student handbook 2017 - 2018

Confederation
COLLEGE
THUNDER BAY, ONTARIO, CANADA

International student handbook

www.confederationcollege.ca/international

WELCOME TO THUNDER BAY AND CONFEDERATION COLLEGE

Welcome and thank you for coming to Confederation College.

I am extremely privileged to be the President of Confederation College, a great educational institution that is continuously providing excellence in education and training. You have made a wise choice in coming here, and I wish you the very best as you pursue your academic dreams. I also encourage you to take advantage of, and participate in, all the services and activities that take place at our great college. They offer you a broad range of experiences and support that will help you grow, both as a student and an individual.

Here, at Confederation, we know that we "change lives through learning";

I trust and believe that we will do the same for you.

Wishing you every success,

Jim Madder

President, Confederation College

A warm welcome to all of our new international students!

I am delighted to welcome you to Confederation College. I wish you much success in the years ahead, as you fulfill your academic goals and learn more about yourself and your place in the world.

This is an exciting time in your life and you will be exposed to many new experiences, opportunities and challenges. Embrace all that comes your way, as you will, undoubtedly grow as a person and global citizen. You are now part of a rich and diverse student body of over 600 international students representing more than 30 different countries – what an opportunity you have to make friends from around the world!

My staff and I, at the International Education Centre (IEC) wish you the very best and we look forward to getting to know you better in the months ahead. The IEC offers a wide variety of services to international students and we do our best to ensure that your stay at Confederation College is both successful and enjoyable. Do not hesitate to drop by if we can be of any assistance.

Best wishes, and welcome to Confederation and Thunder Bay!

Miriam Wall

Dean, International Education

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BEFORE YOU LEAVE FOR CANADA

What you need to know and have with you

INTERNATIONAL EDUCATION CENTRE
Confederation College
Shuniah Campus Building, Room 251
P.O. Box 398, 1450 Nakina Drive
Thunder Bay, ON P7C 4W1

Contact

Email: International@confederationcollege.ca
Phone: +1 (807) 475-6467
After-Hours Emergency Phone Number:
+1 (807) 623-0465 (from cell phones)
#922 (from college phones)

TRAVELLING TO CANADA

First Point of Entry

Vancouver International Airport (YVR)	Toronto Pearson International Airport (YYZ)

Once you reach your first port of entry to Canada or the first airport you land in (on Canadian soil), you need to go through Immigration and/or Customs.

In Immigration, you will **EXCHANGE** your **Letter of Acceptance** for your **Canadian study permit**, providing you still meet all the conditions of a study permit.

Once you get off the plane, follow the signs to "**Canadian Immigration**". You may have to wait in line for a while before you can see an agent. Make sure you have the following documents ready:

1. Your passport (and your family members' passports if they are travelling with you)
2. LoA to Confederation College,
3. Proof of funds, i.e. a bank statement or letter from your sponsor.

The immigration official may also ask to see an alternate piece of photo identification. If you are in Canada for long-term study, the official will print your study permit once your documents are reviewed. For short-term study, the official will stamp, date and/or sign your passport. This is a very important step in your arrival to Canada, so ask questions if you are not sure what to do.

You must receive your study permit or have your passport stamped, dated and/or signed, before you leave the airport.

Immigration: Canadian Permits and Visas

Most international students require a valid visa and/or study permit when entering Canada. If you decide to leave Canada on vacation or to visit your home country during a break, you should ensure that your visa will be valid on your return and that it allows multiple entries.

Departure Checklist

- ☐ Ensure passport is current. Leave a copy at home and put a copy of the details page in your luggage. Ensure visa is in passport (*if applicable*).
- ☐ Book flights to Thunder Bay (*allow minimum 2 hour layover to allow for immigration processing*)
- ☐ Confirm arrival date & accommodation with **International Arrivals**: international.arrivals@confederationcollege.ca
- ☐ Download Confederation College Arrival app. Android / iOS

What to bring in your carry-on:

- ☐ Your passport with visa.
- ☐ Printed copy of your Letter of Acceptance. You will need to show this to Canadian Immigration officials upon arrival at the Toronto airport or Vancouver airport.
- ☐ Electronics (*with chargers and adapters*).
- ☐ Emergency contact info (*both for your home country and Thunder Bay*).
- ☐ Immunization record for health and community service students.
- ☐ A change of clothes (*in case your baggage is lost or your journey is delayed*).

Canadian Customs

Once you have passed through immigration and collect your bags, you must pass through customs.

Make a list of all the goods you are bringing into Canada, including vehicles (for US students). If any of the items have a serial number (electronics), be sure to record those numbers. Mark all items on your list with approximate monetary values.

DO NOT BRING ANY FOOD INTO CANADA

it is illegal to bring fresh fruits, vegetables, meat, eggs, dairy products, plants or animals into Canada.

You also need to tell the immigration officer if you are having any goods shipped to you in Canada. Review current Canadian customs regulations at Canada Border Services Agency .
< *www.cbsa-asfc.gc.ca/menu-eng.html* >.

Navigating through Lester B. Pearson Airport in Toronto

When you arrive in Toronto (or any other arrival point), you have to go through Canadian Immigration, get your luggage, go through Canada Customs, and then get on your connecting flight to Thunder Bay. Please note you may have to collect your luggage and re-check in once you enter Canada.

Travelling to Thunder Bay

Thunder Bay has an international airport, which includes more than 25 direct flights from Toronto every day, connecting with both Pearson International Airport and the Toronto Island airport.

Thunder Bay is a SHORT TWO HOUR FLIGHT from Pearson Airport in Toronto, Ontario.

Students should fly from Toronto to get to Thunder Bay; it is too far to drive (1,500km) and taking a bus is often more expensive and a very long journey.

Students should book their connecting flight before leaving their home country. This will ensure the most economical air fare and will also demonstrate a clear travel itinerary, when clearing immigration. Students should watch the airline websites for seat sales.

The two airlines which fly to Thunder Bay from Toronto are:

- ☐ Air Canada
- ☐ WestJet

IN CANADA

Canadian Culture & Customs

Addressing Someone New

Wait until invited before using someone's first name (given name), however Canadians tend to move to a first-name basis rapidly. When writing your name in Canada, follow the First Name (given name), Last Name (family name) format. Generally it is polite to address an older person who you have not met before as “Mrs.” Or “Mr.” (last name).

Alcohol

The legal drinking age in Ontario is 19 years old. When purchasing alcohol or entering a bar, government-issued photo identification showing proof of age is required, even if you don’t plan to drink. This is called “being carded” or “getting carded”.

For many Canadians, drinking is a social activity and a way to relax after a long week or to bond with friends. Remember to drink responsibly. Drinking and driving is illegal in Canada and is a serious offense. If you drink and drive, you can lose your license or go to jail. Do not get into a car with a driver who has been drinking; call a taxi service or a sober friend to drive you home instead.

It is illegal to drink on the streets and be intoxicated in public (including walking in the streets while drunk). It is also illegal to have an open bottle of alcohol inside a vehicle when driving or with you when walking. If caught doing this, you will be fined.

Greetings

When first meeting someone, Canadians usually greet each other with a handshake. There is generally no kissing of the cheek. Be sure to make eye contact. When entering someone’s home, it is customary to remove your shoes and leave them by the door.

Hygiene

Canadians usually shower once a day, often in the morning, and find body odour offensive. Most Canadians also use underarm deodorant daily to minimize body odour.

Personal Space

When in public or talking with someone, it is best to stand about an arm’s length away. If you are in a loud area, it is fine to get closer in order to talk or hear the other person. Canadians have a reputation for being overly polite, so if you bump into someone it is best to apologize. If someone holds a door open or moves aside for you, a smile and/or a “thank you” is expected.

Seatbelts

Seat belts must be worn at all times while travelling in moving vehicles, including taxis. Fines for not wearing a seatbelt can be high: $200 to $1,000.

Tipping

A tip of 10-20% of the pre-tax bill is expected at restaurants. It is also common to tip when taking a taxi or getting a haircut: 10% is an appropriate amount. When getting a drink at a bar, leaving $0.25 to $1.00 for the bartender is usually sufficient.

Tobacco

It is illegal to sell or give cigarettes to individuals under 19 years of age. When purchasing cigarettes, as with alcohol, it is normal to be asked for identification proving your age. It is also prohibited under the law to smoke indoors in public places, restaurants and bars.

Toilets

At public places, toilets are called washrooms, bathrooms, facilities or restrooms. At home, it is called a bathroom. Do not stand on the toilets. Toilet paper is usually provided in all public toilets, and can be flushed down the toilet, not put in the wastebasket. Wash your hands with soap after using the facilities.

Sexual Health

Canadians may be more or less sexually active than people from your home country. Do not feel pressured to do anything you are not comfortable with. You do not have to have sex to fit in or to make friends. If you want to talk to someone about pressures you may feel, call and make an appointment to talk with a counselor at 475-6110 or visit the Health Clinic. If you do decide to engage in sexual activity, be safe and responsible; always use a condom. Condoms can be purchased in pharmacies/drugstores or convenience stores.

Other Factors to Consider:

Cyber Security Risks

Mobile Banking and Finance

When banking online, always look for the "lock" icon and an **https://** connection to be sure you have a safe connection. Banks and financial institutions always have your best interest in mind and do their utmost to provide you with a safe Internet banking experience. Find out more about how to **protect your money online.** Visit 'Get Cyber Safe' for more information: www.getcybersafe.gc.ca

Social Networking

When using social networking sites be sure to protect yourself. Choose a **strong password** and change it often. Take the time to set your **privacy setting** to control who can see what and always think carefully about **any information you choose to share online**. Find out other ways to **protect yourself online**. Visit the *'Get Cyber Safe'* website for more information: www.getcybersafe.gc.ca.

Email

Your **identity could be compromised** through email in a number of ways. When setting your email account password be sure to create a strong password that protects you. Make sure it's eight characters or more, a combination of upper and lower case letters, at least one number and a special character (ex. $, %, * etc.). A weak email account password could leave your personal information vulnerable, so it's essential to **create passwords that protect you**.

Also be aware of **email phishing scams**. These can trick you into opening attachments or giving up personal information. They usually appear to be emails from organizations or companies you trust, but they are often the gateway to identity theft. Visit the *'Get Cyber Safe'* website for more information: www.getcybersafe.gc.ca

Other Cyber Security Risks to be aware of:

Online Gaming and Entertainment Downloading and File Sharing Shopping Online

Immigration Fraud

Online/Phone Scams

Online and phone scams are becoming more widespread in Canada. It is important to know if the person on the other side is legitimate or trying to extract information from you in order to con you. This can range from threats of deportation, as well as extortion (demanding money to prevent deportation or release of information). DO NOT give out personal information (including passport or credit card information, or your Social Insurance Number, etc.) over the phone.

One of the more popular scams is regarding immigration - Immigration, Refugees and Citizenship Canada (IRCC) will not contact you over the telephone to collect fees or fines to avoid deportation or other consequences. They will also NOT ask to confirm basic personal information you have already provided on a previous form. It is a scam if you are told you will be arrested, go to jail, lose your visa or status, be deported, or have your account suspended if you don't pay money or give your personal information.

If you think the caller is a scammer, ask for the name and number of the agent, and call the Call Centre directly - 1-888-242-2100. For more information, visit:
www.cic.gc.ca/english/information/protection/fraud/report.asp

Extortion/blackmail is illegal in Canada – if someone is threatening to release private information if you do not pay, go to the police and report it.

Culture Shock

Culture shock refers to the overwhelming feeling many people get when they move to a new country and experience a new lifestyle. It is generally experienced 3-6 weeks after arrival in Canada. You may feel confused, depressed, or just a little sad. These feelings can last for some time as you get used to your new life in Canada, but do not get discouraged. Almost every international student experiences culture shock in some form and it will pass with time as you become more familiar with the culture of Canada. The best thing to do is to stay active and make sure you talk to someone. Call your family and friends back home or talk to a counselor on campus, someone in the IEC, or with your new friends here. Remember that there is a large international community on campus who can relate to what you are going through. Be patient and with time, you will become more comfortable and able to enjoy your international experience.

- Coping with Culture Shock
  https://travel.gc.ca/travelling/living-abroad/culture-shock
- Study Abroad Handbook
  www.studentsabroad.com/handbook/adjustments-and-culture-shock.php?country=Canada

Four Stages of Culture Shock

HONEYMOON
(*feeling happy, fascinated, elated*)
↓
HOSTILITY
(feeling disappointed, confused, frustrated, irritated)
↓
HUMOUR
(*gradually adjusting*)
↓
AT HOME
(*acceptance & adjustment in new culture*)

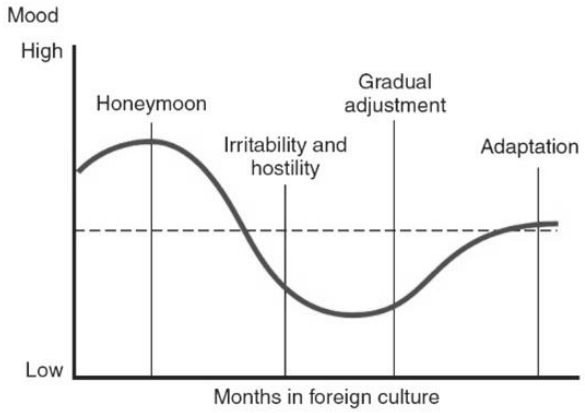


Figure 15.5 Culture Shock Cycle
(Gray & Larson, 2006, p507)

Canadian Laws

As a student in Canada, you are expected to abide by all Canadian laws.

IF YOU BREAK THE LAW, YOU MAY BE FINED ($$) OR SERVE TIME IN PRISON.

Committing a serious offence may result in **deportation from Canada** or inability to renew your temporary resident visa or study permit.

Working in Canada

As an international student you may be able to work part-time (up to 20 hours/week) during your studies, and full- time during scheduled breaks. Please visit www.cic.gc.ca to find out more.

You will need a Social Insurance Number (SIN) in order to work in Canada. Generally representatives from Service Canada are on campus for a few days at the start of each semester.
For more information on how to apply for a SIN, visit: www.servicecanada.gc.ca/eng/sc/sin/index.html.

As an international student studying and working in Canada, you may have to file a Canadian income tax return. You must determine your residency status to know how you will be taxed in Canada.
For more information, visit: www.cra-arc.gc.ca/internationalstudents.

Age of Sexual Consent

You must be aware of Canadian laws concerning the age of consent for sexual activity. Sexual activity includes a range of activities: **ranging from sexual touching (e.g. kissing) to sexual intercourse**. The **age of consent** for sexual activity in Canada is **16 years**; however, the age of consent is **18 years** where the sexual activity "exploits" a young person.

IN CANADA, IT IS AGAINST THE LAW
to engage in sexual activity with someone "under age" (under 16YRS) or with a minor.

Sexual activity without the consent of the other person is also a crime, regardless of the age of that person. Penalties under the Criminal Code of Canada for these types of offences are substantial. They also may impact your immigration status and could result in deportation from Canada.

For more information about the age of consent to sexual activity in Canada, see:
www.justice.gc.ca/eng/rp-pr/other-autre/clp/faq.html

Consent

Under the Criminal Code of Canada (Section 273.1) consent is the voluntary agreement to engage in the sexual activity in question. There must be an understandable exchange of agreeing words that indicates a willingness to participate in mutually agreed upon sexual activity.

- Consent must be informed, freely given and active.
- It is the responsibility of the initiator to obtain clear and affirmative responses at all stages of sexual engagement.

IN THUNDER BAY

The City of Thunder Bay, Ontario

Welcome to Thunder Bay, Ontario Canada!

Thunder Bay has a reputation as one of Canada's best outdoor cities with spectacular scenery, clean air, the world's largest fresh water lake and endless natural beauty. At the same time, residents in Thunder Bay have convenient access to a wide variety of great restaurants, shops and entertainment options
(See Appendix 2, 3).

Across all four seasons, the region offers plenty of opportunities to experience Canada's great outdoors from geocaching to geology, canoeing to sailing, fishing in all seasons, hiking, jogging, running, skiing, snowboarding, cycling and much more. Adventure abounds under blue skies in a city with more hours of sunshine than most others in Canada!

Thunder Bay Fast Facts

- The name "Thunder Bay" was first created by settlers who, when entering the bay during a storm, noticed that the thunder was amplified by the surrounding mountains.
- Thunder Bay has a population of 108,000, making it the largest city in Northwestern Ontario.
- Located on the northern shore of Lake Superior and on the Canadian Shield. Lake Superior is the largest freshwater lake by surface area and third largest by volume in the world; it is also one of the five Great Lakes of North America.
- It is a prime location for summer or winter outdoor activities, especially camping, hiking and skiing.
- Thunder Bay is more than 1,500 km from Toronto: an 18-hour drive or a two-hour flight.

A Brief History

Northwestern Ontario has a long history of Aboriginal and Metis settlement. The Fort William First Nation (Ojibwa) are the first peoples of this territory. In the early 18th century, Europeans established one of North America's largest trading posts, called Fort William. The area grew quickly when Canada officially became a country in 1867. In 1970, the towns of Fort William and Port Arthur combined to create the city now known as Thunder Bay.

Sailing on Lake Superior

Prince Arthur's Landing (The Waterfront/Marina Park)

Weather

Spring	*Summer*
Spring is the time of year when the snow melts. Since it is wet and damp, water-proofing is important. The weather can be a bit unpredictable, so layering is also recommended.	Summer days are long, with the sun typically setting around 10:30pm, and warm with temperatures between 20-30˚C. However, evenings can get cool enough to require a light jacket. Video of Thunder Bay in summer.
Fall/Autumn	*Winter*
Fall is a beautiful time of year as the leaves change from green to orange, red and yellow. As the weather starts to cool, you will become acclimatized. It may seem cold during the first signs of fall, but your body will adapt and you will become more comfortable. Video of Thunder Bay in fall.	It is imperative that you have the right clothing to keep you warm. It is not unusual for temperatures to be -40˚C with the wind chill factor. Wind chill makes it feel colder than it actually is, just like humidity makes it feel much hotter than it actually is. Video of Thunder Bay in winter.

**All videos mentioned above can be found on YouTube by searching for the "Visit Thunder Bay" channel*

Dressing for the cold

You will need the following items of clothing during the winter months in Thunder Bay. Wait until you come to Thunder Bay to buy these as they may be cheaper and more appropriate for the climate:

- ☐ **Coat:** should be waterproof, windproof, thick enough to keep you warm, and heavy enough to block the wind.
- ☐ **Boots:** should be waterproof, well-insulated, and high enough to cover your ankles in deep snow.
- ☐ **Hats:** made of a material that will keep the heat in and cover your ears. We call them hats or toques ("two'x").
- ☐ **Gloves or mittens**
- ☐ **Scarf or neck warmer:** These keep your neck warm and to cover your face.
- ☐ **Thermal underwear**, also called "long underwear" or "long johns", are specially designed to keep the heat in. You can wear these underneath your regular clothes.

The key to keeping warm and comfortable is to layer your clothing; for example, wear an undershirt, a long sleeved t-shirt, a sweatshirt, a vest, and a jacket or coat. You can take individual layers off easily if temperatures get warmer through the day.

Dress appropriately in the winter months to avoid dangerous health conditions such as frostbite and hypothermia. Listen to weather reports in winter and ensure that you are dressed properly for the temperature.

Frostbite occurs when the cold penetrates the skin so deeply that it begins to kill cells. Blood vessels constrict to keep the body temperature up, restricting blood flow to certain body parts. This can be very painful.

Hypothermia is a serious, potentially life-threatening condition that occurs when the body's core temperature drops to a dangerous level. Being outside for extended periods without proper protective clothing puts you at risk.

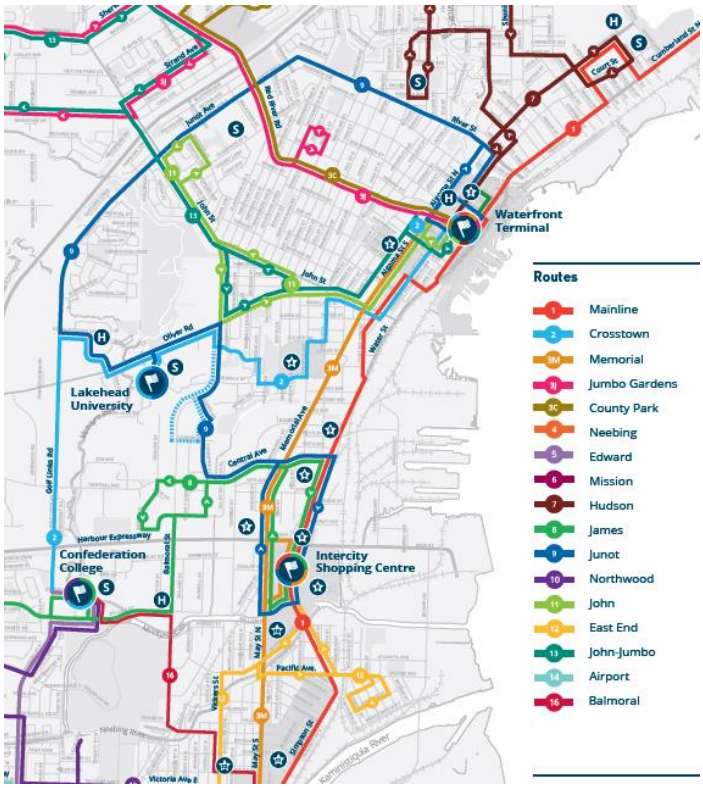
Getting Around

Biking & Walking

Thunder Bay has nearly 40 km of paved trails for biking and walking. Most streets have sidewalks for pedestrians. At crosswalks with lights, pay attention to the signal lights indicating when it is safe to cross. Some roads have designated bike lanes for cyclists. These lanes are identified by white markings on the road. Cyclists must travel with traffic, not against it. Cyclists must adhere to the same rules as the vehicles on the road and should signal their intention to turn or stop. Always wear a helmet while biking.

Public Transit

Full-time students at Confederation College receive a U-Pass bus pass that provides unlimited access to city buses for the full year (September to August). *ESL/EAP students can purchase a U-Pass for a small fee.*



The bus system in Thunder Bay is easy to navigate. There are two main bus terminals:

- ☐ one in the south end of the city, at City Hall, and
- ☐ one in the north side of the city near the marina.

Two major bus lines run across town: #1 Mainline and #2 Crosstown.

There are several minor bus lines serving specific neighborhoods. There is a notice board with bus arrival times outside the front doors of the Shuniah Building (which is also a stop for all buses). Most bus lines run from 6AM to 12AM throughout the week, with less frequent service at night and on weekends.

Download the full map and have a look!!

Visit www.nextlift.ca or call 684-3744 for information on routes or for exact stop times.

Note: Buses only stop at designated bus stops; however late at night they may stop in other places for your safety.

Taxi Cabs

Taxi services in Thunder Bay are expensive. Fares cannot be negotiated. Call ahead for pick-up as hailing a taxi on the street is often difficult.

The two main taxi companies are Roach's Taxi (344-8481) and Diamond Taxi (622-6001).

Visiting the United States

Thunder Bay is located just 60km from the border with the United States. Residents often cross the border to shop in Duluth, Minnesota (MN), or sightsee in Grand Marais, MN. A travel visa may be required to enter the USA. Visit www.uscis.gov for information regarding American visa regulations.

Amenities

Banks

If you need to open a bank account, phone the bank first to make an appointment.

You will need to bring photo identification (passport), your study permit and proof of your enrolment at Confederation College (LoA or student card) with you.

Most banks will charge a fee if you withdraw money using a different bank's ATM (Automatic Teller Machine). There are two ATMs available on campus; one belongs to RBC (located in the Shuniah Building, 2nd floor, top of the spiral staircase), and one is located outside of the cafeteria (fees apply).

Banking options:

Scotia Bank (807) 623-5626	Royal Bank of Canada (807) 473-1700	TD Bank (807) 626-1565	Bank of Montreal (BMO) (807) 628-1400

Laundry (Laundromats)

Coin-operated laundry facilities are available in Sibley Hall residence and throughout the city, such as Barb's Laundromat. Spruce and Cedar offers shared laundry facilities en-suite. Most apartments have laundry facilities, though sometimes for a fee; ask in advance.

Cell Phones

Several companies offer cellular service in Thunder Bay, including TBayTel, Bell Mobility, Rogers, Koodo, Telus and Virgin Mobile. Student plans are available. Certain cell phones come free of charge with the purchase of a cell phone plan. Pay-as-you go options are available if you already have a cell phone.

Phoning Locally & Internationally

The area code for Thunder Bay is **807**. You do not need to include the area code for local calls.

Calling cards are available at most convenience stores and at the campus bookstore. Make sure the card you select does not charge a connection charge every time you make a call. If you frequently make short calls, the connection charges can add up quickly, leaving you with very little time to talk.

- If calling from a campus phone to another campus number, only dial the last four numbers.
- If calling an on-campus phone number from an off-campus phone in Thunder Bay, dial the seven digit local number.
- To call internationally outside of North America from Canada dial: 011 + Country Code + Phone Number (this can cost a lot). CHECK BEFORE YOU DIAL.
- If you aren't sure what to dial, check out: www.timeanddate.com/worldclock/dialing.html or www.howtocallabroad.com

Currency Conversion

For up-to-date exchange rates, visit: https://online.royalbank.com/cgi-bin/tools/foreign-exchange-calculator

Postal services

There are red mail boxes throughout the city; one is located on campus, outside the back doors of the Shuniah Building. The mail box at the school is specifically for local, provincial and national mail.

Prices for a standard-sized envelope are:	
Within Canada:	$1.00
To USA:	$1.20
International:	$2.50

Stamps can be purchased at any postal outlet location and postal outlet locations will accept international mail for posting. Make sure you have the right postage and deposit your letter in the correct box.

To find the nearest post office or to mail a package, visit: www.canadapost.ca

Public Libraries

There are four main public libraries in the city. A library card is free and easy to get, can be used at any location, and you can sign up at any branch. Bring ID with you along with proof of your current address in Thunder Bay. For an online directory and hours of operation, visit www.tbpl.ca or call 345-8513.

Public Library Locations

County Park Branch	County Fair Plaza, 1020 Dawson Rd
Brodie Resource Library	216 Brodie St. S.
Mary J.L. Black	901 Edward St. S.
Waverly Resource Library	285 Red River Rd.

Off-Campus Health Care

Major vs. Minor Health Problems

Walk-in Clinic: a health clinic that will accept patients on a walk-in basis and with no appointment required.

Identifying your problem will determine who you see for help. You should only go to the Emergency Room ("Emerg") for a major problem that cannot wait, like severe illness, an injury or an accident. For a minor problem, like a sore throat or stomach pain you should go to a walk-in clinic.

If you are unsure of where to go, contact Telehealth (next page) for advice.

Thunder Bay Regional Health Sciences Centre (Hospital)

Telephone: 684-6000
Address: 980 Oliver Rd.
Hours of operation: Emergency Room, 24hrs/day, 7 days/week

Northwest walk-in clinic.

Telephone: 623-7101
Address: 1265 Arthur Street East.
Hours of operation: Mon, Tue, Thurs: 3:30 pm-6:30 pm

Memorial Avenue Dentistry

Telephone: 345-3666
Address: 179 Memorial Avenue

Poison Control

Telephone: 1-800-268-9017
Hours of operation: 24-hrs/day

Telehealth

Telephone: 1-866-797-0000
Hours of operation: Staffed by registered nurses, 24-hrs/day

Northwood Family Dental

Telephone: 475-7500
Address: 2606 Victoria Avenue

Ridgeway Clinic

Telephone: 622-0601
Address: 1001 Ridgeway Street.
Hours of operation: Mon - Fri 9:30am – 4:00pm

Red River walk-in clinic (In Shoppers Drug Mart)

Telephone: 767-4411
Address: 901 Red River Rd.
Hours of operation: Mon-Thurs 12pm – 8pm
Fri 12pm – 4pm & Sat 10am – 1pm

Nurses' Registry

Telephone: 623-7451; for dental and walk-in clinic information, 24-hrs/day or
Call 211 for up-to-date walk-in clinic Information.

Safety

IF YOU HAVE AN EMERGENCY, CALL 911

(this is the number for police, fire and emergency medical care).

*It is considered an emergency **if someone's health, safety or property is in jeopardy or a crime is in progress**.*

The following examples of when you would call for **911** assistance:

- ☐ When you are experiencing pain or tightness in the chest.
- ☐ When a person is choking or having difficulty breathing.
- ☐ When you think you may have fractured or broken a bone, or have a wound that may need stitches.
- ☐ When you have sudden, severe headaches, vision problems, sudden weakness, numbness and /or tingling in the face, arm or leg, trouble speaking, shortness of breath, or dizziness.
- ☐ When you see an uncontrolled fire.
- ☐ When you see a crime in progress or suspicious activities.
- ☐ When you see a car accident with life threatening injuries.

What to expect when you call 911

When you call 911, remember to stay calm and give clear information. You will be asked whether you need police, fire, or ambulance. For medical emergencies you will be transferred to the Emergency Medical Dispatcher, who will ask you the following information:

- ☐ WHAT'S HAPPENING?

  They will need a description of what is happening.
- ☐ WHO ARE YOU?

  If they lose the call, it is VERY important that they can reach you, so give your name, address, and telephone number.
- ☐ WHERE ARE YOU?

  The location of the emergency. Give the complete address, including any building name or number, apartment or unit number and nearest cross street. If you are in an apartment, they will need the apartment number AND access code if applicable. Don't hang up. Remain on the line to provide additional information if requested to do so by the call taker.

Accommodations

There are three types of accommodations to choose from: (1) living on campus in residence, (2) staying with a Canadian family in a homestay, or (3) renting a private apartment, house, or room in a house.

On-Campus Residences

There are two residence options on-campus.

Spruce and Cedar Residence

The Spruce and Cedar Residence offers fully furnished units, laundry facilities and a fully equipped common kitchen. There are 32 units each with four bedrooms. This residence option also provides students an en-suite kitchen, bathroom, and laundry facilities. The Spruce and Cedar Residences requires students to sign a 12 month lease.

To learn more and apply visit www.confederationrez.ca

Sibley Hall Residence

Sibley Hall Residence is home to 229 students every year, with single and shared accommodations available. The safe, community-oriented residence has recently been renovated, and offers five room style options. Prices vary based on the type of room. Each room includes a single bed, wardrobe, small fridge and microwave and some have private en-suite baths. All students staying at Sibley Hall must also purchase a meal plan: this is not optional.

To learn more and apply visit www.confederationrez.ca

Important: *Students MUST commit to staying in Sibley Hall residence for the full academic year (8 months). Once school is over, students must vacate their room or speak with officials at Sibley Hall regarding prolonging their stay during the vacation period.*

**When staying at either residence, students must purchase their own linens (towels, pillows, bedding) and other necessities.*

Off Campus Accommodations

Homestay

There is a wide variety of homestay options available. Homestay hosts include single people, young couples with children and pets, and older couples. All homestay accommodations have been inspected, and all adults in the home have completed a criminal reference check.

OPTION 1 - ACCOMMODATION ONLY (**NO meals/food**): $500 per month	**OPTION 2 –** ACCOMMODATION AND MEALS (**INCLUDING meals/food)**: $800 per month.
Students have a private room, a shared bathroom, and use of household amenities. In this option, students purchase and prepare their own meals. Students who select this option should have basic cooking skills and experience in preparing all aspects of their meals. **The homestay host** will certainly assist the student initially to locate and travel to the grocery stores, etc. - but **will not be available to teach the student how to cook**.	In addition to a private room, a shared bathroom and use of household amenities, students also have three meals per day and access to healthy snacks like fresh fruit. Breakfast and lunch are usually self-serve and lighter fare, while most of the evening meals are eaten together with the host/host family, on average four or more times a week. On evenings where the host is not at home, meals will have been prepared for the student and may require heating up, etc. Students will typically have access to the kitchen should they wish to occasionally cook or prepare snacks on their own.

With both homestay options, students are expected to share light household responsibilities such as cleaning their rooms, washing their own clothes and cleaning up after themselves. Bedding, towels, toilet paper, soap, and cleaning supplies are included in the monthly cost of each option; personal supplies (such as hygiene products ex. shampoo, toothpaste, mouth wash and other personal items) must be purchased by the students**. Homestay is not an alternative to a hotel, and should not be treated as such.**

Please note: students must commit to staying in a homestay for a *minimum of four months*. **Students who choose to cancel their homestay accommodation without prior approved notice will be charged the equivalent of one (1) month's homestay fee**.

Homestay Application Process

To apply, please submit a paper or electronic Homestay Application. The homestay application form can be found on the Confederation College website under the International Students "*downloads*" section.

Once placed, a non-refundable placement fee of **$150** applies.

Private Rentals

Thunder Bay has a variety of off-campus housing options including single homes, duplexes and apartments. Students wishing to live off-campus must research availability on their own and should arrive well before the start of term to do so. While the International Education Centre is unable to arrange off-campus housing for interested students, we have prepared an Off-Campus Housing Checklist (PDF) that is helpful. Students can also connect with other international students looking for off-campus accommodation by posting a note on our Facebook page. Existing students who may have a room available for rent also post on our Facebook page, so we recommend you check it regularly.
Facebook.com/ConfederationCollegeInternational

Finding a place to live in Thunder Bay can take time, sometimes up to three weeks or more. Generally, you are not allowed to move in until the first day of the month. Begin by searching rental listings online using the suggested sources below. If you are interested in a rental unit, contact the landlord to set up a viewing. Do not commit to a rental without seeing the space first. Bring a friend who will not be living with you when you go to look at a rental. Also, the IEC staff can provide guidance if you have questions. Students can also consult the following for off-campus housing listings:

Home Sweet Home Places4Students.com Thunder Bay Kijiji The Chronicle Journal

Rental Costs

Rent depends on the apartment size, location, and amenities. Consider roommates to keep costs down.

Estimated Costs			
Bachelor Apartment	$600-$800	1 Bedroom Apartment	$650-$1,000
Bedroom Rental (in a house)	$400-$600	2 Bedroom Apartment	$800-$1,200

Location, Location, Location!

Thunder Bay is made up of many little neighborhoods. No place is perfect, so always try to be aware of your surroundings wherever you are.

Convenient neighborhoods:

- Academy/Ravenwood/Lakehead University
- Northwood/College Park/Green Acres
- Bay/Algoma
- Intercity Mall

Neighbourhoods far from the college:

- Current River
- County Park / Jumbo Gardens
- Neebing (close to ACE)
- Westfort (close to ACE)

Places to avoid:

- Simpson St.
- East End

Rental Checklist

☐ Location	How far from the college is the rental? Make sure it is close to bus routes that you will take to the college. Use a Thunder Bay Transit Map to mark where apartments are located.
☐ Utilities	Utilities include electricity (hydro), water and gas. Are the costs of utilities included in the monthly rent? If not, ask the landlord how much you can expect to pay per month for them.
☐ Phone, Internet & Cable TV	These are typically excluded from the rent amount. You will have to call TbayTel or Shaw to set up these services. See www.shaw.ca or www.tbaytel.net for pricing and plans.
☐ Furnishing	Consider the cost involved in furnishing an unfurnished apartment vs. renting an already furnished apartment. If it is unfurnished, you can often find cheap or free furniture on www.thunderbay.kijiji.ca or at a second-hand store like Value Village or Salvation Army. Note, most apartments are unfurnished, so be sure to budget enough money to cover the purchase of basic necessities.
☐ Lease	This is a legally-binding agreement between you and the landlord. If you are required to sign a lease, read it very carefully and make sure you are not agreeing to anything unreasonable. If something doesn't sound "right" or "normal", ask the IEC staff for their advice or opinion. Make sure to keep a copy of the lease for your records.
☐ Infrastructure	Is the house or apartment in good shape? When viewing a rental, check for signs of mold, water damage or poor quality repairs.
☐ "First & Last"	Once you find a place, you will have to pay the first month's rent, and the last month's rent at the same time. This means you have prepaid for your last month of rent and will not have to pay it again when you decide to move out. Ask for a receipt for all rental payments.
☐ Moving out	By law, you must give at least 60 days written notice to your landlord. Check your lease, as the landlord may require more notice.
☐ Know your rights	Under Ontario law, both tenants (the renter) and landlords (the property owner) have rights and responsibilities.

For more information, visit:
Ontario Tenants Rights www.ontariotenants.ca or Landlord Tenant Board www.ltb.gov.on.ca

ON CAMPUS

Confederation College

Confederation College is located in Thunder Bay, a mid-sized Canadian city located in northwestern Ontario.

As a public college, established in 1967, Confederation College has a proven track record of delivering exceptional education and training to an average of 7,300 full and part-time students every year, including over 600 international students from more than 30 countries.

Learning at Confederation College is an exciting and rewarding experience influenced by our three distinct academic schools, our smaller class sizes, state of the art facilities and cutting-edge classroom equipment and labs. We are committed to delivering quality education to our students, regardless of where they come from and delivering the type of education that graduates and employers want.

Confederation College is a designated learning institution (DLI), eligible to register international students, as per the requirements of Immigration, Refugees and Citizenship Canada < www.cic.gc.ca >

We are very proud to deliver more than 60 programs in three academic schools:

- School of Aviation, Engineering Technology & Trades
- School of Business, Hospitality & Media Arts
- School of Health & Community Services

With exceptional programs and equipment, in-class learning that meets or exceeds industry standards and practical work placements in Thunder Bay and throughout the country, Confederation College will help you get the knowledge, skills and on-the-job experience that employers demand.

Our location in Thunder Bay, Ontario brings a different experience than you would encounter in many larger cities. The cost of living is lower, you have an excellent opportunity for complete English immersion, the air quality is excellent, and it is very easy to get around.

Orientation for International Students

Each semester, the International Education Centre provides a day of orientation sessions, seminars, and activities to help new students feel at home and become familiar with their new environment. This is a supplement to the College's general orientation and introductory sessions, seminars, and specific program orientation activities.

Orientation day for international students includes seminars on life in Canada, adjusting to culture, food, climate, where to shop, banking in Canada, climate orientation, safety and security, counseling and student success services.

For up-to-date information on your college and program orientation sessions, please visit:
www.confederationcollege.ca/orientation

The International Education Centre

The International Education Centre offers a full range of services to international students, ensuring their stay at Confederation College is both successful and enjoyable.

What does the International Education Centre do for you?

- Acts as a liaison and refers international students to relevant departments and services
- Advocates for international students
- Arranges mandatory health insurance coverage for international students and Canadian students studying abroad (Guard.me)
- Delivers scholarships to international students
- Offers academic advising to international students
- Organizes cultural and recreational activities throughout the year
- Promotes a connectedness through an active Facebook Page, with international specific information
- Promotes diversity within the College
- Provides English language training in our ESL (English as a Second Language) and EAP (English for Academic Purposes) programs
- Provides international students with an in-depth orientation to Confederation College and Thunder Bay
- Reserves homestay accommodation for international students
- Serves as a first point of contact for international students for emergencies, issues or concerns

Location: SHU 251 (In the Shuniah /Main Campus building)

Phone: 475-6467

Hours: Mon–Fri: 8:30–4:30pm

Website: www.confederationcollege.ca/international

CAMPUS SERVICES

Here is a quick review of services and facilities provided by Confederation College to make your life at the school more convenient.

APIWIN

("a place to sit")
Website: /apiwin
Location: SHU 1st floor
Phone: 475-6252(ext. 6252)
Hours:
Mon—Fri: 8:30am to 4:30PM

Apiwin is a quiet, relaxing space that provides supports for Indigenous students, but is open to all. Apiwin's Cultural Navigators organize events such as beading, crafting, Elder visits, smudging, drum & dance circles, and feasts. International students enjoy playing chess, attending events or participating in potluck gatherings (a "potluck" is a style of meal where everyone invited brings a dish to share). Apiwin is a great place to learn more about Indigenous culture.

Banner

Location: Online

"Banner" is an online tool you can use to get important college information including your class schedule, transcripts, and account summary.

Bookstore

Location: SHU 118
Phone: 475-6225(ext. 6225)
Hours:
Mon - Fri: 8:30 am-4:30 pm

This is where you can purchase your textbooks. The bookstore also carries school supplies and a great selection of Confederation College clothing and swag (water bottles, notebooks, pens etc.).

It is essential that you purchase books, either new or used, for each of your classes. Books can be expensive, but keep in mind it is a small investment compared to the overall cost of your education. Some programs require special tools, or kits, that you must also purchase. Check with your program coordinator for more details.

Cafeteria

Website: /cafeteria
Location: SHU 2nd floor
Phone: 475-6378(ext.)
Hours:
Mon - Fri: 8 am-8 pm
Sat & Sun: 10:30 am 6:00 pm
Reduced hours in the summer

The main cafeteria houses a coffee and donut shop (Tim Horton's), a grill station (with hot foods like hamburgers and perogies), a deli station (sandwiches and wraps), a stir-fry station, sushi, and wood fired pizza are also available. There is always pasta, soups, salads and snacks available.

- Meal plans are available (not mandatory) for all students, including students staying in Spruce and Cedar residences.
- Meal plans are mandatory for students staying in Sibley Hall residence. Plan options range from $3,150 to $3,900 for the year. To save on costs, bring a packed lunch with you to school.
- Microwaves and hot water carafes are available in the cafeteria for your use.

Computer Help Desk

Website: /computerservices
Location: SHU 346
Phone: 475-6488 (ext. 6488)
Hours:
Mon-Thurs: 8 am-9 pm / Fri: 8 am-5 pm

Provides help on technical issues regarding your computer & college email.

Talk to a tech (technician) if you're having trouble:

- printing assignments
- signing in to the network / accessing the internet
- saving to your personal drive
- accessing college applications like Banner or Blackboard

Computers & Wi-Fi Network

Wireless internet is offered everywhere on campus and requires a password:

Network: snap?47 or 46
Password: DAFCA169AA

To log on to any campus computer or your email account, you need your username and password.

Your username is up to 8 characters long and will usually consist of your first initial and your last name. In some cases, there may be a number attached at the end. If you have your student card already, your username is the part that comes before the "@" sign.

Your password is the first letter of your first name (capitalized), the first letter of your last name (lowercase), and your 9 digit student number. You can change your password once you have logged in for the first time.

Example: John Smith ***username >*** jsmith ***password >*** Js1001111114

Fitness Centre

Website: /fitnesscentre
Location: behind SHU building
Phone: 475-6398(ext. 6398)
Hours:
Mon - Thu: 5 am-11 pm
Fri: 5 am-10 pm
Sat & Sun: 7 am-8 pm
Reduced holiday & summer hours

The Fitness Centre is also called "The Bubble" because of its shape. Its amenities include:

- Cardio equipment area
- Weight training areas
- Four-lane indoor track
- Tennis & squash courts
- Badminton & basketball
- Saunas & steam rooms
- Yoga & aerobic classes
- Fitness programs*

*Additional fee applies. Most programs start the 2nd week of the semester. You must register in advance.

The Fitness Centre is included in tuition for full-time students – just show your student card on entry. Students in English Language Program (EAP and ESL) can purchase a pass for a small fee by contacting the IEC.

Health Centre

Website: /healthcentre
Location: SHU 1st floor
Phone: 475-6169 (health)
475-6436 (dental)
Hours:
Mon - Fri: 8:30 am-4:30 pm
Closed Sat & Sun

The Health Centre offers a broad range of medical services and health promotion strategies to support the health of our diverse population. Regular clinics are available by appointment during the school year excluding holidays.

Fee for Service ($)

Some health services, including physical examinations, sexually transmitted disease screening, health counseling (nutrition, anxiety, and stress management) and massage therapy, are available on campus for a fee.

Dental Services ($)

Some dental care services, including cleaning and x-rays, are available for a very reasonable cost and are provided by Confederation College students in the Dental Assisting and Dental Hygiene programs.

If you have questions or concerns, do not hesitate to go to a clinic (on campus or a walk-in) and speak with a doctor. Be open and honest with them; they are here to help you and ensure you are healthy and safe.

Health Insurance (Guard Me)

Website: www.guard.me
Phone: 1-877-873-8447
Email: info@guard.me

Health insurance is included in international student tuition and is provided by Guard.me. Coverage includes doctor appointments, emergency room care, and hospitalization. Health insurance may be purchased at an additional cost for immediate family members of a current student.

In order to process a claim, you must request a copy of the doctor's notes taken during the appointment for submission to Guard.me. You should show your health insurance card to the service providers and ask the provider to invoice you for the service; you can then request that Guard.me pay the invoice. Alternatively, you may be required to pay the provider of the service and then apply for a reimbursement through Guard.me.

Always carry your Guard.me ID Card with you. The information on the card is very important. Call within 24 hours of an emergency situation to start the claim process.

Claims of less than $1000 are done online. Go online to www.guard.me and click on "*Make a Claim*." Larger claims must be mailed in using a claim form.

If you have questions about your health insurance coverage or making a claim, contact Guard.me.

Information Desk, "The Hub"

Location: SHU 1st floor

Phone: 475-6110 (ext. 6110) or

Toll-free: 1-800-465-5493

Hours:
Mon - Fri 8:30am - 4:30pm

Visit The Hub to get your transcript, pay your tuition or any other outstanding balance on your student account, and for help with registration or to pick up academic forms.

Library, "Paterson Library Commons"

Website: /library

Location: SHU 2nd floor

Phone: 475-6219 (ext. 6219)

Hours:
Mon - Thu: 8 am-9 pm

Fri: 8 am-4:30 pm

Sat & Sun: 12 pm-5 pm

* First floor open to 11pm daily*

Borrow audio/visual equipment, books and videos

The library has a large print collection of books, journals, newspapers, articles, as well as a wide range of electronic resources including LibGuides (databases specific to programs), online books, articles and e-journals. You can also borrow books from Lakehead University's Chancellor Paterson Library and from the public libraries using your student card. Library staff can help you find resources to research term papers and assignments.

Your library card is your Confederation College student card. To access the library services while away from the college, you must get a PIN (ask at the 2nd Floor Library Desk, or request via the Get my PIN online form). Present your student card and photo ID with local and home address information.

Private study rooms are available on the first floor. Each room has a computer, internet access, VHS/DVD player, and wall-mounted monitor. Rooms can be booked for up to four hours a week, per student. Book a private study room online at:
www.confederationcollege.ca/library/studyroom

Mental Health & Counselling Services

Website: /counseling

Location: SHU 153

Phone: 475-6118(ext. 6118)

Hours:
Mon - Fri: 8:30 am-4:30 pm / open Tue until 7:30 pm

Mental health is defined as a state of well-being in which an individual can cope with the normal stresses of life. Feeling upset, anxious, sad, angry, frustrated, or depressed are all normal experiences. The challenges you may face in adapting to a new set of cultural norms may intensify these feelings. This is normal, and you are not alone (it is when these feelings interfere with your ability to function on a day-to-day basis that they are of concern). Reaching out and seeking help is a sign of strength. We encourage you to meet with one of our trained counselors for a private and confidential appointment to help you. Academic advisement and personal counseling are available.

Ombudsperson

Website: /ombuds

Location: SHU A 212

Phone: 475-6209(ext. 6209)

Hours:
Mon - Wed: 10:30 am-4:00 pm

Thu: 10:30 am-12 pm

Our Ombudsperson, is an independent, impartial office financed equally by the College and the Student Union. The Ombudsperson ensures students are being treated fairly and equitably and provides help to resolve academic and housing issues.

Student Success Centre

Website: /studentsuccess
Location: SHU 153
Phone: 475-6623(ext. 6623)
Hours:
Mon - Fri: 8:30 am- 4:30 pm

The Centre provides specialized services including:

- Academic and peer tutoring
- Drop-in tutorials for math, communications & computers
- Academic workshops and advising
- Learning resources to be more successful in your studies

Student Union of Confederation College Inc. (SUCCI)

Website: /student-life
Location: SHU 1st floor
Phone: 475-6226 (ext. 6226)
Hours:
M-Fri 8:30 am-4 pm

SUCCI (pronounced "SOO-key") hosts a wide variety of events and activities including social events, special guest speakers and educational events that challenge you and complement your learning. Most events and activities are free of charge!

Campus Recreation opportunities abound with a wide variety of sport, recreation and family events for all. For more information, visit www.confederationcollege.ca/student-life/your-student-association-succi/campusrec

Security Services

Website: /publicsafety
Location: SHU B106
Phone: 475-6324(ext. 6324)

Security assists with crime prevention, fire safety, enforcing traffic and parking regulations, and patrolling the grounds and buildings. To be escorted from any building to your vehicle, bus stop, or another building on campus at any time, call the Campus Security Walk service at 623-0465.

Hours: 24 hrs./day

EMERGENCY: dial 922 (from college phone) or 623-0465 (cell phone)

FIRST TERM

Education at Confederation College

By now, you have probably begun to settle into life in Thunder Bay and are becoming more familiar with Confederation College. It is now important that you prepare yourself for classes, studying and homework. You may find that the classroom culture at Confederation College is quite relaxed compared to what you are accustomed to in your home country.

Generally accepted classroom behaviours:

- ☐ **Arrive on time to class. It is rude to be late.** If you must be late, enter the classroom as quietly as possible. Some teachers require students to wait for a break to enter the class if they are late.
- ☐ If you must leave the classroom early, do so as quietly as possible. Have a valid reason for leaving early and tell your instructor before the class begins. It is less disruptive to leave during a class break.
- ☐ Your instructor will tell you how to address them on the first day of class. This may be by their first name or a more formal title like Mr./Mrs./Ms. In general, **Canadian instructors are not used to being called "teacher" or "mam"/"sir"**.
- ☐ Raise a hand to ask questions or make comments when the instructor is lecturing.
- ☐ Drinking water or coffee/tea is usually acceptable in class. **Eating in class is often considered rude. You should wait for a break to eat**.
- ☐ **TURN OFF YOUR CELL PHONE IN CLASS**. If you must answer an emergency call, leave the classroom quietly so you do not disturb the class. Tell your instructor before class if you are expecting a call that you will have to answer.
- ☐ Talking to classmates while the instructor is talking is considered disrespectful and disruptive.
- ☐ You are expected to ask for help when you need it. It is not considered embarrassing to you or the instructor if you ask for help.
- ☐ If your instructor is speaking too quickly, ask questions. Exchange notes with classmates. Leave space in your notes to add more later if you miss points. Ask the instructor's permission before tape-recording lectures.

Visit the Student Success Centre website for guidance on being successful in a Canadian classroom: www.confederationcollege.ca/student-success-centre/learning-skills-resources

Blackboard Learn

"Blackboard Learn" is an online learning system where you access your classes and grades, communicate with your teachers, and read important course and academic notices. Some teachers upload course-specific assignments, PowerPoint presentations, lecture notes, and other classwork onto Blackboard. Check Blackboard frequently by logging into "*myCampus*" on the Confederation College homepage.

E-mail habits

- Check your Confederation College email regularly
- When emailing a teacher, always include your full name, program and class
- Check for spelling, punctuation and grammar errors before sending an email

Calculating Marks

If you have a question about how a test or paper was marked, ask your teacher. Grades are not negotiable so do not ask your teacher to change your grade. GPA (Grade Point Average) is calculated out of a maximum of 4 points. The highest GPA you can receive is a 4.0. To be on the Dean's List, your GPA must be at least 3.5. View the chart below to see how marks are converted into GPA in Canada. GPA is based on the results of all official assignments, tests and presentations, NOT just the final exam.

MARK	GRADE	GPA
80 - 100%	A	4
70 - 79%	B	3
60 - 69%	C	2
50 - 59%	D	1
Below 50%	F	0

Cheating & Plagiarism

Copying someone else's work on a test is cheating. In papers or reports, copying someone else's work without giving them credit is called "plagiarism". Both cheating and plagiarism are serious offences and are not tolerated at Confederation College. You will receive a zero and may face other academic penalties if you have cheated or plagiarized any portion of an assignment or test. Repeated offences may result in a failing grade.

To avoid plagiarism, you must cite your sources whenever you use another person's idea, opinion, or theory; any facts, statistics, graphs, drawings or other information that are not common knowledge. This includes quotations or a paraphrase of another person's actual spoken or written words.

If you are unsure about how to cite your research, contact the Library staff for assistance. The library offers workshops throughout the year on how to research and cite sources.

Class Conduct

On the first day of class your instructors/teachers will inform you of specific class rules, provide you with a course outline that summarizes the grading system, as well as a class schedule with important dates and deadlines. Refer to these often to ensure you are keeping up with your course work.

In Canada, students are expected to:

- Actively participate during the class.
- Take notes, participate in discussions, and ask questions.
- Speak freely and respectfully during group discussions. It is not rude to have a different opinion if you express it respectfully.
- Be responsible for their own learning. If you are absent from class you must find out what you missed from your classmates or instructor. Your instructor will not come to you.

NOTE: Class attendance is mandatory and vital to your academic success at Confederation College. There is no excuse, other than an emergency, to arrive late or miss a class. If you miss a test or exam you will not be given an opportunity to re-write the test/exam.

Instructors and students recognize that there are many sources of knowledge. It is acceptable for instructors to say, "I don't know the answer to your question, but will find out".

Scholarships

Confederation College does offer some awards and scholarships, with the amounts ranging from $500-$1,000, the timing, number and the value of the awards may change from year to year. Students are reminded to check their college email frequently so they do not miss out on these opportunities.

Social/Cultural Activities and Clubs

Activities are a great way to connect with fellow classmates, keep healthy, and meet new friends. The Student Union of Confederation College (SUCCI) organizes events throughout the school year. There are multiple campus recreation events like dodge ball, 10-pin bowling, ping pong tournaments, soccer, volleyball and more. There are also music sessions and movie screenings hosted in the Student Commons area during the semester.

Students can join campus recreation sports tours, city tours, and participate in the fun on and off-campus events. SUCCI also organizes winter events like skiing, tubing, and the winter carnival.

During the school year, many student clubs meet on a regular basis. Students can form any club they want with co-operation from SUCCI. For example, clubs included the Anime Club, Tabletop Gaming Club, Music and Arts Club, Video Game Club and the Film Club last year. www.confederationcollege.ca/student-life

On-Campus Sports

SUCCI offers a varsity athletics and sports teams that are open to international students to join. The Confederation College Thunderhawks Varsity Athletics Program competes as part of the Ontario Colleges Athletic Association. Teams include golf, cross-country running, men's & women's indoor soccer, men's & women's mixed curling, competitive cheer- leading and women's hockey. All students are welcome to try out for a team. When on a team, students must maintain a minimum 2.0 GPA.

For more information visit SUCCI Varsity & Sports Teams and www.confederationcollege.ca/student-life/athletics.

APPENDIX 1: ENTERTAINMENT

Indoor Activities

DESCRIPTION	LOCATION	ACCESSIBILITY
DEFINITELY SUPERIOR ART GALLERY 344-3814 Contemporary, local art | definitelysuperior.com	250 Park Ave., Suite 101	Bus or car
MAGNUS THEATRE 345-5552 Live theatre ($18 for students) | www.magnus.on.ca	10 Algoma St. S.	Bus or car
MARIO'S BOWL 344-9644 Bowling ($4.55 per game + $2.65 shoe rental) "Cosmic bowling" on Friday's | www.mariosbowl.com	710 Memorial Ave.	Bus or car
PARAMOUNT THEATRE 344-4386 Live Theatre (prices vary) | www.paramounttheatre.ca	24 Court St. S.	Bus or car
SILVER CITY 628-8445 Movie theatre (Half price Tuesdays $4.50) | www.cineplex.com	850 May St. N.	Bus or car or bike path
TERRY FOX MONUMENT Lookout and information center A tribute to Terry Fox, a national hero, who lost a leg to cancer and set out to run across Canada, raising money and awareness for cancer research. www.terryfox.org	On Highway 11/17, 1km east of Hodder Ave.	By car
THUNDER BAY ART GALLERY 577-6427 $1.50 to $3 (free on Wednesdays) | www.theag.ca	1080 Keewatin St. (located on Campus)	Walk or bus or car
THUNDER BAY COMMUNITY AUDITORIUM 684-4444 Concerts, comedians, speakers | www.tbca.com	1 Paul Shaffer Dr.	Bus or car
THUNDER BAY CONSERVATORY 622-7036 Botanical gardens	1601 Dease St. (close to College)	Walk or by car
THUNDER BAY HISTORICAL MUSEUM 623-0801 $3 or free on Tuesdays | www.thunderbaymuseum.com	425 Donald St. E.	Bus or car

Outdoor Activities

DESCRIPTION	LOCATION	ACCESSIBILITY
BOREAL JOURNEY SLED DOG KENNEL 933-4224 Dogsledding | www.borealjourneys.com	Kaministiquia	By car
BOULEVARD LAKE 345-7261 Swimming, walking, tennis, paddleboats, bike paths	Near Cumberland St.	Bus or car
CASCADES CONSERVATION AREA 344-5857 Hiking trails, swimming, and a kilometer-long rapids and waterfalls www.lakeheadca.com/cascades	End of Balsam St.	By car
CENTENNIAL PARK 625-2195 Hiking, picnics, sledding, cross-country skiing	Centennial Park Rd., near Boulevard Lake	Bus or car
CHIPPEWA PARK 623-3912	Chippewa Rd,	Bus or car

Beach, walking trails, amusement rides | www.chippewapark.ca	at the end of City Road	
FORT WILLIAM HISTORICAL PARK 473-2344 Canada's #1 outdoor attraction! Reconstructed fur trade post with reenactments of events in 1815. Canoeing, camping, and hiking also available $7.5-12 for students with ID (price varies by season) www.fwhp.ca	1350 King Rd.	Bus or car
KAKABEKA FALLS 1-800-668-2746 130ft tall waterfalls, nicknamed the "Niagara of the North" 18km of hiking trails www.ontarioparks.com/park/kakabekafalls	Located west of the city, 20km down Hwy 11/17	By car
KAMVIEW NORDIC CENTRE 475-7081 Cross-country skiing 30km of cross-country ski trails | www.tbnordictrails.com/trails/kamview	851, 20th Side Rd.	By car
LOCH LOMOND SKI AREA 475-7787 Downhill skiing & tubing | www.lochlomond.ca	1800 Loch Lomond Rd.	By car
PRINCE ARTHUR'S LANDING 684-2080 Walking paths, sailing excursions, BMX/Skateboard park, outdoor summer concert series, ice skating pad (winter), and splash pad (summer)	Marina Park	Bus or car
MOUNT MCKAY 622-3093 Lookouts and hiking trails	Fort William First Nation, Mission Road, off Chippewa Rd.	Bus or car
NOR'WEST OUTDOOR CENTRE 475-8346 Rock-climbing, archery, snowshoeing, hiking, snowboarding (appointments necessary) | www.cqo2000.com/noc	1184 Mountain Rd., off-Highway 61	By car
PIGEON RIVER PROVINCIAL PARK 1-800-668-2746 Walking trails ending near two waterfalls www.ontarioparks.com/park/pigeonriver	60km south of city, before the USA border	By car
SLEEPING GIANT (SIBLEY) PROVINCIAL PARK 1-800-668-2746 Camping, extensive hiking, snowshoeing, cross-country skiing networks www.ontarioparks.com/park/sleepinggiant	East of Thunder Bay on 11/17, off on Highway 587	By car
SILVER HARBOUR CONSERVATION AREA 344-5857 Hiking trails	East down Lakeshore Dr., right on Silver Harbour Rd.	By car

Sports

DESCRIPTION	LOCATION	ACCESSIBILITY
CANADA GAMES COMPLEX 684-3311 Aquatics – swimming, diving, and other recreation Admission Rate: $5.18 + HST (student price)	420 Winnipeg Ave.	Bus or car
CHAPPLES GOLF COURSE 625-2582 Prices vary	530 Chapples Park Dr.	Bus or car

LAKEHEAD UNIVERSITY THUNDERWOLVES (HOCKEY) 766-7286 Tickets available through SUCCI	Fort William Gardens 901 Miles St E.	Bus or car
LAKEHEAD UNIVERSITY CRICKET	CJ Sanders Fieldhouse 955 Oliver Rd.	Bus or car
NW ONTARIO SPORTS HALL OF FAME MUSEUM 622-2852 Admission by donation	219 May St. S.	Bus or car
THUNDER BAY BORDERCATS (BASEBALL) 766-2287 Tickets $8 general admission	Port Arthur Stadium 420 Lisgar Street	Bus or car
THUNDER BAY CHILL (SOCCER) 623-5911 Ticket prices vary	Sports Dome, 2ND floor 141 Northern Ave.	Bus or car
THUNDER BAY COUNTRY CLUB (GOLF) 344-8141 Prices vary	1055 Oliver Rd.	Bus or car
BOULDER BEER CLIMBING CENTRE (Indoor rock climbing) 286-6633 $14/day pass + $8 equipment rental + 15% off for students	425 Northern Ave.	Bus or car

APPENDIX 2: FOOD

Local Restaurants

Thunder Bay has an abundance of local restaurants offering a wide-range of choice in both style and price range. These are only some of the local restaurants in Thunder Bay.

RESTAURANT	DESCRIPTION	LOCATION
CASUAL DINING		
In Common	Lunch, dinner.	40 Cumberland St S
The Sovereign room	Dinner and late night. Brunch on Saturday and Sunday.	220 Red River Rd
Madhouse	Lunch, dinner and late night.	295 Bay St
Growing Season	Lunch, dinner. Vegan and vegetarian options.	201 S Algoma St
Rebel Salad	Lunch, dinner. Vegan and vegetarian options.	320 Bay St.
5 Forks Restaurant	Dinner, late night.	1072 Oliver Road
Bar Italia	Lunch, dinner.	168 Court Street South
Bight Restaurant + Bar	Lunch, dinner, late night.	2201 Sleeping Giant Parkway
Niva's Restaurant	Breakfast and lunch.	376 Lisgar St.
Nook	Lunch, dinner, late night.	217 Bay Street
Prospector Burger Barn	Lunch, dinner.	1085 Memorial Ave
Tony & Adam's	Dinner, late night.	45 S Court St
The Crew on May	Lunch, dinner, drinks.	129 May St South
Red Lion Smokehouse	Lunch, dinner, late night.	28 Cumberland St South
FINE DINING		
Tomlin Restaurant	Dinner, late night.	202 1/2 Red River Rd
Caribou Restaurant + Wine Bar	Dinner. Lunch on Thursday and Friday	727 Hewitson St
Bistro One	Dinner, late night.	555 Dunlop St
Giorg	Dinner.	114 N Syndicate Ave

Bars & Pubs

DESCRIPTION	LOCATION	ACCESSIBILITY
BLACK PIRATES CLUB live music, drinks, DJ, special events	101, 215 Red River Rd.	Bus or car
HODDER TAVERN live music, drinks, DJ, karaoke	481 Hodder Ave.	Bus or car
LOT 66 cocktails drinks, dinner	66 Court St. S.	Bus or car
CROCK'S BAR live music, DJ, UFC pay-per-view events	16 Cumberland St. S.	Bus or car
ON DECK SPORTS BAR drinks, pool tables, TVs	54 Cumberland St. N.	Bus or car
ROCKHOUSE live music, DJ, +25 years of age on Fridays	201 Syndicate Ave. S.	Bus or car
MADHOUSE drinks, dinner	295 Bay St.	Bus or car
THE SOVERIEGN ROOM cocktails , dinner, DJ	220 Red River Rd.	Bus or car
THE OUTPOST (UNIVERSITY PUB) food, concerts, events	955 Oliver Rd. (LU campus)	Bus or car
TONY AND ADAMS cocktails, dinner, DJ	45 Court St. S.	Bus or car
THE FOUNDRY drinks, dinner, DJ, live music	242 Red River Rd.	Bus or car
RED LION SMOKEHOUSE drinks, lunch, dinner, live music, board games	28 Cumberland St. S.	Bus or car
NV NIGHTCLUB, cocktails, DJ	228 Red River Rd.	Bus or car
For up-to-date concert and special event listings, visit www.tbshows.com		

Local coffee shops

Soaking up the atmosphere, outstanding coffee, specialty teas, and delicious pastries in our many cafés and coffee houses is a wonderful way to pass the time in Thunder Bay. It can also be a great place to study for students. In Thunder Bay, we have everything from independent and cozy cafés to major chains such as Starbucks and Tim Horton's.

CAFE	LOCATION
Bay Village Coffee	221 Bay St.
Club Cappuccino Café & Desserts	180-595 Arthur St W
CommuniTEA and Coffee	108 E Frederica St
Crono's Café	433 S Syndicate Ave
David's Tea	Intercity Mall
International House of Tea	205 S Algoma St
Robin's Donuts	Various locations around the city

St. Paul Roastery	11 St. Paul St.
Sweet North Bakery	10 Court St. South
Sweet Escape	271 Bay St.
The Bean Fiend	194 Algoma St. South
The Study Coffee House	955 Oliver Rd. (Lakehead University)
Up Shot Coffeehouse	111 May St South

Ethnic Restaurants

RESTAURANT	PHONE	CUISINE	COST	LOCATION
Oriental Gardens	767-4177	Chinese, Thai, Vietnamese	$$	1091 Dawson Rd.
Chinese Express	475-8833	Chinese,	$$	601 Arthur St.
Mr. Chinese	577-8051	Chinese	$$	615 Arthur St.
Handu BBQ	286-4818	Chinese, Korean	$$	845 May Street North
Woking Bird	547-5113	Chinese, Thai, Vietnamese	$$	425 Edward St North
The Hoito	345-6323	Scandinavian	$	314 Bay St.
Kangas Sauna	344-6761	Scandinavian	$	379 Oliver Rd.
The Scand Restaurant	345-7442	Scandinavian	$	147 S Algoma St
Naxos	475-3886	Greek	$$	610 Arthur St.
Melizana	285-4801	Greek	$$	1047 Dawson Rd
Masala Grille	344-3663	Indian, Thai	$$$	170 Algoma St.
Monsoon	286-6315	Indian	$$	588 Arthur St West
Ted's Kitchen	474-3149	Jamaican	$	319 May St. North
Sushi Bowl	345-1746	Japanese	$$	250 Red River Rd.
Wasabi Restaurant	628-8088	Japanese	$$	538 Arthur St.
Tokyo House	622-1169	Japanese	$$	231 Arthur St. West
Sushi Station	767-8220	Japanese	$$	450 Memorial Ave
Kebab Village	622-9495	Lebanese	$$	215 Syndicate Ave.
Damascus Donair	286-7530	Lebanese	$$	17 St Paul St
Churrasqueira Galo Inc	767-3030	Portuguese	$	570 Red River Road
Thai Kitchen	345-1707	Thai, Vietnamese	$	11 S Cumberland Street
3 Mangoes	623-5780	Thai, Vietnamese	$$	2624 East Victoria Ave.

* Please note that these are just some of the ethnic restaurants in Thunder Bay.

Specialty Grocery Stores

The largest supermarkets are Metro, Safeway, No Frills and the Superstore. The Superstore, located at 600 Harbour Expressway has the best selection of imported and international food. Most stores are open 7 days-a-week, with shortened hours on Sunday and may be closed on statutory holidays.

NO FRILLS 425 Edward St. N.	**THUNDER BAY COUNTRY MARKET** CLE Dove Building, 850 May St. N. Sat: 8 am-1 pm Wed: 3 pm-6 pm (summer only)	**THE REAL CANADIAN SUPERSTORE** 600 Harbour Expressway *wide variety of imported foods
BONOBO'S FOODS 493 Oliver Rd. Wed - Sat: 10 am-7 pm	**KELLY'S NUTRITION CENTRE** 820 Red River Rd.	**SANSKRITI INDIAN BAZAAR** 1206 Victoria Ave. E. Daily: 10 am-7 pm

Unique foods to try in Thunder Bay

Pancakes and maple syrup

Finnish pancakes with Canadian maple syrup - the world-famous Hoito Restaurant, opened in 1918, specializes in breakfast and inexpensive Finnish cuisine. Located at 314 Bay St.

Persians

A Persian is a cinnamon roll-like donut smothered in pink frosting. Go to 'The Persian Man' (400 Balmoral St. or 899 Tungsten St.) or most grocery store.

Thunder Oak Gouda Cheese

Located just outside the city, this is the only cheese farm in Ontario that makes gouda cheese, and in eight different flavours. The farm is only accessible by car (RR3 Boundary Drive off Highway 61), but the cheese can be purchased at local markets and stores.

Poutine

Unique to Canada, this French dish is French fries

Confederation
COLLEGE

THUNDER BAY, ONTARIO, CANADA

our locations

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