

# WORLD WIDE

THE  
INTERNATIONAL  
STUDENTS'  
MAGAZINE



# INTERNATIONAL STUDENT HANDBOOK 2011/2012

# Table of Contents

## Preparing for Your Studies

1. Immigration – Important Documents
2. What to Pack
3. Shipping Items to Canada
4. Accommodations

## Complying with Citizenship and Immigration Canada

5. Citizenship and Immigration Canada (CIC)
6. CIC: Access Online Account (E-Pass)
7. CIC: Co-op Work Permit
8. CIC: Off-Campus Employment (OCWP)
9. CIC: Post-Graduate Work Permit (PGWP after Graduation)
10. CIC: Study Permit Extension/Restoration
11. Inviting Family Members (Visitors) to Canada
12. Letters of Attendance (LOA)
13. On-Campus Employment
14. Social Insurance Number (SIN) Card
15. Temporary Resident Visa (TRV)/Multiple Entry/Single Entry
16. Travelling Overseas (International)
17. Travelling to the United States (USA Visa)

## Studying at Sheridan

18. International Centre
19. Campus Maps
20. Events
21. Policy: Academic Dishonesty (Plagiarism)
22. Policy: Harassment and Discrimination
23. Scholarships and Bursaries
24. Security and Emergency Contacts
25. Student Services

## Living in Canada

26. O! Canada
27. Ethnic Food Guide
28. Health Clinics and Hospitals
29. Health Insurance (Student Guard)
30. Holidays
31. Money Matters
32. Multi-Faith
33. Phones
34. Transportation

# Preparing for Your Studies

## 1. Immigration – Important Documents

International students will typically arrive at Lester B. Pearson International Airport in Toronto. Upon arrival into Canada, students will be required to proceed through Immigration and ensure they have the following, necessary documentation ready to present to Immigration Officers:

- Valid Passport, with a Temporary Resident Visa (if required)
- Valid Study Permit
- Original Letter of Acceptance from Sheridan Institute of Technology and Advanced learning
- Evidence of financial support (bank statement, draft, etc. proving that you have enough funds available to cover you/your family's tuition and living expenses)
- Letters of Reference or other documents recommended to you by the Canadian Embassy/High Commission (if applicable)
- List of items that will be shipped to Canada separately that need to be declared at Customs to avoid duty tax once they are shipped

Be sure to answer all questions clearly; if you are not able to understand questions, you may ask for an interpreter in the language of your choice. In the rare instance where you did not obtain a Study Permit prior to your departure from your home country, it is at this time when you will receive one.

## 2. What to Pack

Please review detailed information regarding Canada Customs/Canada Border Services Agency (CBSA) regulations from the Canadian Embassy or High Commission in your home country. You may bring with you a reasonable amount of personal items such as clothing, books and toiletries duty-free. There are, however, restrictions to the quantities of certain other items.

Be patient and pack well in advance to ensure you are ready and have everything you need prior to your departure. It is a good idea to make photocopies of all of your documents and leave them at home or with a family member. Should you lose your documents, replacing them would be much easier.

If bringing electronic equipment, we highly recommend that you make a list of all the items you are bringing into Canada with their serial numbers and approximate value of each for Customs Officers.

Remember to bring the following:

- Important documents listed above
- Credit Card(s)
- Marriage Certificate (if you are married)
- Picture Identification
- Driver's License or International Driver's License
- International Student Identity Card (ISIC)
- Medical / Immunization Records
- Traveller's Cheques
- Additional medical insurance for extended health care (**NOTE:** StudentGuard is mandatory for all international students and covers basic and emergency medical coverage: [www.guard.me](http://www.guard.me))

### **3. Shipping Items to Canada**

If you will be shipping items to Canada separately, you must declare them at Canada Customs by providing a detailed list. Customs will then acknowledge and stamp this list. DO NOT lose this stamped list as if you do, you will most likely have to pay duty tax on these items that will be shipped to you.

### **4. Accommodations**

#### *On-Campus Housing*

Sheridan Institute of Technology and Advanced Learning offers two student residences (one at each campus) that are managed by the Residence and Conference Centre. The rooms get filled very quickly, so students should apply for a room as soon as their academic plans have been confirmed. For more detailed and accurate information regarding pricing, room configurations, etc., please visit [www.theplace2be.ca](http://www.theplace2be.ca).

#### *Off-Campus Housing*

If students would like to live off-campus, they may rent a home, apartment or room in a larger home where common areas are shared by everyone (meals are the responsibility of the student). Students may visit the following websites for listings: [www.places4students.com](http://www.places4students.com) or [www.craigslist.ca](http://www.craigslist.ca)

If students continue to experience difficulty in locating accommodation, students may meet with their International Advisor at the International Centre for further assistance in locating accommodation.

Students may also opt to live with a family in a home-stay where meals are included in rental fees. For more information on home-stays, students may contact the following:

Golden Source Home-stay: [www.goldensource.ca](http://www.goldensource.ca) Home-stay Connection [www.homestayconnection.ca](http://www.homestayconnection.ca)

# Complying with Citizenship and Immigration Canada (CIC)

## 5. Citizenship and Immigration Canada (CIC)

Citizenship and Immigration Canada is your resource for immigration and work permit information. CIC processes all work permit (Off-Campus, Co-op, and Post-Graduate) and Study Permit applications. For further information, please visit [www.cic.gc.ca](http://www.cic.gc.ca) regularly for updates.

## 6. CIC: Access Online Account (E-Pass)

If you decide to apply for an Off-Campus Work Permit, Post-Graduate Work Permit or Study Permit Extension/Restoration, you will need to register for an E-Pass with the Government of Canada. E-Pass is a unique electronic credential which gives you access to online programs and services that require enhanced security measures, including digital signatures.

## 7. CIC: Co-op Work Permit (Co-op)

Co-operative education provides students with the opportunity to alternate academic semesters with paid work terms. Upon graduation you will receive a co-op designation on your diploma and will have accumulated related work experience prior to graduation. With over 20 co-op programs, Sheridan provides you with the skills and experience you need to get a head start on your career as well as gain valuable Canadian work experience.

International students need a work permit in order to participate in a co-op work term. Please make sure you go to the International Centre at least eight weeks before your co-op work term is to begin. A work permit will only be issued if the work is integral to the completion of the program.

## 8. CIC: Off-Campus Work Permit (OCWP)

International students are eligible to apply for Off-Campus employment through Citizenship and Immigration Canada (CIC). Applicants must meet eligibility criteria before submitting the off-campus work permit application. To be eligible, students must be currently enrolled full-time, and must have already studied at least 6 months full-time within a 12-month-period, and have maintained good academic standing.

## 9. CIC: Post-Graduate Work Permit (PGWP after Graduation)

If you want to work in Canada after you graduate from your program, you must apply for a work permit under the Post-Graduation Work Permit Program. Post-Graduation Work Permit is valid for the same length as your program to a maximum of three years. For example, if you graduate from a four-year degree program, you could be eligible for a three-year work permit, if you meet the criteria. If you graduate from an eight-month certificate program, you would be eligible for a work permit that is valid for no more than eight months.

**NOTE:** Applicants need to apply for the PGWP within 90 days of completing their program.

## 10. CIC: Study Permit Extension / Restoration

All international students must have a valid Study Permit while studying at Sheridan. Always be aware of your Study Permit expiry date. If your studies require you to remain in Canada beyond the expiry date, you must apply for a Study Permit Extension prior to the expiry date. It is recommended that students apply for their Study Permit Extensions at least six to eight weeks prior to the expiry date of their current study permit.

## 11. Inviting Family Members (Visitors) to Canada

If you would like to invite family members to visit you while you are studying in Canada, they may need to apply for a Temporary Resident Visa (TRV) in order to enter Canada. They will have to apply for a TRV at the nearest Canadian Visa office in their home country. It is important that they check the website of the Canadian Visa office to which they will be applying for information on the application process and on additional documents that may be required.

Often times, your parents will be required to present a letter of invitation from you (and written by you) when they apply for their TRV.

Your invitation letter must be in English and should include the following information about the person being invited:

- Complete name
- Date of birth
- Person's address and telephone number
- Your relationship to the person being invited
- Purpose of the trip
- How long the person you are inviting intends to stay in Canada
- Details on accommodation and living expenses
- Date the person you are inviting intends to leave Canada

Your letter must also include the following information about yourself:

- Complete name
- Date of birth
- Address and telephone number in Canada
- Student Status information (a Letter of Attendance from the International Centre is often useful)
- Photocopy of a document proving your status in Canada (Study Permit or Work Permit)

**NOTE:** *You must write the invitation letter yourself. The above are only suggested guidelines for the letter. Some Visa Offices may require that the invitation letter be notarized by a Notary Public.*

You will mail the invitation letter to your family members and they will need to present the letter to the Canadian Visa Office along with their application for a Temporary Resident Visa.

For more information visit the Citizenship and Immigration Canada Website:

<http://www.cic.gc.ca/english/visit/letter.asp>

## 12. Letters of Attendance (LOA)

International Centre can provide you with Letters of Attendance which you may use as part of applications for Study Permit Extensions and Work Permits to serve as proof of your student status at Sheridan. To request a Letter of Attendance, please visit [www.studyatsheridan.ca](http://www.studyatsheridan.ca) and click on *Current Students* → *Letter of Attendance*.

## 13. On-Campus Employment

International students who are registered full-time may work on-campus for a maximum of 20 hours per week without a work permit. Students can check for part-time jobs currently available at the Career Centre. To begin on-campus employment you will need a SIN card.

## 14. Social Insurance Number (SIN) Card

By law, you are required to obtain a valid Social Insurance Number (SIN) in order to be compensated for work in Canada.

In order to get a Social Insurance Number, you need a letter from your employer. The letter must include:

- An offer of employment to the student
- Clearly stated acceptance of position by the student
- Name of the supervisor and the student
- Date the student begins work
- Signatures from the employer and the student

Once you have a letter offering employment, you will need to take the letter, your passport and your study permit to HRDC (Human Resources Development Canada) office.

117 Cross Avenue  
Oakville, ON L6J2W7

18 Corporate Drive  
Brampton, ON L6S 6B2

Phone: 1 (800) 206-7218 → Select Option "3"

**NOTE:** *It usually takes 2 to 3 weeks to get a SIN card and until you have this number, an employer cannot pay you. However, you can start working once you have proof that you have submitted your SIN application.*

## 15. Temporary Resident Visa (TRV)/ Multiple Entry/ Single Entry

International students from countries which require a Temporary Resident Visa (formerly called a Visitor Visa) to enter Canada must apply for a visa from outside of Canada if they plan to leave Canada during their study period. A Study Permit does not authorize re-entry into Canada. The application can be sent by mail to a Canadian Consulate in the United States (the closest of which are in Buffalo, New York or in Detroit, Michigan) or you can apply in person. Usually, a multiple-entry Temporary Resident Visa is issued with the same expiry date as your Study Permit.

A TRV (Temporary Resident Visa) is what allows students into a country. These range from single entry (one time use) to multiple entry (can be used until number of entries has been met, or until expiration of the visa). Visas are required for many students in order to enter Canada, and for many students.

If you require a TRV you can get the application from CIC's website. Please note that all TRV applications must be submitted OUTSIDE of Canada. Although you can submit these applications at the Buffalo Canadian Embassy, please note that you can submit this application in your home country as well.

## **16. Travelling Overseas**

If you are planning to travel outside of Canada, be aware of the expiry date of your entry visa and current study permit. Be sure to check if you have a multiple entry visa. Once you have submitted an application to Citizenship and Immigration Canada for a permit extension, it is recommended that you do not leave Canada prior to approval of the new permit as you may have difficulty re-entering Canada.

## **17. Travelling to the United States (USA Visa)**

In order to apply for a U.S. Visa, you must be interviewed in person at an American Consulate or Embassy. International students who are in Canada will need to apply in person at the U.S. Consulate located in Toronto. It is highly advisable to make an appointment to apply for your U.S. Visa well in advance as it can take several weeks or even months to make an appointment.

You can make an appointment online or by telephone:

In Canada, call 1 (900) 451-2778 (\$1.89 CDN per minute). Charges will be billed to your telephone account. Please note that this line cannot be accessed from pay phones or cell phones and most offices also block access to 1-900 lines.

Or to charge to a credit card, call 1 (888) 840-0032 (\$1.59 CDN per minute)

Or online with a credit card, go to [www.nvars.com](http://www.nvars.com) (\$8.55 CDN total)

To avoid excessive calling costs (you could be placed on hold for some time) it is recommended to use the on-line service.

Application forms, deposit slips and the actual appointment letter may be downloaded at the time of booking the appointment or online at: <http://www.consular.canada.usembassy.gov/toronto.asp>.

Applicants whose visas are not issued will be given back their passports and a letter explaining the reason for the refusal at the end of the visa interview.

# Studying at Sheridan

## 18. International Centre

The International Centre provides a comprehensive range of services for international students including social and cultural integration. Our dedicated and supportive team of professionals takes pride in caring for the needs of our international students every step of the way.

### *Contact Information*

Monday to Friday:	6 a.m. – 8:30 p.m.
Trafalgar Campus:	Rm. B105
Davis Campus:	Rm. B212d
HMC Campus:	Rm. A164b
Email:	<a href="mailto:international@sheridaninstitute.ca">international@sheridaninstitute.ca</a>
International Phone:	(905) 815-4001
Sheridan Brampton:	(905) 459-7533
Sheridan Oakville:	(905) 845-9430
CIC Canada:	1 (888) 242-2100
Service Canada:	1 (800) 959-9522

### *Languages Spoken*

Arabic ~ English ~ French ~ German ~ Hindi ~ Polish ~ Punjabi ~ Russian ~ Spanish ~ Urdu

### *Services We Provide*

We are here to assist you. Here are some of our services:

- Advice on furthering your education upon graduation from Sheridan
- Assistance in answering questions regarding study and work permits, extensions and immigration
- An orientation to help you become familiar with your new surroundings and with Sheridan's campuses
- Information about health insurance, on-campus employment, SIN (Social Insurance Number) card information, scholarships and academic awards
- Information on how to get academic help from a Peer Mentor or how to become one yourself
- Social activities are organized regularly - participation is optional
- Assistance with any other concerns you might have (e.g. Letter of Attendance)

### *Useful Links*

Faculty Contact Information: <http://it.sheridanc.on.ca/corpdir/index.php>  
Citizenship and Immigration Canada: [www.cic.gc.ca](http://www.cic.gc.ca)



# Trafalgar Campus

1430 Trafalgar Road

Oakville Ontario

Canada L6H 2L1

Main Line: 905-845-9430



## **20. Events**

International students at Sheridan are encouraged to take part in the numerous events organized by the International Centre throughout the year. Many events are a tradition and occur every year; however, the event calendar varies based on students' interests. Students are informed of upcoming events via email and posters at the International Centre. Our most popular events/trips in the past and our planned events for the future include:

### **Niagara Falls**

Experience one of the most fascinating wonders of the world and have a great time touring a thriving tourist town.

### **CN Tower**

Visit the world's tallest free-standing structure and venture onto the famous "glass floor" nearly 144 feet above street level.

### **International Education Week**

Take part in a week-long celebration of diversity and international education. Experience exotic foods and participate in Cultural Diversity Day at both campuses.

### **Sheridan Open House**

Explore further education at Sheridan. Participate in campus tours and visit information booths featuring Sheridan's academic programs and student services.

### **International Potluck**

Share cultural dishes and experience exciting foods while mingling with other students and Sheridan staff.

### **Canada's Wonderland**

Visit one of Ontario's most famous theme parks. Experience the wild and crazy rides Canadians look forward to year after year.

### **International Movie Nights**

Watch the best films from around the world and learn about different cultures.

### **International Photo Contest**

Submit photos taken from around the world for a chance to win prizes and showcase artistic talent.

### **Wasaga Beach**

Experience the beauty of one of Ontario's fun-filled beach, right on the shore of Lake Huron. Pure clean sand, clear refreshing water, and a beach life not to be missed!

## **21. Policy: Academic Dishonesty (Plagiarism)**

Sheridan recognizes the responsibility of all faculty members, staff, current and former students, and applicants to foster standards of academic honesty, and to be knowledgeable of, and act in accordance with such standards.

It is a breach of academic honesty to falsely claim credit for the ideas, writing, projects, or creations of others either by presenting such works as your own or through impersonation. Similarly, it is a breach of academic honesty to cheat, attempt or actually alter, suppress, falsify or fabricate any research data or results, official academic record, application or document.

All Sheridan students are expected to be vigilant regarding breaches of academic honesty and are responsible for taking appropriate action when it is believed that a breach of academic honesty has occurred. All suspected breaches of academic honesty will be investigated. A finding of guilt will lead to the imposition of a penalty from the range of sanctions. A lack of familiarity with the Policy and Guidelines on Academic Honesty on the part of any member of the Sheridan community does not constitute a defense against misconduct.

## **22. Policy: Harassment and Discrimination**

Here at Sheridan we have a very strict harassment and discrimination policy. If you feel that you are being targeted by someone please inform security right away so that we may address the situation. In order to view our full harassment and discrimination policy you can visit our main page at [www.sheridanc.on.ca](http://www.sheridanc.on.ca), click on current students, go to the counseling link, and view the policy there.

## **23. Scholarships and Bursaries**

Sheridan offers a variety of scholarships and bursaries exclusively for international students. Although criteria differ for each award, recipients of scholarships and bursaries are typically students who display high academic standings, exemplary leadership skills and community involvement, as well as financial need. Academic Awards and Scholarships can be found on our website at [www.studyatsheridan.ca](http://www.studyatsheridan.ca)

## **24. Security and Emergency Contacts**

**Emergency: 911**      Davis (Rm. B113): **ext. 4344**      Trafalgar (Rm. B100): **ext. 4044**  
Calling 911 will connect you directly to regional emergency services such as the Fire Department, Police Department, or Ambulance. You do not need to pay for this service.

### ***On-Campus Security and Safe Walk***

Contact security for on-campus emergencies in which immediate medical or security assistance is needed. You can use the emergency phones located on the walls outside of the Health Centres at both the Trafalgar and Davis Campuses.

Safe Walk is provided to anyone who does not feel comfortable walking alone on the campus at night time, Monday through Friday. When you call, someone will accompany you on your walk anywhere on campus during designated hours.

### ***Emergency Lockdown Procedure***

For emergency information regarding a threat or intruder inside the Sheridan facility or on campus property, please visit our website at [www.stuydatsheridan.ca](http://www.stuydatsheridan.ca).

## 25. Student Services

### *Career Centre*

#### Peer Tutoring

The Career Centre (Rm. B219) can match you (subject to availability) with an experienced student tutor. You pay a nominal matching fee of \$20 per subject for up to 10 hours of tutoring (maximum 3 subjects per semester). Two types of tutoring are available through the Career Centre:

- Tutoring in English & Math is provided by staff tutors, who are senior co-op students from the University of Waterloo. They are available Monday-Friday in the Career Centre and also offer daily drop-in times in the Learning Commons. There is no cost to access this service.
- Tutoring in subjects other than English or Math is provided by Peer Tutors, who are Sheridan students selected based on their marks and a faculty reference. They can provide assistance with specific subjects, based on availability. There is a nominal cost to access this service.

#### Employment Help

An employment advisor is available during drop-in hours to assist with job searching techniques, resume and cover letter critique and portfolio and interview preparation. Get the skills, resources & information you need to be successful.

#### Career Advice

A career counselor can help you explore career options and plan and achieve educational and career goals. You may call to book an appointment with a Career Counselor or visit them in person.

#### Peer Mentoring Program

Take advantage of the opportunity to develop leadership skills, have a job on-campus and connect with other students. Paid positions are available in a variety of services within Sheridan.

Davis: Room B219 (ext. 5328) Trafalgar Road: Room D103 (ext. 2533)

### *Counseling*

Sheridan's staff and counselors are available to assist with any of your concerns. Counseling Services are offered to assist students in building solutions to their own personal, emotional or interpersonal concerns that may be impacting academic success at Sheridan. Counseling appointments are free, confidential and readily available for your benefit.

If you feel you are in crisis either during or after classes there is help available. During regular office hours please come to our office (B103 Trafalgar or B230 Davis) or call us at: Trafalgar (905) 845-9430 ext. 2521 or at Davis (905) 459-7533 ext. 5160.

### *Accessible Learning Services*

The Accessible Learning Services Office facilitates equal access for eligible students with disabilities definition by coordinating reasonable academic accommodations and support services. Accommodation plans and services are tailored to correspond with the disability related needs of each student and are determined based on the documentation provided and program specific requirements. We continually strive to cultivate a college culture that is sensitive and responsive to the needs of students.

### *Student Advisement Centre*

The Student Advisement Centre is the on campus place for all student questions and requests for information on *anything* related to Sheridan. *Students can get their questions answered immediately.* Though the Centre's staff provide assistance to all students, Information Specialists and Student Advisors are dedicated to assisting new and first year students to

- adjust to College life and to their academic program
- access all the Sheridan information they need to make appropriate decisions
- connect to Advisors when experiencing difficulties or concerns

Monday to Friday: 8:00am to 5:00pm  
Trafalgar: Rm. B104; (905) 845-9430, ext. 2557  
Davis: Rm. B212d; (905) 459-7533, ext. 5400  
HMC: Rm. A164b  
E-mail: [askanadvisor@sheridanc.on.ca](mailto:askanadvisor@sheridanc.on.ca)

### *Athletics Centre*

Sheridan has a number of strong sports teams including: men's and women's basketball, hockey, volleyball, soccer, and much more! Drop by the gym at either the Davis, or Trafalgar campus, and you can make use of the high quality equipment, shoot some hoops, or catch a yoga class. To find out what is available this year speak with one of the staff members in the gym.

### *Cooperative Education*

Sheridan offers over 20 Cooperative Education (Coop) programs which give students the opportunity to gain related work experience prior to graduation. Co-op opportunities are available and supported by the Cooperative Education Office at two campuses. If you are in a program that integrates coop education, and require support from an advisor you can contact your campus' coop centre directly. For more information on Coop work-permits please see the Citizenship and Immigration Centre (CIC) section in this handbook.

Davis: Room B219 (ext. 5662) Trafalgar Road: Room D103 (ext. 2649)

### *Library Services*

The Libraries at Sheridan are available for all students at the college, and can help assist students with their wide assortment of material available which includes: course textbooks, casual reading, magazines, newspapers; and other resources such as computers, study rooms, and reference material.

### *Student Union*

The Sheridan Student Union is a student based governing organization that works to uphold the rights, responsibilities, and desires of the student body. They strive towards engaging, empowering, and inspiring students through on campus activities, and services offered which include: free paralegal services, free photo-copying, academic appeal advisors, and much more! The Student Union's offices are located in the student centre at either campus.

# Living in Canada

## 26. O! Canada

Canada is a great country occupying most of Northern North America. It extends from the Atlantic Ocean in the east to the Pacific Ocean in the west and the Arctic Ocean to the north. By total area including bodies of water, Canada is the second-largest nation in the world (after Russia) with a population of approximately 34 million.

Brampton is the third-largest city in the Greater Toronto Area (GTA) with a population of approximately 450,000 inhabitants, making it the 11<sup>th</sup> largest city in Canada. It is located in the Regional Municipality of Peel, which is also one of Canada's fastest growing municipalities with an average annual growth rate of 6.6%.

Oakville has a population of approximately 170,000 and is located in Halton Region, on Lake Ontario, in Southern Ontario, Canada. It, too, is part of the Greater Toronto Area (GTA), and is known as one of the most affluent communities in Canada.

### *Official Lyrics of Canada's National Anthem*

O Canada!  
Our home and native land!  
True patriot love in all thy sons command.  
With glowing hearts we see thee rise,  
The True North strong and free!  
From far and wide,  
O Canada, we stand on guard for thee.  
God keep our land glorious and free!  
O Canada, we stand on guard for thee.  
O Canada, we stand on guard for thee.

## 27. Ethnic Food Guide

### *Brampton*

Real Canadian Superstore – 85 Steeles Ave. West, Brampton, L6Y 0B5. (905) 451-4999

Food Basics Grocery – Bartley Bull Pkwy., Brampton, L6W 3T7. (905) 456-1212

Longo's – 7700 Hurontario St., Brampton, L6Y 4M3. (905) 455-3135

Oceans Market (Asian) – 499 Main St. South (Shopper's World), Brampton, L6Y 1N7. (905) 866-5988

Indian Punjabi Bazaar Inc. – 499 Ray Lawson Blvd., Brampton, L6Y 4E6. (905) 451-5756

Singh Foods – 900 Ray Lawson Blvd., Brampton, L6Y 5H7. (905) 796-2995

### *Oakville*

Real Canadian Superstore – 201 Oak Park Rd., Oakville, L6H 7T4. (905) 257-9099

Longo's – 338 Dundas St. East, Oakville, L6H 6Z9. (905) 257-5633

Whole Foods (Natural) – 301 Cornwall Rd., Oakville, L6J 7Z5. (905) 849-8400

### *Mississauga*

Asian Food Centre – 1075 Ceremonial Dr., Mississauga, L5R 2Z4. (905) 502-1600  
Oceans Fresh Food Market – 4557 Hurontario St., Mississauga, L4Z 3M2. (905) 568-8988  
Real Canadian Superstore – 3045 Mavis Rd., Mississauga, L5C 1T7. (905) 275-6171  
Food Basics – 2550 Hurontario St., Mississauga, L5B 1N5. (905) 273-5344  
India Town Food Centre – 60 Dundas St. East, Unit 6, Mississauga, L5A 1W4. (905) 273-4600

## **28. Health Clinics and Hospitals**

### *Brampton*

Ace Pharmacy Walk-In Clinic – 373 Steeles Ave. West, Brampton, L6Y 0P8. (905) 796-2769  
Nanaksar Clinic – 511 Ray Lawson Blvd., Brampton, L6Y 0N2. (905) 450-7427  
Dr. J Pereira – 545 Steeles Ave. West, Brampton, L6Y 4E7. (905) 450-9306  
Dr. Esther Shehata – 499 Ray Lawson Blvd., Brampton, L6Y 4E6. (905) 460-1100  
Steeles Medical Centre – 373 Steeles Ave. West, Brampton, L6Y 0P8. (905) 796-2770  
Charolais Medical Clinic – 305 Charolais Blvd., Brampton, L6Y 2R2. (905) 456-8099  
Connaught Place Walking Clinic – 900 Ray Lawson Blvd. Brampton, L6Y 5H7. (905) 452-0026

### Brampton Civic Hospital: William Osler Health Centre

2100 Bovaird Dr. East, Brampton, L6R 3J7. (905) 494-2120

### *Oakville*

Queens Medical Centre – 1289 Marlborough Crt., Oakville, L6H 2R9. (905) 844-8878  
Trafalgar Medical Clinic – 1235 Trafalgar Rd. #200, Oakville, L6H 3P1. (905) 844-3281  
MCI The Doctor's Office – 1011 Upper Middle Rd. East, Oakville, L6H 4L2 (905) 849-7007  
Glenashton Medical Clinic – 333 Glenashton Dr. #2, Oakville, L6H 7P6. (905) 844-1700

### Oakville Trafalgar Memorial Hospital

327 Reynolds St., Oakville, L6J 3L7. (905) 845-2571

### *Mississauga*

Trillium Health Centre – 100 Queensway West, Mississauga (905) 848-7100  
Advanced Walk-In Clinic – 21 Queensway West, Mississauga (905) 897-0788  
Sears Optical – 100 City Centre Dr., Mississauga (905) 270-8111  
Med-Place Walk-In Clinic – 170 Queensway West, Mississauga (905) 275-3912  
Digital City Center X-Ray & Ultrasound Clinic – 600 Burnhamthorpe Rd West, Mississauga (905) 270-6078  
Mavis-Rathburn Physiotherapy Clinic – 592 Rathburn Rd West, Mississauga (905) 272-1828

### Credit Valley Hospital

2200 Eglinton Avenue West, Mississauga (905) 813-2200

## **29. Health Insurance (StudentGuard)**

International students are required to purchase mandatory health insurance through Student Guard. These costs are included in tuition fees. For more information on coverage details, please visit [www.guard.me](http://www.guard.me).

### 30. Holidays

There are a number of holidays celebrated throughout the year in Canada. For a list of holidays that directly affect your studies at Sheridan, please consult our Academic Calendar on the Sheridan website for a list of important dates and campus closures.

You may also visit the following links for a list of all holidays in Canada (statutory and non-statutory): <http://www.statutoryholidays.com> and <http://www.canada-city.ca/holidays.php>.

### 31. Money Matters

There are many financial institutions available to service your banking needs. Opening a bank account can be very simple if you can provide appropriate identification and your funds are in \$CAD or \$US.

Bank of Montreal (BMO): <http://locator.bmo.com/>  
TD Canada Trust: <http://www.tdcanadatrust.com/locator/>  
Scotiabank: <http://maps.scotiabank.com>  
HSBC: <http://www.hsbc.ca/1/2/en/contact-us/atm-branch-locations>  
Royal Bank Canada (RBC): <http://maps.rbc.com/>  
Canadian Imperial Bank  
Of Commerce (CIBC): [https://cibc.via.infonow.net/locator/inter/?LOC=en\\_CA](https://cibc.via.infonow.net/locator/inter/?LOC=en_CA)

### 32. Multi-Faith

There are many Faith institutions to accommodate our diverse student population:

#### Mosques

Brampton Sunnatul Islamic Association – 6 Lowry Dr., Brampton, L7A 1C4. (905) 459-9444  
Jame Makki Masjid – 8450 Torbram Rd., Brampton, L6T 4M9. (905) 458-8778  
Brampton Jamiat-ul-Ansar Mosque – 291 Great Lakes Dr., Brampton. (905) 796-7977  
Islamic Propagation Centre – 5761 Coopers Ave., Mississauga, L4Z 1R9. (905) 507-3323  
Streetsville Islamic Centre – 1679 Moongate Cres., Mississauga, L5M 4T2. (905) 826-0004  
Masjid-E Farooq-E Azam – 935 Eglinton Ave., West, Mississauga, L5V 1R7. (905) 858-7586  
Malton Islamic Centre 6836 Professional Crt, Mississauga (905) 671-2911  
Masjid-E-Rahmat 205 North Service Rd, Mississauga (905) 275-1786  
Ar-Rahman Quran Center 6120 Montevideo Rd. Mississauga Ontario Canada (905) 858-6945  
Haram Masjid Noorul – 2478 Ninth Line, Oakville, L6H 7G2. (905) 257-1342

#### Buddhist

IBPS of Toronto – 6525 Millcreek Dr., Mississauga, L5N 7K6. (905) 814-0465  
Avalokiteshvara Kadampa Centre – 12 Peter St. South, #3, Mississauga, L5H 2G2. (905) 274-7432  
Zen Buddhist Temple – 297 College Street, Toronto (416) 658-0137  
Riwoche Tibetan Buddhist Temple – 28 Heintzman Street, Toronto (416) 766-7964  
Tai Bay Buddhist Temple Of Toronto – 300 Bathurst Street, Toronto (416) 603-8889

## **Kingdom Hall of Jehovah's Witness**

Dundas St. West, Toronto, M6R 1X1 (416) 536-5479  
2135 Erin Centre Blvd, Mississauga (905) 821-9471

## **Jewish Synagogues**

Har Tikvah Congregation – 9893 Torbram Rd., Brampton, L6S 6K2. (905) 792-7589  
Solel Congregation – 2399 Folkway Dr., Mississauga, L5L 2M6. (905) 820-5915  
Shaarei Beth-El Synagogue – 186 Morrison Rd., Oakville, L6J 4J4. (905) 849-6000

## **Churches**

### *Brampton*

Our Lady of Fatima (Roman Catholic) – 101 Malta Ave., Brampton, L6Y 4C8. (905) 454-3010  
St. Jerome's Parish (Roman Catholic) – 8530 Chinguacousy Rd., Brampton, L6Y 5G4. (905) 455-4260  
St. Eugene de Mazenod (Roman Catholic) – 1206 Steeles Ave. West, Brampton, L6Y 0A9. (905) 451-1422  
CrossPoint Christian Reformed Church – 444 Steeles Ave. West, Brampton, L6Y 0J3. (905) 459-2733  
Brampton Seventh Day Adventist Church – 37 Millstone Dr., Brampton, L6Y 4G1. (905) 455-3496  
Calvary Baptist Church – 7975 Hurontario St., Brampton, L6W 4J4. (905) 451-3655  
Augsburg Lutheran Church – 224 Mill St. South, Brampton, L6Y 1T8. (905) 459-3262  
Grace United Church – 156 Main St. North, Brampton, L6V 1N9. (905) 451-1215

### *Oakville*

St. Michael's Roman Catholic Church – 181 Sewell Dr., Oakville, L6H 1E3. (905)844-7971  
St. Simon's Anglican Church – 1450 Litchfield Rd., Oakville, L6H 5P4. (905) 845-8351  
Trafalgar Presbyterian Church – 354 Upper Middle Rd., Oakville, L6H 7H4. (905) 842-2800  
East Faith Korean Presbyterian Church – Invicta Dr., Oakville, L6H 6G1. (905) 338-0191  
Trinity United Church – 1250 McCraney St. East, Oakville, L6H 3K3. (905) 845-3152  
Faith Baptist Church – 1419 Trafalgar Rd., Oakville, L6H 7H6

### *Mississauga*

St Peter's Anglican Church – 1745 Dundas St. W, Mississauga (905) 828-2095  
Christ The King-Roman Catholic Cristo Rei – 3495 Confederation Pkwy, Mississauga (905) 270-1133  
St. Stephen's-on-the-Hill – 988 Indian Road, Mississauga (905) 278-9245  
First United Church – 151 Lakeshore Road West, Mississauga (905) 278-3714  
St Catherine Of Siena Catholic Church – 2340 Hurontario Street, Mississauga (905) 272-1454  
Erindale Bible Chapel – 1400 Dundas Cres, Mississauga (905) 277-4618  
Lorne Park Baptist Church – 1500 Indian Rd, Mississauga (905) 278-7833

## **Sikh Temple**

### *Brampton*

Sikh Sangat – 144 Kennedy Rd., South, Brampton, L6W 3G4. (905) 459-7713  
Sikh Lehar International – 79 Bramsteele Rd., Brampton, L6W 3K6. (905) 451-3335  
Sri Guru Nanak Sikh Centre – 99 Glidden Rd., Brampton, L6T 2H8. (905) 457-2860  
Gurdwara Nanaksar Satsang Sabha – 64 Timberland Dr., Brampton, L6Y 4V7. (905) 452-1313  
Ravidas Sikh Temple – 86 Newport St., Brampton, L6S 4S7.

### *Mississauga*

Sikh Cultural Association – 2403 Bronte Rd., Oakville, L6M 4J2. (905) 469-1313  
Ontario Khalsa Darbar – 7080 Dixie Road Mississauga, ON L5S 1B7 Tel: (905) 670-3311  
Ramgarhia Association of Canada – 1623 Gormack Crescent Mississauga, ON  
Sri Guru Singh Sabha – 7286 Sills road, Mississauga, Ontario L4T 2K1  
Ramgarhia Sikh Society – 4109 Dursley Court Mississauga, ON L4Z 1J6 Tel: (416) 279 4078  
Sri Guru Singh Sabha Gurdwara – 7282 Airport Rd., Malton, Mississauga, Ontario Tel: (905) 671 1662  
Sri Guru Singh Sabha – 7049 Chigwell Court, Mississauga, Ontario L4T 1N3

### **33. Phones**

Calling cards are available to students from the bookstore, convenience stores and many other locations, enabling students to call home at a very low rate.

Alternatively, students may visit <http://www.amantel.com/default.asp> for excellent long distance rates.

Cell phones are also available for students while they are in Canada, and we strongly suggest that you change to a Canadian service provider to avoid expensive roaming fees from your home country.

### **34. Transportation**

Brampton and Oakville have many transportation options available:

#### **PRESTO! Electronic Fare Ticketing System** (Toronto/ Oakville/ Brampton)

“Presto! is a state-of-the-art electronic fare ticketing system which uses the latest smartcard technology to offer commuters the most convenient fare payment possible, all with the tap of a small, reloadable plastic card!” – [www.prestocard.ca](http://www.prestocard.ca).

The Presto card is the size of a credit card and offers you the convenience of loading your money onto the card, and then using it at the bus terminal or station by simply tapping the ticketing system; you will then see the system automatically deduct the fare from your card balance. There is no need to carry any more cash—pay for GO/TTC/Brampton and Oakville Transit from one card!

#### **Brampton Transit**

Commuting within Brampton is easy and convenient. Please visit [www.bramptontransit.com](http://www.bramptontransit.com) for fares, routes and schedules. Brampton Transit can pick you up or drop you off directly at Sheridan College, Davis Campus.

#### **Oakville Transit**

Commuting in and around Oakville is simple. Please visit [www.oakvilletransit.com](http://www.oakvilletransit.com) for fares, routes and schedules. Oakville Transit can pick you up or drop you off directly at Sheridan College, Trafalgar Campus.

#### **GO Transit**

GO Transit is a convenient commuter train and bus service extending to and beyond many cities in the Greater Toronto Area. To get your student discount, you must first pick-up a GO Student Discount Application Form from the Registrar’s Office. Once completed and signed, you can then either go to Union Station in Toronto to process the card on the spot, or mail it in which would take approximately 6 weeks to process.

More information on fares, routes and schedules can be found at [www.gotransit.com](http://www.gotransit.com).

**Taxi**

Taxis can be ordered in Oakville by calling *Halton Taxi Service* at (905) 844-4300 or in Brampton by calling *A1 Taxi* (905) 453-6666. All taxis must have meters. Their rates are fixed and must be indicated by law. When paying, ask for the receipt; please remember that tips are not mandatory, but are often given as a courtesy.

For airport taxis, visit [www.aeroporttaxi.com](http://www.aeroporttaxi.com) to get a flat rate!

**VIA Rail**

For train trips across Canada which extend beyond the GO Transit network, VIA Rail is your destination. VIA Rail provides Canadians with safe, efficient and environmentally responsible public transportation. VIA consistently ranks as one of the most trusted transportation companies in Canada. Please note student discounts may apply. For more information, visit [www.viarail.ca](http://www.viarail.ca).

**Greyhound Bus**

For bus trip across Canada and into the US which extend beyond the GO Transit network, Greyhound Bus is your destination. Greyhound is the largest North American intercity bus company with 16,000 daily bus departures to over 3100 destinations. Please note student discounts are available. For more information, visit [www.greyhound.ca](http://www.greyhound.ca).