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## UNIVERSITY STUDY IN CANADA

(Prepared by the International Programs Division, Association of Universities and Colleges of Canada.)(1)

### I Admission requirements

#### (a) General information

The admission requirements of Canadian universities vary from province to province. Most universities state their requirements for admission to first-degree courses in terms of the secondary-school leaving certificate issued by the department of education of the province in which the university is located.

French-language institutions in Quebec state their requirements in terms of the *diplôme d'études collégiales* (DEC). The admission of students from outside Canada is decided solely by individual universities. As a rule, universities treat equivalent certificates from other countries as qualification for entrance.(2)

Some examples of acceptable foreign certificates are:

- (i) *Britain:* It is the common practice for Canadian universities to treat the British General Certificate of Education as equivalent to junior matriculation when there is evidence of at least five passes at the "ordinary" level, and as equivalent to senior matriculation when there are five passes of which two are at the "advanced" level.

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- (1) Les étudiants étrangers qui désirent poursuivre des études universitaires au Canada en français peuvent consulter les pages documentaires No 117 intitulées: "Etudes universitaires au Canada" (Revision de juillet 1974).
  - (2) A detailed listing of requirements for admission to first-degree courses in Canadian universities is published each year in an appendix to the *Commonwealth Universities Yearbook*. A reprint of this appendix, entitled *Perspective*, is also available from the Service for Admission to College and University, 151 Slater Street, Ottawa K1P 5N1, Canada, for \$2.00 in Canada and \$2.50 elsewhere. Copies of this reprint may also be consulted at Canadian diplomatic and consular posts abroad. The calendars of the universities, which can be obtained from their registrars, also contain official and detailed statements about their admission requirements.

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- (ii) *Commonwealth*: A student from a Commonwealth country will usually be considered eligible for admission to a Canadian university if he has the standing prescribed for admission to a university in his own country, as outlined in the *Commonwealth Universities Yearbook*. The Cambridge Overseas School Certificate and the Cambridge Higher School Certificate, commonly obtained in countries of the Commonwealth outside Britain, are usually treated as equivalent to junior and senior matriculation respectively, provided the selection of subjects and the level of attainment are satisfactory. Some universities, however, require the completion of an undergraduate degree from a university in the student's home country as a requirement for admission to their own first-degree programs.
- (iii) *United States*: Graduation from a United States high school is generally equated with junior matriculation, provided that the selection of subjects and level of attainment are satisfactory. Completion of one year of college work beyond high-school graduation is frequently accepted by universities requiring senior matriculation for admission. A statement from the high-school principal recommending the student for admission to university is often required.
- (iv) *Europe*: Students who have completed the requirements for admission to a European university are generally considered eligible for admission to a Canadian university at senior-matriculation level. Special written and oral tests of facility in English or French may be required.
- (v) *Middle East, Asia, South American, and non-Commonwealth African countries*: Applicants from countries in these areas must produce evidence of having passed a widely-recognized examination such as the British GCE, the U.S. College Entrance Examination Board Tests, *Bacillerato* or other examinations that would admit them to university in their own countries.
- (b) Degree programs and courses(3) In English-language institutions, courses lead, in from three to five years, to a bachelor's degree in arts, pure science, and such professional fields as engineering, business administration, agriculture and education. Degrees in law, theology, dentistry, medi-

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- (3) Detailed information concerning course offerings, degree programs and requirements is contained in *Universities and Colleges of Canada, 1974*, obtainable from Statistics Canada and Information Canada (\$5.00), and available for consultation at Canadian diplomatic posts. The *Commonwealth Universities Yearbook* can also be consulted for this information. Information about summer-school in Canada is contained in a brochure entitled *Summer Courses in Canada*, obtainable from the Canadian Government Travel Bureau, Ottawa K1A 0H6, Canada, and available for consultation at Canadian posts.

and some other subjects take longer to acquire, and in many cases require the completion of a first-degree course in arts or science for admission. In the majority of English-language universities, a student may study for either a general or pass bachelor's degree or for an honours bachelor's degree. The honours-degree program normally involves an additional year of study, is open only to those with special academic standing, and requires a greater concentration on one or two subjects. In most universities, the bachelor's degree is awarded with first-class, second-class or pass standing. In the French-language institutions of Quebec, the *diplôme d'études collégiales* is the prerequisite for admission to university.

Students who wish to study for an advanced degree must have obtained a bachelor's degree. The minimum time required for the second degree, the master's, is one year beyond the honours bachelor's degree. The student is required to follow lectures in a specific number of subjects and is normally required to prepare a thesis. For the doctorate -- Ph.D. or equivalent degree -- at least two years beyond the master's degree are required or three years beyond the honours bachelor's degree. Generally, however, more time is required to complete this degree. The completion of the doctorate generally requires formal class-work, a thesis and an oral examination on the thesis. Enrolment in many professional schools is limited and therefore admission can by no means be guaranteed to all students who successfully complete the pre-professional requirements.

Degrees from Canadian universities are usually recognized as equivalent to degrees obtained in universities of the Commonwealth or the United States. Students coming to Canada from other countries would be wise, before leaving home, to inquire about the recognition given to Canadian degrees at home.

- (c) Language requirements All Canadian universities require evidence of language proficiency, but not all require a test. Consequently, a student should not take a test unless invited to do so by a Canadian university that has found him otherwise qualified for admission. An immigration officer may also require proof of language proficiency before granting a visa.

The tests now in use are the following:

- English: (i) The English-proficiency test administered in many parts of the world by the University of Michigan, Ann Arbor, Michigan, U.S.A. This can be taken at any time, and results are provided within six weeks of application.

- (ii) The test leading to the certificate of proficiency in English of the University of Cambridge. This is given only twice a year, in March and October. Information may be obtained from the local centre of the British Council or from the Secretary (Examination in English), 47 Bateman Street, Cambridge, England.
- (iii) The Test of English as a Foreign Language (TOEFL) of the Education Testing Service of Princeton, New Jersey, U.S.A.
- (iv) For admission into *an undergraduate program of studies*, both foreign and Canadian students are required by most Canadian English-language universities to take tests of the Service for Admission to College and University (SACU). These tests are designed to determine a student's scholastic aptitude and language achievement and are known respectively as the Canadian Scholastic Aptitude Test (CSAT) and the Canadian English-Language Achievement Test (CFLAT).

SACU has made arrangements to establish centres abroad for administration of these tests. Information about the tests and where these centres are located may be obtained from SACU (151 Slater Street, Ottawa K1P 5N1, Canada) or from the nearest Canadian Government office.

French Tests of facility in the French language may be required of candidates wishing to enter French-language universities. The tests available for this purpose are *Le Test d'aptitude générale aux études post-secondaires (TAGEPS)* and *Le Test du français (Langue maternelle) (TFLM)*.

(d) Application and registration procedures Application for admission to a Canadian university should be addressed only to the registrar, from whom information about the availability of courses, admission requirements, fees and expenditures can be obtained. Since a great deal of correspondence may be necessary before a student is accepted into a Canadian university, applications should be made well in advance of the session to be attended, preferably 12 to 18 months.

The academic year in Canada is divided into two terms and runs through the autumn and winter months, from the middle of September to the following April or May, with a short vacation at Christmas.

When advised to do so by a university, a student should supply a detailed statement of his academic record, with certified copies of his secondary-school certificate and official transcripts of records of all his university or other post-secondary education, or arrange for these documents to be supplied. If copies of original

documents are in neither English nor French, they should always be accompanied by certified or notarized translations. Students should also ensure that the certificates submitted contain detailed statements of courses taken and marks or grades obtained, when these are available.

Upon being admitted to a university, students are required each year to register on the day or days of registration stipulated for that year and to pay the prescribed fees. An additional fee is generally charged for late registration. In some institutions, there are special orientation programs for overseas students that start just before the beginning of the regular session.

## II Scholarships, fellowships, assistantships, and other financial assistance

Universities in Canada seldom have funds available to assist students from other countries to come to Canada for *undergraduate studies*. Most awards offered by universities and by the Canadian Government are restricted to *postgraduate studies*.<sup>(4)</sup> For information on financial assistance offered by a particular institution, write to the university a year before enrolling.

The Canadian Government programs for which overseas students are at present eligible are the following:

- (a) *Commonwealth Scholarship and Fellowship Plan*: This plan is designed to provide opportunities to Commonwealth students to pursue advanced programs of study in Commonwealth countries other than their own. Candidates must be nominated by the educational authorities in their own countries. Thus a candidate is advised to refer to the Commonwealth scholarship agency in the country of which he is a national.
- (b) *Canadian International Development Agency (CIDA)*: Program of technical assistance -- Technical assistance in the form of scholarships for university study and training is administered by CIDA. Aid is provided at the request of eligible governments. Students qualifying for scholarships under the various CIDA programs must be nominated by their governments. A candidate should, therefore, be

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(4) Detailed information about Canadian awards can be found in *Study Abroad (Etudes à l'étranger* and, in Spanish, *Estudios en el Extranjero*) XIX, UNESCO, 1972-1973, 1973-1974, Pp. 213-235.

referred for further information to the ministry or department in his own country concerned with the field in which he desires studies or training in Canada. Requests made by individuals on their own behalf to CIDA for student financial assistance will not be considered.

- (c) *Cultural exchange programs*: Under its program of cultural exchange with foreign countries, the Government of Canada offers annually a number of scholarships and fellowships to graduate students from Belgium, Brazil, the Peoples' Republic of China, Finland, France, the Federal Republic of Germany, Italy, Japan, Luxembourg, Mexico, the Netherlands, Switzerland and the U.S.S.R. Subjects include the fine arts, the humanities, the social, physical and biological sciences and engineering. These awards are administered by the Canada Council as outlined in general terms below (in all cases, however, interested students to whom the conditions of these awards apply should approach the administering agency in their own countries for particulars regarding application procedures, etc.):

**Value** Scholarships: \$275 a month (\$375 for married persons), plus tuition and travel expenses for the award-holder, and two-thirds of the travel expenses of the spouse, if applicable, provided he or she remains in Canada for at least six months.

Fellowships: \$500 a month (\$600 for married persons), plus travel expenses for the award-holder and two-thirds travel expenses for the spouse, if applicable, provided that he or she remains in Canada for at least six months.

**Duration** Scholarships: One academic year (with the possibility of renewal if the results are satisfactory), to complete an approved program of study.

Fellowships: Up to one year (non-renewable).

**Eligibility** These scholarships and fellowships are provided to persons who intend to return to their own countries after finishing their studies in Canada and not to persons intending to emigrate to Canada. Successful applicants must present themselves at the Canadian visa office in the appropriate country in order to obtain the necessary visa. Unless specifically authorized, holders of such visas and their spouses are not permitted to accept paid employment while in Canada.

Applicable to students from the following countries:

**Belgium** Scholarships: Applicants who have obtained a licence from a Belgian university or who have reached an equivalent level of study or training.

Fellowships: Holders of a doctorate or established artists wishing to come to Canada to do research or creative work.

Apply to: La Direction des relations culturelles et internationales, Ministère de l'Education nationale et de la Culture, 158, avenue de Cortenberg, Brussels, Belgium.

Brazil Scholarships: A student should be 35 years of age or younger and have completed the equivalent of a Canadian honours bachelor's degree -- *bacharelado* or *licenciatura*. Artists should have finished their basic training and be at least at the beginning of their professional careers.

Apply to: Divisao de Cooperacao Intelectual, Dept. Cultural, Ministerio das Relacoes Exteriores, Palacio do Itamaraty, Brasilia D.F.

Peoples' Republic of China Scholarships: About 20 students, in most disciplines, are exchanged every two years or so between Canada and the PRC.

Finland Scholarships: A student should be 35 years of age or younger and have completed his *kandidatti* or the equivalent. An artist should have finished his basic training and be at least at the beginning of his professional career.

Apply to: Opietusministerio, Kansainvalisten Aslain Osasto, Rauhankatu 4, Helsinki.

France Scholarships: Applicants should have obtained a *licence* from a French university or have reached an equivalent level of study or training.

Apply to: Office National des Universités et Ecoles françaises, 96, boulevard Raspail, Paris VIe.

Federal Republic of Germany Scholarships: Applicants should have obtained a *Diplom* or a certificate representing at least eight semesters of university studies, or have reached an equivalent level of training.

Fellowships: Applicants should hold a *Doktor* degree and have passed the *Staatsexamen*, or should be established artists wishing to come to Canada to undertake research or do creative work.

Apply to: Deutscher Akademischer Austauschdienst, Referat VI, 5300 Bonn-Bad Godesberg, Kennedyallee 50.

Italy Scholarships: Applicants should have obtained a *laurea universitaria*,

after a four-year study program, or have reached an equivalent level of training.

Fellowships: Applicants should be holders of a *laurea universitaria* obtained after a six-year study program with at least one additional year of experience in their chosen discipline, or established artists wishing to come to Canada to undertake research or do creative work.

Apply to: Direzione Generale per la Cooperazione Culturale, Scientifica e Technica, Ufficio IX, Ministero degli Affari Esteri, Rome.

Japan Scholarships: The student should be 35 years of age or younger and hold a *gakushi* or the equivalent. Artist should have finished their basic training and be at least at the beginning of their professional careers.

Apply to: The Student Exchange Division, Higher Education and Science Bureau, Ministry of Education, 3-1 Kasumigaseki, Chiyoda-ku, Tokyo.

Luxembourg One scholarship is offered annually to a student from Luxembourg who has obtained a *licence* from a Belgian university or has reached an equivalent level of study or training elsewhere.

Apply to: The Canadian Embassy, rue de Lozum 6, 1040 Brussels, Belgium.

Mexico Scholarships: A student should be 35 years of age or younger and have completed his *licencia* or the equivalent. An artist should have finished his basic training and be at least at the beginning of his professional career.

Apply to: Departamento de Intercambio de Personas, Direccion general de Asuntos culturales, Secretaria de Relaciones exteriores, Nonoalco 1, Mexico 3 D.F.

The Netherlands Scholarships: Applicants should have obtained the *universitaire candidaatsexamen* or have reached an equivalent level of training.

Fellowships: Applicants should be holders of a *doctor* degree or established artists wishing to come to Canada to undertake research or do creative work.

Apply to: Ministerie van Onderwijs en Wetenschappen, Afdeling Internationale Betrekkingen, Nieuwe Uitleg 1, The Hague.



Switzerland Scholarships: Applicants should have obtained a *licence* from a Swiss university or have reached an equivalent level of study or training.

Fellowships: Applicants should be holders of a doctorate or established artists wishing to come to Canada to teach, undertake or do creative work.

Apply to: Le Secrétariat, Département fédéral de l'Intérieur, Berne.

U.S.S.R. Scholarships and fellowships: A number of graduate students and postdoctoral scholars from the U.S.S.R. are accepted annually in Canadian institutions for periods up to ten months each to further their studies or to conduct research in the pure and applied sciences, the social sciences, the humanities and the arts.

National Research Council of Canada

(a) Postdoctorate fellowships in government laboratories:

The National Research Council of Canada offers fellowships for 1975-1976 on behalf of the following Canadian Government departments and agencies: Agriculture Canada; Department of Communications -- Communications Research Centre; Department of Energy, Mines and Resources; Department of the Environment; Atmospheric Environment Service; Environmental Management Service; Canadian Forestry Service; Inland Waters Directorate; Fisheries and Marine Service -- Fisheries Research Board of Canada; Ocean and Aquatic Affairs; Health and Welfare Canada -- Health Protection Branch; National Museums of Canada -- Museum of Natural Sciences; Atomic Energy of Canada Limited.

An applicant should possess a Ph.D. degree from a recognized university, or expect to obtain such a degree before taking up an award. Candidates having equivalent research experience may be considered. Normally an applicant should not have reached his thirty-sixth birthday by March 31 of the year in which the fellowship is to be taken up. Applicants exceeding this age-limit should not be more than one year past Ph.D. graduation. There are no restrictions regarding nationality, but successful candidates must meet all Canadian immigration requirements. The competition closes on January 15, 1975.

Effective April 1, 1975, fellowships have an annual value of \$10,500 and are subject to Canadian income tax. An allowance is provided towards the cost of travel. Enquiries should be addressed to:

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Postdoctorate Fellowships Office, National Research Council of Canada, Ottawa K1A 0R6, Canada.

- (b) Research associateships for research in science and engineering, 1975, tenable in the following laboratories of the National Research Council of Canada:

Atlantic Regional Laboratory  
Division of Biological Sciences  
Division of Building Research  
Division of Chemistry  
Division of Mechanical Engineering  
National Aeronautical Establishment  
Division of Physics  
Prairie Regional Laboratory  
Radio and Electrical Engineering Division

Starting April 1, 1975, the National Research Council of Canada will offer research associateships tenable in its laboratories. These associateships are intended to give promising young scientists and engineers an opportunity to work on challenging research problems in fields of interest to NRC as a stage in the development of their research careers.

Applicants should possess at least a Ph.D. in natural science or a master's degree in an engineering field or expect to obtain the degree before taking up the award. Demonstrated ability to perform original research of high quality in the chosen field will be the main criterion in selecting candidates and in considering extensions of their terms.

While preference will be given to Canadians, the associateships are open to nationals of other countries. Successful candidates must meet the requirements for entry to Canada.

Research associates will be offered salaries and staff benefits comparable to those currently available to members of the regular staff of the National Research Council.

The initial award will be for a period of one year and may be renewed at intervals for a total period of up to five years.

An allowance will be provided towards the cost of travel between the place of residence at the time the appointment is made and the laboratory at which the associateship is held. A similar allowance may be made for return travel on termination of the appointment.

Applications must be made on special forms, which may be obtained from:

Research Associates Office, National Research Council of Canada, Ottawa K1A 0R6, Canada.

They should be received, with supporting documents, in Ottawa not later than January 15, 1975.

### III Immigration requirements

In general, overseas students enter Canada as temporary residents (non-immigrants) and require some or all of the following documents: (5)

- (a) Valid passport Must guarantee re-entry into the student's own or another country, and is required by all students except legal permanent residents of the United States.
- (b) Visa Required by all students except British subjects, Commonwealth, French, Irish and American citizens and certain others. Visas are obtained abroad from Canadian diplomatic, consular and immigration officials or, in some countries where there is no Canadian diplomatic or consular office, from representatives of the British Government.
- (c) Vaccination certificate Must show evidence that recipient has had the disease of smallpox or has been vaccinated within three years of arrival in Canada.
- (d) Medical clearance Students considering a stay in Canada of one year or more require a complete medical examination, including a chest X-ray. Visas will not be granted until proof of satisfactory medical clearance is presented.
- (e) Letter of acceptance or the form "Acceptance for a Course of Study in Canada" Issued by a Canadian university; essential to ensure entry to Canada.

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- (5) A pamphlet containing detailed information about immigration regulations, and entitled *Admission of University Students to Canada, Immigration Requirements*, is published by the Department of Manpower and Immigration. It is available for consultation at Canadian posts abroad and may be obtained from the Immigration Division, Department of Manpower and Immigration, Ottawa K1A 0J9, Canada.

- (f) Student entry certificate Issued to all students by immigration officers on entry to Canada; must be renewed yearly and is proof of status in Canada.
- (g) Proof of sufficient funds and return passage.

#### VI Financing university study

Attendance at a Canadian university is expensive. No student should come to Canada without possessing or expecting to possess sufficient funds to enable him to complete his university studies and pay his passage home. Sufficient funds for one year must be guaranteed, and evidence must be produced that funds for additional years will be available, before a visa is granted.

The major items of expenditure for a student are tuition fees and room and board. Tuition fees range from \$500 to \$900, and room and board may cost between \$100 and \$200 a month. Travel, clothing, books and entertainment will also require a substantial outlay. When a student has selected a university, he should make up a budget of his probable expenditures. A sample budget, based on costs for the 1974-1975 academic terms, appears below. It should not be expected that a student's expenditures will tally with those listed; this model is included simply as a guide in compiling a personal budget. It is likely also that costs will increase from year to year.

#### Example of minimum budget for an undergraduate

Student, 1974-1975 (for 12 months)

Fees	\$ 500 - 900
Books and instruments	100 - 200
Room and board	1,700 - 2,500
Clothes, health, etc.	400
Entertainment	250
Travel	150
Other expenses	200

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\$3,300 - 4,600

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and letter of acceptance at university, as well as about \$100 cash in Canadian currency, which will be required for immediate expenses such as meals, lodgings, local 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 arrangements with an organization in Canada to meet him on arrival, he should contact the organization if any changes have to be made in travel plans. During August and September, the Canadian Bureau for International Education operates a special "Overseas Students Reception Desk" at the Montreal, Toronto and Vancouver airports. Its representatives, on duty until midnight every day including Sunday, wear armbands with the words "Reception Service -- Service d'Accueil". They will welcome students arriving on international flights and assist them with their onward travel plans.

If you arrive at an airport and find no one there to meet you, travel into the city by airport bus, airport limousine or taxi. Make enquiries about which mode of transportation is the least expensive depending on your final destination in the city. Ordinarily, limousine or bus service to the centre of the city costs \$2.00-\$2.50.

It is recommended that students travelling by sea who wish to be met write to the Canadian Bureau for International Education, Suite 408, 151 Slater Street, Ottawa K1P 5H3, Canada, at least one month before arrival, giving the name of the ship, class of passage, port and date of arrival in Canada.

Temporary accommodation: Single men and women can usually find temporary accommodation in a YMCA or YWCA, where rooms are usually 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 \$7.50.

**Hotels** The price quoted in a Canadian hotel is for the room only, and meals are not included. A single room with bathroom costs a minimum of about \$15.00-\$20.00 a day. Rooms can be reserved by telephone or letter, but will not be held beyond the stipulated day of arrival. There is a specified checking-out time when 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 usually involves a charge for an additional day.

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Travel in Canada: Most bus, railway and airport terminals have an information counter where timetables are given out free and information can be obtained. If you wish to insure your baggage, you should make inquiries at the information counter.

**Bus** Bus travel is the least expensive but the slowest means of transportation on very long trips. On runs of 100-300 miles, bus travel is generally faster than train travel.

**Railway** Railways allow 150 pounds of baggage free on each ticket. Baggage may be sent in advance, in which case a numbered ticket will be issued for reclaiming on arrival. The least expensive form of travel by train is day-coach. To buy sleeping accommodation, it is necessary to pay extra when purchasing the transportation ticket. There are various types of sleeping accommodation, the least expensive of which is an upper berth. Passengers usually tip sleeping-car porters 50 cents a night. Most trains have a restaurant, where hot meals are served. Transcontinental trains have dining cars, for which it is cheaper to buy meals in advance when purchasing a ticket. Fares may vary according to the day of travel; the system referred to is "red, white and blue" days. Students under the age of 24 should, once they are at the university in Canada, inquire of the student council about a youth-fare card, which permits 10-25 percent reductions on some journeys.

**Air** There are good plane connections to all the larger cities in the country. Usually two types of fare are available -- first-class and economy; economy fares are considerably cheaper. All fares include the cost of meals served on the plane, and there is no tipping involved. Passages should be booked a week or so in advance. There are fare reductions on certain round trips within Canada. Holders of the youth-fare card may also receive fare reductions.

**Local transportation** Buses, street-cars and subways are the ordinary means of transportation in the main cities. There is generally a standard charge for travel anywhere in the city, and the individual fare will sometimes be cheaper if a number of tickets are purchased at one time. In some cities, it is possible to transfer from one bus-route to another to reach your destination, in which case the bus-operator should be asked for a transfer ticket at the time the fare is paid. Taxis in larger cities are quite expensive. The taxi fare is registered on a meter and fares are generally charged at a fixed rate according to the distance travelled, with additional charges for heavy pieces of luggage, such as trunks, and sometimes for extra passengers.

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

<u>Clothing</u>		<u>Food</u>	
Winter overcoat (men or women)	\$ 80-125	Lunch	\$1.50-2.00
Suits	\$100-up	Sandwich with beverage	\$1.00
Shoes (men or women)	\$ 15-up	Dinner	\$2.50-up
Shirts	\$ 8-up	Cup of coffee, tea, class of milk	0.15-20
Socks	\$ 2-up		
Stockings	\$ 1-3		

#### 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 dependants. Students coming to Canada under a government-sponsored program will be covered under the terms of their scholarships. Immediately upon arrival, students not sponsored by other universities should consult university officials for more information and advice. It would also be wise to seek advice about taking out accident and life insurance. Generally, a student who has made the necessary payments will be covered by provincial hospital insurance plans after three months' residence in Canada.

#### 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 sea.

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 on his person all necessary documents, such as visa, medical and vaccination documents,

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## VI Life at a Canadian university

- (a) Accommodation Overseas students should keep the local immigration officer and the university registrar informed of their addresses at all times. If they wish, students may ask the university registrar, dean, chaplain or foreign-student adviser to allow mail from home to be addressed in his care until lodgings have been found. Students might also find it useful to have money sent in their care, or that of the university business officer, until they have opened bank accounts.

Residence: In Canada, university buildings and residence halls are generally grouped in one area, called the "campus". In addition to bedrooms, residences usually have dining-rooms and living-rooms for study and relaxation. Students from outside Canada would be wise to seek accommodation in a university residence, since this will give them an opportunity to get to know their fellow students. Students in residence, however, are subject to certain regulations imposed by the university administration. Reservations for places in residence should be made at least six months in advance of arrival, and requests should be addressed to the university housing-officer.

Campus co-operative residences: At some universities, campus co-operatives are becoming popular, since housing is provided for men and women at lower rates than in university residences. Most rooms are double or triple, and meals are taken in common dining-rooms. Occasionally, a few flats are available for married couples. Non-resident members may arrange to take their meals in the co-operative.

Rooming-houses: Since at most universities there are not sufficient residences to accommodate all students, many live in rooming-houses away from the campus. Most universities maintain a housing service that provides students with a list of places where rooms may be rented. In some cases, both room and board are provided at a weekly or monthly rate (about \$30 a week). In others, room only is provided (about \$15-\$25 a week) and the student may have cooking facilities to prepare his own meals or he may eat at restaurants or in university cafeterias. If a student pays rent by the week, only one week's notice will be required if he wishes to move. Otherwise, a month's notice is generally required.

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, electricity. It is often necessary to sign a lease for a year or more when renting an apartment, and landlords require one month's rent in advance or a deposit against damage and other liabilities, which will usually be returned when the tenant leaves the apartment. A lease should be read carefully and advice should be sought from the foreign-student adviser or student personnel officer at the university before it is signed.

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 an overseas student has the misfortune to encounter any form of discrimination in Canada, it should be reported to the university authorities.

(b) Social life

At most Canadian universities, students elect a council, which is their administrative government or student union and is in charge of a wide range of social and recreational activities. All students are members of the student union, to which a fee is paid at the time of registration. Numerous social, intellectual, political, religious and literary clubs are found on the 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 students to meet their fellow-countrymen, other overseas students and Canadian students. 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. Many overseas students meet Canadians through fellow-students and faculty members. At times, special programs of activities are held with the purpose of bringing together overseas students and Canadians. Overseas students are advised, if possible, to bring a few items from home that will be of interest to Canadian friends, such as maps, pictures, musical instruments, recordings, handicrafts and national costumes.

## VII Life in Canada

(a) Geographic location and climate

Canada occupies nearly half the North American continent with the exception of Alaska, and is territorially the second-largest country in the world. Its area is over 3.8 million square miles. It stretches over 3,200 miles from the Atlantic Ocean to the Pacific, and almost 3,000 miles from the northern tip of Ellesmere

Island to the United States border. It has a population of over 22 million inhabitants.

The climate in Canada varies greatly from region to region, but is generally one of extremes. In British Columbia, summers (June to September) are long and warm, while winters (November to March) are mild and wet in the coastal regions and cold in the interior. In the Prairie Provinces, the climate is dry and temperatures in summer and winter are extreme owing to the fact that these provinces are shielded from the Pacific Ocean and are in the interior of a large land-mass. The large water-surfaces of Eastern Canada produce a considerable modification in the climate of Ontario and Quebec. While summers are hot and humid, and winters cold, in southwestern Ontario winters are relatively mild and summers benefit from the cooling effect of the Great Lakes. Climate in the Atlantic Provinces is similar to that of Ontario and Quebec, though the Atlantic Ocean has considerable effect on the immediate coastal area, where temperatures are modified and conditions made more humid when the winds blow inland from the ocean.

When making arrangements to study at a Canadian university, overseas students ought to make enquiries about the climate of the particular area or city in which they will be studying and living. In winter, buildings are heated and in summer they are often air-conditioned.

- (b) People Canada has two official languages, English and French. Bank-notes, stamps, Federal Government documents and packages containing common household goods are printed in both languages. In addition to Canadians of British and French ancestry, many other nationalities, mainly European, are represented among the Canadian people.

There is a great diversity of religions in Canada, but the majority of the population is Christian. Many non-Christian faiths are represented, and places of worship for those of other faiths can be found in some Canadian cities.

- (c) Banking and commerce It is not wise to carry more than about \$20 in currency, or to leave large sums of money in one's room. It is easy to open a bank account in Canada, which is the safest way to keep money. Cheques are generally used for major payments and money required for day-to-day expenditures can easily be withdrawn from a bank account. Bank assistants will be ready to provide advice and help in opening an account. When travelling, use travellers' cheques, which can be cashed in banks, hotels, trust company offices and most shops. Some Canadians buy goods by hire purchase (credit)

or deferred payments. Do not sign any agreement or pay any deposit until you have had advice from a university official on these matters.

- (d) Food Outside the university, there are restaurants, coffee-shops, cafeterias and lunch-counters where meals can be obtained. Cafeterias are cheaper than restaurants. Lunch-counters, where snacks, sandwiches, ice-cream and beverages are served, can be found in drug-stores (chemists' shops) and sometimes in department stores and small shops. Restaurants provide a variety of meals. Prices vary, and tips of 10-15 per cent of the bill are expected.

If you wish to prepare your own meals, food can be bought most conveniently in "supermarkets", where you select your purchases from the display shelves and pay for them at the cashier's desk.

Certain types of Canadian food may cause you some confusion. For example, a "hamburger" is made of ground beef, not ham; and a "hot dog" contains a sausage which may be made of pork or beef. If you do not recognize the name of a type of food, ask what it contains.

Mealtimes: Breakfast: usually 7 - 8 a.m. Lunch: between 12 noon and 2 p.m. Dinner: between 5:30 and 7 p.m. The evening meal is often called supper.

- (e) Clothes You should inquire about the climate of the area where you will be living before you decide what clothes to bring with you. Students coming to Canada from warmer climates would be well-advised to wait until their arrival to buy winter clothing. In Canada, students can often purchase clothing at a reduced price or during sales.

In general, casual clothes are worn at universities and colleges for lectures. During winter and autumn months, women students wear woolen dresses, suits, skirts or slacks with blouses or sweaters. In spring and summer, slacks, cotton dresses and skirts with blouses are generally worn. Low-heeled shoes are suitable most of the time, with high heels for more formal wear, depending on fashion. Wool hats, scarves, gloves, lined high boots, overshoes and heavy overcoats are worn during the cold weather. Most Asian women wear their national dress every day, with a coat in cold weather. Men normally wear slacks and sports shirts or regular shirts and ties with sweaters or jackets. Neckties and jackets should always be worn to church and official functions.

(f) Laundries Laundries and dry-cleaners can be located through the classified telephone directory. The charge for dry-cleaning a woollen dress or suit, for example, is approximately \$1.75. Many laundries and dry-cleaners will collect and deliver clothes, though it may sometimes be less expensive to take them into the shop yourself. The laundry cleaning-list will show the charge for each article. In some universities, there are laundry facilities on the campus. Washing-machines are often available in university residences.

There are also coin laundries ("laundromats") in most cities. These are used by customers who bring their own laundry and put the clothes in a washing-machine, where they are washed, rinsed and partially dried, and then placed in a drier, which completes the process. The normal charge is 35 cents for washing eight or nine pounds of clothes, and 25 cents for drying.

(g) Barbers and beauty parlours Barbers have a separate price for each item of service, indicated on a schedule posted in the shop. A haircut usually costs about \$3.00. Beauty parlours vary in price for services, including shampoos, permanents and manicures. A shampoo and set costs at least \$5.00. Tips of 10-15 per cent (minimum 25 cents) are expected. Some barbers have had no experience in cutting the hair of customers from countries in Africa, Asia and the West Indies, and may refuse to cut your hair for this reason. If you have difficulty, ask other students to recommend a barber who can cut your hair.

(h) Postal facilities and communications Letters: The regular rate for letters within Canada is eight cents, and such letters are sent airmail when appropriate. For information about rates for letters to other countries, you should inquire at a post-office. Special airmail letter forms (aerograms) may be purchased for 15 cents and sent to any country. Every city has a main post-office downtown and a number of district post-offices. Stamps may be purchased in many drug-stores and cigar-stores. When changing your address, ask at the post-office for a change-of-address card, which will ensure that your mail will be rerouted to your new address. These cards are free and can also be sent to your family and friends to notify them of a change of address.

Telephone: Directions on how to make a call are given in the front of the telephone directory. Public telephones are to be found in booths on the street, and in some drug-stores, cigar-stores, hotels and restaurants. There is no charge for local calls made from private telephones, or any limit to the length of the call. Special reduced rates are in effect in the evening and on weekends for calls between certain provinces and for cross-Canada calls after midnight.

Long-distance calls from private and office telephones can, if the numbers to be called are listed, be made by dialling direct. Calls that require the assistance of an operator, such as those made from pay-telephones, can be placed either person-to-person or station-to-station. In the latter type of call, which is less expensive, you agree to speak to anyone who answers; in person-to-person calls, you specify the person to whom you wish to speak and pay nothing if the operator fails to reach that person. It is very expensive to call persons in other countries, and you should determine what the cost will be before placing such a call.

Telegrams: Within Canada, telegrams are sent over Canadian National and Canadian Pacific lines and can be handed in at railway stations, bus and airport terminals and hotels. If you telephone your message, you will be billed for it at a later date. The basic rate for a telegram in Canada is based on a ten-word message. Charges for night-letters and day-letters, which are cheaper, are based on a 50-word message. Charges for cables sent outside Canada are based on a fixed cost, by the word, including the address.

- (i) Some social customs Learning the customs of a people takes time, and most of these will have to be learnt through association with Canadians. However, the following points may be useful for you to know at the start of your stay in Canada.

Most Canadians attach importance to punctuality. It is customary for invitations to be answered promptly, and for appointments to be kept. If you have promised to go to a home or to meet someone, you should do so at the time agreed on unless you send word that you cannot keep your appointment.

After you have received hospitality, it will be appreciated if you phone or send a "thank-you" note to your host or hostess. The Eastern custom of taking a gift when visiting a home for the first time is very gracious, but it is not necessary and could become expensive. It is quite proper to accept an invitation from someone you have never met if this has been arranged by a mutual acquaintance. Although the Thanksgiving and Christmas holidays have no significance for many overseas students, you should not feel that you are invading a family circle when invited to spend the holiday with friends. Guests in Canadian homes frequently offer to help with the dishes and overnight guests make their own beds.

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.

Most Canadians believe in equality between the sexes, but forms of courtesy in this country have traditionally given women preference. A woman goes through a door before the man who is escorting her. When a man and woman walk together, the man walks on the side nearer the street. A man usually rises when a woman enters a room, and takes off his hat when greeting women.

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

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