

# *International Students Handbook*

## 2019-2020

**Guide for Newly Arrived  
International Students at Acadia**



**ACADIA UNIVERSITY**  
**WONG INTERNATIONAL CENTRE**





**EMERGENCY NUMBERS**

*Dial 7 to access an outside line.*

**FIRE 7-911 POLICE 7-911 HOSPITAL 7-911**  
**Acadia Safety and Security 902-542-7711**

**Please note: Should you reach 911 by mistake, please remain on the line to clarify your situation with the 911 operator.**

\*\*\*\*\*

**STAFFED SWITCHBOARD CONNECTING ALL DEPARTMENTS:**  
902-542-2201 or 902-585-2201; Mon to Fri; 8:30 am to 4:30 pm

**AUTOMATED SWITCHBOARD CONNECTING ALL EXTENSIONS:**  
902-542-2200 (24 hours)

On-campus calling: On Acadia’s campus, you need to only dial the last four digits of the telephone number (e.g. 902-585-1245, dial 1245)

- ASU Information Desk ..... 902-585-2110
- ASU Fax..... 902-542-3901
- Residence Life Office ..... 902-585-1417
- Registrar’s Office ..... 902-585-1222
- Student Accounts Office..... 902-585-1297
- Student Resource Centre.....902-585-1246
- Technology Services ..... 902-585-4357
- Wong International Centre ..... 902-585-1865

This handbook is intended to assist you during your first year at Acadia University. It provides information about the University, the Wong International Centre and its services, on-campus and off-campus accommodations, shopping, health care, and transportation. As well, it serves as a guide to some of the many university and community resources available to you.

**Disclaimer:** *Every attempt is made to verify the accuracy of the information contained in this handbook at the time of publication. However, it is impossible for the Wong International Centre to guarantee the accuracy beyond that time. Students are advised to check with the appropriate authorities to be certain that they have the most up-to-date information at their disposal.*

My Acadia E-mail: \_\_\_\_\_ @acadiau.ca

My phone number: (902)- \_\_\_\_\_ - \_\_\_\_\_

	Mon	Tues	Wed	Thu	Fri
8:00 am					
8:30 am					
9:00 am					
9:30 am					
10:00 am					
10:30 am					
11:00 am					
11:30 am					
noon					
12:30 pm					
1:00 pm					
1:30 pm					
2:00 pm					
2:30 pm					
3:00 pm					
3:30 pm					
4:00 pm					
4:30 pm					

**Night Classes:**

Course: \_\_\_\_\_, Day \_\_\_\_\_ Bldg/Room: \_\_\_\_\_

Course: \_\_\_\_\_, Day \_\_\_\_\_ Bldg/Room: \_\_\_\_\_

# TABLE OF CONTENTS

---

## **WELCOME**

Centre for Global Exchange Coordinator .....	4
International Student Advisor .....	5
Meet the Wong Centre team.....	6-7

<b>IMPORTANT Dates to Remember .....</b>	<b>8</b>
--	----------

<b>TOWN of Wolfville .....</b>	<b>10-11</b>
--------------------------------	--------------

## **AFTER your Arrival at Acadia University**

Registration.....	13
Academic Support.....	14
Student Accounts.....	15
Student ID/Axe Cash .....	16
Medical Insurance.....	17
Health Clinics.....	18
Accommodations .....	19
Other information (meal plans, phone cards, postal services) .....	20-21

## **LIVING in Canada**

Immigration (Visa, Study Permit, Employment) .....	23-26
Co-operative Education & Career Services .....	27
Social Insurance Number .....	30
Transportation .....	31-33
Driver's License .....	34-36
Taxes .....	37
Banking Information .....	38
Receiving Money/Funds from Overseas .....	39
Recycling Tips.....	40
Legal Issues and Holidays.....	41
Safety and Security .....	42

## **CULTURAL Awareness**

Canadian Culture .....	44
Cultural Awareness .....	45-47
Wong International Centre .....	48
How to Get Involved .....	49

## **USEFUL Numbers**

Local & Halifax & Windsor Businesses .....	51
Local Accommodations .....	52



Hello, and welcome to Acadia!

My name is Jeheon Kwak and I will be the Coordinator at the Centre for Global Education during the 2019-2020 academic year. I am a second year student in Bachelor of Community Development with ESST here at Acadia. As an international student from the Republic of Korea, I have had great experiences at Acadia working with the international community! I would like to help you make the most of your time here! **My message to all new students is that I believe in you, and you will**

**not be alone at this campus.**

The Centre for Global Education (CGE) was established in 2007 by the Acadia Students' Union. The CGE seeks to facilitate and promote dialogue between the various cultures at Acadia through hosting cultural events and activities. These dialogues seek to increase inclusiveness and awareness of the different cultures at Acadia and the broader Wolfville community.

**My ultimate plan for this year is to encourage, embrace, enhance, and celebrate cultural diversity at Acadia campus by working with both Canadian and international students.** This year's events will include a trip to Noggins Corn Maze in October as well as the annual International Student Banquet held in March. Stay tuned as monthly events will be posted in the weekly announcements on the Acadia Students' Union website!

Everyone is welcome and encouraged to participate in these events and activities. I invite anyone to come and speak with me regarding suggestions for events and activities that you would like to see in the future. My office is in the SUB Room 508. I look forward to meeting you! For more information about the CGE: <http://theasu.ca/ios/centre-for-global-education/>

**Hello everyone,**

It is my great pleasure to welcome you to Acadia University and to Nova Scotia! I know you will be very happy with your choice to study at Acadia and I want to extend a warm welcome to you from our international family here on campus.

The role of the International Student Advisor is to provide information and advice to Acadia's international students. Acadia's culture is enhanced by our international students and it is my pleasure to assist you in any way I can. Please contact me if you have any questions or concerns. My office is open from 8:30 am - 4:30 pm, Monday–Friday. The International Centre is a very busy place and I recommend that you make your appointment by e-mail at [international@acadiau.ca](mailto:international@acadiau.ca) . You can also drop by if your request is really urgent.

The International Centre is your home away from home and you are welcome to come anytime to meet new friends, join our activities and programs, volunteer, cook in our kitchen, or just study in a quiet place for a few hours. You can also get help with immigration applications and talk about anything that is on your mind. If you are not sure who you should talk to about any of your concerns, please visit my office and I will gladly refer you to the proper person.

Welcome to Acadia! I wish you a successful, enjoyable, and exciting first year on our beautiful campus. Do not hesitate to contact me if you have any questions or concerns. I look forward to getting to know all of you in the near future.

*Carissa Campbell*  
*Coordinator/International Student Advisor*  
*(902) 585-1690*  
*[international@acadiau.ca](mailto:international@acadiau.ca)*



## Wong Center Team!



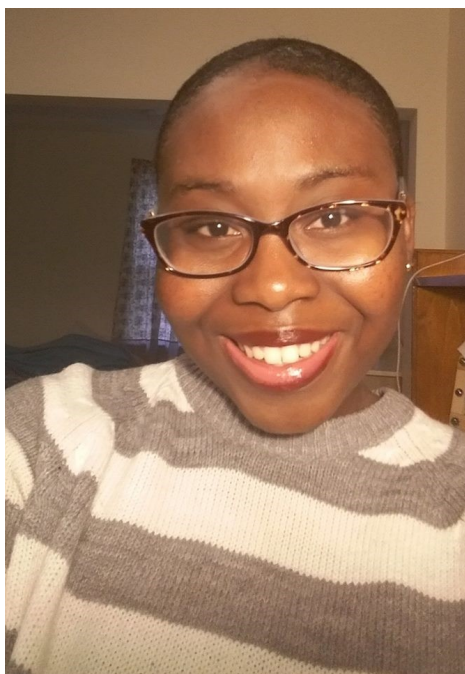
### **Carissa Campbell**

*International Education  
Coordinator/Advisor*

Phone: 902-585-1690

Email: [international@acadiau.ca](mailto:international@acadiau.ca)

The International Education Coordinator can help you with personal, financial, academic and cultural adjustment issues.



### **Alexis Mackey**

*International Education  
Program Officer Intern*

Room 201

Phone: 902-585-1645

Email: [alexis.mackey@acadiau.ca](mailto:alexis.mackey@acadiau.ca)

Contact Alexis if you have questions regarding your immigration documents, clubs & activities. She can help with questions about being an international student and life at Acadia. Alexis is a recent Acadia graduate with a BSc in Chemistry and Environmental Science degree.



**Janet Harnum**

*Administrative Assistant*

Room 105

Phone: (902) 585-1865

Email: [janet.harnum@cadiu.ca](mailto:janet.harnum@cadiu.ca)

Contact Janet if you have general questions about the Wong Centre. She will help with any questions you may have.

The Wong Centre is open everyday from **8:30am-9:00pm**. Feel free to use our facilities at anytime.



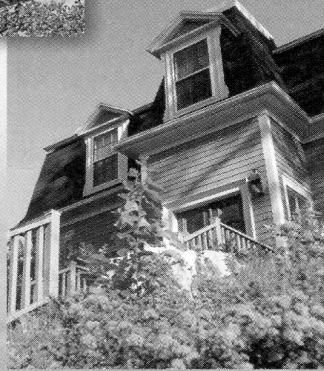
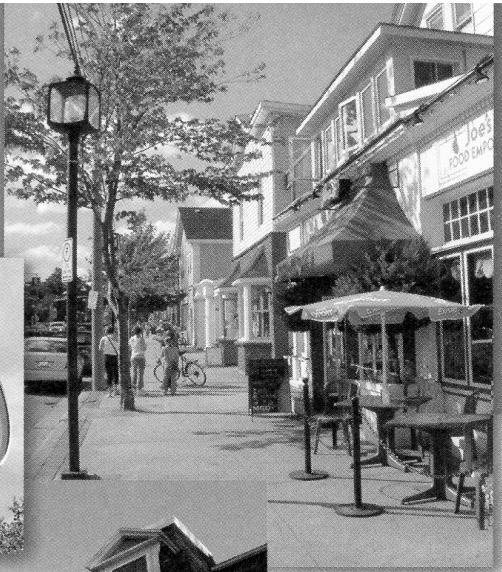
# IMPORTANT DATES

## 2019

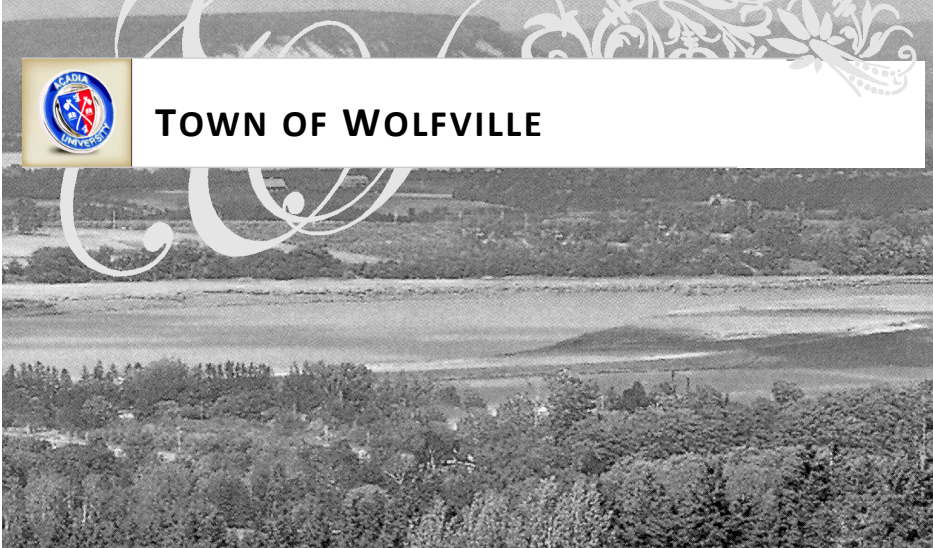
August 28	Residences open for New International Students
<b>August 28-30</b>	<b>New International Student Orientation</b>
August 31	Residences open— all new students
September 2	Residences open—all returning students
September 3	Graduate student registration
<b>September 4</b>	<b>Classes begin—Fall Term</b>
September 4	Fee deadline
<b>September 13</b>	<b>Last day for course additions</b>
September 27	Last day to decrease Meal Plan for Fall Term
September 30	Last day to opt out of ASU Health Plan
October 3	Final Exam schedule posted for December examinations
October 14	Thanksgiving Day—no classes
<b>October 28th - November 1st</b>	<b>Fall Study Break —no classes</b>
November 11	Remembrance Day observed—no classes
<b>November 15</b>	<b>Last day to drop 3hr first-term courses and receive a “W”</b>
<b>December 9</b>	<b>Last day of classes before exams</b>
December 10	Study Day
December 11	Examinations begin—Fall Term
December 20	Last day of examinations—Fall Term
December 21	Residences close at 12:00 noon

## 2020

January 2	Residences open (Winter term New Intl. Students Only)
January 3	New Students Orientation
January 5	Residences open for returning students
<b>January 6</b>	<b>Classes begin—Winter Term</b>
January 6	Fee deadline
<b>January 15</b>	<b>Last day for course additions</b>
January 24	Last day to decrease Meal Plan for Winter Term
January 31	Last day to opt out of ASU Health Plan
<b>February 6</b>	<b>Final Exam schedule posted for April examinations</b>
February 17	Nova Scotia Heritage Day—no classes
February 18-21	Winter Study Break —no classes
<b>March 6</b>	<b>Last day to drop winter term courses and receive a “W”</b>
April 3	Last day of classes before exams
April 4-5	Study days
April 6	Examinations begin—Winter Term
April 10	Good Friday—no classes/exams
April 18	Last day of examinations—Winter Term
April 19	Residences close at 12:00 noon



## TOWN OF WOLFVILLE



# TOWN OF WOLFFVILLE

## History

In 1893, Wolfville was officially incorporated as a Town. Originally known as Upper Horton and Mud Creek, Wolfville was first settled by the Acadians (French) who were expelled by British forces in 1755. The area was resettled by New England planters who arrived in 1760. Wolfville was originally named Mud Creek after the muddy Harbour located in the downtown. In 1830 the name was changed when two granddaughters of Judge Elisha DeWolfe convinced their postmaster uncle, Elisha Junior, that a more suitable name was needed. With about half of the homeowners on the main road being DeWolfe's or DeWolfe by family connection, the villagers chose the name Wolfville for their town.

Today, beautiful elm trees, manicured lawns and grand, century-old homes guide visitors down Wolfville's Main Street. Visit our tourist bureau located in Willow Park on Main Street for a complete guide of what to see and do in the area.

## Demographics

Town population in 2016	4,195
Town population in 2011	4,269
Town population in 2006	3,772
Town population in 2001	3,658
Land area (square km)	6.45

Wolfville's population doubles to over 7,000 eight months of the year with the presence of Acadia University's student population.

Wolfville has one of the most educated populations in the province with 41% possessing a university degree. This compares to 16% for the province as a whole.

## Places of Worship

Wolfville has five churches serving Partners in Harvest, Anglican, Baptist, United, and Roman Catholic denominations. Manning Memorial Interdenominational Chapel is located on campus and offers brief services each day. There is a prayer room for Muslim students in Cutten House (Room 148). Access can be arranged by visiting Safety and Security in the SUB. Please visit a place of worship that will support your spiritual wellness.

## Weather

In September, the weather is warm and welcoming in the afternoons but will cool off in the evenings. Freezing temperatures can occur between late October (fall) and mid-May (spring).

Average temperature through the year in Wolfville:

June to August, 13-32 C (55 –90 F)

September to October, 7-18 C (44 –64 F)

December to March, -7 - 2 C (19 –36 F)

May to early June, 8-22 C (46 –71 F)

\* During seasonal changes, the temperature can fluctuate significantly during day and night. It might seem very warm in the morning and all of the sudden, it could drop below 10C after the sun goes down. Extra clothing like a sweater or a thin jacket are recommended during the months of October and May. The winter season extends from November until the middle of March. This is the time when snow accumulates and you will need warm clothing, a heavy coat, hat, and boots for the cold season. You may see snow before you have finished your December exams.

\* For information about Historical, Tourist Spots to see in Annapolis Valley, you may visit the official town website at <http://www.wolfville.ca/>

## THINGS TO DO IN THE WOLFFVILLE AREA

- ⇒ Go for a walk along one of the many trails in Wolfville. There are the Woodland Trails behind the KCIC, the Millennium Trails up to the Reservoir, the Waterfront Park trails along the Minas Basin, and the Railroad trails that follow the old railroad tracks. Learn more at this link:  
<https://www.wolfville.ca/experiencing-wolfville.html>
- ⇒ Check out an independent film at the famous Al Whittle Theatre! They also have live theatre, music, etc.  
<http://alwhittletheatre.ca/>
- ⇒ Have a bite to eat at the Wolfville Farmers' Market on Wednesday nights (May-December) and Saturday mornings year round. They have lots of different local vendors!  
<http://www.wolfvillefarmersmarket.ca/>
- ⇒ Take some time to appreciate the famous tides in the Wolfville Harbour (Minas Basin, Bay of Fundy)! These are the highest tides on earth and one of Canada's Top Seven Wonders! Learn more about the tides at: <http://www.wolfville.ca/experiencing-wolfville/things-to-do/bay-of-fundy>
- ⇒ Listen to some live music at one of the various Open Mic Nights in Wolfville! Open Mic Nights are various nights of the week depending on the establishment: TAN Coffee, Just Us Coffee, or Paddy's Pub
- ⇒ Enjoy Spaghetti Night at Joes (every Monday 4-10pm)
- ⇒ Watch an Acadia athletics game (soccer, basketball, hockey, football, and more!). You can find the schedule at this link:  
<http://acadiaathletics.ca/landing/index>
- ⇒ Check out unique events in the Annapolis Valley at this link:  
<https://valleyevents.ca/>
- ⇒ See what events are going on at Acadia via the Acadia Events Calendar:  
<http://www2.acadiau.ca/event-calendar.html>
- ⇒ See what events are going on at the Wong Centre on their Events Calendar:  
<http://www2.acadiau.ca/international/event-calendar.html>



# Sushi Fang

## New Minas

### Open Hours:

Tuesday - Saturday: 11AM - 9 PM

Sunday: 12PM - 9 PM



	Lunch	Dinner	<b>10%Discount</b> on <b>Cash</b> for Takeout and Dinning
Adult	\$15.99	\$21.99	
Senior (over 65)	\$13.99	\$18.99	
7-11 Years old	\$9.99	\$14.99	
4-6 years old	\$6.99	\$10.99	
3 and Under	Free	Free	
<b>Friday, Weekend, and Holiday +\$2</b>			

# REGISTRATION

All Acadia students can register for courses online. It is strongly recommended you find out which courses you need to take for the first year according to your program. To find out which courses you need to take, please refer to the *“Guide to Choosing Courses in your First Year”* on the Registrars’ homepage at <http://registrar.acadiau.ca/GuidetoChoosingCourses.html>

If you haven’t registered for courses, we could assist you with registration online.

## **What if I have problems with choosing courses?**

- Talk to your Academic Advisors.
- Consult with your orientation leaders. They are always there to help and it is likely some are in the same faculty as you. Their suggestions are valuable.

## **Instructions for registering for your courses through Acadia Central:**

1. Go to <https://central2.acadiau.ca/my>
2. Click on LOGIN in the upper right corner. Enter the last six digits of your Acadia ID and the first initial of your last name, your case sensitive password, and then click the LOGIN button.  
If you have received a password from the Admissions portal, that is your registration password. If you need a password, choose FORGOT PASSWORD and follow the prompts to have one emailed to you.
3. Choose ONLINE REGISTRATION under MY LINKS on the left hand menu to take you to the registration website.
4. The links you need in registering are under REGISTRATION at the top of the page.
5. Click on the TIMETABLE line to select the page from which you will choose your courses.
6. On the TIMETABLE page, under MAIN SEARCH, select the Faculty and Discipline for the class you want to take and then click VIEW COURSES.
7. Click on the ADD button at the end of the line to choose your class.
8. Repeat steps 6 and 7 until you have chosen all your courses.
9. If there is a reason you cannot take the course, a message will appear telling you so and why.
10. Once you have selected your courses, click on the BACKPACK tab. The courses you have chosen will show in the COURSE SELECTED – REGISTERABLE section of the page. Click on the box at the end of each course you want to register, or click on the box at the top of the section to choose all of them. Then click REGISTER at the bottom of the list.
11. Make sure you view your course schedule to confirm you are registered in your courses.

# ACADEMIC SUPPORT

## 1. Writing Centre

The Writing Centre's tutors are skilled writers who are themselves successful students. They look forward to working with you in a comfortable and confidential setting to help you improve your writing so you can succeed in your courses. This service is free to all Acadia students.

How a tutoring session works:

Peer tutors are ready to work with you on any areas you need help with. In order to understand your specific needs, tutors are glad to work on any piece of writing that you bring in. This will help them suggest effective strategies that you can use to improve your writing. Tutoring sessions are offered every weekday during the term. You can book a session by visiting their website and choosing a time that is convenient for you.

**Office Location:** Vaughan Library, first floor

**E-mail:** [writingcentre@acadiu.ca](mailto:writingcentre@acadiu.ca)

**Web:** <http://writingcentre.acadiu.ca/>

## 2. Student Resource Centre

The Centre provides the opportunity to discuss, in a private and relaxed atmosphere, any personal, career, or academic concern

- Disability/Access
- Academic support
- The Acadia Tutoring Service
- Personal Counselling

**Office Location:** Acadia Students' Union Centre, Old SUB Complex, Lower Level, 902-585-1246

**E-mail:** [counselling@acadiu.ca](mailto:counselling@acadiu.ca)

**Web:** <http://counsel.acadiu.ca/>

## 3. Mathematic Support Centre

Students who take any INTRODUCTORY math statistics course can get help at any of the DROP IN times. These times are also for students taking business, economics, general physics, astronomy, intro chemistry, etc course who are having trouble with the math or stats components of these courses.

**Location:** Huggins Science Hall (HSH)

**Coordinator:** Caroline Cochran

**E-mail:** [caroline.cochran@acadiu.ca](mailto:caroline.cochran@acadiu.ca)

**Website:** [http://mathhelp.acadiu.ca/MASH\\_home\\_page.html](http://mathhelp.acadiu.ca/MASH_home_page.html)

## PAY YOUR FEES / TUITION (Student Accounts Office)

The Student Accounts Office is responsible for collection of Tuition, Student Organization fees, Room and Board fees, and Continuing Education fees for students at Acadia University.

**Web:** <http://financial-services.acadiau.ca/office-of-student-accounts.html>

**Office:** 1st floor, University Hall

**Phone:** 902-585-1297

**E-mail:** [student.accounts@acadiau.ca](mailto:student.accounts@acadiau.ca)

***Understanding the fees: Ask your orientation leaders if you have questions regarding this.***

- Tuition fees
- Student Organizational Fees (ASU)
- Accommodation and Meal Plan Fees
- Computer Printing costs/fees
- Health Plan Fees
- Computer Rental Fees (if you rent one from the school)
- Long Distance Calls (if you live on campus)

1. Be aware of the tuition deadline. If you are expecting funds from overseas via electronic wiring or late cheque, it is your responsibility to inform the Student Accounts Office before tuition fees are due. You may be required to fill out an agreement form. Interest rates accrued will be charged to any payment made past the due date.

2. Ways to pay your tuition: personal cheque, bank drafts, cash, or direct electronic wiring.

3. The following is the bank information used for wiring money from overseas to Acadia University.

Bank of Montreal: 424 Main Street, Wolfville, NS, B4P 1C9, Canada

Bank ID # is 001, Transit # 02063, & Account # 1010842.

**Please provide your Name and Student ID Number.**

4. Library fines can be paid at the library info desk with cash.

5. To use a laser printer on campus (located in Tech Services and the Library) the cost is \$0.10 per page (black & white), \$0.50 (colour). You must install the printer at: <https://hub.acadiau.ca/TDClient/KB/ArticleDet?ID=42>

6. When you run out of print credits, you may add extra print credits at Tech Services front desk or online through: <https://ts.acadiau.ca/how-do-i-add-more-print-credit.html> You don't need to worry about paying right away as the cost of the credit you add will be shown later on your online Student Account page. You may go to Student Accounts or pay online anytime before the semester ends.



## STUDENT ID CARD / AXE CASH



Your student ID card gives you privileges Acadia students enjoy on campus. You need to clear outstanding balances or make arrangements with the Student Accounts Office before getting your Acadia student ID card, also called the Access Card.

Safety & Security deals with issuing Student ID cards and replacing lost ID cards. Their office is located on the 2nd floor of the SUB.

You may be required to show your student ID at various places on campus, such as:

- Registrar's Office (identity confirmation)
- Wheelock Dining Hall (Axe Cash debit system)
- Residences (door pass)
- Library (book a study room or take out books)
- Final Exams (security confirmation)
- Athletic Complex Gym (Acadia student's privileges—gym access)
- Campus Store (Axe Cash debit system)
- Cajun's (Acadia Student, Alumni discount, MUST SHOW ID)
- Coffee Shops on campus (Axe Cash debit system)
- Info Desk (identity confirmation for parcel pickup)

Students can add cash value credit to their Student/Axe ID at the Student Account's Office or via the online credit payment system. Any remaining balance of Axe Cash can be refunded back to the student's account at the end of the school year.

***Note: The replacement cost of a lost Student ID/Axe Card is \$15.00 . This increases \$5.00 every time you lose your card during the academic year.***

# MEDICAL INSURANCE

All international students attending schools in Canada are required to have health insurance. You will be automatically enrolled in the ASU Health and Dental Plans. The fees are billed along with your tuition.

For complete details on the Health and Dental insurance please visit [www.studentbenefits.ca](http://www.studentbenefits.ca)

**International students** will be automatically enrolled in the *ASU Health Plan*.

The fee for the international single health plan is **\$750.00** and **\$1,500** for the international family plan. The fees for the Health Plan and the Dental Plan are charged separately.

**International students** will be automatically enrolled in the *ASU Dental Plan*.

The fee for the single dental plan is **\$165.00** and **\$350.00** for the family dental plan.

If you have a private health insurance plan that you intend to use for coverage in Canada and wish to opt out of the ASU Health Plan, you must provide documentation to the ASU Health Plan Administrator (Room 610, Old SUB). No proof of alternate coverage is required if you want to opt out of the Dental Plan. However, you are still required to sign a waiver from. The deadline to opt out of the health and/or dental plans is (**September 30, 2019 for the Fall semester**) and (**January 31, 2020 for the Winter semester**).

The ASU Health Plan covers most of the clinics and drug stores in Nova Scotia. If you are required to pay a doctor's fee up front, keep the receipt so you will be reimbursed for the amount you paid, either fully or partially. Claim forms are available at the Health Plan Administrator's Office or you can download the form at [www.studentbenefits.ca](http://www.studentbenefits.ca)

**Health Plan Administrator:** Cindy MacDonald

**Telephone:** 902-585-2167

**Email:** [cindy.macdonald@acadiau.ca](mailto:cindy.macdonald@acadiau.ca)

## **Nova Scotia Health Card (MSI)**

### **Attention:**

Research Assistants and Teaching Assistants should call 1-800-563-8880 as you may qualify for MSI. If you have an MSI card and want to switch to the Canadian Plan, you can contact Cindy Macdonald, Health Plan Administrator at 585-2167 or email: [cindy.macdonald@acadiau.ca](mailto:cindy.macdonald@acadiau.ca) . See p. 18 for more information on MSI

# HEALTH CLINICS

## On-Campus Student Health Clinic

- Accessible for both on and off-campus students.
- Confidential service and medical records are kept private.
- Bring your student ID, ASU Health Plan Card or other insurance card with you.
- Walk-in basis (no appointment needed).

Location: Ground floor of Dennis House, Acadia University

Phone: 902-585-1238

Hours: 9:00am - noon, 1:30 - 4:00pm closed Thursday afternoon until Sunday

Web: <https://healthservices.acadiau.ca/Welcome-clinic.html>

## Other Local Clinics

- Bring your student ID, ASU Health Plan Card or other insurance card with you
- Walk-in basis (no appointment needed)

### **Wolfville Community Clinic (EKM)**

Location: 23 Earnscliffe Avenue, Wolfville

Phone: 902-542-2266

Hours: Mon–Fri: 5-9 pm; Sun: 10am to 5 pm

### **Valley Regional Hospital Kentville (Emergency ONLY)**

Location: 150 Exhibition St., Kentville

Phone: 902-678-7381 or call 911 **in the event of an emergency**

## Obtaining a Nova Scotia Health Card (MSI)

You may be eligible for a Nova Scotia Health Card. To apply for this card:

1. You will need a study permit valid for 2 years.
2. You must have been in Nova Scotia for 13 months and not have left the province for more than 31 consecutive days in the last 13 months.
3. You can apply on the first day of the 13<sup>th</sup> month.

If you qualify for this card, you should call 1-800-563-8880 and ask for the registration department. You will also be asked for a photocopy of your study permit to fax or to send in. As soon as you obtain your MSI card, you may switch from the international plan to a Canadian plan.

Please note that there are certain benefits that are or are NOT the same. For more information, please visit the MSI at <http://www.gov.ns.ca/health/msi/>.

# ACCOMMODATIONS

Your choice of accommodation will depend on personal preferences, cost and availability. The options are: living on-campus in a university residence or off-campus in private housing.

## On-campus Housing Information

Points to consider about living on-campus:

1. Close to classrooms (especially in winter session)
2. Meet new people
3. Desk and bed provided, no furniture hassles
4. Convenient – no need to cook
5. Free Internet
6. Free local telephone calls
7. Residence programs
8. It may seem expensive, but be sure to think about extra costs of living off-campus. See list below.
9. You might not like the food in the Meal Hall
10. Limited cooking facilities
11. Limited privacy if you are sharing a room with someone else

## Off-campus Housing Information

If you are living off-campus, be sure to think about the hidden costs such as heat, electricity, damage deposit, telephone, internet and cable TV costs and the upfront cost of purchasing furniture. The cost of heat can be well over \$100 per month during the winter months. With residences you do not have any of these extra costs.

1. Check out the student ads in major buildings like the BAC, Library, Huggins Science Hall, SUB...etc.
2. [www.theasu.ca](http://www.theasu.ca) (Acadia Students' Union's official website).
3. Sign up for the "Places4Students" program online ([www.places4students.com](http://www.places4students.com)).
4. Please come to the WIC and pick up the "Living off-campus guide", which addresses some special issues about living off-campus in Wolfville. This guide is available in both Chinese and English.

# OTHER INFORMATION

## Meal Plans

Students living in residence must have a meal plan. However, if you are not living on-campus, you can still purchase a meal plan from the Residence Life Office. On-campus meal plans cover breakfast, lunch and supper/dinner. If you wish to increase or decrease the number of meals, please contact the Residence Life Office at 902-585-1417. You can look at the possible meal plans at this link: <http://www.dineoncampus.ca/acadiiau/dining-plans>



## Telephone, International Calls, and Long Distance Calls within Canada

One of the advantages of living on campus is you don't have to pay extra fees as long as you are just making local calls. If you wish to call your parents outside of Canada, there are a few options available:

- Purchase a long distance phone card. The rates vary from country to country. You should compare prices before you decide which one to buy. Be sure you understand the difference between "connection fee" and "No connection fee".
- Use a company providing long distance calls, e.g. Aliant, Primus Canada, Wintel communication...etc.
- Where can I buy long distance phone cards in Wolfville?

On-campus: The SUB, Union Market

Off-campus: Canada Post Office, Muddy's Convenience Store

## Calling your country from Canada (International Calls)

Dial: 011 - country code - city (area code) - phone number

If your city area code begins with a 0 "zero", omit it when dialing.

### Country codes

Austria 43	Japan 81	S. Korea 82	Saudi Arabia 966
China 86	Malaysia 60	Sri-Lanka 94	Brazil 55
France 33	Nigeria 234	Tanzania 255	Bangladesh 880
Germany 49	Ghana 233	Palestine 970	Mexico 52
Turkey 90	India 91	Poland 48	

Bahamas, Bermuda, Barbados: These countries are part of the North America Numbering Plan (NANP), though they may be far removed from North America (and Mexico is not included). The country code for all NANP countries is 1; the numbers that follow are used as area codes in the U.S. and Canada and function similarly in other NANP areas.

## Calling within Canada

Calls made to other parts of Nova Scotia or other provinces are considered long-distance. To call, dial **1 – area code – the destination number**. The area code for Nova Scotia is "902". For area codes for other provinces in Canada, please refer to

## UPDATING YOUR CONTACT INFORMATION

As an international student, it is very important to update your contact information (residential address, mailing address, e-mail address and telephone number) frequently. Every time you move, go home or change your personal information, please remember to:

1. Update your personal information online with the Registrar's office. Under "My Account", click "Student Personal Information" to update. Normally, the Registrar's office will send a tuition fee notification, transcript, school letter and other important letters to you during the summer. You will be responsible for any loss due to not updating your information in time.
2. Update your personal information with your banks, Canada Revenue Agency, the Nova Scotia Health Card, the membership card, and any other organizations, if necessary.
3. Make sure to update your mailing address with the immigration office during your application process. It can be done with online service via the Citizenship and Immigration Canada (CIC) website at <http://www.cic.gc.ca/english/information/change-address.asp>

### POSTAL SERVICE



You may create a personal ASU mail box at the SUB. There is a fee for keeping an ASU mail box (approx. \$40.00) but it is more convenient as one day you may decide to move off-campus and you won't need to redirect your mail. ASU mail boxes are open to ALL Acadia students, both living on and off-campus. For a list of on-campus postal codes, please check with your Residence Assistant (RA).

In Canada, the POSTAL CODE (zip code) is *very important*. If you don't include the postal code when sending your mail, it will slow down the delivery process and sometimes your mail will be returned to the sender.

Fedex, UPS, Purolator do NOT deliver courier packages to the ASU boxes. It will be RETURNED to the sender. If you are living off-campus, use the physical house/apartment address where you are currently living. Sometimes the landlords collect the mail from the postal outlet; in that case you will want to notify your landlord in advance.

You may only have immigration related mail sent to the Wong International Centre. If you need to receive Government of Canada documents, please contact the Wong Centre for information related to receiving mail.



## LIVING IN CANADA



# IMMIGRATION INFORMATION



***It is every student's responsibility to make sure immigration documents are up-to-date.***

You must have a valid study permit (student authorization) to attend school in Canada and depending on which country you are from, you might also need a Temporary Residence Visa to enter Canada; it is also called "Entry-Visa or Visitor Visa."

Check out CIC's website: <http://www.cic.gc.ca/english/visit/index.asp>

## TEMPORARY RESIDENT VISA OR eTA

**Every week at the Wong Centre we have time dedicated specifically to helping you with immigration related issues.**

Refer to our website for the schedule:

<http://www2.acadiau.ca/international.html>

We have step-by-step instructions on how to fill out forms relating to re-newing/extending your study permit, applying for a work permit or post-grad work permit, and inviting friends/family to visit. Our volunteers would be happy to help you negotiate the website!

## (RE-ENTRY VISA OR VISITOR VISA)



- If you intend to leave Canada for a short period of \_\_\_\_\_ time (ex. going home during the summer for a visit), make sure your entry-visa is renewed or an immigration officer could stop you at Customs if you do not have a valid entry-visa in conjunction with your study permit.
- Individuals from certain countries may also require a Temporary Resident Visa or an eTA to re-enter Canada. To see which country, please visit the following link: <http://www.cic.gc.ca/english/visit/visas-all.asp>



## STUDY PERMITS

- You should apply to renew/extend your study permit at least **THREE MONTHS** before the expiry date. You should NEVER let your study permit expire over 90 days. If your study permit is expired more than 90 days, you will be without legal status in Canada.
- The renewal fee for your study permit is \$150.00 CDN.
- A letter from the Registrar's Office is required to renew or extend your study permit and it can be picked up at the Registrar's Office. Ask the Registrar's Office for a Letter of Proof of Current Student Status. This should include the university's designated learning institution (DLI) number: O19391556792 (Acadia Centre for International Languages: O19391556981
- Copies of your university/college transcripts from the last two semesters are needed to apply for an extension. You can order these from the Registrar's Office for a charge of \$15.00 (up to two copies).
- Before sending any kind of original documents make sure to photocopy them and put them in a safe place. Then you will still have a copy of your information to refer to.
- For more information about the application process, please refer to the Canadian Immigration Citizenship website at <http://www.cic.gc.ca> or at the [Wong International Centre](#)

## BIOMETRICS

- Since July 31 2018, Canada required applicants from certain countries to submit biometrics (body measurements and fingerprints) along with their application (e.g. study permit, temporary visitor visas or permanent residents application). Please follow the link to see if you are required to submit your biometrics with your application:  
<https://www.canada.ca/en/immigration-refugees-citizenship/campaigns/biometrics/facts.html>

# WORKING IN CANADA

It is your first intention to come to Canada to STUDY so, it is important to maintain a valid student status as well as reasonable school grades before starting to look for a job.

To be eligible to work, you must be registered and enrolled at your institution and you must get a Social Insurance Number (see page 28). With a Social Insurance Number, you are eligible to work on campus or off campus.

As of June 1st 2014, full-time students pursuing an academic, professional or vocational training program are eligible to work **off campus** without a work permit immediately after their arrival at the institution for up to 20 hours a week during a regular academic session and full-time during regularly scheduled breaks.

As of June 1st 2014, if you...

- Hold a study permit and a work permit under the Off-Campus Work Permit Program, you continue to work off campus under your existing permit
- Hold a study permit and you have applied for but not yet received your Off-Campus Work Permit, you should wait for your application to be processed and you can begin working once you have received your Off-Campus Work Permit
- Hold a study permit but you have not yet applied for an Off-Campus Work Permit, you are authorized to work off campus without a work permit as long as you meet the eligibility requirements for working off campus.
- Apply for a study permit on or after June 1 2014, the conditions relating to your eligibility to work off-campus will be written on your study permit.

**NOTE: English for Academic Purposes (EAP) students are not eligible for this program unless you become eligible to apply for a work permit with a positive Labour Market Opinion from Employment and Social Development.**

*Please Note: Immigration regulations change from time to time. We try to keep our information up-to-date, but you may also want to check Canada Immigration's official website at [www.cic.gc.ca](http://www.cic.gc.ca).*

## CAREER SERVICES

Career Services provides support with your employment, volunteer, and career endeavors through career counselling, online job postings, as well as employer recruitment and networking events.

Email: [career.services@acadiu.ca](mailto:career.services@acadiu.ca)

Website: [Career Services](#)

[careerservices.acadiu.ca/welcome.html](http://careerservices.acadiu.ca/welcome.html)

# Post-graduation Work Permit Program

International students are able to obtain a work permit under the Post-Graduation Work Permit Program, with no restrictions on the type of employment and no requirement for a job offer. In addition, the duration of the work permit has been extended to three years across the country. However, you have to apply for your work permit within 90 days after you finish your program at University.

Students can only ***get one post-graduation work permit in their lifetime.***

**To apply for a post-graduation work permit, you must have:**

- Notification of graduation or successful completion of all academic requirements. An official letter from Acadia University must be included showing your completed course of study and/or final transcript (including marks or grades) must be included.
- A valid study permit
- Application fee (\$255.00)

**The date printed on the Acadia University documentation marks the beginning of the 90-day period to apply for this work permit.**



# CO-OPERATIVE EDUCATION

**Telephone:** 902-585-1232

**Email:** [co-op@acadiau.ca](mailto:co-op@acadiau.ca)

**Web:** <http://co-op.acadiau.ca/>

**Location:** Business Co-op: Patterson Hall 109

Arts & Comp Sci: Rhodes Hall 6; Biol & ENVS: Rhodes Hall 7

Co-operative Education (Co-op) is an educational strategy that formally integrates academic studies with discipline related, paid work experience with participating employers in all sectors including not-for-profit and for-profit organizations; all levels of government; small, medium, and large corporations, primarily (not limited to) within Canada. Co-op students apply the concepts and theories they learn in the classroom to relevant, real world situations enhancing their understanding of their program of study. Co-op work experience enables students to refine their career goals guiding them to relevant, full-time employment upon graduation or motivating them to pursue further education.

Students apply for admission to Co-op after completing a minimum of 1 full year of study. Applications are due to the Co-op Office by the first Monday of October each year. Students in their final year of study are no longer eligible to apply. A minimum 2.5 GPA is required. All new Co-op students are required to attend professional development workshops in preparation for their first Co-op work term. Undergraduate students' alternate study terms with Co-op terms, completing 3 four month Co-op work terms with an optional fourth, or a 12 – 16 month co-op internship, ending on a study term, to complete Co-op. Each Co-op work term is a non-credit course with corresponding tuition fee, which is awarded a pass or fail grade. Completion of Co-operative Education is noted on the student's final transcript of marks and on the degree parchment.

Students completing Co-op will take an additional 1 to 2 terms to complete their degree, graduating with the added benefit of practical experience in their field of study. Studies show that Co-op graduates gain employment sooner after graduation, have higher starting salaries, and are more likely to find employment related to their degree area than non-Co-op graduates. For further information visit <http://co-op.acadiau.ca/>

## TO APPLY FOR A CO-OP WORK PERMIT

Go to this link: <http://www.cic.gc.ca/english/study/work-coop.asp>

**NOTE: English for Academic Purposes (EAP) students are not eligible for this program unless you become eligible to apply for a work permit with a positive Labour Market Opinion from Employment and Social Development.**

# eos natural foods

Since 1973

---

- Whole, local, and organic foods
  - Wide assortment of bulk foods, teas, and spices
  - Natural personal care and baby care products
    - Supplements and vitamins
    - Herbal and homeopathic remedies
  - Beautiful gifts, textiles, and books
  - Caring staff and community spirit!
- 

Come and see our selection of International foods including ingredients for Indian, Thai, Chinese and Japanese cuisine.

---

112 Front Street, Unit 114  
Wolfville, NS B4P-1A4


---

Tele: **(902) 542-7103**  
info@eosnaturalfoods.ca  
www.eosnaturalfoods.ca



@EosNaturalFoods





**PURE  
HAIR  
DESIGN  
STUDIO**



**snap a pic  
15% OFF  
COUPON**

**LATEST HAIR TRENDS**

**BIO-NATURAL PRODUCTS**

**AESTHETIC CENTRE**

**WAXING**

**FACIALS**

**EYEBROW WAX & TINT**

**WALK-INS WELCOME**

**NATURAL & PASTEL COLORS**

**FASHION FOILS**

**BEARD TRIMS**

**MENS STYLING**

**MASTER STYLIST**

**360 MAIN ST. WOLFVILLE NS**

**SUITE 22**

**902.542.2726**

**PUREHAIRDESIGN\_WOLFVILLE**

**PUREHAIRDESIGNSTUDIO.CA**

# SOCIAL INSURANCE NUMBER (SIN)

The **Social Insurance Number (SIN)** is a nine-digit number used in the administration of various government programs. You will **require a SIN to work** in Canada or to receive government benefits such as an income tax return. Both on-campus and off-campus jobs require you to have a Social Insurance Number. The SIN which international students have starts with the number “9” and it normally has an expiry date on it.

**To apply for a SIN, you must:** Provide two primary documents that prove your identity and status in Canada, such as study permit and passport. You can apply in person for a SIN at Service Canada in the Kentville office located in the Federal Building, Floor 2, 495 Main Street, with all the documents required. The office hours are Monday to Friday from 8:30 am to 4:00 pm There is no charge to apply for a Social Insurance Number.

If you have any questions, you can call Service Canada at 1-800-622-6232. When you call, tell them that you are calling from Nova Scotia and inquiring about a Social Insurance Number. For more information, please visit Service Canada at: <https://www.canada.ca/en/employment-social-development/services/sin/before-applying.html>

To download an application form, you only need to complete the application form if you are mailing in an application. The application form is not necessary if you are applying in person at the Service Canada office.

International students in Canada may work on or off campus without a work permit if they meet the eligibility requirements of [Citizenship and Immigration Canada \(CIC\)](#). Students are required by law to provide their Social Insurance Number (SIN) within three (3) days after the day on which their employment begins.

Again, to apply for a SIN, international students must present either: a study permit issued by CIC that indicates the permit holder “may accept employment” or “may work” in Canada; or a study permit **and** a “confirmation to work off campus” letter issued by CIC prior to February 6, 2015.



If neither of these requirements is met, the international student may contact CIC to verify if he or she is eligible to apply for an amended study permit.

For more information about working while studying in Canada, visit the [CIC website](#) or call the CIC Call Centre at 1-888-242-2100.

For more information, please visit Service Canada at:

<https://www.canada.ca/en/employment-social-development/services/sin/reports/apply.html>

# TRANSPORTATION

## Local Options

### Free Shuttle Bus

Acadia's Department of Safety and Security provides a free "Acadia U-Hall" on/off-campus shuttle service from 7 pm to 1 am. The shuttle will pick up students on or off-campus and take them to where they need to go on or off-campus. For more information and to view the shuttle schedule and the routes the shuttle will travel, please visit the Acadia Safety and Security website at



[http://security.acadiau.ca/Shuttle\\_bus.html](http://security.acadiau.ca/Shuttle_bus.html)

**Note:** The shuttle bus only runs during the academic year.

### Public Bus Service

Kings Transit Authority is a municipally-operated hourly service. Four buses are in operation throughout the daytime peak travel times. Kentville



to New Minas to Wolfville. Service operates from Monday to Saturday.

There is no service on Sundays or Holidays. The bus goes to Kingstec, the

Valley Regional Hospital, Malls in New Minas, Greenwich and Acadia University. Information about bus fares, bus stops and schedule/times are available at <http://www.kingstransit.ns.ca/> or see the ASU info desk for the bus schedule.



- Bus stops can be found at various locations in Wolfville. There are a few on campus and near the University and at the Baptist Church on Highland Avenue.
- If you are a frequent traveler, or live outside of Wolfville and need to commute everyday, you can purchase a bus pass at the Information Desk in the SUB or directly from the bus driver with cash. The cash fare is \$3.50 for each ride. Bus passes give you a better deal on ticket prices if you ride the bus regularly (a student bus pass is \$65.00 and a sheet of 10 tickets is \$19)

### Local Taxi Services

The cost for taking a taxi from Wolfville to New Minas varies from \$10.00 to about \$15.00, depending on the size of car as well as the number of persons traveling. **CJ's Taxi: 902-670-6700; M&G Cabs: 902-691-2500**



## To Halifax

- **Maritime Bus** is a chartered bus service that runs 2 to 3 times a day from Wolfville to Halifax. You can purchase your ticket online or at the Information Desk at the SUB, or in the **Mudcreek Minimart located at 12 Skyway Avenue**.  
Web: [www.maritimebus.com](http://www.maritimebus.com)
- **Annapolis Valley Travel** is a company that transports people province wide including to and from Wolfville to Halifax's Stanfield International Airport. They offer some of the lowest fares in Nova Scotia.  
Phone: 902-824-3131  
Web: [www.annapolisvalleytravel.com](http://www.annapolisvalleytravel.com)
- **Green Rider Ltd.** Is a company that runs from Wolfville to Halifax. They do not carry luggage. There is a maximum of one carry-on item: a briefcase, purse, very small kitbag or knapsack.  
Phone: 1-877-250-9016  
Web: [www.greenrider.ca](http://www.greenrider.ca)
- **Woods Limousine Inc. Airport Service** provides shared rides to the airport to keep your costs low. They have many different sized vehicles to suit your needs.  
Phone: 902-542-5248  
Web: [www.woodslimo.com](http://www.woodslimo.com)

## To Halifax Airport

- The cost per ride from Wolfville to Halifax Airport can vary from \$85.00 to about \$200.00 per person one way. The price depends on the number of persons traveling. Advance notice may result in a lower cost.
- **Annapolis Valley Travel**                               **902-824-3131**  
**Wood's Limousine Services:**                       **902-542-5248**  
**A World class Limousine service:**           **902-864-4004**



# RENTING A CAR

You may want to rent a car to pick up friends at the airport, go shopping in Halifax or just get out of town for a while. You can also rent a truck to move to a new apartment. This can be an inexpensive alternative to the bus, especially if you and a few friends get together to share the cost. There are no car rental companies in Wolfville, but there are several nearby.

Here are some important things to know about renting:

1. You have to be at least 21 years old to rent a car.
2. You must have a valid driver's license from either your country or Canada.
3. You **MUST** have a major credit card. The credit card and driver's license must be in the same name.
4. The International Driver's License is only valid for three months after you arrive in Canada. After that, a Nova Scotia Driver's license is required. To apply for one, please see next page.
5. Some companies will pick you up and drop you off so you don't have to find your own way to the rental company.
6. Ask about weekend or weekday specials. Most companies have a special weekend rate starting from Friday to Monday.
7. You must pay extra for insurance. This costs about \$20.00 extra per day.
8. Most companies offer unlimited mileage. (Mileage on a weekend rental can vary and some restrictions may apply.) Be sure to ask if you have to pay for extra mileage.
9. Certain companies will charge an extra \$5.00 or \$10 per day if you are between the ages of 21~24.
10. If you have another friend who might be driving the rental car, be sure you inform the car rental company. Their names need to be added on the insurance policy as co-drivers.
11. The cost of renting a car varies from weekday, weekend, to long weekends. There are no local car rental companies in Wolfville; however, there are some in New Minas and Coldbrook.

## Local Car Rental Companies

Enterprise Rent-a-Car, 8861 Commercial St., New Minas; (902) 679-4919

Discount Car & Truck Rental, 7145 Highway #1, Kentville; (902) 678-5755



# DRIVER'S LICENSE

Access Nova Scotia is the government agency here in Nova Scotia that issues driver's licenses. A branch of Access NS is located in Kentville at 5 Shylah Drive. Web: <http://www.novascotia.ca/sns/access/drivers.asp>

Feel free to come to the WIC and pick up the "How to get a Driver's License Guide", which is available in both Chinese and English.

## If you have NEVER had a driver's license before

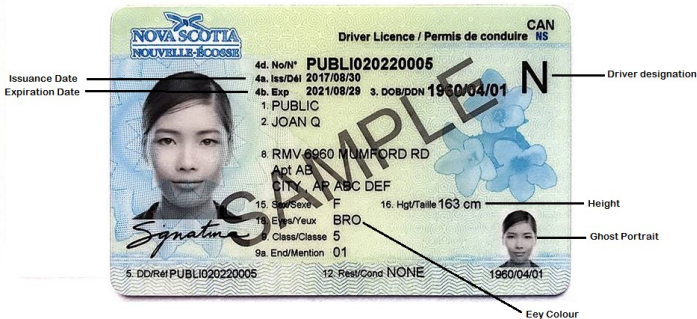
You will need to study for the knowledge test first. You can buy the Driver's Handbook from Apple Valley Driving School in Wolfville 542-4422; or the Registry of Motor Vehicles in Kentville. You may also study the handbook online at <http://www.novascotia.ca/snsrmv/rmv/safe/handbook.asp>

**\*\*Pre-pay on-line for the knowledge test.** This saves time waiting to pay for it at the Registry of Motor Vehicles in Kentville. <http://www.gov.ns.ca/snsrmv/divertest.asp>. You **MUST** print out the document and bring it with you to write your knowledge test in Kentville. Hours for writing the knowledge test are: 8:30 am to 3:45 pm Monday through Friday.

**Step 1:** Bring three (3) pieces of ID (one piece must show your photograph) Proof of birth = birth certificate or passport; the other two pieces of ID must show a name and signature (e.g. Visa, Master Credit Card, Social Insurance Card)

**Step 2:** Take a number from the machine and wait until your number is called. Fill out Form I and pay \$15.15 to write the test and take the sign test. If you have already pre-paid for the knowledge test, you may write it now.

**Step 3:** If you pass all three tests (vision, signs and knowledge) take another number from the machine and wait to be called to pay \$25.10 at the counter for your Learner's License (Class 7L) photo card. You should also pre-pay, at this time, for your road test exam fee: \$53.00 and keep the document safe for your road test day.



**Step 4:** You may now learn how to drive with STRICT conditions. You have a choice of either learning how to drive from a friend who has had a full Class 5 license (no 'N') for 2 years, or, register and attend a Driving School. If you are learning to drive from a friend, you must wait for twelve months before taking the Road Test (\$53.00). If you pass the road test, you will be given a driver's license with some conditions (Class 5N). If you attend the driving school (The 25/10 Driver Education Program) you may take the road test in nine months rather than twelve. Also, you will receive large discounts on your insurance policy if you take the 25/10 Driver Education Program through an approved driving school. If you attend a driving school, you will also NOT have to take the 6-hour Canada Safety Council Defensive Driving Course in order to get the 'N' removed from your license. This is because the 25/10 course includes this 6-hour course.

Acadia University has a licensed and approved Driving School right on campus: Apple Valley Driving School located in the SUB. Classes for this driving school take place here on campus and they will pick you up and drop you off for your in-car lessons. For more information call/text: 902-698-2332. For more information, see the website: [www.applevalleydriving.ca](http://www.applevalleydriving.ca) or drop in and see Marti to discuss your options.

**LOCAL DRIVING SCHOOLS:**

**Apple Valley driving Schools Inc.**

[www.applevalleydriving.ca](http://www.applevalleydriving.ca) Phone/text" 902-698-2332

Office: Room 628, Old Student Union Building, Acadia

**Bolland Driving Solutions**

[www.bollanddrivingsolutions.ca](http://www.bollanddrivingsolutions.ca)

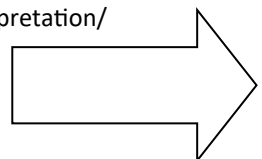
Office: 5 Shylah Drive, Kentville Call: 902-679-1555

**If you have a Driver's License from your home country...**

If your driver's license is not in English or French, you will need to have it translated by a licensed translation authority or government approval agency. You can do this through the Immigrant Services Association of Nova Scotia. You can contact them at [info@isans.ca](mailto:info@isans.ca) . Please note there is a fee that will be charged for this service.

More information can be found on their website:

<http://www.isans.ca/settlement/translation-interpretation/>



## If you have a Driver's License from your home country... (CONTINUED)

**Step 3:** If you passed all the tests (vision/signs/knowledge), bring your Driver's License from your own country with a translated document and purchase a receipt for taking the Road Test (\$53.00). You will need the serial number on the receipt to make an appointment. You don't have any waiting period after you pass the tests because you had a license before. Simply make an appointment to take the Road Test. Even if you have driven a lot in your home country, you may find it difficult to pass the road test. Many people fail the first time if they are not properly taught how to pass it. Apple Valley Driving School can give you a few hours of private lessons to teach you how to pass the road test. (However, you will not receive Insurance Discounting unless you complete the 25/10 Full Driver Education Program.)

**Step 4:** When you pass the Road Test, you will be granted a 5N (N = new) class Nova Scotia Driver's License (\$80.15), if you have driven less than two years in your home country. You can now drive and rent a car anywhere in Canada. Certain restrictions will apply. For example, you will not be able to drive past midnight for two years. The examiner will give you the necessary information to explain this.

**NOTE:** If you are planning on purchasing a car, you may want to consider taking the 25/10 Full Driver Education Program. After taking this course, you will be eligible to upgrade the license from class 5N to class 5. Usually a brand new driver needs to wait for two years and, at the minimum, to take the Defensive Driving Course. However, if you have been holding a non-learner's license for more than two years, you will be issued a Class 5 license when the testing is successfully completed. Keep in mind that even if you hold a Class 5, you may still take the 25/10 in order to receive insurance discounting.



# TAXES



## GST Rebate

**Government Sales Tax:** When one pays for goods and services in Canada, consumers are taxed an extra 15% on top of the total amount of their purchase. The Canada Revenue Agency gives people a chance to collect back the taxes paid if they don't have income in Canada or their income is less than a certain amount in a year. Students who have been in Canada for 186 days during the calendar year (Spring to December 31) are eligible to apply for the GST tax rebate. Normally when you don't have income in Canada, you will receive four cheques in the mail starting in Spring for an accumulate amount of around \$215. Income tax forms will be available at the Wong International Centre and downtown Postal Office in March.

## Tuition Carry-Forward

You may submit an income tax form every year and claim for a tuition carry-forward deduction. Tuition carry-forward accumulates the tax amount of tuition you are paying to the school every year and if you end up working in Canada after graduation, you may be able to claim a rebate.

**PST** = Provincial Sales Tax. In Nova Scotia the PST is 10%.

**GST**= Government (Federal) Sales Tax. Federal Sales Tax is 5% in Canada

**HST** = Harmonized Sales Tax. 15% = PST+ GST

**NOTE:** There will be an information session every year at the Wong International Centre in February/March for international students who would like to learn more about tax regulations in Canada.

There are companies in the New Minas and Wolfville area that will complete and submit your tax forms for you. A processing fee will be charged.

**New Minas Income Tax:** 902-681-4600

**H&R Block:** 902-681-2201

**Coldwell Accountants:** 902-681-1617

***When paying for goods and services in Nova Scotia, remember to add the Harmonized Sales Tax (15% HST) to the final price.***

# BANKING INFORMATION

There are two banks in Wolfville and others in New Minas and Kentville. It is a good idea to open a bank account at a Canadian Charter Bank and choose one of the plans most suitable for you. Most of the banks in Canada collect a monthly fee to provide service. If you withdraw money from a bank machine other than your own bank, you will also be charged a fee for doing this. Usually it's \$1.50 for cross-bank transactions.

For more information please see:

Bank of Montreal (BMO): <https://www.bmo.com/main/personal>  
Wolfville Branch: 902-542-2214

Royal Bank of Canada (RBC): <http://www.rbcroyalbank.com/personal.html>  
Wolfville Branch: 902-542-2221

Bank of Nova Scotia: <http://www.scotiabank.com/ca/en/0,,2,00.html>  
New Minas Branch: 902-681-6108

Canadian Imperial Bank of Commerce (CIBC):  
<https://www.cibc.com/en/personal-banking.html>  
Kentville Branch: 902-678-7371

TD Canada Trust:  
<https://www.td.com/ca/en/personal-banking/>  
Kentville Branch: 902-678-2131



# RECEIVING MONEY FROM YOUR HOME COUNTRY

- 1) In order to receive money from your home country, you will need to provide them (parents/bank) with your account number, bank number, transit number as well as the bank address and sort/swift code.
- 2) If your parents are going to wire money directly to your bank account, there is usually a \$15 dollar fee. This fee is hidden; it won't show on your bank statement. For example, if someone sends you \$1,000 CDN from your home country, by the time you receive the money, it will be \$985 dollars. \$15 is the fee that the Central Banking System in Canada collects automatically; your bank statement will only show that you received \$985. Note: A fee is charged to the person sending the money (parents) as well, but it varies at different banks.
- 3) See page 15 for information on receiving money from home to pay for your Acadia Tuition fees.





## RECYCLING TIPS



Living on or off-campus comes with responsibilities. One of those responsibilities is the proper management of garbage. Some buildings may have students who have volunteered as peer educators. You can ask them and they will help you understand the regulations. If you have any further questions about how to recycle your waste properly, make sure you talk to your landlord, or come to the WIC for help.

For living off campus, according to provincial and municipal regulations you must sort your waste into recyclables, compostables and garbage. **Not adhering to waste management requirements can result in fines up to \$500!**

- **Compostables** such as food waste, go in the Green Cart. Plastic (including plastic bags), metal and glass never go in a green cart.
- **Recyclables** go in blue clear bags. All paper products go in a bag together; all other recyclables go in a separate blue clear bag. Recyclables must be clean and dry.
- **Garbage** goes in clear bags. Garbage items that are too large to fit in a garbage bag will only be collected during spring and fall special “clean-up” days.

It’s a good idea to talk to your landlord about waste management. You should confirm where waste must be stored between collections, who is responsible for setting waste at roadside on collection day, and other issues. By participating in the local waste management program you are complying with regulations and being a good neighbour!

### Did you know that some things are banned from disposal in Nova Scotia?

- Beverage containers
- Newsprint
- Cardboard
- Steel/tin food containers
- Glass food containers
- Compostable organics
- Plastic containers
- Used tires
- Antifreeze
- Car batteries
- Waste paint



If you have any questions about the waste management system, contact **Valley Waste-Resource Management**. It’s their job to help you! The “Recycling Green Guide” is available in English, Chinese, and Arabic at the WIC for you to pick it up. Web: <http://www.vwrm.com>

## LEGAL ISSUES

### Drinking Age:

In Nova Scotia, the legal drinking age is 19-years-old. You must be 19 to enter bars, clubs, discos, clubhouses, and purchase liquor.

Under the "Liquor Control Act", you will be charged for illegally possessing liquor or underage drinking.

1. The fine is \$467.50 for illegally possessing liquor (Possessing it underage or having open liquor in public. This includes going next door/across the street. )
2. The fine is \$467.50 for underage drinking.
3. The fine is \$134.00 and possible jail time for being intoxicated in a public area.

\* Fines are subject to change

### Smoking Age:

In Nova Scotia, you must be 19-years-old to purchase or smoke cigarettes.

Since July 1, 2006, Acadia University has been a tobacco free (cigarettes, chewing tobacco, cigars, etc.) environment. Use of tobacco products is only permitted in the smoking stations located along the campus perimeter. You will be charged a fine ranging from \$25 to \$100 if you disobey the policy.

## PUBLIC HOLIDAYS

Schools, stores, government departments will be closed or reduce their operation hours during public holidays. Canadian public holidays are listed as below:

Holiday	2019
Labour Day (first Monday of September)	Sept. 2
Thanksgiving Day (second Monday of October)	Oct. 14
Remembrance Day	Nov. 11
Christmas	Dec. 25
Boxing Day	Dec. 26
Holiday	2020
New Year's Day	Jan. 1
Good Friday	April 10
Easter Monday	April 13
Victoria Day (Monday preceding May 25)	May 18
Canada Day	July 1

# SAFETY AND SECURITY

The Department of Safety and Security and the local RCMP office aim to protect the safe living environment on campus and in our local community.



## **Walk-home Service:**

In addition to Free Shuttle Bus service, the Acadia Safety and Security Department provides a Campus Police escort service for both on and off-campus students. For walk home service, please call 902-542-7711.

## **Lost and Found:**

If you lose something, please check with the Safety & Security Department (SUB office 519) first and fill out the Lost Property Report Form.

If you find property, please drop it off at the Safety & Security Department as well. Clothing items will be kept for a maximum of one month and all other items will be kept for a maximum of three months.

## **Thefts:**

Please be careful about your personal belongings such as your laptop, wallet, credit cards and identity information.

If your laptop is stolen please report it immediately to the Acadia University Security Department and the local police.

## **Other services:**

The Department of Safety & Security also offers other services such as Access Control, Fire Safety, First Aid, Campus Parking and Emergency assistance.

## **Contact:**

The Department of Safety & Security is located on the 2nd floor, east of the Students' Union Building. It operates 24 hours a day, year-round.

Emergency calls: 902-542-7711  
General Inquiries: 902-585-1103 or [security@acadiau.ca](mailto:security@acadiau.ca)  
Control Access: [accesscontrol@acadiau.ca](mailto:accesscontrol@acadiau.ca)  
Parking: [parking@acadiau.ca](mailto:parking@acadiau.ca)  
Police/Fire: 911



# CULTURAL AWARENESS



# CANADIAN CULTURE

Listed below are some Canadian customs that may or may not differ from your culture:

- Both men and women shake hands in formal or business situations.
- In a social setting, people like to use first names.
- Being on time is very important in Canada. If you set a meeting or lunch date for a specific time, normally others will be on time. If you are going to be late, try to call ahead and let them know. If you can not call, explain why you are late when you arrive.
- Try to avoid calling at meal times. Lunch is normally at noon and supper is normally between 5 - 7 pm.
- Try not to call people earlier than 8:30 am and no later than 10 pm.
- Before visiting someone, it is usually polite to call first to make sure it is a convenient time.
- When you visit someone's home, it is polite to remove your shoes or boots and leave them just inside the door. Always do so unless they inform you it is not necessary.
- Canadians sometimes hug when they greet each other. Males and females may hug each other and it does not signify a romantic relationship.
- It is polite for both men and women to offer to help clean up or wash dishes after a meal at someone's home.
- Many Canadians keep pets in their homes. If you are uncomfortable around pets, you can tell your host.
- If you are living off-campus and planning to get a pet, make sure you check with your landlord. Dogs are not usually allowed in apartment buildings or even houses.
- The legal drinking age is 19-years-old in Nova Scotia. You might be able to drink anywhere in public places in your own country, but it's different in Canada. Alcohol is controlled by the government, and you are only allowed to drink alcohol in a bar, tavern and in your house, but not outside in public such as on the beach or on the street. You must have a Nova Scotia ID or legal government document showing a photo to get into a bar in Nova Scotia. At the AXE bar on campus, you may use your Acadia ID but will also need a second piece of ID.
- It is rude to stand too close to someone in line while waiting to use the Banking Machine. Generally, Canadians will keep about three (3) feet distance from a person who is doing their banking.
- Most people in Nova Scotia are friendly. You might find people who don't know each other striking up a conversation easily. It might seem odd to you at first, but after you are used to it you might do it yourself without noticing you've been talking to a stranger who you just met one minute ago. Common topics of conversation are weather, classes, jobs, sports, and hobbies.
- Remove your jacket at the door during winter when you enter someone's house, a church or a good restaurant.

# CULTURAL AWARENESS

Changes in culture can be exciting, interesting, and a wonderful part of your experience at Acadia. Learning to see the world from a different point of view will benefit you in your future workplace and in your personal life for years to come. Getting used to living in a different culture will make you a stronger person, but the process can at times be confusing and aggravating.

You may start to question your values and the values of those around you. You may feel that you do not really understand the social and cultural rules that people live by in Canada. You may find it difficult to understand why people behave and communicate the way they do. You may feel frustrated and even depressed. ***These feelings are all normal.*** Everyone will experience some degree of culture shock. We all handle it in different ways.

There are several stages people go through when they move into a new cultural environment.



# CULTURE SHOCK

A person with culture shock may experience some of these symptoms:

- Spending excessive amounts of time alone
- Avoiding contact with Canadians
- Wanting to sleep a lot
- Compulsive eating and/or drinking
- Irritability
- Hostility and criticism towards fellow students
- Loss of ability to study effectively
- Physical ailments such as headaches, stomach-aches, etc.

## Common Stages of Culture Shock

### 1. *The Honeymoon Stage* (The first few weeks or even months)

You have just arrived and everything is new and exciting. You are meeting new people, getting your classes organized, learning about your Host Country and generally feeling excited about your new life.

### 2. *The Frustration stage* (This is the stage where symptoms of culture shock often appear)

Some of the things about your Host Country are starting to bother you. You sometimes feel quite negative about the people and the culture. You do not understand why your Canadian classmates behave the way they do. You can not always express yourself as well as you want to and you feel people misunderstand you. At times you question why you are even here. You are often homesick and think constantly of home, friends, and family. You phone, e-mail, and instant-message to your family and friends a lot and remain distant from those around you in Canada.

### 3. *Cultural Adjustment*

You are starting to feel more comfortable here. You still miss your friends and family but there are things about your Host University and your new life that you really enjoy. You have a sense of humour about some of the things that used to upset you. You try to understand the reasons behind some of the things that confuse you. You have friends and you are starting to feel “at home.” You have a few people you can talk to and you know where to go when you need assistance.



## CULTURE SHOCK (CONTINUED)

### What can you do?



- Recognize the causes and symptoms of culture shock or cultural adjustment.
  - Make friends with other International or Canadian students.
  - Visit the Wong International Centre to find out what activities are going on.
  - Join clubs; get involved with a Host Family. Ask your International Adviser if you need suggestions.
  - Talk to friends or your International Advisor about your stress.
  - Recognize that anxiety is normal, and that you must be open, take risks and laugh at your mistakes.
  - Don't be quick to judge Canadian culture. Give people another chance.
  - Be honest. If you are confused or don't understand something, admit it instead of pretending that the situation is fine.
- Become actively involved in your new environment. Learn to do something new like a sport. Volunteer at the Wong International Centre or elsewhere on campus.
  - Spend time with people who are positive.
  - Look for logical reasons behind things that seem strange, confusing or threatening.

Have faith in yourself. It is natural to experience differences between cultures and to take some time to get used to them. You are learning valuable lessons that you will use for the rest of your life!

If you are experiencing Culture Shock and would like to talk to someone, visit your International Student Advisor, Carissa Campbell. She is always happy to help you.

There is no reason to feel alone or lonely. **The Wong International Centre is here to help make your time at Acadia as positive as possible. Feel free to contact the International Student Advisor.**

E-mail: [international@acadiau.ca](mailto:international@acadiau.ca) or call 902-585-1690



# WONG INTERNATIONAL CENTRE

The Wong International Centre was established May 9, 1997. It is a place where international students can meet, gather information and socialize. Here are the services available to the students:

- Information on Travel & Study Abroad Resources
- International Student Orientation
- Monthly social events and trips
- Community Outreach Programs
- Workshops on immigration and income taxes
- Refugee support program (WUSC)
- Kitchen, living room, and dining room for cooking or parties
- Meeting room for club meetings
- Advice on academic, social, cultural issues
- Referrals to other departments
- Volunteer opportunities and skill development
  - ◇ Volunteer with out immigration help sessions or events. If interested, contact **Alexis Mackey** (information below)
  - ◇ Professional Skills Development Program offered to 3rd/4th year students (advertised in September)

## Contact Information

- **Carissa Campbell**, Coordinator of International Education: provides information and advice to Acadia’s International students. Please contact the coordinator if you have any questions or concerns!  
E-mail: [international@acadiau.ca](mailto:international@acadiau.ca)  
Phone: 902-585-1690
- **Janet Harnum**, Administrative Assistant: provides assistance to the Coordinator of International Education, staff and students as needed.  
Email: [janet.harnum@acadiau.ca](mailto:janet.harnum@acadiau.ca)  
Phone: 902-585-1865
- **Alexis Mackey**, International Education Intern: provides information and assistance to students and staff.  
Email: [alexis.maceky@acadiau.ca](mailto:alexis.maceky@acadiau.ca)  
Phone: 902-585-1645

## HOW TO GET INVOLVED & IMPROVE YOUR ENGLISH

- ◇ If you live in residence, **get to know your Residence Assistant and the other students on your floor.** Residence often ends up feeling like a home away from home!
- ◇ **Talk to the other students in your classes!** This should not be done while the professor is teaching but can be done during time allotted for group work, before or after class, and during breaks.
- ◇ **Join a club!** There are over 50 clubs on campus based on shared interests, shared cultures, sports, and volunteer activities. If you have an idea for a club, you can create it! Just visit this link to find out how: <http://theasu.ca/campus-life/clubs/>
- ◇ **Join an intramural sports team** with your residence. Intramural sports are non-competitive sports that residences can participate in. They include soccer, Frisbee, volleyball, hockey, broomball, etc.
- ◇ **Take part in activities put on by the Wong Centre!** We have several activities a month including potluck dinners, skating times, trips to Halifax and the South Shore, and much more. This is a good way to meet other international students!



## ACADIA STUDENTS' UNION (ASU) CLUBS



There are many International Clubs ratified by the Acadia Students' Union. Some of the International Clubs are listed below. If you want to become a member of any of these clubs, contact the ASU VP Communications.

There will also be a club exhibition at the SUB in September. It's called *Club Extravaganza*. All of the clubs at Acadia will be presenting and recruiting new members. Look for your favourite interests and join a few!

- \* Acadia African Association
- \* Acadia Chinese Student & Scholar Association
- \* Acadia WUSC Local Committee
- \* Caribbean and Commonwealth Association
- \* Acadia International Society
- \* Centre for Global Exchange

### **Wong Centre International Banquet**

Consider attending or taking part in the International Banquet in March 2019! The banquet is a showcase of different cultures on campus through food, fashion, trivia, and dance! If participating, this is a great chance to share your culture! If attending, this is the perfect opportunity to learn about the different cultures on our campus! We will be sending emails looking for participants in November—so remember to check your email if you are interested in participating!

### **Wong Centre Photo Contest**

Do you like taking photos? Would you like to display them on campus? The Wong Centre's Annual Photo Contest is the perfect place to do that! With four categories of photos: Life at Acadia, People, Nature, and Infrastructure and Buildings. Keep your eyes open for information about the contest in February 2020!

# USEFUL NUMBERS (LOCAL)

## Cable TV

- EastLink..... 1-888-345-1111

## Long Distance Phone Companies

- Aliant.....1-888-214-7896
- EastLink.....1-902-367-2800 ([www.eastlink.ca](http://www.eastlink.ca))
- Primus Canada.....1-800-806-3273 ([www.primus.ca](http://www.primus.ca))
- Start-tec.....1-877-882-7777 ([www.startec.com/ca](http://www.startec.com/ca))

## Medical Services:

- Acadia Health Clinic Dennis House.....902-585-1238
- Eastern Kings Memorial Health .....902-542-2266, 23 Earncliffe Ave
- FYidoctors .....902-542-3435, 4 Central Ave
- Wolfville Chiropractic Centre .....902-.542-5380, 112 Front St.
- Wolfville Naturopathic Clinic.....902-542-5560, 189 Dykeland St.
- Drs. Christine & Stephen Friars (Dental).....902-542-2121, 303 Main St.
- Main St. Dental Centre .....902-542-4555, 399 Main St.
- Dr. Schaffner Ophthalmology Inc. ....902-542-4443, 5 King St.

## Pharmacies

- PharmaSave .....902-542-3624, 442 Main St.
- Shopper's Drug Mart .....902-542-2248, 433 Main St.
- The Medicine Shoppe.....902-697-3101, 12 Elm Ave.



# USEFUL NUMBERS

## Less Expensive Places to Stay in Halifax

- Halifax Backpacker Hostel .....1-888-431-3170, 2193 Gottingen St.
- Halifax Heritage House Hostel .....1-902-422-3863, 1253 Barrington St.

## More Expensive Places to Stay in Halifax

- Atlantica Hotel.....1-888-810-7288, 1980 Robie St.
- Delta Barrington .....1-902-429-7410, 1875 Barrington St.
- Four Points Sheraton Hotel .....1-866-716-8133, 1469 Hollis St.
- The Hollis Hotel.....1-902-429-7233, 1649 Hollis St.
- Westin Scotia .....1-888-627-8553, 1181 Hollis St.

## Halifax Stores with International Food / Products

- Pete’s Frootique (European).....1-902-835-4997, Sunnyside Mall
- Indian Groceries.....1-902-423-6339, 2585 Robie St.
- CaHoa Asian (Chinese) Grocery .....1-902-423-0642, 5483 Victoria Rd.
- Heiwa Oriental .....1-902-455-8383, 7018 Chebucto Rd.
- Mid-East Food Centre .....1-902-492-0958, 2595 Agricola St.
- Don 88 Asian Grocery Store.....1-902-492-3141, 6083 South St.
- Tian Phat Asian Grocery.....1-902-445-1818, 209 Bedford Hwy
- Taishan Asian Grocery ..... 1-902-880-7678, 6466 Quinpool Rd.

## Windsor Store

- Halal Meat, Mike Oulton .....(902) 798-4734

Check out more places to stay online: <http://www.novascotia.com>

## Travel Agencies

### Fundy Travel

468 Main Street, Wolfville  
Phone: 902-542-5626  
Web: <http://www.fundytravel.ca>

### Travel Cuts

1589 Barrington St. , Halifax, NS  
Phone: 1-888-359-2887  
Web: <http://www.travelcuts.com>

## SUGGESTED LOCAL ACCOMMODATIONS

Telephone Check-In Nova Scotia (toll-free number 1-800-565-0000) to make reservations at any of the following establishments:

### WOLFFVILLE & AREA

Area Code (902)

Blomidon Inn .....	902-542-2291 or 1-800-565-2291
Blue Shutters - Bed & Breakfast.....	902-542-3363
Carwarden Bed & Breakfast .....	902-678-7827 or 1-888-763-3320
Farmhouse Inn .....	902-582-7900 or 1-800-928-4346
Garden House - Bed & Breakfast .....	902-542-1703
Gingerbread House Inn .....	902-542-1458 or 1-888-542-1458
Evangeline Inn - Bed & Breakfast .....	902-542-2703
"in Wolfville".....	902-542-0400 or 1-888-542-0400
Olde Lantern Inn & Vineyard .....	902-542-1389 or 1-877-965-3845
Old Orchard Inn, Greenwich .....	902-542-5751 or 1-800-561-8090
Roselawn Lodging.....	902-542-3420
Tattingstone Inn.....	902-542-7696 or 1-800-565-7696
Victoria's Historic Inn .....	902-42-5744 or 1-800-556-5744

### NEW MINAS / KENTVILLE & AREA

Allen's Motel.....	902-678-2683
Grand Street Inn .....	902-679-1991 or 1-877-245-4744
Greensboro Inn .....	902-81-3201 or 1-800-561-3201
Slumber Inn .....	902-681.5000 or 1-800-914-5005
Wickwire House Bed & Breakfast .....	902-679-1188 or 1-877-679-1188

### CAMPGROUNDS IN THE AREA (Most open from May 1 - Oct 31)

#### Kentville and New Minas

Palmeter's Trailer Park .....	902-678-7333
Highbury Gardens Tent & Trailer Park .....	902-678-8011

#### Canning

Blomidon Provincial Park.....	902-582-7319 or 1-902-424-5937
Look-Off Family Camping Park .....	902-582-3022

#### Wolfville Area

The Land of Evangeline .....	902-542-5309; O/S 542-0625
------------------------------	----------------------------



正宗中國菜

**CHINESE RESTAURANT**

**EAT \* TAKE OUT \* CATERING**

**467 King Street, Windsor, NS**

**Daily Lunch  
SPECIALS  
from \$4.95**

For orders & reservations  
**(902) 472-3866**

*Call us for party specials,  
or party buffet!*

**www.BABYPANDA.ca**

**BUSINESS HOURS**  
*Sunday - Thursday 11 am - 9 pm  
Friday - Saturday 11 am - 10 pm*

**DELIVERY AVAILABLE**

147737

粥 粉 麵 飯  
南北小菜

**Please visit our website for  
menu and find us on Facebook**

**<http://www.babypanda.ca/>**

**Closed Tuesdays**



**[https://www.facebook.com/  
BabyPandaWindsor/](https://www.facebook.com/BabyPandaWindsor/)**

