insurance services to international students. This is mandatory and included as part of international students' ancillary fees.

### Health Insurance Resources

International A dedicated portal for Canadore College International students to access health insurance has been set-up and may be [accessed here](#).

### About guard.me

Real People. Real Solutions. Real Life. Guard.me is a leading provider of international student health insurance and, we're so much more. That's why, as a trusted partner for private and public universities, colleges, language schools and schoolboards, we created guard.meCARES, our innovative platform of health and wellness programs and services designed to mitigate risk, manage crisis events and improve health and wellness day-in and day-out.

Guard.meCARES is more than a name; caring is at the heart of everything we do. It's who we are and it's why we are here. The philosophy of caring for students and our partners and giving back to the communities in which we do business is our guiding principle and what sets us apart from our competitors. Our team of Real People delivers the personalized attention and culturally-sensitive Real Solutions clients need for Real Life. We offer expert assistance during times of crisis, innovative programs and digital resources that improve wellness, ongoing education and training for staff and educators through our Wellness and Learning Initiatives, with unparalleled customer support.

It's a commitment to caring that every guard.me team member holds at their core and strives to deliver on each and every day. We do it not because we have to, but because guard.meCARES.

[Guard.me International Student Health Insurance Orientation](#)

### Health Insurance Contact

For all questions and concerns related to health insurance at Canadore College, please contact:

✉ [International.Insurance@canadorecollege.ca](mailto:International.Insurance@canadorecollege.ca)

Please note that should you decide to travel to Canada, please contact Francine Teles in the International Office prior to your arrival in Canada so appropriate health insurance coverage arrangements may be made or you.

### Toronto Campuses

International Students have very good health insurance coverage with JF Group and are eligible for medically necessary treatments. [Click here for more info.](#)

For inquiries in regards to any matter related to health insurance for international students, please contact your advisor:

✉ [Madhur@scbt.ca](mailto:Madhur@scbt.ca)



## LEARN MORE

More information about health insurance available here.

[guard.me/canadoreinternational](https://guard.me/canadoreinternational)



# CAMPUS LIFE

## Health Services and Dental Clinic

### The Campus Health Centre

There are medical facilities at Canadore College's main campus. A Doctor and Registered Nurses are in attendance in the Health Centre from mid-August until the end of April.

A Doctor is available by appointment only.

Their office is located at Room B-205 on the main floor at Canadore College, College Drive location; beside the Campus Shop and across from Security Services.

☎ 705.474.7600, ext. 5261

**The Health Centre** also provides these services: illness/primary care, sexual health, immunizations, first aid and sutures, communicable disease screening, TB testing and disease prevention. We have a physician, a nurse and medical laboratory services on site.

[For more information click here.](#)

### Walk-In Clinics

During evening hours and weekends there are a number of Walk-In clinics located throughout the city. [Click here for more information.](#)

#### Near North Medical Clinic

(Closest to the Main College Campus)  
Suite 201, Shopper's Drugmart Building  
66 Josephine Street  
Monday to Friday 5:00pm to 8:00pm

#### Emergency Services

24 hours daily coverage at the North  
Bay Regional Health Centre  
50 College Drive  
☎ 705.474.8600

### Dental Clinic

Located in Room C320, College Drive

☎ 705.474.7600, ext. 5250

✉ Dental.Hygiene@canadorecollege.ca

**Canadore College's on-campus dental hygiene clinic** is run by Dental Hygiene faculty, staff and students and offers a variety of services to patients:

- Free dental cleaning for everyone above the age of three
- Referrals to medical doctors and dentists
- Smoking cessation
- Oral cancer screening
- Mouth guards
- Full oral examination
- Nutritional counselling
- Radiographs and duplication of radiographs
- Professional teeth whitening

[For more information click here.](#)





## CAMPUS LIFE

### Student Success

[canadorecollege.ca/studentsuccessservices](http://canadorecollege.ca/studentsuccessservices)

#### Supportive Learning

We provide student-focused services to help guide you to success in your studies. Staff provide support through learning strategies, mental health and wellness events, and by reducing and/or removing educational-related barriers through accommodation planning with students with disabilities.

#### Mental Health Services

Student Success Services value the important role education plays in personal growth and enhancing your quality of life. Mental Health Navigators are here to support you - academically, socially and personally - with short-term (free), confidential mental health services. We offer support to help you develop skills, attitudes, abilities and insights to meet both academic and life challenges, assist you in overcoming personal challenges that may pose a barrier to your success, and connect you to additional community resources.

#### Resource Centre

Student Success Resource Centre offers a variety of services to students registered with Student Success Services.

**Alternative Format:** Do you require course material in an alternative format? We support the conversion of textbooks and other course material into alternative formats.

**Laptop Loans:** We offer loan of laptops loaded with Assistive Technology as well as software used in your program of study.

**Technical Support:** Need help setting up and configuring your Assistive Technology? Experiencing general issues or have general questions?



### LEARN MORE

Click here for more information about Student Success Services.

[canadorecollege.ca/studentsuccessservices](http://canadorecollege.ca/studentsuccessservices)



1.866.925.5454  
or connect through 2-1-1

Post-Secondary Student Helpline



# CAMPUS LIFE

## Sport and Wellness Department and Recreation Services

Room C250, College Drive Campus

☎ 705.474.7600 ext. 5259

[canadorecollege.ca/sport](http://canadorecollege.ca/sport)

We strongly recommend that you make academics your number one priority but we also know it's important to get active, and meet people. Whether you're interested in varsity athletics, intramural, or recreational, Canadore has something for you! Our varsity teams compete in assorted sports against other college teams in the Ontario Colleges Athletic Association (OCAA). If you're not participating, come support our Panthers as they compete against their rivals!

### Campus Recreation

As a Canadore student you have many opportunities to participate in an extensive campus recreation program, which includes intramural leagues and tournaments, instructional clinics, clubs, activity days and other activities. Take advantage of free gym time, a fitness room, cross-country ski trails and walking trails during your leisure time. In addition to the Education Centre facilities, there are excellent opportunities in the community for boating, swimming, curling, skiing, bowling, etc.

### The Panther Athletic Council (PAC)

The Panther Athletic Council is your student athletic executive. They work with the Recreation and Leisure Services staff to provide you with a well-rounded schedule of competitive athletic opportunities as well as recreation and leisure activities throughout the year.

- Over 40 campus recreation activities throughout the year
- Sport and Wellness office open Monday to Friday for information and registration
- Check us out on Facebook ([facebook.com/canadore.panther](https://facebook.com/canadore.panther))





# CAMPUS LIFE

## Cafeteria

### College Drive Campus

#### Tim Hortons Main Café

Monday to Thursday  
8:00am to 6:30pm  
Friday 8:00am to 3:00pm  
Closed Weekends

#### Main Café Marketplace

Featuring Pizza Pizza, Grill & Co,  
and more  
Monday to Thursday  
8:00am to 6:30pm  
Friday 8:00am to 4:00pm

#### Subway

Monday to Thursday  
10:30am to 6:00pm  
Friday 10:30am to 3:00pm  
Closed Weekends

#### Twiggs Coffee Roasters

Monday to Thursday  
7:30am to 5:30pm  
Open for special events on weekends

### Commerce Court

#### Commerce Court Cafeteria

September to May  
Monday to Thursday  
7:30am to 4:00pm  
Friday 7:30am to 3:00pm

### Aviation Campus

#### Aviation Campus Cafeteria

Monday to Thursday  
7:30am to 4:00pm  
Friday 7:30am to 3:00pm

## Meal Plans

Chartwell Services is pleased to offer Canadore College students a meal plan that provides convenience, flexibility and economy. Our staff of fully qualified food service professionals are pleased to present you with a wide variety of nutritionally and balanced and delicious meals.

#### Annual Swipe and Save Plan \$2,200 Dining Dollars (Tax Exempt- Save 13%)

With \$2,200 Dining Dollars you are set to eat tax-free for the academic year. Dine across campus at all Chartwells locations and receive a 5% discount on all non-branded purchases every time you use your card. This plan provides great value. It is Important to use up all of your Dining Dollars. Dining plans are loaded onto your student card.

#### Semester Swipe & Save Plan \$1,100 Dining Dollars (Tax Exempt- Save 13%)

With \$1,100 Dining Dollars you are set to eat tax-free for the semester year. Dine across campus at all Chartwells locations and receive a 5% discount on all non-branded purchases every time you use your card. This plan provides great value. It is Important to use up all of your Dining Dollars. Dining plans are loaded onto your student card.

#### Swipe & Save Re-loadable Plan

Load a minimum of \$100 Swipe & Save Dollars on your card and use at food outlets on campus. Receive a 5% discount on all non-branded purchases.

These dollars don't expire but a hold will be placed on the card on April 30th of each year to protect your balance while on summer term. Simply reactive your card when you come back to campus at the Chartwells Office, our staff will be ready to help you.

Every effort is made to ensure the accuracy of information contained in this publication. However, this information is subject to change.



# CAMPUS LIFE

## Campus Shop

At the Campus Shop students may purchase required textbooks, course materials, instructional and stationery supplies as well as major software packages at educational prices. Shop for college crested clothing, backpacks and other memorabilia, snack foods, greeting cards and excellent gift items, or rent a locker. Is there a book that you would like that the bookstore does not carry? The Campus Shop staff will be happy to order it for you or you can order books online.

### The Campus Shop

C202 Main Foyer

College Drive Campus

Mon. to Fri. Sept. to May 8:30am to 4:30pm

[bkstr.com/canadorecampusstore](http://bkstr.com/canadorecampusstore)

## Learning Resources

### Educational Technology Services (ETS)

Located at College Drive, ETS supports the learning process by providing audiovisual services and support to all students, faculty, and staff. Clients may borrow a range of equipment including data projectors, digital audio recorders, cameras, and tripods to support class projects or presentations.

### College Drive Campus

Room C2671a

📞 705.474.7600

Mon. to Fri. 8:15am to 4:00pm

Erin Barker, ext. 5399

[erin.barker@canadorecollege.ca](mailto:erin.barker@canadorecollege.ca)

Mike Buck, ext. 5450

[michael.buck@canadorecollege.ca](mailto:michael.buck@canadorecollege.ca)

### Harris Learning Library

[www.eclibrary.ca](http://www.eclibrary.ca)

The Harris Learning Library has many services to support your learning.

- Friendly and helpful staff
- Information resources including books, games, streaming videos, audio books and electronic resources
- Access to materials from other libraries through InterLibrary Loan
- Individual and group study work spaces
- WiFi
- Copying and printing





## CAMPUS LIFE

### Writing Help Desk

#### FREE Writing & English Help for ALL Canadore Students

The Writing Help Desk is a general writing, English, and academic skills help desk where all Canadore students can get assistance with writing projects, APA, presentations, as well as grammar, pronunciation, and any English usage questions.

All services are offered through Zoom. Students can access the calendar [here](#) to make appointments.

Meeting times are flexible. We will accommodate your schedule if the calendar times don't work for you.

#### Our services are designed to provide you with academic support:

##### Individual Writing and/or General English Help

Monday through Thursday 10 a.m. to 6 p.m. (30 minute appointments - but students can book as many slots as they need)

##### Writing Workshops

Tuesday evenings and Thursday mornings (Topics include most common academic writing issues: APA, Grammar, Punctuation)

##### Drop-In Writing and/or General English Help

Fridays 11 a.m. to 1 p.m. (for individuals or groups)

##### Conversation Club

Informal conversation - all students are welcome to join; vocabulary and pronunciation support provided for International students.

##### Writing Help Desk

Ksenia Gvozdkova

✉ [ksenia.gvozdkova@canadorecollege.ca](mailto:ksenia.gvozdkova@canadorecollege.ca)



### LEARN MORE

Writing Help Desk  
information available  
[here.](#)

### The Village

[canadorevillage.ca](http://canadorevillage.ca)

The College is currently working on phase 2 of a living model called 'The Village', adopting a ground-breaking approach to educating the next generation of Canada's health and wellness professionals. This innovative educational community blends teaching, learning and holistic living across generational divides while supporting leading and cutting-edge applied research, on top of providing well-being and care services.





# CAMPUS LIFE

## Centre for Career Development

We are pleased to offer programs and services designed to enhance your student and Alumni experiences through career readiness, employment resources, experiential learning events and volunteer opportunities.

Learn how to increase your employability skills and connect with employers in the Canadian job market.

### We can assist with:

- Canadian Employment Documents: creating or updating resumes, cover letters, portfolio review
- Job Search Supports: how to job search on and off campus, electronic application systems, navigating job fairs
- Interview Preparation: mock interviews, practice questions, what to bring
- Networking: how to get connected, using LinkedIn, creating an elevator pitch
- Entrepreneurship Support: learn from successful community business partners how to start up
- Volunteer Opportunities: community opportunities to build your skills and civic responsibility
- Mentorship: connecting our Alumni and students to those that “have been there, done that”.

Once a Canadore Alumni, always a Canadore Alumni! We also provide LIFETIME employment support for all our past graduates.

### Book an appointment with us:

- ☎ 705.474.7600 ext. 5143
- ✉ [careerdevelopment@canadorecollege.ca](mailto:careerdevelopment@canadorecollege.ca)

Visit our online [Job Portal](#), exclusive to Canadore Students and Alumni for opportunities near and far.



## LEARN MORE

Visit the  
Job Portal  
here.

[canadorecareerdevelopment.ca](http://canadorecareerdevelopment.ca)





# SAFE CAMPUSES

## Campus Safety and Security

Officer on Duty 7 days a week 24 hours a day  
705.498.7244

At Canadore College, the safety and security of students and staff are a prime concern. Through special initiatives and audits, we strive to keep our surroundings comfortable and safe for everyone.

A Campus Walk service operates from Monday to Friday, from 6:00 p.m. to 10:45 p.m. to escort people to and from their vehicles and/or the Education Centre residence.

For assistance during coverage hours, call 705.494.9192 (College Drive). Emergency telephones, which have a direct connection to the Security Office, are located at both ends of the College Drive Campus and in our parking lots. All pay telephones in the buildings have free access to 911 and the Security Office. A Whistle Program is promoted and safety whistles are available at no cost.

The College attempts to ensure adequate lighting both inside and outside its buildings at all campuses. Special attention is given to landscaping to remove any barriers to ensure safety, yet maintain attractiveness. Other safety measures include the installation of windows in all classroom doors to ensure an unobstructed view both from the classroom and hallway; security mirrors at hallway intersections to provide a view of adjoining corridors; and surveillance cameras throughout the campus and on the residence grounds.

Educational information is provided on issues of personal safety through brochures, video presentations, and guest speakers.

### College Drive

Room B203  
☎ 705.474.7600 ext. 5555  
Campus Walk: 705.494.9192  
Cell: 705.498.7244 (24/7)

### Commerce Court

Room E142a  
☎ 705.474.7600 ext. 5636  
Cell: 705.498.9375 (8:00am to 9:30pm)





# SAFE CAMPUSES



## Canadore Safe App

[canadorecollege.ca/experience/safe](https://canadorecollege.ca/experience/safe)

The Canadore Safe app is a mobile app that you can download to your phone that offers users virtual walk home features and an emergency notification system to increase safety on and off campus.

**Download the Canadore Safe App Today!**



### App Features Include:

- Alert Status
- Emergency Contacts
- Friend Walk
- Virtual Walkhome
- Report a Tip
- Campus Maps
- Emergency Plans
- Support Resources



**LEARN MORE**

[canadorecollege.ca/experience/safe](https://canadorecollege.ca/experience/safe)

# SAFE CAMPUSES

## Fire and Evacuation

The College has a fire safety plan designed to provide occupant safety in the event of a fire, to ensure effective use of the fire safety features of the building, and to minimize the possibility of fires. If you discover fire or smoke you are required to leave the area immediately and alert building occupants by activating the nearest fire pull station as you exit and call 911.

If you hear the fire stage 1 alarm bell, which is a continuous alarm bell, immediately leave the building using the nearest exit unless it is blocked by smoke or fire then use an alternate route. Do not use an elevator when exiting the building in a fire. If you hear a second stage alarm, which is an intermittent bell alarm, it means another building adjacent to you is in alarm and your building is in warning. When the bell stops, do not enter the building unless you are directed so by a College official.

### Continuous fire alarm sounds

- Switch off any equipment you are using.
- Take personal belongings with you only if in the same room.
- Quickly go to the nearest exit and leave the building.
- Do not use the elevators.
- Take a position outside so as not to interfere with the Fire Department

Intermittent fire alarm sounds is a FIRE ALERT. Carry on normal activities but be prepared to vacate the building.

## Lockdown

Most schools, colleges, and universities in North America have implemented school lockdown procedures, which warn occupants of a threat so students and school employees can respond to a perceived or actual emergency situation. Lockdowns are a sound safety tool in most emergency situations. In our College a lockdown is initiated through PA announcements that announce through the buildings. If you hear a PA announcement stating there is a lockdown you must take appropriate action. No procedure document can predict every potential violent incident scenario that may occur. Every person in the College/University community **MUST** use their knowledge and judgment to best safeguard their own personal safety. Stay calm and remain patient. It may be several hours before the situation can be resolved.

The three basic steps in responding to a lockdown include evacuation if there is a safe exit, hiding in a locked or barricaded room, or as a last resort, take action if the only option when faced with a threat is to fight for your life. Please review the procedures to make yourself aware of what to do in case of an emergency.

### In the event of a lockdown, follow these procedures.

If you have pertinent information (i.e. location or description of offender) **CALL 911.**

Security ext. 5555  
Security cell: 705.498.7244  
Security cell: 705.471.2488

#### Warning:

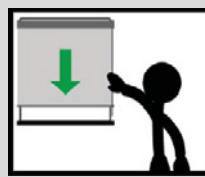
If the fire alarm sounds during a lockdown, do not leave your secure space unless there are hazardous signs of smoke or fire in your immediate vicinity.



If safe to exit building, do so and get well away from building



Alternately, lock/block doors. If door has accessibility access, deactivate it



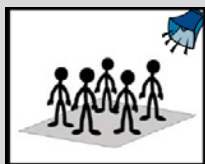
If equipped, close all shades and turn off lights



Keep everyone quiet and away from any doors and windows



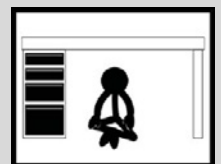
Silence all phones and pagers. Only communicate pertinent information to 911 and not via social media



Listen for announcements via the Emergency PA System, including the termination of the event



When PA termination announcement is made, wait for Police/Security and/or College Administrators to clear your area



If you are not comfortable leaving your secure place...DON'T



## College Policies [canadorecollege.ca/about/policies](http://canadorecollege.ca/about/policies)

### Respectful College Community Policy

Harassment and discrimination are cruel and disruptive behaviors against others. They can have devastating effects and are prohibited by the Ontario Human Rights Code. Everyone has the right to work and learn in an environment that is free from harassment and discrimination on all prohibited grounds as stated in the Ontario Human Rights Code.

It is the responsibility of each member of the campus community to help create an environment which is free of harassment and discrimination. Our goal is ZERO TOLERANCE of harassment and discrimination.

### Smoking Policy

The College provides a smoke-free learning and working environment. Designated outdoor smoking areas have been established on our campuses. The legal age for smoking in Canada is 19. You must provide proof of age to purchase cigarettes and cigars.

## Sexual Assault and Sexual Violence

Canadore College respects all individual's civility, diversity, dignity, equality, sexual orientation and freedom. The College is committed to maintaining a healthy and safe learning, living, social, spiritual, recreational and working environment.

### Your Rights

Anyone who has experienced sexual violence has the right to:

- Be treated with dignity and respect
- Be believed
- Be informed about on- and off-campus services and resources
- Decide whether or not to access available services and to choose those services they feel will be most beneficial
- Decide whether to report to campus security and/or local police
- Have an on-campus investigation with the institution's full cooperation
- Have a safety plan
- Have reasonable and necessary actions taken to prevent further unwanted contact with the alleged perpetrator(s)



### Definitions

**Sexual assault:** is any type of unwanted sexual act done by one person to another that violates the sexual integrity of the victim and involves a range of behaviors from any unwanted touching to penetration. Sexual assault is characterized by a broad range of behaviors that involve the use of force, threats, or control towards a person, which makes that person feel uncomfortable, distressed, frightened, threatened, or that is carried out in circumstances in which the person has not freely agreed, consented to, or is incapable of consenting to.

**Sexual violence:** A broad term that describes any violence, physical or psychological, carried out through sexual means or by targeting sexuality. This violence takes different forms including sexual abuse and sexual assault.

**Consent:** Express Willingness. Give Permission. Agree. Consent is the act of willingly agreeing to engage in specific sexual behavior, and requires that a person is able to freely choose between two options: yes and no. This means that there must be an understandable exchange of affirmative words which indicates a willingness to participate in mutually agreed upon sexual activity.

- Silence or non-communication must never be interpreted as consent and a person in a state of diminished judgment cannot consent.
- A person is incapable of giving consent if she/he is asleep, unconscious or otherwise unable to communicate.
- A person who has been threatened or coerced (i.e. is not agreeing voluntarily) into engaging in the sexual activity is not consenting to it.
- A person who is drugged is unable to consent.
- A person is usually unable to give consent when she/he is under the influence of alcohol and/or drugs.

# SEXUAL ASSAULT AND VIOLENCE

- A person may be unable to give consent if they have a mental disability preventing them from fully understanding the sexual acts.
- The fact that consent was given in the past to a sexual or dating relationship does not mean that consent is deemed to exist for all future sexual activity.
- A person can withdraw consent at any time during the course of a sexual encounter.
- A person is incapable of giving consent to a person in a position of trust, power or authority, such as a faculty member initiating a relationship with a student who they teach, an administrator in a relationship with anyone who reports to that position.
- Consent cannot be given on behalf of another person.

## Where to Report

Security Services is the main contact for sexual violence reports, other support groups include Campus Health Centre, Student Success Services, and Residence Life Staff.

### Security Services

- ☎ 705.474.7600 ext. 5555
- ☎ 705.498.7244 – College Drive
- ☎ 705.471.2488 – Secondary number
- ☎ 705.498.9375 – Commerce Court
- ✉ security@canadorecollege.ca

### Campus Health Centre

- Room B205, College Drive
- ☎ 705.474.7600 ext. 5261

### Residence Life Staff, Front Desk

- ☎ 705.980.1301 ext. 0
- ✉ info@canadorez.ca
- RA on-call 705.358.3200

### Student Success Services

- College Drive Campus – Room C262
- ☎ 705.474.7600 ext. 5205
- Commerce Court Campus – Room E101a
- ☎ 705.474.7600 ext. 5655
- Aviation Campus – Room Y237
- ☎ 705.474.7600 ext. 5956
- Parry Sound Campus – Room 120
- ☎ 705.746.9222 ext. 7351

## Other Resources Available

- **International Office** – College Drive Campus, room C210  
☎ 705.474.7600 ext. 5425
- **First Peoples' Centre** – College Drive Campus, room C254  
☎ 705.474.7600 ext. 5961
- **First Peoples' Centre** – Commerce Court Campus, room E100  
☎ 705.474.7600 ext. 5647
- **Good2Talk** – free, confidential and anonymous helpline providing professional counselling, information and referrals for mental health, addictions and well-being to postsecondary students in Ontario, 24/7/365.  
☎ 1.866.925.5454
- **Amelia Rising Sexual Assault Centre of Nipissing**  
☎ 705.476.3355 (24-hour crisis line) or 705.840.2403 (office)
- **Emergency Services North Bay Regional Health Centre**  
☎ 705.474.8600 / call 911 or 1.800.352.1141
- **North Bay Police**  
☎ 705.472.1234 or Victim Services at 705.497.5555 ext. 227



# CITIZENSHIP AND IMMIGRATION

## Working in Canada: Work Permits

[www.canada.ca/en/services/immigration-citizenship.html](http://www.canada.ca/en/services/immigration-citizenship.html)

### Part-Time Work

Based on your study permit, students are allowed to work to a maximum of 20 hours per week off-campus during the academic sessions, and without limit during scheduled breaks.

To qualify for work based on your study permit alone, you **MUST** be as a FULL-TIME student.

Students will lose their student status 90 days after they stop being actively engaged in their studies. The International Department is required to report the status of each student at the beginning and end of each semester. If the student fails to be enrolled at the college, the student may lose their student status.

### Student Placement

Students whose course of study requires them to work off-campus should hold a Co-op Work Permit. These work permits can be applied together with the study permit or by themselves. Work permits can take several months to be issued by IRCC, so apply as early as possible to avoid any delays in your placement. If work placement is part of your program, there are no government processing fees to process the application.

### Work After Graduation

Students who graduate from an eligible program from Canadore College may be able to obtain an open work permit called the Post-Graduation Work Permit. This permit is valid between 8 months to 3 years depending on the length of the program. For more information, [visit the IRCC website here](#).

### Social Insurance Number (SIN)

In order to work in Canada or to receive benefits and services from government programs, you will need a Social Insurance Number from Service Canada. You must have one of the following conditions indicated on your study permit in order to apply for a SIN for off-campus work:

- May work 20 hours per week off-campus or full-time during regular breaks if meeting criteria outlined in section 186(v) of IRPR.
- May accept employment on or off campus if meeting eligibility criteria as per R186(F), (V) OR (W). Must cease working if no longer meeting these criteria.

If none of the above conditions are on your study permit then you must submit a request for an amendment to your study permit before you can apply for a SIN.

If your study permit has, "This permit does not permit the holder to engage in off campus employment in Canada," printed on it and you have changed your program of study, you must apply to change the conditions of your study permit and pay the applicable fee.

#### Service Canada's Address:

Canada Place, Suite 102  
107 Shirreff Avenue  
North Bay, Ontario



# LIVING IN NORTH BAY



## Welcome!

North Bay is a friendly city of 51,000 people located 340 km north of Toronto and 340 km west of Ottawa, the nation's capital city. You'll soon feel at home here. We're big enough to offer a variety of sporting, entertainment and cultural events, yet small enough that people still take the time to stop and talk. You can rollerblade on the Kate Pace Way, take a cruise on the Chief Commanda, enjoy the waterfront or take in a concert at the Arts Centre. We have four distinct seasons, with different activities suited to each.

North Bay is accessible by car or bus with regular bus schedules each day. In the City, there is a full service municipal bus system that runs every 30 minutes or hour, depending on the location.

[www.northbay.ca](http://www.northbay.ca)

## North Bay's Weather

North Bay's temperature varies considerably, ranging from approximately +25 C in the summer months to -25 C in the winter months. When classes commence in the fall, the days are generally warm 20 C and this, combined with changing colors of the leaves, makes autumn a pleasant season in North Bay. January is usually the coldest month with average daytime high temperature approximately -15 C and low temperature - 25 C.

While studying in North Bay bring warm clothing with you. However, if you are moving from a hot climate, you likely won't have suitable winter clothing so plan to purchase them in Canada after your arrival. As September is usually warm, you will have enough time to shop for winter clothes before you actually require them. If you are arriving in winter be sure to bring your warmest clothing. Even in winter, once dressed properly, you can enjoy outdoor activities. Buildings are kept warm in winter so it is seldom necessary to wear heavy clothing indoor.



MONTH:	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
DAILY MEAN (°C)	-17.0	-15.1	-4.8	3.3	11.2	15.9	18.6	17.3	12.2	5.9	-1.4	-9.1
DAILY MAX. (°C)	-8.0	-8.8	0.2	0.2	16.8	21.3	23.8	22.3	16.9	10.1	2.2	-4.7
DAILY MIN. (°C)	-25.0	-23.9	-15.8	-1.8	5.5	10.5	13.3	12.3	7.4	7.4	-4.9	-13.5



# LIVING IN NORTH BAY

## Winter Tips

Being active in winter is an important part of enjoying life for many Canadians. Winter sports and pastimes give us a chance to enjoy the outdoors with family and friends, get involved with others in the community, and maintain our health. And if we keep a few basic things in mind, we'll all be able to "slide" safely through winter.

- Wear several layers of lightweight clothing rather than one layer of a heavy garment.
- Cover your head. As much as 50% of your body heat is lost through your head
- Cover exposed skin (face, hands) to protect against frostbite.
- Wear waterproof boots or sturdy shoes with good traction to prevent slipping.
- Winter can last up to six months.
- If it is sunny outside it does not mean that it is warm out.

Frostbite and Hypothermia are the two main dangers associated with prolonged exposure to extremely cold temperatures.

### Frost Bite:

Frostbite is damage to the body tissue caused by the tissue freezing. Frostbite causes a loss of feeling and a white or pale appearance in extremities such as fingers, toes, ear lobes or the tip of the nose.

If symptoms are detected, get medical help immediately! If you must wait for help, slowly warm the affected areas.

### Hypothermia:

Warnings signs of hypothermia are uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion.

If you suspect hypothermia, take the victim's temperature. If it's below 95 degrees Fahrenheit or 35 degrees Celsius, immediately seek medical care. If medical care is unavailable, start warming the body slowly. Warm the body core first. If needed, use your own body heat to help. Get the victim into dry clothing and wrap them in a warm blanket covering the head and neck.

## Winter Activities

Fun winter activities include: skating, tobogganing, downhill and cross-country skiing, snowshoeing and snowmobiling.

[Check out more fun winter activities here.](#)

## Driving in Canada

You should obtain an International Driver's License in your country before coming to Canada if you plan on driving while in Canada. You can also apply for an Ontario's Driver's License once you arrive in Ontario. Both a written examination and a road test will be required to obtain your [Ontario Driver's License](#). If you have a valid driver's license from your home country, it will be valid in Canada for the first 60 days after you land in the country.

To rent a car you need to be over the age of 25. This varies by car rental companies.



# LIVING IN NORTH BAY



## Parking in the City of North Bay

If you're **parking in the City of North Bay**, you may have to park on the street or in a parking garage. Remember to watch for 'No Parking' signs to avoid a parking ticket. During the winter months, you can't park overnight on city streets.

If you'll park frequently on campus, consider purchasing a parking pass from Security. At visitor lots on campus, you must pay to park.

## City Transit Service

The City of North Bay provides regularly scheduled bus service to the College Drive, Commerce Court and Aviation Campuses. Service is direct from city centre with connections available from all parts of the city. All full-time registered students receive a city **bus pass associated with their Canadore student card**.

The City of North Bay has introduced a booking and tracking system called Dynamic Dispatching. Using the **myRideNBT app**, students can select a pick-up and drop-off location and confirm their ride. Once a ride is booked, dynamic dispatching technology matches multiple passengers headed in the same direction into one bus and directs passengers to a convenient bus stop location.

Transit information is available on the City of North Bay website:

**[www.northbay.ca/services-payments/north-bay-transit/](http://www.northbay.ca/services-payments/north-bay-transit/)**

## Contacting Your Family

When you get to campus, you may want to contact your family and friends to let them know that you have arrived safely in Canada. Here are some suggestions for contacting people in other countries.

### By telephone:

Using a long distance telephone calling card to make long distance calls from a payphone is usually less expensive than paying cash. You can purchase telephone cards at various locations throughout the city. Another option is to charge the cost to the person you are calling by placing a collect call.

### To make an overseas call from a telephone in Canada, follow these directions:

- Dial 011, then the country code, then the city code, then the local number.
- For a collect call, third party billing, and calling card calls, dial 01, then the country code, then the city code, then the local number.
- Check the phone book or dial '0' for operator assistance if you do not know the country and city code of the place you are calling.

### By email:

If you wish to send an email to your family to let them know that you have arrived safely, there are computers in the library and computer labs set up for free internet use.

### By mail:

The city's main post office is located downtown at 101 Worthington Street East. Many drug stores have postal outlets, as well as the Northgate Mall. If you want to send a letter, you can purchase envelopes, paper, and stamps from the Campus Shop.



## Drug and Alcohol Laws

In Ontario, you must be 19 years of age or older - we call this “age of majority”- in order to purchase and consume alcohol. When you buy alcohol or when you are going out to a place or an event at which alcohol will be sold and consumed, you will be asked to show photo identification to prove that you are 19 years of age or older.

The use of illegal drugs is strictly prohibited in Canada, and the abuse of drugs or alcohol is a serious offence in Canada. If you are caught in possession of drugs you can be seriously penalized. There are also laws against over consumption of alcohol. You must never operate a vehicle after you have consumed alcohol. In regards to alcohol use, it is important that you remember not to:

- Carry open liquor (bottles of alcoholic beverages with the top off or seal broken) in a car
- Walk in a public place with open liquor
- Provide liquor to anyone less than 19 years of age
- Behave in a disorderly manner while drinking in a licensed premises
- Refuse to take a Breathalyzer test, which measures the content of alcohol in your body

## Tobacco Laws

In Ontario, you must be at least 19 years of age to purchase cigarettes and you may be asked to provide photo identification to prove your age. North Bay has a by-law prohibiting smoking in all indoor public places. This includes restaurants, bars, shopping malls and grocery stores. Violation of this law can result in a fine.

## What to Do If Questioned or Arrested by Police

Don't panic. You must always cooperate with police. Any refusal to cooperate with police may result in criminal charges being filed against you. The level of cooperation is as described below:

Under Canadian Law you are required to give police your name and address. If you are a witness to any crime you should fully cooperate with police and provide them with accurate details of the crime.

If you are arrested, you are required to provide them with only your name and address. When you are arrested you have the following rights:

- You are allowed to request language translation services
- You are to be informed promptly of the reasons for your arrest
- You are allowed to obtain a lawyer without delay and to be informed of that right.
- You are entitled to one phone call. Contact a lawyer and if you don't know any, contact a friend or an advisor at the International Office
- You should also immediately ask for Duty Counsel.

It is important that you don't say anything until you have legal counsel and a language translator is present. Any statement that you make can be used against you in court and your understanding of questions or the way you express yourself may be interpreted in the wrong way.

In Canada, you are innocent until proven guilty by the courts. The police's job is to collect evidence and lay charges. We have lawyers on stand-by who will assist you with your case. Have the Duty Counsel contact the International Department for further assistance. We can't talk with you, only legal counsel can.

It is important to know your rights in Canada, visit [www.attorneygeneral.jus.gov.on.ca](http://www.attorneygeneral.jus.gov.on.ca) for more information.

## Currency

When you arrive in Canada, have at least \$100 Canadian or U.S. in cash. A currency exchange service is usually available at the airport from 5 a.m. to midnight. We also recommend that you carry enough traveller cheques or bank drafts to cover at least your first month's expenses. Usually there are extra costs in the first month (such as rental damage deposits and books); this can amount to \$2,000 or more for a single student.

In Canada our currency consists of both coins & bills.



A Goods & Services Tax (GST) is applicable to all transport, accommodation, and restaurant meals and just about anything else you're likely to purchase, including newspapers. On top of this, in most of Canada, a Provincial Sales Tax also must be paid. This adds 13% to the quoted price, so factor it into your expenses.

## Banking

Once you arrive in Canada it is very important for you to set up a Banking Account right away. You will need to pay for many different things including tuition, books, food and other services.

In Canada we use our currency (money), cheques and our Debit Cards to pay for everything. Debit Cards are used anywhere Interac is accepted. Interac is a tool used at ATMs (Automated Teller Machines). These are bank machines and you can take money out or deposit money into your bank account.

The following are a list of banks that you can open an account in North Bay.

### **CIBC**

(Closest to main campus)

789 McKeown Avenue, ☎ 705.472.2310

### **TD Canada Trust**

103 Laurentian Avenue, ☎ 705.474.3421

240 Main Street East, ☎ 705.472.4370

### **Scotiabank**

Northgate Square, ☎ 705.472.5680

204 Main Street West, ☎ 705.494.4717

### **Royal Bank of Canada**

925 Stockdale Road, ☎ 705.494.7100

When you have chosen the bank that you wish to deal with, give them a call and make an appointment or visit the bank, tell the first person you speak with that you are an international student attending Canadore College and that you wish to open a chequing account and they will help you set it up.



## Transfer of Funds

There are several ways to transfer money to Canada, including bringing traveller cheques, a bank draft or having a transfer of funds from your bank at home to the Canadian Bank where you open an account. The option you select will depend on the amount of funds being transferred, service charges and the timeliness of each option. Many Canadian banks charge a transaction fee for cashing travellers' cheques, but funds are available to you immediately. If you bring a bank draft with which to establish your Canadian bank account, you will need to allow the bank fifteen business days for them to make the funds available to you. If you plan to have money transferred by cable, inquire at your bank as to the service charges and business days required to complete this transaction. Your financial institution may have other suggestions as to how you transfer funds to Canada.

## Payment Options

### In Canada

If you are in Canada, you can pay at a North Bay campus, through your self serve, at a bank or on a banking app.

#### To pay your College fees at a Canadian Bank:

use your student ID number as the "account number." Be very sure that you are using the correct student ID number. Allow 1 - 3 business days for your payment to appear on your student account.

If your payment is not showing on your student account within five business days, contact your bank to investigate.

If you're paying from a Canadian banking app, please add 'Canadore College' as the payee and follow above instructions.

If you are paying at a North Bay campus, strongly suggest calling to make sure they are available as with this stay-at-home order, hours and entrance to the building are limited.

#### Admissions Office – North Bay

☎ 705.474.7600 ext. 5123

### Outside of Canada

Flywire for International Students:

Canadore College has partnered with Flywire to offer international students and their families an easy and affordable way to pay for their tuition and fees.

Flywire is a secure method of payment that allows you to track your payment from start to finish. Through this service you can pay your tuition and fees from any country and any bank—often in your home country currency, which allows you to save on bank fees. To use this service you will be asked to create an account on the Flywire website with your basic personal information. Canadore College has partnered with Flywire to offer international students and their families an easy and affordable way to pay for their tuition and fees.

#### STEP 1

Go to Canadore's payment portal ([canadorecollege.flywire.com](https://canadorecollege.flywire.com)) to enter the amount you owe and the country you will be paying from.

#### STEP 2

Select your payment option and payment type.

#### STEP 3

Create a Flywire account or log in to your existing account. Enter basic information to initiate your payment booking.

#### STEP 4

Review and confirm your payment.

#### STEP 5

Follow your payment instructions to send funds to Flywire.

Note: Payment instructions are only valid for one payment. If you wish to make another payment to Canadore, please initiate a new booking

#### STEP 6

Track your payment by logging into your Flywire account at any time. Receive text and email status updated each step of the way, including a confirmation when your payment has been delivered to Canadore College.

# ADJUSTING TO CANADIAN CULTURE

When you arrive in Canada, you may find that things are very different than they were in your home country and it may take some time for you to adjust. But learning about a new culture can be fascinating. No two people react to a new culture in the same way, so we cannot tell you exactly what you should do to help make the adjustment to your new culture easier. But here are a number of strategies that may help:

- Give yourself lots of time to accomplish the things that you need to do. You will find it easier and less stressful if you do not try to complete too many tasks in one day.
- Make sure to get enough sleep. Travel is tiring, and depending on where you have travelled from, you may experience fatigue or 'jet lag' as you adjust to being in a new time zone.
- Experiment with food slowly. New food can upset your stomach, so try to continue to eat some of the foods you ate at home and drink bottled water for your first two or three weeks in Canada.
- Call, write, or email your family and friends. If you keep in touch with people at home, you will feel less homesick.
- Ask questions. If you are unsure about something, ask someone. People are generally very willing to help, and asking questions will help you learn things more quickly, making your transition smoother.
- Explore the city. The more you get to know about the city and all it has to offer, the more at home you will feel.
- General hygiene practices in Canada: wash your hands frequently, use deodorant, brush and floss your teeth, and shower on a regular basis.

For more information, [click here to visit the North Bay Multicultural Centre's website.](#)

## Canadian Facts

- 🍁 Canada is a country with 36 million people and has two official languages English and French. Ottawa is the capital of Canada; Toronto is the capital of the province of Ontario.
- 🍁 Canada is the second largest country in the world, occupying six time zones from east to west. The country is divided into 10 provinces and three territories, each with its own elected government.
- 🍁 All products are sold with directions, ingredients or menus in both official languages.
- 🍁 Canada is a multicultural country. You will see people from many different countries and backgrounds here. Canadians believe in tolerance and equality among people. Men and women are treated with equal respect, and there are strict laws against prejudice or discrimination on the basis of gender, religion, ethnic background, sexual orientation, or marital or social status.
- 🍁 As visitors to Canada, you and your dependents have the same rights and are protected under the same laws as Canadian citizens. The Canadian Charter of Rights and Freedoms guarantees that anyone residing in Canada has:
  - Freedom of conscience and religion
  - Freedom of thought, belief, opinion, and expression
  - Freedom of peaceful assembly, and
  - Freedom of association
- 🍁 Canada is an open society with maximum of social tolerance.


















# ADJUSTING TO CANADIAN CULTURE

## Greetings and Customs

[www.educanada.ca/study-plan-etudes/before-avant/guide.aspx?lang=eng](http://www.educanada.ca/study-plan-etudes/before-avant/guide.aspx?lang=eng)

-  Order of names in Canada are first name, sometimes a middle name is used, then last name, for example John (first name) Smith (last name) or John (first name) Paul (middle name) Smith (last name). Canadians quickly call people by their first names.
-  Canadians smile and laugh loudly. This isn't considered rude.
-  In Canada, people greet each other by saying "Hi", "Hello" or "How are you doing?" Some other common sayings: you bet (means certainly or definitely), give me a hand (means to help), let's go for coffee (means you want to meet to talk later, doesn't mean you have to drink coffee, but you usually do), give me a second (speaker needs some more time), that's neat (means that's interesting), the Mall (means shopping mall), that's rough (means that's too bad), good job (means that you did well at something), see you later (means good bye), what's up (means how are you doing or what are the plans)
-  For a more business greeting, we shake each other's right hand firmly and smile to make a good impression.
-  Keep a distance of 1 meter when talking to another student/person.
-  Canadians line up for services. Keep a 0.5 meters distance from the person in front of you. At bank machines stay at least 1.5 meters from the person at the bank machine.
-  The O.K. sign (index finger to thumb in an "O" shape) or "a thumbs up" sign are acceptable ways to show approval.
-  Some courtesies Canadians have are opening or holding doors open for the person behind them, offering elders their seat on a bus or train if crowded, being polite.
-  Canadian students dress casual. Jeans and t-shirts are very popular attire.
-  Restaurants and public buildings are smoke free in North Bay and in other major Canadian cities.
-  Popular sports in Canada are ice hockey, soccer, football, baseball, basketball, golf and tennis.
-  In public, emotions are kept under restraint.
-  It's considered normal to tip 15-20% of the bill. Tips are usually given to waiters, cab drivers, hairdressers, and hotel attendants.

# AREAS OF INTEREST MAP



## Groceries

- 🛒 No Frills - 975 McKeown...
- 🌿 Sobeys - 1899 Algonqui...
- 🛒 Bulk Barn - 850 McKeow...



## Restaurants



- 🍕 Boston Pizza - 50 Josep...
- 🍔 Lot 88 - 850 McKeown A...
- 🍷 Syl's Neighbourhood Kit...
- 🍔 A&W - 850 McKeown Ave
- ... 9 more



## Shopping

- 🛒 Canadian Tire - 890 McK...
- 🛒 Sport Chek - 850 McKeo...
- 🛒 Winners - 850 McKeown...
- 🛒 Dollarama - 975 McKeo...
- 🛒 Shoppers Drug Mart - 66...
- 🛒 LCBO - 1711 Algonquin ...



## Banking

- 🏦 CIBC Branch & ATM - 78...



## Canadore Campuses

- 🏫 Canadore College - Educ...
- 🏫 Canadore College Aviati...
- 🏫 Canadore College Com...



## Services

- 🏠 North Bay & District Mul...
- 🏥 North Bay Regional Heal...
- 🏊 YMCA of North Bay



## Lakes

- 🌊 Lake Nipissing
- 🌊 Trout Lake