

INTERNATIONAL STUDENT
GUIDE

This is
LEARNING



Welcome to Confederation College and to Thunder Bay. We are so excited to welcome you to Canada and to have you join our college community.

As you begin this new chapter, many new experiences and opportunities are waiting for you. During your time at Confederation College, we hope you will grow both personally and professionally, build new skills, and feel supported every step of the way.

Our faculty and staff are here to help you succeed. We are committed to creating a student-focused learning environment and connecting you with the support, services, and resources you need. Please do not hesitate to ask for help. We are here for you throughout your journey.

We also encourage you to explore life outside the classroom. Thunder Bay has many opportunities to try new activities, discover new interests, and enjoy your new home.

This handbook includes helpful information to guide you during your time in Canada and at Confederation College. We hope you find it useful and wish you all the best in your studies.

Wishing you all the best in your studies.

The International Team





WHAT'S INSIDE

Travelling to Canada	2
Immigration	4
Canadian Customs	4
Accommodations on and near Confederation College	5
Canada	6
Culture Shock	7
Canadian Laws	9
Confederation College	11
Academic Information	12
Campus Services	14
Life in Thunder Bay	16
Weather	18
Getting Around	18
Bus Map	19
Job Search	20
Health Insurance	20
Services	21

International Team - location

You can find us inside the Registrar's Office on the first floor of the Shuniah Building, Thunder Bay Campus.

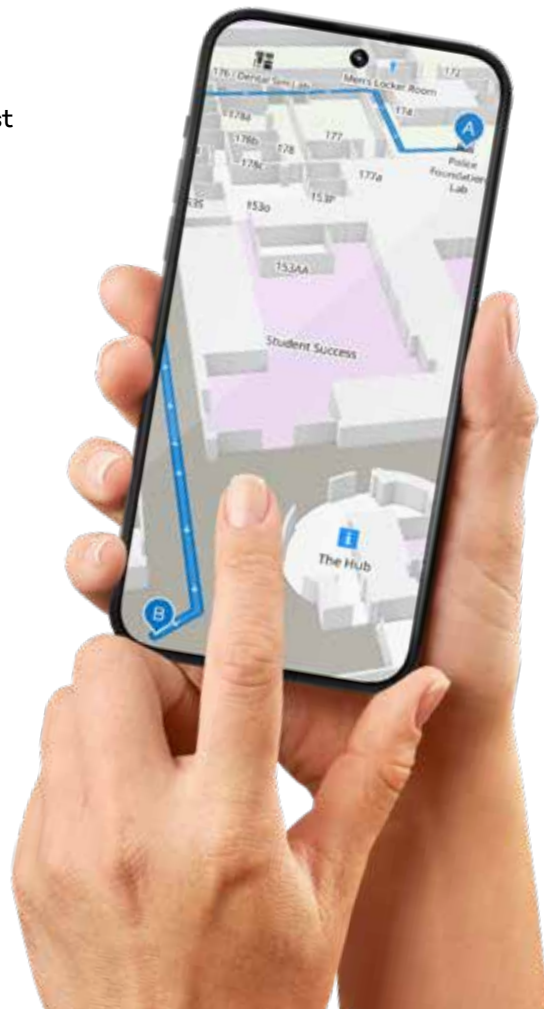
1450 Nakina Drive, Thunder Bay ON, P7C4W1

Need directions?

Download the MazeMap app and search **"Confederation College"** for easy wayfinding around the college!



MazeMap



Travelling to Canada



PRE-ARRIVAL CHECKLIST

- Upload your visa into the OCAS portal so that we can send you your welcome email.
 - Click [here](#) to read the latest information on arrival requirements to prepare for your travels.
 - Stay informed, Check emails from internationalarrivals@confederationcollege.ca for the most up-to-date information. Travel restrictions are changing rapidly.
 - Arrange your health insurance if you are arriving before the 1st day of the month (i.e. January 1st, May 1st, or September 1st). It may be cheaper to arrange this short term coverage from home.
 - Sort out your accommodation plans for living in Thunder Bay- check the Welcome Newsletter sent to you to learn about your options.
 - If your country has diplomatic representation in Canada (i.e. an embassy or other diplomatic offices), you may wish to register with them.
- ## PACKING YOUR CARRY-ON
- Photocopy of your passport – ensure visa is in passport, if applicable.
 - Letter of Acceptance- printed copy.
 - Emergency contact information for your home country and Thunder Bay.
 - Official Identification other than your passport.
 - Drivers license and records, if applicable.
 - Flight itinerary.
 - Medical records (translated) if you are a Health or Community Service student.
 - Criminal record check, if required.
 - Original copies of all past academic credentials, mark sheets, transcripts etc. and notarized translations of the same.
 - A copy of your birth certificate.
 - A list of all goods you are bringing into Canada- see 'Canadian Customs' on the next page for details.
 - Statement of Purpose.
 - Proof of funds.
 - Electronics with chargers.
 - Adapters – electrical systems in Canada operate at 120 volts and 60 Hz.
 - Extra clothes in the carry on bag in case your luggage is lost, or journey is delayed.
 - Bring an adequate supply of prescription medication as health insurance does not cover costs related to a pre-existing condition.
 - Credit card with at least \$1,000 limit - most transactions in Canada are done with credit cards.
 - Winter clothing if you are arriving during winter months- see 'Section 4- Life in Thunder Bay' for more details.
 - Remember do not carry any liquid more than 100ml in your carry-on luggage.

Immigration



Once you get off the plane, follow the signs to “Canadian Immigration”. Make sure you have the following documents ready:

- Your passport with visa, if applicable.
- Letter of Acceptance (LoA) to Confederation College.
- Proof of funds, i.e. a bank statement or letter from your sponsor.
- IRCC Letter of Introduction.
- Thunder Bay contact information.
- Enrollment Letter

In Immigration, you will exchange your Letter of Introduction for your Canadian study permit, providing you still meet all the applicable conditions.

The immigration official may also ask to see an alternate piece of photo identification or ask about your plans while you are in Canada. You also need to

tell the immigration officer if you are having any goods shipped to you in Canada. If you are in Canada for long-term study, the office will print your study permit once your documents are reviewed, and attach it to your passport.

You must receive your study permit or have your passport stamped, dated and/or signed, before you leave the airport. Double-check your name and the expiry date. This is a very important step in your arrival to Canada, so ask questions if you are not sure what to do.

Canadian Customs



Once you have passed through Immigration and collected your bags, you must pass through customs. Make a list of all the goods you are

bringing into Canada, including vehicles (for US students and students arriving via land border). If any of the items have a serial number (electronics), be sure to record those numbers. Mark all items on your list with approximate monetary values. The customs officer will ask you to declare what you have brought into Canada and will review the customs form you filled out on the plane.

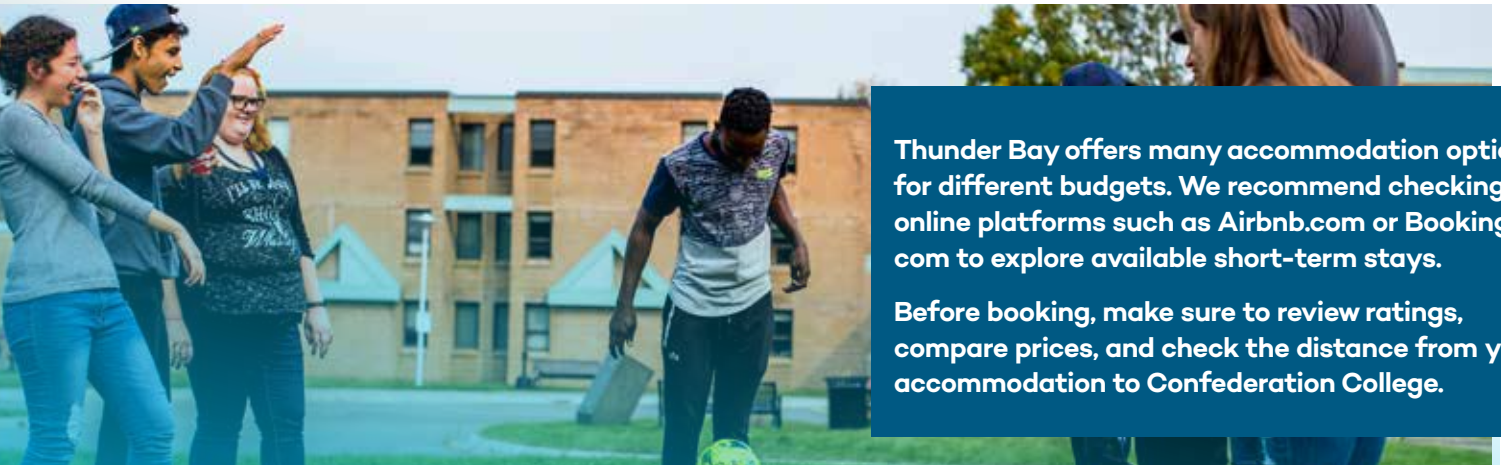
Before packing food, check what you're allowed to bring into Canada. Certain food items are restricted or prohibited.

It is illegal to bring fresh fruits, vegetables, meat, seeds, eggs, dairy products, plants or animals into Canada. They will be confiscated. Review current Canadian customs regulations at Canada Border Services Agency :

www.cbsa-asfc.gc.ca/menu-eng.html



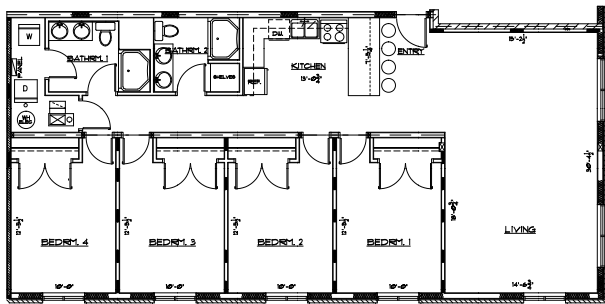
Accommodations on and near Confederation College



Thunder Bay offers many accommodation options for different budgets. We recommend checking online platforms such as [Airbnb.com](https://www.airbnb.com) or [Booking.com](https://www.booking.com) to explore available short-term stays.

Before booking, make sure to review ratings, compare prices, and check the distance from your accommodation to Confederation College.

Confederation College's residence offers everything you need to make your college experience an enjoyable and safe time. Enjoy the convenience of being steps away from class with access to city-wide transit right on campus, walking distance to a grocery store, restaurants, coffee shops, and even a pharmacy.



Spruce House & Cedar House

THESE APARTMENT-STYLE RESIDENCES ARE 12 MONTH AGREEMENTS AND INCLUDE:

FULLY-FURNISHED UNITS
ENSUITE LAUNDRY

FULLY-EQUIPPED COMMON
KITCHEN WITH DISHWASHER
FREE CAMPUS-WIDE WIFI

FURNISHED COMMON LIVING ROOM
WITH LCD FLAT SCREEN TV
PRIVATE BEDROOM

TWO FULL-SIZED
BATHROOMS
(SHOWER, SINK & TOILET)

*Visit the residence website for the most current information.
Images represent model unit only.*

Sibley Hall

THESE RESIDENCES INCLUDE:

DORM SINGLE/DORM DOUBLE
SINGLE BED

DESK AND WORK AREA
WITH A CHAIR

FREE CAMPUS-WIDE WIFI

ARMOIRE

MICROWAVE

BAR-SIZED FRIDGE

**OPEN SINGLE/OPEN DOUBLE
INCLUDES AMENITIES LISTED
ABOVE AND THE FOLLOWING:**

TUB AND SHOWER

TOILET AND SINK

**RATES STARTING AS LOW AS
\$425 PER MONTH
INCLUDES A COMPLIMENTARY
DINING CARD FOR CAMPUS
CAFETERIA**



**ADDITIONAL SERVICES
INCLUDE:**

FULLY FURNISHED
COMMUNITY KITCHEN

ATM IN LOBBY

SODA/SNACK VENDING
MACHINES

STUDENT LOUNGES &
KITCHENETTES

RESIDENCE LIFE ACTIVITIES

ON-SITE LAUNDRY FACILITIES

SECURED BUILDING

ON-SITE STAFF

Visit the residence website for the most current information.

For updated pricing and personal support in applying to on-campus residence, visit:

confederationresidence.ca

Call our office 807-475-6383 or email

info@confederationresidence.ca and one of our Service Representatives will be happy to help!



PROFESSIONALLY
MANAGED BY:



CONFEDERATION COLLEGE RESIDENCE PRICING 2026-2027

SIBLEY HALL RESIDENCE

East Wing - Open Single

\$6,000.00*
8 MONTH LEASE

- Single bed
- Desk with a lit work area
- Internet access
- Closet
- Microwave
- Mini fridge
- 4 Piece Bathroom



East Wing - Open Double

\$5,040.00*
8 MONTH LEASE

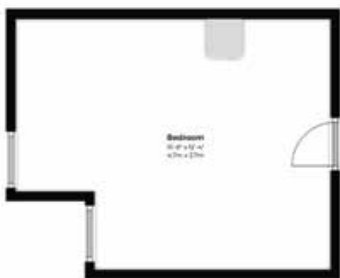
- Single beds (2)
- Desks with a light (2)
- Internet access
- Closet
- Microwave
- Mini fridge
- 4 Piece Bathroom



West Wing - Dorm Single

\$4,320.00*
8 MONTH LEASE

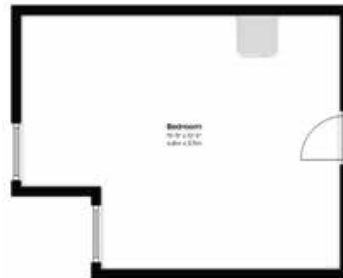
- Single Bed
- Desk
- Internet access
- Wardrobe
- Microwave
- Mini fridge
- *Common Area Washrooms
- *Common Area Independent Shower



West Wing - Dorm Double

\$3,400.00*
8 MONTH LEASE

- Single beds (2)
- Desks (2)
- Internet access
- Wardrobes (2)
- Microwave
- Mini fridge
- *Common Area Washrooms
- *Common Area Independent Shower



BUILDING AMENITIES

EAST WING

- Laundry room
- A lounge on each floor

WEST WING

- Laundry room
- A lounge on each floor
- A kitchen

SPRUCE & CEDAR

4 Bedroom Townhouses

\$9,760.00*
12 MONTH LEASE

BEDROOM

- Double bed
- Desk and work area with chair
- Closet space with rack

BATHROOM

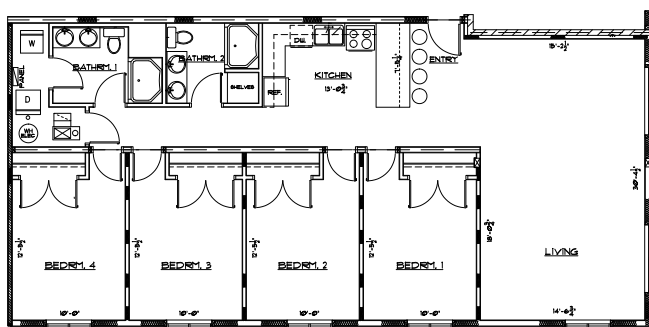
- LCD flat screen TV
- Furnished with seating and coffee table

LIVING ROOM

- Two full sized bathrooms
- Shower, sink and toilet

KITCHEN

- Full size refrigerator
- Breakfast bar and chairs
- Plenty of storage
- Stove and oven
- Dishwasher



*Prices listed above do not include a \$100.00 non-refundable application fee.

Canada

CULTURAL PRACTICES

Depending on where you are from, Canada can be very different. Here are a few pointers to help you kick off your Canadian experience.

Greetings

When first meeting someone, Canadians usually greet each other with a handshake. Friends will sometimes hug each other. There is generally no kissing of the cheek. Be sure to make eye contact.

When entering someone's home, it is customary to remove your shoes and leave them inside the door.

Addressing Someone New

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

"Ms." or "Mr." (last name)

Personal Space

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

"thank you" is appropriate. Holding the door for other people is a kind gesture that is always appreciated.

Being on Time

In Canada, being on time or 5 to 10 minutes early is expected. It is rude to be late, unless there are extenuating circumstances.

Hygiene

Canadians usually shower once a day, often in the morning and find body odour offensive.

Most Canadians use underarm deodorant daily to minimize body odour. Confederation College has a no scent policy. This means that while you should shower every day and use deodorant, you should not wear scented perfume or cologne, and should never have a strong body odour or perfume. People will find it offensive, and it can cause allergic reactions.

Toilets

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

Tipping

A tip of 15-20% of the pre-tax bill is expected at restaurants. It is also common to tip when taking a taxi or getting a haircut: 10% is an appropriate amount. When getting a drink at a bar, leaving \$1.00 to \$2.00 for the bartender is usually sufficient.

Sexual Health and Consent

Whether or not you choose to be sexually active is your decision. Never feel pressured to do anything you are not comfortable with.

If you choose to be sexually active, practice safe sex to help protect yourself and your partner from sexually transmitted infections (STIs) and unintended pregnancy. Condoms are available at pharmacies, convenience stores, and free of charge at the Campus Health Centre.

Consent is an important part of any healthy relationship. Sexual activity should only happen when everyone involved freely agrees. Anyone can say no or change their mind at any time, and that decision should always be respected.

If you have questions about sexual health, relationships, or consent, confidential support is available through the Campus Health Centre or by speaking with a counsellor.

Culture Shock

Culture shock refers to the overwhelming feeling people may get when they move to a new country and experience a new culture that is very different from their own. You may feel confused, depressed, or just a little sad, all of this is normal. These feelings can last for some time as you get comfortable with your new life in Canada, but do not get discouraged. International students often experience culture shock in some form, and it will pass with time as you become more familiar with the Canadian culture. If you find that these feelings are becoming difficult to manage, remember that confidential counselling services are available through Confederation College to support your mental health and well-being.

Some tips to help you feel more comfortable are to stay active and make sure you talk to someone. Call your family and friends back home or talk to a counselor on campus, someone in the International Team, or with your new friends here. Remember that there is a large international community on campus who can relate to what you are going through. Be patient, and with time, you will become more comfortable and able to enjoy your international experience.

MENTAL HEALTH AND WELL-BEING

Self-care matters and it is important to take care of your mental and physical health, as it can directly affect your personal and academic success. Use the following tips to help keep your life balanced, and healthy.

Stay Active

Try going for a walk, join a sports team, download a strength training app or regularly visit the Confederation College Wellness Centre.

Eat Healthy

Take a look at Canada's Food Guide and watch for cooking demonstrations at the College.

YouTube is also a great source of ideas and help in learning simple cooking techniques.

www.canada.ca/en/health-canada/services/food-guide.html

Get Enough Sleep

Aim for 7 to 8 hours of sleep per night, consistently.

Relax

Practice breathing exercises or yoga to relieve stress, improve blood circulation and elevate your mood.

'Me' Time

Making time to do things you enjoy or are good at doing is essential.

Keep in Touch

Call or spend time with your friends or family.

Meet new people by trying something new like a sport, activity or a volunteer experience.

Ask for help, if you need it

Talk to a counselor at Confederation College. Visit the International Team and we can direct you.

- Call Good2Talk at 1 866 925 5454 for free, professional and confidential support.
- Call Thunder Bay Crisis Line at (807) 346-8282.



Canadian Laws

The Criminal Code of Canada applies to all individuals residing in Canada, regardless of their nationality.

As a student in Canada, you must abide by all Canadian laws. IF YOU BREAK THE LAW, YOU MAY BE FINED OR SERVE TIME IN PRISON. Committing an offence may result in deportation from Canada or inability to renew your temporary resident visa or study permit.

Working in Canada

As an international student, you are able to work during your studies. Visit www.cic.gc.ca to find out more.

You must file a Canadian income tax return every year (at the end of April). Determine your residency status to know how you will be taxed in Canada.

For more information, visit:
www.cra-arc.gc.ca/internationalstudents.

You will need a Social Insurance Number (SIN) in order to work in Canada. For more information on how to apply for a SIN, visit:
www.servicecanada.gc.ca/eng/sc/sin/index.html

Consent

Under the Criminal Code of Canada (Section 273.1) consent is the voluntary agreement to engage in sexual activity. Sexual activity includes a range of activities, ranging from sexual touching (e.g. kissing) to sexual intercourse. There must be an understandable exchange of words between both parties that clearly indicates a willingness and agreement to participate in sexual activity.

Consent must be:

- Informed, freely given, active and ongoing
- Never assumed. Silence or the absence of 'no' does not mean yes.

Consent:

- Cannot be given by someone who is under the influence of drugs, alcohol or unconscious.
- Can be revoked at any time.
- Cannot be obtained by threatening the other person.

Age of Sexual Consent

In Canada, the age of consent for sexual activity is generally 16 years old. In some situations, the age of consent is 18, such as when there is a relationship of trust, authority, dependency, or exploitation.

Sexual activity without the consent of the other person is a crime, regardless of the age of that person and is deemed to be sexual assault.

Penalties under the Criminal Code of Canada for these types of offences are substantial. They also may impact your immigration status and could result in prosecution, incarceration, and/or deportation from Canada. Sexual violence and harassment are not tolerated at Confederation College.

Seatbelts

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

Harassment

Sexual, verbal and physical harassment are forms of discrimination and are serious crimes in Canada. Harassment occurs when someone makes unwanted, demeaning or derogatory comments, threats, or jokes about another person's age, religion, race, disability, gender, age, etc. Unwanted physical contact is also considered harassment. If you think you are a victim of any form of harassment, report it immediately to College security or the police.

Racism

Canada is known to be a welcoming and multicultural country, yet sadly, the fact remains that racism happens everywhere, including in Canada. If you or anyone you know experiences racism or discrimination, please contact the International Team office. You can also fill out this form to file a formal complaint. <https://www.confederationcollege.ca/departments/human-resources/make-racism-complaint>

Canadian Laws

Cannabis

Cannabis was legalized in Canada in October 2018. However, there are rules and regulations regarding its use. You must be of legal age (19 years old in Ontario) to buy, possess or use cannabis. It is a serious criminal offence to drive while impaired by cannabis or any other drug. Confederation College does not permit the possession, use, consumption, sale, or distribution of cannabis products on College property. It is prohibited. Read more about laws and regulations surrounding cannabis here: <https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/laws-regulations.html>

Illegal Drugs

Street drugs such as cocaine/crack, ecstasy, heroin, methamphetamine, ketamine, magic mushrooms, GHB, or LSD are illegal in Canada. Possession or sale of them, or prescription drugs prescribed to you or others, is a criminal offence.

Alcohol

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

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

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

For some international students, easy access to alcohol has resulted in over-indulging, followed by risky behaviours, poor decision-making, and encounters with police. Drink responsibly and avoid these scenarios.

Tobacco

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

Immigration Fraud

Immigration, Refugees and Citizenship Canada (IRCC) will NEVER contact you over the telephone to collect fees or fines to avoid deportation or other consequences. They will also NEVER ask you to confirm basic personal information you have already provided on a previous form. It is a scam if you are told you will be arrested, go to jail, lose your visa or status, be deported, or have your account suspended if you don't pay money, agree to purchase gift cards or give your personal information. Hang up and ignore all further calls and messages and let the International Team know.

Job Scams

Scammers know that finding a job can be tough, and they may trick you by offering you a job that is not real, in hopes of scamming you for money or for your identity. Some red flag warnings to be aware of are:

- You get offered a job instantly with no interview.
- It seems too good to be true – the offer is for a lot of money, or the ability to work from home.
- You are offered money up-front or are mailed a cheque without having worked yet.
- Tax Scams – Canada Revenue Agency (CRA)
- If the CRA is contacting you – first make sure it is real, likely it is not. If you get a phone call or email from the CRA, claiming you are eligible for a large refund if you provide your banking details, it is a scam. Alternatively, if the CRA contacts you demanding money right away or else you will be reported to the police, it is a scam. If you are unsure about a phone call, or email you have received from the CRA, do not respond, but double check by calling 1-800-959-8281. The CRA will not contact you if you have never worked in Canada nor submitted

Confederation College

WELCOME!

Welcome to Confederation College! We're excited to have you join our diverse campus community in Thunder Bay, Ontario. As a Designated Learning Institution (DLI), Confederation College is authorized by Immigration, Refugees and Citizenship Canada (IRCC) to welcome international students from around the world.

Pre-Arrival Orientation

Each semester, the International Department supports new international students through pre-arrival emails, YouTube videos, and live QandA connection sessions. These resources help students prepare for life in Canada, learn about Thunder Bay and Confederation College, and connect with fellow students before arrival. This support is a supplement to the College's general orientation, where attendance is mandatory for all new students. This is a supplement to the College's general orientation, where attendance is mandatory for all new students.

The International Team serves as a first point of contact for international students for all emergencies, issues or concerns. We offer a full range of services to international students, ensuring their stay at Confederation College is both successful and enjoyable.

- Acts as a liaison and refers international students to relevant departments and services
- Advocates for international students
- Arranges mandatory health insurance coverage for international students.
- Delivers scholarships to eligible international students
- Offers immigration and academic advising
- Organizes webinars, workshops and other activities throughout the year
- Promotes a connectedness through an active Facebook Page, with international specific information
- Promotes diversity within the College
- Provides new international students with in-depth 'pre-arrival webinars' before their arrival in Canada for helping them settle better.



Academic Information

Classroom Etiquette

As you settle into your new life as a student in Canada, it is helpful to know what is expected in the classroom. Below is a list of generally accepted classroom behaviours and norms:

- You are expected to arrive on time to class. It is rude to be late. If you must be late, enter the classroom quietly. Some instructors require students to wait for a break to enter the class if they are late.
- If you must leave the classroom early, do so as quietly as possible. Have a valid reason for leaving early and tell your instructor before the class begins. It is less disruptive to leave during a class break.
- Your instructor will tell you how to address them on the first day of class. This may be by their first name or a more formal title like Mr./Mrs./Ms. In general, Canadian instructors are not used to being called “instructor”, “ma’am” or “sir”.
- Raise a hand to ask questions or make comments while the instructor is lecturing.
- Drinking water or coffee/tea is usually acceptable in class. Eating in class is often considered rude. Wait for a break to eat.
- Turn off your cell phone in class. If you must answer an emergency call, leave the classroom quietly so you do not disturb the class. Tell your instructor before class if you are expecting a call that you will have to answer. IT IS VERY RUDE TO SPEAK ON YOUR PHONE WHILE CLASS IS IN SESSION.
- Talking to classmates while the instructor is talking is considered disrespectful and disruptive.
- Speaking a language other than English is considered very disrespectful to other students and your instructor.
- You are expected to ask for help when you need it. Faculty prefer if students do so, rather than sit in silence and not understand what is going on.
- If your instructor is speaking too quickly, ask questions. Leave space in your notes to add more points later. Compare notes with others to clarify certain points. Ask the instructor’s permission before voice recording lectures.

Blackboard

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

Banner “Banner” is an online student information tool you can use to get college information including your class schedule, transcripts, and account summary. Students can access Banner by logging into “MyCampus” portal and clicking “Banner SSB Information System” under the LaunchPad on the left side of the web page.

Outlook E-mail

Your college email is a key tool for students to communicate with college staff members and receive important college updates. Login to your “MyCampus” portal and click “Office 365 and Outlook Mail” to access your college email. All communication from Confederation College will go to your college email and not your personal email accounts.

Academic Information

Calculating Grades

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

Mark	Grade	GPA
80–100%	A	4
70–79%	B	3
60–69%	C	2
50–59%	D	1
Below 50%	F (Fail)	0

Please note: In order to graduate you must pass every course and have an overall GPA of at least 2.0. This is very important to understand. If you pass every course with a 'D' grade, your overall GPA will be less than 2.0 and you will not graduate.

Cheating and Plagiarism

Copying someone else's work on a test is cheating. In papers, reports, or projects, using someone else's words, ideas or work as though they were your own, without giving them credit is called "plagiarism". Both cheating and plagiarism are treated very seriously by all colleges and universities in Canada. You will receive a zero and may face other academic penalties if you have cheated or plagiarized any portion of an assignment or test. Repeated offences may result in a failing grade, or expulsion from the college.

To avoid plagiarism, cite your sources whenever

you use another person's idea, opinion, theory, or other information that is not common knowledge. This includes quotations or a paraphrase of another person's actual spoken or written words. If you are unsure about how to cite your research, contact the library staff for assistance. The library regularly offers workshops on how to research and cite sources.

Student Code of Conduct

The Student Code of Conduct outlines the standard for student behaviour. Confederation College expects all students to conduct themselves to the highest standards of behaviour both on and off- campus. Familiarize yourself with this policy here.

Scholarships

Confederation College offers many in-term awards and scholarships, with the amounts ranging from \$250-\$2,500. Academic achievement and volunteer activities are usually considered in determining who receives an award. The timing, number and the value of the awards may change from year to year. Students should check their college email frequently for announcements and application details so as not to miss out on these opportunities.

Activities Clubs and Sports

The Student Union of Confederation College Inc. (SUCCI) keeps you up to date on sports and activities throughout the year including:

Varsity athletics and competitive sports teams including hockey, soccer, cross-country running and more. Recreational sports like dodgeball, 10 pin bowling, ping pong, volleyball and more. Off-Campus events like skiing, tubing, and the winter carnival. Clubs- students can form any club they like in cooperation with SUCCI.

Campus Services

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

Campus Bookstore

Location: Shuniah building 118

Phone: (807) 475-6225

Website: efollett.com

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

Computers and Wi-Fi Network

Students can use their login credentials to sign into any computer on campus, the student Portal account and their Confederation College Outlook email. Wireless internet is offered everywhere on campus. You can log in as a 'guest' or use your Campus Portal login credentials to use the WiFi.

APIWIN "a place to sit"

Location: Shuniah building 1st floor

Phone: (807) 475-6602

Apiwin is a quiet, relaxing space that provides supports for Indigenous students, but is open to all. Indigenous Student Advisors organize events such as beading, crafting, Elder visits, smudging, drum and dance circles, and feasts. Apiwin is a great place to learn more about Indigenous culture.

Equity, Diversity, and Inclusion - Student Appeals Advisor

Location: Shuniah building A 212

Phone: (807) 475-6251

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

Student Success

Location: Shuniah building 1st floor

Phone: (807) 475-6623

The Student Success Centre provides specialized services including:

- Academic and peer tutoring
- Academic advising
- Career advising
- Peer mentoring

Counselling Services

Location: Shuniah building 153

Phone: (807) 475-6618

College counsellors are certified professionals essential to the safety, wellbeing and success of students. They provide support in many areas including personal counselling, career/program exploration and academic issues.



Campus Services

Health Centre

Location: Shuniah building 1st floor

Phone: 475-6169 – health 475-6436 – dental

The Health Centre offers a broad range of medical services and health promotion strategies. Services are available by appointment during the school year excluding holidays. They include physical examinations, sexually transmitted disease screening, health counselling (nutrition, anxiety, and stress management), health education, some immunizations, regular clinic appointments, and TB skin tests. Some dental care services, including cleaning and x-rays, are available for a very reasonable cost and are provided by college students in the Dental Assisting and Dental Hygiene programs. If you have questions or concerns, do not hesitate to go to a clinic (on campus or a walk-in) and speak with a doctor. Be open and honest with them; they are here to help you and ensure you are healthy and safe.

Health Insurance

The college coordinates enrollment of health care coverage for international students. The cost is included in tuition. Coverage begins on September 1 (fall intake) or January 1 (winter intake) once you arrive in Canada. Policy information is sent to your college email account, 2-3 weeks after the start of term. Your health plan covers basic and emergency health care only. Pre-existing conditions are not covered, and students must budget to cover expenses related to pre-existing conditions. They can be expensive. Visit our GuardMe web page for detailed coverage information, to submit and claim and more:

<https://www.guard.meconfederationcollege>

Students may also purchase health insurance at an additional cost directly through GuardMe, for their immediate family members residing in Canada. Do NOT go to the emergency department at the hospital for basic health services – your claim may be denied and it will be VERY expensive for you. It is best to first call GuardMe first before seeking out a medical professional to confirm your coverage.



Student Union (SUCCI)

Location: Shuniah building 1st floor

Phone: 475-6226

SUCCI (pronounced “SOO-key”) hosts a wide variety of events and activities including social events, special guest speakers and educational events that challenge you and complement your learning. Most events and activities are free of charge! Campus Recreation opportunities abound with a wide variety of sport, recreation and family events for all.

Security Services

Location: Shuniah building B106

Phone: 475-6324 or 922 from College phones

Security is available 24 hours a day to ensure that your campus experience is safe and secure. Security Services assist with crime prevention, fire safety, enforcing traffic and parking regulations, campus walk service, and patrolling the grounds and buildings. Be sure to watch the Confederation College – SAFE Campus video to learn more about our community of respect.

Campus Services

Cafeteria (Sodexo)

Location: Shuniah building 2nd floor

Phone: 475-6378

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

Meal plans are available (not mandatory) for all students, including students staying in Spruce and Cedar residences. Microwaves and hot water carafes are available in the cafeteria

Wellness Centre

Location: behind Shuniah building

Phone: 475-6398

A membership to the Wellness Centre is included in tuition for full-time students – just show your student card on entry. Amenities of the Wellness Centre include:

Cardio equipment area Weight training area Four-lane indoor track Badminton and basketball Saunas Yoga and aerobic classes Fitness Programs

Computer Help Desk

Location: Shuniah building 346

Phone: 475-6488

Provides help on technical issues regarding your computer and college email. Talk to a tech (technician) if you're having trouble:

- Printing assignments
- Signing in to the network / accessing the internet
- Saving to your personal drive Accessing college applications like Banner or Blackboard

Library "Paterson Commons"

Location: Shuniah building 2nd floor

Phone: 475- 6219

The Paterson Library can help you with more than just borrowing books. Services include:

- Access to electronic resources (books, articles, government documents, data base etc.)
- Book a group study room
- Web chat with library staff for research assistance.
- Assistance to search the catalogue to locate books, videos, DVD's etc

The Information Hub

Location: Shuniah building 1st floor

Phone: 475-6110

Visit the Information Hub to get your transcript, pay your fees, help with or registration or to pick up academic forms. Additionally, if you have a question or concern and are unsure who to ask, staff at the Hub can help direct you to the appropriate service.



Life in Thunder Bay

BY THE NUMBERS

THUNDER BAY IS THE LARGEST CITY ON THE LARGEST FRESHWATER LAKE IN THE WORLD (BY SURFACE AREA) – LAKE SUPERIOR. BEING THE LARGEST CITY IN NORTHWESTERN ONTARIO (A REGION ROUGHLY THE SIZE OF FRANCE), THUNDER BAY OFFERS BIG CITY AMENITIES, AN EXCITING ART SCENE, A SURPRISING CULINARY COMMUNITY AND PLENTY OF MUSIC AND NIGHTLIFE.

70+

SCENIC HIKING TRAILS + MANY WATERFALLS IN THE AREA

36KM

OF MOUNTAIN BIKE TRAILS + 42 KM OF BIKE LANES

15min

AVERAGE TIME IT TAKES TO GET FROM AN OFF-CAMPUS HOME TO CLASS³



108,843

TOTAL CITY POPULATION²

123,258

TOTAL THUNDER BAY AREA POPULATION²

120+
RESTAURANTS

International flavours including Asian, African, European and North American

125
CITY PARKS

6TH MOST CULTURALLY DIVERSE CITY OF ITS SIZE IN NORTH AMERICA¹

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

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

Get to know a little bit about the city:

The name "Thunder Bay" was first created by settlers who, when entering the bay during a storm noticed that the thunder was amplified by the surrounding mountains.

Thunder Bay has a population of about 123,258 making it the largest city in Northwestern Ontario.

Located on the north shore of Lake Superior, the largest freshwater lake by surface. It is also one of the five Great Lakes

Northwestern Ontario has a long history of Indigenous and Metis settlement. The Fort William First Nation (Ojibwa) are the first peoples of this territory, who are signatory to the Robinson-Superior Treaty of 1850.

In the early 19th century, European fur traders established Fort William, which became one of North America's largest inland fur trading posts. As the region grew, the neighbouring city of Port Arthur developed along the Lake Superior waterfront. These two cities grew side by side for many years before amalgamating in 1970 to become the City of Thunder Bay.



Weather

Spring (April and May)

Spring is the time of year when the snow melts and temperatures range between -5 and $+15^{\circ}\text{C}$. Since it is wet and damp, waterproofing is important. The weather can be a bit unpredictable, so layering clothes is recommended.

Summer (June to August)

Summer days are long and warm with temperatures between 22°C and 32°C .

Dressing for the Weather

The key to keeping warm and comfortable is to layer your clothing; for example, wear an undershirt, a long sleeved t-shirt, a sweatshirt, a vest, and a jacket or coat. You can take individual layers off easily if temperatures get warmer through the day. Check weather reports in winter and ensure that you are dressed properly for the temperature and to avoid frostbite and hypothermia. Always have a hat, mitts and face covering handy. Double socks may be appropriate. All buildings are heated, so dressing in layers allows you to quickly adjust to different temperatures.

Fall/Autumn (September to November)

Fall is a beautiful time of year as the leaves change from green to orange, red and yellow. Average temperatures range between -5° and $+18^{\circ}\text{C}$.

Winter (December to March)

Winter is spectacular in Thunder Bay, with blue skies, sunshine and lots of snow. It is picture perfect, but you must dress for the cold. Average daily temperatures are -11°C ; sometimes it gets a lot colder.

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

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

To stay safe during the winter:

Dress in warm layers and wear a winter coat, hat, scarf, gloves or mittens, and insulated boots.

Getting Around

Walking and Biking

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

City wide bus pass

Full-time students at Confederation College receive a bus pass that provides unlimited access to city buses for the full year.

Visit nextlift.ca or download the app "Transit App" or Google Maps to see available routes. You can also call 684-3744 for information on routes or for exact stop times.

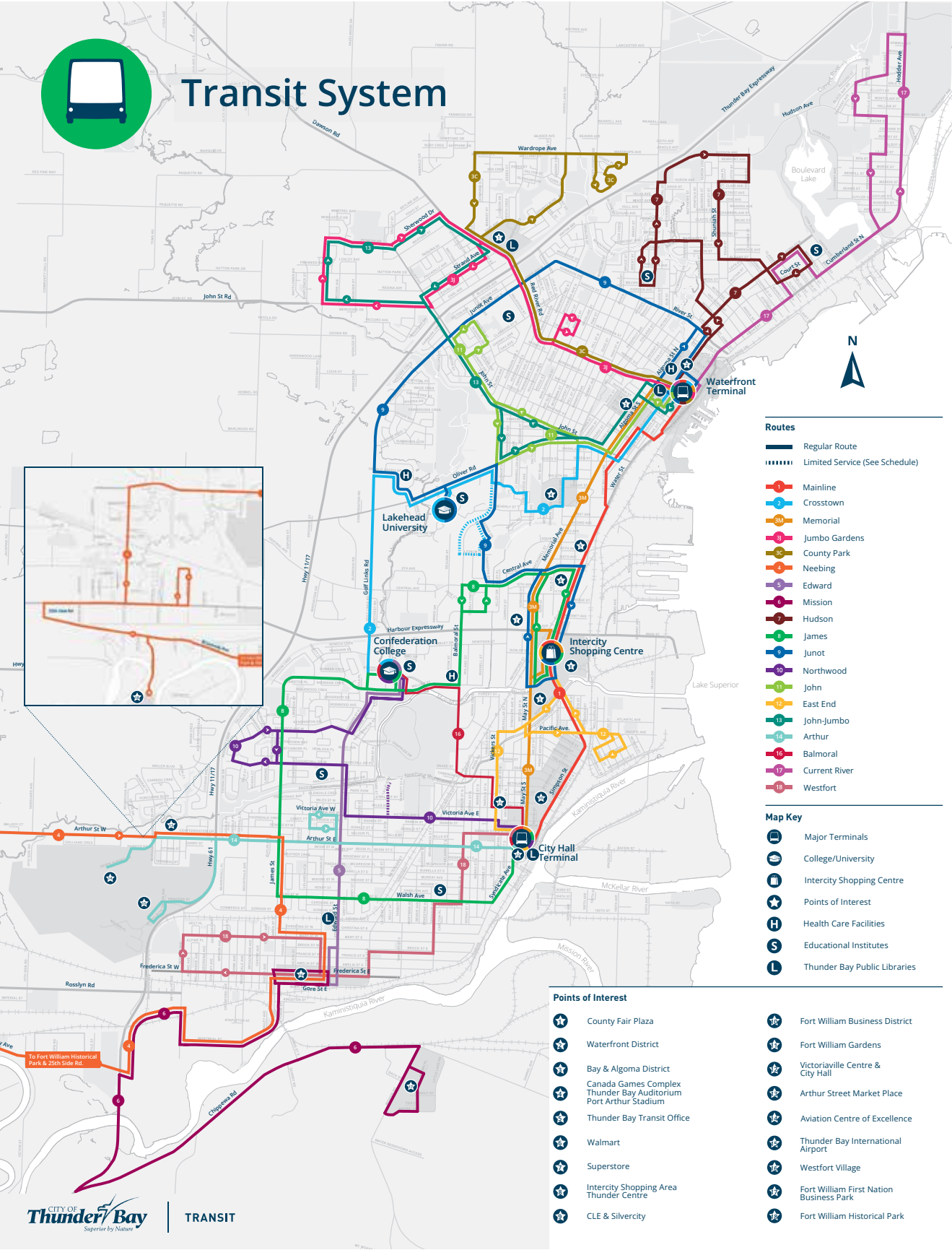
Note: Buses only stop at designated bus stops; however late at night and after dark, they will stop on request, at a place along the route closer to your home. Always sit towards the front of the bus, close to the driver.

Taxis

Taxi services are available throughout Thunder Bay, but they can be expensive. Taxi fares are regulated and cannot be negotiated. If you choose to take a taxi, it's best to call ahead, as hailing one on the street can be difficult. We recommend using Uride, a ride-hailing app that is often more affordable and convenient than a taxi. Please note that Uber is not available in Thunder Bay.



Bus Map



Job Search

International students can find jobs in various sectors. The Student Career Services (SCS) department at the college can help students in creating a personalized resume and cover letter. They conduct workshops and job fairs to help students and graduates with their job search. Students can also visit the department and meet with the advisors for one-on-one help.

Visit the link for more information:

<https://www.confederationcollege.ca/department/student-career>

Applying for Jobs

Applying for jobs is mostly online through company websites or job listing websites. Some common job listing websites are:

- www.eluta.ca
- www.indeed.ca
- www.monster.ca
- www.workopolis.com

When applying for jobs, it is important to be aware of potential job scams. See Section 2 of this handbook to read about warning signs of jobs scams.

Volunteer Work

Volunteer work is a great way to get experience, learn about your community and gain Canadian connections and references. Volunteer Thunder Bay has lots of volunteer opportunities available volunteerthunderbay.com.

Health Insurance

We have partnered with the insurance provider Guard.me to provide health insurance coverage for all international students. You are automatically enrolled in the mandatory health insurance plan, which is included in your tuition. If you need non-emergency medical care, contact Guard.me before visiting a healthcare provider. You can visit any medical clinic in Thunder Bay that is accepting new patients. Some clinics offer direct billing, while others require payment upfront. If you pay for eligible medical expenses, you can submit a claim to Guard.me for reimbursement. If you have a medical emergency, go to the nearest hospital Emergency Department or call 911 immediately. Please note that your Guard.me plan has coverage limitations, and not all medical services or treatments may be covered.

What to expect when you call 911

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

What is happening?

They will need a description of what is happening. Who are you? If they lose the call, it is VERY important that they can reach you, so give your name, address, and telephone number.

Where are you? The location of the emergency.

Give the complete address, including any building name or number, apartment or unit number and nearest cross street. Remain on the line to provide additional information if requested to do so by the call taker.



Services

Banks

To open a bank account, phone the bank first to make an appointment or book an online appointment. You will need to bring photo identification/passport, your study permit and proof of your enrolment at Confederation College (LoA or student card). Most banks will charge a fee if you withdraw money using a different bank's ATM. There are two ATMs available on campus; one belongs to RBC, located in the Shuniah Building, 2nd floor, top of the spiral staircase, and one is located outside of the cafeteria. Fees apply.

Laundry

Laundry facilities are available in Sibley Hall residence and elsewhere in the city. Spruce and Cedar Residences have laundry facilities in each unit. Most private apartments also have in house laundry facilities, sometimes for a fee; ask in advance.

Cell Phone Services

Several companies offer cellular service in Thunder Bay, including Tbaytel, Bell, Rogers, Koodo, Telus, Fido, and Virgin Plus. Most providers offer a variety of plans, including prepaid and monthly options. We recommend comparing plans, pricing, coverage, and contract terms before choosing a provider to find the option that best suits your needs and budget.

Phoning Locally and Internationally

The area code for Thunder Bay is 807.

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

Currency Conversion For up-to-date exchange rates, visit:
<https://apps.royalbank.com/apps/foreign-exchange-calculator>

Banking Options

Scotia Bank
(807) 623-5626

Royal Bank of Canada
(807) 473-1700

TD Bank
(807) 626-1565

CIBC
(807) 624-3850

Canada Post

There are red mailboxes throughout the city; one is located on campus, outside the back doors of the Shuniah Building. Stamps can be purchased at any postal outlet location (including Shoppers Drug Mart), and postal outlet locations accept domestic and international mail. Make sure you have the right postage stamp and deposit your letter in the correct box. To find the nearest post office or to mail a package, visit the Canada Post website.

Public Libraries

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

Public Library Locations

County Park Branch - County Fair Plaza, 1020 Dawson Rd

Brodie Resource Library - 216 Brodie St. S.

Mary J.L. Black - 901 Edward St. S.

Waverly Resource Library - 285 Red River Rd.

Contact Us

We are here to help! Whether you have questions about a program, need assistance with your application, or want to learn more about our services, our team is dedicated to providing the guidance and support you need.

QUESTIONS

international@confederationcollege.ca
+1 (807) 475-6467

ADMISSIONS

internationaladmissions@confederationcollege.ca

RESIDENCE

info@confederationresidence.ca
confederationresidence.ca
(807) 475-6383

STUDENT SUCCESS CENTRE

studentsuccess@confederationcollege.ca
(807) 475-6618

Check us out



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confederationcollege.ca/viewbook



Watch our program videos on YouTube:
youtube.com/confederationcollege

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