

In minor things, it is good to conform to the customs of the people among whom you are living, but it is important to maintain your own values. For instance, if religious beliefs or personal preferences prevent you from eating certain foods or from drinking alcoholic beverages, you should not be embarrassed to explain this to your host or hostess.

In Canada, relations between the sexes are quite informal. This freedom may sometimes be misinterpreted. For instance, if a man and woman share a seat on a train or bus, they may talk to each other but this should not be taken to indicate that either wishes to continue the chance acquaintance. Similarly, on campus, when men and women invite each other to join in various social activities, it need not imply sustained interest.

Further information about life in Canada and at a Canadian university can be obtained from individual universities and campus organizations.