

and board are provided at a weekly or monthly rate (about \$20 a week); in others, room only is provided (about \$10 a week), and the student may have cooking facilities to prepare his own meals or may eat at restaurants or in the university dining hall. If a student pays rent by the week, one week's notice only will be required if he wishes to move.

Apartments: If a student is bringing his wife or family with him to Canada, he may wish to rent an apartment with one or two bedrooms. Apartments are normally supplied with a refrigerator and stove. Rent generally includes the cost of heating, and in some cases of electricity. It is often necessary to sign a lease for a year or more when renting an apartment, and landlords may require one month's rent in advance. A lease should be read carefully before it is signed, and, if necessary, advice should be sought from the foreign students' adviser or student personnel officer at the university. Flats are more economical. They usually have a shared bathroom.

#### Temporary Accommodation

Young Men's Christian Association (YMCA) and Young Women's Christian Association (YWCA): Single men and women can usually find temporary accommodation in a YMCA or YWCA, where rooms are less expensive than in a hotel. It is often convenient to reserve a room for a night or two on arrival until one has time to find other accommodation. In some cases it may be necessary to share a room. Accommodation for one night will cost about \$3.50.

Hotels: In most hotels in Canada, the price quoted for accommodation is for the room only and meals are not included. A single room with bathroom costs about \$8.00 a day or more. Rooms can be reserved by telephone or letter, but will not be held beyond the day you say you will arrive. There is a specified checking-out time by which rooms must be vacated; arrangements can always be made for baggage to be looked after or "checked" until a guest is ready to depart. Failure to observe the checking-out time will involve a charge for an additional day.

Students may encounter some difficulty on occasion in obtaining accommodation. In every country there can be found individuals who practice discrimination based on religion, race, language, money or education. If a student has the misfortune to encounter any form of discrimination in Canada, it should be reported to the university authorities.

#### (b) HEALTH INSURANCE

Medical and hospital care in Canada is very expensive. It is, therefore, important that all students should take out accident and sickness insurance for themselves and their dependents. Students coming to Canada under a government-sponsored programme, such as the Commonwealth Scholarship and Fellowship Plan, will be covered under the terms of their scholarship. Other students would be well advised to take out insurance