Hello and welcome!

The Internationalization Office (IO) provides services to help international students adjust to university life. This guide contains information to help you – from those first few days on campus and throughout your university career. Please drop by our office any time!

We are located in the Corte Real Building, Burton’s Pond (During renovations, we are located on the 2nd Floor, Coughlan College (Entrance #5)

**NOTE:** The information provided in this handbook is accurate as of December 2018, however, the content is subject to change.

Internationalization Office
Memorial University of Newfoundland
2018
Welcome to Memorial University!

The mission of the Internationalization Office is to coordinate on-campus services for international students in areas such as, but not limited to: settlement, immigration, health insurance, income tax, housing, and social integration. Our staff looks forward to meeting you:

- **Juanita Hennessey** is the International Student Advisor responsible for outreach services. Juanita is available to meet with students one-on-one to discuss personal issues. She also coordinates our weekly social groups: Discussion Group and Coffee Club.

- **Arif Abu** is filling in for Natasha Clark while on leave as the International Student Advisor responsible for health insurance and immigration advising. All registered international students are automatically enrolled in a Foreign Health Insurance Plan. As an international student you should understand your mandatory health insurance as well as other options for insurance. As a regulated immigration consultant, Natasha/Arif can meet with you to answer questions you have about your temporary immigration status in Canada.

- **Francesca Boschetti** is the International Student Career Advisor and concentrates on external engagement and career advising. She coordinates professional development and career advising events to help connect international students to the labour market. Francesca also offers one-on-one consultations to students (mock interviews, career exploration, job search, and LinkedIn consultations) in her two offices (at the Internationalization Office and at Career Development).

- **International Family’s Program**. The coordinator will meet with you if you are an international student with a family and can provide you with helpful information regarding childcare, community services and events.

- **Chris Hibbs** is an International Programs Coordinator and is responsible for supporting inbound and outbound exchange opportunities for students at Memorial.

Our office is open weekdays from 9:00 am – 1:00 pm and 2:00 pm - 5:00 pm (closing at 4:30pm from early June to early September). You are always welcome to come in and see us, but you may also book an appointment with a specific advisor, if necessary.

We wish you the very best in your studies,
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<thead>
<tr>
<th>Position</th>
<th>Contact Information</th>
<th>Office Location</th>
<th>Email Address</th>
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<tbody>
<tr>
<td>Front Desk/General Inquiries</td>
<td>(709) 864-8895</td>
<td>Coughlan College, room 2014</td>
<td><a href="mailto:international@mun.ca">international@mun.ca</a></td>
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<td>Coughlan College, room 2018</td>
<td><a href="mailto:nclark@mun.ca">nclark@mun.ca</a></td>
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<td>Arrivals, Off-campus Housing &amp; Income Tax Advice</td>
<td>(709) 864-7505</td>
<td>Coughlan College, room 2016</td>
<td><a href="mailto:international@mun.ca">international@mun.ca</a></td>
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<tr>
<td>Natasha Clark (ON LEAVE)</td>
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<tr>
<td>Francesca Boschetti (Career Advisor)</td>
<td>(709) 864-3142  (709) 864-7505</td>
<td>UC 4002 / Coughlan College, room 2024</td>
<td><a href="mailto:fboschetti@mun.ca">fboschetti@mun.ca</a></td>
</tr>
<tr>
<td>Family Program</td>
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<td><a href="mailto:international@mun.ca">international@mun.ca</a></td>
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<td><a href="mailto:lwalsh@mun.ca">lwalsh@mun.ca</a></td>
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<tr>
<td>Patricia Churchill (Assistant to the Director)</td>
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<td><a href="mailto:ptizzard@mun.ca">ptizzard@mun.ca</a></td>
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</table>
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Glenn Penney (Manager International Projects)  (709) 864-7104  Education Building, room 4007  glenp@mun.ca

Natalie Spracklin (Academic Advisor/Mobility Programs Coordinator)  (709) 864-8273  Science Building, room 4053  natalie.spracklin@mun.ca
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1. Checklist for New Students
As you get these tasks completed, check them off by placing a check mark (√ ) in the box. For more detailed information on how to complete these tasks, refer to the expanded checklist on page 6, as well as supporting information throughout this handbook.

<table>
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<tr>
<th>Task</th>
<th>Completed</th>
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<tr>
<td>Email or call your family</td>
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<td>Register with the IO Office</td>
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<tr>
<td>Find housing</td>
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<tr>
<td>Update your address with the university</td>
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<tr>
<td>Register for your courses</td>
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<td>Write the English Placement Test (EPT) (if applicable)</td>
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<td>Write the Math Placement Test (MPT) (if applicable)</td>
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<td>Get your Campus Card</td>
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<td>Register for MCP (Medical Care Plan) (if applicable)</td>
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<td>Open a bank account</td>
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<td>Pay your fees</td>
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<td>Familiarize yourself with campus</td>
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<td>Buy your books</td>
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<td>Buy the things you need</td>
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<tr>
<td>Get internet access or telephone service</td>
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<td>Explore the St. John’s transportation system</td>
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<td>Take a tour of St. John’s</td>
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<td>Learn about Canadian culture and adjusting to your new environment</td>
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<tr>
<td>Learn about the Canadian tax system</td>
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<tr>
<td>Get a Newfoundland ID card or driver’s license (optional)</td>
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<tr>
<td>Get a Social Insurance Number (SIN) (if applicable)</td>
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<tr>
<td>Learn about important semester and holiday dates</td>
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<tr>
<td>Find us on Facebook and Twitter</td>
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2. Checklist for Your First Few Days

✓ Email or call your family

Your family and friends will want to know you arrived in Canada safely. You are welcome to use the phone and computers at the IO Office, Coughlan College, Room 2014, or the computers at the QEII Library.

✓ Register with the IO Office

All new international students are required to register with the IO Office. To register you must do two things: (1) complete the online check-in form available through your my.mun.ca account. Go to 'students' tab at the top of screen and launch your 'student services'. After this go to ‘International’. (2) Attend an IO Information Session. Information Sessions are held during Orientation. If you arrive early or arrive late, you can attend an alternate session. For a complete schedule, visit www.mun.ca/international/students/afterarrival/#register.

✓ Find housing

If you haven’t done so already, you will need to find somewhere to live.

On-campus housing is managed by the Student Residence Office, Hatcher House, Room 313 with the exception of Feild Hall, a graduate student residence managed by the Graduate Student Union (GSU), Feild Hall, Room 2007.

Off-campus housing assistance is provided by the IO, Coughlan College, Room 2014 and the Off-Campus Housing Office, Hatcher House, Room 321. To read about living off campus and searching for off-campus accommodations, see page 13.

For contact information for the Housing Office and Off-Campus Housing Office, see page 13. For contact information for the GSU, see page 66.

✓ Update your address with the university

You can update your address and contact information through your student account using the Memorial Self Service, which you can access directly off the main Memorial web page, www.mun.ca by clicking on Login in the top right hand corner.

✓ Write the English Placement Test (EPT) (if applicable)

All undergraduate and graduate students beginning a program at Memorial University for the first time, who were required to provide proof of English proficiency such as a TOEFL or IELTS score, must take the EPT. The EPT is scheduled at the beginning of every semester. For information about writing the EPT, contact the English as a Second Language Office (ESL). For contact information for ESL, see page 65.

✓ Write the Math Placement Test (MPT) (if applicable)

The MPT is used to determine knowledge of mathematical skills required for entry into various math courses and some programs. You must register for the MPT online through your Memorial Self Service, which you can access directly off the main Memorial web page www.mun.ca. For information on the MPT, contact the Department of Mathematics and Statistics, www.mun.ca/math.
Register for your courses
You can register for your courses and manage your student account using the Memorial Self Service, which you can access directly off the main Memorial web page by clicking on the Login button: www.mun.ca. If you are having difficulty registering, you can visit the following offices:

If you are an undergraduate student, the Academic Advising Office, Science Building, Room 4053, can provide you with advice on which courses to take to meet your degree requirements. For contact information for the Academic Advising Office, see page 63.

If you are a graduate student, make sure you follow the steps on www.mun.ca/sgs/newstudents/index.php. If you have any questions, contact the School of Graduate Studies, Bruneau Centre for Research and Innovation, Room 2012. For contact information for the School of Graduate Studies, see page 67.

If you are an ESL student, you must register with the ESL Office, Spencer Hall, Room 3019. For contact information for ESL, see page 65.

If you are an exchange student, please contact your mobility coordinator who will assist you with course registrations for your relevant semester.

Get your Campus Card
Your Campus Card gives you access to the QEII Library, computer labs and various services on campus. To get your ID card, visit the Bookstore in the University Centre, Room 2006. For contact information for the Bookstore, see page 64.

Register for MCP (Medical Care Plan) (if applicable)
MCP is free medical care insurance provided by the Government of Newfoundland and Labrador. Some but not all international students will be eligible for this medical care coverage. If you are eligible, you should apply after you arrive by visiting their office at 45 Major’s Path. For information on eligibility and how to apply, see page 30.

Open a bank account
There are banks located near the university. You may need to make an appointment in advance. For information about banks in the city and which documents to bring with you to open an account, see page 33.

Pay your fees
Your fees are generally due at the beginning of each semester. You can pay your fees through online banking if you add Memorial University as a payee and use your student number as your account number. Alternatively, you can pay your fees at the Cashier’s Office, Arts and Administration Building, Room 1023. For contact information for the Cashier’s Office, see page 64. Methods of payment are outlined here: www.mun.ca/finance/fees/Methods_of_Payment/. If you are a graduate student and you are receiving funding, you can arrange for payroll deduction with the School of Graduate Studies, Bruneau Centre for Research and Innovation, Room 2012. For contact information for the School of Graduate Studies, see page 67.
Familiarize yourself with campus

It is important to familiarize yourself with the buildings and services on campus so that you know how to get to your classes on time and find supports when you need them. The best way to familiarize yourself with campus is to attend orientation. For information on Memorial’s orientation, go to www.mun.ca/orientation. Outside of the main orientation, a separate orientation is generally organized for graduate students by the School of Graduate Studies. For contact information for the School of Graduate Studies, see page 67. A separate orientation is also organized by the ESL office for ESL students. For contact information for the ESL office, see page 65.

You can also request a tour of campus from the Office of Student Recruitment by completing their online request www.mun.ca/undergrad/campustours/tour_request.php. For a campus map, see page 74. For a listing of services available at the university, see page 63.

Buy your books

Students are advised not to buy their books until they have attended their first class. During your first class, your professor will let you know which book(s) he or she requires you to use. Books will differ by course and by instructor. Books can be purchased through the Memorial University Bookstore, University Centre, Room 2006. Used textbooks can be purchased from students who will advertise through posters around campus or on the classified section of my.mun.ca. For contact information for the Bookstore, see page 64.

Buy the things you need

You may need to purchase clothing and household supplies. To find out places to shop, see page 34 for a listing of retailers as well as suggestions of things you might need.

Get Internet access or telephone service

To stay in touch with family and friends and to assist you in your studies, you may wish to get internet access or purchase telephone service for your home. There are retailers located in Avalon Mall and Village Shopping Centre. For more information, see page 38.

For free wireless internet access on campus, you will need to visit the QEII Library to get set up. If you live on campus, you can visit Hatcher, Room 313 to get set up. There are also many computer labs on campus which you can use, but you will need to visit the library to set up your account.

Explore St. John’s transportation system

There are many ways to get around the city including taking the bus, calling a taxi or driving. For more information on transportation, see page 40.

Take a tour of St. John’s

To help you accomplish many things on your checklist, you will want to become familiar with the city. On pages 75-79 you will find maps of the city.
Learn about Canadian culture and adjusting to your new environment

There are many things to learn when you move to a new country. The IO can help answer any questions you might have or help you through a difficult time. For more information on topics such as weather, getting involved with student groups on campus, the Canadian classroom, dating, etc., see page 43.

Learn about the Canadian tax system

As an international student, you will pay taxes on goods and services you buy as well as on income you make. You are required to file a tax return every year. Filing a tax return might make you eligible to receive money back on the taxes you pay to the Government of Canada. For more information, see page 55.

Get a Newfoundland ID card or driver’s licence (optional)

If you choose to drive as a mode of transportation, you will require a driver’s licence from the province of Newfoundland and Labrador. You may wish to have a Newfoundland ID Card as an alternative form of government issued ID from your passport. For either of these IDs, you will be required to go to the Department of Government Services, Motor Registration Division. For more information, see page 42.

Get a Social Insurance Number (SIN) (if applicable)

A SIN is issued by the Government of Canada and is used to track and receive income. Many international students are eligible to get a SIN. To apply for a SIN, you will need to visit the Service Canada Office. For more information, see page 22.

Learn about important semester and holiday dates

For information about deadlines to pay fees, midterm breaks and other important semester dates, see page 59 or visit www.mun.ca/regoff/calendar/sectionNo=GENINFO-0086. For information about holidays and events celebrated in Canada, see page 57.

Find us on Social Media

To stay in touch with the IO and learn about upcoming events, find us on Facebook @InternationalizationOfficeMUN, on Twitter @Memorial_INTL, on Instagram @muninternational.
3. IO Programs: Get Involved

**Social Activities**

We have a social room next to our office which is for both Canadian and international students' use. Relax with our staff at weekly **Coffee Clubs** (every Friday 3 - 5 p.m.; summer hours 3 - 4:30 p.m.) and **Discussion Groups** (every Wednesday 4 - 5 p.m.; summer hours 3:30 - 4:30 p.m.). Come in and meet new people, play games or just hang out.

On occasion, our office as well as other groups on campus organize off-campus excursions. These events are communicated to students via the international student listserv. If you are not receiving these emails, please email [international@mun.ca](mailto:international@mun.ca) to request your email address be added.

**Family Program**

If you are here with your family, you can participate in the Family Program which includes social activities and other supports. Information about family events and services will be sent to you via the international student listserv. If you are not receiving these emails, please email [international@mun.ca](mailto:international@mun.ca) to request your email address be added. To learn more, visit the IO Family Program Coordinator. For information for families, see page 23.

**Arrivals Program**

The Arrivals program is for new international students and provides you with information on preparing for your arrival including an airport greeter program. For information on this program, you can speak to the IO Housing and Arrivals Coordinator or visit our website, [www.mun.ca/international/students/](http://www.mun.ca/international/students/).

**MUN Mentors**

The IO runs a mentorship program which helps match you with peer volunteers to assist you with settlement. For information on this program, visit the IO office and speak to the Transition Programs Coordinator or visit our website, [www.mun.ca/international/programming/mun-mentors-program.php](http://www.mun.ca/international/programming/mun-mentors-program.php).

**Holiday Hosting**

During the Christmas season, you have the opportunity to share a meal and spend some time with a local family through the Holiday Hosting Program. In the fall semester, we will send an email out on the international student listserv inviting you to participate. If you are not receiving these emails, please email [international@mun.ca](mailto:international@mun.ca) to request to be added to the list.

**Professional Skills Development Program (PSDP)**

This program helps was developed to prepare international students for finding employment in the Canadian job market. Often times, there is a marked difference between what is expected in the international labour market and what is expected in the Canadian labour market. The aim of the PSDP is to bridge this gap and provide students with the tools to find fulfilling careers in their field of study.
PSDP awards a certificate of completion to all participants who attend all of the lectures and complete all of the required tasks and assignments for the program. This certificate can be added to a personal portfolio and noted in one’s own co-curricular record. To obtain a certificate of completion students must complete all the components for the program with no exceptions. Five lecture sessions must be attended and attendance is taken. There are also a number of assignment and other requirements, including volunteer and networking components that are part of the curriculum.

Sessions
- 1: Introduction & Skill Identification
- 2: Resume, Cover Letter & Interview Skills
- 3: Finding a Professional Job in Canada
- 4: Small Talk & Marketing Yourself
- 5: Professional Intercultural Communication

Assignments and Requirements
- Design and submit a resume and cover letter;
- Complete a volunteer placement; and
- Attend two Career Development approved networking events.

For more information, see www.mun.ca/international/programming/employment/preparationprograms.php.
4. IO Services: What We Offer

Immigration Information
The IO can direct you to the appropriate sources to get help on renewing your study permit, applying for a Canadian entry visa and applying for a work permit. For more information about these immigration documents, see page 18.

Health Insurance Administration and Advising
The IO administers a foreign health insurance plan which you are automatically enrolled in upon registration. The IO can also help you apply for other forms of health insurance such as the provincial Medical Care Plan (MCP) and help you understand the Canadian health care system. For information about your foreign health insurance policy and other forms of insurance including MCP, see page 28.

Employment Advising
The Internationalization Office has two advisors who can provide you with career advice as a student or a new graduate:

- The IO Transitions Program Coordinator can help answer your questions about on- and off-campus work opportunities, including how to prepare an effective résumé and cover letter, and strengthen your interview skills. The IO Transitions Program Coordinator can work with you in person as well as on line to advise you on how to be(come) an effective professional communicator in today’s Canadian workplace. Furthermore, the IO Transition Coordinator manages the MUN Mentor Program (https://www.mun.ca/international/programming/mun-mentors-program.php) and the Professional Skills Development Program (PSDP) for International Students (https://www.mun.ca/international/programming/employment/preparationprograms.php).

- The International Student Career Advisor concentrates on external engagement and coordinates professional development and career advising events to help connect international students to the labour market. The Career Advisor also offers one-on-one consultations to students (mock interviews, career exploration, job search, and LinkedIn consultations).

For information visit our website, www.mun.ca/international/programming/employment/ - For employment information, see page 19.

Off-Campus Housing Assistance
The IO can help you with information on searching for off-campus housing. We can also answer questions about your rights and responsibilities as a tenant, landlord regulations and roommate problems. Visit our website, www.mun.ca/international/students/beforearrival/#decidehousing or drop by to see the IO Housing and Arrivals Coordinator. For more information about finding housing, see page 13.
Tax Assistance
In March and April every year, the IO provides assistance to international students to file their income tax. For more information on this and understanding the Canadian Tax System, see page 55.

Academic, Personal or Financial Advising
If you are experiencing any challenge related to academic, personal or financial matters, the IO Outreach Coordinator can help. Drop by to see the IO Outreach Coordinator or email international@mun.ca to book an appointment.

Learning Abroad
The IO has staff members to assist you in searching for international exchange placements and learning abroad opportunities offered through our more than 150 partner institutions around the globe. Email international@mun.ca to set up an appointment and learn about the possibilities to go abroad as part of your degree.
4.1 Find Housing

In this section you will read about your housing options: living on-campus, living off-campus and temporary accommodations.

Living on Campus
On-campus housing is the responsibility of Student Residences. You can visit their office in Hatcher House, Room 313, call them at 864 7590, email them at housing@mun.ca or visit their website at www.mun.ca/residences. If you are a graduate student, you also have the option to live in Feild Hall which is a residence managed by the Graduate Student Union (GSU). For information on Feild Hall, drop by their office on the second floor of Feild Hall, call 864 4383, email residence@gsumun.ca, or visit their website at www.gsumun.ca. If you want to live on-campus, you need to apply early; in some cases, two semesters in advance.

Living off Campus
If you wish to live off campus, it is your responsibility to contact rental properties and make the necessary arrangements. The IO as well as the Off-Campus Housing Office can help you.

The IO can provide you with a listing of available properties, direct you to websites where you can look for housing, answer questions related to your search, as well as answer questions related to living off campus, living with roommates and issues with landlords. You may book an appointment to seek advice from the Housing Arrival’s Coordinator at the Internationalization Office.

Tips on Searching for Off-Campus Housing

1. Where to look?
   You can use the following websites to search for an accommodation:
   ♦ stjohns.kijiji.ca
   ♦ Try our exclusive landlord listing list at www.mun.ca/international/students/offcampus.php
   ♦ You can also check out The Telegram newspaper

2. Decide what accommodation suits you best
   ♦ Consider whether heat, light, cable, telephone, internet access and furniture are included in your rent or if you are responsible to pay additional costs for utilities (refrigerator and stove are usually included).
   ♦ P.O.U. means pay own utilities.

3. Call landlords to request a viewing
   ♦ View at least three places so you can compare.

4. Make an agreement
   ♦ A lease or fixed-term agreement covers a fixed amount of time – 6, 8, or 12 months. You are responsible for payment for the entire term of the lease. You can sublet the room to someone else with the landlord’s permission.
A rental agreement is sometimes a month-to-month agreement, so if you want to leave you should give a notice of one full rental period.

However, the landlord must give you three months’ notice to terminate the agreement.

If you share a kitchen and bathroom with the homeowner, it is a boarding arrangement and not a standard rental agreement. Disputes will be handled through Small Claims Court.

Put all agreements in writing.

Ask your landlord for their telephone number and full mailing address including the postal code. Keep in mind that the landlord is required to give you this information.

When paying your landlord always request a receipt. Keep these receipts as they are for your own records.

You are expected to pay the first month rent and a security deposit, which is equal to or less than three-quarters of your first month’s rent.

Security deposit is your money that the landlord will keep until you move out. This is to cover the cost of any damages you or your guest(s) might inflict on the property. When you move out, you and your landlord decide together how the deposit will be disbursed.

5. Move in
- Take pictures or a video to keep a record of the accommodation’s condition

6. Take care of your place
- You are responsible to clean up regularly.
- Garbage is collected once per week. Thus, you need to store garbage inside or outside in sealed garbage can(s). You should bring out the garbage only on the morning of collection day and place it near the sidewalk. To find out when the garbage collection day is in your area, check the following website or ask your landlord. www.stjohns.ca/living-st-johns/city-services/garbage-and-recycling.
- Recycling is picked up once every two weeks. Garbage and recyclable materials must be kept separate. For information on the St. John’s recycling program, visit www.curbitsstjohns.ca.
- You are responsible for damages caused by you or your guest(s).
- Report repairs to your landlord. If repairs are not completed in a reasonable time, you may make a formal request for repairs by contacting the Residential Tenancies Division.
- Below is a simple list of emergency numbers:
  - Emergency: 911
  - Campus Enforcement and Patrol (on-campus): 864-4100 (emergency); 864-8561 (non-emergency)
  - Police (non-emergency): 729 0950
  - Fire Department: 722 1234
7. Need assistance with your housing issues?
   ♦ Contact the IO Housing Coordinator by email, international@mun.ca
   ♦
   ♦ If you have a question about formal terms of your agreement or you do not understand part of your contract, you can call the Residential Tenancies Division at 729 2610. You can find a copy of the Residential Tenancy Act at www.assembly.nl.ca/legislation/sr/statutes/r14-1.htm.

8. Moving Out
   ♦ Clean up your place before you move out (this includes the refrigerator, stove, carpets, etc.). The apartment should be as clean as it was when you moved in.
   ♦ Take pictures or a video of your house before you give the keys back to your landlord.

**Temporary Housing**

International students who have not yet arranged permanent housing in St. John’s must book temporary housing. This includes students whose applications for on-campus housing have been waitlisted. It is your responsibility to book. Temporary housing in St. John’s may be booked by the night, week or month depending on the facility. You may use our list of facilities on the next two pages.
### Nightly Temporary Housing Options

#### Accommodations under $100/night (approximate values)

<table>
<thead>
<tr>
<th>Hotel Name</th>
<th>Rate/Night</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extended Stay Hotel</td>
<td>More or Less than $100 (depends on dates and availability)</td>
</tr>
<tr>
<td>222 LeMarchant Road</td>
<td></td>
</tr>
<tr>
<td>754 7888</td>
<td></td>
</tr>
<tr>
<td>City Hostel</td>
<td>Yes ($38/night, $89/night, $109/night). Rate depends on type of room.</td>
</tr>
<tr>
<td>8 Gower Street</td>
<td></td>
</tr>
<tr>
<td>754 4789</td>
<td></td>
</tr>
<tr>
<td>Cantwell House</td>
<td>Under $100/night</td>
</tr>
<tr>
<td>25 Queens Road</td>
<td></td>
</tr>
<tr>
<td>754 8439</td>
<td></td>
</tr>
<tr>
<td>Gower House</td>
<td>Under $100/night</td>
</tr>
<tr>
<td>180 Gower Street</td>
<td></td>
</tr>
<tr>
<td>754 0058</td>
<td></td>
</tr>
<tr>
<td>Duckworth Inn</td>
<td>More or Less than $100 (depends on dates and availability)</td>
</tr>
<tr>
<td>331 Duckworth St</td>
<td></td>
</tr>
<tr>
<td>738 1802</td>
<td></td>
</tr>
<tr>
<td>JAG Boutique Hotel</td>
<td>More than $100 (depends on dates and availability)</td>
</tr>
<tr>
<td>115 George Street</td>
<td></td>
</tr>
<tr>
<td>1 855 516 1090</td>
<td></td>
</tr>
<tr>
<td>The River Walk Hotel and Suites</td>
<td>$79/night</td>
</tr>
<tr>
<td>53 Greenwood Crescent (West End)</td>
<td></td>
</tr>
<tr>
<td>364 5300</td>
<td></td>
</tr>
</tbody>
</table>

#### Accommodations between $100 and $150 per night (approximate values)

<table>
<thead>
<tr>
<th>Hotel Name</th>
<th>Rate/Night</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hillview Terrace Suites</td>
<td>Start from $129/night all offered options</td>
</tr>
<tr>
<td>Night stay option</td>
<td></td>
</tr>
<tr>
<td>754 9822</td>
<td></td>
</tr>
<tr>
<td>Abba Inn Bed and Breakfast</td>
<td>$117/night but rate may vary depending on dates.</td>
</tr>
<tr>
<td>Queen canopy, King and twins options</td>
<td></td>
</tr>
<tr>
<td>36 Queens Road</td>
<td></td>
</tr>
<tr>
<td>754 0058</td>
<td></td>
</tr>
<tr>
<td>Guv’nor Inn</td>
<td>$135.99/night</td>
</tr>
<tr>
<td>all offered options</td>
<td></td>
</tr>
<tr>
<td>389 Elizabeth Ave</td>
<td></td>
</tr>
<tr>
<td>726 0092</td>
<td></td>
</tr>
<tr>
<td>The Roses</td>
<td>Starts from $109/night</td>
</tr>
<tr>
<td>9 Military Road</td>
<td></td>
</tr>
<tr>
<td>726 3336</td>
<td></td>
</tr>
<tr>
<td>Accommodation</td>
<td>Address</td>
</tr>
<tr>
<td>---------------------</td>
<td>------------------------------</td>
</tr>
<tr>
<td>Elizabeth Manor</td>
<td>21 Military Road 753 7733</td>
</tr>
<tr>
<td>At Wit’s Inn</td>
<td>3 Gower Street 1877 739 7420</td>
</tr>
<tr>
<td>Gower House</td>
<td>180 Gower Street 754 0058</td>
</tr>
<tr>
<td>Ramada inn</td>
<td>102 Kenmount Road 722 9330</td>
</tr>
<tr>
<td>Narrows B&amp;B</td>
<td>single option 146 Gower Street 685 0544</td>
</tr>
<tr>
<td>Fairfield Inn and Suits</td>
<td>10 Austin St 709 722 5540</td>
</tr>
<tr>
<td>Compton House Heritage Inn</td>
<td>26 Waterford Bridge Rd 739 6214</td>
</tr>
<tr>
<td>The Capital Hotel</td>
<td>All offered options 208 Kenmount Road 738 4480</td>
</tr>
</tbody>
</table>

You may also find temporary accommodation options listed on our website: [www.mun.ca/international/students/temphousing.php](http://www.mun.ca/international/students/temphousing.php).
4.2 Canadian Immigration Information
As an international student you are likely in possession of a study permit. Some international students will not have a study permit if they are coming to study in a program that is less than six months. Other students may be coming to do a research placement and may be in Canada on a work permit. Regardless of which document you hold, it is important that you understand the conditions of your stay. For example, study permit holders must maintain their enrollment and actively pursue their studies. To be able to work using a study permit, you must be a full time student in a program of study that leads to a Canadian degree/diploma/certificate and is at least six months long. If you are able to work under your study permit, you are restricted in the number of hours you can work. Did you also know that your study permit will expire the earlier of the date on the document or 90 days from when you complete your studies? The Internationalization Office can help answer any questions you have about your immigration status as an international student.

Below are some important links to information about renewing your study permit, applying for an entry visa (TRV), an Electronic Travel Authorization (eTA), and applying for work permits. If you have any questions about how to apply for these documents, the International Student Advisor responsible for health and immigration can help. You can connect with the advisor by phone or email. During regular academic semesters, weekly information sessions are held and one on one appointments are available. To book an appointment, go to your my.mun.ca account, and see Internationalization Office Appointments in your Student Life tab. For contact information and a list of information sessions, see www.mun.ca/international/programming/immigrationadvising/.

**Extend your study permit**  
www.cic.gc.ca/english/study/study-extend.asp

**Work while and after you study**  
www.cic.gc.ca/english/study/work.asp

**Work as a co-op student**  
www.cic.gc.ca/english/study/work-coop.asp

**Post-Graduation Work Permit**  
www.cic.gc.ca/english/study/work-postgrad.asp

**Spousal/Common Law Partner Work Permit**  
www.cic.gc.ca/english/study/work-spouse.asp

**Applying for Entry Visa (TRV) from within Canada**  
www.cic.gc.ca/english/visit/cpp-o-apply.asp

**Applying for an Electronic Travel Authorization (eTA)**  
www.cic.gc.ca/english/visit/eta-start.asp
4.3 Employment
Working on- or off-campus while you are a student can be a very rewarding experience. You can bring your diverse background, skills and languages to an employer and meet new people while gaining valuable work experience.

International Student Eligibility to Work in Canada
Consult the Immigration, Refugees and Citizenship Canada (IRCC) website for information on your eligibility to work in Canada, www.cic.gc.ca/english/study/work.asp.

Your immigration document issued by IRCC is what permits you to work in Canada; however, you will also require a valid Social Insurance Number (SIN) to engage in employment in Canada. For information on applying for a SIN, see page 22.

Seeking Employment
To find employment in Canada, you will need to know where to look, have an effective cover letter and résumé, and possess strong interview skills.

Where to Look
Some jobs are posted on websites or around campus while others are not. Those that are not posted are often referred to as part of the “hidden job market” and require you to approach potential employers to express your interest in working with them.

Jobs On-campus
There are several employment programs at Memorial that can help you get experience with a job on campus. These include:

1. Memorial Undergraduate Career Experience Program (MUCEP): 40 and 80-hour positions for full-time undergraduate international and Canadian students
2. International Student Work Experience Program (ISWEP): 40 and 80-hour positions for full-time undergraduate international and ESL students
3. Graduate Student Work Experience Program (GradSWEP): part-time jobs for full-time graduate students
4. Student Work and Services Program (SWASP): part and full-time positions for student parents in the Spring, Fall and Winter semester;

Outside of these programs, there are several offices on-campus that hire students. These include:
- Alumni Affairs & Development
- Information Technology Services
- Facilities Management
- Student Residences
- Aramark (Food Services)
- Graduate Students' Union (GSU)
- MUN Bookstore
- MUN Student Union (MUNSU)
**Jobs Off-campus**

Off-campus jobs are sometimes shared through the IO listserv. Upon registration with the IO, you are automatically signed up for the Internationalization Office listserv.

In addition, a number of off-campus jobs are posted in Memorial University’s Career Development job board:

- Go to [my.mun.ca](http://my.mun.ca) and login.
- Click the "Student" link near the top of the page.
- Click "Launch" in the "Student services" box, and then click "My MUNLife" in the pop-up window.
- Click on "Career" and then the "Job postings" tab

Below is a list of additional websites that post part-time, full-time, summer, and new graduate job opportunities in Newfoundland and Canada:

- CareerBeacon: [www.careerbeacon.com](http://www.careerbeacon.com)
- Job Bank: [www.jobbank.gc.ca](http://www.jobbank.gc.ca)
- Monster: [www.monster.ca](http://www.monster.ca)
- Memorial University (working at MUN once you have graduated): [www.mun.ca/hr/careers](http://www.mun.ca/hr/careers)
- TalentEgg: [www.talentegg.ca](http://www.talentegg.ca)
- Workopolis: [www.workopolis.com](http://www.workopolis.com)

In addition to the information presented in the handbook and on the IO website, the Transitions Program Coordinator and the International Student Career Advisor can advise you on how to effectively approach employers, and inform you of upcoming job opportunities. To schedule an appointment, visit [www.mun.ca/international/programming/employment/](http://www.mun.ca/international/programming/employment/) for instructions.

**Cover Letter, Résumé and Curriculum Vitae Writing**

A cover letter is a one-page-letter that you send with a résumé when applying for a job. It should address the position you are applying for, the employer you are applying to, why you are interested in the position, and outline the skills you have that are relevant to the position.

A résumé is a brief document (normally 1-2 pages) that includes an overview of your education, work experience, volunteer experience, and the skills relevant to the position you are applying for. It is normally used for entry-level and/or non-academic positions.
A curriculum vitae (CV) is a comprehensive document (3-5 pages or longer) that emphasizes your professional qualifications (work experience, research, publications, presentations, etc.). It is normally used for high-ranking and/or academic positions. The purpose of a CV is to present a complete picture of the breadth and depth of academic experiences you have accumulated, which might include a list of your publications, presentations, teaching experience, honors, grants, etc.

For templates and guides on résumé, cover letter and CV writing, refer to:
- the employment section of the IO website, www.mun.ca/international/programming/employment/resume.php.
- the career resources on the Student Life website: http://www.mun.ca/student/student-success/career/career-resources.php
- the career resources for international students webpage: http://www.mun.ca/student/student-success/career/careerresourcesinternational.php

The Transitions Program Coordinator is also available to meet with you to assist you in writing your cover letter, résumé or CV. To schedule an appointment, visit www.mun.ca/international/programming/employment/ and follow the instructions. You can also drop by one of Career Development’s resume and cover letter drop-in clinics: http://www.mun.ca/student/student-success/career/dropin.php

**Interview Skills**
An interview is a common method that employers, faculty, community organizations, and industry use to learn more about you. They meet with you and ask questions to get detailed information about your skills, education, and background while deciding if you are the best candidate for the job. For interview tips and a list of commonly asked questions in an interview, visit the employment section of the IO website: www.mun.ca/international/programming/employment/resume.php. and the Career Development interview tips webpage: http://www.mun.ca/student/student-success/career/career-resources/interviewtips.php

The Transitions Program Coordinator and the International Student Career Advisor are also available to meet with you for a mock interview. A mock interview is a pretend interview that includes questions and feedback to prepare you when you have a real interview. To schedule an appointment, visit www.mun.ca/international/programming/employment/ for instructions.

**Professional Skills Development Program**
If you are interested in learning more about working in NL or Canada you may wish to apply for the Professional Skills Development Program (PSDP). The PSDP helps you prepare for professional employment in NL and throughout Canada. The program is offered every semester for undergraduate and graduate students of all faculties and the goal is to instill a level of Canadian job search knowledge and preparation to assist students throughout their academic study and after graduation. To learn more about this program, visit: www.mun.ca/international/programming/employment/preparationprograms.php.
4.4 Social Insurance Number (SIN)

A Social Insurance Number (SIN) is a nine-digit number that you need when you get a job so you can get paid. You do not need a SIN card if you are not employed. Your SIN will start with the number ‘9’ and all SINs beginning in this number will only be valid until the end of your authorized stay in Canada. After you renew your study or work permit, remember to also renew your SIN.

International students need to take their study permit to apply for SIN. Details are as follows: 

www.servicecanada.gc.ca/eng/sin/apply/proof.shtml

Generally, to apply for a SIN, a student who has either “may accept employment” or “may work” statement on the study permit must have

1) a valid study permit
2) a completed application form

A study permit issued by IRCC is acceptable only when it indicates that the permit holder “may accept employment” or “may work” in Canada. If neither of these statements is on your study permit, you will need to submit a request to Immigration, Refugees and Citizenship Canada (IRCC) for an amendment to your study permit before a SIN application can be completed. If the study permit indicates that you cannot work off campus and you have recently entered a program of study which makes you eligible to work off campus, then you will need to apply for a new study permit. If you need assistance or advice on the process, you can book an appointment for Immigration Advising Services. To book an appointment, go to your my.mun.ca and book an appointment with the Internationalization Office in the Student Services tab.

You can get to the local Service Canada Office by taking Metrobus Route 2 on Elizabeth Avenue across from the Arts and Administration Building. Service Canada is located at 223 Churchill Avenue.
4.5 Family Information

The Internationalization Office (IO) provides services to help international students arriving with their families make the transition easier and address their questions and concerns. Below we outline some information about the supports available to families. If your family has joined you in Canada or if they plan to join you, you should read the International Families Guide which is available from the International Families Coordinator. Please feel free to drop by our office at Couglan College, Room 2014 to speak with the International Families Coordinator.

The IO Family Program can provide information on:
- English language supports
- Schools for your children
- Daycare options
- Health care
- Local community supports and services
- Parenting in Canada
- Family tax benefits

English Language Supports

In addition to English as a Second Language training offered within the public school system, there are many programs available to help people improve their English language skills. Such programs are offered by the following groups:
- Association for New Canadians (ANC)
- Memorial University, English as a Second Language Office
- Teachers on Wheels
- Refugee Immigrant and Advisory Council (RIAC)

Health Care

Your dependents are not automatically covered under your health insurance. If you have a spouse or children accompanying you in Canada, you can opt-in your dependents to the Foreign Health Insurance Plan by visiting the Internationalization Office and completing an Opt-In form for dependents.

Shopping

There are many stores tailored specifically for children in the St. John’s area. Here is a list of some of these stores.

Child Furniture, Bedding & Décor
- Osmonds Furniture, 504 Water Street

Child and Infant Clothes
- The Strawberry Tree, Churchill Square
- Adorable Fashions, Village Mall
- Flowerchild, 100 Duckworth Street
- Children’s Place, Avalon Mall
- Carters Osh Kosh, Stavanger Drive Shopping Area
Toys and Clothing
- Toys “R” Us, Kenmount Road, opposite the Avalon Mall
- Ginger Snap, 803 Water Street
- Magic Bean, 284 Water Street and Churchill Square

Second Hand Stores
Second Hand Stores (also known as ‘Thrift Stores’), are a good source of cheaper items for people of all ages. Depending on the store they may have previously used clothing, furniture, or accessories for reduced prices.
- Salvation Army, 51 Kenmount Road
- Traders Atlantic Inc., 321 Freshwater Road
- Value Village, 161 Kenmount Road

One Stop Shopping
- Dominion
- Wal-Mart
- Sears

University Supports for Parents
- Student Parents at MUN
  - The Student Parent Assistance Resource Centre (SPARC) acts as a support group as well as an information network. The centre has computers with free Internet access, printers and a photocopier, and it serves as an emergency contact for childcare centres and schools to ensure that student parents can be located in emergency situations.
  - University Center, Room 6012, Tel: 864 3484, E-mail: studentparents@munsu.ca
  - Web: [www.mun.ca/currentstudents/studentparents](http://www.mun.ca/currentstudents/studentparents)
- MUN Childcare Centre
  - The MUN Childcare Centre is located centrally on campus. Within one building are four self-contained child care centres, each staffed with qualified, experienced, caring people. Programs are available for toddlers (age 2), full and part-time pre-schoolers (3-6), and school children (5-10).
  - Tel: 864 4728
  - Web: [www.mun.ca/childcare](http://www.mun.ca/childcare)

St. John’s Daycares Centers & After School Programs
Local daycare centres charge between $20-$60+ per day, depending on your child's age and the type of care required. We recommend you research several daycare centres or after school programs to compare the fees. You can request a list from the International Families Coordinator or search for comprehensive list of daycares or after school programs from Early Learning and Childcare Directory (Dept. of Education and Early Childhood Development) at [www.childcare.gov.nl.ca](http://www.childcare.gov.nl.ca).
Family Resource Programs
Family resource programs are community based programs that provide new learning opportunities for children and promote community support for the well-being of families. Types of programs include:
- Drop-in playgroups
- Toy and equipment lending libraries
- Summer Park Programs
- Parenting Groups
- Prenatal Programs
- Breastfeeding Support Program

To learn more about family resource programs in your neighbourhood, contact:
- Brighter Futures Coalition of St. John’s Main Office, Suite 200, Nuport Building 44 Torbay Road, St. John’s, Tel: 739 8096
- Daybreak Parent Child Centre, 74 The Boulevard, St. John’s, Tel: 726 8373
- Family and Childcare Connections, 50 Pippy Place, Unit 22, St. John’s Tel: 754 7090

Education
Canada Education System (Kindergarten to Grade 12)
Children in Canada usually start their education at ages 5-7 in Kindergarten. Kindergarten to Grade 12 (K-12) education is publicly funded and free to all Canadian citizens and permanent residents until the end of secondary school — normally, age 18.

The school year for K-12 schools is normally September to June. Following elementary or middle school, children proceed to high school (also called secondary school or senior high school) where they stay until they complete grade 12. Curriculum programs at the secondary level include both academic and vocational programs. The academic program provides students with the credits necessary to meet the entrance requirements of universities and colleges. The vocational program prepares students with the credits necessary to continue their studies at a postsecondary college, or to enter the job market. Secondary school diplomas are granted to students who pass the compulsory and optional courses of their programs — academic or vocational.

School Registration
To enrol your child in school, contact the Newfoundland and Labrador English School District. The school district will refer you to the principal of a school in your area. For your interview with the principal, you will need to bring such things as your child's school records, proof of your child's age (birth certificate or passport), proof of address (copy of a bank statement, telephone bill, electricity bill or lease/rental agreement with your name and address), MCP number, medical information or a health certificate. The principal will inform you of the exact documents you are required to provide.
You should contact the school board as soon as possible so that you can place your child in a school close to your home before the classes are full.

Newfoundland and Labrador English School District
Suite 601, Atlantic Place, 215 Water Street
Tel: 758 2372
Web: www.nlesd.ca

French Language School
There is one French language school in St. John’s that offers programs from Kindergarten to grade 12, and a new one slated to open in September 2017 that will offer programs from grade 7 – 12. Please visit their website for more information.

Conseil scolaire francophone provincial de Terre-Neuve-et-Labrador
École des Grands-Vents
Tel: 754 8000
Email: ecole-gv@conseil-scolaire.nl.ca
Web: www.csfp.nl.ca

Parenting in Canada
There is a wide range of resources produced by the Public Health Agency of Canada to help parents and parents-to-be in raising children.

Parenting Resources and Support
Parents-to-be and parents often need answers to questions they may have about raising their families in a safe and healthy environment. They may also need professional advice and support to help balance the challenges of working while raising children and making sure that children’s needs come first when parents are not living together.
Website: www.phac-aspc.gc.ca/hp-ps/dca-dea/parent/support

Parenting Children with Special Needs
Some children and youth require special attention and more resources to support their growth and development to adulthood. Children with special needs include those with physical, sensory, cognitive and learning challenges as well as those with mental health issues. Children with problems that are due to social, cultural, linguistic or family factors also have special needs
Website: www.phac-aspc.gc.ca/hp-ps/dca-dea/parent/needs-besoins
Source: Public Health Agency of Canada

Family Friendly Activities
There are many family friendly activities that you and your family can enjoy in and around the city. Here are some suggestions:

- Bowling
  - Holiday Lanes, 27 Elizabeth Avenue, 754 0260
  - Plaza Bowl, Ropewalk Lane, 579 7339
  - St. Pat’s Bowling Lanes, 45 Blackmarsh Road, 754 1124
- Mini-Putt
  - Pippy Park Mini Golf, Nagle’s Hill, 737 4105
Sir Admiral John’s Adventure Golf, 150 MacDonald Drive, 754 4753

- **Movie Theatre**
  - Cineplex Cinema, Avalon Mall, 722 5763
  - Cineplex Cinemas Mount Pearl, 364-8503 (20% less ticket prices)

- **Skating**
  - The Loop at Bannerman Park, 733 5667
  - Mile One Centre, 50 New Gower Street, 758 1111
  - O’Hehir Arena, 45 Bonaventure Avenue, 753 5782

- **Parks**
  - Bowring Park, [www.bowringpark.com](http://www.bowringpark.com)
  - Memorial University Botanical Garden, [www.mun.ca/botgarden](http://www.mun.ca/botgarden)
  - Pippy Park, [www.pippypark.com](http://www.pippypark.com)


- **Museums**
  - The Suncor Energy Fluvarium, [www.fluvarium.ca](http://www.fluvarium.ca)
  - Johnson GEO Centre, [www.geocentre.ca](http://www.geocentre.ca)
  - The Rooms, [www.therooms.ca](http://www.therooms.ca)

- **Public Swimming Pools**
  - The Works, [www.theworksonline.ca](http://www.theworksonline.ca)
  - Paul Reynolds Community Centre Indoor Swimming Pool, 35 Carrick Drive.
  - H.G.R. Mews Community Centre Indoor Swimming Pool, 40 Mundy Pond.
  - Outdoor Swimming Pools (during Summer)
    - Bowring Park, 576 7708
    - Bannerman Park, 576 7671

**Taxes and Benefits**

If you have children, there may be some tax benefits available to you. Below we outline these benefits. For more information, contact the International Families Coordinator or read the International Families Guide. You will find information about the Canadian tax system on page 55.

- **Child Care Expenses Deduction** - You may be eligible to claim for child care expenses on your income tax return.

- **Canada Child Benefit (CCB)** - The CCB is a monthly tax-free payment for families with children under the age of 18. If you already received CCTB or UCCB, you don’t need to apply. However, both you and your partner must file your tax return.

- **Child Disability Benefit (CDB)** - The Child Disability Benefit is a tax-free benefit for families who care for a child under age 18 who is eligible for the disability tax credit. A child is eligible for the disability tax credit when a medical practitioner certifies, on [Form T2201, Disability Tax Credit Certificate](http://www.formt2201,disabilitytaxcreditcertificate.ca), that the child has a severe and prolonged impairment in physical or mental functions, and the Canada Revenue Agency (CRA) approves the form.
4.6 Health Insurance
As a registered international student, you are automatically covered by Memorial’s Foreign Health Insurance Plan. Post-docs, visitors, and dependents are not automatically covered under the foreign health insurance. If you are a visitor, post-doc, or you have a spouse or children accompanying you in Canada, you can opt yourself or your dependents into the Foreign Health Insurance Plan by visiting the IO and completing an Opt-In form for dependents before the deadline (usually the end of the first two weeks of classes).

You are eligible to cancel your foreign health insurance if:
♦ You are sponsored by an approved group which provides insurance, such as WUSC, CIDA, CBIE, Saudi Arabian Cultural Bureau or Canadian Commonwealth scholarship
♦ You are a refugee claimant and covered under the federal government
♦ You are studying by distance education and finishing your program in your home country or the United States

You have to cancel your insurance yourself. To cancel, you must complete an Opt-Out form and show proof of alternative coverage before the deadline (usually the end of the first two weeks of classes). To complete the form, drop by the IO Office or download the form from the web, www.mun.ca/international/programming/healthinsurance/.

You are eligible to cancel your foreign health insurance and transfer your insurance to a student union plan if one of these statements applies to you:
♦ I am a full-time graduate student with MCP valid for a minimum of 6 months from the date of issue*
♦ I am a full-time ESL or undergraduate student with MCP valid for a minimum of 6 months from the date of issue*

*For information about MCP, see page 30.

Student union health insurance plans have different coverage than the foreign health plan and are usually less expensive. For information about student health insurance plans, visit our website, www.mun.ca/international/programming/healthinsurance/ or speak to staff in the IO Office.

To transfer your insurance, you must complete an Opt-Out form and present your MCP card to the IO Office before the deadline (usually the end of the first two weeks of classes). Medical students are only eligible to transfer their insurance in the fall semester and MI students are not eligible to do this in the Spring. To complete the form, drop by the IO Office or download the form online, www.mun.ca/international/programming/healthinsurance/.

Your Foreign Health Insurance Policy
It is very important that you read and understand your health insurance policy, know where to see a doctor and how to claim money back from the insurance company. The complete policy is available online at www.guard.me by logging in using your policy number. Below is a quick
reference guide to your policy. Your policy number is emailed to your @mun.ca email account by Guard Me at the end of the first month of every semester you are enrolled in the coverage.

What's covered:
✧ One optional complete physical exam per year.
✧ One eye exam per year.
✧ Emergency medical treatment: seeing the doctor when you are sick, essential tests and operations (when recommended by a doctor).
✧ Emergency dental treatment; seeing the dentist when you are suffering from pain (certain restrictions apply).
✧ Traveling on vacation; if you have been in Newfoundland for more than one-half of the length of time of your insurance coverage, then you are fully covered when on vacation anywhere in the world (except if you return home; or go to the United States (coverage is limited to 30 days in the United States).
✧ Traveling for work term or co-op placement.
✧ Prescribed medications; you will get 100 per cent of your money back when you buy prescribed medicine covered under the insurance plan (limited to 30-day supply).

Some common items NOT covered:
✧ Medicines and prolonged care for chronic conditions (that is, an illness or condition you had prior to coming to Memorial or one that developed while studying here).
✧ Medicines that are "over-the-counter", or those that you can buy without a prescription, for example, headache medicine, cough syrup, etc.
✧ Glasses or contact lenses.
✧ Routine care for your teeth. For example, cleaning and check-ups.
✧ Tests and surgeries that are not essential or not recommended by a doctor.
✧ Any elective procedure.

Visiting a Doctor - Where to Go
✧ The Student Health Clinic in the University Centre. It is recommended that you call in advance to book an appointment. The telephone number is 864 7597. Walk-ins are accepted Monday, Wednesday and Friday beginning at 1 p.m. More info at www.mun.ca/health/
✧ Open public clinic - search for “Clinic” in Yellow Pages of phonebook, or online, www.yellowpages.ca
✧ In case of emergency - for example, a serious injury or severe illness - you can go to the emergency room in the Health Sciences Centre www.easternhealth.ca/WebInWeb.aspx?d=2&id=887&p=886
✧ To find a family doctor call 729 4984 for a list of doctors accepting new patients.

Claiming Prescriptions
After you have paid for your medicine or for your visit to the doctor, you may need to complete a claim form to get your money back, if the provider did not bill Guard Me directly. A claim can be made online at www.guard.me.
4.7 MCP (Medical Care Plan)
MCP is a medical care coverage provided by the Government of Newfoundland and Labrador. It covers the costs of visiting a doctor or hospital. As an international student studying in Newfoundland and Labrador, you may be eligible for this coverage. If you are eligible for this coverage, you must apply to get it.

To be eligible:
♦ You must have a valid study permit for 12 months or longer
♦ Be enrolled full time in a program of study at a postsecondary institution in Newfoundland and Labrador

To apply:
♦ Complete an application form and provide a copy of your study permit and an updated letter of enrolment to the MCP Office. For an application form, see page 31.
  o Updated letters of enrolment can be obtained by:
    ▪ Requesting an enrollment verification letter through your Memorial Self Service for undergraduate and graduate students
    ▪ Visiting the English as a Second Language Office, Spencer Hall, Room 3015, for ESL students
♦ You can apply in person by visiting MCP’s office at 45 Major’s Path in St. John’s or by mailing your application. For a map to the MCP Office, see page 32.
♦ Application forms are also available online [www.health.gov.nl.ca/mcp](http://www.health.gov.nl.ca/mcp) or at the IO Office.

What MCP covers:
♦ Visits to a physician's office, hospital or beneficiary's residence (whether the problem is related to a chronic or emergency condition)
♦ Surgical, diagnostic and therapeutic procedures, including anesthesia and pre- and post-operative care
♦ Complete maternity care
♦ Radiology interpretive services
♦ Certain surgical/dental procedures which are medically necessary to be performed in hospital by a dentist or oral surgeon
APPLICATION FOR NEWFOUNDLAND & LABRADOR HEALTH CARE COVERAGE

Please read the back of this Application for important registration information

SECTION A  ANSWER ALL OF THE FOLLOWING QUESTIONS (please print)

1. Have you or your dependents been registered with MCP before?  □ Yes  □ No
   If YES, please list on a separate sheet the previous MCP numbers (if available) of all persons to be registered.

2. When did you arrive in Newfoundland & Labrador?

3. Why did you move to Newfoundland & Labrador?  □ Work  □ Study  □ Other ______________________

4. How long do you intend to stay in Newfoundland & Labrador?

5. Are any of the people being registered a member of:  □ Canadian Armed Forces  □ NATO Forces  □ RCMP
   (Check one - if not applicable, leave blank)

6. Have all of your dependents moved with you to Newfoundland & Labrador?  □ Yes  □ No
   If NO, please explain ______________________

7. Are you moving to Newfoundland & Labrador from another part of Canada?  □ Yes  □ No
   If YES, which province or territory?

8. Are you moving to Newfoundland & Labrador from outside Canada?  □ Yes  □ No
   If YES, which country?

SECTION B  MAILING ADDRESS

Street/P.O. Box ______________________  City/Town ______________________

Province ______________________  Postal Code ______________________  Telephone Number ______________________

SECTION C  MARITAL STATUS

Single ☐  Married ☐  Widowed ☐  Divorced ☐  Separated ☐  Common Law ☐

SECTION D  LIST BELOW YOUR NAME AND THE NAMES OF ALL PERSONS REGISTERING FOR HEALTH CARE COVERAGE

(attach a separate sheet if more space required)

<table>
<thead>
<tr>
<th>Surname</th>
<th>All Given Names</th>
<th>Maiden Name (if applicable)</th>
<th>Sex (M/F)</th>
<th>Birth Date (YYYY/MM/DD)</th>
<th>Previous Province Health Insurance No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

SECTION E  DECLARATION

(It is an offense to give false information for the purpose of obtaining coverage under the Newfoundland & Labrador Medical Care Plan)

I hereby declare that the information given is correct and the person(s) listed on this form are residents of Newfoundland & Labrador.

Signature ______________________  Date ______________________
5. Living in Canada

5.1 Banking
There are five major banks in Canada. Most of these banks have branches near campus. See below table and map for location and contact details.

<table>
<thead>
<tr>
<th>Bank</th>
<th>Phone</th>
<th>Web</th>
<th>Locations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scotia Bank</td>
<td>576 1199</td>
<td><a href="http://www.scotiabank.com">www.scotiabank.com</a></td>
<td>Churchill Square</td>
</tr>
<tr>
<td>Royal Bank</td>
<td>576 4545</td>
<td><a href="http://www.rbcroyalbank.com">www.rbcroyalbank.com</a></td>
<td>65 Elizabeth Avenue</td>
</tr>
<tr>
<td>CIBC</td>
<td>576 8777</td>
<td><a href="http://www.cibc.com">www.cibc.com</a></td>
<td>Churchill Square</td>
</tr>
<tr>
<td>TD Canada Trust</td>
<td>758 1850</td>
<td><a href="http://www.tdcanadatrust.com">www.tdcanadatrust.com</a></td>
<td>80 Elizabeth Avenue</td>
</tr>
<tr>
<td>Bank of Montreal</td>
<td>758 2110</td>
<td><a href="http://www.bmo.com">www.bmo.com</a></td>
<td>384 Elizabeth Avenue</td>
</tr>
<tr>
<td>HSBC Canada</td>
<td>737 0007</td>
<td><a href="http://www.hsbc.ca/student">www.hsbc.ca/student</a></td>
<td>205 Water Street</td>
</tr>
</tbody>
</table>

To open a bank account after you arrive, you need:
- your passport
- your student ID card

Note: You might need to make an appointment to open a bank account, so call before you go.

You will be given an “Interac card” or Automated Teller Machine (ATM) card which you can use in the bank machines and in stores (to pay for purchases). Machines usually have English and French options and some have Chinese as well.
5.2 Shopping in Newfoundland

Some items you may need to purchase upon arrival include:

- Bed linen
- Towels
- Kitchen supplies—pots, pans, plates, cutlery
- Cleaning supplies—mop, broom, cleaning products, oven cleaner, etc.
- Groceries
- Furniture
- Telephone (see more information on page 50)
- Warm clothing

There are several shopping areas in St. John’s.

1. **Avalon Mall**: an indoor shopping mall. Includes the department store Sears and Homesense, and a dollar store. To Google map the Avalon Mall, search postal code A1B 3P8.
2. **Kelsey Drive**: large box stores located off Kenmount Road. Includes a Wal-Mart, Canadian Tire and Sobeys (grocery store). To Google map Kelsey Drive, search postal code A1A OC7.
3. **Churchill Square**: very close to campus. Includes a drug store with post office and a few clothing stores. To Google map Churchill Square, search postal code A1C 5J2.
4. **Stavanger Drive**: large box stores. Includes a Wal-Mart, Costco, Best Buy, and Dominion (grocery store). To Google map Stavanger Drive, search postal code A1A 5N6
5. **Village Shopping Centre**: an indoor shopping mall. Includes Bed, Bath and Beyond department store, discount department store Rossy and a dollar store. To Google map the Village Mall, search postal code A1E 2C2.
All of these areas are accessible by bus. Visit metrobus.com or call 722 9400 to find out which bus to take. If you wish to take a taxi, you can call a taxi company and ask the approximate fare. For more information on transportation in the city, see page 40.

Here are some tips on shopping in Canada:

- **Returning items**
  - Some stores will allow you to return items while others will not.
  - Make sure you ask before you buy and when you make a return, bring the original receipt with you.

- **Sales Tax**
  - Everywhere you go, you will have to pay sales tax on what you purchase.
  - Here in Newfoundland and Labrador, the sales tax is 15 per cent, which means that you must pay an additional 15 per cent of the purchase price on the item you are buying. There are some exceptions.

- **Store Hours**
  - Most businesses are open from 10 a.m. - 5 p.m., but hours can vary. Most grocery stores, shopping malls and clothing stores are open until 9 or 9:30 p.m. Most stores will close on public holidays, such as New Year’s Day (January 1), Canada Day (July 1), Labour Day (September 7, 2015), and Christmas Day (December 25).

### 5.3 Food and Groceries

Food commonly found in grocery stores in Canada will differ from the types of food you are used to. Some students will bring spices with them from home. But there are some specialty food stores where you will be able to find ethnic foods.

- Oriental Snow Market, on campus 3 floor University Centre, 753 7222
- Magic Wok Chinese Grocery, downtown 238 Duckworth, 739-1716
- International Flavors, Downtown (in between Signal hill & the Battery) 4 Qidi Vidi road, St. John’s, NL, 738 4636
- Taste East, Downtown 205 New Gower Street, 579 7366
- Toya International Market, 107 Longs Hill, 579 0999
- Food for Thought, Downtown 84 Gower Street, 738 3801
- Farmers Market, Lions Chalet on 245 Freshwater Road Saturday 7am-7pm May-December and 3rd Saturday of each month January to April

In addition to these stores, large super markets such as Dominion and Sobeys (especially Dominion) have health food or specialty food sections. Here are the list of Sobeys and dominion locations:
**Sobeys:**
- 8 Merrymeeting Rd, St. John's, NL (709) 726-2242 (nearest to campus)
- 45 Kelsey Drive, St. John's, NL (709) 576-0420
- 45 Ropewalk Lane, 739-8663 (24Hrs service)
- 10 Elizabeth Ave, 753-3402

**Dominion:**
- 260 Blackmarsh Rd, St John's, NL (709) 579-0133
- 20 Lake Avenue, St John's, NL (709) 576-1160
- 55 Stavanger Drive, St John's, NL (709) 576-3576

St. John’s also has a variety of international cuisine restaurants including:

- Afghan Restaurant, Downtown 375 Duckworth St, 754-2230
- Basho Restaurant & lounge, Downtown 283 Duckworth Street, 576-4600
- City light Restaurant Topsail Road Plaza, 470 Topsail Rd, 747-8377
- Formosa Tea House, 117 Long’s Hill Street, 579-8973
- Golden Phoenix Buffet, Next to Avalon Mall 56 Kenmount Rd, 579-0785
- India Gate Restaurant, Downtown 286 Duckworth Street, 753-6006
- J Korean Restaurant, Downtown 194 Duckworth Street, 579-1133
- Kimchi & Sushi, Downtown 140 Water Street, 579-4382
- Magic Wok, Downtown 238 Duckworth Street, 739-1716
- Muhammed Ali Restaurant, Downtown 177 Duckworth Street, 754-8313
- Piatto, 377 Duckworth Street & 60 Elizabeth Avenue 723-0909
- Quintana’s De La Plaza, 57 Rowan Street (Churchill Square), 579-7000
- Shalimar Restaurant, Downtown 272 Duckworth Street, 237-5100
- Song Hee Take out, 209 Empire Avenue, 722-6868
- Sushi Island, Downtown 210 Water Street, 753-2378
- Zapata’s Restaurant, Downtown 10 Bates Hill, 576-6399
- Soul Azteca, 11 Freshwater Road, 221-8226
- Sumac, 320 Torbay Road, 738-8855
- RJ Pinoy Yum, 38 Ropewalk Lane, 747-1953
5.4 Telephone/Mobile Telephone/Internet Service

Services such as landline telephone, cable, internet and mobile telephones are sometimes bundled which means that by combining these services through one provider you may pay less money.

Landline telephone/Internet service

There are two providers of landline telephone service and internet: Bell Aliant and Rogers. You can purchase this service either by visiting their website, calling them or visiting a store location.

<table>
<thead>
<tr>
<th>Dealer</th>
<th>Phone</th>
<th>Web</th>
<th>Store Locations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bell Aliant</td>
<td>1 800 563 8700</td>
<td><a href="http://www.aliant.com">www.aliant.com</a></td>
<td>Avalon Mall, Village Shopping Centre</td>
</tr>
<tr>
<td>Rogers</td>
<td>1 888 764 3771</td>
<td><a href="http://www.rogers.com">www.rogers.com</a></td>
<td>Avalon Mall, Topsail Road (near the Village Shopping Centre)</td>
</tr>
</tbody>
</table>

Internet on Campus

Memorial has free wireless internet for faculty, students and staff. To use this service, you need to get set up. There are two locations where you can setup wireless on campus:

1. If you live on campus, visit Hatcher House, Room 313
2. If you live off campus, visit the Commons in the Queen Elizabeth II Library

To access the internet from any computer on campus, you will need a computer account which you can get from the Commons in the Queen Elizabeth II Library. The Commons also houses many computers available for students use.

Mobile Telephone

To assist you in making a decision to purchase a mobile telephone, we have compiled some information on the following two pages. Please note that this is for your information only, and is subject to change. The chart reflects compiled information from June 2013 and updated July 2017, and is not a legal document. It can help you make a decision but is not meant to replace any information that a cellular phone contract or service provider gives you.
<table>
<thead>
<tr>
<th>Company</th>
<th>Notes</th>
<th>Cheapest Plans</th>
<th>Best Value</th>
<th>International Options</th>
<th>Pre-Paid Options</th>
<th>Documents Required</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Virgin Mobile</td>
<td>$4.99 SIM card</td>
<td>Text plan: $15/month Unlimited Canada &amp; US text messaging</td>
<td>Bring your own phone $35/month 500 min (National) Pay per use Data</td>
<td>$3/month International long distance saver - Add on $0.50/min</td>
<td>Talk &amp; Text plan Starting at $25/month</td>
<td>Post-pay: Must be 19, provide Photo ID (passport or Canadian Gov Photo Id) and undergo credit check (Social Insurance Number/Canadian Credit Card/Canadian Gov Photo ID)</td>
<td><a href="http://www.virginmobile.ca">www.virginmobile.ca</a></td>
</tr>
<tr>
<td></td>
<td>Activation fees on some devices Contracts, Month to Month or prepaid</td>
<td>Talk and Text plan: $25/month Voicemail &amp; call waiting</td>
<td>Or $45/month 500 MB data 500 Canada-wide minutes</td>
<td>Or $40/month 500 MB 500 Canada min. Unlimited weekends and evenings, unlimited worldwide text messaging from Canada. Additional minutes: $0.40/min</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Koodo</td>
<td>$20 SIM Card (prepaid)</td>
<td>$15/month No calling Unlimited International Text &amp; picture messaging</td>
<td>Bring your own Phone: Plans start at $30/month 100 MB data 100 Minutes Unlimited messaging (international and National) Unlimited evenings and weekends (5pm)</td>
<td>International Add-ons $40/month 50 minutes 50 MB data 50 outgoing texts Free incoming texts $30/month Unlimited text messaging. Unlimited evenings and weekends. 100 min (National) 100 MB data</td>
<td>Month to Month: Starts at $5 month add on Decreases rate of international calls Note: 1 min call from Canada to international destinations will deduct 5 mins Call during “free” periods to save mins Post -pay: Must be 19, provide Photo ID (Passport or Canadian Gov Photo ID) and undergo credit check (Social Insurance Number/Canadian Credit Card/Canadian Gov Photo ID/ Scotiabank Buck Slip/Landing papers) No credit check for prepaid customers</td>
<td><a href="http://www.koodomobile.com">www.koodomobile.com</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>$10 SIM Card Monthly plan</td>
<td>Phones start at $80</td>
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</tr>
<tr>
<td></td>
<td>Bring your own phone</td>
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</tbody>
</table>

**NOTE:** You are not required to provide your SIN to anyone except Government of Canada and your employer.
<table>
<thead>
<tr>
<th>Carrier</th>
<th>Plan Description</th>
<th>Cost</th>
<th>Details</th>
<th>Post-pay Requirements</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telus</td>
<td>$15 SIM Card Activation fees on some devices. No activation fee if purchase is made in person.</td>
<td>$15 SIM Card</td>
<td>$22/month Includes 50 anytime local minutes and unlimited incoming/outgoing SMS and MMS</td>
<td>Post-pay: Must be 19, provide Photo ID (Canadian Gov Photo ID) undergo credit check (Social Insurance Number/Canadian Credit Card/Canadian Gov photo ID/Work Visa)</td>
<td><a href="http://www.telusmobility.com">www.telusmobility.com</a></td>
</tr>
<tr>
<td></td>
<td>Bring your own phone All plans include: Unlimited nationwide text, unlimited weekend and evening call starting at 6pm with 300 local min option. Voice mail 25 and call display. Plans start at $65</td>
<td></td>
<td>$5/month Add on-100 text messages from Canada. Unlimited incoming text messages.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>$10/month Add on- Unlimited text messages from Canada and unlimited incoming text messages</td>
<td></td>
<td>$10/month Includes 50 anytime local minutes and 50 Canadian and International texts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rogers</td>
<td>SIM cards are free when you first activate your mobile device, (bring your own device excluded) Replacements costs $10</td>
<td>$25/month 50 text messages 150 Canada wide min</td>
<td>$50/month Unlimited Canada wide calling 500 MB Unlimited messaging Also get Roam like home</td>
<td>Post-pay: Must be 19, provide Photo ID (Canadian Gov Photo ID) undergo credit check (Bank statement/Social Insurance Number/World-Wide Credit Card/Canadian Credit Card/ Canadian Gov photo ID)</td>
<td><a href="http://www.rogers.com">www.rogers.com</a></td>
</tr>
<tr>
<td></td>
<td>$20/month Add on Send Text messages to Canadian, U.S. &amp; International Wireless (Unlimited) Received text messages from anywhere (unlimited)</td>
<td></td>
<td>$30/month Talk, Text &amp; Data plan Unlimited text, picture, and video messages 50 min local 30 cents/min additional usage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bell</td>
<td>$9.95 SIM Card with activation fee of $15 on mobile internet devices</td>
<td>$15.75/month $0.20/min (local) Unlimited text messages in Canada $0.40/International Texts (sent)</td>
<td>$35/month 150 min (local) Unlimited local evenings Unlimited text messages (Canada/US) Unlimited international text messages (picture and video included)</td>
<td>Post-pay: Must be 19, provide Photo ID (Canadian Gov Photo ID) undergo credit check (Social Insurance Number/Canadian Credit Card/Canadian Gov photo ID)</td>
<td><a href="http://www.bell.ca">www.bell.ca</a></td>
</tr>
<tr>
<td></td>
<td>$55.75 Prepaid unlimited Unlimited local min Unlimited text messages (National and International) Including picture and video messaging</td>
<td></td>
<td>Add-ons: $2/24 hours for 20 MB $5/month 50 Canadian long distance mins</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Other options**

**Skype:** You can put credit on your Skype account to call home/cell phones.

**Phone Cards:** Can be purchased on campus or grocery/convenience stores. Will not charge for international minutes but count as local minutes. If your phone plan has free evenings and weekends, calling during these times will save you money.

**PC mobile:** Can buy a phone for as low as $59 at Dominion and add minutes to it as needed. Minutes can be purchased by credit card or in store. Lowest plans start at $15/month, which includes, 20 cents/minute (anytime local minutes), unlimited local PC Mobile Prepaid to PC mobile prepaid calling, and unlimited international text, pictures and video messaging.
5.5 Transportation in St. John’s

**Metrobus**
The city transportation system is called the Metrobus. It costs $2.50 per ride or you can purchase a monthly or semester pass. You can pay exact cash fare (change cannot be given) or use a bus pass, called an m-card.

M-cards can be purchased for a $5 fee at:
- Copy Centre, 3rd floor University Centre
- Customer Service, Avalon Mall
- Marine Institute, Cashier’s Office
- College of the North Atlantic, Cashier’s Office
- St. John’s City Hall, Cashier’s Office, 10 New Gower Street
- Metrobus Transit Centre, 25 Messenger Drive
- Shoppers Drug Mart, Topsail Road and Torbay Road locations only

For an adult fare, the costs are:
- $2.50 per ride
- $22.50 for a 10-ride pass
- $78 for a monthly or 30-day pass
- $275 for a semester pass

The main bus stop on campus is located at the University Centre (Routes, 1, 10, 13, 14, 15, 16, 17, 23, 5). The other bus stop is on Elizabeth Ave. (Routes 2, 5). You can view the schedules at the bus stops, online, or pick up a copy at the Queen Elizabeth II Library or the Attic, University Centre, Room 3008.

From University Centre to Avalon Mall
Routes: 5, 10, 15, 16, and 23

From University Centre to Village Shopping Centre
Routes: 1 and 13

From University Centre to Downtown
Routes: 10 and 15

From Elizabeth Ave. to Avalon Mall
Route: 2

For information on bus routes and schedules, call 709 722 9400 or visit [www.metrobus.com](http://www.metrobus.com)
**Taxi**

Taking a taxi is an easy way to get around the city. The initial rate is $3.75 and goes up as you travel. You will need to call a taxi and give them your location for them to come and pick you up. It is not usual to be able to go out on the street and wave down a taxi, although this can sometimes be done in the downtown area. There are many taxi companies. For a list of companies and phone numbers, look in the Yellow Pages Directory under “Taxis”.

Here are a few companies:

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>City Wide Taxi</td>
<td>722 7777</td>
</tr>
<tr>
<td>Jiffy</td>
<td>722 2222</td>
</tr>
<tr>
<td>Bugden’s</td>
<td>722 4400</td>
</tr>
<tr>
<td>Newfound Cabs</td>
<td>744 4444</td>
</tr>
<tr>
<td>North West Taxi</td>
<td>745 5000</td>
</tr>
</tbody>
</table>

**Car**

If you have a car or would like to get a car, you are required to hold a valid driver’s license. The Department of Government Services, Motor Registration Division, is the office responsible for issuing licenses and registering vehicles. For more information about licensing and registration, contact the department by calling 729 6955 or visiting their website, [www.gs.gov.nl.ca/drivers/index.html](http://www.gs.gov.nl.ca/drivers/index.html). Their office is located at 149 Smallwood Drive, Mount Pearl. To get there:

- ♦ Take a taxi (fare is about $35 from campus)
- ♦ Take the Metrobus: Take Route 1 from University Centre to the Village Shopping Centre. Ask the driver for a transfer. From the Village Shopping Centre you should take route 21 or 22. Ask the bus driver to let you know when you reach Motor Registration.

If you own a car, you are required to register it with the Motor Registration Division. You must also purchase auto insurance. You can do this by contacting an insurance company of your choice. It is advisable to contact a few companies to inquire about rates and service to help you in deciding which plan works for you. To locate an insurance company, look up Insurance in the Yellow Pages of the telephone directory, or search the Yellow Pages online: [www.yellowpages.ca](http://www.yellowpages.ca).
5.6 Newfoundland and Labrador ID Card or Driver’s License

You do not require an NL ID card but you may be asked to show government issued photo ID. Your passport would satisfy this requirement, but students may not wish to carry around their passports whenever the presentation of an ID is required. In this case, you should get an NL ID card. For a Newfoundland and Labrador ID Card, you must visit the Department of Government Services, Motor Registration Division, and bring the following with you:

♦ Your passport and Study Permit
♦ Your Campus Card (see page 7) and/or MCP card (see page 30) and/or SIN card (see page 22)

The Department of Government Services, Motor Registration Division is located at 149 Smallwood Drive, Mount Pearl. To get there:

♦ Take a taxi (fare is about $35 from campus)
♦ Take the bus: Take Route 1 from University Centre to the Village Shopping Centre. Ask the driver for a transfer. From the Village Shopping Centre you should take route 21 or 22. Ask the bus driver to let you know when you reach Motor Registration.

If you have any questions about how to get a Newfoundland and Labrador driver’s license, you can contact the department by calling 729 6955 or visiting their website, www.gs.gov.nl.ca/drivers/index.html.
6. Settling in Canada

6.1 Getting Familiar with Your New Environment

It is expected that in addition to the transition to university life, some but not all international students will go through a process of culture shock. There may be many aspects to Canadian life, such as climate, relationships, food and the education system that are unfamiliar and difficult to understand. Below we outline:

- Signs of culture shock
- Dealing with culture shock in particular how you can get involved with student groups on campus
- Weather
- Food
- Religious communities
- Classroom
- University regulations

Some signs that you may be experiencing culture shock are:

- Loss of appetite or overeating
- Inability to sleep or sleeping too much
- Tiredness and irritability
- Feeling alone and isolated
- Substance abuse
- Feeling powerless

Here are some ideas on how to deal with culture shock:

- Know that your reactions are normal and be patient; culture shock may not disappear within a few days, but it will pass.
- Get to know the people who work in student support areas and speak with them about your experiences. Some of these offices include the Internationalization Office, the Student Wellness and Counselling Centre and Student Experience Office.
- Try to attend activities organized for international students. The IO organizes weekly events: Discussion Group every Wednesday from 4 - 5 p.m. (3:30 - 4:30 p.m. in the summer); And Coffee Club every Friday from 3 - 5 p.m. (3 - 4:30 p.m. in the summer)
- Stay in contact with family and friends back home using online programs like Skype or social networking sites like Facebook.
- Keep your habits from home. If you attend church, find out about multi-faith centres in St. John’s. If you observe holidays in your home country, celebrate them here. For a map listing religious and multi-faith centres in St. John’s, see pages 70-71. The university’s Chaplaincy may also be of help: www.mun.ca/chaplaincy/
- Participate in Memorial events; attend a Sea Hawks game or I love MUNdays events
Become involved with Memorial sports programs, or establish a routine of daily exercise. As part of your tuition, you pay a recreation fee to use the fitness facilities on campus.

Learn as much about your new environment and Canadian culture as you can. Continue reading the following two sections of the Handbook that outline some basic information about climate, food, the classroom and social issues in Canadian culture.

Volunteer. Contact the Student Volunteer Bureau on campus to find out how. Visit them on the 3 floor of the University Centre or email svb@mun.ca.

Get involved with student clubs and societies on campus to meet other students. A few groups are listed below. For a complete list of these groups, visit the MUNSU website at www.munsu.ca.

- Association of Iranian Students at Memorial University (MUN Iranians), www.mun.ca/munirarians
- Bangladesh Student Association, bsa@mun.ca
- Chinese Students’ and Scholars’ Association, munccsa.mail@gmail.com
- India Youth Association (IYA)
- International Student Resource Centre, isc@munsu.ca, 864-2002, UC-6002
- Malaysian Students’ Society, malaysianstudentsociety@gmail.com
- Muslim Students Association, www.mun.ca/msa/
- Nigerian Student Association, nigeriansociety.mun@gmail.com
- MUN Spanish Society, spanish_mun@hotmail.com
- Zimbabwean Students’ Society, zimsocl19@gmail.com

Weather
St. John’s has a temperate climate. Winter temperatures range from -10 degrees Celsius to 0 degrees Celsius. On average, the annual rainfall is 1,191 millimetres and annual snowfall is 322 centimetres. During the summer months, the temperature can go from cool to hot with an average of 20 - 23 degrees Celsius. Even on the hottest day, it can be quite windy. It is important to dress appropriately for all seasons, but students should especially consider their clothing during the winter months since winter weather can be unforgiving.

Winter Weather
Winter weather means high wind chills, heavy snowfalls, blizzards, freezing rain and extremely cold temperatures. This can make it extremely difficult to get around outside. Winter in Newfoundland and Labrador can last for almost eight months. Snow can arrive in late October and usually sticks around until March or April. This can mean little sunshine which can impact mood. If you have concerns about this, or want to learn more, speak with an international student advisor at the IO or contact the Student Wellness and Counselling, University Centre, Room 5000.

It is important to dress appropriately in the winter and to take care when traveling, whether it be by car or on foot.
**Dress**
- Expose as little skin as possible in very cold weather
- Wear wool socks and waterproof boots to keep feet warm
- Keep your hands covered by wearing warm mittens or gloves
- Protect ears and forehead by wearing a warm winter hat
- Protect your neck by wearing a scarf or turtleneck sweater
- Layering your clothes will help to keep you warm since wearing layers of loose fitting clothing such as a fleece, will trap body heat
- When choosing a winter jacket, make sure it is
  - Waterproof or water resistant
  - Large enough that you can wear a sweater underneath
  - Has a high collar or hood
  - Is long, nearly knee length

**Pedestrian Safety**
Sidewalks often disappear in winter and pedestrians are may be forced to walk on the streets.
- Walk facing oncoming traffic and be prepared to climb up onto the snow bank if necessary.
- If walking in the evening or at night wear reflectors or lights so that you are visible to the drivers.
- Never assume that a driver will see you.
- Be aware that roads can be covered in snow and ice and drivers will not be able to stop quickly.

**Food**
Food commonly found in grocery stores in Canada will differ from the types of food you are used to. Some students will bring spices with them from home. But there are some specialty food stores where you will be able to find ethnic foods. See Food and Groceries on page 35.

**Religious Communities**
On pages 70-71 you will find a map that outlines the various places of worship in St. John’s. For a complete list and more detailed information about these communities, refer to these web resources:
- Religion and Faith Community Profiles: [www.arts.mun.ca/localreligions/](http://www.arts.mun.ca/localreligions/)
The university’s Chaplaincy may also be of help: [http://www.mun.ca/chaplaincy/](http://www.mun.ca/chaplaincy/)
Francophone Organizations
The Francophone Immigration Network (RIF-TNL), created in 2010 by the Fédération des francophones de Terre-Neuve et du Labrador, facilitates the recruitment, welcoming and retention of Francophone newcomers. The RIF-TNL is comprised of key players in various sectors that offer services to newcomers in French. The RIF-TNL ensures concerted action and collaboration among community, private, para-public, governmental and municipal partners. For information about services and activities in French, contact the RIF-TNL at immigration@fftnl.ca or follow them on Facebook and Twitter, VIVREaTNL.

The Classroom
The Canadian classroom may be more informal than the classroom environment you have been used to. While the atmosphere is casual, professors and students treat each other with respect.

♦ You are expected to arrive for class on time
♦ Raise your hand to make a comment
♦ Remain silent while others are speaking
♦ Refer to your professor as doctor, professor, Sir, or Ms. If the professor says it is acceptable, you may call the professor by his or her first name.
♦ Professors expect students to be active participants in class, so be prepared to voice your opinions during class discussion. Many professors will grade their students based on their level of class participation.
♦ In addition to familiarizing yourself with the Canadian classroom, you may also need some assistance in developing or improving your study skills in your second language. The Counselling Centre offers many workshops. The Writing Centre can help you review a paper before it is due.
♦ If you are struggling in class, you are encouraged to talk to your professor as they may have some suggestions for you.

University Regulations
All registered students at Memorial University must abide by the university regulations as outlined in the University Calendar, www.mun.ca/regoff/calendar. The University Calendar covers both academic and non-academic regulations. The details of these regulations are many and too elaborate to include here, however, as a new student it is important to be aware of the university’s policy around plagiarism. Plagiarism means presenting another person’s work as your own, and is considered an academic offence at Memorial. Information about plagiarism can be found on the Writing Centre’s website, www.mun.ca/writingcentre, and is often addressed in course syllabi handed out at the start of the semester.

In addition to plagiarism, the Student Code of Conduct is also of note. The details of this policy can be found online at www.mun.ca/student/conduct.
Outside of these regulations and codes, Memorial has established policies and procedures that govern a multitude of disciplines and practices. For information about university policies, visit www.mun.ca/policy.

Useful Abbreviations on Campus

- **CEP**: Campus Enforcement and Patrol
- **CITL**: Centre for Innovation in Teaching and Learning
- **GSU**: Graduate Student Union (graduate students)
- **IIC**: Bruneau Centre for Innovation and Research
- **IO**: Internationalization Office
- **ISC**: International Student Resource Centre (a student-run group/resource on campus)
- **MUN**: Memorial University of Newfoundland
- **MUNSU**: Memorial University of Newfoundland Students' Union (undergraduate)
- **QEII**: Queen Elizabeth II Library
- **SGS**: School of Graduate Studies
- **TAUMUN**: Teaching Assistant’s Union of Memorial University of Newfoundland
- **UC**: University Centre
6.2 Adjusting to Canadian Culture
Moving to a new country means being introduced to a new set of customs and policies. Below we outline some important social practices in Canada that may differ from your home country, such as:

- Communication
- Cigarettes, alcohol and drugs
- Hygiene
- Forming relationships
- Dating and sex
- Sexuality
- Harassment
- Eating at restaurants

As you learn about our culture, it is important to keep your own standard of values. If religion or lifestyle prevents you from eating certain foods, or from drinking alcoholic beverages, you should not be embarrassed or feel obligated to explain that to your host or hostess.

Communication

**Courtesy**
Canadians use the words “please”, “thank-you”, and “excuse me” as a means of courtesy.
- “Please” if you are asking for something of another person.
- “Thank-you” to show your appreciation when someone has done something for you.
- “Excuse me” is used when you need to ask someone’s help for something, when you walk across the path of another person, or you do or say something that may be offensive to some people.

Greetings
- Generally, you call your peers by their first name, and those older than you by Mr. or Ms., followed by their last name.
- If someone asks you to call them by their first name (even if they are older than you), it would be impolite not to do so.

Visiting and calling people
Most Newfoundlanders have a casual type of hospitality. This means that from time to time people drop by someone’s house for a visit. But before you show up on someone’s doorstep, you should call to make sure it is okay to visit.

Eating at restaurants
When you go out to eat at a restaurant, after you finish your meal, it is customary to leave a tip or gratuity for your server. Tips are amounts of money that are usually given to someone who
works in a restaurant, bar, hotel, or salon when they have given you good service. Tips are usually 15 per cent of the total bill before sales tax.

**Cigarettes, alcohol and other drugs**
In Newfoundland and Labrador, alcohol and cigarettes are legal. However, other uncontrolled drugs and substances are illegal. While bonded alcohol and cigarettes are legal in Canada, they are regulated:

♦ You must be 19 years of age or older to purchase alcohol or cigarettes.
♦ It is illegal to smoke in any enclosed public space.
♦ If you are visiting someone at their house, ask permission before lighting a cigarette.
♦ Spirits can only be purchased at liquor stores during regular store hours, and beer can be purchased at convenience stores and gas stations from 10 a.m.—2 a.m.
♦ When purchasing alcohol or cigarettes, you must show ID to prove that you are of legal age.
♦ It is illegal to drink in a public place, such as a park or on the street.
♦ It is illegal to be drunk and disorderly in public.
♦ It is illegal to drive while under the influence of alcohol or drugs.

If you are caught by the police performing any of these illegal activities, you could be fined, put in jail, lose your driver’s license or even be deported.

If you do not want to drink alcohol, smoke or do drugs, you should never feel pressured to do so. If you do decide to engage in any of these activities, be responsible – don’t exceed your limit and do not drink from a glass that has been left unattended. There are some odourless, colourless and tasteless drugs that can be dropped into your drink without your knowledge which can cause you to become vulnerable to robbery, assault and rape.

**Forming relationships**
When you meet a new person, it is customary in Canada to shake their hand and introduce yourself and say hello. Do not be afraid to smile or to laugh. In Canada, eye contact is essential to making new relationships work.

**Dating and sex in Canada**
If someone asks you out on a date, you have the right to politely decline, but if you do decide to date someone you should keep in mind the following things:

♦ Costs are usually shared on a date - which means that each person pays for their own way. If your date offers to “treat you”, this means that they want to pay for the date. Just because your date pays for you it does not imply a promise of physical intimacy.
♦ Know your sexual limits and stick with them, and be sure to communicate with your date so they know where you stand.
If you find yourself in a situation where you feel uncomfortable on a date, you always have the right to say “no.” In Canada, the lack of restraint (that is, if you do not fight someone off) does not give your date consent - only “yes” means “yes”. It’s your choice how sexually active you want to be, and it’s your date’s responsibility to respect your choices - it’s the law.

Just in case you and your date have an argument or disagreement, and you find yourself wanting to get away from the dispute, be sure you have extra cash to take a taxi. That way, you do not have to be uncomfortable in any situation, nor depend on your date to drive you home.

If you choose to have sex with the person you are dating, remember to take the following precautions to prevent disease and/or pregnancy:

♦ You and your partner should have a discussion prior to being sexually intimate about sexually transmitted infections (STIs), HIV and AIDS.
♦ If either of you have had sex with other people, you should get checked by a doctor prior to having sex together to ensure that neither of you carry an STI, HIV or AIDS.
♦ You should use contraceptives such as condoms to reduce the risk of unplanned pregnancies and the spread of infections. These can be purchased at a drugstore.

Resources:
Planned Parenthood (NL Sexual Health Centre)
203 Merrymeeting Road
Tel: 579 1009, 1 877 666 9847
Email: info@nlsexualhealthcentre.org
√ Information about pregnancy, contraceptives, STIs
√ Free condoms
√ Health clinic (by appointment only)

Student Wellness and Counselling
University Centre, Room 5000
Tel: 864 7597
√ Health clinic
√ Information resource centre

Or visit www.sexualityandu.ca

Sexuality
People who are attracted to others of the same gender, or have a different gender identity than from their time of birth call themselves homosexual, lesbian, gay, bisexual or transgendered. In Canada, same sex marriage is legal. At Memorial University, the Lesbian, Bisexual, Gay, and Transgendered Persons (LBGT-MUN) is a resource centre that provides a confidential peer support service for lesbian, bisexual, gay, transgendered students and those who are questioning their sexuality. The Centre acts as a place to share information, educate and be a safe environment for lesbian, bisexual, gay, and transgendered (LBGT) students on
campus. Students who use the centre's resources do not have to be "out" or even sure about their sexual orientation. The centre is located in UC-6022.

**Harassment**

It is important to remember that in Canada, you must show respect for everyone, regardless of their sexual orientation, religious affiliations, physical or mental disabilities, age, race, ethnicity, political opinion, or gender. Harassing or discriminating against people on any of these bases is an offence under the Canadian Human Rights Act and the Newfoundland Human Rights Code. If you feel that you have been a victim of harassment, the IO Office can help you. Please call 864 8895 or email international@mun.ca to make an appointment. We will keep everything confidential. You may also directly contact the Sexual Harassment Office at 864 2015 or Student Wellness and Counselling Centre at 864 8874.

**Newfoundland culture**

**The language of Newfoundland and Labrador**

While you are in Newfoundland, you may encounter someone who has a Newfoundland accent that you may have trouble understanding. Our Newfoundland dialect is part of what makes us proud of who we are and is a big part of our cultural heritage. There is no need to worry if you get lost in translation. To help you, here are some tips:

- Occasionally Newfoundlanders add the letter ‘s’ to words in a non-standard place, and we use the word ‘some’ to express the amount of something, instead of ‘very’. For example, someone may say “I likes that some lot” instead of “I like that very much”.

- We also tend to end our sentences with prepositions, like the words ‘to’ and ‘at’. The best example of this type of sentence would be “Stay where you’re to, ‘til I comes where you’re at, b’y.” This means “Stay where you are and I’ll come meet you.” The “b’y” is our way of saying ‘friend’ and is not meant to mean ‘boy’ or anything negative.

- Body Language: Newfoundlanders generally smile, laugh a lot and talk to people they have never met before. They might even wink at you – this is a friendly gesture and not meant to imply anything more than a greeting.

**Useful Daily Words in Newfoundland**

- **Aboriginal people**: the descendants of the original inhabitants of North America. The Canadian Constitution recognizes three groups of Aboriginal people — First Nations, Métis and Inuit. These are three separate peoples with unique heritages, languages, cultural practices and spiritual beliefs. Also “**Indigenous**”
- **Bachelor apartment**: a one-room apartment referred to as a “studio” in the States.
- **Buck**: refers to the Canadian one-dollar coin
- **Carnation (milk)**: Carnation is a brand of food products. The brand was especially known
for its evaporated milk.

- **Cod au gratin**: One of Newfoundland’s classic recipes that we still consume today. Back in the day, the original recipe consisted of: cod, butter, flour, milk, onion, bread-crumbs and salt & pepper to taste, the dish was garnished with bread-crumbs and baked.

- **Condo**: also called condominium, is the form of housing tenure and other real property where a specified part of a piece of real estate (usually of an apartment house) is individually owned.

- **Corned beef**: salted, canned beef

- **Crooked**: cranky, grouchy, or not in a good mood (it does not mean that someone is dishonest)

- **Dime**: 10 cents

- **Double-double**: the term for a Tim Hortons coffee with two creams and two sugars.

- **Dough boys**: also called dough balls, dumplings or duffs, is a mixture of flour, water, salt and baking powder that are formed into a ball and has been most commonly cooked in pea soup.

- **Figgy buns**: tea buns with raisins in them.

- **Flipper pie**: a traditional Eastern Canadian meat pie made from young harp seal flippers.

- **George Street**: a small street located in St. John’s, Newfoundland and Labrador that is known for its many bars and pubs.

- **Gravy**: a sauce, made often from the juices that run naturally during cooking and often thickened with wheat flour or cornstarch for added texture.

- **Hash brown**: (or hashed browns): a simple preparation in which potato pieces are pan-fried after being shredded, julienned, diced, or riced.

- **Jam Jams**: a popular brand of cookies made by Purity and often eaten with tea and Milk

- **Jiggs Dinner**: a traditional meal commonly prepared and eaten on Sundays in many regions around the province of Newfoundland and Labrador. Consists of salt beef (or salt riblets), boiled together with potatoes, carrot, cabbage, turnip, and turnip greens, peas pudding, etc.

- **Liquor store**: a special reference to a government liquor store, as privately owned liquor stores are uncommon or illegal in Eastern Canada. A retail shop sells prepackaged alcoholic beverages — typically in bottles — intended to be consumed off the store's premises.

- **Loonie**: the Canadian one dollar coin.

- **Molasses**: a product made from the juice extracted from mature sugar cane. It is then clarified and evaporated to the consistency of syrup, possessing a rich colour and a sweet-tart taste.

- **Newfoundland Screech**: a brand of rum from Newfoundland

- **Pease pudding**: a British term for a savory pudding dish made of boiled legumes, which mainly consists of split yellow or Carlin peas, water, salt, and spices, often cooked with a bacon or ham joint.

- **Pop**: another term for soft drink.
• **Rhubarb**: a species of plant. It can be used to make Rhubarb jam or desserts.
• **Screech in**: an optional ceremony performed on non-Newfoundlanders (known to Newfoundlanders as a "come from away" or "mainlander") involving a shot of screech, a short recitation and the kissing of a cod. It is often performed either in homes or more commonly in town pubs.
• **Scuff**: a large dinner or feast
• **Scrunchions**: fried salt pork fat, usually used in pan-fried cod or cod’s tongues.
• **Scuff**: a dance
• **Scuff and Scoff**: a dinner and dance
• **Spuds**: another name for a potato
• **Tater**: deep fried potato wedges.
• **Tetley**: a British beverage manufacturer and the world’s second largest manufacturer and distributor of tea.
• **Tim bits**: a brand name of doughnut holes made by Tim Hortons that has become a generic term.
• **Tim Hortons**: also called Tim’s, a Canadian multinational fast food company known for its coffee and doughnuts.
• **Toonie**: The Canadian two dollar coin.
• **Touton**: a type of traditional pancake commonly made in Newfoundland, produced by frying bread dough on a pan with butter or pork fat served with dark molasses or corn syrup. It is traditionally made from leftover bread dough.
• **Townie**: someone from St. John’s
• **Turr**: a seabird that (part of the Auk family) which is a popular meal in Newfoundland. In Britain these birds are known as guillemots.
• **Turnip greens**: refers to the leaves of turnips. Turnip greens are a common side dish.


**Popular Newfoundland Sayings**

• **Yes b’y**: confirmation of what a person just said or of a situation; expression of awe or disbelief. Also commonly used sarcastically to mean “yeah right”.
• **“Have at it” “fill your boots” or “go-to-town”**: go for it
• **Gwan b’y**: “no really?” or “are you joking”
• **I dare say**: Yes, I think so
• **I dies at you**: I am laughing at you or you are really funny
• **Tuckered out**: I am tired
• **You’re a character**: you have strong personality or characteristics that stand out, usually in a funny or silly way, usually a compliment or endearing. Another way is “You are something else”.
• My ducky/my love/my trout/my treasure: terms of endearment or greeting

More Newfoundland sayings can be found here: saltjunk.com/?page_id=13435
6.3 Understanding the Canadian Tax System

Sales tax (HST)
Sales tax in Newfoundland and Labrador is 15 per cent. That means when you buy most items 15 per cent of the price is added on. The Government of Canada provides a rebate to help with paying the tax: If you have a low or modest income, you are eligible to apply for a GST/HST credit to receive some money back on the goods and services tax you pay. The credit is approximately $400 per year. You must be 19 years of age to be eligible. To apply, you must request the credit when you submit your income tax return.

Income tax
In Canada, tax is paid on income, including working income and interest income. Your employer may deduct income tax each time you are paid. Each year in March/April, residents of Canada will submit an income tax return to report income made and income tax that has been deducted. This is to determine tax amounts owing or due for refund and to calculate your GST/HST amounts.

For students, tuition amounts are deducted from income amounts before taxes are calculated. Keep all tax documents (t-slips) from your employer, from Memorial University and from the Canada Revenue Agency. You will need these in March/April. Ensure that these organizations always have your current address so that you receive these important documents.

The IO arranges information sessions to help you complete and submit your tax return. Information about these sessions will be communicated to you via the international student listserv and posted on our website. If you are not receiving these messages, email international@mun.ca to request to be added to the listserv.

Why should I do my taxes?
♦ You must complete an income tax return to be considered for the GST/HST credit, a quarterly payment to offset sales tax costs. You are not required to keep sales receipts to apply for this credit.
♦ Most international students will qualify to be Canadian residents for tax purposes. If you have an apartment, a bank account, a bus pass, etc., it shows that you have residential ties to St. John’s. As a resident of Canada for part or all of a tax year (Jan. 1 to Dec. 31), you must file an income tax return if you owe tax; or if you want to receive a refund because you paid too much income tax in a tax year. Scholarships are not taxed. Generally, students do not pay income tax. Income tax that was deducted from your pay cheques will likely be returned.
♦ You will begin accumulating tuition credits. This may not help you now, but if you remain in Canada after graduation, these tuition credits will significantly reduce the amount of income tax you have to pay when you start working. If you had taxes deducted from your pay cheque last year, it will likely be refunded to you.
If you have children (and once you have been a resident of Canada for 18 months) you can register for the Canada Child Benefit (CCB). This is a monthly payment from the Government of Canada for the support of your children, and again requires annual completion of the income tax return for both you and your spouse. For more information, visit www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html#nt.
6.4 Canadian Holidays

**Sept. 3:** The first Monday in September is Labour Day. This holiday marks economic and social achievements of workers in Canada and is a statutory holiday for all workers.

**Oct. 8:** Thanksgiving is a holiday for Canadians to spend time with friends and family. Many people eat a dinner of turkey to celebrate.

**Oct. 31:** While not a holiday, Halloween is a fun tradition. Many people, especially children, dress up in costumes on this day. Children go trick-or-treating in the evening, travelling from door-to-door in search of candy and other treats.

**Nov. 11:** Remembrance Day honours the sacrifices of Canadian soldiers in wartime. There are ceremonies to mark the occasion, and many people wear a red poppy on their clothes in remembrance of soldiers who have died.

**Dec. 25:** Christmas is the largest Christian holiday of the year, and is celebrated by most Newfoundlanders. Common events include singing songs, spending time with friends and family and exchanging gifts.

**Dec. 31:** New Year’s Eve is the last day of the year. Many people attend New Year’s Eve parties in celebration of the New Year at midnight.

**Feb. 14:** Valentine’s Day is a day when people tell each other how much they care. Pink and red hearts and lots of chocolate are common.

**March 17:** St. Patrick’s Day is an Irish tradition that has been carried on by Newfoundlanders of Irish descent. Many people wear green to celebrate their Irish heritage.

**April 1:** Easter is another important Christian holiday. Colorful painted Easter eggs and chocolate treats are common gifts at this time.

**May 21:** Victoria Day weekend (or May 24 weekend) is in memory of Queen Victoria, who ruled Britain for much of the 19th century. Because it is at the beginning of summer, many people in Newfoundland like to go camping or do other outdoor activities on this weekend.

**July 1:** Canada Day is the anniversary of the founding of Canada, and is celebrated all over the country with ceremonies, parties and fireworks. In NL, this day is also known as Memorial Day and commemorates the date of the Battle of Beaumont Hamel in First World War, where the Royal Newfoundland Regiment sustained heavy losses.
**August:** Regatta Day is usually the first Wednesday in August (weather-permitting*). On this holiday, people from St. John’s and area gather at Quidi Vidi Lake to watch the rowing races and play games at the fair along the lake shore.

* May be postponed to a later date because of weather. Listen to your radio for an early morning announcement.
6.5 Important Academic and Semester Dates

June 1, 2018, Friday  
Registration begins for Residents and for undergraduate Medical students

July 1, 2018, Sunday  
Academic year begins for Residents

July 10, 2018, Tuesday  
Registration begins for eligible students registering in undergraduate courses, Fall semester 2018

July 15, 2018, Sunday  
Final date for filing, with the Registrar, applications for Degrees and Diplomas for Fall Convocation 2018. Applications received after this date will be processed as time and resources permit.

August 6, 2018, Monday  
Deadline for registration and fees payment for Residents  
Registration begins for graduate students, Fall semester, 2018  
Sessions begin for Phase 4 Medical students (Class of 2019)

August 20, 2018, Monday  
Fall Work Term begins for Co-operative Education students  
Sessions begin for Phase 4 Medical students (Class of 2020)  
- August 20 to 24, 2018  
- Monday to Friday  
Orientation for Phase 1 Medical students (Class of 2022)

August 27, 2018, Monday  
Sessions begin for Medical students (Classes of 2021 and 2022)

August 29, 2018, Wednesday  
Deadline for registration for undergraduate Medical students

September 1, 2018, Saturday  
Final date for filing applications for admission to graduate programs commencing in Winter Semester 2019. Applications received after this date will be processed as time and resources permit. Applicants should note that most graduate academic units have earlier deadlines and should be contacted directly for further information.

September 2, 2018 Sunday  
Fall Welcome begins

September 3, 2018, Monday  
Labour Day, no lectures  
- September 3 & 4, 2018  
- Monday & Tuesday  
Orientation for all new first semester undergraduate students

September 4, 2018, Tuesday  
Fall Internship begins for Education students (Primary/Elementary and Music Education)
September 5, 2018, Wednesday  
Deadline for fees payment, including for undergraduate Medical students, Fall semester  
Lectures begin, Fall semester

September 8, 2018 Saturday  
Fall Welcome ends

September 11, 2018, Tuesday  
Regular meeting of the Senate

September 12, 2018, Wednesday  
Final date for receipt, by the Registrar, of replacement grades for "INCOMPLETE" grades in undergraduate and graduate courses, Spring semester (Intersession, Summer session and 14-week) 2018

September 19, 2018, Wednesday  
End of Regular Registration Period and last day for undergraduate and graduate students to add courses, Fall semester  
Last day for undergraduate students to drop courses and receive a 100% refund of tuition fees, Fall semester

September 24, 2018, Monday  
Fall internship begins for Education students (Intermediate/Secondary)

September 26, 2018, Wednesday  
Final date for departments to submit Recommendation for Award of Degree in order for graduate students to be deregistered from Graduate Registration 9000/Medicine 9900 without incurring any liability for continuance fees, Fall semester  
Final date for graduate students to withdraw from programs without incurring liability for tuition fees, Fall semester  
Last day for undergraduate students to drop courses and receive a 50% refund of tuition fees, Fall semester

October 1, 2018, Monday  
Final date for filing applications for undergraduate admission/re-admission to Winter semester 2019. Applications received after this date will be processed as time and resources permit.

October 3, 2018, Wednesday  
Last day for undergraduate students to drop courses and receive a 25% refund of tuition fees, Fall semester. No tuition fees are refunded for courses dropped after this date.

October 4, 2018, Thursday  
Annual Fall Convocation, Corner Brook

October 5, 2018, Friday  
Fall internship ends for Education students (Intermediate/Secondary)

- October 8, 2018, Monday  
Fall semester break begins at St. John’s and Grenfell Campuses  
Thanksgiving Day, no lectures

October 9, 2018, Tuesday  
Regular meeting of the Senate
October 10, 2018, Wednesday
Lectures resume at St. John’s and Grenfell Campuses. Lectures will follow the Monday schedule on this day only.

October 11, 2018, Thursday
Lectures will follow the Tuesday schedule on this day only.

October 18, 2018, Thursday
Annual Fall Convocation, St. John’s

October 24, 2018, Wednesday
Final date for departments to submit Recommendation for Award of Degree in order for graduate students to receive a 50% refund of continuance fees, Fall semester

October 31, 2018, Wednesday
Last day for undergraduate students and graduate students to drop courses without academic prejudice, Fall semester

November 5, 2018, Monday
Registration begins for eligible students registering in undergraduate courses, Winter semester 2019

November 8, 2018, Thursday
Ceremony of Remembrance, St. John’s, Marine Institute, and Grenfell Campuses: Join the University community to commemorate the people of the Province who fought and died in the First and Second World Wars, and for whom this University is a living memorial.

November 12, 2018, Monday
Mid-term break begins for Medical students (Classes of 2021 and 2022)
Remembrance Day holiday, no lectures

November 13, 2018, Tuesday
Regular meeting of the Senate

November 14, 2018, Wednesday
Final date for Departments to submit Recommendation for Award of Degree in order for graduate students to receive a 25% refund of continuance fees, Fall semester
Sessions resume for Medical students (Classes of 2021 and 2022)

November 16, 2018, Friday
Lectures will follow Monday schedule

November 23, 2018, Friday
Registration begins for graduate students, Winter semester 2019

November 30, 2018, Friday
Lectures end, Fall semester

December 5, 2018, Wednesday
Examinations begin, Fall semester

December 7, 2018, Friday
Fall internship ends for Education students (Primary/Elementary and Music Education)
December 11, 2018, Tuesday
Regular meeting of the Senate

December 14, 2018, Friday
Examinations end, Fall semester
Sessions end for all Medical students

December 19, 2018, Wednesday
Fall Work Term ends for Co-operative Education students

December 31, 2018, Monday
Sessions resume for Phase 4 Medical students (Class of 2019)

January 1, 2019, Tuesday
Final date for filing applications for admission to graduate programs commencing in Spring semester 2019. Applications received after this date will be processed as time and resources permit. Applicants should note that most graduate academic units have earlier deadlines and should be contacted directly for further information.

January 2, 2019, Wednesday
Orientation for all new first semester undergraduate students
Winter Welcome begins
Winter Work Term begins for Co-operative Education students

January 3, 2019, Thursday
Deadline for fees payment, including for undergraduate Medical students, Winter semester
Lectures begin, Winter semester
Sessions resume for Medical students (Classes of 2020, 2021, 2022)

January 7, 2019, Monday
Winter Internship begins for Education students (all programs)

January 8, 2019, Tuesday
Regular Meeting of the Senate

January 10, 2019, Thursday
Final date for receipt, by the Registrar, of replacement grades for "INCOMPLETE" grades in undergraduate and graduate courses, Fall semester 2018
Final date for submission of Master's and Doctoral Theses and Reports for examination, by candidates who expect to receive their degree at the Spring Convocation 2019. Theses and Reports received after this date will be processed as time and resources permit.

January 11, 2019, Friday
Winter Welcome ends

January 15, 2019, Tuesday
Final date for filing, with the Registrar, applications for Degrees and Diplomas for the Spring Convocation 2019. Applications received after this date will be processed as time and resources permit.

January 17, 2019, Thursday
End of Regular Registration Period and last day for undergraduate and graduate students to add courses, Winter semester
Last day for undergraduate students to drop courses and receive a 100% refund of tuition fees, Winter semester

January 24, 2019, Thursday
Final date for departments to submit Recommendation for Award of Degree in order for graduate students to be deregistered from Graduate Registration 9000/Medicine 9900 without incurring any liability for continuance fees, Winter semester
Final date for graduate students to withdraw from programs without incurring liability for tuition fees, Winter semester
Last day for undergraduate students to drop courses and receive a 50% refund of tuition fees, Winter semester

January 31, 2019, Thursday
Last day for undergraduate students to drop courses and receive a 25% refund of tuition fees, Winter semester. No tuition fees are refunded for courses dropped after this date.

February 1, 2019, Friday
Final date for filing undergraduate applications for admission/re-admission to Spring semester (14-week, Intersession and Summer session) 2019. Applications received after this date will be processed as time and resources permit.

February 12, 2019, Tuesday
Regular meeting of the Senate

February 18 to February 22, 2019
Winter semester break begins at St. John's and Grenfell Campuses

Monday to Friday
February 21, 2019, Thursday
Final date for departments to submit Recommendation for Award of Degree in order for graduate students to receive a 50% refund of continuance fees, Winter semester

February 25, 2019, Monday
Lectures resume at St. John's and Grenfell Campuses

February 28, 2019, Thursday
Last date for undergraduate and graduate students to drop courses without academic prejudice, Winter semester

March 1, 2019, Friday
Final date for filing undergraduate applications for admission/re-admission to Fall semester 2019. Applications received after this date will be processed as time and resources permit.

March 12, 2019, Tuesday
Regular meeting of the Senate
March 20, 2019, Wednesday
Final date for Departments to submit Recommendation for Award of Degree in order for graduate students to receive a 25% refund of continuance fees, Winter semester

March 25, 2019, Monday
Registration begins for eligible students registering in undergraduate courses, Spring semester (14-week courses, Intersession and Summer session) 2019

March 29, 2019, Friday
Winter internship ends for Education students (Intermediate/Secondary)

April 5, 2019, Friday
Lectures end, Winter semester
Sessions end for Medical students (Class of 2019)
Winter internship ends for Education students (Primary/Elementary and Music Education)

April 9, 2019, Tuesday
Registration begins for graduate students, Spring semester (14-week courses, Intersession and Summer session) 2019
Regular meeting of the Senate

April 10, 2019, Wednesday
Examinations begin, Winter semester
Final date for submission of Work Reports by Co-operative Education students

April 19, 2019, Friday
Good Friday. No examinations.
Spring break for Medical students (Classes of 2021 and 2022)

April 20, 2019, Saturday
Examinations end, Winter semester

April 26, 2019, Friday
Winter Work Term ends for Co-operative Education students

April 29, 2019, Monday
Sessions resume for Medical students (Classes of 2021 and 2022)
Spring Work Term begins for Co-operative Education students

May 1, 2019, Wednesday
Final date for filing applications for admission to graduate programs commencing in Fall semester 2019. Applications received after this date will be processed as time and resources permit. Applicants should note that most graduate academic units have earlier deadlines and should be contacted directly for further information.

May 13, 2019, Monday
Deadline for fees payment, Spring semester (14-week courses, Intersession and Summer session)
Lectures begin, Intersession and 14-week Spring semester

May 14, 2019, Tuesday
Regular meeting of the Senate
May 16, 2019, Thursday
Annual Spring Convocation, Corner Brook

May 20, 2019, Monday
End of Regular Registration Period and last day for undergraduate and graduate students to add courses, Intersession
Final date for receipt, by the Registrar, of replacement grades for "INCOMPLETE" grades in undergraduate and graduate courses, Winter semester 2019
Last day for undergraduate students to drop courses and receive a 100% refund of tuition fees, Intersession
No sessions for Medical Students

May 23, 2019, Thursday
Last day for undergraduate students to drop courses and receive a 50% refund of tuition fees, Intersession

May 27, 2019, Monday
End of Regular Registration Period and last day for undergraduate and graduate students to add courses, 14-week Spring semester
Last day for undergraduate students to drop courses and receive a 100% refund of tuition fees, 14-week Spring semester
Last day for undergraduate students to drop courses and receive a 25% refund of tuition fees, Intersession. No tuition fees will be refunded for Intersession courses dropped after this date.

May 28 to May 31, 2019
Annual Spring Convocation, St. John’s

June 3, 2019, Monday
Final date for departments to submit Recommendation for Award of Degree in order for graduate students to be deregistered from Graduate Registration 9000/Medicine 9900 without incurring any liability for continuance fees, Spring semester
Final date for graduate students to withdraw from programs without incurring any liability for tuition fees, 14-week Spring semester
Last day for undergraduate students to drop courses and receive a 50% refund of tuition fees, 14-week Spring semester

June 10, 2019, Monday
Last date for undergraduate and graduate students to drop courses without academic prejudice, Intersession
Last day for undergraduate students to drop courses and receive a 25% refund of tuition fees, 14-week Spring semester. No tuition fees will be refunded for 14-week Spring semester courses dropped after this date.

June 21, 2019, Friday
Final date for submission of Master’s and Doctoral Theses and Reports for examination, by candidates who expect to receive their degree at the Fall
Convocation 2019. Theses and Reports received after this date will be processed as time and resources permit.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 24, 2019, Monday</td>
<td>Examinations begin, Intersession</td>
</tr>
<tr>
<td></td>
<td>Semester Break begins, 14-week Spring semester</td>
</tr>
<tr>
<td>June 26, 2019, Wednesday</td>
<td>Examinations end, Intersession</td>
</tr>
<tr>
<td>June 27, 2019, Thursday</td>
<td>Lectures resume, 14-week Spring semester</td>
</tr>
<tr>
<td>June 28, 2019, Friday</td>
<td>Academic year ends for Residents</td>
</tr>
<tr>
<td>July 1, 2019, Monday</td>
<td>Memorial Day holiday, no lectures</td>
</tr>
<tr>
<td>July 2, 2019, Tuesday</td>
<td>Final date for departments to submit Recommendation for Award of Degree in order for graduate students to receive a 50% refund of continuance fees, Spring semester</td>
</tr>
<tr>
<td></td>
<td>Lectures begin for Summer session</td>
</tr>
<tr>
<td>July 8, 2019, Monday</td>
<td>Last date for undergraduate and graduate students to drop courses without academic prejudice, 14-week Spring semester</td>
</tr>
<tr>
<td>July 9, 2019, Tuesday</td>
<td>End of Regular Registration Period and last day for undergraduate and graduate students to add courses, Summer session</td>
</tr>
<tr>
<td></td>
<td>Last day for undergraduate students to drop courses and receive a 100% refund of tuition fees, Summer session</td>
</tr>
<tr>
<td>July 12, 2019, Friday</td>
<td>Last day for undergraduate students to drop courses and receive a 50% refund of tuition fees, Summer session.</td>
</tr>
<tr>
<td>July 15, 2019, Monday</td>
<td>Final date for filing, with the Registrar, applications for Degrees and Diplomas for the Fall Convocation 2019. Applications received after this date will be processed as time and resources permit.</td>
</tr>
<tr>
<td>July 16, 2019, Tuesday</td>
<td>Last day for undergraduate students to drop courses and receive a 25% refund of tuition fees, Summer session. No tuition fees will be refunded for Summer session courses dropped after this date.</td>
</tr>
<tr>
<td>July 30, Tuesday, 2019</td>
<td>Final date for Departments to submit Recommendation for Award of Degree in order for graduate students to receive a 25% refund of continuance fees, Spring semester</td>
</tr>
<tr>
<td></td>
<td>Last date for undergraduate and graduate students to drop courses without academic prejudice, Summer session</td>
</tr>
</tbody>
</table>
August 9, 2019, Friday  
Lectures end, 14-week Spring semester. Lectures will follow the Monday schedule on this day only.

August 10, 2019, Saturday  
Lectures end, Summer session. Lectures will follow the Monday schedule on this day only.

August 12, 2019, Monday  
Examinations begin, 14-week Spring semester and Summer session.

August 14, 2019, Wednesday  
Final date for submission of Work Reports by Co-operative Education students

August 17, 2019, Saturday  
Examinations end, 14-week Spring semester

August 23, 2019, Friday  
Spring Work Term ends for Co-operative Education students

7. A-Z Listing of University Services

Familiarize yourself with the below A-Z listing of university services by taking a campus tour. Tours will be organized during orientation, but we encourage you to visit each of the offices listed below by organizing your own walking tour. If the weather is not nice, you can even access many of these buildings using the MUNnel system (a system of underground and overhead tunnels connecting most building on campus). For a map of the campus, see page 74. For a map of the MUNnel system, see page 73.

Read this list carefully and take note of offices on campus where you can tick off these other items on your checklist:

- Write the English Placement Test (EPT) (if applicable)
- Register for your courses
- Get a Campus Card
- Pay your fees
- Buy your books
- Email your family/get a computer account

Academic Advising Centre
Science Building, Room 4053
Tel: 864 8801
Email: advice@mun.ca
Web: www.mun.ca/advice
- Help with course registration for undergraduate students
- Information on programs of study
- MUNlive– ask questions online
The Attic
Memorial University of Newfoundland Students’ Union (MUNSU)
University Centre, 3rd floor
Tel: 864 7633
Web: www.munsu.ca
✓ Used textbooks
✓ Metrobus passes
✓ Post office
✓ Photocopying
✓ Faxing
✓ Printing and binding
✓ Convenience store

Bookstore
University Centre, Room 2006
Tel: 864 7440
Email: bkstore@mun.ca
Web: www.bookstore.mun.ca
✓ Textbooks
✓ School supplies
✓ Library of language learning tapes & CD-ROMs
✓ Memorial University memorabilia
✓ Greeting cards, gifts
✓ Campus Card
✓ Locker rentals

Cashier’s Office
Arts and Administration, Building Room 1023
Tel: 864 8226
✓ Pay your fees
You can pay your fees through online banking, or in person at the Cashier’s Office.

Career Development (Student Life)
University Centre, Room 4002
Tel: 864 2033
Email: careerdevelopment@mun.ca
Web: www.mun.ca/student (Click on the “Student Success” tab and see the menu on the right)
✓ Jobs on- and off-campus
✓ Career Learning Series
• Weekly workshops
• LinkedIn, job search, resume and cover letter, interview skills workshops
• Career Week
• Campus to Career
√ Career Coaching
• Drop-in clinics
  o Resume
  o Cover Letter
• Individual Career Coaching
  o Exploring Careers
  o Finding Job Opportunities
  o Perfecting Your LinkedIn Profile
  o Interview Preparation / Mock Interview

**Chaplaincy**
University Centre, Room 3006
Tel: 864 2550
Web: [www.mun.ca/chaplaincy](http://www.mun.ca/chaplaincy)
√ Religious resources
√ Spiritual guidance

**Chemistry Help Centre**
Chemistry/Physics Building, Room 22
Tel: 864 8085
√ Help centre for students studying Chemistry 1010 and 1011

**Computer Science Help Centre**
Engineering Building, Room 2031C
√ Help centre for students studying 1000 and 2000 level laboratory courses and 2000, 3000 and 4000 level non-laboratory courses

**Digital Learning Centre**
Science Building, Room 4030
Tel: 864 3008
Web: [www.mun.ca/dlc](http://www.mun.ca/dlc)
√ Support for second language learners and instructors
Economics Help Centre
Arts and Administration Building, Room 3077
√ Help centre for students studying introductory Economics courses

Engineering One Help Centre
Engineering Building, Room 3076
√ Help centre for students studying Engineering 1010, 1020, 1030 and 1040

English as a Second Language (ESL)
Spencer Hall, Room 3015
Tel: 864 7681
Email: esl@mun.ca
Web: www.mun.ca/esl
√ Help with registration for ESL students
√ English as a Second Language instruction
√ English conversation partner program
√ Administers the English Placement Test (EPT)

French Help Centre
Science Building, Room 4049
√ Help centre for first and second year students studying French

German and Russian Help Centre
Science Building, Room 3067
√ Help centre for students enrolled in German and Russian courses

Glenn Roy Blundon Centre
University Centre, Room 4007
Tel: 864 2156
Email: blundon@mun.ca
Web: www.mun.ca/blundon
√ Programs and services for students with disabilities

Graduate Student Union (GSU)
Feild Hall, Room 2007
Tel: 864 4395
Email: gsu@mun.ca
Web: www.gsumun.ca
√ Health Plan for graduate students with MCP and Dental Plan for graduate students
√ Bitters Restaurant
√ Residence for graduate students
√ Events and advocacy for graduate students

**Library**
Queen Elizabeth II Library (QE II)
Tel: 864 7425
Web: [www.library.mun.ca](http://www.library.mun.ca)
√ Get a computer account
√ Set up on-campus wireless internet
√ Commons computer stations
√ Large collection of research and leisure books
√ Research support

**Mathematics Help Centre**
Mathematics Building, Room 3095
√ Help centre for students studying Mathematics 1000, 1050, 1051 and 1090

**Mathematics Learning Centre**
Coughlan College, Room 1000
√ Math Skills Program for students with weak background in Mathematics

**Memorial University Student Union (MUNSU)**
University Centre, Room 2000
Tel: 864 7633
Email: munsu@mun.ca
Web: [www.munsu.ca](http://www.munsu.ca)
√ List of student clubs and societies
√ Health and dental insurance for undergraduate students with MCP
√ Events and advocacy for undergraduate students

**Off Campus Housing Office (OCH)**
Hatcher House, Room 320
Tel: 864 4796
Email: och@mun.ca
Web: [www.mun.ca/student/DepartmentsUnits/offcampus/](http://www.mun.ca/student/DepartmentsUnits/offcampus/)
√ Off-campus housing assistance

**Physics Help Centre**
Chemistry/Physics, Building Room 3071
√ Help centre for first year Physics students
Registrar’s Office
Arts and Administration Building, Room 2003
Tel: 864 8260
✓ Transcripts
✓ Enrolment verification letters for undergraduate students
✓ Course listings for undergraduate programs
✓ Assistance with Memorial Self-Service
✓ Transfer credits
✓ Course audits

Scholarships and Awards Office
University Centre, Room 4018
Tel: 864 3956
Email: scholarships@mun.ca
Web: www.mun.ca/scholarships
✓ Information on scholarships

School of Graduate Studies
Bruneau Centre for Research and Innovation, Room 2012
Tel: 864 2445
Email: sgs@mun.ca
Web: www.mun.ca/sgs
✓ Help with registration for graduate students
✓ Letters of enrolment for graduate students
✓ Payroll deduction forms for graduate students

Student Experience Office
University Centre Room, 3005
Tel: 864 7461
Email: ask@mun.ca
Web: www.mun.ca/student/studentexperience
✓ Student loan distribution
✓ Emergency student loan appointments
✓ Student leadership

Student Health
University Centre, Room 5000
Tel: 864 7597
Web: www.mun.ca/health
✓ Health clinic
✓ Resource centre for health-related inquiries
Walk-In hours available

**Student Residences**
Hatcher House, Room 313
Tel: 864 7590
Email: housing@mun.ca
Web: www.mun.ca/residences
- On-campus accommodations
- On-campus food services (meal plans for on and off campus students)
- On-campus temporary summer accommodations

**Student Volunteer Bureau**
University Centre, Room 3011
Tel: 864 4301
Email: svb@mun.ca
Web: www.mun.ca/volunteer
- Information about on- and off-campus volunteer opportunities

**Student Wellness and Counselling Centre**
University Centre, Room 5000
Tel: 864 8874
Web: www.mun.ca/counselling
- Individual short-term therapy sessions
- Group sessions on time management, test anxiety, study skills, etc.
- The Wellness Centre is a division of the Counselling Centre designed to educate students on self-care and healthy lifestyles

**Teaching Assistants’ Union of Memorial University (TAUMUN)**
Earth Science Building, Room 4053
Tel: 864 6164
Email: info@taumun.ca
Web: www.taumun.ca
- Labour union for graduate assistants, graduate research assistants and graduate teaching assistants

**The Writing Centre**
Science Building, Room 2053, QEII Library Commons
Tel: 864 3168
Email: writing@mun.ca
- Help with writing essays, research papers, etc.
The Works
Field House and Aquarena
Tel: 864 3798
Email: aquarena@mun.ca
Web: www.theworksonline.ca
√ On-campus recreation facilities
Maps

Places of Worship

St. John’s
City Maps
Below is a map that outlines St. John’s and surrounding regions. On the following two pages, see a larger map of the City of St. John’s.