

St. Lawrence College **International Arrival Guide**

Your step by step document for a comfortable arrival





STEP 1: PLANNING

Next stop the Great White North!

HELPFUL LINKS!

Get to know your city before you arrive by visiting these websites:

 [Kingston](#)
[Brockville](#)
[Cornwall](#)

Applying For Your Visa

If you wish to study in Canada longer than 6 months, you will require a study permit. You need to apply for a study permit before coming to Canada. Some nationalities will also require an additional document that is called a Visitor Visa (or Entry Visa). If you are from a country that does not require a Visitor Visa, you will need to obtain an Electronic Travel Authorization (ETA). Please visit the nearest Canadian embassy or Consulate in your country, and visit the Immigration, Refugees, and Citizenship Canada website (www.cic.gc.ca) for more information.

When applying for your immigration documents, please remember that processing times can be anywhere from 1-6 months, depending on the country you are applying from. You can also find processing times on the www.cic.gc.ca for planning purposes.

Many students who wait too long to apply have very little time between receiving their immigration documents and needing to make arrangements to come to Canada. This can be hard to get everything done. Give yourself lots of time!

Note: If you are a mature student coming to Canada with your family, you should look into elementary or secondary schools for your children before arriving. We are happy to provide assistance with this. Be sure to plan ahead for their immigration documents as well.

Immunizations

Your program may require immunizations for laboratory and placement participation. We recommend getting them before you come to Canada.

[Click here](#) to view your program and immunizations required.

Health Insurance

An international health insurance policy is included in your tuition fees. Once you arrive to Canada you are covered immediately. You will receive a copy of your policy by email within the first two weeks of classes. Make sure you read the policy to see what is covered on your insurance plan.

ICent – SLC International App

Keep checking your e-mail for an invitation to download this mandatory app. This great tool will help you with your pre-departure and post-arrival plans and will keep you informed about on-going campus events.

If you need help with any planning, let us know. We cannot help you if you do not ask.



STEP 2: HOUSING

Sorry, you won't be staying in an igloo.

HELPFUL LINKS!

Housing Options

On Campus:

 [Residence](#)

Off Campus:

 [KIJJI Listings](#)

[Student Homes](#)

[Ontario Student Homes](#)

Residence

There are single rooms (CAD\$7,130 per academic year) and double rooms (CAD \$6,230 per academic year) as well as common areas for studying and visiting with neighbours. Meal plans are mandatory and are CAD\$1,700 per academic year. Please note that a meal plan does not cover all meals for the school year, you will need to purchase some food on your own.

Shared Off-Campus Room Rentals

You can rent a room in a house off-campus that will have shared living space with other students, but your own private bedroom. The average cost to rent a good, clean room is approximately \$500 per month, due at the beginning of every month, and usually includes internet and all utilities (heat and electricity). You may need to pay your final month's rent in advance when signing your lease* or provide a deposit (it is illegal in Ontario for landlords to ask for both). Be sure to browse through many listings and find one that works for you. You will need to contact landlords and book appointments to view potential houses. Please note that this process could take up to a week.

Homestay

The cost for homestay is \$33 per day for Kingston and \$30 per day for Cornwall and Brockville, and includes a furnished room, breakfast, lunch and dinner, internet, laundry facilities and a welcoming family to live with. You will also need to pay a one-time \$250 Homestay Placement Fee. Homestay requires a 4 month contract. Canada Homestay Network (CHN) is SLCs provider for homestay and you can find out more information about the program [here](#).

Private Rental

The average cost for a 1 bedroom apartment in Kingston can be anywhere from \$850 to \$1000 CAD per month, depending on the location, quality of the apartment, and whether or not utilities** are included.

If you are unable to find a place to stay before arrival, please email: newstudentarrivals@sl.on.ca for more information for short-term places to stay.

*Your lease is a contract that you will sign with your landlord outlining the responsibilities you will have as a tenant. This lease also outlines the amount of time you must live in and pay for your apartment without being penalized. This is usually 12 months, but there are sometimes contracts you can make for shorter amounts of time. The lease also includes responsibilities of the tenant and landlord. This may include not painting your room, costs in the event of damages, etc.

**Unless you find a place that includes utilities, you could pay \$50 to \$200 CAD a month for heat and electricity. Water is usually included in your rent, but your landlord will let you know if it or any other services are extra.



STEP 4: ARRIVAL

You made it, eh!

HELPFUL LINKS!

Transportation:

 [VIA Rail](#)
[UP Express](#)
[Megabus](#)
[Air Canada](#)

Accommodations

If your move in day is later than when you arrive, you should arrange a hotel or a place to stay. For example, if you arrive in Kingston on August 29th and your move in day is September 1st, you will need to find a place to stay for those two nights before. Book any hotel rooms well in advance; you do not want to be left without a place to stay.

We do not recommend taking a taxi to any campus from Toronto, Montreal or Ottawa, as this could be very expensive. Just to get from Toronto Pearson Airport to Kingston, you will pay over \$500 CAD without considering traffic.

Please email: newstudentarrivals@sl.on.ca for accommodation and airport transfer assistance.

KINGSTON

VIA Rail

You must take the subway to Union Station to catch the VIA Rail train out of Toronto. The easiest way to do this is by the UP Express. UP Express is a 25 minute train to Union Station that leaves every 15 minutes from Terminal 1 in Pearson Airport. A ticket is \$12 CAD.

The cost of an average train ticket between Toronto and Kingston by VIA Rail train is about \$60–\$120 CAD or more, less for Youth under 26 years old. To learn more, visit [VIA Rail](#).

Megabus

There is the Megabus Airport Shuttle directly to Kingston from Toronto Pearson Airport that costs an average of \$50 CAD, but can sometimes be found for much cheaper if you book well in advance. To learn more, visit [Megabus](#).

Air

The cost of a flight from Toronto to Kingston is approximately \$200–\$500 CAD. Book your ticket in advance through your chosen airline (such as [Air Canada](#)). There are only 2 or 3 flights from Toronto each day so you may have to wait a bit.

BROCKVILLE

VIA Rail

The cost of a ticket to Brockville is approximately \$60–\$120 CAD. You will also need to take the UP Express (see above for details). To learn more, visit [VIA Rail](#).

Megabus

To get to Brockville by Megabus, there is no airport shuttle; you will need to travel to downtown Toronto and catch the bus from the Bay Street location.

CORNWALL

Please note, you cannot get to Cornwall from Ottawa with public transportation. Fly to Montreal.

VIA Rail

The cost of a ticket between Montreal and Cornwall by VIA Rail train is about \$60 CAD or more, less for Youth under 26 years old. To learn more, visit [VIA Rail](#).

Megabus

Between Montreal and Cornwall, a ticket is approximately \$30 CAD.



STEP 5: CULTURE

Cheese, gravy, and french fries... Give it a try!

One of the best things about arriving in a new country, is all of the adventure and opportunity that awaits you. Most people find it so interesting to learn about a new way of life, how other countries operate, try new food, meet new people, and learn how to live in a new place.

With all of the new things you will experience, this can become overwhelming. When arriving in a new country, mentally prepare yourself to feel a little confused and/or lost. This is completely normal and it happens to everyone!

When you first arrive, you may experience culture shock or homesickness. The good news is, these feelings are only temporary. Try your best to adjust by keeping an open mind and heart when you find yourself in situations that seem strange to you. Try and be positive, and get comfortable being out of your comfort zone.

The best way to adjust is to physically go out and immerse yourself in the culture as much as possible; even if this means trying new things! This will add to your experience and help you adapt to living in Canada. If you are feeling this way when you arrive, come talk to us in the international office. We can help!

Languages

English & French

Canada's primary language is English. It is the language most used in Canada, however, French becomes more popular the farther east to the Quebec border you travel. Cornwall, being close to Quebec, has a rich French demographic. It may be useful to pick up on a few conversational words when you arrive, no matter which campus is your final destination.

English is the official language required to study at SLC and to live in our cities.

Classroom Differences

Group Work

At St. Lawrence College and many other institutions, we try to mimic the dynamic you will see in the workplace. Many of your courses will require you to complete assignments in groups.

Accumulative Grading

Many countries focus on one main test at the end of each semester. In Canada, we split our grading into percentages that add up to your total mark, which includes more than one test/ assignment per semester. If you do not do so well on one test, you can get a tutor (offered to all students) and try and make up for it on the next one.

Plagiarism

Plagiarism is the act of presenting the ideas, thoughts, or expressions of another person as your own. You can avoid plagiarizing someone else's work if you properly cite your sources. Depending where you are from, presenting someone else's ideas may be valued, however, in Canada this is not allowed. Please ask for help how to properly document someone else's work. You can refer to the academic honesty policy once you are here.



STEP 6: SETTLING IN

Time to get comfortable!

What To Do Before Your Courses Begin:

Get your student ID card

Visit Student Services and get your student ID card. Please bring an official photo ID card (passport and driver's license).

Open a bank account

If you need to apply for a credit card, make sure you choose a bank with credit cards for international students and those without a credit history. You can visit a few branches to find which one best suits you. Examples of banks in Canada are: Scotiabank, CIBC, TD, BMO, and Royal Bank.

Sign up for a phone plan

Prepaid plans are available for people without a credit history. Canadian phone companies include Rogers, Bell, Freedom Mobile, Koodo, Fido, Telus, Chatr, and Virgin.

Get a Canadian I.D.

The price of a government I.D. is \$35 CAD. Having an I.D. allows you to leave your passport somewhere safe and removes the risk of losing it. It also helps when applying for credit cards. For more information visit www.ontario.ca/page/ontario-photo-card.

Explore the city!

School gets busy real fast, take some time and get to know the city. There are many great places to explore in all three cities where our campuses are located. Take a city bus and practice getting to know the bus routes, find out where the closest grocery stores are, and enjoy our beautiful cities. Do not forget to check out the events offered by the college, and get involved!

Make a Canadian Friend!

Do not be shy or afraid to talk to your classmates and people in the community. This is the best and fastest way to adapt to your new home. You will soon discover how much we all have in common!

YOUR CHECKLIST TO CANADA

You are about to immerse yourself in a new country, a new culture and a new school. You will make friends, connections and steps on your way to your future. St. Lawrence College is here to guide you and make your stay as enjoyable as possible. Contact us with any further questions you may have.

Be sure to go back and **watch the video** again in case you missed something and keep this printable document with you to refer to when you get here.

STEP 1: PLANNING

- Apply for your Visa
- Notify St. Lawrence College International Office when your Visa is approved
- Book immunizations (if required)
- Do research about your new city

STEP 2: HOUSING

- Find a place to live
- Book a hotel (if rental is not ready when you arrive)
- Sign rental agreement (if applicable)

STEP 3: PACKING

SEE PACKING SECTION FOR MORE

- Passport
- Letter of Acceptance
- Entry Visa or ETA
- Letter of Introduction
- Transcripts and/or certifications
- Prescriptions
- Canadian money

STEP 4: ARRIVAL

- Book flight to Canada
- Book transportation to campus
- Join college groups
- Mark down International Welcome Events and Orientations in your calendar

STEP 5: CULTURE

- Learn basic English words
- Learn basic French words

STEP 6: SETTLING IN

- Open a bank account
- Set up a phone plan
- Get your Canadian I.D.
- Get your SLC Student I.D.
- Get a school tour

NOTES
