

洪洋国际 HY Voyagers

前留学生为当今留学生倾情打造



# 加拿大留 学生指南



由洪洋国际  
HY Voyagers  
的船长提供



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# 在本期中，你将了解到 以全新的方式

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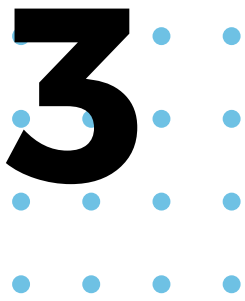


## 在加拿大过上疯狂有趣的生活



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# 欢迎

## 洪洋国际HY Voyagers 欢迎你来到加拿大

我们深知，对于国际留学生来说，来到加拿大既是一个令人兴奋、也是一个令人不知所措的时刻。无论是寻找一个让你乐于安顿下来的家、使用外语接受教育和处理日常生活、找工作，还是毕业后移民，都是如此。

本指南旨在为国际留学生的你分享取得成功所需的一切重要信息。无论你是独自一人，还是与家人一起开启人生的新篇章，洪洋国际HY Voyagers 都将竭诚为你服务，助你加拿大之旅一切顺利。

在你安顿之际，我们非常乐意与你一起聊聊天。

在洪洋国际HY Voyagers，我们的船长将为你提供量身定制的个性化建议，帮助你实现当下和未来的目标。

现在就开始吧。

无论你当下处于人生旅途的哪个阶段，我们都会在各个阶段为你提供支持。我们编写这本指南的目的，是让留学生们避免所有的试错，帮助大家避免在这趟旅途中犯下令人痛苦惋惜的错误。这样以来，你就不必只能在经历各种惨痛教训后才能获得经验了。

如果你有任何疑问，或者需要来加拿大留学、寻找工作、亦或希望享受超级有趣的生活的指导，请联系我们的船长，[预约免费咨询](#)。让我们开始畅聊你在加拿大的精彩明天吧！

洪洋国际 *HY Voyagers* 的船长



[www.hyvoyagers.com](http://www.hyvoyagers.com)



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## 接受教育

### 加拿大教育咨询

各位远航人，在合适的大学找到适合的专业是为未来做好准备的重要一步。别担心，我们会帮你搞定。无论是帮助你找到最适合你的专业和大学，还是在新生报到后帮你安顿在学校宿舍，我们都会诚心帮助你。

有了船长们的帮助，你的加拿大留学梦将更容易实现。与我们[预约咨询](#)，获得你需要的帮助！

作为我们最喜爱的“远航人”——你的奖励，我们在此列出了加拿大顶尖大学和最受留学生们欢迎的课程。

#### 加拿大顶尖大学：

1. 多伦多大学
2. 英属哥伦比亚大学
3. 麦吉尔大学
4. 滑铁卢大学
5. 西蒙弗雷泽大学
6. 阿尔伯塔大学
7. 卡尔加里大学
8. 约克大学
9. 西部大学
10. 麦克马斯特大学

#### 最受加拿大留学生欢迎的课程：

1. 商业与管理研究
2. 酒店与休闲管理
3. 工程学
4. 医学
5. 会计与金融
6. 计算机科学
7. 健康与医学
8. 生命科学
9. 媒体与新闻

请注意，这并不是一份详尽的清单，加拿大还有许多其他优秀的大学和课程。请务必进行调研，选择最符合你的兴趣和职业目标的大学和课程。祝你好运！

对选择专业感到困惑？请查看 [“如何在加拿大选择专业/职业课程”](#)，获得答案吧！

## 奖学金咨询

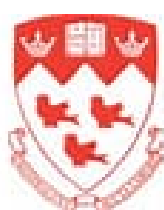
远航人，千万不要错过加拿大政府、各省、大学和其他组织提供的绝美奖学金。





作为购买我们指南的一份礼物，我们在下面列出了加拿大 2024 年的一些最新奖学金。

远航人，千万不要错过加拿大政府、各省、大学和其他组织提供的绝美奖学金。以下是加拿大为国际留学生提供的一些最新的奖学金：



## 麦吉尔大学 2024 年奖学金：

麦吉尔大学为国际留学生提供各种奖学金。申请资格标准和申请程序因奖学金而异。



## 女王大学 2024 年奖学金：

女王大学为国际留学生提供多种奖学金。这些奖学金基于学习成绩、领袖风范和社区参与度来颁发。



## 滑铁卢大学 2024 年奖学金：

滑铁卢大学为国际留学生提供一系列奖学金。这些奖学金根据学生的学业成绩和领导才能颁发。



## 阿尔伯塔大学 2024 年奖学金：

阿尔伯塔大学为国际留学生提供多项奖学金。这些奖学金基于学习成绩和其他因素颁发。




## 加拿大瓦尼埃 (Vanier) 研究生2024 年奖学金：

加拿大瓦尼埃 (Vanier) 研究生奖学金 (Vanier CGS) 帮助加拿大院校吸引高素质的博士生。



## 多伦多大学2024 年奖学金：

多伦多大学为国际留学生提供多种奖学金。这些奖学金根据学术成绩和其他因素颁发。

在恰当的奖学金的帮助下，更轻松地学习专业课程，从而实现自己的梦想。想申请奖学金却不知从何着手？温馨小提示，[预约免费咨询](#)，你最喜爱的船长  将与你联系，进行初步评估，帮助你找到合适的奖学金。您只需专注学习，我们将帮你获得应得的奖学金。

## 语言培训

各位远航人，来到一个新的国家，语言学习是非常重要的。所有日常活动都需要交流，尤其是在加拿大学习，更是如此。语言培训可以帮助你在学习、成为加拿大专业人士和移民加拿大时为语言要求做好准备。希望在加拿大学习的学生必须参加雅思 (IELTS Academic) 或托福 (TOEFL) 等语言测试。这些测试的分数反映了在英语国家寻求教育机会的非母语人士的英语水平。

学校通常要求进行这种测试，以确保你能够理解学术和专业环境中的内容、材料和语言。普通对话语言与学术用语大相径庭，因此准备这项测试是非常有帮助的。





## 额外福利：以下是语言培训的最新更新！

### 雅思考试相关资讯：

雅思考试的模块顺序有些变化，但模式不变。雅思考试的顺序如下：

- 纸质雅思考试的顺序是写作、听力和阅读。
- 计算机雅思考试的顺序为听力、阅读和写作。

在这两种情况下，口语考试可安排在其他考试之前或之后一周。

请参考雅思官方资源或与考试中心核实，以获得最准确的信息。

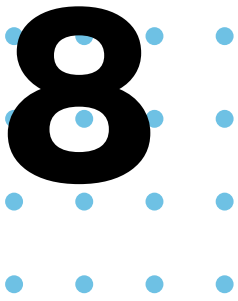
自2023年3月起，雅思考试引入 "一技重考" 政策。如果学生的第一次考试成绩低于目标分数，他们可以选择重考雅思考试的一个部分。这样，如果考生需要提高某一方面的能力，就可以重考任何一个部分（听力、阅读、写作或口语），而无需重考全部四个部分。这适用于雅思学术类考试和普通培训类考试。

但是，要获得 "单项技能重考" 的资格，你必须满足以下要求：

- 你已在提供雅思 "一技重考" 服务的中心完成了一次完整考试。
- 你的完整考试为计算机雅思考试。
- 你在雅思全科考试后60天内参加雅思 "一技重考"。

请注意，"一技重考" 的价格可能会有所不同，因此建议你联系当地的考试中心了解更多信息。这项政策是学生发挥潜能、充分展示英语能力的绝佳机会。





## IRCC 相关:

加拿大移民、难民和公民部 (IRCC) 宣布将接受学生直通车 (SDS) 申请人参加的四项新考试的语言测试结果。新的测试包括:

- 思培普通
- 凯尔考试
- 培生学术
- 托福网考

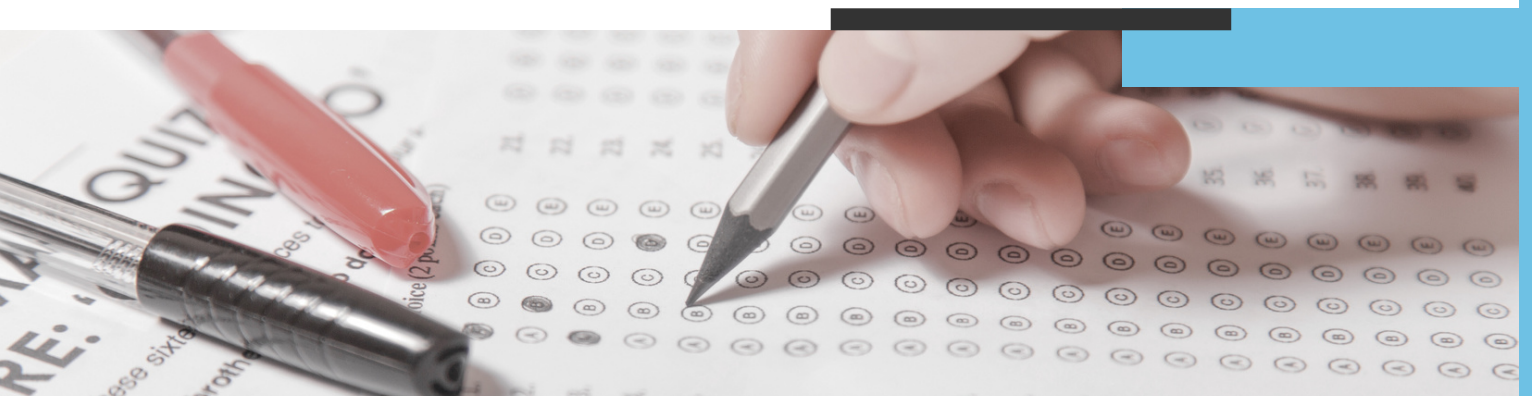
这一变更从 2023 年 8 月 10 日起生效。所有考试成绩都必须证明考生在口语、听力、阅读和写作方面的能力。

以下是每项考试的最低分数要求:

- 思培普通: 测试必须在四项语言能力中的每种能力都达到相当于加拿大语言基准分数7分以上。
- 凯尔考试和培生学术: 至少 60 分。
- 托福网考: 至少 83 分。

请注意, 学生必须亲自参加这些测试。SDS 不接受申请人参加在线远程监考。在此变更之前, 雅思 (IELTS) 普通类和雅思 (IELTS) 学术类考试是IRCC唯一批准SDS申请人参加的考试。

SDS 为来自一些特定国家的学生提供快速办理学习许可的服务。所有符合 SDS 条件的学习许可申请服务标准时间为 20 天。这一变化对于希望在加拿大学习的国际留学生来说是一个重大进展。请参考雅思官方资源或与考试中心核实, 以获得最准确的信息。



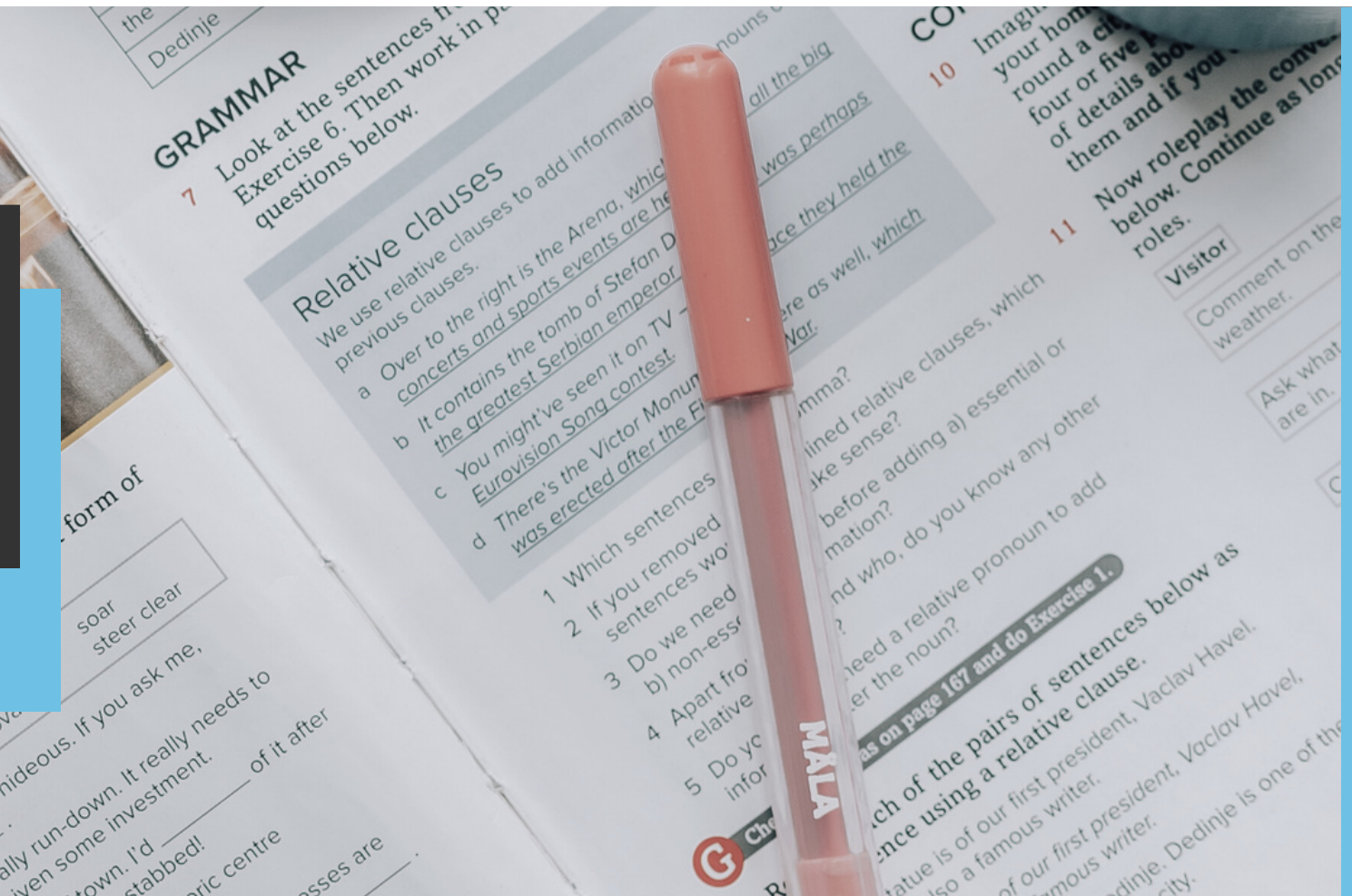




如果你考虑在毕业后长期居住在加拿大，并决定申请加拿大永久居留权，那么在普通雅思或思培等语言考试中取得好成绩将是你实现目标所需的要求之一。洪洋国际HY Voyagers 专为雅思、托福和思培等语言考试提供个人学习解决方案。

我们深知，在第一次考试中就取得理想成绩是多么令人振奋。它不仅为我们打开了通往各种机会的大门，还让我们可以自由地追求自己的梦想，例如被梦寐以求的学校录取、喜得梦想的工作机会，亦或获得移民到这个美丽国家的途径。然而，就像其他任何考试一样，要实现目标也需要一些基本的步骤和努力。

与我们预约免费咨询。在咨询过程中，我们的船长将为你量身定制学习计划，并建议你 need 做什么才能达到你的目标分数。





# 找工作

## 办理 SIN 卡

在加拿大工作需要社会保险号 (SIN)。所有留学生都应在抵达时申请一个社保号。

以下是留学生在加拿大申请社保号 SIN 的步骤：

### 加拿大身份证明和身份状态：

你必须提供一份有效的主要文件，以证明你在加拿大的身份和状态。对于国际留学生而言，这可以是注明你在加拿大 "可以接受就业" 或 "可以工作" 的学习许可。

在营业时间内抵达多伦多皮尔逊机场的学生可以在离开机场前获得社会保险号 (SIN)。机场内设有加拿大服务局中心，因此无需申请。你可以填写一份表格来获取新的 SIN，几分钟内即可当场收到你的 SIN。申请 SIN 无需付费。如果你无法在机场获得你的 SIN，你可以在线申请、邮寄或亲自到你附近的加拿大服务中心申请。

### 申请：

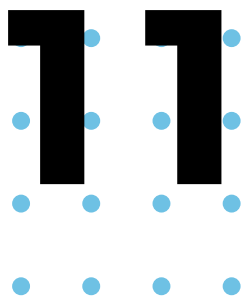
你可以通过三种方式申请 SIN：

- **在线申请：** 你可以在线申请，安全上传电子文件，如果符合条件，还可以在申请处理完毕后在线查看你的 SIN。
- **亲自申请：** 前往最近的加拿大服务局办公室。记得带上你的文件原件前往办理。
- **邮寄：** 如果你的居住地距离最近的加拿大服务处办公室 100 公里或以上，你可以邮寄申请。

审理： 申请处理完毕后，你将通过信函收到你的 SIN。

请注意，由于 COVID-19 大流行，申请流程也可能会有所改变。请随时查看加拿大服务局官方网站，了解最新信息。





请记住，你的 SIN 是保密的，应受到保护。除非你确认在法律层面上，对方有权索要你的社保号，否则不要将其提供给任何人。

如需了解更多信息，请访问加拿大政府网站：[Canada.ca](http://Canada.ca), [阅读社保号总览](#)。

## 志愿者服务和实习

志愿者服务是为一个共同目标或一个组织无偿奉献时间和劳动的行为。这是获得专业经验、技能和知识的好方法，可为你将来在加拿大就业做好准备。当你很忙碌的时候，做志愿者或实习似乎是在浪费时间，然而，在加拿大学习和工作期间，做志愿者和实习是必不可少的。

### 虚拟志愿者服务和远程实习：

随着 COVID-19 的流行，加拿大的许多组织和公司都将其志愿者服务机会和实习机会转移到了线上。这样，志愿者和实习生就可以在自己家里贡献自己的时间和技能。

### 基于技能的志愿者服务和基于项目的实习：

加拿大越来越多的组织正在寻找具备特定技能的志愿者。同样，一些公司也正在从传统的实习转向基于项目的实习。在这些实习中，学生在实习期间从事一个特定的项目。这让学生有机会在实习期间产生切实的影响。

### 社会正义志愿者服务：

在加拿大，人们对解决社会正义问题的志愿服务机会越来越感兴趣。这可能涉及与关注种族平等、LGBTQ+ 权利或气候变化等领域的组织合作。

### 初创企业实习：

在加拿大，学生寻求在初创企业实习的趋势越来越明显。这些实习可以提供独特的经历，因为学生往往有机会承担更多的责任，并了解企业的多个方面。

请注意，虽然这些趋势提供了一个总体概况，但具体的实习机会可能会因学习领域、地点和个别组织的不同而大相径庭。最好的办法是进行调研并直接联系相关组织，以找到最合适的志愿者服务或实习机会。

做志愿者或实习有很多益处，包括但不限于：

- 符合加拿大文化的工作经验
- 语言技能练习
- 提高人际交往能力
- 与社区建立关系
- 建立工作联系
- 完善简历
- 提高软技能
- 创造更好的机会
- 获得强有力的推荐信

想开始实习或做志愿者工作？[与我们预约咨询](#)，告诉我们你的兴趣所在，同时了解更多信息。[您理想的志愿者/实习机会正在等着你！](#)





## 职场文化

加拿大是一个适合居住、也适合工作的好地方！无论你走到哪里，其职场文化都与你所在国家的职场文化有很大不同。因此，有必要给大家解释一下加拿大的职场文化，并给大家列出你需要了解并考虑的常见做法和方式，这在你决定前往加拿大工作或已经在加拿大工作的时候，都能帮助你。

肢体语言在所有文化中都至关重要。你必须以专业和自信的姿态示人；站得笔直，面带微笑，等等。肢体语言会给人留下深刻的印象，并为工作场所和未来的互动奠定基调。如果第一印象不好，就会给人留下不好的印象，结果也会不尽人意。

### 姿势：

站直可以传递自信和专业精神。懒散或驼背会给人精力不足或不感兴趣的印象。

### 面部表情：

微笑可以表示友好和平易近人。不过，重要的是要确保你的面部表情与当时所处的情形相呼应。



### 肢体语言

### 握手：

传统上来说，坚定的握手被视为自信和尊重的象征。然而，由于 COVID-19 的流行，许多人现在开始使用点头、挥手或撞肘等非接触式的问候方式。遵循最新的公共卫生指南并尊重互动对象的舒适度始终是个好主意。

### 眼神交流：

在交谈过程中保持适当的眼神交流，可以显示出你的投入和兴趣。然而，重要的是要避免盯着别人看，这会让别人感到不舒服。

### 个人空间：

尊重他人的个人空间非常重要。在加拿大，交谈时保持舒适的距离是一种习惯。

请记住，第一印象会对他人如何看待你产生持久的影响。展示积极的肢体语言有助于为今后的互动奠定积极的基调。不过，真实和尊重他人的舒适度也很重要。



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## 个人形象

在加拿大的工作场所，着装给人留下深刻印象是非常重要的。请确保你已做过调研并了解着装要求。如有疑问，商务休闲装通常是首选。加拿大有句俗语：“为你想要的工作着装，而不是为你现有的工作着装”。工作或面试时的着装通常要避免牛仔裤和短裤，尽量穿得保守一些。始终确保面部和头发干净整洁。最后，避免使用香水和其他香料。因为有些人对香水过敏，因此大多数地方都要求避免使用香水和其他香料。请注意，由于远程工作越来越成为一种趋势，许多公司都采用了更宽松的着装要求，尤其是针对在家工作的员工，更是如此。不过，最好还是和雇主确认着装要求。



## 个人空间

在加拿大，个人空间非常重要，尤其是在工作场所。正式打招呼或握手时，你通常可以靠得很近，但之后应尽可能保持 6 英尺的距离。请务必保持礼貌并适时洗手。由于 COVID-19 的流行，保持身体距离变得更加重要。建议遵循最新的关于保持身体距离的公共卫生指南。



## 眼神交流

眼神交流通常是最难掌握的技巧之一，但也可能是最重要的技巧之一。良好的目光接触可以在交谈中表现出值得信赖，并显示出对谈话很感兴趣。它展示了个人的自信。不过，良好的眼神交流和盯着人看之间有一条微妙的界限。盯着人看会让人感到不舒服。记得要时不时地把目光移开。



## 握手

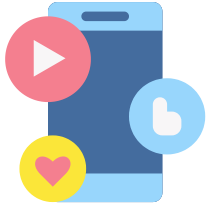
如前所述，强有力地握手可以显示你的自信，也是表明你意图的好方法。握手的时间应在 3-5 秒左右，以便快速问候和介绍自己的姓名。这样做既快速又有效。然而，公共卫生指南现在建议避免与他人亲密接触，尤其是在职场，更是如此。相反，许多人开始采用其他非接触式的问候方式，如点头、挥手或撞肘。



## 问候语

初次见面时，你应该用全名来介绍自己。称呼别人时通常可以使用女士或先生，但不能搞错性别。你可以随时询问他们希望被称作什么。在加拿大的工作场所，事情往往比较随意，员工和管理层之间经常直呼其名。离开和进入工作场所时，人们习惯说你好、晚安或早上好。这让工作场所更加轻松舒适。请注意，由于 COVID-19 的流行，现在很多初次见面都是通过虚拟方式进行的。确保视频和音频正常工作，并在安静、光线充足的地方参加或举行会议非常重要。





## 媒体使用

在加拿大，几乎所有个人和公司都使用社交媒体。公司通常使用社交媒体发布招聘信息，推广产品和服务。不过，工作使用社交媒体和个人使用社交媒体是要有所区分的。重要的是，在工作时间要使用工作账户进行与工作相关的活动。要记得在个人时间内而非工作时间使用个人社交媒体，如休息时间、午餐时间、下班后等。另外，通常的做法是不要将移动设备放在客户面前。一些企业使用 WhatsApp 等社交媒体实现员工或管理层群聊。这有助于换班或需要请病假的情况。要经常查看公司政策。随着远程工作的兴起，社交媒体和数字通讯工具的使用在加拿大工作场所变得更加普遍。即使在家工作，在这些平台上保持专业形象也很重要。



## 问题

在文化上，开放的工作场所是非常普遍的。这意味着雇主会鼓励你提问和澄清疑惑。如果你不明白或需要帮助，我们强烈建议你寻求帮助。提问可以减少错误。这是一种高效、有效的职场文化习俗。

工作场所有许多标准的价值观和礼仪。以下五点虽非详尽无遗，但却至关重要：



## 工作场所的价值观和礼仪

- **善良：** 在需要时帮助他人；说“请”和“谢谢”
- **忠诚：** 品牌和公司喜欢员工的忠诚，彰显他们的产品，即使在工作之余也要表现出对品牌的热情；成为品牌大使。
- **公平：** 平等对待所有同事和客户，不要猜测任何事情；始终尊重他人，始终面带微笑。
- **守时：** 准时上岗；习惯上提前 10-15 分钟到岗。这样你就有时间安顿下来，把东西放到休息室，然后在上班时间开始工作。
- **礼貌：** 始终对同事和雇主保持坦诚。如果你要迟到，请打电话告知。如果有紧急情况，请打电话沟通。雇主也是人，也理解生活中会有突发事件。当别人需要帮助时，要给予帮助，甚至为别人开门。自己的事情自己做，把干净的地方留给下一位同事。切勿妄加猜测。
- **适应能力：** 当今的工作场所变化迅速，能够适应新情况和新挑战变得越来越重要。
- **应变能力：** 从挫折中反弹并在逆境中继续前进的能力是现代职场的宝贵特质。





## 社交

在加拿大的职场文化中，非常鼓励与同事进行社交和友好往来。团队合作、协作、团队建设和鼓舞士气都可以通过社交来实现。结识每个人都是一笔财富，但要确保在工作场所保持专业性，避免与客户或顾客进行某些话题讨论。更私人的谈话可以在休息时间或没有客户时展开。确保客户和顾客第一，永远优先于任何谈话。此外，还要习惯性地避免某些话题，如宗教、政治、闲聊他人，并避免粗言秽语。同时，众多公司向远程工作的转变也影响了职场文化。许多公司正在实施各种举措，以在虚拟环境中保持积极和包容的文化，如虚拟团队建设活动和在线社交活动。

## 加拿大现代职场趋势



### 远程工作

由于疫情，远程工作在加拿大变得越来越普遍。这导致了工作场所文化的变化，使之更加强调数字通信和协作工具。



### 多样性和包容性

加拿大的工作场所越来越多样化，也越来越强调包容性。雇主们正在努力创造一种环境，让每个人，无论其背景如何，都能感受到被重视和尊重。



### 心理健康意识

在加拿大的工作场所，人们对心理健康的认识不断提高。许多雇主正在实施支持员工心理健康的政策和计划。



### 可持续性

许多加拿大公司越来越注重环保，并在其运营中实施可持续发展实践。公司通常鼓励员工参与这些活动。



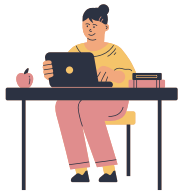
## 持续学习

随着技术变革步伐的加快，加拿大的工作场所越来越强调持续学习。公司通常要求员工定期更新技能，并为他们提供职业发展机会。



## 工作与生活的平衡

加拿大的工作场所越来越认识到工作与生活平衡的重要性。雇主们正在实施促进工作与个人生活健康平衡的政策，例如弹性工作时间、健康计划和心理健康资源。



## 数字礼仪

随着远程工作和数字通讯工具的兴起，人们越来越重视工作场所的数字礼仪。这包括在在线交流中保持尊重和专业，在安排会议时注意不同的时区，以及在社交媒体上保持专业形象。



## 持续反馈

许多加拿大工作场所正在从传统的年度绩效考核转向持续反馈模式。这包括管理者和员工之间的定期沟通和反馈环节。



## 员工参与:

加拿大工作场所越来越重视员工参与。雇主们正在实施各种计划和措施，以保持员工的参与度和积极性，如团队建设活动、表彰计划和职业发展机会。

这些趋势提供了当前加拿大工作场所文化的一个缩影。然而，根据具体工作场所、地点和行业的不同，做法也会大相径庭。调研并直接联系潜在雇主以了解其具体的职场文化和做法，是个绝佳的好主意。





## 职业发展

对于留学生来说，在异国他乡开始学习生活是一项相当具有挑战性的任务，而一路以来建立职业生涯更是难上加难。你的个人品牌是你的延伸，对你在加拿大的职业生涯至关重要。未来的雇主会寻找与他们团队的动力、目标、价值观、技能和兴趣相一致的人。个人品牌助你脱颖而出，让招聘人员更容易记住你并了解你的职业概况。要知道你不仅仅只是你的经验和资历的总和。个人品牌塑造能全面展现你作为一名个体及一名员工的形象；我们下面重点介绍个人品牌建设的三个方面，这对你在加拿大开启职业生涯至关重要。

### 1. 纸上

申请工作时，你几乎总是需要向雇主提交简历和求职信。简历是一份介绍你的工作背景、技能和专业成就的文件。求职信则是一份向雇主详细介绍你能为公司做出什么贡献的信函。

我们将帮助你通过简历和求职信向雇主展示最好的自己！我们的服务包括简历和求职信撰写服务、课程以及专门用于帮助你撰写有效简历和求职信的材料。这些资源将指导你如何突出自己的技能、经验和成就，以吸引潜在雇主的注意。

有关我们服务的更多信息，以及访问我们的简历和求职信资源，请访问我们的网站 <https://hyvoyagers.com/career-coaching-2/>。我们专注于帮助你在加拿大的职业发展之旅中取得成功！

### 2. 网上

随着技术的进步，在网上打造自己的品牌比以往任何时候都要容易。我们鼓励你利用众多的网络平台来打造自己的职业生涯。

#### • 领英(LinkedIn)



##### 什么是领英(LINKEDIN)?

领英是一个专业拓展人脉和职业发展平台。它可以跟踪记录你的职业发展、志愿者工作和技能等等。领英非常重要，因为它是你职业形象和职业发展的生动体现。在这里，你将打造自己的品牌，让你未来的潜在雇主眼前一亮。

##### 谁在使用领英(LINKEDIN)?

截至 2023 年，LinkedIn 在全球 200 多个国家/地区拥有约 8 亿用户。其中约 48.4% 的用户来自北美，25% 的用户是高级专业人士。超过 5000 万家公司使用领英，其中包括 洪洋国际 HY Voyagers。每分钟约有 6 个人通过领英被雇佣。

##### 如何使用领英(LINKEDIN)?

将领英作为展示你的职业目标、兴趣和志向的一种方式。在制作简历时，你可以添加你的领英个人资料，这样雇





主就可以深入了解你的故事，并从专业角度进一步了解你。请随时更新领英上与你所选领域相关的专业内容。有关使用领英的更多信息，请观看我们的YouTube油管视频 --[领英LinkedIn的力量](#)。

## • 即时电报(Instagram)



### 即时电报(INSTAGRAM)有什么用途?

即时电报(Instagram)是一个可视化平台，可以让你展示个人品牌和兴趣爱好。你可以关注感兴趣的公司，了解行业的最新趋势和进展。即时电报(Instagram)可以让你讲述职业生活之外的故事。它的好处包括但不限于：

- 积极与他人建立职业关系，以获取知识和职业联系
- 提供大量职业机会
- 让你与该领域的专家以及拥有知识和专长的人保持联系
- 结识志同道合者，建立更多的人际关系
- 在世界各地获得更广泛的联系

### 如何使用即时电报(INSTAGRAM)?

即时电报(Instagram)最重要的是打造个人品牌。受众和网络可以看到真实的你，而不仅仅是专业的你。可以考虑建立前后一致及统一的审美或“氛围”；这将吸引人们关注你的旅程和成长！使用即时电报的目的是亮相，而不是出名。即时电报有许多功能可以帮助你建立自己的品牌，例如Reels、Stories、IGTV 和购物选项等各功能。你可以创造自己的作品，或成为公司的合作者和大使，与志同道合的人建立人脉，并使用标签#查找你所在领域的内容。

截至 2023 年，即时电报在全球拥有超过 10 亿活跃用户，是一个强大的网络和个人品牌推广平台。值得注意的是，即时电报越来越多地被公司用于招聘，因此，保持一个专业、吸引人的个人主页可能会带来新的职业机会。

有关使用即时电报的更多信息，请查看我们的 YouTube 油管视频—[即时电报Instagram 上的个人品牌塑造](#)。

## • 推特(Twitter)



### 什么是推特(TWITTER)?

推特(Twitter) 是一个以微博（帖子字数不超过 280 个字符）为核心的社交媒体平台。它可以用来了解公司、名人或志同道合者社区的最新动态。你可以分享链接、照片、视频剪辑、GIF 等。它是一个非常简单易用的界面，可以让你随时了解相关新闻、体育、娱乐等信息。推特的好处包括但不限于：

- 与全球超过 3.3 亿用户建立联系的好方法，包括许多使用 推特的大公司和首席执行官
- 你在社交媒体上互动建立的人脉越多，你的职业机会就越多





### 重要须知

你在网上发布的所有信息都会被他人看到，因此在发布之前要三思。推特是简短的微博，因此内容要短小精悍。建议抓住重点信息并积极参与对话。最重要的是，要真实！

截至 2023 年，推特在全球拥有超过 3.3 亿活跃用户，是一个强大的社交网络和个人品牌推广平台。值得注意的是，推特越来越多地被公司用于招聘，因此，保持一个专业、吸引人的个人主页可能会带来新的职业机会。有关使用 Twitter 的更多信息，请观看我们的 YouTube 油管视频--[在推特Twitter 上塑造个人品牌](#)。

## • 脸书(Facebook)



### 什么是脸书(FACEBOOK)?

脸书是一个社交媒体网络平台，旨在让用户与家人、朋友、同事甚至不认识的人建立联系！它允许用户分享图片、视频、音乐、文章、链接等！截至 2023 年，脸书在全球拥有超过 28 亿用户，并拥有许多工具，如投票、故事、聊天室、信使、直播、群组 and 页面。这些工具都能增强社区的沉浸感及与更广泛社区的链接。

脸书的好处包括但不限于:

- 通过内容共享、发私信消息或视频聊天与个人保持联系。
- 可以联系和接触你感兴趣的个人、名人、专业人士和公司。
- 扩展好友列表和人脉非常容易，而且可以在建立联系成为好友前，给个人发送消息。
- 通常，公司会通过聊天功能分享信息，为你提供帮助。
- 通过社交网络与感兴趣的领域保持联系的好方法

有关使用 Facebook 的更多信息，请查看我们的 YouTube 油管视频--[在脸书 Facebook 上打造个人品牌](#)。



## 3. 面对面 建立人脉

什么是建立人脉？





建立人脉是一种积极与他人建立关系的方式，从专业角度获取知识和专业联系信息。它可以让你与该领域的专家以及在该领域拥有知识和专长的人保持联系。结识志同道合的人可以促进建立更多的个人联系（最好的朋友、配偶、合作伙伴等）。建立人脉有很多好处，包括但不限于：

- 获得愿意分享知识的专家的帮助
- 获得高质量的推荐信
- 结识你感兴趣的各个领域的专家
- 开辟多种职业机会
- 深入了解你所在的领域
- 了解你所在领域的最新情况
- 在世界不同地区获得更多影响力
- 获得人际交往技能
- 提高沟通技能

## 加拿大礼仪

加拿大人以友好和礼貌著称。以下是一些预期的举止：

- 加拿大人喜欢在谈话（包括商务谈话）中开轻松的玩笑。你可以轻松加入，但一定要注意场合。
- 如果你有不明白的地方，请询问清楚。询问总比装懂要好。
- 加拿大人举止轻松。在与人交流时，要记得掌控呼吸和放松。
- 守时很重要。赴约或开会时尽量提前 15 分钟到场。迟到超过 15 分钟会被视为失礼。

## 建立人脉的常见做法

- **自我介绍：**以坚实的握手开始。这是为人职业的通用标志。
- **电梯演讲：**准备一个 1 分钟的简短摘要，介绍自己的背景、经验和目的。简明扼要，富有个性。一定要练习电梯演讲。
- **保持冷静：**深呼吸！不要忘了，与你交流的人和你是一样的。
- **自信的肢体语言：**展现自信的肢体语言，经常微笑。这有助于缓解压力，给人留下积极的印象。
- **适应文化差异：**加拿大是一个多元文化的国家，有许多民族文化，每个民族都有自己特有的言谈举止。试着通过观察来适应每个人的风格。这种做法称为“镜像”。
- **跟进：**在 24-48 小时内发送跟进电子邮件或领英消息，提醒新联系人你是谁。
- **表达感激之情：**谢谢挂嘴边。加拿大人以彬彬有礼著称。一定要记得感谢别人的时间或款待。
- **拥抱错误：**如果你说错话或词不达意，不要担心。自嘲一下也无妨。我们都是人，孰能无过。
- **名片：**在参加社交活动时随身携带几张。确保你的名片是最新的，且经过专业设计。
- **着装规范：**根据场合穿着得体。在大多数专业场合，商务休闲是常规着装。
- **积极倾听：**对对方表现出真正的兴趣。提出深思熟虑的问题，并认真倾听对方的回答。
- **参加社交活动：**参加特定行业的活动、研讨会和聚会。这些都是结识志同道合的专业人士、拓展人脉的好机会。
- **志愿者服务：**在你感兴趣的领域或组织中担任志愿者，这是结识朋友并展示你对行业热衷参与的绝佳方式。

有关建立人脉的更多详情，请观看 YouTube 油管视频 - [在加拿大建立人脉网络](#)。



# 21

洪洋国际 HY Voyagers

前留学生为当今留学生倾情打造



# 过上疯狂有趣的生活



## 银行业务

在加拿大留学，拥有一个银行账户至关重要。如果你目前没有准备好银行所需的所有文件和信息，办理过程有时会比较混乱和困难。因此，我们在此帮助大家提前准备！大多数银行都要求提供相同的文件，因此请务必准备好以下文件：

- 你的护照
- 你的入境文件 (IMM 表格 #1442 / 1208 / 1102) 或临时居民签证 (TRV)
- 在读证明 (可选，但最好携带)
- 社会保险号 (SIN) 或居住证明 (可选，但最好持有)
- 加拿大签证或学习许可

加拿大有许多银行可供选择。你可以访问加拿大银行家协会 ([Canadian Bankers Association, CBA](#)) 网站，就开设加拿大银行账户进行初步研究。

以下是一些可供留学生选择的银行：

### 道明加拿大信托 (TD Canada Trust)

- 道明银行有专门为留学生设计的留学生银行账户和组合业务！他们将帮助你设立最适合你作为加拿大新移民需求的银行账户。道明还提供特别计划，例如道明国际学生 GIC 计划。当你申请并参与道明国际学生 GIC 计划时，它可以帮助你加快学习许可的申请。

### 加拿大皇家银行 (RBC)

- 加拿大皇家银行为留学生提供各项福利。他们提供快捷方便的银行设置和担保信用卡。这有助于学校生活采购和建立加拿大信用记录。如需了解更多信息，请访问其[银行网站](#)。

### 加拿大帝国商业银行 (CIBC)

- CIBC 拥有国际学生 GIC 计划账户。他们有一个简单的四步系统来帮助你申请许可和设置银行业务。他们还提供推荐奖金 (免费资金!)。同时还提供各项帮助，例如协助建立加拿大信用、寻找最佳银行账户以及协助申请许可。点击链接了解更多信息。

### 丰业银行 (Scotiabank)

- 丰业银行有一个非常简单的留学生银行计划，名为 [StartRight](#)。在这里，他们会帮助你开通银行业务，并帮助你建立加拿大信用。他们还与 [Scener+](#) 合作，让你在看电影、用餐等方面节省开支。这些小奖励可以让你在享受加拿大免费服务的同时更加兴奋！如需了解更多信息，请访问他们的网站。





除这些选择外，以下是一些对加拿大留学生可能有用的其他银行操作：

#### 网上银行：

大多数加拿大银行都提供网上银行服务。你可以通过电脑或移动设备管理你的资金、支付账单、转账等。这是一种方便的财务管理方式。

#### 移动支付应用程序：

加拿大的许多银行都有自己的移动应用程序，苹果支付Apple Pay和谷歌支付Google Pay等服务已被广泛接受。这些应用可与你的银行账户或信用卡相连，实现轻松的非接触式支付。

#### 国际汇款：

如果你需要向祖国汇款，请寻找能够提供经济实惠的国际汇款服务的银行。有些银行可能会以较低的成本为学生提供这项服务。

#### 学生信用卡：

有些银行提供专为学生设计的信用卡。而这也是在加拿大开始建立信用记录的好方法。

#### 储蓄账户：

除了支票账户外，还可以考虑开设储蓄账户。这可以帮助你为将来的开支存钱。

#### 银行费用：

注意银行账户的相关费用，如月费、自动取款机费和透支费。有些银行为学生提供免月费账户。

#### 客户服务：

选择能提供良好客户服务的银行。如果你刚开始在加拿大办理银行业务，这一点会特别有帮助。

请记住，重要的是要做好调研，选择一家适合你的银行。在开户前，不要犹豫，要多问问题，并确保你了解所有条款和条件。

## 建立你的加拿大信用记录

在加拿大建立良好的信用记录对于节省利息以及更容易获得手机、租房/公寓、信用额度、汽车贷款、住房抵押贷款等方面的批准至关重要。它甚至会影响你的求职。

在加拿大，负责任地使用信用卡是建立信用记录的好方法。





## 你的信用报告

你的信用报告是你信用记录的摘要。

你的信用报告在你首次借款或申请信贷时生成。放款人将你的账户信息发送给征信机构，也称为信用报告机构。

## 你的信用评分

你的信用评分是一个三位数的数字，它是来自你的信用报告中的信息。它显示了你的信用管理水平以及贷款人借钱给你的风险程度。你的信用评分是根据你的信用报告用公式计算出来的。

请注意

- 如果你负责任地使用信贷，你就会得到分数
- 如果你在信用管理方面有问题，则会丢分。

你的信用分数会随着信用报告的更新而变化。

## 为什么你的信用记录很重要

### 它会影响你的财务状况

金融机构会查看你的信用报告和信用评分，以决定是否借钱给你。他们还会根据这些信息来决定向你收取多少借贷利息。如果你没有信用记录或信用记录不佳，你就更难获得信用卡、贷款或抵押贷款。这甚至会影响你租别墅、租公寓或找工作。如果你有良好的信用记录，你可能会获得较低的贷款利率。随着时间的推移，这可以为你节省很多钱。

### 它可以显示身份盗窃的迹象

你还可以使用信用报告来检查身份盗用的迹象。你应该每年至少在两个信用局各查一次。查看下以确保没有人试图以你的名义开设信用卡或其他贷款。

## 留学生的其他银行业务

### 信用卡使用：

负责任地使用信用卡是在加拿大建立良好信用记录的重要部分。尽量每月全额付清余额，以避免支付利息并保持良好的信用记录。

### 防骗意识：

对潜在的诈骗和欺诈活动保持警惕。切勿向任何人透露你的个人银行信息。如果怀疑你的账户有任何欺诈活动，请立即联系你的银行。

### 储蓄和投资：

可考虑探索银行提供的储蓄和投资选项。这可以帮助你实现资金的长期增长，并为未来的财务目标做好准备。

### 学生折扣：

有些银行为学生提供特别折扣和优惠。开户时一定要询问清楚。这些优惠可以帮助你省钱，并让你在银行体验中获得最大收益。





### 金融知识：

利用银行和其他组织提供的资源来增加你的金融知识。了解如何有效理财是一项宝贵的技能，它将使你终生受益。

请记住，重要的是要做好调研，选择一家适合你的银行。在开立账户之前，不要犹豫，随时提问，并确保你了解所有条款和条件。

更多信息，请查阅

[信用报告和评分基础知识](#)

[信用：逐步介绍信用、信用评分、信用卡等知识](#)

[为什么要了解自己的信用评分](#)

[在加拿大建立健康的财务生活](#)

[开始用信用卡赚取奖励](#)



## 报税

对于那些在本国采用不同税制的人来说，报税似乎相当令人生畏和困惑。然而，这却是在加拿大生活和工作的重要组成部分。

### 留学生为什么要在加拿大报税？

出于以下几个原因，我们鼓励留学生在加拿大报税：

- 你可能有资格获得税收抵免，如 GST/HST 抵免、住房补贴和学费/教育抵免。
- 报税可以为你省钱，你还可以收到在加拿大工作期间所缴纳税款的退税单。
- 报税有助于你在加拿大建立纳税记录，这对你未来的财务事宜大有裨益。

### 你应该何时报税？

在加拿大，你通常需要每年申报一次所得税。‘报税季’从 2 月下旬开始，到 4 月 30 日结束。这是为上一年报税。

你可以随时申报所得税，甚至可以申报前几年的所得税，但我们鼓励你每年都在规定的时间内申报。

我们的船长将为你提供所需的知识和工具，帮助你了解甚至自行完成报税。如果你不想麻烦，我们的船长可以为你提供有偿报税指导和协助。[预约咨询](#)，减轻报税压力！

### 了解国际留学生在加拿大的纳税情况

#### 居住身份：

你在加拿大的税务居民身份取决于你与加拿大的关系。这些联系可能包括在加拿大有住房、配偶或伴侣居住在加拿大，或受抚养人在加拿大。其他联系也会被考虑在内，例如在加拿大拥有房产、与加拿大有社会或经济联系、持有加拿大驾照或护照，或在加拿大某省或地区拥有医疗保险。







### 海外收入：

如果你是加拿大税务居民，您需要报告你在加拿大境内外赚取的收入。如果你在其他国家工作，你的所得税申报表可能会受到加拿大与该国外国之间税收协定的影响。

### 税收优惠和抵免：

即使你没有任何收入，报税也是一个好主意。你可能有资格享受税收优惠和抵免，如 GST/HST 抵免、住房补贴和学费/教育抵免。就所得税而言，大多数持学习许可在加拿大学习的留学生都被视为加拿大居民。

### 报税援助：

许多大学都提供税务诊所，由志愿者帮助学生报税。请查看你所在的大学是否提供此项服务。

### 加拿大税务局我的账户 (CRA MyAccount)：

在你提交至少一份所得税申报表并收到一份评估通知后，你可以在加拿大税务局 (CRA) 网站上创建一个 MyAccount (我的帐户)。这项在线服务可让你管理税务事务，并跟踪你与 CRA 的通信。

请记住，了解你在加拿大的纳税义务和权利非常重要。如果你有任何不确定的地方，不要犹豫，向税务专业人士或加拿大税务局寻求帮助。如果你对某些事情不确定，最好还是多提问。

## 住宿

搬到一个新国家后，寻找住处通常是首先要考虑的事情之一。价格、地点、通勤时间和生活成本都是决定居住地时需要考虑的重要因素。作为一名留学生，你很可能根据学校所在地和就业机会来选择居住地。选择众多，因此在做出决定之前，权衡利弊是非常重要的。以下是初来乍到者在寻找住房时需要注意的一些地方。

### 1. 学校的留学生服务

作为一名国际留学生，首先要做的就是联系你所选择的学校。每所学校通常都设有国际留学生服务处或办公室。他们会在入学过程的各个方面提供帮助。他们通常拥有当地的资源和关系，可以帮助寻找住宿。这些服务机构还可以帮你联系其他即将入学或已经入学的国际留学生。这些学生可以为你移居加拿大的整个过程提供宝贵的信息和建议。有关你所选学校的详细信息，请查看学校网站或直接致电学校。

### 2. 学校住所

每所大专院校都应为学生提供住宿选择。有时，申请学校宿舍会竞争激烈，而且通常费用较高，尤其是对国际留学生而言，更是如此。不过，它们也有一些好处：校内地点、24 小时安保和帮助。通常更容易结交朋友和参加同学联谊活动！每所学校都不尽相同，因此联系具体学校非常重要。有些学校为国际留学生提供专门的住宿选择，因此值得仔细调研。请务必牢记自己的预算，并在做出最终决定前权衡利弊。

### 3. 寻找室友的应用程序

我们生活在一个科技含量极高的世界里，现在你的智能设备上有很多应用程序，几乎可以帮你做任何你能想到的事情。其中之一就是寻找室友。这些应用程序的工作原理类似于网上约会，不过，它不是帮你寻找爱情，而是帮你寻找室友！有许多应用程序可供选择。其中一些包括但不限于：(点击应用程序名称，查看我们关于如何使用这些平台的视频)

[Roomster](#)

[Roomi](#)

[Diggz](#)

[RoomEasy](#)





## 以下是有关这些应用程序的更多信息

- **Roomster:** Roomster 是一个广受欢迎的寻找室友网站。它拥有一个庞大的租户数据库, 允许用户快速进行背景调查并连接社交媒体账户, 这可以在寻找过程中提供一种安全感。不过, 有些用户提到, 它对用户不是很友好, 而且你必须付费才能留言。
- **Roomi:** Roomi 的工作原理是在你回答了关于你自己和你对室友的要求等问题后, 为你匹配潜在的室友。它使用算法为你匹配适合你的室友。与 Roomster 一样, Roomi 也允许用户进行快速背景调查并连接社交媒体账户。
- **Diggz:** Diggz 是一款寻找室友的应用程序, 它采用个性化搜索算法为你匹配潜在的室友。你可以对看起来合适的室友资料表示感兴趣, 如果双方都感兴趣, 就会配对成功。Diggz 还允许你发送 "即时信息", 以加快配对过程。所有资料都经过 Diggz 审查, 以确保平台安全无诈。Diggz 已获得好评, 并帮助许多人找到了合适的出租房。
- **RoomEasy:** RoomEasy 是一款寻找室友的应用程序, 其工作原理与 Tinder (相亲软件) 相似。你可以在 RoomEasy 上创建个人档案, 在系统中添加个人描述标签, 然后搜索室友和公寓。只要找到你感兴趣的地点或潜在室友的资料, 你就可以 "喜欢" 他们, 如果他们 "喜欢" 你的资料, 你们就会配对成功。

请注意, 虽然这些应用程序很有帮助, 但在网上结识潜在室友时一定要谨慎。一定要先在公共场合见面, 并相信自己的直觉。如果感觉不对, 很可能就是不对。此外, 还要注意潜在的骗局, 比如在见面或看房子之前就有人向你索要金钱。在做出任何承诺之前, 最好亲自去看看公寓并见见室友。

## 4. 脸书市场/ KIJJI

很多人都会在本地上发布可供出租房屋的信息。如果你还未抵达加拿大, 这样做有时会很困难。根据租房者和地点的不同, 价格也可能很高。确保租金在预算范围内是很重要的。对于某些人来说, 独居似乎是理想的选择。如果你计划以后做出更长期的居住安排, 但目前只是需要一个临时的住处, 那么短期分租一个房间或地方也是一个很好的选择。因为这种方式通常会为你提供一个家具齐全的住处, 让你在初来乍到时少走弯路。

对于大多数留学生来说, 你的第一个住所很可能是租来的房子或公寓。加拿大按揭与住房公司 (CMHC) 可帮助你了解在加拿大作为租户所拥有的权利。

## 在加拿大寻找住宿的额外小贴士

### 了解租赁协议:

在签署任何租赁协议之前, 请确保你了解所有条款和条件。如果有任何你不确定的地方, 请要求说明情况。让其他人 (如可信赖的朋友或家人) 与你一起审阅协议可能也会有所帮助。

### 公用设施:

了解电费、水费和网费等公用事业费是否包含在房租中, 还是需要单独支付。这可能会对你的月支出产生重大影响。

### 租户保险:

考虑购买租户保险, 以保护你的财物免遭损坏或盗窃。这可以让你高枕无忧, 尤其是当你远离家乡时, 高枕无忧显得尤为重要。

### 公共交通:

了解你的潜在住所附近的公共交通选择。住在公交车站或火车站附近可以让上学和去其他地方变得更加方便和实惠。



**安全：**

在决定居住地之前，调查一下附近地区的安全情况。你可以通过与当地人交谈、上网查询犯罪统计数据或向学校的留学生服务部门咨询来了解具体情况。

**带家具与不带家具：**

有些地方是带家具的，这样可以省去购买家具的费用和麻烦。不过，带家具的公寓租金可能较高，因此在做决定时要考虑到这一点。

**室友：**

与室友同住有助于降低成本，但重要的是要选择与自己合得来的室友。在选择室友时，要考虑清洁度、生活方式和学习习惯等因素。

请记住，找到合适的居住地需要时间，因此请尽早开始寻找。在没有做好调研之前，不要匆忙签订租约。

## 谨防加拿大租房诈骗

作为在加拿大找房的留学生，一定要警惕潜在的租房诈骗。以下是你可能会遇到的一些常见骗局：

- 1. 幽灵租房：** 在这种骗局中，骗子在广告中宣传的房产要么根本不存在，要么目前已被占用。
- 2. 劫持广告：** 骗子复制合法的租房信息，然后用自己的联系信息重新发布。
- 3. 已出租：** 骗子试图收取已出租房产的费用。
- 4. 设施缺失：** 房产实际上并非具备广告中所陈列的设施。
- 5. 诱饵诱骗：** 骗子向潜在租户展示一处房产，然后租给他们另一处房产。
- 6. 可疑的金钱要求：** 骗子在让潜在租户看房之前或未见面的情况下就要求预付房租。
- 7. 身份盗窃：** 骗子利用租房申请过程窃取潜在租客的个人信息。
- 8. 虚假房地产中介服务：** 这些服务会为客户生成一份预抵押或先租后买出租房源的清单，然后要求客户支付注册费或月租费。

请记住，在寻找出租物业时，一定要核实房东或物业经理的身份，在没有看到物业之前千万不要汇款，并且要相信自己的直觉。如果感觉不对，很可能就不是那么回事。

## 在加拿大寻找住房时应考虑的事项

作为在加拿大寻找住房的留学生，在寻找住房时需要考虑一些因素。以下是一些可以帮助你完成这一过程的因素：

- **预算：** 在开始找房之前，先确定自己的预算。了解自己每个月能负担多少房租，有助于缩小选择范围。
- **地点：** 考虑地点。有时，市中心的住房比郊区的贵。但是，住得远可能意味着交通费用更高。
- **室友：** 考虑与室友同住。与他人合租可以大大降低费用。
- **谈判：** 不要害怕协商价格。如果你签订的租期较长的话，有些房东或物业经理可能会愿意降低租金。
- **非高峰期找房：** 在非高峰期找房子。在很多地方，一年中的某些时间段租金会比较低。
- **设施：** 考虑一下你真正需要哪些设施。游泳池、健身房或屋内洗衣房等设施可能不错，但也会使公寓价格更高。
- **公共住房计划：** 查看你是否有资格享受公共住房计划。许多城市都有旨在帮助低收入个人和家庭、学生及老年人获得经济适用房的计划。

请记住，最重要的是找到一个符合你的预算和需求的地方。同样重要的是，在签署任何租约之前都要仔细阅读租房合同。





## 在加拿大寻找经济适用房的技巧

作为加拿大的留学生，寻找负担得起的住房是你人生旅途中的重要一环。以下是一些提示，可帮助你顺利完成这一过程：

- **确定预算：** 在开始寻找之前，先确定你的每月住房预算。这将帮助你缩小选择范围，重点关注价格在你预算范围内的住房。
- **考虑校内住房：** 加拿大许多大专院校都在校内提供学生宿舍。这些学生宿舍通常都配有家具，而且离你的班级很近，因此是一个很方便的选择。校内住宿也是与其他学生见面和建立联系的好方式。
- **探索校外住宿：** 大一结束后，很多学生会选择住在校外。住所可以是公寓、别墅等。请务必比较价格，并考虑距离校园和公共交通等因素。
- **寄宿家庭选择：** 与寄宿家庭同住是一种经济实惠的选择。一些学院和大学与愿意接待学生的当地家庭有联系。
- **短期家具租赁：** 如果你还没有准备好长期租房，可以考虑短期带家具租房。这些房屋的月租金通常较高，但如果你还在探索自己的选择，这也是一个不错的选择。
- **寻求帮助：** 你的学校或中介可能会帮助你预订在加拿大的住宿。他们可以为你提供学习所在城市的住宿推荐和建议。
- **谨防诈骗：** 在寻找住房时一定要谨慎。在看过公寓或与房主面对面交谈之前，切勿汇款。警惕 Craigslist 等网站上的诈骗。

请记住，住房成本取决于你即将居住的城市和省份。建议你务必进行调研，比较各种计划和相应价格，因为这些计划和价格在一年中往往会发生多次变化。



## 电话号码

拥有一个加拿大电话号码对留学生来说至关重要，你可以与他人联系、打电话、找工作并完成许多其他重要任务，包括与国内的家人和朋友保持联系。

来加拿大之前，请考虑以下选择：





## 1.CANADIANSIM.COM

该计划由 FIDO 提供支持，旨在帮助留学生和个人在离开本国之前为在加拿大使用手机做好准备。他们努力做到既简单又实惠！这项独特的计划在你出发前将加拿大 SIM 卡免费运送到你的国家，并在你预定出发前 24 小时自动激活。它没有合同和设置费用，让你毫无压力，是所有国际旅行者的理想选择。

起价 40 加元/月，您可以获得加拿大全国无限通话、本地和国际无限短信 (SMS)、来电显示、语音信箱和每月 10 GB 数据等服务。

欲了解更多详情，[请点击此处](#)。我们的博客中也有[一些值得一读的文章](#)，可能会在其他方面帮助你实现在加拿大的平稳过渡！

## 2.VIRGINPLUS

这家贝尔移动公司曾被称为 VirginMobile，允许用户自带手机 (BYOP)，可以根据自己的具体需求选择免合同的月租计划。这一切都可以在网上完成，而且可以免去 50 加元的激活费。套餐从 15 加元/月到 65 加元/月不等，具体取决于你的手机和数据需求。你需要从 VirginPLUS 获得一张加拿大 SIM 卡。有关 SIM 卡的更多详细信息，[请点击此处](#)。

## 3.OTHER CANADIAN PHONE PROVIDERS

建议你经常进行调研并比较不同套餐和价格，因为这些套餐和价格在一年中经常会发生多次变化。请随时查找或咨询各种优惠及促销信息。以下是一些其他加拿大电话公司的链接：

- [Bell Mobility](#)
- [KODO](#)
- [Rogers](#)
- [Telus](#)

## 获取加拿大电话号码的额外小贴士

### 前往加拿大之前

- **国际通话计划：** 在前往加拿大之前，考虑用你现有的电话号码办理一个国际通话计划。这将允许你在获得加拿大本地电话号码之前拨打电话并能保持联系。
- **虚拟电话号码：** 你还可以考虑通过网络电话服务获得一个虚拟加拿大电话号码。这些服务可以为你提供其支持的任何国家的虚拟电话号码。你只需要一部手机、平板电脑或电脑就可以使用你的新号码。这是你在抵达加拿大之前就准备好本地号码的好方法。
- **CallHippo：** 例如，只需三个简单步骤，你就可以从 CallHippo 获得一个电话号码：
  - 注册 CallHippo。
  - 选择加拿大作为你所需要电话号码的国家。
  - 选择电话号码并付款。

### 抵达加拿大后

- **即用即付计划：** 到达加拿大后，你可以注册 "即用即付" (预付费) 计划。你可以通过供应商的网站购买 SIM 卡，然后邮寄到你的地址。这可能是一个经济实惠的选择，因为你只需为你使用的部分付费。







## 2023 年寻找合适互联网的额外小贴士

### 了解你的需求：

绝大多数人并不需要 1GB 的上传或下载速度。了解自己的网络使用习惯非常重要。如果你喜欢大流量在线游戏来消遣，或者连接了多台设备，你可能会有不同的需求。

### 检查隐藏费用：

有些供应商可能会在你的月账单上显示隐藏费用。最好事先了解清楚，避免这些费用。

### 客户服务很重要：

客户服务至关重要，在快速有效地解决任何问题方面，个别供应商能脱颖而出。

### 季节性优惠和促销：

每家网络供应商都会有季节性优惠和促销活动，因此一定要货比三家，询问优惠活动！有时，给公司打电话时友好的交谈也能为你带来优惠。

### 第三方互联网接入 (TPIA) 法：

TPIA 法律允许规模较小的独立互联网服务提供商 (ISP) 以经济实惠的价格从规模较大的 ISP 租赁互联网线路。这意味着它们可以提供互联网服务，而无需铺设自己的电缆或光纤到户。独立的互联网服务提供商必须建立整个后端基础设施来运行互联网服务，但他们不必铺设所有的电缆或光纤到户。这些法律对消费者的好处是，通过促进互联网服务提供商之间的竞争，最终使消费者受益。因此，这将为消费者带来更好的服务和价格。

## 考取驾照

抵达加拿大后，你可能需要通过笔试和一到两次驾驶考试才能获得加拿大驾照。每个省都有自己的驾驶法律和规定。

以下是在加拿大考取驾照的一般步骤：

### 了解流程：

在加拿大考取驾照的程序取决于你所居住的省份或地区以及你的驾驶背景。其中可能包括道路规则笔试和一到两次驾驶考试。

### 准备笔试：

你可以获得一份学习指南，帮助你完成笔试，笔试的重点是加拿大的道路规则。

### 准备驾驶考试：

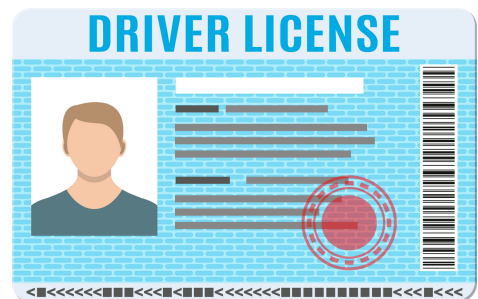
你可以选择付费学习驾驶课程，为驾驶考试做好准备。

### 国际驾驶执照 (IDP)：

如果你计划在加拿大使用外国驾照，则应在本国获得国际驾驶许可 (IDP)。IDP 可将你的驾照翻译成法语和英语。

### 使用国际驾照：

在短时间内，加拿大新永久居民可以使用国际驾照在其原籍省/地区驾驶汽车。强烈建议所有国际驾照持有者在此期间也携带其本国的国际驾驶许可 (IDP)。





请记住，我们提供的信息是基于截至到2023年的最新可获得的数据，有可能会有变动。如需了解更多在加拿大的驾驶信息，请访问 [Canada.ca](https://Canada.ca)。

## 获取加拿大驾照的额外小贴士

作为加拿大的留学生，了解获取驾照的程序至关重要。以下是一些补充提示，可为你提供指导：

- 1. 了解分级许可制度：** 加拿大许多省份都实行分级许可制度。这意味着你将经历不同的驾照发放阶段，每个阶段都有不同的限制。
- 2. 考虑等待期：** 注意笔试和驾照考试之间可能有等待期，如果你所在的省份要求两次驾照考试，两次考试之间也可能有等待期。
- 3. 熟悉当地交通法规：** 各省的交通法规可能有所不同。熟悉驾驶所在省份的当地法律非常重要。
- 4. 练习防御性驾驶：** 加拿大重视安全和防御性驾驶。考虑参加防御性驾驶课程，以便更好地了解道路规则并提高驾驶技能。
- 5. 更新驾照：** 拿到驾照后，请记住需要定期更新。有效期会印在驾照上。

我们提供的信息是基于截至到2023年的最新可获得的数据，有可能会有变动。





# 33

洪洋国际 HY Voyagers

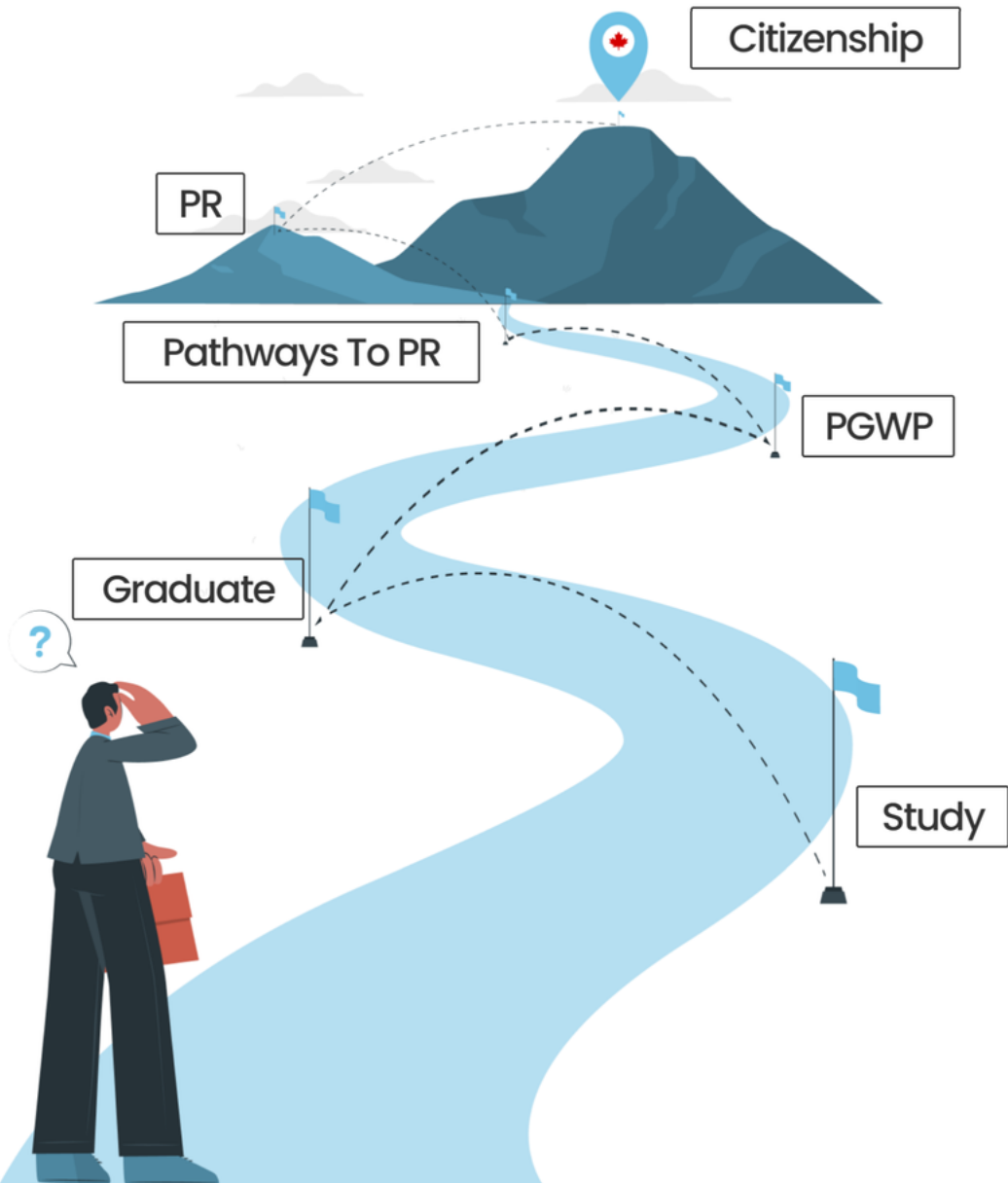
前留学生为当今留学生倾情打造



## 移民服务

移民可能会令人不知所措、难以理解。在洪洋国际HY Voyagers，我们希望减轻你的恐慌和压力，让你专注于其他重要而有意义的事情，如建立友谊和职业联系，当然最重要的是在加拿大玩得开心！

# Your Pathway To Canadian Citizenship



[www.hyvoyagers.com](http://www.hyvoyagers.com)



[captains@hyvoyagers.com](mailto:captains@hyvoyagers.com)



## 1. 远航人的第一个里程碑：学习

洪洋国际HY Voyagers的船长们会帮助学生选择一个最适合客户/学生职业目标的学习课程，同时也符合最终目标--获得PR卡。我们将指导你完成整个过程中的每一步，以下是最受留学生欢迎的一种获得 PR 的完整途径：

1. 申请学习许可
2. 就读符合条件的课程
3. 完成学业
4. 申请 PGWP
5. 1 年工作经验

### 边学习边工作的选择



#### 校内工作

你可以在没有工作许可的情况下在校内工作，前提是

- 你是符合条件的教育机构的全日制学生
- 你的学习许可证规定你可以在校内或校外工作
- 你已经开始就读
- 你有社会保险号 (SIN)



#### 校外工作

只有在以下情况下，你才可以在没有工作许可的情况下在校外工作

- 你是指定学习机构 (DLI) 的全日制学生
- 你的学习课程不少于 6 个月，并可获得学位、文凭或证书
- 你的学习许可证上注明你可以在校外工作
- 你有社会保险号 (SIN)
- 从 2022 年 11 月 15 日到 2023 年 12 月 31 日，在上课期间不再有每周 20 小时的校外工作限制。



#### 实习

你可以申请实习工作许可，条件是

- 你拥有有效的学习许可证
- 实习是完成你的学习计划所必需的
- 你持有学校出具的证明信，证明你所在专业的所有学生都需要完成实习才能毕业
- 实习总计占你学习计划的 50% 或以下

请注意，这些信息是截至 2023 年的最新信息，可能会有变动。请随时查看官方来源的最新更新。





## 成功留学加拿大的额外小贴士

### 了解学位结构：

熟悉你所选学位课程的结构。这将有助于你有效地规划学习，并确保你达到学位的所有要求。

### 利用院校资源：

充分利用院校提供的资源。这些资源包括图书馆、学习小组、辅导服务和职业咨询。这些资源旨在为你的学业成功提供支持。

### 建立自己的人脉：

尝试建立一个强大的朋友和职业联系的人脉网。它可以在你学习期间为你提供支持，并对你未来的职业生涯大有裨益。

### 准备听较长的讲座：

准备好接受比你所习惯的时长更长的授课。重要的是要保持注意力集中，并做好笔记，以帮助自己记住要点。

### 守时：

加拿大非常重视守时。确保准时上课和赴约。这体现了对他人时间的尊重，也是体现职业的一个重要方面。

### 英语语言能力：

除了课程的一般入学要求外，如果你就读的课程是以英语或法语两种语言之一授课的话，你还需要展示英语语言能力 (ELP) 或法语语言能力 (FLP)。

### 保持健康：

留学生活充满挑战，因此保持身心健康非常重要。许多院校都提供健康和保健资源，包括咨询服务和健身设施。

## 2. 远航人的第二个里程碑：毕业

恭喜你，远航人！你成功了！现在，你可能在想毕业后的下一步该怎么走。别担心。你们的船长将为你们的旅程提供指导。以下是完成学业后可能面临的选择。

在收到结业证书或最终成绩单的 180 天内，有两种可能的选择：

1. 离开加拿大：
  - a. 必须立即停止工作
  - b. 必须在 180 天内离开（即使学习许可仍然有效）
2. 留在加拿大：
  - a. 被新的学习课程录取或
  - b. 申请工作许可（如果您想继续工作）或...
  - c. 转为访客身份





想知道毕业后能否继续工作？

我们为你提供了解决方案..... 毕业后工作许可！

你必须在课程结束后停止工作，除非你满足以下所有条件：

- 您已经申请了毕业后工作许可PGWP
- 申请 PGWP 时，你的学习许可证仍然有效
- 如果 PGWP 申请被拒，则必须停止工作

此外，自 2023 年 4 月 6 日起，持有刚到期或即将到期的毕业后工作许可（PGWP）的国际毕业生将有资格获得额外或延期的工作许可，以延长居留时间并获得额外的工作经验，最长可达 18 个月。

## 毕业后工作许可 (PGWP) 计划

该计划允许国际毕业生获得开放式工作许可，以获得宝贵的加拿大工作经验。自 2023 年 4 月 6 日起，PGWP 持有者如果希望在加拿大逗留更长时间，可以选择申请便利辅助流程来延长其工作许可。

## 申请时间线

毕业生必须在从院校获得最终成绩后 180 天内申请 PGWP。学习许可证必须在这 180 天内的某个时间有效，才有资格申请 PGWP。

## 课程时长

PGWP 的期限取决于学习课程的长度。如果学习时间少于 8 个月，学生可能没有资格申请 PGWP。如果学习时间至少为 8 个月，但不足 2 年，则 PGWP 的有效期可能与学习时间相同。对于 2 年或 2 年以上的课程，PGWP 的有效期可能为 3 年。

## 在线学习

2023 年 12 月 31 日之前的在线学习时间不会从 PGWP 的有效期中扣除，只要该时间占学习计划的 50% 以下。

## 新规定

自 2023 年 12 月 1 日起，中学后指定学习机构 (DLI) 必须直接向 IRCC 确认每位申请人的录取通知书。这一新的强化验证程序旨在保护未来的学生免受录取通知书欺诈。

## 未来计划

在未来几个月内，加拿大移民、难民及公民部(IRCC)将完成对毕业后工作许可计划标准的评估，并开始引入改革，以更好地调整该计划，满足加拿大劳动力市场的需求，同时能实现地区和讲法语人士的移民目标。

## 3.远航人的第三个里程碑：毕业后工作许可 (PGWP)

在加拿大顺利完成学业后，学生可以工作。洪洋国际HY Voyagers 的船长们将在你的职业道路上为你提供帮助和指导。[加入 HY Voyagers大家庭](#)，今天就开始规划你在加拿大的职业生涯吧。

什么是 PGWP？

毕业后工作许可(PGWP)是一种开放式工作许可，让你有资格获得加拿大工作经验。如果你的工作经验属于 NOC 0、A 或 B 类别，则这些工作经验可为你的永久居民 (PR) 申请提供支持。请注意，PGWP 是一生一次的机会，不可延期。





## PGWP 的有效期

PGWP 的有效期取决于你学习课程的长度：

- 如果你的学习课程时间少于 8 个月，则没有资格申请 PGWP。
- 如果你的学习课程时间在 8 个月至 2 年之间，则 PGWP 的有效期与你的学习计划相同。
- 如果你的学习课程时间为 2 年或更长，则 PGWP 的有效期为 3 年。

请注意，工作许可证的有效期不能超过你护照的有效期。

## 申请 PGWP 的资格

要获得 PGWP 的资格，你必须

- 在符合条件的指定学习机构成功完成符合条件的课程。
- 在该机构全日制学习。
- 没有计划外休息或未经批准的休假。
- 不超过允许的校外工作时间。
- 在收到学校开具的结业证明或最终成绩单后 180 天内提出申请。

请注意，规则 and 规定可能会有所不同，最好从[加拿大政府官方网站](#)上查看最新更新。

## 在加拿大申请毕业后工作许可 (PGWP)

如果你正在加拿大学习或即将完成学业，请按照以下步骤申请 PGWP：

### 1. 核实你的资格

你必须完成至少八个月的学习课程，并获得学位、文凭或证书。

### 2. 在正确的时间范围内申请

你必须在收到学校的书面确认（如成绩单或公函）后 180 天内申请 PGWP，确认你已达到完成学业的要求。你可以在加拿大境内或其他国家申请 PGWP。

### 3. 保持你的身份

如果你的学习许可将在你申请 PGWP 之前到期，而你希望留在加拿大，你必须申请将你的身份更改为来访者。如果你的学习许可在申请 PGWP 之前到期，你可在学习许可到期后 90 天内申请 PGWP 并恢复学生身份。

### 4. 准备文件

申请时，你必须证明自己已经完成了学习课程。你可以通过提交以下任何一种材料来确认这一点：你的学位或毕业证书、成绩单或学校的正式信函。

### 5. 提交申请

你可以在线申请 PGWP。你必须支付正确的费用（255 加元），[MOU1] 如果需要恢复学生身份，还需支付额外费用（350 加元）。

### 6. 等待批准

在等待毕业后工作许可（PGWP）申请结果期间，如果你在提交申请时符合以下所有条件，你可以马上从事全职工作：





在等待毕业后工作许可 (PGWP) 申请结果期间, 如果你在提交申请时符合以下所有条件, 你可以马上从事全职工作:

- 你拥有有效的学习许可
- 你已完成学业
- 你有资格在没有许可证的情况下在校外工作
- 在学习期间, 你每周的校外工作时间不超过 20 小时

有关校外工作时间的变更

根据临时公共政策, 你可能有资格每周在校外工作超过 20 小时。

详情请查看 - <https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/work-off-campus.html#off-campus>。

## 7. 延长逗留时间

自 2023 年 4 月 6 日起, 持有刚过期或即将过期的 PGWP 的国际毕业生将有资格获得额外或延长的工作许可, 以便在加拿大逗留更长的时间, 并获得长达 18 个月的额外工作经验。

**请注意:** 这些信息是截至 2023 年的最新信息, 可能会有变动。请随时查看来自 [canada.ca](https://www.canada.ca) 官方来源的最新更新。

## 4. 远航人的第四个里程碑: 通往枫叶卡的路径

选择一个最适合你拿到枫叶卡的计划, 是你获得加拿大公民身份道路上最重要的里程碑之一。选择合适的计划可能会让你感到望而生畏。洪洋国际 HY Voyagers 的船长们将随时为你提供支持和指导, 助你顺利完成你的枫叶卡之旅。

### 途径 1 - 快速通道

快速通道是一个基于积分的系统, 最高可获得 1200 分。重要的考虑因素包括

- 年龄
- 语言能力
- 工作经验 (外国 + 加拿大)
- 其他因素 (家人在加拿大等)

快速通道系统能满足加拿大不断变化的经济和劳动力市场需求。快速通道计划实施指南已更新, 以反映第 11.2 节的变化, 并指导官员如何评估 "快速通道" 基于类别的甄选申请, 即主申请人因其类别成员资格而获得邀请。

### 途径 2 - 省提名计划 (PNPS)

加拿大的省提名计划 (PNPs) 为有意移民到加拿大某一特定省份或地区的个人提供了获得加拿大永久居留权的途径。加拿大每个省和地区都有自己的省提名计划, 旨在满足其特定的经济和人口需求。

除魁北克省和努纳武特地区外, 每个省都有多个 PNP 移民类别。这些类别由各省自行设计, 以帮助实现其独特的移民目标, 因此资格标准和申请程序各不相同。然而, PNP 是最受欢迎的选择, 因为它是获得加拿大永久居留权的最便捷途径。

所有有关加拿大永久居留权的决定都必须由联邦政府在全国范围内批准, 因此加拿大各省不能自行批准永久居民身份。这就是为什么省级计划被视为 "提名人" 计划。





### 途径 3 - 地区试点计划

农村和北部移民试点计划 (RNIP) 是一项由社区推动的计划，专为希望在参与计划的社区工作和生活的国外技术工人而设计。

RNIP 是由加拿大移民、难民和公民部制定的一项计划。它为合格的候选人提供了获得永久居留权的途径。这是一项由社区推动的计划。加拿大全国已有 11 个社区被选中参与该计划。竞争非常激烈。

RNIP 计划已延期至 2024 年 8 月。11 个参与社区中有 7 个社区的边界已经扩大。可在 [\[此处\]](#) 查看新的边界地图。

### 其他可考虑的途径

虽然获得加拿大永久居民身份 (PR) 的三大途径是快速通道 (Express Entry)、省提名计划 (PNPs) 和地区试点计划 (Regional Pilot Programs)，但还有其他一些选择可能与留学生相关。以下是其中几种：

#### 快速通道中基于类别的选择

加拿大政府在其旗舰经济移民管理系统 "快速通道" 中引入了一项新程序，称为基于类别的甄选。这将允许加拿大向具有特定技能、培训或语言能力的未来永久居民发出申请邀请。今年，基于类别的甄选邀请将重点关注在以下领域具有较强法语能力或工作经验的候选人：医疗保健、科学、技术、工程和数学 (STEM) 专业、手工艺行当 (如木匠、水管工和承包商)、运输、农业和农业食品。

#### 哥伦比亚、海地和委内瑞拉公民获得永久居民 PR 身份的新途径

2023 年 10 月 10 日，IRCC 部长马克-米勒 (Marc Miller) 宣布从 2023 年秋季开始，为哥伦比亚、海地和委内瑞拉公民提供新的成为永久居民的途径。这一举措旨在帮助家庭团聚，并为那些在加拿大有家庭关系的人提供人道主义机会。

#### 父母和祖父母担保 (PGP)

虽然这一途径可能不会使学生直接受益，但可以为他们的父母或祖父母提供移民加拿大的选择。对于希望家人在身边的学生来说，这可能是一个重要因素。

请注意，在撰写本文时，尚未发布 2023 年专门针对留学生的移民途径。然而，许多国际学生都希望新的 PR 计划能够出台，以帮助他们克服由于 COVID 大流行和快速通道抽签暂停所带来的不利因素。

请记住，重要的是要咨询移民专家或法律顾问，根据个人的具体情况了解哪种途径最适合。以上信息截至 2023 年，可能会有变动。请随时查看官方来源的最新更新。祝你好运! 😊

### 加拿大留学生的重大更新

#### 强化验证程序：

自 2023 年 12 月 1 日起，中学后指定学习机构 (DLI) 必须直接向 IRCC 确认每位申请人的录取通知书。这一新程序旨在保护未来的学生免受录取通知书欺诈，并帮助他们避免类似今年早些时候一些学生因欺诈调查而面临的问题。它还将确保只根据真实的录取通知书签发学习许可。

#### 认可机构框架：

在 2024 年秋季学期到来之前，IRCC 将采用 "认可机构" 框架，以惠及为国际留学生提供更高标准服务、支持和成果的中学后 DLI。例如，这些 DLI 将受益于优先处理计划在其学校就读的申请人的学习许可。



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毕业后工作许可计划改革：

在未来几个月内，加拿大移民、难民和公民部将完成对毕业后工作许可计划标准的评估，并开始引入改革，以更好地调整该计划，满足加拿大劳动力市场的需求，以及达到地区和讲法语人士的移民目标。

请记住，学生一定要咨询移民专家或法律顾问，根据自己的具体情况了解哪种途径最适合自己的。以上信息截至2023年，可能会有变动。请随时查看官方来源的最新更新。祝你好运！

## 选择通往加拿大永久居民 (PR) 的正确途径

作为留学生，选择正确的途径获得加拿大永久居民身份 (PR) 取决于多个因素。以下是一些通用指南，可帮助你顺利完成这一过程：

### 1. 评估你的情况

评估你的学历、工作经验、语言能力及其他相关因素。这将有助于你了解自己可能有资格申请的项目。

### 2. 研究每种途径

了解每种途径的要求和优势。根据你的具体情况，有些计划可能更有优势。

### 3. 考虑你的长期目标

如果你计划在某一特定省份定居或有一份特定的工作，某些项目可能更适合你。

### 4. 咨询移民专家

移民规则可能很复杂，而且经常变化。咨询移民专家或法律顾问，了解哪种途径最适合你的具体情况，可能会对你有帮助。

请记住，这些信息是截至2023年的最新信息，可能会有变化。请随时查看官方来源的最新更新。重要的是要做出最适合你个人需求和目标的明智决定。

如果你希望我们协助你达到你的移民目标，请查看我们的网站并联系我们。我们将在你的旅途中一路支持、助你一臂之力。祝你好运！😊

## 了解移民加拿大的途径

作为加拿大的留学生，了解移民加拿大的不同途径非常重要。以下是两种主要途径：

### 快速通道系统

快速通道系统是加拿大联邦政府设立的联邦移民计划。

- 它包括三个移民计划，旨在为外国技术移民提供永久居留权：联邦技术工人计划（Federal Skilled Worker Program）、联邦技工计划（Federal Skilled Trades Program）和加拿大经验类别（Canadian Experience Class）。
- 该系统以分数为基础，根据年龄、教育程度和工作经验等标准对申请人进行评分。
- 该系统定期举行抽签，通过各种联邦经济移民计划挑选出合格的申请人，并邀请他们申请永久居留权。
- 该系统之所以吸引人，是因为它加快了整个申请过程，这意味着从你提出申请之日起，最快只需6个月时间，你就可以前往加拿大。







## 省提名计划 (PNP)

省提名计划 (PNP) 系统是指由加拿大各省和地区创建并运行的一套移民计划。

- 这些省和地区与联邦政府签订移民协议，以帮助他们吸引外国工人加入其劳动大军，并帮助当地经济发展。
- 目前有 80 多个省级提名计划。这些计划大多旨在引进符合省或地区要求的外国人。
- 申请 PNP 意味着在申请 PR 之前先申请省提名。
- 快速通道系统与 PNP 的主要区别在于选择申请人的方式。

请记住，重要的是要咨询移民专家或法律顾问，根据你的具体情况了解哪种途径最适合你。以上信息截至 2023 年，可能会有变动。请随时查看官方来源的最新更新。祝你在成为加拿大永久居民的道路上好运! 😊

## 5. 远航人的第五个里程碑 – 永久居民 (PR)

恭喜你，远航人！你就快拿到加拿大永久居民身份卡了。拥有加拿大永久居民身份的人可以享受与本国公民类似的社会福利，如医疗保健和工作保险。

### 为什么选择永久居民身份？

与加拿大公民享有同等权利：

作为永久居民，您拥有与加拿大公民相同的大部分权利和义务。

家庭成员的 PR：

你可以担保符合条件的家庭成员来加拿大。

增加流动性：

你可以在加拿大任何地方生活、工作或学习，也可以出入加拿大。

获得信贷：

有了良好的信用记录，永久居民可能更容易获得贷款（如抵押贷款）和信用卡。

成为加拿大公民的途径：

永久居民身份是成为加拿大公民的第一步。

此外，加拿大政府已为未来几年制定了雄心勃勃的移民目标。加拿大的总目标是到 2023 年接收 46.5 万名永久居民，到 2024 年接收 48.5 万名，到 2025 年接收 50 万名。这其中包括通过联邦高技能类别和省提名计划接收的大量技术工人。

想要获得加拿大永久居民身份吗？与我们预约咨询! 我们将在你成为加拿大永久居民的道路上一路支持。祝你好运! 😊



# 4:2

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我们希望本指南能为你的学习、工作和获得永久居留权（PR）之旅提供有价值的信息，以便你继续在加拿大生活。

请记住，每个人的情况都是独一无二的，教育、职业和移民过程可能非常复杂。

如果你对本指南中提到的任何主题有任何疑问或需要进一步帮助，请随时联系我们。无论是了解不同的永久居民PR途径、最新的职业或移民更新信息，还是如何选择适合自己的专业，我们都将竭诚为你服务！

洪洋国际HY Voyagers 的船长团队致力于为你的每一步发展提供支持。今天就联系我们，[预约咨询吧](#)。我们期待帮助你实现加拿大梦！

祝你好运，远航人！ 😊



## 联系我们

更多信息

☎ (705)-923-6798

✉ [captains@hyvoyagers.com](mailto:captains@hyvoyagers.com)



[www.hyvoyagers.com](http://www.hyvoyagers.com)



[captains@hyvoyagers.com](mailto:captains@hyvoyagers.com)

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**"我们相信，加拿大的每一位留学生和移民都应该获得良好的教育、合适的职业以及最美好的生活。**

这就是我们做所有这一切的原因。"

洪洋国际HY Voyagers  
的船长提供



[www.hyvoyagers.com](http://www.hyvoyagers.com)



[captains@hyvoyagers.com](mailto:captains@hyvoyagers.com)



# International students' Guide in Canada



**By Your  
Captains At  
HY Voyagers**





In this Issue, you'll learn about:  
**The innovative way to**

**Get educated**



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**Find work**

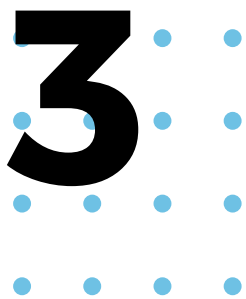
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**Have a crazy fun life in Canada**



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# Welcome

## HY Voyagers welcomes you to Canada

We understand coming to Canada is both an exciting and overwhelming time for international students—from finding a home where you'll be happy to settle in, speaking a foreign language to receive education and deal with day-to-day life, finding work to immigration after graduation.

The goal of this guide is to provide you with important information on everything you need to know to become successful as an international student.

Whether you are starting this new chapter of your life on your own or with your family, HY Voyagers is here for you to make your move to Canada a smooth one.

### AS YOU SETTLE IN, WE'D LOVE TO TALK.

At HY Voyagers, our Captains are here to make sure you get tailored and personalized advice that will help you reach your goals—today and well into the future.

### YOU CAN GET STARTED NOW.

No matter where you are on your journey right now, we are here to support you every step of the way.

We wrote the guide to allow international students to skip all of the trial and error and painful missteps most make during their journeys. So you don't have to "learn the hard way".

If you have any questions or need guidance on getting educated, finding work, and having a crazy fun life here in Canada, reach out to a Captain to [Book a free consultation](#). Let's start a conversation about your exciting tomorrow here in Canada

*Captains at HY Voyagers*





# Get Educated

## Canadian Education Consulting

Voyagers, finding the right major at the right university is a very important step that sets you up for the future. Don't worry, we've got you covered. From helping you find the major and university that best fits you to get you all settled in your school dorm after your orientation. Your Canadian Education Dream is easier to fulfill with the help of your Captains. Book a consultation with us to get the help you need!

As a bonus for our favorite Voyager, YOU, we have included this short list of top universities in Canada and the most popular courses among international students.

### Top Universities in Canada

1. University of Toronto
2. The University of British Columbia
3. McGill University
4. University of Waterloo
5. Simon Fraser University
6. University of Alberta
7. University of Calgary
8. York University
9. Western University
10. McMaster University

### Most Popular Courses Among International Students in Canada

1. Business & Management Studies
2. Hospitality & Leisure Management
3. Engineering
4. Medicine
5. Accounting & Finance
6. Computer Science
7. Health & Medicine
8. Life Sciences
9. Media & Journalism

Please note that this is not an exhaustive list and there are many other excellent universities and courses in Canada. It's always a good idea to research and choose a university and course that best fits your interests and career goals. Good luck!

Confused about choosing a major? Check out "How to choose your Major/Career in Canada course" to get your answer!

## Scholarship Consulting

Voyagers, don't miss out on the wonderful scholarships offered by the Canadian Government, Provinces, Universities, and other organizations.



As a gift for buying our guide, we have listed below some of the latest scholarships for the year 2024 in Canada. Voyagers, don't miss out on the wonderful scholarships offered by the Canadian Government, Provinces, Universities, and other organizations. Here are some of the latest scholarships available for international students in Canada:



## McGill University Scholarships 2024:

McGill University offers a variety of scholarships for international students. The eligibility criteria and application process vary depending on the scholarship.



## Queen's University Scholarships 2024:

Queen's University provides numerous scholarships for international students. These scholarships are based on academic achievement, leadership qualities, and community involvement.



## University of Waterloo Scholarships 2024:

The University of Waterloo offers a range of scholarships for international students. These scholarships are awarded based on academic excellence and demonstrated leadership.



## University of Alberta Scholarships 2024:

The University of Alberta provides several scholarships for international students. These scholarships are based on academic achievement and other factors.







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For International Students  
By International Students



## Canada Vanier Graduate Scholarship 2024:

The Vanier Canada Graduate Scholarships (Vanier CGS) program helps Canadian institutions attract highly qualified doctoral students.



## University of Toronto Scholarship 2024:

The University of Toronto offers a wide range of scholarships for international students. These scholarships are awarded based on academic merit and other factors.

Reach your dreams by studying your major more comfortably with the help of the right Scholarship. Here's a small reminder for you. Want to apply for scholarships but don't know where to start? [Book a free consultation](#) and one of your favorite Captains will contact you for an initial assessment to help find you the right scholarship. You focus on your study and we will help get you the scholarship you deserve.

## Language training

Voyagers, Language prep is super important when coming to a new country. Communication is required for all day-to-day activities, especially if you are studying in Canada. Language training assists you in preparing for the language expectations while studying, becoming a professional in Canada, and immigrating to Canada.

Students hoping to study in Canada must take language tests such as IELTS Academic or TOEFL. The scores on those tests reflect the English language proficiency of non-native speakers seeking educational opportunities in English-speaking countries.





Schools often require this testing to ensure you will understand the content, material, and language spoken in the academic and professional setting. Common conversation language is very different from this, so preparing for this test is extremely helpful.

## Bonus: Here are the latest updates on the topic!

### IELTS Related:

The sequence of modules in the IELTS exam has changed a bit, but the pattern remains the same. The sequence of the IELTS exam is as follows:

- For the paper-based IELTS, the sequence is Writing, Listening, and Reading.
- For the computer-based IELTS, the sequence is Listening, Reading, and Writing.

In both cases, the Speaking test may be scheduled up to a week before or after the other tests.

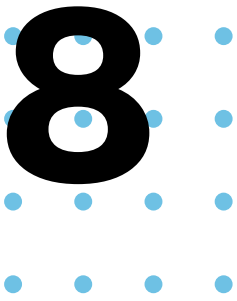
Please verify this with the official IELTS resources or the test center for the most accurate information.

Starting in March 2023, IELTS has introduced the One Skill Retake policy. Students will have the option to retake the IELTS for one component if their first score was below their target. This allows test takers to retake any one section of the test (Listening, Reading, Writing, or Speaking) if they need to improve on one area, instead of retaking all four sections. This is applicable for both IELTS Academic and General Training tests<sup>1</sup>.

However, to be eligible for the One Skill Retake, you must meet the following requirements:

- You have completed a full test at a center that offers IELTS One Skill Retake.
- Your full test was an IELTS on computer test.
- You sit your IELTS One Skill Retake within 60 days of your full IELTS test.

Please note that prices for the One Skill Retake may vary, so it's recommended to contact your local test center for more information. This policy is a great opportunity for students to reach their potential and showcase their full English language ability.



### IRCC Related:

Immigration, Refugees and Citizenship Canada (IRCC) have announced that it will accept language test results from four new tests for Student Direct Stream (SDS) applicants. The newly eligible tests are:

- CELPIP General
- CAEL
- PTE Academic
- TOEFL iBT Test

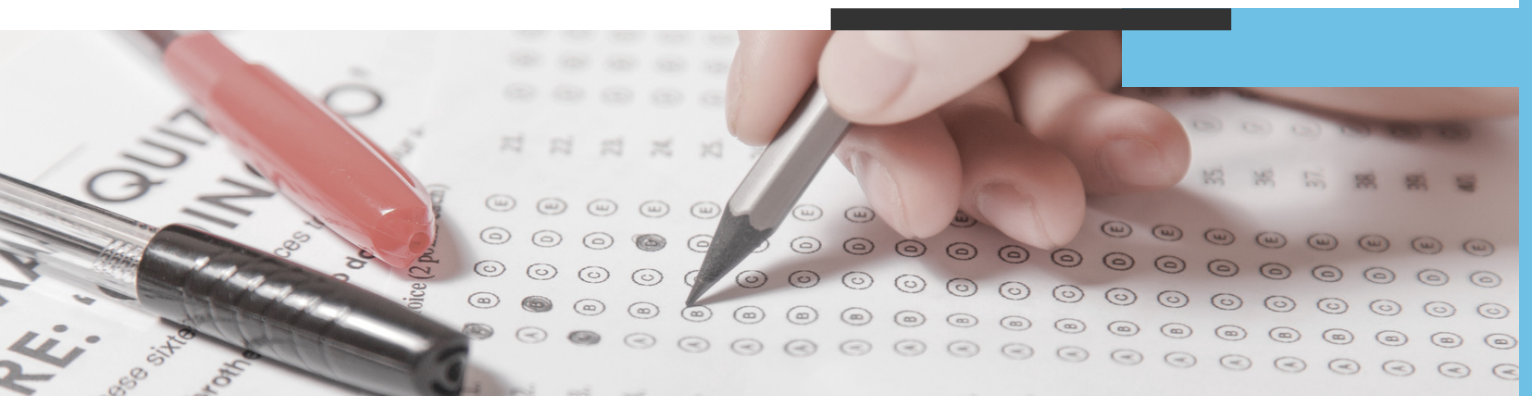
This change will be effective from August 10, 2023. All test results must demonstrate abilities in speaking, listening, reading, and writing.

Here are the minimum scores required for each test:

- CELPIP General: A score equivalent to a Canadian Language Benchmark of at least 7 in each of the four language-speaking abilities.
- CAEL and Pearson PTE Academic: A minimum score of 60.
- TOEFL iBT Test: A minimum score of 83.

Please note that students must take these tests in person. Online, remotely proctored tests will not be accepted for applicants in the SDS. Prior to this change, IELTS General and IELTS Academic were the only tests approved by IRCC for SDS applicants.

The SDS offers expedited processing of study permits for students from specific countries. There is a service standard of 20 days for all study permit applications eligible for SDS. This change is a significant development for international students aiming to study in Canada. Please verify this with the official IRCC resources or the test center for the most accurate information.





## HY VOYAGERS

For International Students  
By International Students



If you are considering living in Canada for the long term after graduation and have decided to apply for a Canadian permanent residency, a good score on Language tests such as IELTS general or CELPIP will be one of the requirements you need to meet to achieve your goal. HY Voyagers offers personal learning solutions for language tests such as IELTS, TOEFL, and CELPIP.

We understand how liberating the feeling of getting your dream score on the first attempt is. Not only does it open doors to various opportunities, but it also gives us the freedom to pursue our dreams, be it dream school offers, dream job opportunities, or pathways to immigration to this beautiful country. However, like every other exam, there are basic procedures and activities to take to achieve the goal.

Book a free consultation with us. During the consultation, one of our Captains will come up with a tailored study plan that advises what needs to be done to achieve your target score.





# Find Work

## Get a SIN card

Get a SIN card In order to work in Canada, you need a Social Insurance Number (SIN). All international students should apply for one on arrival.

Here are the steps for international students to apply for a SIN in Canada:

### Proof of Identity and Status in Canada:

You must provide a valid primary document that proves your identity and status in Canada. For international students, this could be a study permit that states you “may accept employment” or “may work” in Canada.

Students arriving at Toronto Pearson Airport during business hours may be able to get their Social Insurance Number (SIN) before leaving the airport. There is a Service Canada centre inside the airport, therefore no application will be required. you can fill out a form to obtain a new SIN, and you will receive your SIN on the spot within a few minutes. There is no fee to apply for a SIN. If you can't get your SIN at the airport, you can apply for one online, by mail, or in person at another Service Canada centre near you.

### Application:

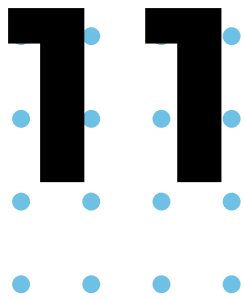
You can apply for a SIN in three ways:

- Online: You can [apply online](#), upload your digital documents securely and, if eligible, view your SIN online once your application has been processed.
- In-Person: Visit the nearest Service Canada office. Remember to bring along your original documents.
- By Mail: If you live 100 kilometers or more from the nearest Service Canada office, you can send your application by mail.

Processing: After your application is processed, you will receive a SIN in a letter format.

Please note that due to the COVID-19 pandemic, the application process may have changed. It's always a good idea to check the official Service Canada website for the most current information.





Remember, your SIN is confidential and should be protected. Do not give it to anyone unless you confirm they are legally allowed to request it.

For more information, visit the Government of Canada website at [Canada.ca, Social Insurance Number-Overview](https://www.canada.ca/Social-Insurance-Number-Overview).

## Volunteering and Internships

Volunteering is the act of donating time and labor (unpaid) towards a common goal or to an organization. It is a great way to gain professional experience, skills, and knowledge that will prepare you for future employment in Canada. It may seem like a waste of time to volunteer or do internships when you have so much going on, however, there is a multitude of reasons that volunteering and internship are VITAL when establishing your study and working within Canada.

### Virtual Volunteering and Remote Internships:

With the COVID-19 pandemic, many organizations and companies in Canada have moved their volunteering opportunities and internships online. This allows volunteers and interns to contribute their time and skills from the comfort of their own homes.

### Skills-Based Volunteering and Project-Based Internships:

More and more organizations in Canada are looking for volunteers with specific skill sets. Similarly, some companies are moving away from traditional internships and towards project-based internships. In these internships, students work on a specific project for the duration of their internship. This gives students the opportunity to make a tangible impact during their internship.

### Social Justice Volunteering:

There has been an increased interest in volunteering opportunities in Canada that address social justice issues. This could involve working with organizations that focus on areas like racial equality, LGBTQ+ rights, or climate change.

### Internships with Startups:

There has been a growing trend of students seeking internships with startups in Canada. These internships can offer a unique experience, as students often get the chance to take on more responsibility and learn about multiple aspects of a business.

Please note that while these trends provide a general overview, the specific opportunities available can vary greatly depending on the field of study, location, and individual organizations. It's always a good idea to research and reach out to organizations directly to find the most suitable volunteering or internship opportunities.



# 12

## HY VOYAGERS

For International Students  
By International Students



There are many benefits including but not limited to:

- Work experience in Canadian Culture
- Language skill practice
- Increase interpersonal skills
- Building relationships with the community
- Building work connections
- Enhances your resume
- Enhances soft skills
- Opens better opportunities
- Gain strong references

Want to start doing internships or volunteering? [Book a consultation](#) with us to tell us about your interests and learn more. [Your ideal volunteer/internship opportunity awaits you!](#)





## Work Culture

Canada is a wonderful place to live and a marvelous place to work! Everywhere you go, there is a significant difference in the workplace culture from the culture of the country you are working in. For this reason, it is very important to explain Canada's workplace culture and give you a list of practices and ways you should know and consider when deciding to work or when you are working in Canada.

Body language is vital in all cultures. You must hold yourself professionally and confidently; stand up straight, smile, etc. Body language gives a lasting impression and sets the tone for the workplace and future interactions. Having a bad first impression can lead to sourness and less fortunate outcomes.

### **Posture:**

Standing up straight can convey confidence and professionalism. Slouching or hunching over can give the impression of low energy or disinterest.

### **Facial Expressions:**

Smiling can indicate friendliness and approachability. However, it's important to ensure that your facial expressions are appropriate for the situation.



Body Language

### **Handshake:**

Traditionally, a firm handshake was seen as a sign of confidence and respect. However, due to the COVID-19 pandemic, many people are now using contactless greetings such as a nod, a wave, or an elbow bump. It's always a good idea to follow the most current public health guidelines and to respect the comfort levels of the people you're interacting with.

### **Eye Contact:**

Maintaining appropriate eye contact during conversations can show that you are engaged and interested. However, it's important to avoid staring, which can make others uncomfortable.







Body Language

### Personal Space:

Respecting others' personal space is important. In Canada, it's customary to maintain a comfortable distance during conversations.

Remember, first impressions can have a lasting impact on how others perceive you. Demonstrating positive body language can help set a positive tone for future interactions. However, it's also important to be authentic and respectful of others' comfort levels.



Personal Presentation

Dressing to impress is very important in the Canadian workplace. Make sure you have done your research and know the dress code. When in doubt, business casual is often a go-to. There is a common saying in Canada, 'Dress for the job you want, not the job you have.' When dressing for work or an interview, it is common to avoid jeans and shorts and try to dress more conservatively. Always ensure your face and hair are clean and tidy. Lastly, avoid perfumes and extra fragrances. Often there are individuals allergic and thus most places say fragrance-free. Please note, that due to the trend towards remote work, many companies have adopted more relaxed dress codes, especially for employees working from home. However, it's always a good idea to clarify the dress code with your employer.



Personal Space

Personal space is huge in Canada, especially in the workplace. You can often get close for formal greetings or a handshake but afterward, keep your 6-foot distance when possible. Always be courteous and wash your hands accordingly. Due to the COVID-19 pandemic, maintaining physical distance has become even more crucial. It's recommended to follow the most current public health guidelines regarding physical distancing.



Eye Contact

Eye contact is often one of the hardest skills to master, however, it can be one of the most important. Having good eye contact shows trustworthiness and indicates interest while in conversation. It indicates personal confidence. There is a fine line though, between good eye contact and staring. Staring can make people uncomfortable. Remember to look away from time to time.





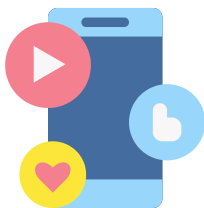
Shaking Hands

As mentioned before, a firm handshake can show your confidence and is a great way to show your intent. A handshake should be about 3-5 seconds, allowing for quick greetings and an introduction of your name. It is quick but effective. However, public health guidelines now recommend avoiding close contact with others, especially in a professional setting. Instead, many people are adopting alternative, contactless greetings such as a nod, a wave, or an elbow bump.



Greetings

When first meeting someone, it is expected that you introduce yourself with your full name. You can often use Ma'am or Sir, however, you mustn't misgender them. You can always ask what they want to be referred to as. In Canadian workplaces, things are often more casual, and employees and management often talk on a first-name basis. When leaving and entering the workplace, it is customary to say hello and goodnight or good morning. It makes the workplace more relaxed and comforting. Please note, that due to the COVID-19 pandemic, many first meetings are now happening virtually. It's important to ensure that your video and audio are working properly and that you're in a quiet, well-lit space for these meetings.



Media Use

Social media is used by almost all individuals and companies here in Canada. Often companies use social media for job postings and to promote their products and services. However, there is a line between work use and personal use. It is important to only use work accounts for work activities during working hours. Remember to keep all personal social media time for personal hours; breaks, lunch, after-hours, etc. It is also common practice to not have your mobile device out in front of customers. Some businesses use social media like WhatsApp to have employee or management group chats. This helps switch shifts or need to call in sick. Always check your company's policies. With the rise of remote work, the use of social media and digital communication tools has become even more prevalent in the Canadian workplace. It's important to maintain a professional presence on these platforms, even when working from home.



Questions

It is very culturally common to have an open workplace. This means that employers will encourage you to ask questions and clarify things. If you do not understand or need assistance with something, you are strongly encouraged to seek help. Asking questions will decrease mistakes. It is an efficient and effective workplace cultural practice.

Workplaces have many values and etiquette that are standard across the board. Some of the following five are non-exhaustive but vital:



Workplace Values  
and Etiquette

- **Kindness**: assist others when needed; saying please and thank you
- **Loyalty**: brands and companies love loyalty from their employees, support their products, and show passion for your brand, even off the clock; be an ambassador
- **Fairness**: treat all colleagues and clients with equality, do not assume anything; always treat people with respect, and always try to smile
- **Punctuality**: be on time for your shifts; it is customary to arrive 10-15 minutes early for your shift. This gives you time to settle, put your stuff away in the break room, and start work at the start time.
- **Courtesy**: Always be open with your colleagues and employers. If you are going to be late, call. If an emergency comes up, call. Employers are human and understand that life happens. Assist people when they need help, even open doors for others. Clean up after yourself and leave areas clean for the next colleague. Never make assumptions.
- **Adaptability**: With the rapid pace of change in today's workplace, being able to adapt to new situations and challenges is increasingly important.
- **Resilience**: The ability to bounce back from setbacks and keep going in the face of adversity is a valuable trait in the modern workplace.



Socializing

In Canadian workplace culture, being social and friendly with your colleagues is strongly encouraged. Teamwork, collaboration, team building, and morale-boosting can all be accomplished via socializing. Getting to know everyone can be an asset, just ensure you remain professional in the workplace and leave certain discussions away from customers or clients. More personal conversations can occur over breaks or when there are no customers around. Make sure clients and customers remain in priority over any conversation. It is also customary to avoid certain topics such as religion, politics, gossiping about others, and avoid foul language. The shift towards remote work has also impacted workplace culture. Many companies are implementing initiatives to maintain a positive and inclusive culture in a virtual environment, such as virtual team-building activities and online social events.

## Modern Workplace Trends in Canada



Remote Work

With the COVID-19 pandemic, remote work has become more common in Canada. This has led to changes in workplace culture, with a greater emphasis on digital communication and collaboration tools.



Diversity and Inclusion

Canadian workplaces are increasingly diverse, and there's a growing emphasis on inclusion. Employers are making efforts to create environments where everyone, regardless of their background, feels valued and respected.



Mental Health Awareness

There's a growing awareness of mental health in Canadian workplaces. Many employers are implementing policies and programs to support the mental well-being of their employees.





**Sustainability**

Many Canadian companies are becoming more environmentally conscious and are implementing sustainable practices in their operations. Employees are often encouraged to participate in these efforts.



**Continuous Learning**

With the rapid pace of technological change, there's a growing emphasis on continuous learning in the Canadian workplace. Employees are often expected to update their skills regularly and may be provided with opportunities for professional development.



**Work-Life Balance**

Canadian workplaces are increasingly recognizing the importance of work-life balance. Employers are implementing policies that promote a healthy balance between work and personal life, such as flexible working hours, wellness programs, and mental health resources.



**Digital Etiquette**

With the rise of remote work and digital communication tools, there's a growing emphasis on digital etiquette in the workplace. This includes being respectful and professional in online communications, being mindful of different time zones when scheduling meetings, and maintaining a professional presence on social media.



**Continuous Feedback**

Many Canadian workplaces are moving away from traditional annual performance reviews and towards a model of continuous feedback. This involves regular check-ins and feedback sessions between managers and employees.



Employee  
Engagement:

There's a growing emphasis on employee engagement in Canadian workplaces. Employers are implementing programs and initiatives to keep employees engaged and motivated, such as team-building activities, recognition programs, and opportunities for professional development.

These trends provide a snapshot of the current Canadian workplace culture. However, practices can vary greatly depending on the specific workplace, location, and industry. It's always a good idea to research and reach out to potential employers directly to understand their specific workplace culture and practices.





# Career Development

It can be quite challenging for international students to start a study life in a foreign country, and even more so to build a career along the way. Your personal brand is an extension of you and is crucial for your career here in Canada. Future employers look for individuals who align with their team's drive, goals, values, skills, and interests. Personal branding helps you stand out, making it easier for recruiters to remember you and understand your professional profile. It creates a comprehensive picture of you as a human being and employee; you are not just your experience and qualifications. We highlight three areas of personal branding that will be very important as you begin your career in Canada.

## 1. On paper

When applying for jobs, you will almost always have to submit a resume and cover letter to the employer. A resume is a document that presents your work background, skills, and professional accomplishments. A cover letter is a document that is written to tell employers more about what you have to offer the company.

We're here to help you present the best version of yourself to employers using your resume and cover letter! Our services include resume and cover letter writing services, courses, and materials specifically designed to help you craft effective resumes and cover letters. These resources provide guidance on how to highlight your skills, experiences, and achievements in a way that will catch the attention of potential employers.

For more information about our services and to access our resume and cover letter resources, please check out our website, <https://hyvoyagers.com/career-coaching-2/>. We're committed to helping you succeed in your career development journey in Canada!

## 2. Online

With the advancement of technology, it has become easier than ever to brand yourself online. There are numerous online platforms that we encourage you to use to your advantage when building your career.

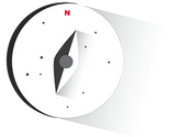
- LinkedIn



### WHAT IS LINKEDIN?

LinkedIn is a professional networking and career development platform. It tracks your professional development, volunteer work, and skills. LinkedIn is important because it is a living embodiment of your professional image and career development. Here you will build your brand for your future potential employers to see.





## WHO USES LINKEDIN?

As of 2023, LinkedIn had approximately 800 million users across over 200 different countries around the world. Approximately 48.4% of those users are from North America and 25% of those users are senior-level professionals. Over 50 million companies use LinkedIn, including HY Voyagers. Every minute, about 6 individuals are hired through LinkedIn.

## HOW DO I USE LINKEDIN?

Use LinkedIn as a way to present your career goals, interests, and aspirations. When making your resume you can add your LinkedIn profile so employers can dig into your story and professionally learn more about you. Keep your LinkedIn up-to-date with relevant professional content in your field of choice.

For more information on using LinkedIn, check out our informational YouTube video - [Power of LinkedIn](#).

- **Instagram**



## WHAT IS INSTAGRAM USED FOR?

Instagram is a visual platform that allows you to showcase your personal brand and interests. You can follow companies of interest and stay up-to-date with trends and advancements in your industry. Instagram allows you to tell your story beyond your professional life. Benefits to Instagram include but are not limited to:

- Actively building relationships with others professionally to gain knowledge and professional contacts
- Opens up a multitude of career opportunities
- Allowing you to stay in contact with experts in the field and those with knowledge and expertise
- Meeting like-minded people could lead to even more personal connections
- Gain further reach in different parts of the world

## HOW DO I USE INSTAGRAM?

Instagram is all about personal branding. Audiences and networks can see aspects of the real you, not just the professional you. Consider building a consistent aesthetic or 'vibe'; this will entice people to follow your journey and growth! The goal when using Instagram is exposure, not fame. There are many features Instagram offers that will help you build your brand including Reels, Stories, IGTV, and Shopping options. You can create your job or become collaborators and ambassadors with companies, build networks with like-minded individuals, and use hashtags to find content in your field.





# 2:2

As of 2023, Instagram has over 1 billion active users worldwide, making it a powerful platform for networking and personal branding. It's also worth noting that Instagram is increasingly being used by companies for recruitment, so maintaining a professional and engaging profile could open up new career opportunities.

For more information on using Instagram, check out our informational YouTube video - [Personal Branding on Instagram](#).

## • Twitter



### WHAT IS TWITTER?

Twitter is a social media platform that revolves around microblogging (posts 280 characters or less). It can be used to stay up-to-date with companies, celebrities, or communities of like-minded individuals. You can share links, photos, video clips, GIFs, and more. It is a very simple, easy-to-use interface that allows you to stay up-to-date with relevant news, sports, entertainment, and more.

Benefits to Twitter include but are not limited to:

- A great way to network with over 330 million users around the globe, including many large companies and CEOs use Twitter
- The more you network on social media, the more opportunities may arise for your career

#### Important Thing to Know

Everything you post online is visible to others, so think before you post. Twitter is for short microblogging, so keep content short and sweet. Have a key message and join the conversations. Most importantly, be authentic!

As of 2023, Twitter has over 330 million active users worldwide, making it a powerful platform for networking and personal branding. It's also worth noting that Twitter is increasingly being used by companies for recruitment, so maintaining a professional and engaging profile could open up new career opportunities.

For more information on using Twitter, check out our informational YouTube video - [Personal Branding on Twitter](#).

## • Facebook



### WHAT IS FACEBOOK?

Facebook is a social media networking platform designed to allow users to connect with family, friends, colleagues, or even with people they do not even know! It allows users to share pictures, videos, music, articles, links, and so much more! As of 2023, Facebook has over 2.8 billion users around the world and many tools such as polls, stories, chat rooms, messenger, live streaming, groups, and pages. These all add to the community's immersion and connectedness to your community at large.





The benefits of Facebook include but are not limited to:

- Stay connected with individuals through content sharing, direct messaging, or video chats.
- Can connect and reach out to individuals, celebrities, professionals, and companies which pique your interest.
- Expanding your friends' list and network is easy and messaging individuals before connecting is possible.
- Often, companies will share information through their chat features to assist you.
- Great way to stay relevant in your fields of interest through your social networking

For more information on using Facebook, check out our informational YouTube video - [Personal Branding on Facebook](#).



## 3. In person Networking

### WHAT IS NETWORKING?

Networking is a way of actively building relationships with others, professionally to gain knowledge and professional contacts. It allows you to stay in contact with experts in the field and those with knowledge and expertise. Meeting like-minded people could lead to an even more personal connection (Best friends, spouses, partners, etc.). There are many benefits to networking including but not limited to:

- Gain helpful experts who want to share their knowledge
- Gain quality references
- Gain a variety of experts in a variety of fields you are interested in
- Open up multitudes of career opportunities
- Gain insight into your field
- Stay up to date in your field
- Gain further reach in different parts of the world
- Gain interpersonal skills
- Increases communication skills





## CANADIAN MANNERISMS TO EXPECT

Canadians are known for their friendly and polite demeanor. Here are some mannerisms to expect:

- Canadians love to make light-hearted jokes in conversations, including business ones. Feel free to join in, but always keep it appropriate for the setting.
- If you don't understand something, ask for clarification. It's better to ask than to pretend to understand.
- Canadians have a relaxed demeanor. Remember to breathe and relax during your interactions.
- Punctuality is important. Aim to be 15 minutes early for appointments or meetings. Being more than 15 minutes late is considered rude.

## COMMON NETWORKING PRACTICES

- **Introduce Yourself:** Start with a solid, firm handshake. This is a universal sign of professionalism.
- **Elevator Pitch:** Prepare a short 1-minute summary of your background, experience, and purpose. Keep it simple and personable. Be sure to practice your elevator pitch.
- **Stay Calm:** Take a deep breath! Remember, the people you're networking with are just like you.
- **Confident Body Language:** Show confident body language and smile often. This can help to alleviate stress and create a positive impression.
- **Adapt to Cultural Differences:** Canada is multicultural and has many ethnic cultures, each with their own mannerisms. Try to adapt to each person's style through observation. This practice is called mirroring.
- **Follow-Up:** Send a follow-up email or LinkedIn message within 24-48 hours to remind new connections who you are.
- **Express Gratitude:** Always say thank you. Canadians are known for being polite. Always remember to thank people for their time or hospitality.
- **Embrace Mistakes:** If you misspeak or fumble over words, don't worry. It's okay to laugh at yourself. We're all human.
- **Business Cards:** Have a few on hand during networking events. Make sure your business card is up-to-date and professionally designed.
- **Dress Code:** Dress appropriately for the occasion. In most professional settings, business casual is the norm.
- **Active Listening:** Show genuine interest in the other person. Ask thoughtful questions and listen attentively to their responses.
- **Networking Events:** Attend industry-specific events, seminars, and meetups. These are great opportunities to meet like-minded professionals and expand your network.
- **Volunteering:** Volunteering at events or organizations related to your field of interest can be a great way to meet people and demonstrate your commitment to the industry.

For more details on networking, check out this informational video - [Networking in Canada](#)



# 2:5

**HY VOYAGERS**

For International Students  
By International Students



# Have a Crazy Fun Life



## Banking

Having a bank account is crucial when you're studying in Canada. The process can sometimes be confusing and difficult if you do not have all the required documents and information for the bank right away. So we are here to help you! Most banks require the same documentation, so please make sure to have the following things ready:

- Your passport
- Your landing documents (IMM Form #1442 / 1208 / 1102) or Temporary Resident Visa (TRV)
- Proof of enrollment (optional, good-to-have)
- Social Insurance Number (SIN) or proof of residence (optional, good-to-have)
- Canadian VISA or Study Permit

There are a lot of banking options in Canada. You can do some initial research on opening a Canadian bank account by visiting the [Canadian Bankers Association \(CBA\) website](#).

HERE ARE SOME OPTIONS TO CHOOSE FROM THAT CATER TO INTERNATIONAL STUDENTS:

### TD Canada Trust

- TD has specific [International Student Bank Accounts](#) and Bundles designed with you in mind! They will help you set up the best bank account for your needs as a newcomer to Canada. TD also offers special programs, such as their [TD International Student GIC Program](#). When you apply for and participate in the TD International Student GIC Program, it can help you expedite your study permit application.

### Royal Bank of Canada (RBC)

- The [Royal Bank of Canada](#) has international student benefits. They offer a quick and easy banking setup as well as a guaranteed credit card. This can assist with school purchasing and establishing a Canadian credit history. For more information, visit their [bank website](#).

### Canadian Imperial Bank of Commerce (CIBC)

- CIBC has an international student [GIC program account](#). They have a simple 4-step system to assist you in permit application as well as setting up your banking. They also offer referral bonuses (free money!). They also offer help with building Canadian credit, finding the best bank account, and assisting with permit applications. [Click the link](#) for further information.





## Scotiabank

- Scotiabank has a very simply laid out international student, banking program called StartRight. Here, they assist you in setting up banking as well as helping you establish Canadian credit. They are partnered with Scene+, which allows you to save on movies, restaurants, and more. These little incentives can make enjoying Canada a little more exciting when things are free! For more information, see their website.

IN ADDITION TO THESE OPTIONS, HERE ARE SOME ADDITIONAL BANKING PRACTICES THAT MIGHT BE USEFUL FOR INTERNATIONAL STUDENTS IN CANADA:

### Online Banking:

Most Canadian banks offer online banking services. This allows you to manage your money, pay bills, transfer funds, and more from your computer or mobile device. It's a convenient way to keep track of your finances.

**Mobile Payment Apps:** Many banks in Canada have their own mobile apps, and services like Apple Pay and Google Pay are widely accepted. These can be linked to your bank account or credit card for easy, contactless payments.

### International Money Transfers:

If you need to send money to your home country, look for a bank that offers affordable international money transfers. Some banks may offer this service at a lower cost for students.

### Student Credit Cards:

Some banks offer credit cards specifically designed for students. These can be a good way to start building your credit history in Canada.

### Savings Accounts:

In addition to a checking account, consider opening a savings account. This can help you save money for future expenses.

### Bank Fees:

Be aware of any fees associated with your bank account, such as monthly fees, ATM fees, and overdraft fees. Some banks offer accounts with no monthly fees for students.

### Customer Service:

Choose a bank that offers good customer service. This can be especially helpful if you're new to banking in Canada.





Remember, it's important to do your research and choose a bank that fits your needs. Don't hesitate to ask questions and make sure you understand all the terms and conditions before opening an account.

## Build up your Canadian credit history

Building a good credit history in Canada is crucial for saving money on interest rates and getting approved more easily for things like cell phones, renting a house/apartment, lines of credit, car loans, housing mortgages, etc. It could even affect your ability to get hired for a job.

Using a credit card responsibly is a good way to build your credit history in Canada.

### YOUR CREDIT REPORT

Your credit report is a summary of your credit history.

Your credit report is created when you borrow money or apply for credit for the first time. Lenders send information about your accounts to the credit bureaus, also known as credit reporting agencies.

### YOUR CREDIT SCORE

Your credit score is a three-digit number that comes from the information in your credit report. It shows how well you manage credit and how risky it would be for a lender to lend you money. Your credit score is calculated using a formula based on your credit report.

Note that

- you get points if you use your credit responsibly
- you lose points if you have trouble managing your credit.

Your credit score will change over time as your credit report is updated.

### WHY YOUR CREDIT HISTORY MATTERS

#### It can affect your finances

Financial institutions look at your credit report and credit score to decide if they will lend you money. They also use them to determine how much interest they will charge you to borrow money. If you have no credit history or poor credit history, it could be harder for you to get a credit card, loan, or mortgage. It could even affect your ability to rent a house or apartment or get hired for a job. If you have a good credit history, you may be able to get a lower interest rate on loans. This can save you a lot of money over time.

#### It can show signs of identity theft

You can also use your credit report to check for signs of identity theft. This is something you should do at least once a year for both credit bureaus. Look to make sure someone has not tried to open credit cards or other loans in your name.





## ADDITIONAL BANKING PRACTICES FOR INTERNATIONAL STUDENTS

### Credit Card Usage:

- Using credit cards responsibly is an important part of building a good credit history in Canada. Try to pay off the balance in full each month to avoid interest charges and maintain a good credit score.

### Fraud Awareness:

- Be vigilant about potential scams and fraudulent activities. Never share your personal banking information with anyone. If you suspect any fraudulent activity on your account, contact your bank immediately.

### Savings and Investments:

- Consider exploring savings and investment options offered by your bank. This can help you grow your money over time and prepare for future financial goals.

### Student Discounts:

- Some banks offer special discounts and benefits for students. Be sure to ask about these when opening your account. These benefits can help you save money and get the most out of your banking experience.

### Financial Literacy:

- Take advantage of resources offered by your bank and other organizations to improve your financial literacy. Understanding how to manage your money effectively is a valuable skill that will benefit you throughout your life.

Remember, it's important to do your research and choose a bank that fits your needs. Don't hesitate to ask questions and make sure you understand all the terms and conditions before opening an account.

For more info, please check out

[Credit report and score basics](#)

[Credit: Step-by-step introduction to credit, credit scores, credit cards, and more](#)

[Why you should find out your credit score](#)

[Establishing a healthy financial life in Canada](#)

[Start earning rewards with your credit card](#)





## Filing Taxes

Tax filing may seem quite daunting and confusing for those of you who adopt a different tax system in your home countries. However, it's an important part of living and working in Canada.

### WHY SHOULD INTERNATIONAL STUDENTS FILE TAXES IN CANADA?

International students are encouraged to file taxes in Canada for several reasons:

- You may be eligible for tax credits such as the GST/HST credit, Trillium, and Tuition/Educational Credit.
- Filing taxes can save you money and you can receive a return for taxes paid while working in Canada.
- It helps you establish a tax history in Canada, which can be beneficial for future financial matters.



### WHEN SHOULD YOU FILE YOUR TAXES?

In Canada, you generally have to file your income tax once a year. The 'Tax Season' begins in late February and ends on April 30th. This is for filing for the previous year.

You can file income tax anytime and even for previous years, however, it is encouraged that you file every year during the time frames given.

Our Captains will be able to give you the knowledge and tools you need to understand it and even do it on your own. If you do not want to hassle with this process, our captains will be able to guide you through and assist with Tax Filing for a fee. Book a consultation to make filing your taxes less stressful!

### UNDERSTANDING TAXES IN CANADA FOR INTERNATIONAL STUDENTS

#### Residency Status:

Your tax residency status in Canada depends on your connections to the country. These connections can include having a home in Canada, a spouse or partner living in Canada, or dependants in Canada. Other connections can also be considered, like owning property in Canada, having social or economic ties to Canada, holding a Canadian driver's licence or passport, or having health insurance with a Canadian province or territory.







**Income from Abroad:**

If you're a resident of Canada for tax purposes, you need to report income you earn from both inside and outside of Canada. If you worked in another country, your income tax return could be affected by a tax treaty between Canada and that country.

**Tax Benefits and Credits:**

Even if you don't have any income, it's a good idea to file a tax return. You might be eligible for tax benefits and credits, like the GST/HST credit, Trillium, and Tuition/Educational Credit. Most international students studying in Canada on a study permit are considered residents of Canada for income tax purposes.

**Tax Filing Assistance:**

Many universities offer tax clinics where volunteers help students file their taxes. Check if your university offers this service.

**CRA MyAccount:**

After you've filed at least one income tax return and received one notice of assessment, you can create a MyAccount on the Canada Revenue Agency (CRA) website. This online service lets you manage your tax affairs and keep track of your correspondence with the CRA.

Remember, understanding your tax obligations and rights in Canada is important. If you're unsure about anything, don't hesitate to seek help from a tax professional or the CRA. It's always better to ask questions if you're not sure about something.

## Accommodations

Finding a place to live is usually one of the first things you consider when moving to a new country. The price, location, commute time, and cost of living are all important factors to consider when deciding where to live. As an international student, you are likely to choose a location based on the location of your schools and career opportunities. There is a great multitude of options making it very important that you always weigh the pros and cons before making a decision. Below are some places to look when seeking housing as a newcomer.

### 1. SCHOOLS' INTERNATIONAL STUDENT SERVICES

One of the first steps as an international student to take is to contact your school of choice. Each school, more often than not, has an international student service or office. They are there to assist in all aspects of the process of attending their school. They will often have local resources and connections to assist in finding living accommodations. These services can also put you in contact with other international students coming to the school or that are already attending. These students can give invaluable information and advice for the entire process of moving to Canada. For more information specific to your school of choice, see the school's website or call your school directly.





## 2.SCHOOL RESIDENCE

Each post-secondary institution should have its residence options for students. This can sometimes be competitive to obtain, and can often be expensive, especially for international students. However, they do have their benefits; on-campus locations, access to 24hr security, and assistance. It is often easier to make friends and participate in classmate bonding activities! Each school is different and contacting your specific school is important. Some schools have specific housing options for international students, so it is worth investigating. Always remember to keep your budget in mind and weigh the pros and cons before making a final decision.

## 3.ROOMMATE-FINDING APPS

We live in a very tech-rich world, and there are now apps for your smart devices to help you with almost everything you can think of. One of these things includes finding roommates. These apps work like online dating, however, instead of finding love, it helps you find a roommate! There are many to choose from. Some of these include but are not limited to: (Click on the app names to check out our videos on how to use these platforms)

[Roomster](#)

[Roomi](#)

[Diggz](#)

[RoomEasy](#)

## HERE'S MORE INFORMATION ON THESE APPS

- **Roomster:** Roomster is a popular roommate-finding site. It has a large database of tenants and allows users to conduct quick background checks and connect social media accounts, which can provide a sense of security during the process. However, some users have mentioned that it's not very user-friendly and you have to pay to message.
- **Roomi:** Roomi works by matching you with potential roommates after you answer questions about yourself and what you're looking for in a roommate. It uses an algorithm to pair you with a roommate who is a good fit for you. Like Roomster, Roomi allows users to conduct quick background checks and connect social media accounts.
- **Diggz:** Diggz is a roommate finder app that uses a personalized search algorithm to match you with potential roommates. You can express interest in roommate profiles that seem like a good fit, and if the interest is mutual, you'll be paired. Diggz also allows you to send an "Instant Message" to speed up the process. All profiles are vetted by Diggz to ensure a safe and scam-free platform. Diggz has received positive reviews and has helped many people find suitable rooms for rent.
- **RoomEasy:** RoomEasy is a roommate finder app that works similarly to Tinder. You create a profile on RoomEasy, add personal description tags from their system, and then search for roommates and apartments. You can "like" your favorite locations or potential roommates' profiles whenever you find anything that interests you, and if they "like" yours, you'll be paired.

Please note that while these apps can be helpful, it's important to exercise caution when meeting potential roommates online. Always meet in a public place first, and trust your instincts. If something doesn't feel right, it probably isn't. Also, be aware of potential scams, such as people asking for money before you've met or seen the apartment. It's always a good idea to see the apartment and meet the roommate in person before making any commitments.





## 4. FACEBOOK MARKETPLACE/ KIJJI

A lot of individuals make postings on local marketplaces for places available for rent. This can sometimes be difficult if you are not yet in Canada. It can also be expensive, depending on the renter and the location. Making sure you are within your budget is important. Living alone can seem ideal for some, so this can be an option. If you plan on making more permanent living arrangements down the line and just need somewhere to stay temporarily, subletting a room or place for a short term can also be a beneficial option for you. This often gives you a fully furnished place to stay so it is less to worry about when you first arrive.

For most international students, your first accommodation will likely be a rental house or apartment. The [Canadian Mortgage & Housing Corporation \(CMHC\)](#) can help you learn information on your rights as a tenant in Canada.

## ADDITIONAL TIPS FOR FINDING ACCOMMODATIONS IN CANADA

### **Understanding Lease Agreements:**

Before you sign any lease agreement, make sure you understand all the terms and conditions. If there's anything you're unsure about, ask for clarification. It might also be helpful to have someone else, like a trusted friend or family member, review the agreement with you.

### **Utilities:**

Find out if utilities like electricity, water, and internet are included in your rent or if you'll need to pay for them separately. This can significantly impact your monthly expenses.

### **Renters Insurance:**

Consider getting renters insurance to protect your belongings from damage or theft. This can provide peace of mind, especially when you're far from home.

### **Public Transportation:**

Look at the public transportation options near your potential housing. Living near a bus or train station can make commuting to school and other places much easier and more affordable.

### **Safety:**

Research the safety of the neighborhood before deciding on a place to live. You can do this by talking to locals, looking up crime statistics online, or asking your school's international student services for advice.

### **Furnished vs Unfurnished:**

Some places come furnished, which can save you the cost and hassle of buying furniture. However, furnished apartments might have higher rent, so consider this when making your decision.

### **Roommates:**

Living with roommates can help cut costs, but it's important to choose roommates you're compatible with. Consider things like cleanliness, lifestyle, and study habits when choosing roommates.





Remember, finding the right place to live can take time, so start your search early. Don't rush into signing a lease without doing your research first.

## BEWARE OF RENTAL SCAMS IN CANADA

As an international student looking for housing in Canada, it's important to be aware of potential rental scams. Here are some common ones you might encounter:

1. **Phantom Rentals:** In this scam, fraudsters advertise properties that either don't exist or are currently occupied.
2. **Hijacked Ads:** Scammers copy legitimate rental listings and repost them with their own contact information.
3. **Already Rented:** Scammers attempt to collect fees for properties that have already been rented.
4. **Missing Amenities:** Properties are advertised with amenities they don't actually have.
5. **Bait-and-Switch:** Scammers show prospective tenants one property, but then rent them a different one.
6. **Suspicious Money Requests:** Scammers ask for money upfront before allowing prospective tenants to see inside a property or without meeting in person.
7. **Identity Theft:** Scammers use the rental application process to steal prospective tenants' personal information.
8. **Fake Real Estate Agent Services:** These services offer to generate a list of preforeclosure or rent-to-own rental properties for clients, then request a sign-up fee or a monthly fee.

Remember, when looking for a rental property, always verify the identity of the landlord or property manager, never send money without seeing the property first, and trust your instincts. If something doesn't feel right, it probably isn't.

## THINGS TO CONSIDER WHEN SEARCHING FOR ACCOMMODATION IN CANADA

As an international student in Canada searching for housing, there are some factors to consider when you do your search. Here are some factors to help you with this process:

- **Budgeting:** Determine your budget before you start looking for housing. Knowing how much you can afford to spend on rent each month will help you narrow down your options.
- **Location:** Consider the location. Sometimes, housing in the city center is more expensive than in the suburbs. However, living farther away could mean higher transportation costs.
- **Roommates:** Consider living with roommates. Sharing a place with others can significantly reduce costs.
- **Negotiate:** Don't be afraid to negotiate the price. Some landlords or property managers may be willing to lower the rent if you sign a longer lease.





- **Off-peak Searching:** Look for a place during off-peak times. In many places, rents can be lower during certain times of the year.
- **Amenities:** Consider what amenities you really need. Amenities like a pool, gym, or in-unit laundry might be nice, but they can also make an apartment more expensive.
- **Public Housing Programs:** Check if you're eligible for public housing programs. Many cities have programs designed to help low-income individuals and families, students, and seniors secure affordable housing.

Remember, the most important thing is to find a place that fits your budget and meets your needs. It's also crucial to read any lease thoroughly before signing it.



## TIPS FOR FINDING AFFORDABLE HOUSING IN CANADA

As an international student in Canada, finding affordable housing is a key part of your journey. Here are some tips to help you navigate this process:

- **Determine Your Budget:** Before you start your search, determine your monthly budget for housing. This will help you narrow down your options and focus on accommodations within your price range.
- **Consider On-campus Housing:** Many post-secondary schools in Canada offer student residences on-campus. These are often furnished and located close to your classes, making it a convenient option. On-campus housing is a great way to meet and connect with other students.
- **Explore Off-campus Housing:** After their first year, many students choose to live off-campus. This could be in apartments, houses, and more. Be sure to compare prices and consider factors like proximity to campus and access to public transportation.





- **Homestay Options:** Living with a host family can be a cost-effective option. Some colleges and universities have contacts with local families who are willing to host students.
- **Short-term Furnished Rentals:** If you're not ready to commit to a long-term lease, consider short-term furnished rentals. These are often more expensive on a monthly basis, but can be a good option if you're still exploring your choices.
- **Ask for Help:** Your school or agent may be able to assist you with booking your accommodation in Canada. They can provide recommendations and suggestions for accommodation in the city of study.
- **Beware of Scams:** Always be cautious when searching for housing. Never send money before seeing the apartment or meeting the owner face-to-face. Be wary of scams on websites such as Craigslist.

Remember, the cost of housing will depend on the city and province you will be living in. It's always recommended that you do your research and compare plans and prices since these can often change several times during the year.



# 3:6



## Phone Number

Having a Canadian phone number is crucial for international students. It allows you to connect with others, make calls, find jobs, and perform many other important tasks, including staying in touch with your family and friends back home.

Before coming to Canada, consider the following options:



### 1.CANADIANSIM.COM

This program, powered by FIDO, aims to help international students and individuals prepare their phones for Canada before leaving their home countries. They strive to make things simple and affordable! This unique program ships Canadian SIM cards free of charge to your country before departure and automatically activates them 24 hours before your scheduled departure. It's stress-free with no contracts and no setup fees, making it perfect for all international travelers.

Starting at CAD 40/month, you can get services like unlimited Canada-wide calling, unlimited local and international text messaging (SMS), caller ID, voicemail, and 10 GB data/month

For more specifics and to read more about this program, [click here](#). There are also some of our [blog articles](#) worth reading that may assist you in other aspects of transitioning to Canada!

### 2.VIRGINPLUS

Once known as VirginMobile, this Bell Mobility company allows customers to bring their phones ([BYOP](#)), allowing for contract FREE month-to-month plans that fit your specific needs. This can all be accomplished online, and for doing so their CAD 50 activation fee is WAIVED. Plans start from CAD 15/month to CAD 65/month, depending on your phone and data needs. You will need to obtain a Canadian SIM card from VirginPLUS. For more specific information on these SIM cards, [click here](#).

### 3.OTHER CANADIAN PHONE PROVIDERS

It's always recommended that you do your research and compare plans and prices since these can often change several times during the year. Always look for or inquire about deals and promotions. Here are some links to many other Canadian phone companies:

- [Bell Mobility](#)
- [KOODO](#)
- [Rogers](#)
- [Telus](#)





# Additional Tips for Getting a Canadian Phone Number

## BEFORE LEAVING FOR CANADA

- **International Calling Plan:** Consider getting an international calling plan on your existing phone number before departing for Canada. This will allow you to make calls and stay connected until you get a local Canadian number.
- **Virtual Phone Numbers:** You can also consider getting a virtual Canadian phone number through a VoIP phone service. These services can give you virtual phone numbers from any country they support. All you need is a mobile phone, tablet, or computer to use your new number. This can be a great way to have a local number ready before you even arrive in Canada.
- **CallHippo:** For example, you can get a phone number from CallHippo in just three simple steps:
  - Sign up for CallHippo.
  - Choose Canada as the country you want the phone number for.
  - Select the phone number and make the payment.

## AFTER ARRIVING IN CANADA

- **Pay As You Go Plan:** Once you're in Canada, you can sign up for a Pay As You Go (prepaid) plan. You can purchase a SIM card through the provider's website and have it mailed to your address. This can be a cost-effective option as you only pay for what you use.

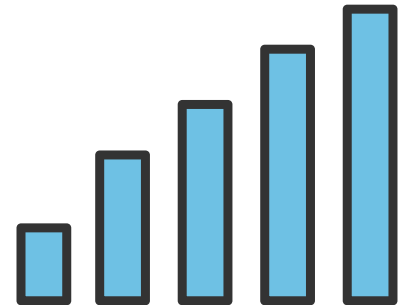






## Finding the right Internet

In today's digital age, the internet is a part of pretty much EVERYTHING! So, choosing the right internet service provider is crucial. If you choose to live on campus or with a host family, they will most likely already have internet for you to use. Even coffee shops and many public places have free wifi or internet connections.



If you are setting up in a new place, you may have to set up your internet account. There are many options out there and it can be confusing if you do not know what you are looking for or if you do not know what you need. Here are a few options to look at. Please always do your research in your local area. Shopping locally can often get you the best deals!

Every internet provider will have seasonal deals and promotions, so always shop around and ask for deals! Sometimes calling a company and being very nice can get you great offers. There is no harm in being kind and asking. The following list of links can get you started. Remember to compare offers and your needs.

If you like streaming a lot of gaming for fun or have multiple devices connected, you may have different needs:

- Bell: Bell offers fiber, DSL, and wireless internet connections in several central and eastern provinces, including Ontario, Quebec, and Manitoba. The provider has various plans ranging from 10Mbps to 8Gbps speeds.
- VirginPLUS: Virgin Plus offers a number of telecom services in most provinces. Their mobility, cable and fiber internet and TV services keep Canada connected. Virgin Plus' 100Mbps Plan is a top pick, a great choice for families who want to stream movies, play online games, and work from home.
- FIDO: Fido provides basic cable internet service to Ontario, with prices low enough to make them a contender for one of the best internet service providers in the province.
- EastLink: Eastlink offers a number of telecom services in most provinces. Their mobility, cable and fiber internet and TV services keep Canada connected.
- SunWire: SunWire offers long-distance phone service, internet, and television services. Sunwire Internet is available through a number of affordable plans.





## ADDITIONAL TIPS FOR FINDING THE RIGHT INTERNET IN 2023

### Understand Your Needs:

The vast majority of people don't need 1GB of upload or download speed. It's important to understand your internet usage habits. If you enjoy streaming a lot of games for fun, or have multiple devices connected, you may have different needs.

### Check for Hidden Fees:

Some providers may have hidden fees that could appear on your monthly bill. It's best to avoid these by seeking up-front transparency.

### Customer Service Matters:

Customer service is crucial, and some providers are better than others when it comes to addressing any issues quickly and effectively.

### Seasonal Deals and Promotions:

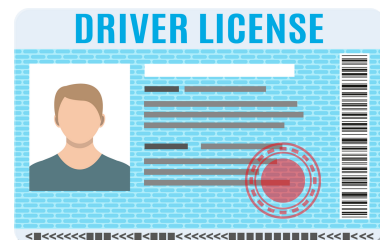
Every internet provider will have seasonal deals and promotions, so always shop around and ask for deals! Sometimes, being very nice when calling a company can get you great offers.

### Third-Party Internet Access (TPIA) Laws:

The TPIA laws allow smaller, independent Internet Service Providers (ISPs) to lease Internet lines from larger ISPs at a cost-effective rate. This means they can provide internet services without having to lay down their own cables or fiber to homes. The independent players must build an entire back-end infrastructure to run an ISP—but they don't have to run all the cable or fiber to homes. The benefits to Consumers are that these laws ultimately benefit the consumers by promoting competition among ISPs. This can lead to better service and pricing for consumers.

## Get a driver's license

After you arrive in Canada, you may need to pass a written examination and one or two driving tests to obtain your Canadian driver's license. Each province has its own driving laws and rules.



## HERE ARE THE GENERAL STEPS TO GET A DRIVER'S LICENSE IN CANADA:

### Understand the Process:

The process to get a driver's licence in Canada depends on the province or territory where you live and on your driving background. It may include a written exam on the rules of the road and one or two driving tests.

### Prepare for the Written Exam:

You can get a study guide to help with the written exam, which focuses on Canadian road rules.

### Prepare for the Driving Test:

You may choose to pay for driving lessons to get ready for the driving tests.



**International Driving Permit (IDP):**

If you plan to use a foreign driver's licence in Canada, you should get an International Driving Permit (IDP) in your home country. An IDP will give you a translation of your licence into French and English.

**Using an International Driver's License:**

For a short time, new Canadian Permanent Residents can drive a car in their home province/territory using an international driver's license. It is strongly recommended that all international driver's license holders also carry an International Driving Permit (IDP) from their home country during this time.

Remember, the information provided is based on the latest available data as of 2023 and may be subject to change. For more specific information, you can check out [Driving in Canada](#) on Canada.ca.

## ADDITIONAL TIPS FOR GETTING A DRIVER'S LICENSE IN CANADA

As an international student in Canada, understanding the process of obtaining a driver's license is crucial. Here are some additional tips to guide you:

- 1. Understand the Graduated Licensing System:** Many provinces in Canada operate under a graduated licensing system. This means you'll progress through stages of licensing, each with varying restrictions.
- 2. Consider the Waiting Periods:** Be aware that there might be waiting periods between the written test and the driving test, and between the two driving tests if your province requires two.
- 3. Familiarize Yourself with Local Traffic Laws:** Traffic laws can vary by province. It's important to familiarize yourself with the local laws in the province where you'll be driving.
- 4. Practice Defensive Driving:** Canada values safe and defensive driving. Consider taking a defensive driving course to better understand the rules of the road and improve your driving skills.
- 5. Renew Your License:** Once you have a license, remember that it will need to be renewed periodically. The expiry date will be printed on your license.

Remember, the information provided is based on the latest available data as of 2023 and may be subject to change.

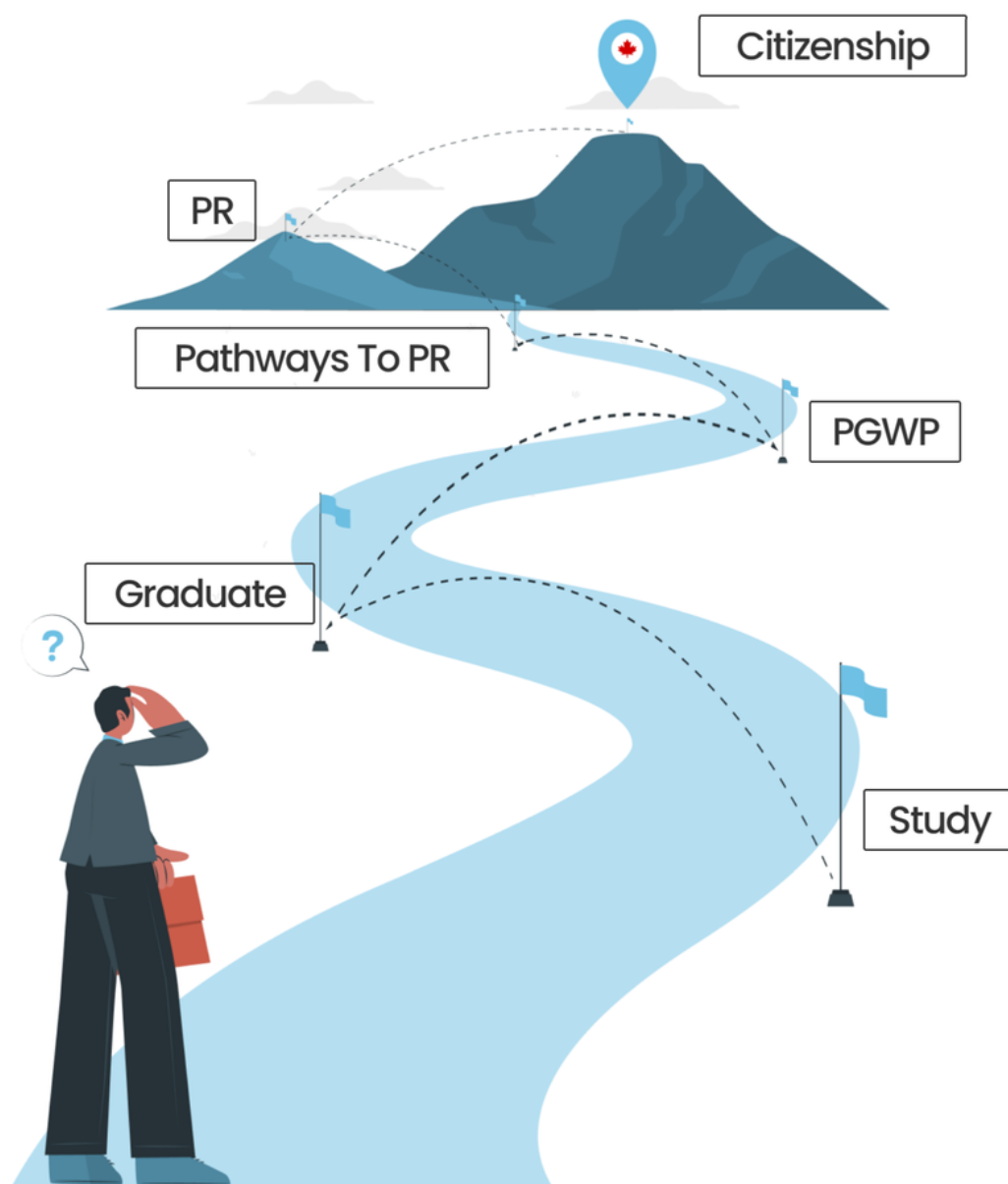




## Immigration Services

Immigration can be overwhelming and hard to understand. Here at HY Voyagers, we want to alleviate the panic and stress, allowing you to focus on other important and meaningful things, like building friendships and professional connections, and most importantly, having fun here in Canada!

# Your Pathway To Canadian Citizenship





## 1. VOYAGERS' FIRST MILESTONE: STUDY

The Captains at Voyagers are here to help students choose a study program that is the best fit for the customer/student's career goal and also eligible for the ultimate goal—obtaining the PR card. We will guide you through every step of the way and the following is the complete journey for one pathway to PR that is the most popular among international students:

1. Apply for Study Permit
2. Study in an eligible program
3. Complete your studies
4. Apply for PGWP
5. 1 Year of Work Experience

### OPTIONS FOR WORKING WHILE STUDYING



#### Work On-Campus

You can work on-campus without a work permit only if:

- You are a full time student at an eligible educational institution
- Your Study Permit says you can work on- or off-campus
- You have already started studying
- You have a Social Insurance Number (SIN)

#### Work-Off Campus

You can work off-campus without a work permit only if:

- You are a full time student at a designated learning institution (DLI)
- Your study program is minimum 6 months and leads to a degree, diploma or certificate
- Your Study Permit says you can work off-campus
- You have a Social Insurance Number (SIN)
- There is no longer a limit of 20 hours per week off-campus while class is in session from November 15, 2022, to December 31, 2023

#### Co-op or Internships

You can apply for a co-op work permit if:

- You have a valid study permit
- The co-op or internship placement is required to complete your study program
- You have a letter from your school that confirms all students in your program need to complete work placements to graduate
- The co-op or internship totals 50% or less of your study program

Please note that the information is current as of 2023 and may be subject to change. Always check the latest updates from official sources.





## ADDITIONAL TIPS FOR SUCCESSFUL STUDYING IN CANADA

### Understand the Degree Structure:

Familiarize yourself with the structure of your chosen degree program. This will help you plan your studies effectively and ensure you meet all the requirements for your degree.

### Use Institutional Resources:

Make use of the resources provided by your institution. These could include libraries, study groups, tutoring services, and career counseling. These resources are designed to support your academic success.

### Build Your Network:

Try to build a strong network of friends and professional contacts. This can provide you with support during your studies and could be beneficial for your future career.

### Prepare for Longer Lectures:

Be prepared for longer lectures than you might be used to. It's important to stay focused and take good notes to help you remember key points.

### Be Punctual:

Punctuality is highly valued in Canada. Make sure you're on time for your classes and any appointments. This shows respect for others' time and is a key aspect of professional behavior.

### English Language Proficiency:

In addition to the general admission requirements for your program, you will need to demonstrate English Language Proficiency (ELP) or French Language Proficiency (FLP) if you're studying in a program taught in one of these languages.

### Stay Healthy:

Studying abroad can be challenging, so it's important to take care of your physical and mental health. Many institutions offer health and wellness resources, including counseling services and fitness facilities.





## 2.VOYAGERS' SECOND MILESTONE: GRADUATE

ConGRADulations, Voyager! You did it! Now, You might be wondering about your next steps after graduating. Fret not. Your Captains are here to guide you in your journey. The following are the possible options available after completing your study program.

Within 180 days of receiving your completion letter or final transcripts, there are two possible options:

1. Leave Canada:
  - a. Must stop working immediately
  - b. Must leave within 180 days (even if the study permit is still valid)
2. Stay In Canada:
  - a. Be accepted to a new study program or...
  - b. Apply for a work permit (if you want to keep working) or...
  - c. Change to visitor status

Wondering if you can continue working after graduating?

We've got the solution for you... **Post Graduate Work Permit!**

You must stop working upon program completion unless you meet all of the following criteria:

- You have applied for a PGWP
- Your Study Permit was valid when you applied for your PGWP
- Must stop working if the PGWP application is refused

In addition, starting from April 6, 2023, international graduates with a recently expired or expiring post-graduation work permit (PGWP) will qualify for an additional or extended work permit to stay longer and gain additional work experience for up to 18 months.

### POST-GRADUATION WORK PERMIT (PGWP) PROGRAM

This program allows international graduates to obtain an open work permit to gain valuable Canadian work experience. Starting April 6, 2023, PGWP holders who wish to stay longer can opt in to a facilitative process to extend their work permit.

### APPLICATION TIMELINE

Graduates must apply for a PGWP within 180 days of receiving their final grades from the institution. The study permit must have been valid at some time during these 180 days to be eligible for a PGWP.

### DURATION OF THE PROGRAM

The length of the PGWP depends on the length of the study program. If the program was less than 8 months, the student might not be eligible for a PGWP. If the program was at least 8 months but less than 2 years, the PGWP might be valid for the same length as the study program. For a program that was 2 years or more, the PGWP might be issued for 3 years.





## ONLINE STUDIES

The time spent studying online before December 31, 2023, won't be deducted from the length of the PGWP as long as it constitutes less than 50% of the program of study.

## NEW RULES

Starting from December 1, 2023, post-secondary designated learning institutions (DLI) will be required to confirm every applicant's letter of acceptance directly with IRCC. This new, enhanced verification process aims to protect prospective students from letter-of-acceptance fraud.

## FUTURE PLANS

In the coming months, IRCC will complete an assessment of Post-Graduation Work Permit Program criteria and begin introducing reforms to better calibrate it to meet the needs of the Canadian labour market, as well as regional and Francophone immigration goals.

## 3.VOYAGERS' THIRD MILESTONE: PGWP

After successfully completing their study program in Canada, students are permitted to work. The Captains at Voyagers are here to assist and guide you on your career path. [Join the Voyagers family](#) and start figuring out your career in Canada today.

### What is PGWP?

The Post-Graduation Work Permit (PGWP) is an open work permit that allows you to gain Canadian work experience. This experience can support your Permanent Residency (PR) application if your experience falls under NOC 0, A, or B categories. Please note that the PGWP is a once-in-a-lifetime opportunity and is not renewable.

### Validity of PGWP

The validity of the PGWP depends on the length of your study program:

- If your program was less than 8 months, you are not eligible for PGWP.
- If your program was between 8 months and 2 years, the PGWP would be valid for the same length as your study program.
- If your program was 2 years or longer, the PGWP would be valid for 3 years.

Please note that a work permit cannot be issued for a period longer than the validity of your passport.

### Eligibility for PGWP

To qualify for the PGWP, you must:

- Successfully complete an eligible program at an eligible designated learning institution.
- Study full-time at the institution.
- Not take unscheduled breaks or unauthorized leave.
- Not exceed the allowable hours of off-campus work.
- Apply within 180 days of receiving a letter of completion or final transcript from your school.

Please note that the rules and regulations may vary and it's always a good idea to check the latest updates from the official [Canadian government website](#).







## APPLYING FOR A POST-GRADUATION WORK PERMIT (PGWP) IN CANADA

If you're studying in Canada or about to finish your schooling, follow these steps to apply for a PGWP:

### 1. CHECK YOUR ELIGIBILITY

You must have completed a program of study that lasted at least eight months and that led to a degree, diploma, or certificate.

### 2. APPLY WITHIN THE RIGHT TIMEFRAME

You must apply for a PGWP within 180 days of receiving written confirmation (for example, a transcript or an official letter) from your school that you have met the requirements for completing your academic program. You can apply for a PGWP from inside Canada or from another country.

### 3. MAINTAIN YOUR STATUS

If your study permit will expire before you apply for a PGWP and you wish to stay in Canada, you must apply to change your status to a visitor. If your study permit expires before you apply for a PGWP, you have up to 90 days after your study permit expires to apply for a PGWP and restore your status as a student.

### 4. PREPARE YOUR DOCUMENTS

When you apply, you must show that you have completed your program of study. You can confirm this by submitting any of the following: your degree or diploma, your transcript, or an official letter from your school.

### 5. SUBMIT YOUR APPLICATION

You can apply for a PGWP online. You must pay the correct fee (C\$255) and, if you need to restore your status as a student, an additional fee (C\$350).

### 6. WAIT FOR APPROVAL

You can work full-time while waiting for a decision on your post-graduation work permit (PGWP) application if, at the time you submit your application, all of the following apply to your situation:

- You had a valid study permit.
- You have completed your program of study.
- You were eligible to work off campus without a permit.
- You did not work off-campus more than 20 hours a week during academic sessions.

### Changes to off-campus work hours

You may be eligible to work more than 20 hours per week off campus under a temporary public policy. Please check <https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/work-off-campus.html#off-campus> for details.

### 7. EXTEND YOUR STAY

Starting from April 6, 2023, international graduates with a recently expired or expiring PGWP will qualify for an additional or extended work permit to stay longer and gain additional work experience for up to 18 months.

**Please note:** The information is current as of 2023 and may be subject to change. Always check the latest updates from official sources on [canada.ca](https://www.canada.ca).





## 4.VOYAGERS' FOURTH MILESTONE: PATHWAYS TO PR

Choosing a PR program that best fits your profile is one of the most important milestones in your path to Canadian Citizenship. It can feel daunting to choose the right program. That's where your Captains at Voyagers are always ready to support and guide you through your PR journey.

### PATHWAY NO.1- EXPRESS ENTRY

Express Entry is a point-based system with a maximum of 1200 points. Important factors of consideration include:

- Age
- Language abilities
- Work experience (Foreign + Canadian)
- Other factors (family in Canada, etc.)

The Express Entry system is responsive to Canada's changing economic and labor market needs. The Express Entry program delivery instructions have been updated to reflect the changes to [section 11.2](#) and to instruct officers on how to assess Express Entry category-based selection applications where the principal applicant was invited by virtue of their membership in a category.

### PATHWAY NO.2 - PROVINCIAL NOMINEE PROGRAMS (PNPS)

Canada's provincial nominee programs (PNPs) offer a pathway to Canadian permanent residence for individuals who are interested in immigrating to a specific Canadian province or territory. Each Canadian province and territory operates its own PNP designed to meet its specific economic and demographic needs.

Each province, apart from Quebec and Nunavut, operates several PNP streams. These streams are designed by the provinces to help meet their unique immigration goals, so the eligibility criteria and application procedures vary. However, PNPs are a popular option because they can be the easiest pathway to Canadian permanent residence.

All decisions regarding Canadian permanent residence must be approved at the national level by the federal government, so Canada's provinces cannot approve permanent resident status on their own. This is why the provincial programs are considered "nominee" programs.

### PATHWAY NO.3 - REGIONAL PILOT PROGRAMS

The Rural & Northern Immigration Pilot Program (RNIP) is a community-driven program designed for skilled foreign workers who want to work and live in one of the participating communities.

The RNIP is a program created by Immigration, Refugees and Citizenship Canada. It provides a pathway to permanent residency for qualified candidates. It is a community-driven initiative. 11 communities across Canada have been selected to participate. It is very competitive.

The RNIP has been extended to August 2024. The boundaries for seven of the 11 participating communities have been expanded. Maps of the new boundaries are available [\[here\]](#).





## ADDITIONAL PATHWAYS TO CONSIDER

While the three main pathways to Permanent Residency (PR) in Canada are Express Entry, Provincial Nominee Programs (PNPs), and Regional Pilot Programs, there are several other options that could be relevant for international students. Here are a few:

### CATEGORY-BASED SELECTION IN EXPRESS ENTRY

The Government of Canada has introduced a new process called category-based selection for Canada's flagship economic immigration management system, Express Entry. This will allow Canada to issue invitations to apply to prospective permanent residents with specific skills, training or language ability. This year, category-based selection invitations will focus on candidates who have a strong French language proficiency or work experience in the following fields: healthcare, science, technology, engineering, and mathematics (STEM) professions, trades (such as carpenters, plumbers, and contractors), transport, agriculture, and agri-food.

### NEW PR PATHWAY FOR CITIZENS OF COLOMBIA, HAITI, AND VENEZUELA

On October 10, 2023, IRCC Minister Marc Miller announced a New PR Pathway for citizens of Colombia, Haiti, and Venezuela, starting in the fall of 2023. This initiative aims to reunite families and provide a humanitarian opportunity for those with extended family ties in Canada.

### PARENTS AND GRANDPARENTS SPONSORSHIP (PGP)

While this pathway may not directly benefit the students, it could be an option for their parents or grandparents to immigrate to Canada. This could be a significant factor for students who wish to have their family close by.

Please note that at the time of writing, no immigration pathways specific to international students have been released in 2023. However, many international students are hopeful that new PR programs will be released to help overcome the disadvantages they have experienced due to the COVID pandemic and pauses in Express Entry draws.

Remember, it's important to consult with an immigration expert or legal advisor to understand which pathway is most suitable based on the individual's specific circumstances. The information is current as of 2023 and may be subject to change. Always check the latest updates from official sources. Good luck! 😊

## IMPORTANT UPDATES FOR INTERNATIONAL STUDENTS IN CANADA

### ENHANCED VERIFICATION PROCESS:

Starting December 1, 2023, post-secondary designated learning institutions (DLI) will be required to confirm every applicant's letter of acceptance directly with IRCC. This new process aims to protect prospective students from letter-of-acceptance fraud and to help them avoid similar problems that some students faced earlier this year as a result of fraud investigations. It will also ensure that study permits are issued based only on genuine letters of acceptance.

### RECOGNIZED INSTITUTION FRAMEWORK:

In time for the fall 2024 semester, IRCC will adopt a "recognized institution" framework to benefit post-secondary DLIs that set a higher standard for services, support and outcomes for





international students. These DLIs will benefit, for example, from the priority processing of study permits for applicants who plan to attend their school.

#### REFORMS TO POST-GRADUATION WORK PERMIT PROGRAM:

In the coming months, IRCC will complete an assessment of Post-Graduation Work Permit Program criteria and begin introducing reforms to better calibrate it to meet the needs of the Canadian labour market, as well as regional and Francophone immigration goals.

Remember, it's important for students to consult with an immigration expert or legal advisor to understand which pathway is most suitable based on their specific circumstances. The information is current as of 2023 and may be subject to change. Always check the latest updates from official sources. Good luck!

## CHOOSING THE RIGHT PATHWAY TO PERMANENT RESIDENCY (PR) IN CANADA

As an international student, choosing the right pathway to Permanent Residency (PR) in Canada depends on several factors. Here are some general guidelines to help you navigate this process:

### 1. EVALUATE YOUR PROFILE

Assess your educational qualifications, work experience, language proficiency, and other relevant factors. This will help you understand which programs you might be eligible for.

### 2. RESEARCH EACH PATHWAY

Understand the requirements and benefits of each pathway. Some programs might be more advantageous depending on your specific circumstances.

### 3. CONSIDER YOUR LONG-TERM GOALS

If you plan to settle in a specific province or have a particular job in mind, certain programs might be more suitable.

### 4. CONSULT WITH AN IMMIGRATION EXPERT

Immigration rules can be complex and change frequently. It can be beneficial to consult with an immigration expert or legal advisor to understand which pathway is most suitable for your specific circumstances.

Remember, the information is current as of 2023 and may be subject to change. Always check the latest updates from official sources. It's important to make an informed decision that best suits your individual needs and goals.

If you want us to help with your immigration needs, please check out our [website](#) and reach out to us. We're here to support you on your journey. Good luck! 😊



## UNDERSTANDING IMMIGRATION PATHWAYS TO CANADA

As an international student in Canada, it's important to understand the different pathways for immigrating to Canada. Here are two key pathways:

### EXPRESS ENTRY SYSTEM

The Express Entry system is a federal immigration program set up by the Canadian Federal Government.

- It includes three immigration programs designed to provide permanent residence for skilled foreign immigrants: Federal Skilled Worker Program, Federal Skilled Trades Program, and Canadian Experience Class.
- This system is point-based, awarding points to applicants based on criteria such as age, education, and work experience.
- The system holds regular draws from which qualified applicants are selected through a variety of Federal Economic Immigration programs and invited to apply for permanent residence.
- This system is appealing because it speeds up the whole process, meaning that you could be on your way to Canada in as little as six months' time from your date of application.

### PROVINCIAL NOMINEE PROGRAM (PNP)

The PNP system refers to a set of immigration programs created and operated by Canada's various provinces and territories.

- These provinces and territories have made immigration agreements with the Federal Government to help them attract foreign workers who can join their workforce and help grow their local economy.
- There are currently over 80 provincial nominee programs. Most of these are designed to bring in foreigners who meet the province or territory requirements.
- Applying for a PNP means applying for a provincial nomination before applying for PR.
- The main difference between the Express Entry System and the PNP is the way applicants are selected.

Remember, it's important to consult with an immigration expert or legal advisor to understand which pathway is most suitable based on your specific circumstances. The information is current as of 2023 and may be subject to change. Always check the latest updates from official sources. Good luck on your journey to becoming a Canadian permanent resident! 😊

## 5.VOYAGERS FIFTH MILESTONE - PR

Congratulations, Voyagers! You're so close to getting your hands on your Canadian PR card. A person with a PR status in Canada has access to social benefits such as health care and work insurance similar to those accessible by citizens of the country.

### WHY PERMANENT RESIDENCY?

#### SAME RIGHTS AS CANADIAN CITIZENS:

As a permanent resident, you have most of the same rights and responsibilities as a Canadian citizen.





**HY VOYAGERS**  
For International Students  
By International Students



**PR FOR FAMILY MEMBERS:**

You can sponsor eligible family members to come to Canada.

**INCREASED MOBILITY:**

You can live, work or study anywhere in Canada, and travel in and out of the country.

**ACCESS TO CREDIT:**

With a good credit history, permanent residents may find it easier to get loans (like a mortgage) and credit cards.

**PATHWAY TO CANADIAN CITIZENSHIP:**

Permanent residency is the first step towards becoming a Canadian citizen.


In addition, the Canadian government has set ambitious immigration targets for the coming years. In total, Canada aims to admit 465,000 PRs by 2023, 485,000 by 2024, and 500,000 by 2025. This includes a significant number of skilled workers through the Federal High Skilled Category and the Provincial Nominee Programme.

Want help getting your PR in Canada? [Book a consultation with us!](#) We're here to support you on your journey to becoming a Canadian permanent resident. Good luck!



# CONTACT US

For Further Information

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# 5:2

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For International Students  
By International Students



We hope this guide has provided you with valuable information on your journey to studying, working, and obtaining a Permanent Residency (PR) to continue your life in Canada.

Remember, every individual's situation is unique, and navigating the education, career, and immigration process can be complex.

If you have any questions or need further assistance related to any of the topics mentioned in this guide, don't hesitate to reach out to us. Whether it's understanding the different pathways to PR, the latest career or immigration updates, or how to choose the right major for you, we're here to help!

Our Captains team at HY Voyagers is committed to supporting you every step of the way. Contact us today to [book a consultation](#). We look forward to helping you make your Canadian dream a reality!

Good luck, Voyagers! 😊

**"WE BELIEVE EVERY INTERNATIONAL STUDENT AND IMMIGRANT IN CANADA DESERVES A GOOD EDUCATION, A RIGHT CAREER, AND TO LIVE THEIR BEST LIFE.**

That's why we do what we do."

**Captains**  
At HY Voyagers

