



Lakehead
UNIVERSITY

International

Superior Arrival Guide 2015 - Orillia



EXCEPTIONAL.
UNCONVENTIONAL.

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MESSAGE FROM LAKEHEAD UNIVERSITY INTERNATIONAL

Welcome,

On behalf of Lakehead University International it gives us great pleasure to welcome you to Lakehead University. You are now part of an internationally rich and diverse student community of about several hundred students representing many different countries.

We wish you all the very best as you prepare for this life changing experience! We will be with you in this important time. This manual will help you with the first steps necessary in order to start your academic life in Orillia, Ontario, Canada. Please read them carefully and contact us for any further pre-arrival questions you may have. You can write us at:

international@lakeheadu.ca

When you arrive in Toronto, we will arrange for your transportation to Orillia as long as you have completed your airport pick up form ahead of time. You will then participate in our Superior Orientation and you will be given a handbook about life on campus and in our city. Until then, good luck in your preparations for coming to Canada. We are here to help you with your "Superior Arrival"

Lakehead International Team



IMMIGRATION MATTERS



Please note that the information below was valid at the time of printing. Be sure to check Citizenship and Immigration Canada (CIC) website at cic.gc.ca regularly for updates.

Study Permit

Once you have received your official Letter of Acceptance from Admissions, Lakehead University, you should begin procedures to obtain your Study Permit. You must apply for a Study Permit from the appropriate Canadian Embassy, High Commission, or Consulate (www.dfait-maeci.gc.ca) (A Study Permit is not required if you will be studying in Canada for less than six months). There is an application fee and this fee is payable at the time the application is made but does not guarantee a Permit will be issued. Citizens of the United States may obtain a Study Permit at the border when they enter Canada, with their letter of acceptance, proof of citizenship and proof of funds.

Temporary Resident Visa – TRV (Visitor's Visa)

In addition to a Study Permit, citizens of certain countries require a Temporary Resident Visa to enter Canada. To find out whether you require an entry visa, please refer to: <http://www.cic.gc.ca/english/visit/apply-how.asp>

Canadian visa office

Canadian visa offices can answer questions about applications processed outside Canada. If you live outside Canada, Canadian visa offices can answer questions about CIC services and programs.

<http://www.cic.gc.ca/english>

Immigration Resources
Citizenship & Immigration Canada
(CIC)
Webpage: www.cic.gc.ca

Arrival in Canada

Before you land in Canada the airline will provide you with a Canada Customs Declarations form. The Border Security Agency website provides information of this declarations form at: <http://cbsa-asfc.gc.ca>

On arrival at the airport, follow the signs for Arrivals to Customs and Immigration area. At Canada Customs, you must indicate that you are coming to Canada to study and you will be required to present your travel documents and your letter of introduction that confirms your Study Permit was approved. You will then speak to an immigration officer at your Port of Entry. There are three main ports of entries in to Canada which are Toronto, Montreal, and Vancouver. The closest one to Orilla is the airport in Toronto. The airport has displays, signs, and directions in English as well as in French that will guide you from your flight to the customs as well as to the baggage claim. At customs, an immigration official will examine your documents. If everything is in order, the immigration official will issue your Study Permit.

Although you will probably be tired from your trip to Canada, be sure to read your Study Permit carefully and ask the immigration official to explain anything you do not understand. It is your responsibility to understand and comply with immigration regulations while you are in Canada. Carry the following documents with you so that you will be able to show them to an examining officer at Canada Customs and/or an immigration official at your Port of Entry:

1. A valid passport or travel document
2. A valid Temporary Resident Visa (also referred to as a Canadian entry visa), if required
3. An original or copy of your Lakehead University – Letter of Acceptance.
4. Evidence of adequate funds for your stay in Canada
5. Your letter of introduction issued by Citizenship and Immigration Canada
6. Any other documents recommended by the visa office that processed your Study Permit application
7. A list, in duplicate, of all items you are bringing with you to Canada , including the approximate value of each item and serial numbers where applicable

If any of your documents are missing or if any of the information on your application or documents is incorrect, you may not be allowed into Canada. For this reason, it is important to make sure all of your documents are accurate before you leave home. Since you will be required to present your documents upon entry into Canada, be sure to carry these documents with you during your travels – do not pack them in your checked baggage.



For more information on arriving to Canada go to:
<http://www.cic.gc.ca/english/visit/arriving.asp>

Toronto Pearson International Airport (YYZ)

There are two terminals at Toronto Airport: Terminal 1 and Terminal 3. The Link Train connects both terminals.

Terminal 1

This terminal is divided into four levels: 1, 2, 3 and G. ATMs, currency exchange bureaus, information points and restrooms can be found on all levels of the terminal building.

Level 1 - Arrivals

Gates 101-112 are on this level but they are accessible from Level 2. Baggage Claim, customs, travellers aid and an interfaith centre are on this level. The ground transportation services available are: Taxis, Limousines and the Downtown Express service.

Level 2 – Gates, Parking, Link Train

There are three branches to this level. Gates 120-193 are located on this level and a shuttle service takes passengers to gates 200-299. The ground transportation services accessible on this level are: Car Rental, Parking, Valet Parking and Link Train. Art Exhibitions and Customs are on this level as are the vast majority of the shops and restaurants in Terminal 1.

Level 3 – Departures

This level is where the check-in gates are based. US Customs and the baggage storage and mail box are also based here. Elevators and lifts take passengers from the other levels to this area.

Level G – Ground Transportation

Group check-in is based here, as well as the terminal's Lost and Found office. The following transportation options are based here: Hotel Shuttle, Out of Town Vans, Parking Shuttle and all public transport. Elevators and escalators take passengers up to the departure levels.



Terminal 3

There are two levels on this terminal (1 and 2) and each has the following services available: Information Counters, ATMs, currency exchange bureaus and restrooms. There are three branches to the terminal; a tunnel connects the smallest branch with the others.

Level 1 - Arrivals

All immigration and customs services are on this level as well as the baggage claim area and lost and found office.

Level 1 is host to all ground transportation services apart from parking and the LINK Train, which are on Level 2.

Level 2 – Departures

Gates A2-A6, B7-B23 and C24-C41 are based on this level with each located on a separate branch of the building. The vast majority of passenger services, shops and restaurants are based on Level 2 including mail, baggage storage and the interfaith centre. The only transportation options directly accessible on this level are the LINK Train and the airport parking.



Simcoe County Airport Service

If you notified our office ahead of time a reservation would have been made for you with Simcoe County Airport Service located on the ground level of terminal 1 and the arrivals level of terminal 3. Please report to this representative.

Filling out a Customs Card

Upon arrival you will have to fill out a declaration card when entering Canada. The card can be intimidating but is manageable if you are prepared. Below is the card you will be given on the plane upon arrival. More information about the custom can be found online at: <http://travel.gc.ca/returning/customs/entering-canada>

Instructions

All travellers must be identified on a Canada Border Services Agency (CBSA) Declaration Card. You may list up to four people living at the same address on one card. **Each traveller is responsible for his or her own declaration. Each traveller is responsible for reporting currency and/or monetary instruments totaling CAN\$10,000 or more that are in his or her actual possession or baggage.**

Under the law, failure to properly declare goods, currency and/or monetary instruments brought into Canada may result in seizure action, monetary penalties and/or criminal prosecution.

Information from this declaration will be used for CBSA control purposes, and may be shared with other government departments to enforce Canadian laws. For more information see *Info Source* (ref. no. CBSA PPU 018), at a public library or visit <http://infosource.gc.ca>.

Part B – Visitors to Canada

The following duty-free allowances apply to each visitor entering into Canada:

- Gifts (excludes alcohol and tobacco) valued at no more than CAN\$60 each.
- 1.5 L of wine or 1.14 L of liquor or 24 x 355 ml cans or bottles (8.5 L) of beer or ale.
- 200 cigarettes, 200 tobacco sticks, 50 cigars or cigarillos and 200 grams of manufactured tobacco.

Part C – Residents of Canada


Each resident returning to Canada is entitled to **one of the following personal exemptions** based on his/her time absent from Canada (include all goods and/or gifts purchased or received abroad):

- **24 hours: CAN\$200**
Not claimable if goods exceed CAN\$200. Alcohol and tobacco cannot be claimed.
- **48 hours: CAN\$800**
This includes alcohol and tobacco (see table below).
- **7 days: CAN\$800**
This includes alcohol and tobacco (see table below) and unaccompanied goods.

Alcohol and tobacco exemption table
1.5 L of wine or 1.14 L of liquor or 24 x 355 ml cans or bottles (8.5 L) of beer or ale. (You must be of legal age in the province of importation.)
200 cigarettes, 200 tobacco sticks, 50 cigars or cigarillos and 200 grams of manufactured tobacco (Special Duty may apply).

Fold along line and detach

Fold along line and detach

Canada Border Services Agency / Agence des services frontaliers du Canada		Declaration Card	
<div style="display: flex; justify-content: space-between;"> <div> <div>PAX</div> <div>R U.S. V OV Cr O</div> </div> <div> <div>For Agency Use Only</div> <div></div> </div> </div>			
Part A All travellers (living at the same address) – Please print in capital letters.			
Last name, first name and initials			
1	Date of birth: YY - MM - DD	Citizenship:	
Last name, first name and initials			
2	Date of birth: YY - MM - DD	Citizenship:	
Last name, first name and initials			
3	Date of birth: YY - MM - DD	Citizenship:	
Last name, first name and initials			
4	Date of birth: YY - MM - DD	Citizenship:	
HOME ADDRESS – Number, street, apartment No.		City/Town	
Prov./State		Country	
		Postal/Zip code	
Arriving by:		Purpose of trip:	
Air <input type="checkbox"/> Rail <input type="checkbox"/> Marine <input type="checkbox"/> Highway <input type="checkbox"/>		Study <input type="checkbox"/> U.S. only <input type="checkbox"/>	
Airline/flight No., train No. or vessel name		Personal <input type="checkbox"/> Other country direct <input type="checkbox"/>	
		Business <input type="checkbox"/> Other country via U.S. <input type="checkbox"/>	
		I am/we are bringing into Canada:	
		• Firearms or other weapons (e.g. switchblades, Mace or pepper spray). <input type="checkbox"/> Yes <input type="checkbox"/> No	
		• Commercial goods, whether or not for resale (e.g. samples, tools, equipment). <input type="checkbox"/> Yes <input type="checkbox"/> No	
		• Meat/meat products; dairy products; fruits; vegetables; seeds; nuts; plants and animals or their parts/products; cut flowers; soil, wood/wood products; birds; insects. <input type="checkbox"/> Yes <input type="checkbox"/> No	
		• Currency and/or monetary instruments totaling CAN\$10,000 or more. <input type="checkbox"/> Yes <input type="checkbox"/> No	
		I/we have unaccompanied goods. <input type="checkbox"/> Yes <input type="checkbox"/> No	
		I/we have visited a farm and will be going to a farm in Canada. <input type="checkbox"/> Yes <input type="checkbox"/> No	
Part B Visitors to Canada			
Duration of stay in Canada		Do you or any person listed above exceed the duty-free allowances per person? (See instructions on the left.)	
days		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Part C Residents of Canada			
Do you or any person listed above exceed the exemptions per person? (See instructions on the left.)		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Complete in the same order as Part A			
Date left Canada YY - MM - DD	Value of goods – CAN\$ purchased or received abroad (including gifts, alcohol & tobacco)	Date left Canada YY - MM - DD	Value of goods – CAN\$ purchased or received abroad (including gifts, alcohol & tobacco)
1 Y Y M M D D		3 Y Y M M D D	
2 Y Y M M D D		4 Y Y M M D D	
Part D Signatures (age 16 and older): I certify that my declaration is true and complete.			
1	Date YY - MM - DD		
2			
3			
<div style="display: flex; justify-content: space-between;"> <div>E311 (12/06)</div> <div>Protected A when completed</div> <div>BSF311</div> </div>			
Do not fold Declaration Card			

Canada

MONEY MATTERS

Paying Your Student Account

Payments to Lakehead University are made through Financial Services. Payment can be made using different methods, which are detailed on their webpage <https://www.lakeheadu.ca/faculty-and-staff/departments/services/finance>

- It is the responsibility of the student to be aware of payment and enrolment deposit deadlines. A late fee will be charged on overdue payments.
- Outstanding balances will block enrolment in future courses and restrict the issuance of official university documents. You can check your student account through the "MYINFO" section on the Lakehead University website.
- It is the students' responsibility to keep copies of all account statements and read all relevant communications issued by the Financial Services office.

Financial Services

Main Phone +1-807-343-8243

Office UC 0002A

Student Account Inquiries +1807-343-8140

FINANCIAL SUGGESTIONS

- Draw up a budget of available funds
- Re-evaluate your expenditures to ensure that your expenses do not exceed your funds available
- Be conscious of necessity and luxury
- Use credit cards wisely
- Avoid borrowing and lending money
- Take advantage of less expensive entertainment
- Never leave your problem until the last minute
- Consider available options carefully
- Keep in mind that there is little direct funding assistance available for international students



Examples of Canadian Coins

Currency and Sales Tax

Try to have at least \$300 (Canadian or U.S.) in cash when you arrive for your immediate needs like food and transportation. Prices quoted in stores, restaurants, hotels, etc. are base price, and a 13% Harmonized Sales Tax (HST) will be added on when you pay for an item.

BANKING IN CANADA

Steps to opening a bank account in Canada:

- Shop around for good services. Usually, a nearby bank is the first consideration
- Take all the necessary documents
- Take money to deposit in the bank
- To better facilitate our International students, some banks will be present at our orientation to give you details about their student plans.

Necessary documents for opening an account:

- Your passport
- Proof of Canadian immigration status (Study permit)
- Letter of Acceptance from Lakehead University and/or your student ID card

Transferring money to Canada:

- When opening a bank account, check the bank's policies and procedures regarding international money transfers
- Check the least expensive mode of transfer

Services offered by a bank or financial institution:

- Safety deposit box
- Computerized banking including Interact (direct deposit payment)
- Term deposits
- Currency exchange
- Online banking

Types of accounts

- Personal chequing account
- Savings account
- Savings-chequing account

You should be aware of:

- Service charges for use of bank machines, cash withdrawals, direct payment, cheques and transfer funds

Canadian Banks

The most popular commercial banks in Canada are:

- 1.Royal Bank of Canada www.royalbank.com
- 2.Scotia bank www.scotiabank.com
- 3.TD Canada Trust www.tdcanadatrust.com
- 4.CIBC (Canadian Imperial Bank of Commerce) www.cibc.com

HEALTH INSURANCE

As part of your admission to Lakehead University, the University Health Insurance Plan is mandatory for you and your family who come to Canada. For information on coverage and current premium rates, please see www.uhip.ca. The cost approximately \$648.00 for 12 months. The yearly coverage starts September 1st and lasts until August 31st. If you arrive Orillia before September, you will be provided with a monthly coverage.

The University Health Insurance Plan (UHIP)

UHIP is the University Health Insurance Plan in place for international students and others who are not covered by Ontario's provincial health care plan. You are covered as long as you are registered and active in a program of full-time study at Lakehead University. Prescription drugs are covered (check website for percentage) by the mandatory health insurance plan provided by the Lakehead University Students' Union for undergraduate students. There is an additional fee for this mandatory insurance. Check LUSU's website for more info, <http://www.lusu.ca/thunderbay/health-dental-plan/>



SHORT-TERM ACCOMMODATION

There are a variety of hotels, hostel and bed & breakfast options available to you for short-term accommodation. You can access further information on locations and prices at <http://www.travelinontario.com/Orillia.cfm>

If you need accommodation from the beginning of May to the third week in August, you can book a room at Lakehead through Orillia Residence Services. For further information see <https://www.lakeheadu.ca/current-students/residence/or/spring-summer>. When going to these links you will be prompted to choose you campus, make sure to choose Orillia campus.

ON-CAMPUS ACCOMMODATION

Information regarding on-campus accommodation is mailed to you along with your Letter of Acceptance and the Superior Arrival Handbook. PLEASE BE AWARE THAT THERE IS A DEADLINE FOR RESIDENCE APPLICATIONS AND DEPOSITS. Additional information about living on campus in one of Lakehead's residences is available on the Department of Residences website at: <https://www.lakeheadu.ca/current-students/residence>. When going to the website you will be prompted to choose you campus, make sure to choose Orillia campus.

OFF-CAMPUS ACCOMMODATION

Information about off-campus housing is available on the Off-campus housing website at: <http://offcampus.lakeheadu.ca/roch/index.php>. We cannot assist you in finding off campus housing, however many landlords require you to sign a one year lease, so please read the legal documents thoroughly before signing them.

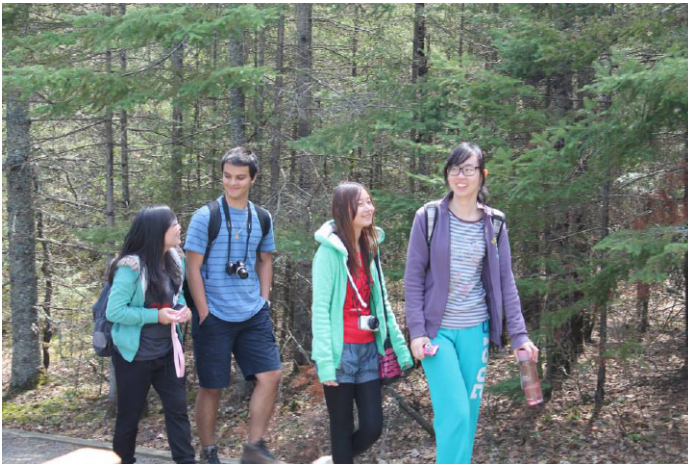
WHAT TO PACK

Temperatures in the winter months can vary from -10 to -30 degrees Celsius.

Temperatures in the summer can vary from 14 to 35 degrees Celsius. As you can see, you will need a variety of clothing (pants, sweaters, shorts, coats and t-shirts).

Do not worry if you do not have all the right clothes. You can buy anything you need here and it is advised that you buy winter clothing here so that is made for "Canadian winters".

Lakehead International suggests that the students pack light and travel easy. There are a lot of resources here where you can buy affordable items necessary for students. Try not to bring too much to Canada.



DRIVER'S LICENCE

If you intend to drive in Canada, you should obtain an international driver's license in your country before coming to Canada. It will be valid for 90 days. After that, you will have to apply for an Ontario driver's license. For more information see www.mto.gov.on.ca

LUSU (LAKEHEAD UNIVERSITY STUDENTS' UNION)

LUSU will be there in your student experience, quality of life as a student, or anything else related to academics, education, or your experience transitioning to or from university. LUSU is here to help you. For information, please visit www.lusu.ca



ORILLIA

Canada became a country in 1867 - the same year Orillia was founded as a village. It has been thriving ever since. While growth and progress have been strong in recent years, Orillia has been able to retain its small-town charm and has learned to look to the future while celebrating its past. Quality of life here remains golden. Surrounded by two lakes, outdoor pursuits are available in all seasons and are enjoyed by both visitors and residents.



Culture and heritage opportunities abound in Orillia. Whether it's one of the city's popular festivals, a show at the iconic Opera House or a visit to one of our local museums or National Historic Sites, there is always something to do in the Sunshine City. Residents also have access to an excellent hospital as well as a range of other public services, including a new state-of-the-art recreation complex, and a brand new public library, which complement a community that also boasts a thriving, historic downtown.

Orillia is also home to Ontario's newest university. Lakehead University operates a growing Orillia presence with two locations: one in the historic centre of the downtown and a main campus that includes one of Canada's most environmentally-friendly buildings at its University Avenue location in West Orillia. Combined with the bustling Orillia campus of Georgian College, and the OPP training academy, Orillia is a hub of post-secondary opportunity for its 31,000 residents, and is sure to attract and stimulate growth.

On the water, Orillia is a port-of-call on the famous Trent-Severn Waterway, a 386-kilometre system of lakes and rivers that stretches from Georgian Bay to Lake Ontario. By land, Orillia is just an hour north of Canada's largest city, offering easy access to everything Toronto offers. Orillia is ideally situated in the economic heartland of Central Ontario and is within a day's drive of 130 million customers. The powerful combination of lifestyle and location makes Orillia a great place to live and the right place to do business.

SUPERIOR ORIENTATION

It is very important that all new Orillia students attend the "Superior Orientation" workshop organized by Lakehead University to learn about the academic and culture at Lakehead University, banking, payment and fees, as well as learn about the clubs on campus and the many social activities for students. Orientation is open for all students so please plan to arrive ahead of time. Details of dates are provided in your welcome letter.

Electrical Outlets

Like every other city in Canada, Orillia provides 120v electricity from the electrical outlets. The outlets are flat based, but it is easy to buy a converter from any department store in Thunder Bay.

Orillia Transit

Orillia Transit, owned by the City of Orillia and operated under contract by First Student Canada, provides bus service throughout the City of Orillia. There are five different routes, offering service to most areas of the city.

Orillia Transit Facts

- Terminal is located at West and Mississaga Streets.
- Weekday service begins at 6:15 a.m. with final departures from the terminal at 10:15p.m.
- Saturday service begins at 8:45 a.m. with final departures from the terminal at 7:45 p.m.
- Sunday Service begins at 8:45 a.m. with final departures from the terminal at 4:15 p.m.
- No service on Holidays.
- Transfers can only be made at the terminal.
- Free Dash Stop Service - From December 1 to March 31, residents can cross the West Street and Coldwater Road bridges over Highway 11 for free on an Orillia Transit Bus, if waiting at the designated Dash Bus Stop before the bridge. Please see transit map for dash stop locations.

OFFICE INFORMATION

Lakehead University Front Office (001)(807) 346-7848

international@lakeheadu.ca

LUSU VP Orillia (001)(705)330-4008 ext 2181

vporillia@lusu.ca

Associate Director Lakehead University International (001) (807) 346-7848

Associatedirector.international@lakeheadu.ca

USEFUL WEBSITES

Canadian Government - www.canada.gc.ca

Currency Converter - www.xe.com/ucc/

Canadian News www.cbc.ca

Time Zone Website www.worldtimezone.com

City of Thunder Bay www.thunderbay.ca

CHECK LIST

☐ Obtain passports, visas and other travel documents - Obtain/renew all required documentation well ahead of time, and make copies.

☐ View the details of your itinerary - Verify your date, time, fare and seat assignment, and make any necessary changes.

☐ Check your photo ID(s) - The government issued identification you present at the boarding gate must be valid for the duration of your travels, and must include your name, date of birth and gender. For international travel and flights between Canada and the U.S., identification must also include a photo. Remember that the name on your ID must match your name as it appears on the ticket. Learn more about travel document requirements.

☐ Buy travel insurance (if you need it) - Enjoy extra peace of mind when travelling away from home.

☐ Plan your Onboard Café and Duty-free purchases (if applicable) - Purchase Onboard Café vouchers in advance and pre-order Duty-free items for your next international flight, or wait and make your selection during your flight.

☐ Let the airline know about your special needs if you have any - Travelling with a guide dog? Need wheelchair access? For any special needs, let airplane customer services know 48 hours or more before your flight.

☐ Follow travel updates - Check online to see if there are any travel updates such as weather or security alerts that you should be aware of.

☐ Read rules and restrictions that apply to infants and children (if you are travelling with one) - Read up on the latest safety regulations that apply to travel with an infant or child, and learn how to organize travel for an unaccompanied minor.

☐ Be aware of security requirements - Be aware of any security requirements in effect for the places and times you're travelling.

☐ Familiarize yourself with customs and immigration information - View useful customs and immigration information and links for Canada, and satisfy all the requirements that apply to you.

☐ Request a special meal for your flight - Find out about special meal availability on international flights.

☐ Get vaccinated - Schedule an appointment with your doctor 6-8 weeks before travelling for vaccinations that are recommended or required for the places you plan on visiting. Visit the Public Health Agency of Canada for more information.

- ☐ Bring contact information for your embassy and/or consulate abroad - Bring the address and phone number of your home country's Embassy, High Commission or Consulate for each country you plan to visit.
- ☐ Pack your carry-on baggage - Familiarize yourself with the latest carry-on baggage restrictions and regulations of the airline you intend to fly with. Always pack valuable items such as money, travel documents, keys, and medication in your carry-on baggage so that, in the unlikely event that your checked baggage is misrouted, you will not be without them. Be-aware medication must be properly labeled or accompanied by a prescription.
- ☐ Pack your checked baggage - Familiarize yourself with the latest checked baggage restrictions and regulations, and learn more about additional checked baggage (including oversized and overweight items), sports equipment, hunting equipment and musical instruments.
- ☐ Leave gifts unwrapped - In the event that security and/or customs agents need to inspect the contents of your baggage, all the items in your possession should be unwrapped and easy to access so that the inspection process can be conducted as quickly and efficiently as possible.
- ☐ Read about restricted and prohibited items - Find out what qualifies as a restricted or prohibited item when it comes to packing your carryon or checked baggage.
- ☐ Check in for your flight - Check in online or with your mobile device anytime within 24 hours of departure. You can also print your boarding pass from the comfort of your home or receive an electronic version of it on your mobile device. Check with your airline if you have the option to take advantage of such great options.
- ☐ Get to the airport on time - Familiarize yourself with official deadlines for check-in and boarding. Failure to meet them may result in reassigned seating and cancellations.
- ☐ Check your flight status - Check your flight status online, or by calling your airline's customer services.