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JNIVERSITY STUDY IN CANADA

REFERENCE SERIES NO. 36





UNIVERSITY STUDY IN CANADA

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^{*}This publication is also available in French.

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Admission requirements

General information

The admission requirements of Canadian universities vary from province to province and from university to university. Universities in provinces other than Quebec state their requirements for admission to first-degree programs by reference to the secondary school leaving certificate issued by the department of education of the province in which the institution is located. In the province of Quebec, where secondary school concludes at grade 11, two additional years of study taken at a *CEGEP* (collège d'enseignement général et professionnel or college of general and vocational education) are required.

The admission of students from outside Canada is decided by individual universities. As a rule, universities treat equivalent certificates from other countries as qualification for entrance.¹ Some examples of foreign certificates which are usually accepted, are:

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*. Some universities, however, require the completion of an undergraduate degree from a university in a student's home country as a prerequisite for admission to their own first-degree programs.

United States

Graduation from a US high school is generally equated with junior matriculation if the choice of subjects and level of attainment are satisfactory. Completion of one year of college work beyond high-school graduation is frequently accepted by Canadian universities for admission. A school principal's recommendation and results of college entrance examination board tests are often required.

¹ An outline of requirements for admission to first-degree programs in Canadian universities appears in the *Directory of Canadian Universities* published by the Association of Universities and Colleges of Canada (151 Slater Street, Ottawa, K1P 5N1, Canada) and available for consultation at Canadian diplomatic posts, and in the *Commonwealth Universities Yearbook*, available from the Association of Commonwealth Universities Association (36 Gordon Square, London, England, WC1H OPF), and the Association of Universities and Colleges of Canada.

Europe

Students who have satisfied the requirements for admission to a European university are generally considered eligible for admission to a Canadian university. Written and oral tests of facility in English or French may be required.

Middle East, Asia, South American and non-Commonwealth African countries

Applicants must produce evidence of having passed an examination such as the British GCE, the US College Entrance Examination Board Tests, the Bacillerato or other examinations that would admit them to university in their own countries.

International baccalaureate

Most Canadian universities recognize the international baccalaureate within the framework of their own admission requirements.

Degree programs and courses²

University programs of three to five years' duration usually lead to a bachelor's degree in arts, pure science or such professional disciplines as engineering, business administration, and agriculture. Degrees in law, theology, dentistry, medicine, and some other subjects take longer to acquire, and in many cases require the completion of a firstdegree program in arts or science for admission. Admission of visa students to many professional schools is limited. In the majority of 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, which generally involves an additional year of study, requires a greater concentration on one or two subjects and is open only to students with high academic standing. In most universities, the bachelor's degree is awarded with first-class, second-class or pass standing.

Students who wish to study for an advanced degree must first obtain 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

²Detailed information concerning course offerings, degree programs and requirements is contained in the *Directory of Canadian Universities*, and the *Commonwealth Universities Yearbook*, referred to in footnote 1, page 1.

- 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. The completion of the doctorate generally requires formal classwork, a thesis and an oral examination on the thesis.

Degrees from Canadian universities are usually recognized as equivalent to degrees obtained in universities of the Commonwealth and the United States. Students coming to Canada from other countries should inquire about the recognition given to Canadian degrees in their home country.

Language requirements

All Canadian universities require evidence of a proficiency in the language of instruction, either English or French, for foreign students 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/her qualified for admission in all other respects. An immigration officer may also require proof of language proficiency before granting a visa.

The following tests are in use:

English

(i) The Test of English as a Foreign Language (TOEFL) of the Educational Testing Service, Princeton, New Jersey, USA 08540

(ii) The English-proficiency test administered in many parts of the world by the English Language Institute, Testing and Certification Division, University of Michigan, Ann Arbor, Michigan, USA 48109. This can be taken at any time, and results are provided within six weeks of application.

(iii) The test leading to the certificate of proficiency in English of the University of Cambridge. This is given twice a year, in June and December. Information may be obtained from the local centre of the British Council or from the University of Cambridge, Local Examinations Syndicate, 1 Hills Road, Cambridge, England CB1 2EU.

French

The Université Laval test of French is used by all francophone universities in the province of Quebec admitting non-francophone Canadian and foreign students. Information should be obtained from the particular institution to which application is being made. A growing number of universities are designing-in-house language tests to complement external test results. Language training is generally available on a cost-recovery basis to enable students to achieve the desired level of competence if they fail the in-house test administered on arrival.

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Application and registration procedures

Students interested in undergraduate programs offered by Ontario universities must make application through the Ontario Universities Application Centre, Box 1328, Guelph, Ontario, Canada N1H 7P4. Application for admission to universities in other provinces should be addressed to the registrar, from whom information about the availability of courses, admission requirements, fees and expenditures can be obtained. Applications for admission to programs at the graduate level should in all instances be directed to the university's dean of graduate studies. Since a good 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 usually divided into two terms that run through the autumn and winter months – from the middle of September to April or May, with a short vacation at Christmas. A few universities, however, operate on a trimester system with three terms – spring (early May until early August); fall (early September until end of December); and winter (early January until late April).

When advised to do so by a university, students should supply or arrange to have supplied a detailed statement of their academic record, with certified copies of their secondary-school certificate and official transcripts of records of all university or other post-secondary education. Letters of recommendation may also be requested. If copies of original documents are neither in English nor in 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, a student is required each year to register on the day or days of registration stipulated for that year and to pay the prescribed fees. A penalty fee is generally charged for late registration. In some institutions, there are special orientation programs for overseas students that start just before the opening of the regular session.

Financial assistance

anadian universities seldom have funds available to help 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.³ For information on financial assistance offered by a particular institution, write to the university one year before enrolling.

The Canadian government programs for which overseas students are at present eligible are:

Commonwealth scholarship and fellowship plan

The plan is designed to provide Commonwealth students with opportunities to pursue programs of advanced 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.

Canadian International Development Agency (CIDA)

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

Government of Canada awards program

Under this program, the government of Canada offers annually a number of scholarships and fellowships at the graduate and postdoctoral levels to nationals of Argentina, Austria, Belgium, Colombia, Denmark, Finland, France, the Federal Republic of Germany, Hungary, Italy, Japan, Mexico, the Netherlands, Norway, Portugal, Spain, Sweden,

³Detailed information about Canadian awards can be found in *Study Abroad*. (Études à l'étranger/Estudios en El Extranjero) XXVI, UNESCO, 1989-91, pp. 382-439.

Switzerland and Yugoslavia. Students to whom the conditions of these awards apply should approach the administering agency in their own countries for particulars regarding application procedures, etc. Addresses may be obtained from the Canadian embassy in countries where the awards are offered.

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In addition to the foregoing, the Government of Canada offers separate programs for graduate study and research to residents of the PRC and the USSR. Information on these programs is available from the Canadian embassy in each of those countries.

National Research Council of Canada

Research Associateships for research in science and engineering are tenable in the following laboratories of the National Research Council of Canada:

Atlantic Research Laboratory Division of Biological Sciences Biotechnology Research Institute Division of Chemistry Division of Electrical Engineering Herzberg Institute of Astrophysics Institute for Research in Construction Industrial Materials Research Institute Institute for Marine Dynamics Division of Mechanical Engineering Plant Biotechnology Institute National Aeronautical Establishment Division of Physics

The National Research Council of Canada offers Research Associateships tenable in its laboratories. These Associateships are intended to give promising scientists and engineers an opportunity to work on challenging research problems in fields of interest to the NRC as a stage in the development of their research careers, usually at the post-doctoral level. There are approximately 160 positions and about 50 of them are available each year.

Applicants should recently have acquired 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 Associateship. Selections will be made on a competitive basis. Demonstrated ability to perform original research of high quality in the chosen field will be the main criterion used in selecting candidates and in considering extensions of their term. Associateships are open to nationals of all countries although preference will be given to Canadians. The award of an Associateship does not of itself entitle the holder to enter Canada as a permanent resident. It is suggested that non-Canadians who are awarded Associateships who are not permanent residents apply for non-immigrant status (i.e. temporary status) and an employment visa. Inquiries in this respect should be directed to the Canadian Immigration Office in the country of residence, where advice may be obtained on Canadian immigration admission requirements.

Research Associates will be offered appointments to the staff of the National Research Council on a term basis and will be offered salaries and benefits currently available to members of the continuing staff. Salaries commensurate with experience are taxable and subject to other deductions. The 1988 Ph.D. recruiting rate was \$33,661.

The initial appointment will normally be for a two-year term and may be renewed, subject to the Associate's performance and subject to the requirements of the division. Renewals are considered annually. The term as a Research Associate will vary by division but will not exceed five years. An appointment may be taken up at any time within the calendar year in which the offer is made, but preferably in September or October.

An allowance will be provided towards the cost of travel for the Research Associate and spouse.

Applications must be made on special forms which may be obtained from the Research Associates' Office, National Research Council of Canada, Ottawa, Canada, K1A 0R6. Applications and supporting documents should be received in Ottawa not later than November 30.

Natural Sciences and Engineering Research Council Canada

Visiting fellowships in Canadian government laboratories

The government of Canada offers fellowships on behalf of the following Canadian government departments and agencies:

Agriculture Canada; Atomic Energy of Canada Limited; Communications Canada; Energy, Mines and Resources Canada; Environment Canada; Fisheries and Oceans; Health and Welfare Canada; National Defence; National Museums of Canada; National Research Council Canada.

Fellowships have an annual value of \$28,992. The initial appointment will be for one year and may be renewed for a second year. An allowance will be provided towards the cost of travel.

An applicant should hold a doctoral degree from a recognized university or a master's degree plus experience in conducting successful independent research. There are no restrictions limiting the nationality of applicants; however, successful candidates who are not Canadian citizens or landed immigrants residing in Canada must satisfy all the Canadian immigration requirements before commencing tenure of the fellowship. Applicants must not have received their doctorate degree more than five years prior to application.

For further information, please write to the Visiting Fellowships Officer, Natural Sciences and Engineering Research Council Canada, Montreal Road, Ottawa, Ontario K1A 1H5. Applications must be received in Ottawa by *December 15*. verseas students enter Canada as temporary residents (visitors) and, in order to be granted entry, require some or all of the following documents:⁴

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Valid passport: All students must be in possession of a valid passport which confers the right to re-enter their country of citizenship or to enter some other country. Passports are required by all students except for citizens or permanent residents of the United States entering Canada from the United States or St. Pierre and Miquelon, or citizens of France who are residents of St. Pierre and Miquelon, or a permanent resident of Greenland entering Canada from Greenland.

Visa: Visas are issued by Canadian diplomatic and/or consular officers or, in some countries where there are no Canadian diplomatic and/or consular officers, from representatives of the British government.

Medical clearance and vaccination: The requirement will vary from country to country, and is established by the Canadian post abroad. It applies in general to countries with a higher incidence of communicable disease than Canada. If an examination is required, a medical form will be provided by the Canadian diplomatic and/or consular officer. A list of designated medical practitioners will also be provided.

Letter of acceptance or the form "Acceptance for a Course of Study in Canada": issued by a Canadian university or college (see list of Canadian universities and colleges); essential to ensure issuance of student authorization.

Student authorization (IMM 1208): This document must be obtained from a Canadian diplomatic or consular officer and must be in the proposed student's possession prior to seeking entry to Canada. (Citizens and permanent residents of the USA, St. Pierre and Miquelon or Greenland can apply for these authorizations when seeking entry at a port of entry to Canada.) This document is also a record of entry and is proof of status in Canada. It is important to seek renewals well in advance (30 days) of the expiry date.

Proof of sufficient funds to pay tuition fees and the maintenance and transportation of the student and any accompanying dependents.

⁴A pamphlet containing information about immigration regulations, entitled *Studying in Canada, A guide for international students*, is published by Employment and Immigration Canada. It is available for consultation at Canadian posts abroad, and may be obtained from the Immigration Division, Employment and Immigration Canada, Ottawa K1A 0J9, Canada.

Financing university study

A ttendance at a Canadian university is expensive. Students should come to Canada possessing sufficient funds to enable them to complete their university studies and to pay their passage home. 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. International students or their dependants are not usually permitted to take paid employment in Canada; however, students should consult the immigration officer at a Canadian post in their home country for detailed information on current employment regulations.

The major items of expenditure for a student are tuition fees and room and board. In some provinces in Canada, out-of-country students pay higher tuition fees than Canadian students. The universities in the provinces of British Columbia, Alberta, Ontario, Quebec, Nova Scotia, New Brunswick and Prince Edward Island charge differential fees. In Saskatchewan, only the University of Regina charges a differential fee for undergraduate study. Tuition fees for visa students range from approximately \$1,053-\$5,850, while room and board may cost between \$400-\$650 a month. Travel, clothing, books and entertainment will also require a substantial outlay. When a student has selected a university, he/she should make up a budget of his/her probable expenditures. A sample budget, based on costs for the 1987-88 academic term, follows. 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 also likely that costs will increase from year to year.

Medical coverage

Medical and hospital care in Canada are very expensive. It is imperative, therefore, that all students take steps to ensure that they obtain medical and hospital insurance for themselves and any accompanying dependants. In some provinces, medical-hospital coverage is available under the provincial plan; where such coverage is not available, there are private medical insurance plans. Information should be obtained from university officials. Students coming to Canada under a government-sponsored program will be covered under the terms of their scholarship. Students sponsored by universities or scholarship agencies are normally covered under a group plan, but this should be verified.

Example of minimum budget for an undergraduate student, 1987-88 (for 12 months)

| | \$ |
|-----------------------------------|----------------|
| Fees | 1,053 - 5,850 |
| Books and instruments | 400 - 600 |
| Room and board | 4,800 - 7,800 |
| Clothes, health, etc. | 1,000 |
| Entertainment | 1,000 - 1,700 |
| Travel | 450 - 960 |
| Other expenses, telephone, etc. | 250 |
| | 8,953 - 18,160 |
| Other expenditures | |
| Clothing | |
| Winter overcoat (men or women) | \$125 - 200 |
| Suits | \$150 - up |
| Shoes (men or women) | \$ 40 - up |
| Shirts | \$ 25 - up |
| Food | |
| Lunch | \$4.00 - 7.00 |
| Sandwich with beverage | \$3.50 |
| Dinner | \$6.00 - up |
| Cup of coffee, tea, glass of milk | \$.55 - 1.00 |
| cup or correc, cea, glass or mink | 4.55 1.00 |



Transportation to Canada

When students have been accepted at a Canadian university their 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. Sea shipments can take up to six months and longer to arrive.

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

Students should have on their person all necessary documents, such as visa, medical and vaccination documents, and a letter of acceptance at university. Students are also advised to carry about \$50 cash in Canadian currency, which will be required for immediate expenses such as meals, lodgings, local transportation and tips and approximately \$200 in travellers' cheques. 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 students have made arrangements with an organization in Canada to meet them on arrival, they should inform that organization if any changes have to be made in their travel plans. During August and September, the Canadian Bureau for International Education operates the "CBIE Reception Service" at the Halifax, Toronto and Vancouver airports. The reception service is located in the immigration area of the airport, and is open until midnight every day including Sunday. The CBIE representatives will welcome students arriving on international flights and help them with their onward travel plans. The Service québécois d'accueil aux étudiants étrangers receives students bound for Quebec institutions at Dorval and Mirabel airports.

If you arrive at an airport and find no one there to meet you, take the airport bus or limousine, or, if these are not available, a taxi into the city. Ask which form of transportation is least expensive depending on your final destination in the city. It is recommended that students travelling by sea, who wish to be met, write to the Canadian Bureau for International Education, 85 Albert Street, 14th Floor, Ottawa . K1P 6A4, 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 at a YMCA or YWCA, where rooms are generally less expensive than at 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 \$25.

Hotels

The price quoted in a Canadian hotel is for the room only; meals are not included. A single room with bathroom costs a minimum of \$40-\$70 per day. Rooms can be reserved by telephone or letter, but will not be held beyond the stipulated day of arrival unless part of the room's cost (deposit) has been paid in advance. There is a specified check-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 leave. Failure to observe the check-out time usually involves a charge for an additional day.

Travel in Canada

Most bus, railway and airport terminals have an information counter where free timetables and information can be obtained. If you wish to insure your baggage, you should ask at the information counter.

Bus: Bus travel is the least expensive but the slowest means of transportation on very long trips. On shorter runs of 160-480 km, bus travel is generally faster than train travel. Buses allow each traveller 68 kg of baggage free.

Railway: Railways allow 68 kg of baggage free on each ticket. Baggage may be sent in advance, in which case a numbered ticket will be issued for reclaiming it on arrival. The least expensive form of travel by train is day-coach. Sleeping accommodation costs extra and is bought with the transportation ticket. There are various types of sleeping accommodation, the least expensive being an upper berth. Passengers usually tip sleeping-car porters at least \$2 a night. Most trains have a restaurant, where hot meals are served. Transcontinental trains have dining cars.

Air: There are good air connections to all the larger cities in Canada. 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; there is no tipping. Passages should be booked at least a week in advance. There are fare reductions on certain round trips within Canada. Persons under 22 years of age may also receive reductions.

Local transportation: Buses, street-cars and subways are the ordinary means of transportation in the main cities. Exact fare is required when using these modes of transportation. There is generally a standard charge for travel anywhere in the city, and the individual fare will sometimes be cheaper if tickets or a monthly bus pass are purchased. 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) when the fare is paid. Taxis are quite expensive in large cities. 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.

Accommodation

Overseas students should keep the local immigration officer and the university registrar informed of their address at all times. If they wish, students may ask the dean, chaplain or foreignstudent advisor of the university to allow mail from home to be addressed in his/her care until lodgings have been found. Students might also find it useful to have money similarly addressed, or sent to 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 the time of application for admission to the university, 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 for two or three people, and meals are taken in common dining-rooms. Occasionally, a few apartments are available for married couples. Non-resident members may arrange to take their meals in the co-operative. Details of this type of accommodation may be obtained from the university housing officer.

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 \$225-\$300 per month). In others, room only is provided and the student may have cooking facilities to prepare his/her own meals or 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/she wishes to move. Otherwise, a month's notice is generally required.

Apartments: If students are bringing their spouses or families with them to Canada, they 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 practise 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.

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 individual countries as well as foreign-student organizations attracting a general membership. 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. 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 dress.

Life in Canada



Geographic location and climate

anada, which occupies the top half of the North American continent, is territorially the second-largest country in the world. Its area covers over 9,800,000 km². It stretches over 5,120 km from the Atlantic Ocean to the Pacific, and almost 4,800 km from the northern tip of Ellesmere Island to the United States border. Canada's population is some 26 million.

The climate varies greatly from region to region. The Pacific coast of Canada is cool and fairly dry in summer but mild, cloudy and wet in winter. Interior Canada, from the Rocky Mountains to the Great Lakes, has a continental-type climate with long cold winters, short but warm summers and scanty precipitation. Southern portions of Ontario and Quebec have a humid climate with cold winters, hot summers and generally ample precipitation. The four Atlantic provinces have a moist continental-type climate, although in immediate coastal areas, there is a marked maritime effect.

When making arrangements to study at a Canadian university, students from abroad should ask 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.

People

Canada has two official languages, English and French. Banknotes, stamps, federal government documents and packages containing common household goods are printed in both languages. Besides 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, however, with places of worship in most Canadian cities.

Banking and commerce

It is not wise to carry more than \$50 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 on credit (deferred payment). Do not sign any agreement or pay any deposit until you have had advice from a university official on these matters.

Food

Outside the university, there are restaurants, coffee-shops, cafeterias and lunch-counters where meals can be obtained. Self-service cafeterias are cheaper than restaurants. Lunch-counters, where snacks, sandwiches, ice-cream and beverages are served, can be found in many 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 that may be made of pork or beef. If you do not recognize the name of food, ask what it contains.

Mealtimes: The usual time for breakfast is 7 to 8 a.m.; lunch, between 12 noon and 2 p.m.; dinner, between 5:30 and 8 p.m. The evening meal is often called "supper".

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 reduced prices during sales.

In general, casual clothes are worn at universities and colleges for lectures. Many men and women wear denim jeans. During winter and autumn months, female students wear woollen 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 or

overshoes, and heavy overcoats are worn during the cold weather. Many Asian women wear their national dress every day, with a coat in cold winter. Men normally wear slacks and sports shirts or regular shirts and ties with sweaters or jackets. Neckties and jackets should be worn to church and official functions.

Laundries

Laundries and dry-cleaners can be found through the classified telephone directory. The charge for dry-cleaning a woollen dress or suit, for example, is \$6.00-\$8.00. Some 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 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 neighbourhoods. 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 usual charge is \$1.25 for washing 4 kg of clothes, and 75 cents for drying.

Barbers and hairdressing salons

Hairdressing salons vary in price for services, which include cuts, shampoos, "permanents" and manicures. A shampoo and cut costs at least \$15. Barbers have a separate price for each item of service, indicated on a schedule posted in the shop. A haircut usually costs about \$10. Tips of 10-15 per cent 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 yours for this reason. If you have difficulty, ask other students to recommend a barber who can cut your hair.

Postal facilities and communications

Letters: The regular rate for letters and postcards within Canada is 38 cents, and such mail is sent by air 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 76 cents and sent to any country. Every city has a main post-office downtown and a number of district post-offices. Stamps may also be purchased in many drug-stores, convenience stores and hotels. 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. A fee is charged for this service for a 4 month period.

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 hotels, as well as in many drug-stores, convenience stores, 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 dialing direct. Calls that require the assistance of an operator can be placed either personto-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-toperson 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 CNCP offices. If you telephone your message, you will be billed for it later at your address. The basic rate for a telegram in Canada is based on a fixed cost, according to the length of the message. Night letters are less expensive, and are transmitted overnight.

Some social customs

Learning new social customs takes time; 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, many Canadians like to invite friends to share their family celebration on these holidays. 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 embarassed 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.

Degree-granting universities and colleges in Canada



(Members of the Association of Universities and Colleges of Canada)

(The student enrolment of the institutions for the academic year 1987–88 is indicated in brackets. FT refers to full-time graduate and undergraduate enrolment and PT refers to part-time graduate and undergraduate enrolment.)

NEWFOUNDLAND

Memorial University of Newfoundland, St. John's, Nfld., A1C 5S7 (11,369 FT; 4,665 PT) – degrees in arts, business administration and commerce, education, engineering, fine arts, forestry, medicine, nursing, pharmacy, physical education, science, social work.

PRINCE EDWARD ISLAND

University of Prince Edward Island, Charlottetown, P.E.I., C1A 4P3 (2,019 FT; 753 PT) – degrees in arts, business administration, education, engineering, home economics, music, science, veterinary medicine.

NOVA SCOTIA

Acadia University, Wolfville, N.S., BOP 1X0 (3,340 FT; 641 PT) – degrees in applied science, arts, business administration, computer science, education, music, nutrition and home economics, recreation and physical education, science, secretarial science, theology.

University College of Cape Breton, Sydney, N.S., B1P 6L2 (1,796 FT; 778 PT) – degrees in arts, business administration, engineering, science, technology.

Dalhousie University, Halifax, N.S., B3H 3J5 (8,249 FT; 1,746 PT) – degrees in arts, commerce, costume studies, dentistry, economics, education, engineering, environmental studies, health services admin., human communication disorders, law, library service, medicine, music, nursing, occupational therapy, pharmacy, physical education, physio-therapy, public administration, science, social work.

University of King's College, Halifax, N.S., B3H 2A1 (614 FT; 17 PT) – degrees in arts, divinity, journalism, science.

Mount Saint Vincent University, Halifax, N.S., B3M 2J6 (2,041 FT; 1,703 PT) – degrees in arts, business, child study, education, gerontology, home economics, office administration, public relations, science, tourism and hospitality management.

Nova Scotia Agricultural College, Truro, N.S., B2N 5E3 (513 FT; 33 PT) – degrees in agriculture, technology.

Nova Scotia College of Art and Design, Halifax, N.S., B3J 3J6 (505 FT; 37 PT) - degrees in art education, design, fine art.

Université Sainte-Anne, Church Point, N.S., BOW 1M0 (222 FT; 720 PT) – degrees in arts, business administration, education, science, secretarial science.

St. Francis Xavier University, Antigonish, N.S., B2G 1C0 (2,595 FT; 254 PT) – degrees in arts, business, education, engineering, information systems, nutrition and consumer studies, nursing, physical education, science, secretarial arts, social leadership.

Saint Mary's University, Halifax, N.S., B3H 3C3 (3,660 FT; 1,805 PT) – degrees in arts, commerce, education, engineering, science.

Technical University of Nova Scotia, Halifax, N.S., B3J 2X4 (1,174 FT; 95 PT) – degrees in architecture, engineering, computer science.

NEW BRUNSWICK

Université de Moncton, Moncton, N.B., E1A 3E9 (4,161 FT; 5,261 PT) – grades offerts en administration, arts, droit, éducation, génie, nutrition et études familiales, sciences forestières, sciences infirmières, sciences pures, sciences sociales.

Mount Allison University, Sackville, N.B., E0A 3C0 (1,754 FT; 695 PT) – degrees in arts, commerce, education, engineering, fine arts, music, science, secretarial science, theology.

University of New Brunswick, Fredericton, N.B., E3B 5A3 (7,829 FT; 4,764 PT) – degrees in administration, arts, computer science, data analysis, education, engineering, forestry, law, nursing, office management, physical education and recreation, science.

St. Thomas University, Fredericton, N.B., E3B 5G3 (1,350 FT; 200 PT) – degrees in arts, education, social work.

QUEBEC

Bishop's University, Lennoxville (Que.) J1M1Z7 (1,919 FT; 83 PT) – degrees in arts, business administration, education, science, theology.

Concordia University, Montreal (Que.) H3G 1M8 (13,278 FT; 12,609 PT) – degrees in arts, commerce and administration, engineering and computer science, fine arts, science.

École des Hautes Études Commerciales, Montréal (Québec) H3T 1V6 (2,527 FT; 6,099 PT) – administration des affaires, sciences d'administration, science.

Université Laval, Québec (Qué.) G1K 7P4 (20,340 FT; 10,509 PT) – grades offerts en activité physique, actuariat, administration, architecture/aménagement du territoire, arts, droit, éducation, éducation physique, enseignement, études anciennes, lettres, musique, sciences et génie, sciences agronomiques et de l'alimentation, sciences forestières et géodésiques, sciences humaines et sociales, sciences de la santé.

McGill University, Montreal (Que.) H3A 2T5 (18,099 FT; 11,878 PT) – degrees in agriculture, architecture, arts, computer science, dentistry, dietetics and human nutrition, education, engineering, human communication disorders, law, library and information studies, management, medicine, music, nursing, physical and occupational therapy, religious studies, science, social work, urban planning.

Université de Montréal, Montréal (Qué.) H3C 3J7 (23,687 FT; 24,097 PT) – grades offerts en administration des affaires, administration des services de santé, aménagement/architecture/urbanisme, droit, éducation physique, études médiévales, génie, histoire et sociopolitique des sciences, hygiène du travail et de l'environnement, médecine, médecine dentaire, médecine vétérinaire, musique, optométrie, pharmacie, sciences de l'éducation, sciences humaines et sociales, sciences infirmières, sciences pures, théologie.

École Polytechnique de Montréal, Montréal (Qué.) H3C 3A7 1986-87 (3,844 FT; 788 PT) – génie biomédical, génie chimique, génie civil, génie électrique, génie énergétique, génie industriel, génie mécanique, génie métallurgique, génie minéral, génie physique, génie de mathématiques appliquées.

Université du Québec, siège social à Sainte-Foy (Qué.) G1V 2M3 (27,221 FT; 48,461 PT) – six unités constituantes: Abitibi-Témiscamingue, Chicoutimi, Hull, Montréal, Rimouski, Trois-Rivières; deux écoles supérieures: l'École nationale d'administration publique, l'École de technologie supérieure; deux instituts de recherche: l'Institut national de la recherche scientifique et l'Institut Armand Frappier; et une autre unité constituante: la Télé-Université. Grades offerts en administration, beauxarts et arts appliqués, communications, design de l'environnement, droit, éducation, éducation physique; études plurisectorielles, ingénierie, langues; lettres, philosophie et sciences religieuses, psychologie, ressources naturelles, sciences de la santé, sciences sociales, sciences pures et appliquées, services publics et communautaires, théologie.

Collège militaire royal de Saint-Jean, Saint-Jean-sur-Richelieu, (Qué.) JOJ 1RO (237 FT) – degrees in administration, arts, science. Bilingual.

Université de Sherbrooke, Sherbrooke (Qué.) J1K 2R1 (8,620 FT; 6,486 PT) – grades offerts en administration, droit, éducation, éducation physique et sportive, génie, lettres et sciences humaines, médecine, sciences, théologie.

ONTARIO

Brescia College, London, Ont., N6G 1H2 (589 FT; 89 PT) – degrees in arts, home economics.

Brock University, St. Catharines, Ont., L2S 3A1 (5,035 FT; 4,249 PT) – degrees in administration/business, arts, education, physical education, recreation and leisure studies, science.

Carleton University, Ottawa, Ont., K1S 5B6 (12,461 FT; 5,644 PT) – degrees in architecture, arts, commerce, computer science, engineering, industrial design, journalism, public administration, science, social work.

Collège dominicain de philosophie et de théologie, Ottawa, Ont., K1R 7G2 1986-87 (95 FT; 629 PT) – grades offerts en philosophie, théologie, pastorale.

University of Guelph, Guelph, Ont., N1G 2W1 (11,281 FT; 1,742 PT) – degrees in agricultural science, arts, engineering, family and consumer studies, hotel and food administration, human kinetics, land-scape architecture, science, veterinary medicine.

Huron College, London, Ont., N6G 1H3 (608 FT; 47 PT) – degrees in arts and social sciences, business administration, theology.

King's College, London, Ont., N6A 2M3 (1,295 FT; 280 PT) – degrees in arts, social work.

Lakehead University, Thunder Bay, Ont., P7B 5E1 (3,404 FT; 1,885 PT) – degrees in arts, business administration, education, engineering, forestry, nursing, physical and health education, science.

Laurentian University of Sudbury, Sudbury, Ont., P3E 2C6 (4,794 FT; 3,963 PT) – degrees in arts, commerce, education, engineering, language, nursing, physical and health education, science, social work. Bilingual.

McMaster University, Hamilton, Ont., L8S 4L8 (11,115 FT; 3,835 PT) – degrees in arts, commerce, engineering, medicine, music, nursing education, occupational therapy and physiotherapy, physical education, science, social work, theology.

Ontario Institute for Studies in Education, Toronto, Ont., M5S 1V6 (added with The University of Toronto) – degrees in education.

University of Ottawa, Ottawa, Ont., K1N 6N5 (12,940 FT; 8,767 PT) – degrees in administration, arts, canon law, civil law, education, engineering, health sciences, international co-operation, law, medicine, mission studies, nursing, pastoral studies, science, social sciences, theology. Bilingual.

Queen's University at Kingston, Kingston, Ont., K7L 3N6 (11,278 FT; 3,644 PT) – degrees in applied science, arts, business, divinity, education, law, medicine, nursing, physical education, rehabilitation therapy, science.

Redeemer Reformed Christian College, Ancaster, Ont., L9G 3N6 (247 FT; 22 PT) – degrees in business, education, humanities, natural sciences, religious studies, social sciences.

Royal Military College of Canada, Kingston, Ont., K7L 2W3 (836 FT; 59 PT) - degrees in arts, engineering, science. Bilingual.

Ryerson Polytechnical Institute, Toronto, Ont., M5B 2K3 (6,655 FT; 4,502 PT) – degrees in applied arts, arts, business, community services, technology.

The University of St. Jerome's College, Waterloo, Ont., N2L 3G3 (600 FT; 250 PT) – degrees in arts, mathematics.

University of St. Michael's College, Toronto, Ont., M5S 1J4 (2,979 FT; 664 PT) – degrees in arts, commerce, mediaeval studies, science, theology.

Saint Paul University, Ottawa, Ont., K1S 1C4 (429 FT; 487 PT) – degrees in canon law, mission studies, pastoral studies, philosophy, social communications, theology. Bilingual.

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University of Sudbury, Sudbury, Ont., P3E 2C6 (enrolment added with Laurentian University) – degrees in arts. Bilingual.

University of Toronto, Toronto, Ont., M5S 1A1 (35,619 FT; 16,639 PT) – degrees in architecture, arts, commerce, computing and data processing, dentistry, education, engineering, forestry, industrial relations, law, library and information science, medicine, museum studies, music, nursing, pharmacy, physical and health education, planning, science, social work.

Trent University, Peterborough, Ont., K9J 7B8 (3,311 FT; 1,267 PT) - degrees in arts, science.

University of Trinity College, Toronto, Ont., M5S 1H8 (1,099 FT; 177 PT) – degrees in arts, commerce, science, theology.

Victoria University, Toronto, Ont., M5S 1K7 (2,440 FT; 853 PT) - degrees in arts, commerce, science, theology.

University of Waterloo, Waterloo, Ont., N2L 3G1 (15,850 FT; 9,400 PT) – degrees in accounting, architecture, arts, engineering, environmental studies, human kinetics and leisure studies, mathematics, optometry, science.

The University of Western Ontario, London, Ont., N6A 3K7 (20,682 FT; 6,706 PT) – degrees in arts, business administration, dentistry, education, engineering science, journalism, law, library and information science, medical rehabilitation, medicine, music, nursing, physical education, science, social sciences, social work, theology.

Wilfrid Laurier University, Waterloo, Ont., N2L 3C5 (5,029 FT; 2,707 PT) – degrees in arts, business and economics, divinity, music, science, social work.

University of Windsor, Windsor, Ont., N9B 3P4 (8,483 FT; 4,753 PT) – degrees in arts, business administration, computer science, dramatic art, education, engineering, human kinetics, law, music, nursing, science, social sciences, social work, visual arts.

York University, North York, Ont., M3J 1P3 (20,281 FT; 14,813 PT) – degrees in administration studies, arts, education, environmental studies, fine arts, law, science.

MANITOBA

Brandon University, Brandon, Man., R7A 6A9 (1,195 FT; 1,911 PT) - degrees in arts, education, general studies, music, nursing, science.

The University of Manitoba, Winnipeg, Man., R3T 2N2 (14,738 FT; 8,139 PT) – degrees in agriculture, architecture, arts, dentistry, education, engineering, fine arts, human ecology, law, management, medical rehabilitation, medicine, music, natural resources, nursing, pharmacy, physical education, science, social work.

Collège universitaire de Saint-Boniface, Saint-Boniface, Man., R2H 0H7 (403 FT; 374 PT) – grades offerts en arts, éducation, sciences.

St. John's College, Winnipeg, Man., R3T 2M5 (added with The University of Manitoba) - degrees in theology.

St. Paul's College, Winnipeg, Man., R3T 2M6 (661 FT) - degrees in arts, science.

The University of Winnipeg, Winnipeg, Man., R3B 2E9 (2,960 FT; 4,557 PT) – degrees in arts, education, science, theology.

SASKATCHEWAN

Campion College, Regina, Sask., S4S 0A2 (550 FT; 123 PT) - degrees in arts, fine arts, music, religious studies, science.

Luther College, Regina, Sask., S4S 0A2 (521 FT; 63 PT); degrees in arts, fine arts, laboratory technology, music, science.

The University of Regina, Regina, Sask., S4S 0A2 (5,549 FT; 4,139 PT) – degrees in administration, arts, education, engineering, physical activity studies, science, social work.

St. Thomas More College, Saskatoon, Sask., S7N 0W6 (1,013 FT; 117 PT) – degrees in arts, fine arts, music, science.

Saskatchewan Indian Federated College, Regina, Sask., S4S 0A2 (650 FT; 100 PT) – degrees in arts, education, fine arts, music, science, social work.

University of Saskatchewan, Saskatoon, Sask. S7N 0W0 (13,608 FT; 1,592 PT) – degrees in agriculture, arts, commerce, dentistry, education, engineering, fine arts, home economics, law, medicine, music, nursing, pharmacy, physical education, physical therapy, science, theology, veterinary medicine, vocational agriculture.

ALBERTA

The University of Alberta, Edmonton, Alta., T6G 2E1 (25,192 FT; 4,464 PT) – degrees in agriculture and forestry, art and design, arts, business, dentistry, drama, education, engineering, food science, home economics, law, library science, medicine, music, nursing, pharmacy and pharmaceutical sciences, physical education and recreation, rehabilitation medicine, science, theology.

Athabasca University, Athabasca, Alta., TOG 2R0 1986-87 (377 FT; 10,398 PT) - degrees in administration, arts, general studies.

The University of Calgary, Calgary, Alta., T2N 1N4 (16,842 FT; 4,549 PT) – degrees in arts, commerce, communication studies, economics, education, engineering, environmental design, fine arts, law, medicine, music, nursing, physical education, science, social work.

Camrose Lutheran College, Camrose, Alberta, T4V 2R3 (696 FT; 44 PT) – degrees in arts and science.

The King's College, Edmonton, Alta., T5H 2M1 (172 FT; 29 PT) – degrees in biology, chemistry, English, history, music, philosophy and social sciences.

The University of Lethbridge, Lethbridge, Alta., T1K 3M4 (2,717 FT; 501 PT) – degrees in arts, education, fine arts, management, music, nursing, science.

BRITISH COLUMBIA

The University of British Columbia, Vancouver, B.C. V6T 1W5 (20,890 FT; 6,404 PT) – degrees in agriculture, architecture, arts, audiology and speech sciences, commerce and business administration, community and regional planning, dentistry, education, engineering, family and nutrition sciences, forestry, law, library, archival and information studies, medicine, music, nursing, pharmacy, physical education, rehabilitation medicine, science, social work.

British Columbia Open University, Richmond, B.C., V6X 1Z9 - degrees in arts, arts and administrative studies, arts in general studies.

Royal Roads Military College, Victoria, B.C., VOS 1B0 (274 FT; 42 PT) – degrees in arts, science.

Simon Fraser University, Burnaby, B.C., V5A 1S6 (7,164 FT; 8,156 PT) – degrees in arts, business administration, computing science, education, engineering science, general studies, kinesiology, natural resources, science.

Trinity Western University, Langley, B.C., V3A 4R9 (982 FT; 193 PT) – degrees in business, education, fine arts, humanities, natural 30 sciences, physical education, religious studies, social sciences.

University of Victoria, Victoria, B.C., V8W 2Y2 (7,580 FT; 4,424 PT) – degrees in arts, education, engineering, fine arts, human and social development, law, science.

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