

WELCOME STUDENT!



— Online. On Campus.


**CAMPBELL
COLLEGE**




**PORTAGE
COLLEGE**

**WE KNOW THAT NAVIGATING A NEW PLACE CAN BE HARD SO
WE CREATED A HELPFUL GUIDE BOOK TO GET YOU STARTED!**

BEFORE LEAVING HOME:

 Pack two sets of clothing in your hand luggage in case your flight is delayed or if your luggage is lost.

 Verify your luggage restrictions with your airline.

 Check which items the Canadian Border Services Agency doesn't permit through Customs.



BEFORE ARRIVING IN CANADA:


Before you arrive in Canada, you may be asked to complete a Customs Declaration Card. If you're traveling by air, it's a good idea to complete the card before you leave the airplane.


Here is the link to the card:


<https://www.cbsa-asfc.gc.ca/publications/forms-formulaires/e311-eng.html>

Use the Customs Declaration Card to declare what you're bringing into Canada, including any:

 Alcohol

 Firearms Or Other Weapons

 Amount Of Money More Than CDN \$10,000


 Tobacco

 Business Goods

 Plants

 Food

 Animals

 Gifts worth more than \$60 CAD (each)

You do not need to pay duty on the following:

 Books

 Linens


 Clothes


 Jewelry


 Antiques


 Furniture


 Silverware

 Musical instruments

 Gifts worth less than \$60 CAD (each)

 Hobby tools or other hobby items

 Private collections of coins, stamps or art

 Appliances like stoves or refrigerators

If you are unsure about what you may be required to pay duties on **bring sales receipts with you**. Do not use this form to list personal and household goods you're bringing with you or are following you to Canada. You'll show your lists of those items separately to a customs officer. You must make two lists and these lists must contain:

- The Personal Or Household Items You're Bringing With You Items That Are Arriving Later
- AND**
- Their Monetary Value

UPON ARRIVAL DOCUMENTATION:

You will be asked for most, if not all, of these documents by Canadian border agents. Please have them prepared for easy viewing.

DO NOT PACK THESE DOCUMENTS IN YOUR LUGGAGE.

KEEP THEM WITH YOU AT ALL TIMES.

KNOW WHERE THEY ARE IN YOUR BAGS AT ALL TIMES.

MAKE DUPLICATES OF EVERYTHING. DO NOT GIVE ORIGINALS.



Passport



Visa



Offer Letter



Study Permit



Work Permit



Copy Of Your English Language Proficiency Scores



Other Government-Issued Photo Identification Cards From Your Country



Official Academic Transcripts From Past Education



Address Of Where You'll Be Living Long-Term (if you already know)



Official English Or French Translations Of Birth And / Or Marriage Certificates If You're Coming To Canada With Your Spouse / Common-Law Partner And / Or Dependent Children



Valid Immigration Medical Examination Results If In The Last 12 Months You Have Lived For 6 Months Or Longer In One Or More Designated Countries Or Territories

Note: If the exam you completed for your study permit application has expired, or will expire before you enter Canada, you must complete another medical exam with an IRCC Panel Physician before arriving in Canada.



Two Copies Each Of:

1. A Detailed List Of All The Personal Or Household Items You're Bringing With You
2. A List Of Items That Are Arriving Later And Their Monetary Value.

The Lists Should:

- Show Each Item's Value
- List Make of items
- List Model of items
- List Serial Number of items (If Applicable)
- Be Divided Into Two Sections:
 - The Goods You're Bringing With You
 - Items That Are Arriving Later And Their Money Value
 - To Bypass This You Can File A Bsf186 Form and give it to the officer.



WHERE SHOULD YOU LIVE?

As an international student, you will be needing affordable housing. Here are some websites that can assist you in finding an apartment that is safe and affordable.



<https://horizonresidence.ca/>



<https://www.mainst.biz/student-housing/apartments/edmonton?school=NAIT>



<https://www.universityliving.com/canada/city/edmonton>

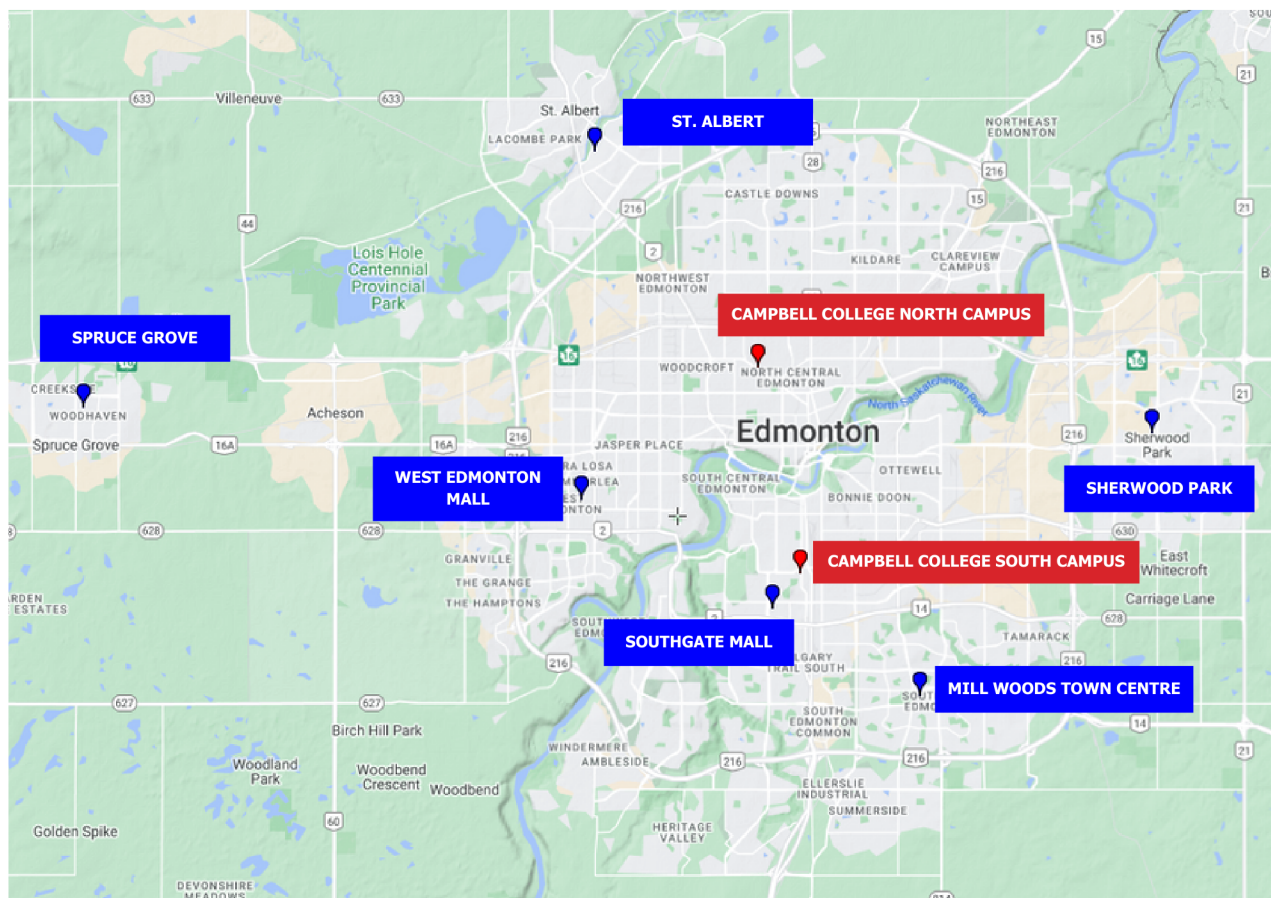


<https://www.avenueliving.ca/apartments-for-rent/cities/edmonton>

There are also Facebook groups that can assist you to find affordable housing - use these at your own risk.

Portage Students attend class at the Campbell College South Campus The address is: 6020 104 St NW




It is essential to find something close to the Campus as it is critical that you are on time and are not consecutively late to class. This is a good idea because in winter time it would be too cold to travel far.



TRANSPORTATION

While you are staying in Edmonton, it is vital that you learn the ETS Bus routes if you do not plan to buy a car or use ride sharing services. This will help you in getting to know your surroundings as well as the timings of the buses and trains.

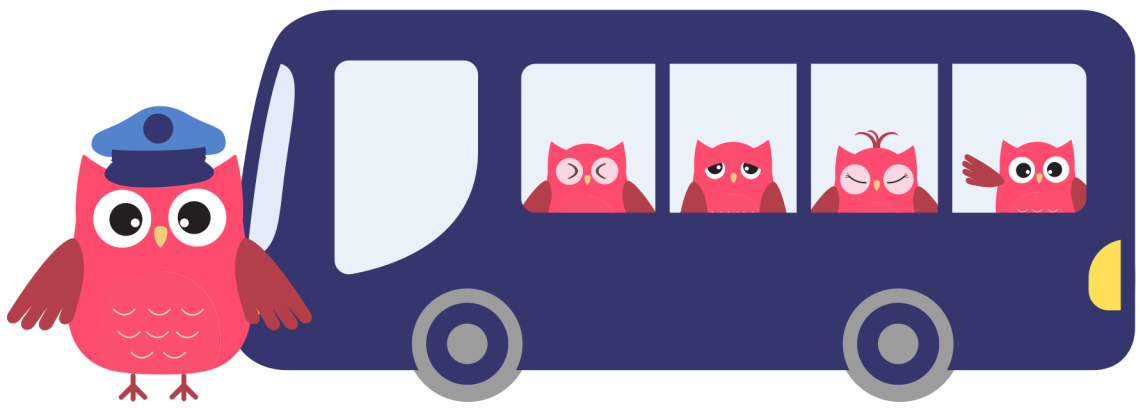
While using the Transit System, there will be a fare of \$3.50 one way. There are other efficient ways to pay for travelling without buying tickets every day:

-  Buying a set of 10 tickets costing at roughly \$27.50 every 2 weeks
-  Monthly pass for the entire month costing at \$100 per month
-  Investing in an ARC card. This is a new initiative started by the Edmonton Transit System. With this, you can add funds and tap it at the designated station every time you travel.

HELPFUL TIP:

There is a free app called **MOMEGO** that can help you navigate the city using public transit!

It is available on iPhone and Android phones!



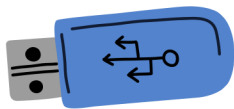
MANDATORY ELECTRONIC SUPPLIES:



1 X Texas Instruments TI-30X IIS 2-Line Scientific Calculator OR SIMILAR SCIENTIFIC CALCULATOR

1 X Laptop – Must Be Capable Of Running Microsoft Office Software

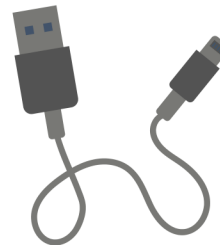
Power Cord Adapter For Canadian Power Outlets - If Buying Laptop Outside Of Canada



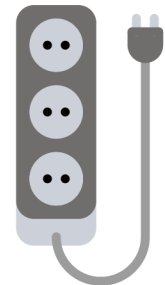
1 X 16gb USB Flash Drive (~ \$20 CAD)



Headphones/Earphones that are compatible With Your Cellphone



Charging Block And Charging Cable Compatible With Your Cellphone



1X Extension Cord

HELPFUL TIP:

Budget for \$1000-2500 CAD for ALL MANDATORY ELECTRONICS.

Laptop prices can vary greatly depending on what kind or brand so it would be a good idea to look for sales and shop around before you purchase.

STAPLES, BEST BUY, LONDON DRUGS, WALMART, THE SOURCE, VISIONS and MEMORY EXPRESS are great options and will have all of the listed MANDATORY ELECTRONICS available.

OPTIONAL BUT HELPFUL ITEMS:



Day Planner



Water Bottle
Your Choice of Size



Lunch Bag / Box

MANDATORY SCHOOL SUPPLIES:



1X 2 Inch Binder (More Binders If Necessary For You) Your Choice Of Colour



10X Notebook (1 Per Class) Minimum 40 Pages Per Notebook



Loose-Leaf Paper
1X Lined Pack
1X Blank Pack



2X Divider Packet



Page Protectors



2X 12 Pack Mechanical Pencils



2X 2 Pack White Vinyl Erasers



2X 12 Pack Pens (Choice Of Blue Or Black Ink)



2X Pack Highlighters (Choice Of Yellow Or Mixed Colours)



1X 5 Pack Sharpie Markers



1X 24 Pack Crayons



1X Backpack Of Your Choosing

HELPFUL TIP:

You can get many of these school supplies from local dollar or discount stores. You can also go to the store STAPLES and present a staff member with this exact list and they should be able to find every single item on this list.

No individual item on the MANDATORY SCHOOL SUPPLY list costs more than \$15.00 CAD except for a backpack (\$25.00 - \$50.00 CAD)

Budget for a maximum of \$100.00 CAD for school supplies – you will need less if you go to a dollar /discount store.



CLOTHING YOU WILL NEED:

HELPFUL TIP: Campbell College does have a dress code of business casual. This means no athletic wear such as hoodies or sweat pants and no jeans with holes or rips. Jeans are allowed, permitting there are no holes or rips.



Dress Pants / Trousers
/ Slacks / Suit pants



Dress Business
Formal Blouses And
/ Or Shirts



Dress Shoes –
No High Heels



Casual Clothes For
Everyday Wear
Outside Of School



Comfortable Closed Toe Shoes For Walking -
Runners / Sneakers / Athletic Shoes



SEASONAL CLOTHING APPROPRIATE FOR THE CANADIAN SUMMER CLIMATE:



Summer weather here can be similar to India's winter season but it will be windier and more often than not, rainy. You will need similar clothing for the hot weather here.

Please keep in mind that the campus is air conditioned and can be quite cold in here. You may need a sweater or light jacket for on campus while in class.

All regular dress code rules still apply in the summer months.

WHAT YOU MAY NEED:



Waterproof Jacket



Umbrella



Waterproof Shoes Or
Boots



Runners / Sneakers /
Athletic Shoes



Sunglasses



Sun hat / Baseball hat



HELPFUL TIP: Wear natural fibers when you can. Wearing cotton and bamboo over synthetic fibers like polyester or nylon can be great for helping you stay cool!



SEASONAL CLOTHING APPROPRIATE FOR THE CANADIAN WINTER CLIMATE:



It is VERY cold here in the winter months. Edmonton, Alberta CAN AND DOES OFTEN GO BELOW -25°C for long stretches of time during the winter months and the campus (unless snowed in or there is a holiday) DOES NOT CLOSE. You WILL need heavy winter wear that you may not have already.

IT CANNOT BE STRESSED ENOUGH: A HOODIE / MULTIPLE HOODIES AND JEANS ARE NOT ACCEPTABLE WINTER WEATHER CLOTHING IN ALBERTA!

YOU CANNOT TOUGH OUT THE WEATHER! THE WEATHER WILL WIN!

A WINTER JACKET IS A NECESSITY.

Please come prepared for this as Campbell College is unable to provide winter clothing.

WHAT YOU WILL NEED:



Heavy Winter Coat Or Jacket



Winter Boots Rated For -30°C
Or Below



Scarf



Sweaters / Hoodies



Hand Warmers – If Desired



Thick Gloves /
Mittens



Long Underwear Or Leggings



Knit Hat - you will hear these
referred to as "Toques"



Thick Crew
Length Socks

HELPFUL TIP:

As new good winter jackets and boots can be pricey, you may be able to find second hand winter items at local thrift stores if you are working with a limited budget.

Please budget a minimum of \$30 CAD per piece (winter coat and boots) for thrifted or second hand items.

If you are able and willing to buy brand new winter clothes please budget minimum \$100 - \$150 per piece (winter coat and boots).

Look for natural fibers like wool, wool blends or cotton/bamboo for base layer items as these will keep you warmer and less sweaty in warm clothes for longer.



LIVING ALONE FOR THE FIRST TIME 101

If you have never lived away from home before and are not moving in with family these are some things you may need:



LAUNDRY PRODUCTS:

FOR EVERY ONE PERSON PER HOUSEHOLD YOU WILL NEED:

1 Bottle Detergent/1 Box Powder Detergent/1 Bag Or Box Of Laundry Pods

1 Bottle Scent Booster (If Desired)

1 Bottle Stain Remover

1 X Bottle Of PLAIN WHITE VINNEGAR

1 Box Dryer Sheets

2 X Laundry Baskets

HELPFUL TIP: Adding 1 cup of plain white vinegar to the washing with your detergent can help soften clothes and remove unwanted odors.

If you move into a building without a laundry room you may need Canadian change / coins for a laundromat – if you need help locating your nearest laundromat please let us know so we may direct you.

BATHROOM ITEMS:

FOR EVERY ONE PERSON PER HOUSEHOLD YOU NEED:

2 x Bath Towels

2 x Hand Towels

3 x Washcloths

You may also want more than 1 bath mat as these also need to be washed

HYGIENE AND PERSONAL CARE PRODUCTS:

Basic Toiletries (toothbrush, toothpaste, shampoo, etc.)

Your own personal medication if required

Bedding (sheets, blankets, pillowcases)

Feminine Hygiene Products - Tampons / Pads

Face Wash

Your chosen cosmetics and accessories

Hair dryer

Cold medications

Deodorant

HELPFUL TIP: It is smart to assign one person to one colour or as a household choose one colour (such as white or black for ease of washing). Buying more than one towel per person saves on laundry!

LIVING ALONE FOR THE FIRST TIME 102

Living away from home for the first time, even if you have roommates, can be really hard and a lot of people really struggle in their first few months of being in a new place. Living away from home can feel isolating and sad so taking care of your mental health is crucial for your overall well-being.

We encourage you to make friends with your classmates - who are also probably away from home for the first time too - and build a support network here in Canada but in case friendships are not enough, it is okay to seek further outside help.

Just like tending to physical health and body, your mental well-being deserves the same attention and care. There is no shame in seeking support – in fact, it is a testament to your strength and self-awareness.

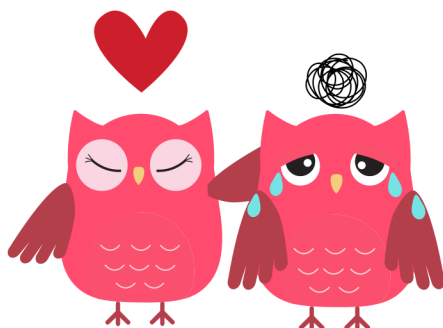
IF YOU OR SOMEONE YOU KNOW ARE STRUGGLING THERE ARE RESOURCES AVAILABLE:

**MENTAL HEALTH HELP
LINE
1-877-303-2642**

**ADDICTION HELP LINE
1-866-332-2322**

**CMHA EDMONTON
DISTRESS LINE
780-482-4357**

**CRISIS TEXT LINE
TEXT CONNECT TO
741741**



**ADDICTION AND
MENTAL HEALTH
ACCESS 24/7
780-424-2424**

TEACHER'S ASSISTANT STUDENTS ONLY

VULNERABLE SECTOR CHECK

Before you go on your Practicum, it is important to complete a Criminal Record Check with a Vulnerable Sector. This will ensure the company that you are completing your Practicum with, is aware that you do not have any prior criminal activities or a criminal record.

Here is the link to complete the Criminal Record/Vulnerable Sector check:

<https://www.edmontonpolice.ca/CommunityPolicing/OperationalServices/PoliceInformationCheck>



SO YOU WOULD LIKE A REFUND?

If a student is granted a study permit because of Portage College's documentation or is an Onshore Student and decides to withdraw before the start date, the following deductions will apply:

Registration Fee	\$250.00
Administration Fee	\$1,500.00
Seat Release Fee	\$1,250.00
Total Deductible	\$3,000.00

If a student starts school (rule applies to both Onshore and Offshore students) and decides to withdraw within the first 7 calendar days from the start date, the following deductions will apply:

Registration Fee	\$250.00
Technology Fee	\$156.80
Administration Fee	\$1,500.00
Seat Release Fee	\$1,250.00
VoPP Fee	\$1,205.00 or \$1,575.00 (depending on the program)
Total Deductible	\$4,361.80 or \$4,731.80 plus cost of textbooks.

After 7 calendar days up to 30 calendar days, the following deductions will apply:

Registration Fee	\$250.00
Technology Fee	\$156.80
Tuition	\$3,500.00
Administration Fee	\$1,500.00
VoPP Fee	\$1,205.00 or \$1,575.00 (depending on the program)
Total Deductible	\$6,611.80 or \$6,981.80 plus cost of textbooks

THERE WILL BE NO REFUND AFTER 30 CALENDAR DAYS.

REFUNDS WILL ONLY BE PROCESSED UPON SUBMISSION OF THE FOLLOWING:

1. Student must produce a copy of the offer letter or the letter of acceptance from a post-secondary institution in Canada that they will be joining

CHANGING COURSES

If you want to change courses, you will need to submit a form before you start class.

Please keep in mind that changing your course is not always possible and requests can be denied.

You must seek support to change classes and discuss with the Registrar.

Deadlines to change courses are subject to change and you will be notified of them at your orientation.

WE'RE SO EXCITED TO WELCOME YOU!

