



Confederation

INTERNATIONAL EDUCATION CENTRE

International Student Handbook



2024
-25

[CONFEDERATIONCOLLEGE.CA/INTERNATIONAL](https://confederationcollege.ca/international)



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📞 EMERGENCY AFTER HOURS +1 (807) 623-0465

📞 EMERGENCY OFF CAMPUS 911

📞 EMERGENCY ON CAMPUS
From Campus Phone: 922
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SECTION 5: APPENDIX

Welcome to Confederation College!



I am delighted to welcome you to our college and city; indeed, I am delighted to welcome you to Canada! You must be getting excited, as you get ready to embark on this next stage in your life. A host of new experiences and opportunities await you and I have no doubt that you will grow both personally and professionally during your studies at Confederation College. All the faculty and staff at our college are committed to helping you develop new skills and expand your knowledge and perspectives. We strive to create an individual-centered, student-focused, and technically advanced learning environment and work hard to provide you with the support you need to succeed. It is up to you to take full advantage of our facilities, expertise, and services - so do so, and don't be afraid to ask for help, if you need it.

I would also encourage you to take advantage of all that the city of Thunder Bay, and life "outside of the classroom" has to offer. There are lots of opportunities for you to try new activities, pursue new interests and grow as an individual. Thunder Bay is a great city to live in; do take some time to explore and enjoy it.

This handbook has lots of helpful information to guide you on your journey in Canada and at Confederation College. I hope you will find it useful. Enjoy your time at Confederation College. May your stay be everything you hoped for, and more.

Wishing you all the best in your studies.

Miriam Wall

Dean, International Education

Section 1 - 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

Important Documents

- ☐ 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. & notarized translations of the same.
- ☐ A copy of your birth certificate.
- ☐ A list of all goods you are bringing into Canada- see 'Canadian Customs' below for details.
- ☐ Statement of Purpose.
- ☐ Proof of funds.

Items

- ☐ Electronics with chargers.
- ☐ Adapters – electrical systems in Canada operate at 110 volts and 60 Hz.
- ☐ Extra clothes in the carry on bag in case your luggage is lost, or journey is delayed.
- ☐ Prescription medications in their original package.
- ☐ Bring an adequate supply 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.

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

In Immigration, you will exchange your Letter of Acceptance 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). 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.

DO NOT BRING ANY FOOD INTO CANADA



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



TEMPORARY ACCOMMODATIONS NEAR CONFEDERATION COLLEGE

Sibley Hall

Temporary Accommodation

💡 Fully furnished with all utilities + internet included.

📺 Room includes: fridge, microwave.

Also check our permanent accommodation options!

To learn more and apply: confederationresidence.ca



Below is a list of hotels and hostels near Confederation College in case you may need to stay at one when you arrive.

1. Days Inn & Suites by Wyndham

645 Sibley Drive, Thunder Bay P7B 6Z8
Starting at \$141 per night
(807) 622-3297

2. Holiday Inn Express & Suites

1041 Carrick Street Thunder Bay P7B 6L9
Starting at \$181 per night
(807) 346-0220

3. TownePlace Suites by Marriott

550 Harbour Expy, Thunder Bay P7B 6P4
Starting at \$287 per night
(807) 346-9000

4. Kingsway Inn

345 Kingsway Thunder Bay P7E 2A6
Starting at \$119 per night
(807) 623-1223

5. Howard Johnson by Wyndham Thunder Bay

686 Memorial Ave Thunder Bay P7B 3Z5
Starting at \$137 per night
(807) 344-6688

6. Super 8 by Wyndham

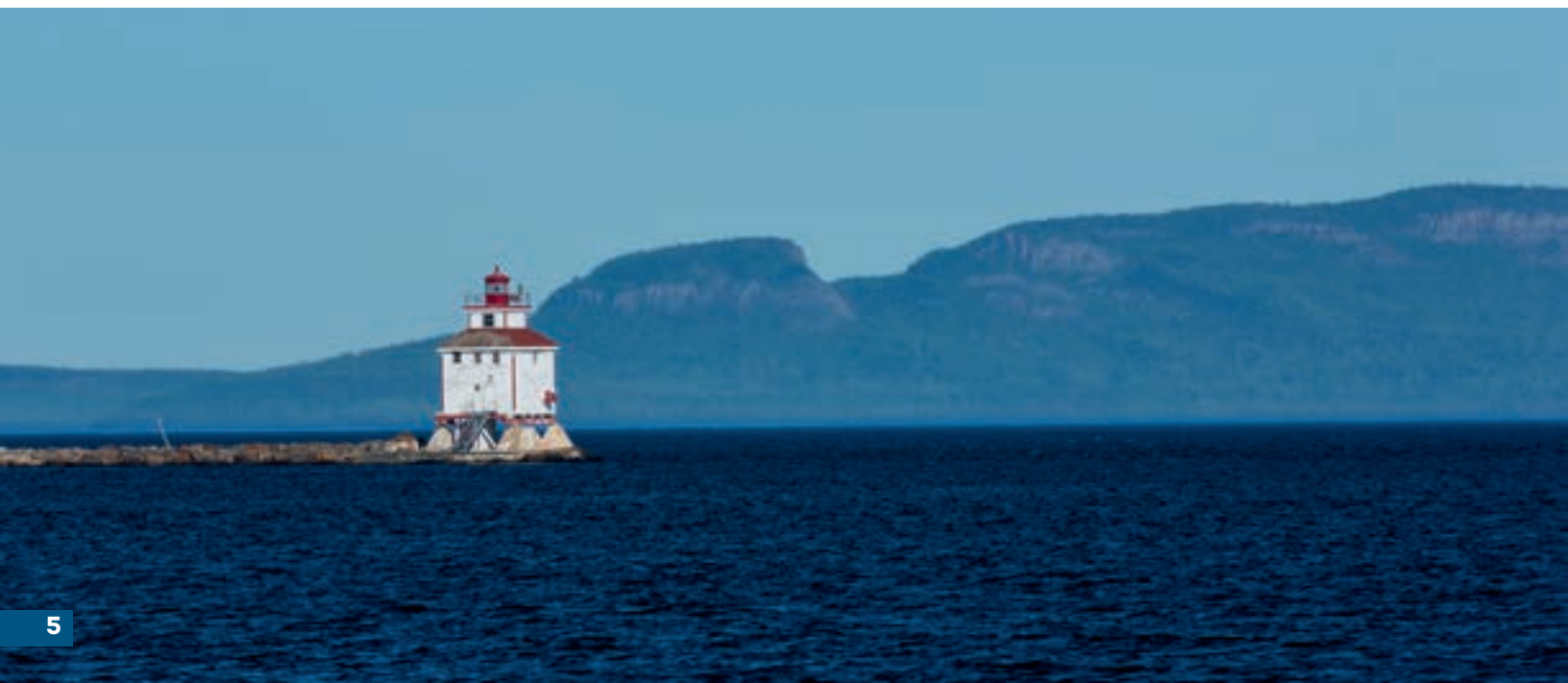
439 Memorial Ave Thunder Bay P7B 3Y6
Starting at \$118 per night
(807) 344-2612

7. Travelodge by Wyndham

450 Memorial Ave Thunder Bay P7B3Y7
Starting at \$108 per night
(807) 788-0993

8. The Haven Hostel

226 Ambrose St. Thunder Bay P7B 1L4
Starting at \$49 per night
Use booking code: CONFED
(807) 285-1142



Section 2: Canada

CULTURE AND NORMS

Depending of 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 who 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 strong perfume or cologne, and should never have a strong body odour. People will find it offensive.



Toilets

At public places, toilets are called washrooms, bathrooms, facilities or restrooms. At home, it is called a bathroom. Do not stand or squat on the toilets. 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 \$0.25 to \$1.00 for the bartender is usually sufficient.

Sexual Health

Canadians may be more or less sexually active than people in your home country. **Do not feel pressured to do anything you are not comfortable with.** You do not have to have sex to fit in or to make friends. If you want to talk to someone about this, make an appointment to talk with a counselor at 475-6110 or visit the Health Clinic. If you do decide to engage in sexual activity, be safe and responsible; if you are a male, always use a condom. Condoms can be purchased in pharmacies/drugstores or convenience stores. The campus health centre also provides condoms, free of charge. NEVER pressure anyone to have sex. In Canada, it is a criminal offence to have any kind of sexual contact with someone who does not wish it. "No" means "no", always.

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 student experiences culture shock in some form and it will pass with time as you become more familiar with the culture of Canada. 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 IEC, 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.

Read about coping with culture shock here:
www.travel.gc.ca/travelling/living-abroad/culture-shock



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, downloading a strength training app, 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.food-guide.canada.ca



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

Make time to do things you enjoy or are good at doing.



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 IEC 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

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 (usually 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 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

The age of consent for sexual activity in Canada is 16 years. However, the age of consent is 18 years where the sexual activity "exploits" a young person.

IN CANADA, IT IS AGAINST THE LAW to engage in sexual activity with someone "under age" (under 16YRS) or with a minor.

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

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



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 have become a victim of any form of harassment, ensure to report it right away 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 IEC office. You can also fill out this form to file a formal complaint.

<https://www.confederationcollege.ca/human-resources-services/human-rights-decolonization/make-racism-complaint>

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: www.justice.gc.ca/eng/cj-jp/cannabis/

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 that are not your own, 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 many 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.





SCAMS AND FRAUD

Scams are becoming more widespread in Canada, and elsewhere. It can be difficult to recognize what is legitimate and what is a scam. It is important to know if the person on the other side is legitimate or trying to extract information from you in order to con you. This can range from threats of deportation, as well as extortion (demanding money or gift cards to prevent deportation or release of information). DO NOT give out personal information (including passport or credit card information, or your Social Insurance Number, etc.) over the phone. Ensure you create a strong password for all your online accounts including social media, banking and email. If someone threatens you, contact the IEC or College Security immediately.

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 IEC 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 a tax return.

Banking Scams

Scammers find creative ways of trying to access your banking information. Your bank will never ask you for banking information by calling, texting you, or emailing you. You should only provide your banking information on your banking app, or by calling the official bank telephone number or in person at the bank.

Extortion/blackmail

If you suspect that you are being contacted by a scammer- always report it; do not engage in any conversation or comply with any requests. Hang up! Do not respond to any more calls from that number. Anti Fraud Centre Thunder Bay Police

1-888-495-8501
1-(807)-684-1200

If you are unsure, check with the IEC





Section 3: Confederation College

Welcome to Confederation College!

Confederation College is located in Thunder Bay, a mid-sized Canadian city located in northwestern Ontario. Confederation College is a designated learning institution (DLI), eligible to register international students, as per the requirements of [Immigration, Refugees and Citizenship Canada](#)

Orientation

Each semester, the International Education Centre (IEC) provides an orientation to help new students feel welcome and become familiar with their new environment. Orientation for international students includes seminars on life in Canada, adjusting to culture, food, climate, where to shop, and College services and supports. This is a supplement to the [College's general orientation](#), and attendance is mandatory for all new students.

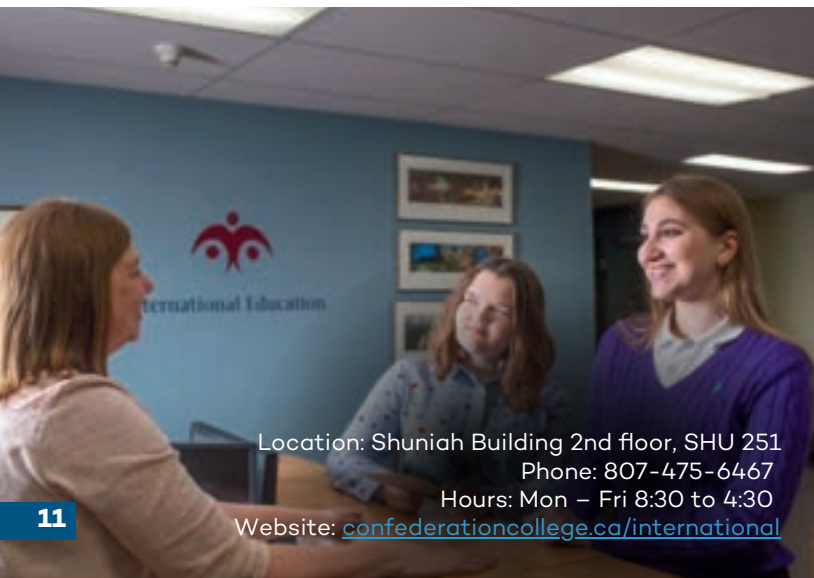
International Education Centre (IEC)

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

What does the International Education Centre do for you?

- 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 & 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.

We are here to answer any query or doubt you have and will always be honest, professional and friendly. We will always have your best interest at heart.



Location: Shuniah Building 2nd floor, SHU 251

Phone: 807-475-6467

Hours: Mon – Fri 8:30 to 4:30

Website: confederationcollege.ca/international

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 teachers 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 “teacher”, “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 & your teacher.
- You are expected to ask for help when you need it. Faculty prefer if students do so, rather than sit in silence & 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 teachers, and read important course and academic notices. Some teachers 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.



Calculating Grades

If you have a question about how a test or paper was marked, ask your teacher. **Grades are not negotiable** so do not ask your teacher to change your grade. GPA (Grade Point Average) 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.

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.

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

Cheating & 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 & Sports

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

- Varsity athletics and 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: 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: 475-6602

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

Equity, Diversity, & Inclusion - Student Appeals Advisor

Location: Shuniah building A 212

Phone: 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: 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: 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.



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) and massage therapy, 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 IEC coordinates enrollment of health care coverage for international students. The cost is included in tuition. Coverage begins on September 1 (fall intake), January 1 (winter intake), and May 1 (summer 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 Study Insured web page for detailed coverage information, to submit and claim and more:

www.studyinsured.com/confederationcollege

Students may also purchase health insurance at an additional cost, 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.

Always call Study Insured first before seeking medical attention.

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.





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. Students in English Language Program (EAP and ESL) can purchase a pass for a small fee (contact the IEC).

Amenities of the Wellness Centre include:

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

Computer Help Desk

Location: Shuniah building 346

Phone: 475-6488

Provides help on technical issues regarding your computer & 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.





Section 4 : Life in Thunder Bay

The City of Thunder Bay

Welcome to Thunder Bay, Ontario Canada! 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 113,834, making it the largest city in Northwestern Ontario.
- Located on the north shore of Lake Superior and on the Canadian shield. Lake Superior is the largest freshwater lake by surface area and third largest by volume in the world; it is also one of the five Great Lakes of North America.
- 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 18th century, Europeans established one of North America's largest trading posts, called Fort William. It grew over time, to become the city, now called Thunder Bay.

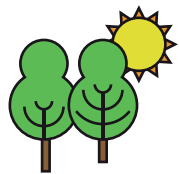


WEATHER



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 . Evenings can get cool enough to require a light jacket.



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 -15°C ; sometimes it gets a lot colder.

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. Listen to 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.

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.

GETTING AROUND

Walking & 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 U-Pass bus pass that provides unlimited access to city buses for the full year (September to August).

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

*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 in Thunder Bay are expensive. Fares cannot be negotiated. Call ahead for pick-up as hailing a taxi on the street is often difficult.

Diamond Taxi
(807) 622-6001

Roach's Taxi
(807) 344-8481

Download the **U-Ride app**
on your smartphone.

Janab Taxi
(807) 356-5781

Uber is not available in
Thunder Bay





Transit system



Routes

- Mainline
- Crosstown
- Memorial
- Jumbo Gardens
- County Park
- Nesting
- Edward
- Mission
- Hudson
- James
- Junot
- Northwood
- John
- East End
- John-jumbo
- Arthur
- Balmoral

Map Key

- Major Terminals/Transfer Points
- Points of Interest
- Health Care Facilities
- Educational Institutes
- Thunder Bay Public Libraries

Points of Interest

- County Fair Plaza
- Waterfront District
- Bay & Algoma District
- Canada Games Complex
Thunder Bay Auditorium
Port Arthur Stadium
- Thunder Bay Transit Office
- Walmart
- Superstore
- Greyhound Terminal
- Intercity Shopping Area
Thunder Centre
- CLE & Silvercity
- Fort Williams Business District
- Fort Williams Gardens
- Victoriaville Centre &
City Hall
- Arthur Street Market Place
- Aviation Centre of Excellence
- Thunder Bay International
Airport
- Westfort Village
- Fort William First Nation
Business Park

JOB SEARCH

Preparation

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:
confederationcollege.ca/student-career-services

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.

ACCOMMODATIONS

There are three types of accommodations to choose from, please visit the Residence website for more information at confederationresidence.ca.

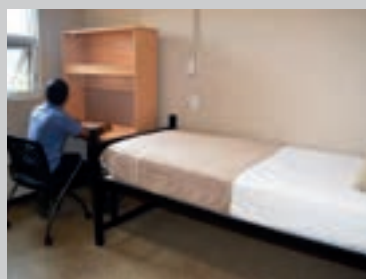


Sibley Hall - Dorm Style

Dorm Single/Double

Fully furnished with all utilities + internet included.

Room includes: fridge, microwave.



Sibley Hall - Open Concept

Open Single/Double

Fully furnished with all utilities + internet included.

Room includes: fridge, microwave.



Spruce and Cedar

Four-bedroom, furnished apartments with kitchen.

Fully equipped kitchen

Fully furnished livingroom and common area

Double bed, desk & work area with chair

Off-Campus

A variety of off-campus housing is available. Rent starts at \$1000 per month for a one-bedroom, unfurnished apartment. Shared accommodation can be cheaper. Ensure you arrive in Thunder Bay a few weeks early to arrange your rental accommodation. Confederation College does not provide any direct assistance but some helpful links are:

- [Rent Panda](#)
- [Off Campus Housing Listings](#)
- [Home Sweet Home](#)
- [Kijiji Thunder Bay](#)
- Check out our [Off-Campus Housing Guide](#)

Short-term Accommodation

Students can book short-term accommodation at our on-campus residence by emailing the Residence. The IEC will reimburse 50% of the price after your stay. You must submit your request to Residence at least 7 days in advance. Please contact Residence directly for more information at info@confederationresidence.ca.



AMENITIES

Banks

To open a bank account, phone the bank first to make an appointment. You will need to bring photo identification (passport), your study permit and proof of your enrollment at Confederation College (LoA or student card). Most banks will charge a fee if you withdraw money using a different bank's ATM (Automatic Teller Machine). 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).

Banking Options



Royal Bank of Canada
(807) 473-1700



Scotia Bank
(807) 623-5626



TD Bank
(807) 626-1565



CIBC
(807) 624-3850

Laundry

Coin-operated 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 laundry facilities, sometimes for a fee; ask in advance.

Cell Phones

Several companies offer cellular service in Thunder Bay, including TBayTel, Bell, Rogers, Koodo, Telus, Fido, and Virgin Mobile. Student plans are available. Certain cell phones come free of charge with the purchase of a cell phone plan. Pay-as-you go options are available if you already have a cell phone.

Phoning Locally & Internationally

The area code for Thunder Bay is 807. You do not need to include the area code for local calls.

- 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: online.royalbank.com/cgi-bin/tools/foreign-exchange-calculator

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 & 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](http://CanadaPost) 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.

HEALTH INSURANCE

The international student health insurance provider, Studyinsured, has provided a list of clinics available to you on the last page of this handbook. **Always call the insurance company first before seeking medical attention at 1-866-883-9787.** Only call 911 for real emergencies. Remember that the plan has limitations so some medical treatment may be covered and some may not. You can visit any medical clinic in the city provided they accept new patients; some have established a direct pay relationship with Studyinsured, others require payment upfront, and then you claim for reimbursement of eligible expenses.

Virtual Health

Video chat with a doctor

FAST - FREE - CONFIDENTIAL

CALL StudyInsured™ Assistance at

1.866.883.9787

Emergency Services

IF YOU HAVE AN EMERGENCY, CALL 911 (this is the number for police, fire and emergency medical care) It is an emergency if someone's health, safety or property is in jeopardy or a crime is in progress. The following are examples of when you would call for 911 assistance:

- You are experiencing pain or tightness in the chest.
- A person is choking or having difficulty breathing.
- You think you may have fractured or broken a bone, or have a wound that may need stitches.
- You have sudden, severe headaches, vision problems, sudden weakness, numbness and /or tingling in the face, arm or leg, trouble speaking, shortness of breath, or dizziness.
- You see an uncontrolled fire.
- You see a crime in progress or suspicious activities.
- You see a car accident with life threatening injuries.



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.





Section 5: Appendix

FOOD Page 25

Thunder Bay has an abundance of local restaurants offering a wide-range of choice in both style and price range. These are only some of the local restaurants in Thunder Bay.

- Local Restaurants
- Ethnic Restaurants
- Bars & Pubs
- Unique foods to try in Thunder Bay

LOCAL COFFEE SHOPS Page 25

Soaking up the atmosphere, outstanding coffee, specialty teas, and delicious pastries in our many cafés and coffee houses is a wonderful way to pass the time in Thunder Bay. It can also be a great place to study for students. In Thunder Bay, we have everything from independent and cozy cafés to major chains such as Starbucks and Tim Horton's.

GROCERY STORES Page 27

The largest supermarkets are Metro, Safeway, No Frills and the Superstore. The Superstore, located at 600 Harbour Expressway has the best selection of imported and international food. Most stores are open 7 days-a-week, with shortened hours on Sunday and may be closed on statutory holidays.

ENTERTAINMENT Page 28

- Sports
- Indoor Activities
- Outdoor Activities

MEDICAL CLINICS Page 29

- StudyInsured List of Clinics in Thunder Bay

LOCAL RESTAURANTS

CASUAL DINING

	DESCRIPTION	LOCATION
IN COMMON	Lunch, dinner.	40 Cumberland St S
THE SOVEREIGN ROOM	Dinner and late night. Brunch on Sat. and Sunday.	220 Red River Rd
MADHOUSE	Lunch, dinner and late night.	295 Bay St
GROWING SEASON	Lunch, dinner. Vegan and vegetarian options.	201 S Algoma St
REBEL SALAD	Lunch, dinner. Vegan and vegetarian options.	320 Bay St. 5
5 FORKS RESTAURANT	Dinner, late night.	1072 Oliver Road
NIVA'S RESTAURANT	Breakfast and lunch.	376 Lisgar Street
NOOK	Lunch, dinner, late night.	217 Bay Street
PROSPECTOR BURGER BARN	Lunch, dinner.	1085 Memorial Ave
TONY & ADAM'S	Dinner, late night.	45 S Court St 28
RED LION SMOKEHOUSE	Lunch, dinner, late night.	16 Cumberland St S

FINE DINING

TOMLIN RESTAURANT	Dinner, late night.	202 1/2 Red River Rd
CARIBOU RESTAURANT + WINE BAR	Dinner. Lunch on Thursday and Friday	727 Hewitson St
BISTRO ONE	Dinner, late night.	555 Dunlop St
BIGHT RESTAURANT + BAR	Lunch, dinner, late night.	2201 Sleeping Giant Parkway

ETHNIC RESTAURANTS

ORIENTAL GARDENS	Chinese, Thai, Vietnamese	1091 Dawson Rd.
CHINESE EXPRESS	Chinese	601 Arthur St.
MR. CHINESE	Chinese	615 Arthur St.
WOKING BIRD	Chinese, Thai, Vietnamese	425 Edward St North
KANGAS SAUNA	Scandinavian	379 Oliver Rd.
FAMOUS TANDOOR RESTAURANT	Pakistani	188 Algoma St S
INDIAN BISTRO	Indian	250 Red River Rd.
MASALA GRILLE	Indian, Thai	170 Algoma St.
MONSOON	Indian	588 Arthur St West
TED'S KITCHEN	Jamaican	280 Algoma Street South 538 Arthur
WASABI RESTAURANT	Japanese	St.
TOKYO HOUSE	Japanese	231 Arthur St. West
SUSHI STATION	Japanese	450 Memorial Ave
ISLAND SPICE JERK HOUSE	Jamaican	71 Algoma St S #2
CHURRASQUEIRA GALO INC	Portuguese	1001 Montreal street
THAI KITCHEN	Thai, Vietnamese	11 S Cumberland Street
BAR ITALIA	Italian	168 Court Street South
PHO UMAMI	Vietnamese	845 May St. N. Unit #C
NORTEÑOS	Mexican	698 Arthur St W
GOLDEN WOK	Chinese, Vietnamese	106 May St S
MONGO'S GRILL	Mongolian	1075 Memorial Ave

BARS & PUBS

BLACK PIRATES CLUB	Live music, drinks, DJ, special events	101, 215 Red River Rd.
HODDER TAVERN	Live music, drinks, DJ, karaoke	481 Hodder Ave.
LOT 66	Cocktails drinks, dinner	66 Court St. S.
ON DECK SPORTS BAR	Drinks, pool tables, tvs	54 Cumberland St. N.
MADHOUSE THE SOVERIEGN	Drinks, dinner	295 Bay St.
ROOM	Cocktails , dinner, DJ	220 Red River Rd. R
THE OUTPOST (UNIVERSITY PUB)	Food, concerts, events	955 Oliver Rd. (LU campus)
THE TILTED TURRET	Cocktails, dinner	135 Archibald Street N
THE FOUNDRY	Drinks, dinner, dj, live music	242 Red River Rd.
RED LION SMOKEHOUSE	Drinks lunch, dinner, live music, board games	16 Cumberland St. S.
NV NIGHTCLUB	Cocktails, DJ	228 Red River Rd.



LOCAL COFFEE SHOPS

BAY VILLAGE COFFEE	221 Bay St.
CLUB CAPPUCCINO CAFÉ & DESSERTS	180-595 Arthur St W
CRONO'S CAFÉ	433 S Syndicate Ave
CALICO COFFEEHOUSE	316 Bay St
DOLCE	345 Kingsway
INTERNATIONAL HOUSE OF TEA	205 S Algoma St
THE SEATTLE COFFEE HOUSE	135 Frederica St E
ROBIN'S DONUTS	Various locations
ST. PAUL ROASTERY	11 St. Paul St.
SWEET NORTH BAKERY	10 Court St. South
THE BEAN FIEND	194 Algoma St. South
THE HABIT	308 Red River Rd
UP SHOT COFFEEHOUSE	111 May St South



SPECIALTY GROCERY STORES



No Frills

425 Edward St. N. & County Fair



The Real Canadian Superstore

600 Harbour Expressway
wide variety of imported foods



Walmart

777 Memorial Ave - 1101 Arthur St.
wide variety of imported foods



Thunder Bay Country Market

CLE Dove Building, 850 May St. N.
Sat: 8 am - 1 pm
Wed: 3 pm - 6 pm (summer only)



Kelly's Nutrition Centre

820 Red River Rd.



Land of Spices

707 Memorial Ave
Daily: 11 am 9:30 pm



Bombay One stop

2605 Victoria Ave E



Spice World

189 Algoma St S

SPORTS & RECREATION

Canada Games Complex

684-3311 - aquatics, swimming, diving, and other recreation admission rate: \$5.18 + hst (student price)

420 Winnipeg ave.

Chapples Golf Course

625-2582 - prices vary

530 Chapples park dr.

Lakehead University Thunderwolves

766-7286 - tickets available through SUCCI

Fort William gardens 901 Miles St E.

Moksha Yoga

939-2333 - discounted student rates

955 Sanders Dr.

Nw Ontario Sports Hall of Fame Museum

622-2852 - admission by donation

219 may St. S

Thunder Bay Bordercats (baseball)

766-2287 - tickets \$10 general admission

420 Lisgar street

Thunder Bay Chill (soccer)

623-5911 - ticket prices vary

Sports Dome, 2nd floor 141 Northern ave.

Thunder Bay Country Club (golf)

344-8141 - prices vary

1055 O liver rd.

Boulder Bear Climbing Centre

286-6633 - indoor rock climbing \$14/day pass +

\$8 equipment rental + 15% off for students

425 Northern ave.

Unique Foods To Try In Thunder Bay



PANCAKES AND MAPLE SYRUP

Finnish pancakes with Canadian maple syrup - the famous restaurant - Kangas Sauna, specializes in breakfast and inexpensive Finnish cuisine. Located at 379 Oliver Rd.



PERSIANS

A persian is a cinnamon roll-like donut smothered in pink frosting. Go to 'The Persian Man' 400 Balmoral St or 899 Tungsten St.) Or most grocery stores.



THUNDER OAK GOUDA CHEESE

Located just outside the city, this is the only cheese farm in Ontario that makes gouda cheese, and in eight different flavours. The farm is only accessible by car (rr3 Boundary Drive off Highway 61), but the cheese can be purchased at local markets and stores.



POUTINE

Unique to Canada, this French dish is french fries with gravy and cheese curds.

INDOOR ACTIVITIES

Magnus Theatre 345-5552 Live theatre
(\$18 for students)
www.magnus.on.ca
10 s. Algoma St. S.

Definitely Superior Art Gallery

344-3814 contemporary, local art |
definitelysuperior.Com p.O. Box 21015, rpo
Grandview Mall

Silver City

628-8455 movie theatre (half price tuesdays \$4.50)
www.Cineplex.Com 850
May st. N.

Paramount Theatre

344-4080
Live theatre (prices vary)
22 s. Court st. S.

Mario's Bowl

344-9644 bowling (\$4.55 per game + \$2.65 shoe
rental) "cosmic bowling" on fridays
www.Mariosbowl.Com
710 Memorial ave.

Thunder Bay Art Gallery

577-6427
\$1.50 to \$3 (free on wednesdays) |
<https://theag.ca/>
1080 Keewatin st.
(Located on campus)

Thunder Bay Conservatory

622-7036
Botanical gardens |
www.Friendstbconservatory.Com
1601 Dease st.
(Close to college)

Thunder Bay Community Auditorium

684-4444 concerts, comedians, speakers |
www.Tbca.Com 1 Paul Shaffer dr.

Thunder Bay Historical Museum

623-0801 \$3 or free on tuesdays |
www.Thunderbaymuseum.Com
425 Donald st. E.

OUTDOOR ACTIVITIES

Boulevard Lake

345-7261 swimming, walking, tennis, paddleboats,
bike paths
near Cumberland St.

Cascades Conservation Area

344-5857 Hiking trails, swimming, and a kilometer-
long rapids and waterfalls
www.lakehead.ca.com
End of Balsam St.

Centennial Park

683-5762 hiking, picnics, sledding, cross-country
skiing
Centennial Park rd., near Boulevard Lake

Chippewa Park

623-3912
Beach, walking trails, amusement rides |
www.Chippewapark.Ca
Chippewa rd, at the end of city road

Fort William Historical Park

473-2344 canada's #1 outdoor attraction! Canoeing,
camping, and hiking also available \$7.5-12 for
students with id (price varies by season)
www.Fwhp.Ca
1350 King rd.

Kakabeka Falls

1-800-668-2746
130ft tall waterfalls, nicknamed the "niagara of the north"
km of hiking trails
Www.Ontarioparks.Com/park/kakabekafalls
Located west of the city, 20km down hwy 11/17

Kamview Nordic Centre

475-7081 cross-country skiing 30km of
cross-country ski trails |
www.Tbnordictrails.Com/trails/kamview
851, 20th Side rd.

Loch Lomond Ski Area

475-7787
Downhill skiing & tubing | www.Lochlomond.Ca
1800 Loch Lomond rd.

Sleeping Giant (Sibley) Provincial Park

977-2526
www.Ontarioparks.Com/park/sleepinggiant on
highway 11/17, 1km east of Hodder ave.



Name	Adress	Phone	Type
Confederation College - (Campus Health)	1450 Nakina Drive, P.O. Box 398	807-475-6169	Clinic
Virtual Health Service	Online - through Studyinsured Assistance	1-866-883-9787	Clinic
Janzen's Westfort Village & The Westfort Village Walk-in Clinic	129 Frederica St. West	807-473-9666	Clinic
Janzen's Bay & Algoma	196 Bay St.	807-345-1191 x 4	Clinic
Algoma Place Walk In Clinic	153 Algoma Street South	807-345-1191 x 4	Clinic
Janzen's Northwood Park	504 North Edward Street	807-285-0186	Clinic
Janzen's Lillie St.	300 N. Lillie St.	807-344-0405	Clinic
Dawson Heights Medical Clinic	109*109 Regina Ave	807-344-0105	Clinic
LifeLabs	194 Court St North Unit 136	1-877-849-3637	Labs
LifeLabs	1265 Arthur St. E Unit 402	1-877-849-3637	Labs
LifeLabs	1040 Oliver Rd Unit 101	1-877-849-3637	Labs
Thunder Bay Diagnostics - Medical Centre Location	63 Algoma St North Suite 220	807-344-7071	Diagnostic Centre
Thunder Bay Diagnostics - Port Arthur Health Centre	194 Court Street North	807-346-1000	Diagnostic Centre
Thunder Bay Diagnostics - 10th Avenue	Thunder Bay Diagnostics - 10th Avenue	807-683-4411	Diagnostic Centre

Please call StudyInsured™ Assistance at 1.866.8339787 before seeking medical care.

Our locations

MAIN CAMPUS

Confederation College

P.O. Box 398, 1450 Nakina Drive
Thunder Bay, ON P7C 4W1

international@confederationcollege.ca

confederationcollege.ca/international

REGIONAL CONTACTS

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