

A list of certain other items of expenditure is given as follows:

Clothing:

Winter overcoat (men or women)	\$50-100
Suits	\$50-up
Shoes (men or women)	\$10-up
Shirts	\$ 5-up
Socks	\$1-1.50
Stockings	\$1-1.50

Food:

Lunch	\$1.00-1.25
Sandwich with Beverage	1.00
Dinner	1.50-up
Cup of Coffee, Tea, Glass of Milk	0.15

Medical Coverage

As medical and hospital care in Canada are very expensive, it is imperative that all students take both medical and hospital insurance for themselves and, if the case arises, their dependents. Students coming to Canada under a government-sponsored program will be covered under the terms of their scholarships. Other students would be well advised to take out medical insurance under plans offered by the University Health and Accident Plan, which is specially designed for students from other countries, or under local arrangements sponsored by the university. Hospital insurance is taken out with appropriate provincial authorities. Generally, 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 would also be wise to seek advice about taking out accident and life insurance.

V TRAVEL PROCEDURES

Transportation to Canada: When a student has been accepted at a Canadian university, his journey to and from Canada can be arranged through a travel agency, transportation company or student organization. It should be ensured that tickets cover transportation right through to the city where the university is located, and that the return ticket will be valid at the time of returning home. If travel is by plane, arrangements can be made with a shipping and forwarding agency to send heavy baggage by ship.

All travel arrangements should be made well in advance of the date of departure, and students should arrange to arrive at the university several days before the date specified for registration.

On arrival in Canada: A student should have with him approximately \$50 cash in Canadian currency, which will be required for immediate expenses, such as meals, lodgings, transportation and tips. Some of this currency should be in \$1 and \$5 bills, with a small amount in change -- 25-cent pieces (quarters), 10-cent pieces (dimes) and 5-cent pieces (nickels).

If a student has made an arrangement with an organization in Canada to be met on arrival, he should contact the organization if any changes have to be made in travel plans. Between August 15 and September 30, the Canadian Service for Overseas Students and Trainees (CSOST) operates a special "Overseas Students Reception Desk" at the Montreal, Toronto and Vancouver airports.