

Confederation College

International Student Handbook '19 - '20

www.confederationcollege.ca/international



TABLE OF CONTENTS

SECTION 1: TRAVELING TO CANADA

Pre-Arrival Checklist
Packing Your Carry-On
Immigration
Canadian Customs
Temporary Accommodations

SECTION 2: CANADA

CULTURE AND NORMS

Addressing Someone New
Being on Time
Greetings
Hygiene
Personal Space
Tipping
Toilets
Sexual Health

CULTURE SHOCK

Mental Health and Well-being

CANADIAN LAWS

Working in Canada
Consent
Age of Sexual Consent
Harassment
Tobacco
Alcohol
Cannabis
Illegal Drugs
Seatbelts

SCAMS AND FRAUD

Immigration Fraud
Job Scams
Tax Scams
Banking Scams
Extortion

SECTION 3: CONFEDERATION COLLEGE

Welcome
Orientation
International Education Centre (IEC)

ACADEMIC INFORMATION

Classroom Etiquette
Blackboard Learn
Banner
Outlook E-mail
Calculating Grades
Cheating and Plagiarism
Student Code of Conduct
Scholarships
Activities Clubs & Sports

CAMPUS SERVICES

APIWIN
Campus Bookstore
Cafeteria
Computer Help Desk
Computers and Wi-Fi Network
Counselling Services
Wellness Centre
Health Centre
Health Insurance
Library
Ombudsperson
Student Success
Student Union (SUCCI)
Security Services
The Information Hub

SECTION 4: LIFE IN THUNDER BAY

The City of Thunder Bay
Weather

GETTING AROUND

Walking & Biking
Public Transit
Taxis

ACCOMMODATIONS

Confederation Residence
Homestay
Off-Campus

JOB SEARCH

Preparation
Applying for Jobs
Volunteer Work

AMENITIES

Banks
Laundry
Cell Phones
Currency Conversion
Canada Post
Public Libraries
Medical Facilities
Emergency Services
Food
Entertainment
Medical Clinics

CONTACT INFORMATION



International Education Centre

Confederation College
Shuniah Campus Building, Room 251
P.O. Box 398, 1450 Nakina Drive
Thunder Bay, ON P7C4W1

E-MAIL

international@confederationcollege.ca

PHONE

+1 (807) 475-6465

EMERGENCY AFTER HOURS

+1 (807) 623-0465

EMERGENCY OFF CAMPUS

911

EMERGENCY ON CAMPUS

From Campus Phone: 922

From Cell Phone: +1 (807) 623-0465





WELCOME FROM OUR DEAN

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 to develop new skills and expand your knowledge and perspectives. We strive to create an individual centred, 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 class room" 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
- Book flights to Thunder Bay (allow *three hour layover* in Toronto or Vancouver for immigration processing)
- Make sure to arrive in time to attend the Orientation for international students
- Complete and submit the [Safe Arrivals](#) form to international.arrivals@confederationcollege.ca
- 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 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

Reminder Visit the International Education Centre (IEC) once you arrive on campus to say hello and pick up your welcome bag. We will also need a copy of your study permit and emergency contact information. We are located on the second floor of the Shuniah building SHU 251.

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
- Immunization and 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

Items

- Electronics with chargers
- Adapters – electrical systems in Canada operate at 110 volts and 60 Hz
- Extra clothes 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- 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

IMMIGRATION

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

1. The completed immigration declaration card that you received on your flight
2. Your passport with visa, *if applicable*
3. Letter of Acceptance (LoA) to Confederation College,
4. Proof of funds, i.e. a bank statement or letter from your sponsor.

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 official will print your study permit once your documents are reviewed, and attach it to your passport. For short-term study, the official will stamp, date and/or sign your passport.

You must receive your study permit or have your passport stamped, dated and/or signed, before you leave the airport. 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 office will ask you to declare what you have brought into Canada and will review the customs form you filled out on the plane.

Remember do not carry any liquid more than 100ml in your carry-on luggage.

DO NOT BRING ANY FOOD INTO CANADA

It is illegal to bring fresh fruits, vegetables, meat, eggs, dairy products, plants or animals into Canada. They will be confiscated.



Review current Canadian customs regulations at [Canada Border Services Agency](http://www.cbsa-asfc.gc.ca/menu-eng.html) :
www.cbsa-asfc.gc.ca/menu-eng.html

TEMPORARY ACCOMMODATIONS NEAR CONFEDERATION COLLEGE

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 \$125 per night

☎ (807) 622-3297

2. [Holiday Inn Express & Suites](#)

1041 Carrick Street Thunder Bay P7B 6L9

Starting at \$111 per night

☎ (807) 346-0220

3. [TownePlace Suites by Marriott](#)

550 Harbour Expy, Thunder Bay P7B 6P4

Starting at \$160 per night

☎ (807) 346-9000

4. [Kingsway Inn](#)

345 Kingsway Thunder Bay P7E 2A6

Starting at \$75 per night

☎ (807) 623-1223

5. [Econo Lodge](#)

686 Memorial Ave Thunder Bay P7B 3Z5

Starting at \$84 per night

☎ (807) 344-6688

6. [Super 8 by Wyndham](#)

439 Memorial Ave Thunder Bay P7B 3Y6

Starting at \$83 per night

☎ (807) 344-2612

7. [Travelodge by Wyndham](#)

450 Memorial Ave Thunder Bay P7B3Y7

Starting at \$100 per night

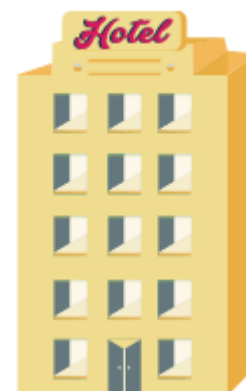
☎ (807) 788-0993

8. [The Courthouse Hotel](#)

277 Camelot St. Thunder Bay P7A 4B3

Starting at \$120 per night

☎ (807) 788-1666



SECTION 2: CANADA

CULTURE AND NORMS

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

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.

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.

Hygiene

Canadians usually shower once or twice a day, often in the morning. They usually find body odour offensive. Most Canadians also 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, or should not have a strong body odour.

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 expected.

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.

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 the facilities.



Sexual Health

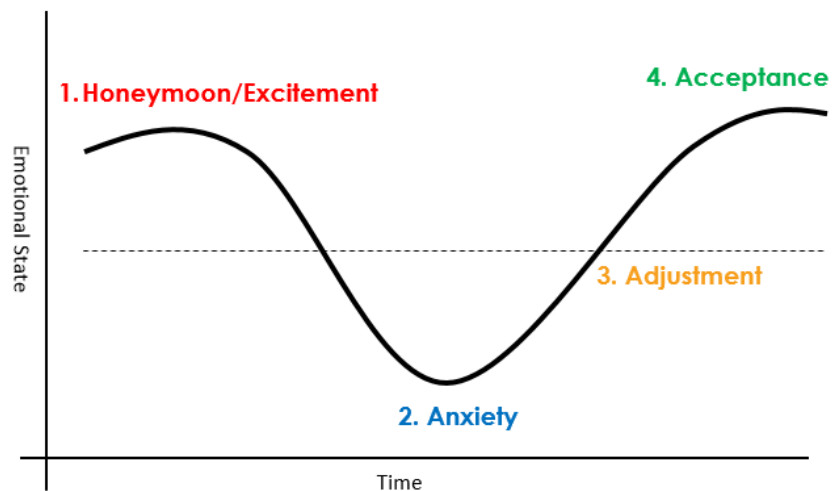
Canadians may be more or less sexually active than people in your home country. Do not feel pressured to do anything you are not comfortable with. You do not have to have sex to fit in or to make friends. If you want to talk to someone about pressures you may feel, call and make an appointment to talk with a counselor at 475-6110 or visit the Health Clinic. If you do decide to engage in sexual activity, be safe and responsible; always use a condom. Condoms can be purchased in pharmacies/drugstores or convenience stores. The campus health centre also provides condoms, free of charge. It is a criminal offence to have any kind of sexual contact with someone who does not wish it.

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, which is normal. These feelings can last for some time as you get comfortable with your new life in Canada, but do not get discouraged. Almost every 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 your well-being in good standing.

Stay Active

- Try going for a walk, doing some yoga, downloading a strength training app, or accessing the Confederation College Wellness Centre.

Eat Healthy

- Take a look at Canada's new Food Guide and watch for cooking demonstrations at the Collete. YouTube is also a great help in learning simple cooking techniques.
<https://food-guide.canada.ca/en/>

Get Enough Sleep

- Keep a consistent sleep schedule and aim for 7 to 8 hours of sleep per night

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. Book an appointment by calling (807) 475-6618
- 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 are expected to 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 may be able to work part-time (up to 20 hours/week) during your studies, and full-time during scheduled breaks. Please visit www.cic.gc.ca to find out more.

You will need a **Social Insurance Number (SIN)** in order to work in Canada. Generally, representatives from Service Canada are on campus for a few days at the start of each semester.

For more information on how to apply for a SIN, visit www.servicecanada.gc.ca/eng/sc/sin/index.html

As an international student studying and working in Canada, you may have to file a **Canadian income tax return**. You must determine your residency status to know how you will be taxed in Canada. For more information, visit: www.cra-arc.gc.ca/internationalstudents.



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 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 also 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, 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.

Harassment

Sexual, verbal and physical harassment are forms of discrimination and are a serious crime 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.

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, as with alcohol, it is normal to be asked for identification proving your age.

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. Additionally, Confederation College does not permit the possession, use or consumption sale, or distribution of cannabis products or cannabis is prohibited on College property.

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 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 possibilities.

Seatbelts

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



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!

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 by offering you a lot of money, or offers you to work from home
- You are offered money up-front or are mailed a cheque without having worked yet

Tax Scams (Canada Revenue Agency)

If the CRA is contacting you- first make sure it is real! 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 likely a scam. If you are unsure about a phone call, or email you have received from the CRA, you may double check by calling 1-800-959-8281. The CRA will not contact you if you have never worked in Canada or 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, by calling the official bank telephone number or in person at the bank.

Extortion/blackmail is illegal in Canada – if someone is threatening to release private information if you do not pay, go to the police and report it. If you suspect that you are being contacted by a scammer- **always report it** and do not comply with any requests.

Anti Fraud Centre

1-888-495-8501

info@antifraudcentre.ca

Thunder Bay Police

1-(807)-684-1200



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.

www.canada.ca/en/services/immigration-citizenship.html

Orientation

Each semester, the International Education Centre (IEC) provides a day of orientation to help new students feel welcome and become familiar with their new environment. Orientation day 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 is mandatory for all new students.

International Education Centre (IEC)

Location: SHU 251

Phone: 807-475-6467

Hours: Mon – Fri 8:30 to 4:30

Website: confederationcollege.ca/international

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 and Canadian students studying abroad
- Delivers scholarships to international students
- Offers immigration and academic advising to international students
- Organizes cultural and recreational activities throughout the year
- Promotes a connectedness through an active Facebook Page, with international specific information
- Promotes diversity within the College
- Provides English language training in our ESL (English as a Second Language) and EAP (English for Academic Purposes) programs
- Provides international students with an in-depth orientation to Confederation College and Thunder Bay



ACADEMIC INFORMATION

Classroom Etiquette

As you settle into your new life in Canada, it is important to be aware of what is expected in the classroom. Below is a list of generally accepted classroom behaviours and norms that you can use as a guide

- **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” or “mam”/“sir”.
- Raise a hand to ask questions or make comments when the instructor is lecturing.
- Drinking water or coffee/tea is usually acceptable in class. Eating in class is often considered rude. You should 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.
- Talking to classmates while the instructor is talking is considered disrespectful and disruptive.
- Speaking a language other than English is also considered disrespectful
- You are expected to ask for help when you need it. It is not considered embarrassing to you or the instructor if you ask for help.
- If your instructor is speaking too quickly, ask questions. Exchange notes with classmates. Leave space in your notes to add more later if you miss 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.

MARK	GRADE	GPA
80 - 100%	A	4
70 - 79%	B	3
60 - 69%	C	2
50 - 59%	D	1
Below 50% (fail)	F	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 & 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, you must 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 throughout the year on how to research and cite sources.

Student Code of Conduct

The Student Code of Conduct is a policy, which outlines the standard for student behaviour. Confederation College expects students to conduct themselves with the highest standards of behaviour in mind, both on and off-campus.

Familiarize yourself with this policy [here](#).

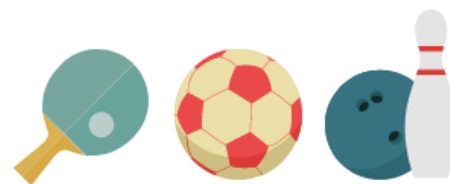
Scholarships

Confederation College offers in-term awards and scholarships, with the amounts ranging from \$250 - \$2,500. The timing, number and the value of the awards may change from year to year. Students are reminded to check their college email frequently for announcements and application details so they do not 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.

APIWIN "a place to sit"

Location: SHU 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.

Campus Bookstore

Location: SHU 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.

Cafeteria (Sodexo)

Location: SHU 2nd floor
Phone: 475-6378

The main cafeteria houses a coffee and donut shop (Tim Horton's), a grill station (with hot foods like hamburgers and perogies), a deli station (sandwiches and wraps), 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.
- Meal plans are mandatory for students staying in Sibley Hall residence. Plan options range from \$3,575 to \$4,050 for the year
- Microwaves and hot water carafes are available in the cafeteria

Computer Help Desk

Location: SHU 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

Computers and Wi-Fi Network

Network: ConfedWiFi or snap?47 or 46
Password: dafca169aa

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 and requires a password:

Counselling Services

Location: SHU 153
Phone: 475-6618

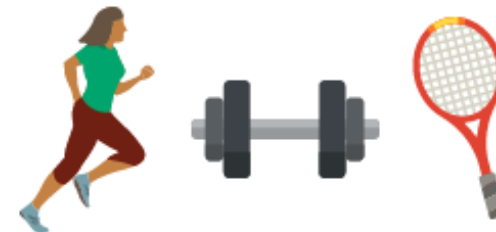
College counsellors are expert partners in the safety, wellbeing and success of students. They provide support in many areas including personal counselling, career/program exploration and academic issues.

Wellness Centre

Location: behind SHU 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



Health Centre

Location: SHU 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

ARE YOU AN INTERNATIONAL STUDENT?

DON'T GET STUCK WITH AN EXPENSIVE MEDICAL BILL

CALL INTREPID 24/7™ BEFORE GETTING ANY KIND OF MEDICAL CARE



TIP:
ASK ABOUT THE **VIRTUAL HEALTH SERVICE**
AND CONNECT TO A DOCTOR IN MINUTES

studyinsured™ Intrepid24/7

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). Students will receive their policy information on their Confederation College email account. Review their policy details carefully.

The student plan: 'Explore Canada' covers basic and emergency health care. Pre-existing conditions are not covered, and students need to plan for these expenses. 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.

Remember to always call Study Insured first before seeking medical attention.

Library "Paterson Commons"

Location: SHU 2nd floor

Phone: 475-6219

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

- Access to electronic resources (books, articles, government documents, encyclopedia's, 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.

Ombudsperson

Location: SHU A 212

Phone: 475-6209

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

Student Success

Location: SHU 153

Phone: 475-6623

The Student Success Centre provides specialized services including:

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

Student Union (SUCCI)

Location: SHU 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: SHU 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.

The Information Hub

Location: SHU 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 geocaching to geology, canoeing to 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 110,000, making it Ontario's 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



WEATHER

Spring (April and May) Spring is the time of year when the snow melts and temperatures range between -5 and +15°C. Since it is wet and damp, waterproofing is important. The weather can be a bit unpredictable, so layering is also recommended.	Summer (June to August) Summer days are long and warm with temperatures between 20°C and 30°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 +15°C.	Winter (December to March) Winter is beautiful 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 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.

Dress appropriately in the winter months to avoid dangerous health conditions such as frostbite and hypothermia. Listen to weather reports in winter and ensure that you are dressed properly for the temperature.

Also, 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 keep the body temperature up, 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 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 and should signal their intention to turn or stop. Always wear a helmet while biking.

Public Transit

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). *ESL/EAP students can purchase a U-Pass for a small fee.*

Visit www.nextlift.ca or call 684-3744 for information on routes or for exact stop times.

**Note: Buses only stop at designated bus stops; however late at night they will stop by request, at a place along the route closer to your home, for your safety.*

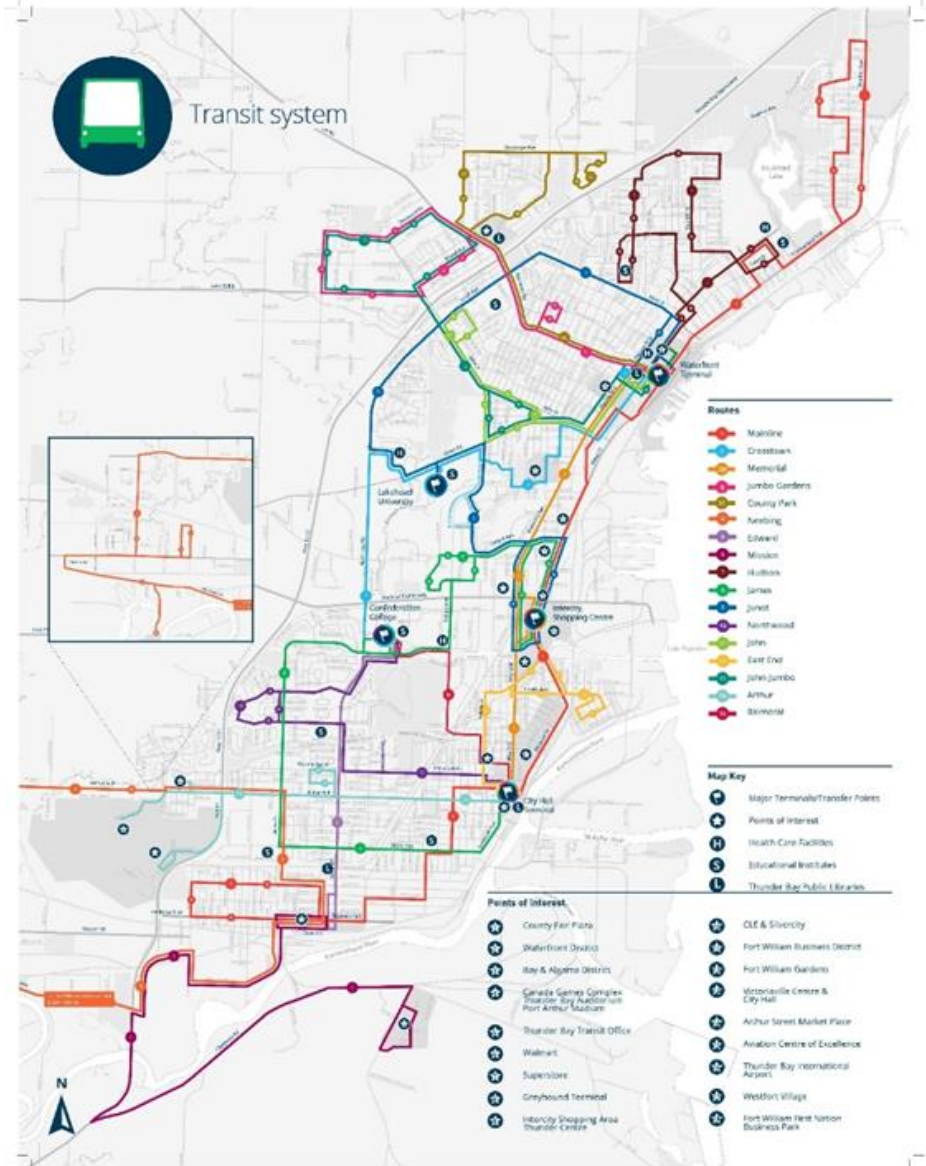
Taxis

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.

The two main taxi companies are Roach's Taxi (344-8481) and Diamond Taxi (622-6001).

Uber is not available in Thunder Bay; [U-Ride](#) and Kasper are an alternative. To access these services, download the app onto your smartphone device.

Public Transit Map



For a PDF version of this map, click [here](#).

JOB SEARCH

Preparation

In Canada, to apply for a job you must submit your personalized resume sometimes accompanied with a cover letter. Writing a good resume is a skill that takes time to master, but there are some places on campus, which you can come to for assistance. The IEC (International Education Centre) hosts resume writing workshops every semester. Student can also visit NEW Employment – an employment agency on campus that can help with resume writing, cover letters, and applying for jobs.

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

In Canada, volunteer work is common and a great way to gain experience, learn about your community and gain Canadian connections and references. **Volunteer Thunder Bay** has lots of volunteer opportunities available <https://volunteerthunderbay.com/>

ACCOMMODATIONS

There are three types of accommodations to choose from: (1) living on campus in residence, (2) staying with a Canadian family in a homestay, or (3) renting a private apartment, house, or room in a house.

Confederation Residence

There are two options on-campus: Sibley Hall, or Spruce & Cedar.

The Spruce and Cedar Residence offers fully furnished units, laundry facilities and a fully equipped common kitchen. There are 32 units each with four bedrooms. This residence option also provides students an en-suite kitchen, bathroom, and laundry facilities.



Sibley Hall Residence is home to 229 students every year, with single and shared accommodations available. The safe, community-oriented residence offers five room style options. Prices vary based on the type of room. Each room includes a single bed, wardrobe, small fridge and microwave and some have private en-suite baths. All students staying at Sibley Hall must also purchase a meal plan; this is not optional. The minimum stay is 8 months.

To learn more and apply visit confederationresidence.ca

Homestay

Homestay is arranged through Canada Homestay Network. Homestay allows students to live with a Canadian family in their home, and is a great way to be immersed in Canadian culture. Students must stay for at least 4 months.

For more information and to apply, please visit:

www.canadahomestaynetwork.ca/confederation-college

Questions? Please e-mail

thunderbayinfo@canadahomestaynetwork.ca



Off-Campus

A variety of off-campus housing is available. Rent starts at \$850 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: www.rentpanda.ca
- Off Campus Housing Listings: <https://offcampus.lakeheadu.ca/roch/index.php>
- Home Sweet Home: <http://www.homesweethomerentals.ca/>
- Kijiji Thunder Bay: <https://www.kijiji.ca/>

Check out our [Off-Campus Housing Guide](#) on our website.

AMENITIES

Banks

If you need 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 enrolment 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:

Bank	Phone Number
Scotia Bank	(807) 623-5626
Royal Bank of Canada	(807) 473-1700
TD Bank	(807) 626-1565
Bank of Montreal (BMO)	(807) 628-1400

Laundry

Coin-operated laundry facilities are available in Sibley Hall residence and throughout the city, such as Barb's Laundromat. Spruce and Cedar offers shared laundry facilities en-suite. Most apartments have laundry facilities, though sometimes for a fee; ask in advance.

Cell Phones

Several companies offer cellular service in Thunder Bay, including TBayTel, Bell Mobility, Rogers, Koodo, Telus 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.

Calling cards are available at most convenience stores and at the campus bookstore.

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

Canada Post

There are red mail boxes 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 will accept international mail for posting. Make sure you have the right postage and deposit your letter in the correct box. To find the nearest post office or to mail a package, visit: Canada Post

Public Libraries

There are four main public libraries in the city. A library card is free and easy to get, 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.



Medical Facilities

The international student health insurance provider, Studyinsured, has provided a list of clinics available to you on the last page of this handbook. You are welcome to visit any medical clinic in the city provided they accept new patients; however, the clinics listed at the end of this document have established a direct pay relationship with Studyinsured. Remember that the plan has limitations so some visits may be covered and some may not. Always call the insurance company first before seeking medical attention 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 considered 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. If you are in an apartment, they will need the apartment number AND access code if applicable. Don't hang up. Remain on the line to provide additional information if requested to do so by the call taker.



SECTION 5: APPENDIX

FOOD 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 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 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

- **Sports**
- **Indoor Activities**
- **Outdoor Activities**

MEDICAL CLINICS

- **StudyInsured List of Clinics in Thunder Bay**



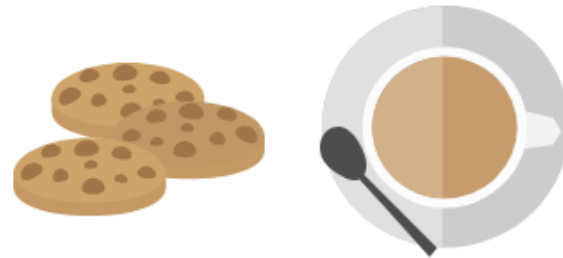
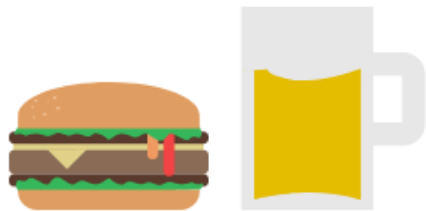
LOCAL RESTAURANTS	DESCRIPTION	LOCATION
CASUAL DINING		
IN COMMON	Lunch, dinner.	40 Cumberland St S
THE SOVEREIGN ROOM	Dinner and late night. Brunch on Sat. and Sunday.	220 Red River Rd
MADHOUSE	Lunch, dinner and late night.	295 Bay St
GROWING SEASON	Lunch, dinner. Vegan and vegetarian options.	201 S Algoma St
REBEL SALAD	Lunch, dinner. Vegan and vegetarian options.	320 Bay St.
5 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
RED LION SMOKEHOUSE	Lunch, dinner, late night.	16 Cumberland St South
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	CUISINE	LOCATION
ORIENTAL GARDENS	Chinese, Thai, Vietnamese	1091 Dawson Rd.
CHINESE EXPRESS	Chinese,	601 Arthur St. W
MR. CHINESE	Chinese	615 Arthur St. W
WOKING BIRD	Chinese, Thai, Vietnamese	425 Edward St North
THE HOITO	Scandinavian	314 Bay St.
KANGAS SAUNA	Scandinavian	379 Oliver Rd.
THE INDIAN BISTRO	Indian	147 S Algoma St.
NAXOS	Greek	610 Arthur St. W
MELIZANA	Greek	1047 Dawson Rd
MASALA GRILLE	Indian, Thai	170 Algoma St. W
MONSOON	Indian	588 Arthur St West
TED'S KITCHEN	Jamaican	280 Algoma Street South
DECEAN SPICE	Indian	36 Cumberland St. S.
WASABI RESTAURANT	Japanese	538 Arthur St. W
TOKYO HOUSE	Japanese	231 Arthur St. West
SUSHI STATION	Japanese	450 Memorial Ave
DAMASCUS DONAIR	Lebanese	17 St Paul St
CHURRASQUEIRA GALO INC	Portuguese	570 Red River Road
THAI KITCHEN	Thai, Vietnamese	11 S Cumberland Street
BAR ITALIA	Italian	168 Court Street South



BARS & PUBS	LOCATION	LOCAL COFFEE SHOPS	LOCATION
BLACK PIRATES CLUB LIVE MUSIC, DRINKS, DJ, SPECIAL EVENTS	101, 215 Red River Rd.	BAY VILLAGE COFFEE	221 Bay St.
HODDER TAVERN LIVE MUSIC, DRINKS, DJ, KARAOKE	481 Hodder Ave.	CLUB CAPPUCCINO CAFÉ & DESSERTS	180-595 Arthur St W
LOT 66 COCKTAILS DRINKS, DINNER	66 Court St. S.	DAVID'S TEA	Intercity Mall
ON DECK SPORTS BAR DRINKS, POOL TABLES, TVS	54 Cumberland St. N.	INTERNATIONAL HOUSE OF TEA	205 S Algoma St
MADHOUSE DRINKS, DINNER	295 Bay St.	ROBIN'S DONUTS	Various locations around the city
THE SOVERIEGN ROOM COCKTAILS , DINNER, DJ	220 Red River Rd.	ST. PAUL ROASTERY	11 St. Paul St.
THE OUTPOST (UNIVERSITY PUB) FOOD, CONCERTS, EVENTS	955 Oliver Rd. (LU campus)	SWEET NORTH BAKERY	10 Court St. South
TONY AND ADAMS COCKTAILS, DINNER, DJ	45 Court St. S.	SWEET ESCAPE	271 Bay St.
THE FOUNDRY DRINKS, DINNER, DJ, LIVE MUSIC	242 Red River Rd.	THE BEAN FIEND	194 Algoma St. South
RED LION SMOKEHOUSE DRINKS LUNCH, DINNER, LIVE MUSIC, BOARD GAMES	16 Cumberland St. S.	UP SHOT COFFEEHOUSE	111 May St South
NV NIGHTCLUB COCKTAILS, DJ	228 Red River Rd.		

FOR UP-TO-DATE CONCERT AND SPECIAL EVENT LISTINGS, VISIT WWW.TBSHOWS.COM



SPECIALTY GROCERY STORES

NO FRILLS
425 Edward St. N.



THUNDER BAY COUNTRY MARKET
CLE Dove Building, 850 May St. N.
Sat: 8 am - 1 pm
Wed: 3:30 pm - 6:30 pm
(Year round on Wednesdays)



KELLY'S NUTRITION CENTRE
820 Red River Rd.



THE REAL CANADIAN SUPERSTORE
600 Harbour Expressway
*wide variety of imported food



SANSKRITI INDIAN BAZAAR
1206 Victoria Ave. E.
Daily: 10 am - 7 pm



UNIQUE FOODS TO TRY IN THUNDER BAY

PANCAKES AND MAPLE SYRUP

Finnish pancakes with Canadian maple syrup - the world-famous Hoito restaurant, opened in 1918, specializes in breakfast and inexpensive Finnish cuisine. Located at 314 bay st.

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 store.

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 (r3 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.



DESCRIPTION	LOCATION
CANADA GAMES COMPLEX 684-3311 AQUATICS – SWIMMING, DIVING, AND OTHER RECREATION ADMISSION RATE: \$6.00 + 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 \$14 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	1130 Golf Links Rd.
BOULDER BEAR CLIMBING CENTRE 286-6633 INDOOR ROCK CLIMBING \$14/DAY PASS + \$8 EQUIPMENT RENTAL + 15% OFF FOR STUDENTS	425 Northern Ave.

INDOOR ACTIVITIES

	LOCATION
DEFINITELY SUPERIOR ART GALLERY 344-3814 CONTEMPORARY, LOCAL ART DEFINITELYSUPERIOR.COM	P.O. Box 21015, RPO Grandview Mall
MAGNUS THEATRE 345-8033 LIVE THEATRE (\$23 FOR STUDENTS) WWW.MAGNUS.ON.CA	10 S. Algoma St. S.
MARIO'S BOWL 344-9644 BOWLING (\$5.69 PER GAME + \$4.29 SHOE RENTAL) "COSMIC BOWLING" ON FRIDAY AT 10PM AND SATURDAYS AT 5PM WWW.MARIOSBOWL.COM	710 Memorial Ave.
PARAMOUNT THEATRE 344-4080 LIVE THEATRE (PRICES VARY)	22 S. Court St. S.
SILVER CITY 628-8455 MOVIE THEATRE (SPECIAL PRICE TUESDAYS \$6.75) WWW.CINEPLEX.COM	850 May St. N.
THUNDER BAY ART GALLERY 577-6427 \$1.50 TO \$5 (FREE ON WEDNESDAYS) WWW.THEAG.CA	1080 Keewatin St. (located on Campus)
THUNDER BAY COMMUNITY AUDITORIUM 684-4444 CONCERTS, COMEDIANS, SPEAKERS WWW.TBCA.COM	1 Paul Shaffer Dr.
THUNDER BAY CONSERVATORY 622-7036 BOTANICAL GARDENS WWW.FRIENDSTBCONSERVATORY.COM	1601 Dease St. (close to College)
THUNDER BAY HISTORICAL MUSEUM 623-0801 \$3 FOR ADULTS AND \$1.50 FOR CHILDREN OR FREE ON TUESDAYS WWW.THUNDERBAYMUSEUM.COM	425 Donald St. E.

OUTDOOR ACTIVITIES

	LOCATION
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.LAKEHEADCA.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 \$7.5-14 FOR STUDENTS WITH ID (PRICE VARIES BY SEASON) WWW.FWHP.CA	1350 King Rd.
KAKABEKA FALLS 473-9231 130FT TALL WATERFALLS, NICKNAMED THE "NIAGARA OF THE NORTH" 18KM 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.

Intrepid 24/7™ Network List

City: Thunder Bay, ON

As of: June 19, 2019

Name	Address	Hours of Service	Phone	Type
Confederation College - (Campus Health)	1450 Nakina Drive, P.O. Box 398	M-F: 8:30am to 4:30pm	807-475-6169	Clinic
Virtual Health Service	<i>Online – through Intrepid 24/7™</i>	24/7	1-866-883-9787	Clinic
Red River Medical Clinic	901 Red River Rd	M-F: 12pm to 8pm - S: 10am to 1pm	N/A	Clinic
Janzen's Westfort Village & The Westfort Village Walk-In Clinic	129 Frederica St. West	Walk-In: M & W: 4pm-8pm, Thu: 3pm-6pm By appt: M-F: 8am-6pm	807-345-1191 x 4	Clinic
Janzen's Bay & Algoma	296 Bay St.	By appointment: M-F 8am-6pm	807-345-1191 x 4	Clinic
Algoma Place Walk In Clinic	153 Algoma Street South	Walk In - M, T, W: 4pm-8pm By appointment M-F: 8am-6pm	807-345-1191 x 4	Clinic
Janzen's Northwood Park	504 North Edward Street	Walk In: F 3pm-6pm By appointment M-F 8am-6pm	807-345-1191 x 4	Clinic
Janzen's Lillie St.	300 N. Lillie St	Walk In Tu: 10am-12pm By appointment: M-F: 8am-6pm	807-345-1191 x 4	Clinic
LifeLabs	194 Court St North Unit 136	M-F: 7:30 am to 11:30 pm	1-877-849-3637	Labs
	1265 Arthur St. E Unit 402	M-F: 8:00 am to 4:00 pm		
	1040 Oliver Rd Unit 101	M-F: 7:30 am to 5:00 pm		
Thunder Bay Diagnostics - Medical Centre Location	63 Algoma St North Suite 220	M-F: 8:00 am to 5:00 pm	807-683-4411	Diagnostic Centre
Thunder Bay Diagnostics - Port Arthur Health Centre	194 Court Street North	M-F: 8:00 am to 5:00 pm	807-683-4411	Diagnostic Centre
Thunder Bay Regional Health Sciences Centre	980 Oliver Road	24/7	807-684-6000	Hospital

Notes:

- Clinics and the virtual health service can be used for most illnesses/injuries
- Please refrain from using the hospital unless your illness/injury is severe and seeing a doctor cannot be delayed.
- Call Intrepid 24/7 to manage your care and assist payment at the above facilities.