

Winter 2022

WELCOME!

Dear International Students,

Welcome (back) to Canadore College! We are very pleased to have you with us.

We would first like to acknowledge, with sorrow, the current developments in the Ukraine. Canadore College stands in solidarity with the people of Ukraine. We hope they can return to their regular lives in peace very soon.

We know that international students may, at times, face additional challenges and needs; thus, along with our updated [FAQs](#), our comprehensive [International Student Guide](#) and in collaboration with other campus support services, the International department at Canadore College is here to assist you on this journey with Monday to Friday walk-in hours from 8:30am to 4:30pm in room C210 - College Drive campus. Should you wish to reach out and ask for guidance on any matter pertaining to international students, please do not hesitate to contact us.

We send the Semester Update each semester. This one is chock-full of information you might need for doing your taxes, staying warm and keeping yourself entertained in North Bay or Parry Sound during the winter. Enjoy!

Best wishes, and welcome again to Canadore College! We hope this semester has started off well for you.

Canadore International

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SPECIAL EVENTS

Health Insurance in Canada, Health Insurance Policy and FAQ #2

TBD

IRCC representation at Canadore College

Thursday, March 3, 2022 2pm to 3pm

*No registration needed, click below MS Teams link to join:***[Join the meeting](#)*****Understanding Ontario's Personal Income Tax, Credits and Benefits for International students***

Hosting by: COSTI's International Student

Connect (ISC) and Orientation to Ontario (O2O) programs in collaboration with the Ontario Ministry of Finance and Canada Revenue Agency (CRA)

#1 March 1st, 2022, 11:00 AM to Noon

Click [here](#) to register

#2 March 2nd, 2022, 1:00 PM to 2:00 PM

Click [here](#) to register****Please keep an eye on iCent for the invites and links for the above events and others!**

PAST EVENTS

International Orientation

Thursday, January 6, 2022 10am to 12pm

Immigration Webinar for International students

Wednesday, January 12, 2022 10am to 11am

Health Insurance in Canada, Health Insurance Policy and FAQ #1

Thursday, January 27, 2022 10am to 11am

In-person Orientation – International Nursing Licensing Preparatory Program

Tuesday, February 15, 2022 1pm to 2pm

CRA Webinar – International Students Presentation #1

Thursday, February 17, 2022 10am to 12pm

CRA Webinar – International Students Presentation #2

Thursday, February 24, 2022 10am to 12pm

DID YOU KNOW?

You can find important dates such as breaks, holidays, tuition fee due dates and drop/withdrawal deadlines here:

[IMPORTANT DATES & DEADLINES](#)

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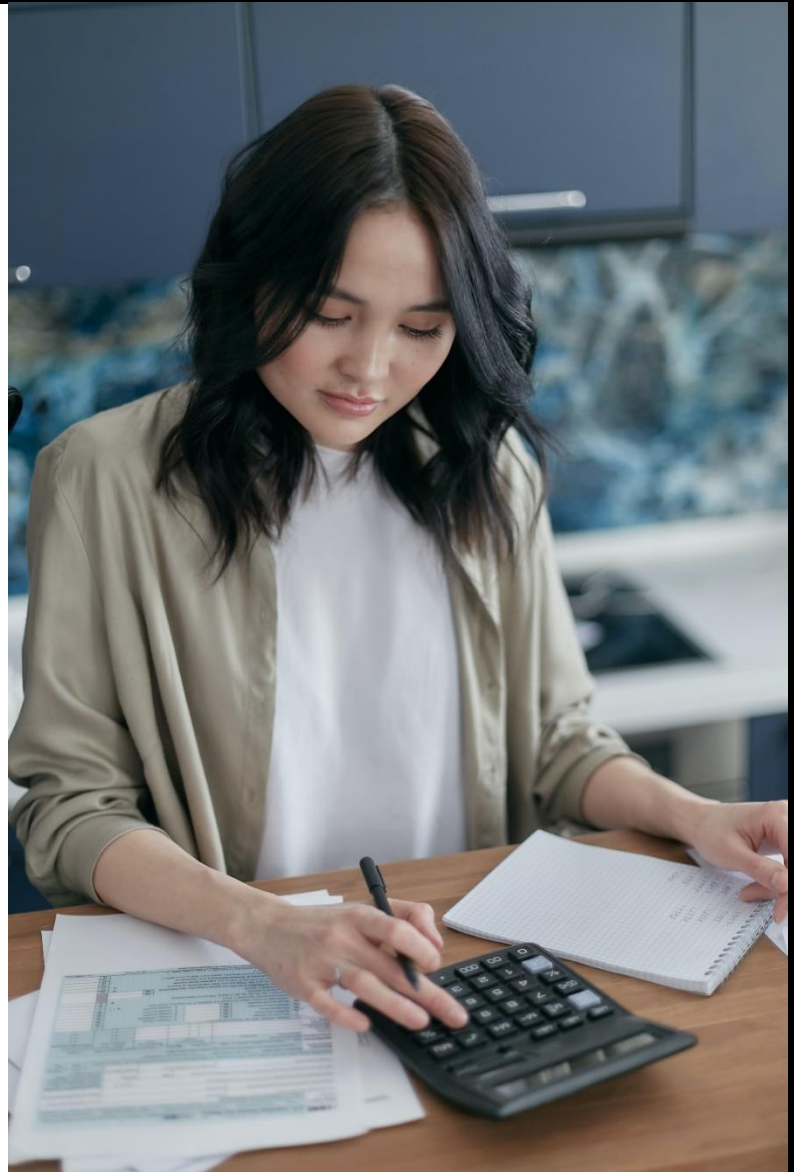
IT'S TAX SEASON!

Tax season is fast approaching and many of you are likely eager to do your taxes. Please note your T2202A Tax Forms will be available in your Self-Serve account by the end of this week (March 4).

Please note this tax season is to assess the year 2021. Forms for 2021 and years previous (2020, 2019, etc) will be the only ones available at this time. 2022 forms will be available at next tax season (this time next year).

To retrieve your forms, please follow these instructions:

1. Log into your student [self-serve](#) (If you have any log in difficulty, please follow instructions provided on the login screen);
2. Once logged in, click on the "Student" tab at the top (beside "Personal Information");
3. Now click Canadian Tax Forms;
4. Choose T2202A Tax Credit Form;
5. Now choose the 2021 option in the drop-down menu (or whichever previous year you are having assessed);
6. Ensure the "Printable T2202A Form (PDF)" is selected;
7. Click "Submit".
8. The form should download. **If you have issues with the download, try using a different browser (i.e. if you are using Google Chrome, use Explorer instead and vice versa).



For more information and to educate yourself on taxes, please find some lessons on Canada's website [here](#)

For more information on taxes and being an international student, you may also see Canada's website [here](#)

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INTERNATIONAL STUDENT SPOTLIGHT

Tiffany came here from Taiwan where bountiful nature fuses with extreme urbanism. Two thirds of the island consist mostly of mountain ranges, while flat and gently rolling plains cover the final third on the western side of the island. Of the 23 million inhabitants of this small island, 90 percent live along the western coast! Tiffany says the street food and night markets are a major attraction – you can't get bored, and you definitely won't go hungry! Taiwan is surrounded by beautiful beaches and, similar to us here in Canada, many spend their time camping (even in the winter as the weather rarely goes below 15 degrees!).

Tiffany worked as a Nurse for seven years in Taiwan when she decided to come to Canada to further pursue her career. She says she became a nurse "to make a difference in the lives of people who are vulnerable". She further elaborates indicating that "being a nurse is not easy, but it makes [her] feel special [...] to help others. You meet different patients every day. If you like challenges, this is a perfect career for you!"

Tiffany decided to attend Canadore's Practical Nursing program based on the affordable cost of living as compared to colleges in our other larger cities. This is her first experience studying abroad and she praises North Bay for its fresh, clean air, abundance of beaches, the multitude of activities available throughout each season (she's especially fond of skiing and hopes to improve her skills this winter – see the next couple pages for more info on North Bay and dressing for the winter!), and the kindness of its citizens.

Tiffany recalls, in particular, when she had arrived to North Bay, everyone would ask "How are you?", at first, she would try to figure out how she knew these people but over time she realized this is simply how we greet each other. She believes this is a nice way to be greeted as it allows for a deeper connection to the people around you. Tiffany was also deeply touched by the Residence Advisor (RA) at Canadore's residence when she first came to Canada and had experienced *culture shock*; "I did not even know where to get groceries or how to take a bus up to campus. I was stressed all the time." The RA was kind enough to provide continuous guidance, and went so far as to provide her phone number so Tiffany could text her with any questions and get a response right away; "[the RA] helped me get through the most difficult time in Canada. I appreciate her help!".

Of course, the pandemic has changed the experience Tiffany had expected to have, but contrary to her original vision of attending various events and having a busy nightlife, Tiffany has found that the sudden change has allowed her to focus more on her studies and in finding a job in the health care field. In Tiffany's opinion this has been a positive turn of events. Tiffany has discovered that she prefers online learning so far and believes D2L/iLearn is very user friendly and responsive. She finds her professors to be fun, interesting and excellent at explaining complicated content in a more easily comprehensible way using real-life examples from the hospitals.

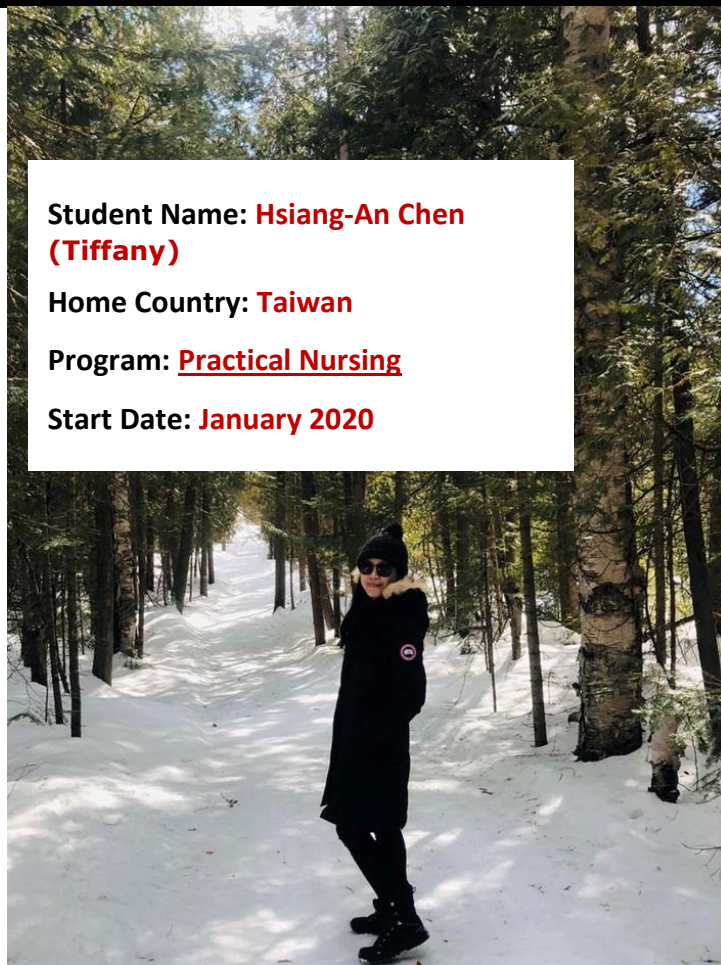
Although the pandemic has changed how students are learning, Tiffany is very happy with her experience abroad and says that if you want to learn and are adventurous, Canadore College is the place to go!

Student Name: Hsiang-An Chen
(Tiffany)

Home Country: Taiwan

Program: Practical Nursing

Start Date: January 2020



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IS IT POSSIBLE TO HAVE FUN IN WINTER?

Sure, it's pretty cold here in Northern Ontario, but while that may seem like a drawback, once you get used to dressing for the weather, you will never run out of things to do. North Bay and Parry Sound are well known for the beauty of their outdoors and you should take advantage – being warm and comfortable is key to making sure that happens!

TIPS FOR DRESSING FOR THE WINTER

Wear Layers – As you may have noticed, Canadian weather is unpredictable; it can be plus 4 one day and minus 25 the next! To be prepared, wear layers! This helps you dress down if it gets warm and dress up if it gets cooler. You especially don't want to be so warm that you perspire as this can lead to being too cold! If you begin to perspire, take a layer off to cool down!

Stay dry & Bring Extras – Just as above, when we perspire, we can become too cold, the same is true if you get wet from the snow or rain. Ensure your outer layer is waterproof or water resistant and remove layers if you are too warm. It is important that you wear boots made for Canadian winters!. Also ensure you bring extra socks and gloves or mittens in the event your first pair gets wet. The sooner you replace wet clothing, the warmer you will stay!

Cover Up – Be sure to cover any exposed skin, especially on extremely cold days. The more you cover up, the warmer and happier you will be!

For a more in-depth look at how to dress for the winter, take a look at this article: <https://offtracktravel.ca/what-to-wear-in-canada-in-winter/>

See next page for things to do!

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THINGS TO DO IN NORTH BAY

Skating/Play Hockey

Outdoor rinks: [Locations & Status | City of North Bay](#)

Public skating: [Public Skating | City of North Bay](#)

Skiing/Snowboarding

[Membership Rates - NORTH BAY NORDIC SKI CLUB](#)

[Annual Membership – Wasi Cross Country Ski Club](#)

[\(wasiski.com\)](#)

Laurentian Ski Hill: [Laurentian Ski Hill](#)

Snowshoeing

See room A110 Gymnasium office or contact

kathleen.garvey@canadorecollege.ca if you would like to rent some snowshoes, then check out the 'Trails' listed below.

Sliding/Tobogganing (when we had nothing else, we would use a garbage can lid or a plastic bag as our toboggan!)

<https://www.northbay.ca/our-community/recreational-activities/winter-activities/tobogganing/>

Curling

[Contact | North Bay Tennis](#)

Ice fishing

[South Shore Camping & Ice Condos - Lake Nipissing Ice Fishing](#)

[Antoine Mountain](#)

Workout/Gym

YMCA: [Health & Fitness – YMCA of Northeastern Ontario](#)

[\(ymcaneo.ca\)](#)

Canadore's Fitness Centre (free): [Panther Sport and Wellness - Canadore College](#)

Canadore fitness programming:

<https://www.canadorecollege.ca/sport/fitnessandwellness>

Trails

Education Center Trails / Duchesnay Falls: [Education Centre Trails | discoveryroutes.ca – Discovery Routes Trails Organization](#)

Kate Pace Way, walking and bike path: [Kate Pace Way | discoveryroutes.ca – Discovery Routes Trails Organization](#)

Got to a Hockey Game

Battalion Hockey: [North Bay Battalion – Official Site of the North Bay Battalion \(battalionhockey.com\)](#)

Miscellaneous

North Bay's Farmer's Market: [Homepage - North Bay Farmers Market](#)

Paintball: [Select Paintball and Airsoft North Bay \(northbaypaintball.com\)](#)

THINGS TO DO IN PARRY SOUND

Here's a list of 101 things to do in Parry Sound, though some are not quite winter friendly, you can find an array that are possible to accomplish now! <https://www.parrysoundtourism.com/experiences/101-things-to-do/>

We hope you find some courage to get out this winter and enjoy some of the great activities North Bay and Parry Sound has to offer!



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TWINNING PROGRAM IS IN FULL SWING!

The inaugural Twinning Program began at the beginning October 2021 and has since met several times to enjoy some of the great activities North Bay and Canadore College has to offer. The program took advantage of Canadore's snowshoe rental program, has had lunch and most recently met in Callander for a day of Ice Fishing on Family Day! The program will soon meet for skiing and several other planned activities.

Here's what our students had to say about the ice fishing experience:

[Ice fishing] was an experience that we probably would never have had if it weren't for this program. I was really afraid of being out on a frozen lake in negative temperatures, but everything was taken care of and it didn't, for a second, feel unsafe or even slightly uncomfortable.

Being away from our families, and with all the[pandemic] isolation, it was a very refreshing experience to have had such a warm day with a family on the Family Day long weekend [...]

And the hosts were so delighted to share Family Day with our Twinning program and to learn of the diversity right here at Canadore that they came to think of the students as family and have invited them back any time they like.

If you are interested in participating, keep an eye in Fall 2022 for the next call for applications to the **Twinning Program!**



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MANDATORY VACCINE AND QUARANTINING

Canadore College requires that all students, employees, visitors and contractors coming to any campus be fully vaccinated. This mandate affects all Canadore campuses – College Drive, Aviation, and Commerce Court in North Bay as well as West Parry Sound.

Here is what you need to know:

- All students, employees, visitors, and contractors coming onto a Canadore campuses must attest to their COVID-19 vaccination status;
- It is expected that all students and employees will be fully vaccinated when they attend any of our campuses;
- Exemptions for medical or religious grounds protected under the Ontario Human Rights Code will be considered with the proper documentation; and
- Those with approved exemptions will be required to conduct regular rapid antigen COVID-19 testing. For more information click [here](#).

If you are an international student that intends to travel to Canada soon, please be reminded that you will need to satisfy the Canadian Government that you will adhere to strict quarantine requirements. **Please note a quarantine plan is mandatory for all students coming to Canada regardless of vaccination status.** However, students who qualify *may* be fully exempt from quarantine as noted [here](#). Please find steps for travel to Canada in the red box above.

International Students Who Plan to Travel to Canada Must Follow These Steps:

1. Submit their isolation plan via iCent;
2. Request the travel support letter: [EmailMe Form - Travel Support Letter Request Form](#);
3. Have their plan approved and receive the travel support;
4. Upload their proof of vaccination via the ArriveCan app as indicated by the government of Canada [here](#);
5. Travel as planned and share information (such as the isolation plan and travel support letter) with the border officer if/when requested;
6. Await decision from CBSA at the border as to whether they must continue to their quarantine place or if they are exempted from quarantine. For more information, see: <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#determine-fully>

****IMPORTANT:** Canadore College and the Quarantine team cannot confirm whether a student will be exempted. This decision can only be made by the appropriate authority such as a CBSA Border Officer.

QUARANTINE HELPDESK AT CANADORE COLLEGE

Given the public health requirements that international students are subject to, Canadore College has set-up a dedicated team of advisors to assist international students with their travel and quarantine needs. A team of International Student Ambassadors can be reached, Monday to Friday, via email at Quarantine.Approval@canadorecollege.ca or by landline at +1 (705) 474-7600 ext 5425.

Please also consult the [Government of Canada Guide for International Students Arriving in Canada](#) from Abroad, a handy informative document.

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HEALTH INSURANCE

All International Students at Canadore College benefit from inclusion in a health insurance plan. For the health and safety of our students and community this is mandatory and included as part of international students' ancillary fees.

Health Insurance Resources

- A dedicated portal for Canadore College International students to access health insurance has been set-up and may be accessed [here](#).
- Guard.me International Student Health Insurance Orientation can be accessed [here](#).
- For more information, see the Guard.me International [Student Health Insurance Guide](#).

IMPORTANT: Everyone should have received their Health insurance information several weeks ago along with details on how to access your online account.

DID YOU KNOW...

The international office at College Drive campus in North Bay (room C110) has been open since the beginning of the Winter semester for walk-in consultations? Come in and meet our ISAs who can address a range of topics in person Mondays to Fridays between 8:30am and 4:30pm.
No appointment necessary!

HEALTH INSURANCE CONTACT

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

International.Insurance@canadorecollege.ca

INTERNATIONAL STUDENT ADVISING

Whether you are in Canada or studying remotely at the moment, our team of dedicated International Student Advisors (ISAs) are here to help you with a wide variety of topics (including community orientation, housing, immigration-related matters, health insurance, etc.).

Current international students registered at North Bay or Parry Sound campuses are welcome to walk into our International office room C110 Monday to Friday anytime between 8:30am and 4:30pm. Students are also welcome to book virtual appointments using the following link: <https://calendly.com/jingxuan-li>

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EMOTIONAL WELLBEING

The last couple of years have not been easy and many people find themselves struggling to cope with the extra challenges life brings. Reaching out shows great courage and is the first step towards relief and healing. No matter where you are, there are many services and resources available to support your wellbeing. Please don't be afraid to reach out if you feel like your wellbeing is being affected.

The International Department along with Canadore's [Student Success Services](#) are here to support you - academically, socially and personally - with short-term (free), confidential mental health emotional wellbeing 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.

North Bay and Parry Sound campus registered students are welcome to reach out to our International Student Success Navigator, Yen, at Yen.To@canadorecollege.ca, to talk about the challenges you may encounter during your studies.

If You or Someone You Know is in Crisis.

Visit [More Feet on the Ground](#) in the [Are you in Crisis](#) section you will have access to national, provincial and international resources.

*****If you require immediate, in-person emergency care, go to your nearest emergency department, or dial your local emergency services telephone number for immediate help***

Disclaimer: The information provided in this correspondence is not intended as a substitute for medical professional help or advice but is to be used only as an aid.

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COMMUNICATING WITH US

Who can I contact for the quickest response?

For the most efficient response time, please find the most appropriate contact in the below “Who to Contact” sheets separated by campus:

[North Bay/Parry Sound Students](#)

[Toronto Students](#)

***IMPORTANT NOTE:** *contacting more than one person will result in further delays and will not help you in any way. We urge you to review the details outlined above and contact the individual who can direct your query most appropriately.*

Frequently Asked Questions (FAQs) by International Students

There is a wealth of resources available to international students on our Canadore College website. These include our [FAQs](#). Some of the topics available on our FAQs include: Admissions Requirements, Health Insurance, Travel to Canada, etc.

Need a
Completion Letter?

You can request
completion letters here:

[COMPLETION LETTER](#)

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HAPPY LUNAR NEW YEAR

February 1st marked the beginning of the year of the Tiger. Lunar New Year is one of the most important holidays in China, and is also celebrated in countries with significant overseas Sinophone populations, including Vietnam, Singapore, Indonesia, Malaysia, Myanmar, Thailand, Cambodia, and the Philippines to mark the beginning of a calendar year whose months are based on lunar cycles. The Lunar New Year festival was traditionally a time to honor deities as well as ancestors. Within China, regional customs and traditions concerning the celebration of the New Year vary widely, and the evening preceding the New Year's Day is frequently regarded as an occasion for Chinese families to gather for an annual reunion dinner. It is also traditional for every family to thoroughly clean their house, in order to sweep away any ill-fortune and to make way for incoming good luck.

