

under the plan offered by the Canada Health and Accident Assurance Corporation, which was designed for students from other countries, or under local arrangements sponsored by the university. A student who has made the necessary payments will be covered by provincial hospital insurance plans after three months' residence in Canada. Immediately upon arrival, university officials should be consulted for more information and advice. It is also wise to seek advice if one wishes to take out life insurance.

All Canadian universities have a student health service. If the diet in Canada upsets you, you should seek advice from the service. If you need more treatment than the service can provide, you should ask to be referred to a reliable physician.

(c) SOCIAL LIFE

At most Canadian universities the students elect a representative council which is in charge of a wide range of social and recreational activities. You will usually find social, intellectual, political and literary clubs on campus. Sports generally include football (North American style), soccer, ice hockey, skiing, swimming, and basketball.

At many universities there are clubs for students from particular countries and general foreign-student organizations. These provide an excellent opportunity for you to meet your fellow countrymen and other foreign students, but it would be unfortunate to immerse yourself in them to the extent that you do not participate in student life generally.

Canadian students are not always ready to take the initiative in getting to know students from other countries. You should not, therefore, have any reservations about making the first move in getting to know your fellow students.

(d) VACATIONS

The academic year in Canada runs from the end of September to the following April or May. There are four months in the summer when undergraduate students will no longer have lectures to attend. Graduate students may normally expect to be occupied throughout the summer on their studies and research. Usually students will be able to obtain permission from the immigration authorities to accept summer employment. Other students may wish to travel and see something of Canada during this time or to take summer courses at the university.

Special conditions apply to students who come to Canada under Canadian government-sponsored programmes, such as the Commonwealth Scholarship and Fellowship Plan. Information about these conditions will be supplied to the students concerned.