



www.lambtoncollege.ca/international

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WELCOME TO LAMBTON COLLEGE!



We are excited and honored that you have chosen to study at
Lambton College!

Please know that the
International Department
offers year-round services!

These include activities, trips, fun events and
volunteer experiences that will allow you to meet
new people and embed yourself in Canadian
culture. We encourage you to come to the
International Department for any assistance you
may need as we are more than happy to help!

We are located in B1-205

international@lambtoncollege.ca

WELCOME TO SARNIA, ONTARIO!



ABOUT THE CITY

Sarnia is situated on the shores of Lake Huron, where it meets the St. Clair River. It is noted for its breathtaking waters and beautiful beaches. Sarnia offers a great quality of life with affordable living, easy access to major cities in Canada, with extraordinary recreation and leisure resources. The city strikes a balance between the feel of a close-knit community and a community on the move!

Sarnia has all four seasons and no matter what time of year, there is something to enjoy! You can enjoy ice cream and french fries under the Bluewater Bridge, stroll through our long stretch of woodland trails, ice skate on local ponds, and so much more!

SARNIA WEATHER AND CLOTHING:

Spring (March 21 to June 20):

Temperatures range anywhere from 6 degrees to 20 degrees Celsius and there is a lot of rain during these months. During March and April, sweaters and waterproof shoes/jackets may be necessary. Approaching May and June, it may be warm enough to go outside without a coat on.

Summer (June 21 to September 20):

Temperatures range anywhere from 14 degrees to 30 degrees Celsius. Summer is sometimes very hot and humid, while at other times it is wet and windy. You should have shorts and T-shirts, but also sweaters and pants for night time.

Fall (September 21 to December 20):

Temperatures range anywhere from 1 degree to 23 degrees Celsius. September can feel as warm as summer, but as October and November approach, winter apparel is necessary. You should buy high quality coats, hats, long pants, and boots.

Winter (December 21 to March 20):

Temperatures range anywhere from -10 degrees to 2 degrees Celsius. There is snow and ice on the ground most of the time. January and February are the coldest months of the year. You should be prepared with a heavy winter coat, thermal hats, gloves and boots.

ADJUSTING TO CANADIAN CULTURE

1. Ask Questions

If you are unsure or confused about something, don't worry! Canadians are generally very willing to help. Asking questions about Canadian life will help you learn quicker, which will make your transition smoother.

2. Eat Healthy

Manage your stress by staying healthy: eat well and drink plenty of water. Staying nourished and hydrated will help you settle into Canadian life.

3. Get enough rest at night

Get enough sleep, especially during your first days in Canada. You may need to recover from the "jet lag" (fatigue and disorientation) brought on by travelling. Try your best to wake up and rest during regular hours so that your body can adjust to your new environment.

4. Try something new

Trying a new activity or pursuing a hobby you love in your new setting is a great way to adjust to a new culture. Join a club, play sports, or take recreational classes, which are all available on campus. Doing this will also help you meet new people and build your campus network.

5. Meet other students

We offer social media groups that offer an opportunity to stay connected and meet new people and build your support network.

6. Stay connected with home

Remember to keep in touch with people at home! If you call, video chat, email or write to your family and friends on a regular basis, this can alleviate homesickness.

7. Explore the city

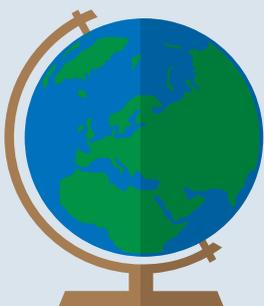
The more you get to know Sarnia and all it has to offer, the more at home you will feel here. Explore the city by Sarnia Transit and get familiar with bus routes and your neighborhood. The Lambton-County area has year-round events and activities for you to enjoy, and an array of restaurants to explore also.

8. Talk to someone

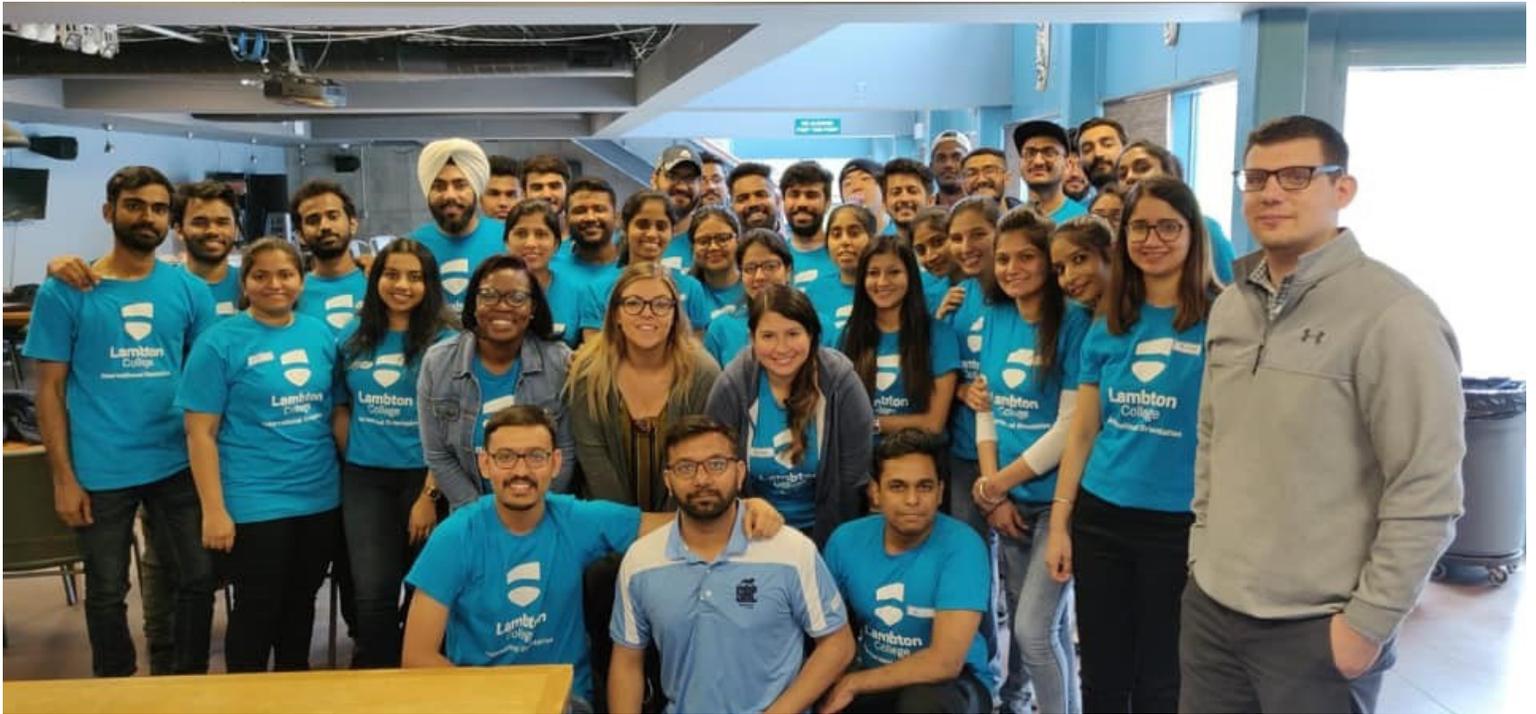
Share how you feel with a close friend, academic advisor, or someone else you trust. You may also want to consider speaking to a professional. Counselling Services offers a variety of confidential services at no charge to Lambton College students, and there are peer support and mentorship opportunities on campus.

**"AT LAMBTON COLLEGE
WE ARE FORTUNATE TO
WELCOME STUDENTS TO
OUR CAMPUS FROM ALL
ACROSS THE GLOBE."**

**JUDITH MORRIS,
PRESIDENT AND CEO**



ORIENTATION WEEK



ORIENTATION IS MANDATORY

The International Department is open Monday to Friday from 8:30am to 4:30pm to assist you with your transition. There is a lot of important information that is given during the orientation and you are advised not to miss it. In your welcome bag, there is a detailed orientation schedule on what will be going on throughout the week such as immigration law, health insurance, tours, campus services, banking, and fun activities. The last day of orientation is when you will receive your login information for MyLambton.

Please speak to your Student Ambassadors and/or visit the Events table in the Upper Cafeteria for details on events happening during the week, such as Canadian Culture activities, bus and bites tour, and welcome dinner.

Registration is required for all events.

Please note that your Robert Q or VIA Rail reimbursement, maximum of \$100, will be applied to your next term fees.

YOU MUST BRING THE FOLLOWING DOCUMENTS TO REGISTER:

- *Passport*
- *Letter of Acceptance*
- *Study Permit*
- *Work Permit (if applicable)*
- *Fee receipts issued by Lambton College*
- *Pre-Arrival Orientation Certificate*
- *Robert Q or VIA Rail fee receipt (if applicable)*

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COLLEGE & COMMUNITY SERVICES / RESOURCES

ACADEMIC INTEGRITY

Knowing the rules and expectations of academic honesty can prevent serious consequences that come from committing an academic offence. Here are some important behaviors to avoid as an honest student at Lambton College:



PLAGIARISM

- Failing to show proper citations, or credit to the original author(s), for ideas, images, or quotations that you use in your academic work. Plagiarism includes taking resources from the Internet, from friends of fellow students, or from students who have been in your program in previous years. Plagiarism also includes purchasing your materials from paper-mills designated to profit from selling to students.
- Using work that you have done in another class or in previous years without speaking to the teacher about reuse of these materials (this is called "self-plagiarism").

COPYING

- Working off other students' tests or assignments in order to get answers for yourself. This includes viewing other's academic material and sending information, electronically or physically, to peers during tests and exams.

INAPPROPRIATE COLLABORATION

- Discussing and sharing ideas as a group of students when the assignment or project requires individual learning and submission for evaluation.
- Allowing or paying someone to do your portion of an evaluated group-work project.
- Not speaking up when members of your team are committing academic dishonesty.

MISREPRESENTING YOURSELF OR YOUR LEARNING

- Pretending to have skills, knowledge, or experience that you do not while in co-op or internship interviews.
- Participating in or promoting co-op placements that are fabricated or do not meet official co-op academic standards.
- Forging academic documents by writing in false information, data, or signatures.

IMPORTANT BEHAVIORS FOR SUCCESS AT LAMBTON COLLEGE:

- Reach out, ask questions, and learn well with your time.
- Make good use of our resources: the International Department, the College's tutoring services, the Library, CAI, and your teachers. All are very valuable sources of help and support your learning.
- Choose well, learn well, and you will be better-prepared for success!

Find out more by contacting the Centre for Academic Integrity (CAI): CAI@lambtoncollege.ca

CO-OP AND CAREER SERVICES

The Co-op and Career Services Centre serves the co-op, internship and employment needs of students, employers, staff and faculty by offering:

- Drop-in appointment times for quick questions
- One-on-one appointments for assistance with cover letters, resumes, mock interviews and career advising for all Lambton College students. Guidance to students and recent graduates in connecting with employers, launching careers and pursuing professional goals - Appointment can be booked through myCareer system.
- Assistance to students and recent graduates in finding co-op and employment opportunities
- Workshops and events for students to help prepare them for success in either co-op, internship or future careers
- Co-Curricular Records

Co-Op Work Permits

All international students **MUST** possess a valid Co-op Work Permit in order to accept and participate in co-op positions. Students must apply for a co-op work permit well in advance of seeking or securing co-op employment or participating in a co-op work term. This process may take several months.

If you did not receive a co-op work permit at the port of entry into Canada, please request a support letter by emailing supportletters@lambtoncollege.ca. You require this letter in order to apply for a co-op work permit.

To be eligible for a work permit, you must meet the following conditions:

- You must have a valid study permit
- Your intended employment must be an essential part of your program of study in Canada
- Your employment must be certified as part of your academic program, please obtain your letter of confirmation from the International Department
- Your co-op/internship employment cannot form more than 50% of the total program of study

Speak to a Co-op and Career Advisor

Drop-in appointments are available for quick questions Monday to Friday:

9:00am to 10:00am
3:00pm to 4:00pm

Need a longer appointment?

Appointments can be scheduled between 10:00am and 3:00pm through the MyLambton website:

<https://www.mylambton.ca/students/co-op-career-services/contact>

More information on available services and resources, go to:
<https://www.mylambton.ca/students/co-op-career-services>



LIBRARY RESOURCE CENTRE



Question?
Ask here!



Room C1-200

(519) 541-2441



asklibrary@lambtoncollege.ca



@lambtoncollegelibrary



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Monday - Thursday

7:30 am - 8:00 pm

Friday

7:30 am - 4:30 pm

Sunday

9:00 am - 4:30 pm

(Summer and Holiday hours will differ)

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ATHLETICS & FITNESS COMPLEX

The Athletics & Fitness Complex officially opened in October 2018. The facility welcomes all students, staff and community members. Following a massive two year build, doors are now open to the 40,000 sq. ft. facility.

Some features the facility offers are:

- A 1,240 seat gymnasium - home to the newly re-branded Lambton Lions
- Fitness facility
 - equipped with top-of-the-line equipment
 - virtual fitness (Fitness on Demand)
 - Live instruction, personal training, wellness programs, certification courses and specialty courses/clubs will also be offered as the department and facility continue to evolve
- Enables a wide range of student activities, including a focus on mental health and well-being



In order to access the fitness area, you must present your Student ID to enter and you must follow the dress code.

To see the upcoming varsity team schedules to attend a game, join an intramural team, facility rules, dress code and more...

Please visit: <https://www.lclions.ca>



Hours of Operation

Academic Term Hours
(September - April)

Monday to Thursday: 6:30am - 10:30pm

Friday: 6:30am - 9:30pm

Saturday: 9:00am - 6:30pm

Sunday: 12:00pm - 9:30pm

Have questions?

One of the friendly Lions Desk Staff will be happy to answer any questions, show you around, and get you started on whatever journey you choose.

PLACES OF WORSHIP

Catholic

Our Lady of Mercy, Roman Catholic Church	390 Christina St. North
Queen of Peace Roman Catholic Church	566 Rosedale Avenue
St. Benedicts Roman Catholic Church	1011 Oak Avenue

Protestant

St. Luke's United Church	350 Indian Road
Paterson Memorial Presbyterian Church	120 Russel Street South
High Park United Church	1081 Brenchley Street
All Saints' Anglican Parish	248 Vidal Street North
Bethel Pentecostal Church	1565 London Road
Bluewater Baptist	1256 Wellington Street
Living Hope Christian Reformed Church	L1281 Exmouth Street
New Horizons Community Church	383 Russell Street North
Temple Baptist Church	1410 Quinn Drive
Sarnia Gospel Church	1791 London Road
Sovereign Grace Community Church	365 Talfourd Street
Redeemer Lutheran Church	429 Indian Road North
The Rock Christian Fellowship	On campus
St. Paul's United Church	360 Devine Street
Trinity Anglican Church	1194 Murphy Road

Hindu

Sarnia Hindu Society	217 College Ave. North
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Islam

Sarnia Muslim Association	1609 London Line
Sarnia Masjid	281 Cobden Street

Judaism

Ahavas Issac Synagogue	217 College Ave. North
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Lambton Chinese Association

Lambton Chinese Association	Jun.Zhu@lambtoncollege.ca
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Sikhism

Sarnia Sikh Society	794 Sycamore Drive
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For All

All Faith Prayer Room	On Campus - C0-133
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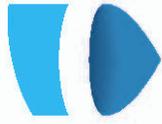
"ONE OF THE GREAT THINGS ABOUT LIFE ON THIS PLANET IS OUR HUMAN DIVERSITY AS A SPECIES - IT IS A SOURCE OF STRENGTH, GROWTH, AND INNOVATION"

- LAMBTON COLLEGE ON DIVERSITY

PLACES TO SHOP



Store Name	Location	Categories	Items
Value Village	1379 London Road Plaza	Thrift store	Used clothing/home items
Lambton Mall	1380 London Road	Shopping all	Clothing stores, bookstores, electronic stores, supplement store, food courts, nails, etc.
Canadian Tire	Attached to Lambton Mall	Department store	Sporting goods, hardware, electronics, houseware, outdoor, auto accessories, etc.
Dollar Tree	1379 London Road Plaza	Dollar store	Cheap prices on items such as houseware, cleaning products, food, school supplies, etc.
Dollarama	Lambton Mall or 500 Exmouth Street	Dollar store	Cheap prices on items such as houseware, cleaning products, food, school supplies, etc.
Great Canadian Superstore	600 Murphy Road	Grocery store	Food and non-perishable items
Shoppers Drugmart	260 Indian Road South	Pharmacy/ Grocery store	Medicine, prescriptions, cosmetics, snacks
Staples	1379 London Road	Supplies store	Electronics and school supplies
Best Buy	1380 Exmouth Street	Electronic store	Laptops, cameras, phones, accessories, etc.
No Frills	889 Exmouth Street	Grocery store	Food and non-perishable items
Food Basics	191 Indian Road South	Grocery store	Food and non-perishable items
Walmart	1444 Quinn Drive	Department store	Everything you need
Winners	1470 Quinn Drive	Designer store	Cheap prices on items such as houseware, cleaning products, food, school supplies, etc.
Goodwill	1307 Michigan Avenue	Thrift store	Used clothing/home items
Scotia Bank	560 Exmouth Street	Bank	Banking
RBC	1349 London Road	Bank	Banking
Giant Tiger	1249 London Road	Department store	Clothing, food, houseware, etc.
Canada Post	In the Shoppers Drugmart	Mailing	Letters, mail, packages, etc.
Habitat for Humanity (Restore)	1787 London Line	Non-profit organization	Used clothing/home items
Goldilocks Mattress Warehouse	914 Murphy Road	Mattress warehouse	Reduced prices on mattresses



Lambton
College

Support Services for International Students

Accommodation & Housing Support

Student Administrative Council

Students receive help in finding temporary or permanent accommodation in Sarnia. Join workshops to learn how to write a proper resume and cover letter, prepare for an interview and search for a part-time job in the area.

- ▶ Rob Tuer
- ▶ Robert.Tuer@lambtoncollege.ca
- ▶ Location: SAC Office

Events and Activities

Student Administrative Council

There are several social events and activities occurring on and off campus. Learn more by joining the WhatsApp group or like us on Facebook and Instagram. You can also add your volunteer activities on your co-curricular record (CCR). There are many clubs you can join. See SAC for details.

- ▶ Matt Rose
- ▶ Matthew.Rose@lambtoncollege.ca
- ▶ lambtonsac.ca
- ▶ Location: SAC Office

Student Advisors

International Department

International student advisors assist with academic matters related to programs, courses, scheduling and conflicts.

- ▶ Kim Hunt
- ▶ Kim.Hunt@lambtoncollege.ca
- ▶ Lotena Solis
- ▶ Lotena.Solis@lambtoncollege.ca
- ▶ Location: B1-205

Immigration Services

Private Service Provider

An immigration consultant can assist students with initial advice and consultation regarding study, work permits and other issues surrounding Immigration, Refugees and Citizenship Canada (IRCC).

- ▶ Devries Immigration Consultancy
- ▶ bart.devries@dic-immigrationconsultants.com
- ▶ www.dic-immigrationconsultants.com
- ▶ By Appointment in B1-205

Settlement and Integration

YMCA

Workshops and drop-in sessions about legal rights, housing, transportation, banking and Canadian workplace culture available on campus during the term. Inquiries about services for spouses and children can be made at 660 Oakdale Avenue.

- ▶ Regina Croskery
- ▶ regina.croskery@swo.ymca.ca
- ▶ 519-336-5950 ext. 234
- ▶ ymcaswo.ca
- ▶ 9:30 a.m. – 1:30 p.m. M/W/F SAC boardroom

Business Development & Startup Resources

Cube Entrepreneurship Centre

Cube at Lambton College will recruit, train and manage international students for part-time jobs. Their services also help students learn more about business or launch their own initiatives. The 1:1 mentorship and a startup program is designed to connect students to mentors and resources.

- ▶ thecube@lambtoncollege.ca
- ▶ lambtoncollege.ca/Cube
- ▶ Location: B2-250

Professional Development

Enactus Lambton

Development of professional skills such as entrepreneurial thinking, problem-solving, networking, and public speaking while addressing social issues both locally and internationally through events and workshops.

- ▶ enactus@lambtoncollege.ca
- ▶ enactuslambton.org
- ▶ By Appointment through Email

Resume and Cover Letter Support

Co-op & Career Services

Support available for cover letter and resume writing, interview preparation and job search support. Drop-ins 9AM - 10AM. 1:1 appointments, co-curricular record (CCR) opportunities, on-campus events, employers on campus and job postings are provided by Co-op & Career Services.

- ▶ [Carissa Horley](mailto:Carissa.Horley@lambtoncollege.ca)
- ▶ Carissa.Horley@lambtoncollege.ca
- ▶ mycareer.lambtoncollege.ca
- ▶ Drop-In Sessions and Workshops

Health and Wellness

Atkin Family Wellness Centre

The Atkin Family Wellness Centre is open to all students of Lambton College to assist with their health care needs. Personal counselling is available for all Lambton College students. Appointments available by phone, email or during drop-in hours. All services are confidential.

- ▶ nurse@lambtoncollege.ca
- ▶ counselling@lambtoncollege.ca
- ▶ mylambton.ca/students/health-wellness
- ▶ Location: B1-240

Health Insurance

GuardMe

Medical insurance is mandatory for all international students. This includes students in full-time, part-time and co-op programs. Medical insurance is provided by GuardMe - a third party insurance provider. The International Department orders health insurance cards at the end of the first month of each term. A GuardMe ambassador is available to answer any questions weekly from 10:30 AM -12:30 PM in the upper cafeteria. Any additional questions can be answered by the International Department.

- ▶ Judy Zhu
- ▶ Jun.Zhu@lambtoncollege.ca
- ▶ www.guard.me/lambtonc
- ▶ Location: Upper Cafeteria every Wednesday

Homestay Accommodation

Sarnia Homestay

Sarnia Homestay is a third-party provider that finds suitable homestay hosts for international students for short and longer-term stays. Homestay provides students a chance to learn Canadian culture, grow long-lasting friendships and improve English skills. The homestay experience provides students with a family away from home. Sarnia Homestay is always looking for residents to participate as hosts.

- ▶ Dolores Quintanilla
- ▶ dolores@sarniahomestay.com
- ▶ sarniahomestay.com

Tutoring and Mentoring

Library Resource Centre

Tutoring is free for all Lambton College students who are attending classes on a regular basis. Tutoring is available beginning the third week of each term with either a peer or professional teacher tutor.

Tutoring Services is located inside the Resource Centre/Library. Stop in to the Library to get updated on tutoring information.

- ▶ tutoring@lambtoncollege.ca
- ▶ Location: C1-200

Health Insurance

GuardMe

Medical insurance is mandatory for all international students. This includes students in full-time, part-time and co-op programs. Medical insurance is provided by GuardMe - a third party insurance provider. The International Department orders health insurance cards at the end of the first month of each term. A GuardMe ambassador is available to answer any questions weekly from 10:30 AM -12:30 PM in the upper cafeteria. Any additional questions can be answered by the International Department.

- ▶ Judy Zhu
- ▶ Jun.Zhu@lambtoncollege.ca
- ▶ www.guard.me/lambtonc
- ▶ Location: Upper Cafeteria every Wednesday

Peer Groups

- ▶ Fluency Friend & Discussion Circle
- ▶ info@instituteofenglish.com
- ▶ Location: B1-205

Support Letters

- ▶ Study Permit, Coop Work Permit, TRV, Graduation
- ▶ SupportLetters@lambtoncollege.ca

Other

- ▶ All Faith Prayer Room: Co-133A
- ▶ International Food Bank: B1-205
- ▶ Lambton College International Women's Club: B1-205B

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**GET
INVOLVED**

VOLUNTEER EXPERIENCE

TOP 10 REASONS TO VOLUNTEER

- Learn new skills
- Feel a sense of accomplishment
- Enhance career options
- Find new interests
- Gain life and job experience
- Show your future employers dedication, reliability, and commitment
- Better job perspective with companies that encourage and support giving back to the community
- Meet new people
- Help others
- Live a balanced life
- Reduce stress

BENEFITS OF VOLUNTEERING

- *Professional References / Co-Curricular Record*
- *Commitment to Career*
- *Canadian Work Experience*
- *Communication Skills*
- *Commitment to Community*

BECOME A VOLUNTEER - MAKE A DIFFERENCE





ORGANIZATIONS WITH VOLUNTEER OPPORTUNITIES

HABITAT FOR HUMANITIES

www.habitatsarnia.org/our-restore

THE INN OF THE GOOD SHEPHERD

www.theinnsarnia.ca/volunteer

VISION NURSING HOME

www.vision74.webs.com

ALZHEIMER'S SOCIETY OF SARNIA

www.alzheimer.ca/en/sarnialambton/Get-involved/Volunteer

VOLUNTEER COORDINATORS' ASSOCIATION OF SARNIA LAMBTON

www.volunteersarnia.com/positions/

ST. JOSEPH'S HOSPICE - SARNIA

www.stjosephshospice.ca/

SARNIA AND DISTRICT HUMANE SOCIETY

www.sarniahumanesociety.com/become-a-volunteer/

LAMBTON COLLEGE

mycareer.lambtoncollege.ca/home.htm

BLUEWATER HEALTH FOUNDATION

www.bluewaterhealthfoundation.ca

VOLUNTEER COORDINATORS' ASSOCIATION OF SARNIA LAMBTON

www.volunteersarnia.com/positions/

**IF YOU ARE INTERESTED IN
ANY OF THESE
OPPORTUNITIES, YOU WILL
NEED TO CONTACT THE
ORGANIZATION DIRECTLY.**

**NOTE: SOME OF THESE
QUALIFY AS PART OF YOUR
CO-CURRICULAR RECORD**

**FOR MONTHLY EVENTS INVOLVING
INTERNATIONAL STUDENTS AND VOLUNTEER WORK,
PLEASE CONTACT MATT ROSE IN THE SAC OFFICE!**

CO-CURRICULAR RECORD

Track, record and obtain a record of your Lambton College affiliated volunteer and leadership involvement.

Extra-curricular involvement can be recognized with Lambton College's Co-Curricular Record. The Co-Curricular Record is an official non-academic document that formally recognizes your participation in out-of-classroom activities that enhance student learning and personal growth.

Use your CCR to complement your resume and academic transcript. The transferable skills you obtain from volunteering through Lambton College can contribute to increased employment opportunities!

Visit <https://www.mylambton.ca/students/co-curricular-record/what-is-a-CCR> for more information!

STUDENT BENEFITS OF HAVING A CO-CURRICULAR RECORD:

- Provides a database of activities where students can become involved in activities outside the classroom
- Helps students see the connection between these activities and the skills they are developing
- Provides documentation of extracurricular involvement that can enhance a resumé, portfolio and job interviews
- Provides an official and validated record of student involvement at Lambton College



HOW TO ACCESS YOUR CO-CURRICULAR RECORD:

- Step 1:** Login to <https://mycareer.lambtoncollege.ca/home.htm> using your C number and password.
- Step 2:** Click on "Co-Curricular Record". You will see listed all CCR's that you have been approved for.
- Step 3:** Click on "Print Student Record" to download PDF and print.

STUDENT ADMINISTRATIVE COUNCIL (SAC)

The Student Administrative Council is the elected body that governs the non-profit incorporated organization for the students of Lambton College. SAC's main objective is the continuous improvement of the quality of campus life for the students of Lambton College.

The SAC office is located on the first floor of the Student Centre. The office can be accessed from the Student Lounge area.

Fall/Winter hours of operation: Monday - Friday, 9:00am - 3:00pm

Summer hours of operation: Monday - Thursday, 9:00am - 1:00pm

THE STUDENT CENTRE - HOME OF THE LION'S DEN

The Student Lounge

The lounge provided by GuardMe is a great venue to relax, study, or visit with friends. The E-Gaming Arenas as well as Ping Pong and Foosball Tables provide allowing students to escape their daily routine between classes at no cost. The Lounge is open from 9am - 5pm, Monday through Friday.

The Lion's Den Pub - All ages admitted until 5pm daily

The basement of the Student Lounge is home to the Lion's Den, which is the licensed on-campus student pub and 'place-to-be'! Here you will find pool tables, friends, and a laid-back atmosphere. There is a stage for bands and other entertainment, as well as TV's.

Make sure to follow them on FACEBOOK and check out posters around the school throughout the year to stay up to date on all the amazing pub nights we will be planning! Pub nights involving alcoholic service are for students 19 years of age and older. Photo ID required.

Esports Arena

The student lounge is also home to Lambton's new Esports Arena - a multipurpose learning and entertainment venue open to beginners, casual gamers as well as those looking to compete. The arena is also home to the Lambton College Varsity Esports teams.

To see more information about upcoming events,
follow the SAC Facebook page!

<https://www.facebook.com/LambtonCollegeSAC/>



STAY CONNECTED!

The easiest way you can stay up-to-date is to join all the International social media groups where we regularly post on-campus workshops, job postings, social events, accommodations, volunteer opportunities, and any other college-related information.

You can join by visiting our social media table or SAC during Orientation Week.

FACEBOOK:

Lambton College International Group

INSTAGRAM:

@lambtoncollege_international

WHATSAPP:

WhatsApp General Group
WhatsApp Housing & Accommodation
WhatsApp Part Time Jobs

Also be sure to check "Upcoming Events" on MyLambton!





HEALTH AND SAFETY



HEALTH AND WELLNESS

The Counselling and Wellness Centre is open to all students of Lambton College to assist with their healthcare needs. All services are confidential. The Health Centre provides students with the following services:

- Nurse & Nurse Practitioner Appointments
- Immunizations for Passport to Placement
- Flu Shots
- First Aid
- Health Assessments & Referrals
- Birth Control & Pregnancy Tests
- STD Testing
- Temporary Disabled Parking Permits
- Counselling
- Health Info Sessions

Mental Health Services

If you or a friend are feeling extremely overwhelmed or think you may be experiencing a crisis and are in need of mental health services, please contact the Counselling Centre.

- If you are in need of immediate assistance, please contact one of the following 24-hour mental health services.
- Bluewater Health Crisis
- Canadian Mental Health Association
- ConnexOntario
- Family Counselling Centre
- Good2Talk
- Kids Help Phone

LOCATION AND HOURS

The Counselling and Wellness Centre is located in Room B1-240:

Wellness Centre Hours:

Monday to Friday
9:00am - 12:00pm
1:00pm - 4:00pm

Counselling Centre Drop-In Hours:

Monday	8:30am - 11:30am
Tuesday	8:30am - 11:30am
Wednesday	1:30pm - 4:00pm
Thursday	8:30am - 11:30am
Friday	8:30am - 11:30am



MEDICAL INSURANCE

Guard.Me will email you directly to your MyLambton email and the email will include links to:

- Guard.Me guide to Healthcare
- Your personalized ID Card plus Claim Form and your Policy Wording
- Please print your ID Card and place it in your wallet; you will need to show this to medical providers when you need emergency medical attention.
- Your login information for www.guard.me
- To learn more, visit www.guard.me and click on ABOUT US - TURBO video link in 12 different languages.

You can seek medical attention and services anywhere in Canada. Note: You will likely need to pay at the time of your visit (cash or some may accept credit cards) and submit a claim for eligibility; remember to keep all receipts and proof of payment.

How do I make a claim?

For claims please go to www.guard.me, click on **Making a Claim** and follow the easy instructions.

Please read your policy documents to learn more about your benefits, as well as the policy exclusions.

Too busy or too sick to sit in the waiting room? **mobileDOCTOR** allows you to connect with a doctor through Maple. Available anytime, anywhere through your computer or mobile device, Maple's doctors can provide advice, diagnoses and prescriptions online. Sign up at www.guard.me/mobiledoctor.

HAVE ANY OTHER QUESTIONS? You can email:

Administration/Enrollment Inquiries: admin@guard.me

Claims Inquiries: claims@guard.me

You should go to a doctor's office or clinic if you have:

- Sore throat, runny nose, mild fever, cough, cold or flu symptoms
- Minor rashes, skin irritations
- Minor stomach pains

You should go to the Emergency Room at the hospital if you have:

- Broken bones, bad cut
- Excessive bleeding
- Been in an accident
- A high fever
- Severe pain



Go to www.guard.me/lambtonc to find clinics in your area, or visit the international department for brochures.

IMPORTANT:

Students are responsible to register for their own health insurance coverage while on breaks or not registered at Lambton College. Please use the link above to purchase emergency healthcare coverage - click on "Gap Students"

SAFETY AND SECURITY

SAFETY & SECURITY WEBSITE

Lambton College's health and safety website www.mylambton.ca/college-information/health-safety hosts information, instruction, and procedures for a number of safety related topics including fire alarms, lockdown, defibrillators, first aid kits, eyewash stations, where to go and what to do in an emergency, and much more - check it out!

REPORTS OF INJURIES

All injuries incurred on College property must be promptly reported to College Emergency Services (Reception Desk) or the College Nurse (B1-240). Reporting is essential for adequate treatment, protection and follow-up. Please report any unsafe condition (i.e. wet floors, broken equipment, etc.) as soon as possible. Safety is **everyone's** responsibility!

COLLEGE EMERGENCY SERVICES: EXT. 3333

Medical / Security Assistance

SEXUAL ASSAULT & SEXUAL VIOLENCE

All members of the Lambton College community have a right to work and study in an environment that is free from any form of sexual violence. Lambton College will not ignore, condone, or tolerate sexual violence in any form. The College has a process for investigation which respects and protects the rights of all individuals and holds accountable those individuals who have committed an act of sexual violence.

SMOKING AND TOBACCO USE

Effective May 1, 2019, Lambton College has introduced a new smoking policy that prohibits smoking and vaping across all campuses. Lambton's efforts to become a smoke-free campus strongly supports the maintenance of a healthy workplace environment for students, staff, and visitors.

For more information, visit www.lambtoncollege.ca/Smoke_Free_Campus

FIRE REGULATIONS

Due to Ontario Fire Regulations, the blocking of corridors is prohibited as it may impede the egress of building occupants during an emergency. Corridors shall not be used as lounge or study areas and backpacks are not to be piled at the entrance of labs/ shops/ classrooms.

GENERAL SAFETY DUTIES FOR STUDENTS

- Properly use or wear any equipment, protective devices or clothing required by your instructor
- Report any known hazards to your instructor
- Do not use or operate any equipment or work in a way that may endanger any person
- Do not engage in any prank, contest, feat of strength, unnecessary running or rough and boisterous conduct



USE OF SCENTED PRODUCTS ON CAMPUS

The College is asking you for your voluntary cooperation in moving toward a scent free environment. Students are strongly encouraged to avoid or reduce the use of fragranced products, and to replace them with unscented alternatives. If scented products are used, we ask that you use them *sparingly*. While not a ban of scented products, this is a request to voluntarily refrain from the use of chemical-based scented products.

Join the challenge of making Lambton College a scent and smoke free environment!

SECURITY

The College endeavors to provide secure facilities for the protection of students, staff, faculty, and the public, to deter and detect criminal activity, including theft, vandalism, or other property damage. The information captured by surveillance cameras at this site is collected and used for the promotion of public safety and reduction of crime.

In addition to onsite security personnel, various programs such as Safe Walk and Campus Safety Audits, are provided to ensure additional protection of students. A number of emergency phones are located across the Campus.

ENVIRONMENT / ENERGY CONSERVATION

Environmental / Energy conservation best practices around the Campus include paper conservation (e.g. photocopying more than one slide per sheet and reusing paper), turning off computers and monitors when not in use and recycling items such as pop cans, water bottles, etc.

HOUSEKEEPING

Students, staff and faculty are responsible for housekeeping at the College. Do your part by picking up after yourself and keeping work areas neat and tidy.

INFLUENZA / RESPIRATORY INFECTIONS

It is important to take care of yourself and prevent to spread infection. To decrease your risk of becoming sick:

- Get vaccinated
- Cough/sneeze into a tissue or your sleeve
- Wash your hands frequently and encourage others to do so
- Encourage those who are ill to stay home, away from others
- Keep surfaces and items disinfected



BIKE SAFETY

As a cyclist, you must share the road with others (e.g. cars, buses, trucks, motorcycles, etc.). Under Ontario's Highway Traffic Act (HTA), a bicycle is a vehicle, just like a car or truck. Cyclists:

- must obey all traffic laws
- have the same rights and responsibilities as drivers
- cannot carry passengers - if your bicycle is only meant for one person.

You must stay as close to the right edge of the road whenever possible, especially if you are slower than other traffic.

You can ride on most roads, except:

- controlled access highways, such as Ontario's 400-series highways
- across a road within a pedestrian cross-over - you must walk your bike to the other side.

By law, every cyclist under age 18 must wear an approved helmet. Helmets are not compulsory for adults over 18; but a helmet can greatly reduce the risk of permanent injury or death if you fall or collide.

WALKING SAFETY

Avoid crossing a road in the middle of a block or between parked cars. Cross at areas marked for pedestrian crossing instead. These are usually located at road intersections.

When crossing at a traffic light, it is safest to start crossing when the pedestrian light turns green or when the "walk" signal is on. Be careful if the "don't walk" signal is flashing. This means that the pedestrians' turn for crossing will be over soon. Never cross when the red light for pedestrians is on and steady. Doing so is dangerous and illegal.

In Ontario, vehicles can turn right on a red traffic light at most intersections, even if the pedestrian "walk" signal is on. Although cars are supposed to let pedestrians go first, look out for vehicles before you start to cross the road.

Stay visible. It may be difficult for motorists to see you when it is dark or when the weather is bad. Wear bright, light-coloured or reflective clothing.

LAMBTON COLLEGE'S SAFEWALK PROGRAM

Safewalk provides students, staff, and faculty with a safe and reliable alternative to walking alone on campus between the hours of 6 p.m. and 10 p.m. from Monday to Thursday. Students enrolled in Lambton College's Police Foundations and Protection, Security & Investigation programs volunteer their time, spending their evenings walking students and staff to the parking lot or residence, and patrolling the campus.



DON'T GET SCAMMED!



EMAILS FROM THE CANADA REVENUE AGENCY WILL:



**NEVER ASK FOR
FINANCIAL
INFORMATION**



**NEVER PROVIDE
FINANCIAL
INFORMATION**



**NEVER CONTAIN
SPELLING ERRORS**

For more information, go to canada.ca/taxes-fraud-prevention



Canada Revenue
Agency

Agence du revenu
du Canada

Canada

For more on avoiding scams, see the Useful Links page!



USEFUL LINKS

USEFUL LINKS

Campus Maps

www.lambtoncollege.ca/Contact/Maps_and_Directions/Campus_Maps/

Driving Directions

www.lambtoncollege.ca/Contact/Maps_and_Directions/Driving_Directions/

International Education

www.lambtoncollege.ca/International/

Accommodations

www.facebook.com/Lambton-College-International-Student-Accommodations-1887350861595094/?view_public_for=1887350861595094

Academic Dates & Deadlines

<https://www.lambtoncollege.ca/AcademicDates/>

The Weather Network

<https://www.theweathernetwork.com/ca>

Calendar of Events

<https://www.lambtoncollege.ca/custom/LambtonApps/Calendar/Calendar.aspx>

Co-op Program Contacts

<https://www.mylambton.ca/students/co-op-career-services/co-op-students/co-op-program-contacts>

MyCareer System

<https://mycareer.lambtoncollege.ca/home.htm>

Avoiding Scams

<https://www.canada.ca/en/immigration-refugees-citizenship/services/protect-fraud/internet-email-telephone.html>