



# INTERNATIONAL STUDENT HANDBOOK



2024 JAN

# TABLE OF CONTENTS

<b>Territorial Acknowledgment</b>	1
<b>Welcome</b>	2
<b>Lansdowne Campus Map</b>	3
<b>Interurban Campus Map</b>	4
<b>International Office</b>	
Overview	5
International Student Experience Advising	5
International Student Academic Advising	6
Words to Know	6
Rules and Regulations	7
Student Employment & Career Services	7
International Counselling	8
<b>On-Campus Services</b>	
Bookstore	9
Library	10
Help Centres	11
Fitness & Recreation	11
Cafeterias and Restaurants	12
Prayer Spaces	13
Child Care	13
Ombudsperson	13
Office of Student Support	13
Camosun College Student Society	14
Clubs	14
Sexual Health Clinic	14
Transportation	15
<b>Medical Insurance</b>	16 – 17
<b>Your Immigration Documents</b>	17 – 18
<b>Online Services</b>	
myCamosun	18
D2L	18
<b>Life in Canada</b>	19 – 20
<b>Cultural Differences + Transition Challenges</b>	21
<b>Sexual Violence + Misconduct</b>	21
<b>Peer Connections</b>	22
<b>Cultural Showcase</b>	22
<b>Checklist for the First Week of School</b>	22





## TERRITORIAL ACKNOWLEDGMENT



Camosun College is located in beautiful Victoria, British Columbia with campuses on the Traditional Territories of the Lekwungen and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

# WELCOME

Welcome to Camosun College!

We look forward to helping your successful journey and having the best experience possible during your time at Camosun. Our highly trained staff is ready to work with you to assist you in achieving your goals while here at Camosun.

Please take the opportunity of being at Camosun to immerse yourself in the many opportunities there are to learn, and grow.

We also encourage you to take advantage of all aspects of being in Canada, exploring with the classmates and friends you'll make while here. The connections you make in Camosun will last a lifetime. They are the foundation of a global network that will enhance your professional and personal lives.

More than 14,000 students, including 1,700 international students, walk through our campus doors each year. We are pleased that you have chosen to walk through them as well.

Enjoy your time at Camosun and I look forward to welcoming you in person!

*Christiaan Bernard*  
*Executive Director, Camosun International*

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Every year, Camosun College opens its doors to thousands of students from different cultural backgrounds. On behalf of our international student services team I would like to welcome you to our beautiful campuses. We are excited to be a part of your educational journey and ready to assist you in every way we can. Please drop by our offices at Lansdowne and Interurban with any question you might have. Our staff can speak more than 20 languages and are experienced in helping students from all over the world. We are looking forward to accompanying you in your studies from day one to make it informative and fun!

*Gulcan Barclay*  
*Associate Director, International Student Services*

## **Camosun International**

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### **LANSDOWNE OFFICE**

Isabel Dawson 201, 3100 Foul Bay Road  
Victoria, BC, Canada V8P 5J2 250-370-3681



### **INTERURBAN OFFICE**

Liz Ashton Campus Centre 251, 4461 Interurban Road  
Victoria, BC, Canada V9E 2C1 250-370-4812



# LANSDOWNE CAMPUS

3100 Foul Bay Road

Victoria, BC, Canada V8P 5J2

BUILDINGS	#	INITIAL
Chemical Storage	1	LCS
Isabel Dawson Building	2	ID
Child Care Centre	3	LCCC
Dental Building	4	DNT
Dunlop House	5	D
Ewing Building	6	E
Bike Storage	6A	BS
Visual / Fine Arts Building	7	VSA
Fisher Building	8	F
Wilna Thomas Building	9	WT
Grounds Building	10	GB
Hully House	11	LHH
Alan Batey Library & Learning Commons	12	LLC
Paul Building	13	P
Portable 'G' (see Ewing Building)	14	PG
Pottery Studio	15	PS
Richmond House	16	RH
Richmond House Garage	17	RHG
Young Building	18	Y
Trolley Shelter	19	TS
Aboriginal Gathering Place - Na'Tsa/Maht	20	AGP







# INTERURBAN CAMPUS

4461 Interurban Road  
Victoria, BC, Canada V9E 2C1



# CAMOSUN INTERNATIONAL OFFICES

Camosun International Office provides support in a number of different languages. There is an international office on each campus. If you have questions about your program, tuition fees, using myCamosun, visas, work permits, or anything else, this is the place to go. You can also make an appointment with International Student Academic Advisors and International Student Admission Officers.



**LANSDOWNE Isabel Dawson 201**

**Phone: 250-370-3681**



**INTERURBAN Liz Ashton Campus Centre 251**

**Phone: 250-370-4812**

**Hours: Monday - Friday 9am - 4pm**

**Email: [international\\_advisors@camosun.ca](mailto:international_advisors@camosun.ca)**

## INTERNATIONAL STUDENT EXPERIENCE ADVISING

International Student Experience Advisors (ISEA) can help you with course registrations, school letters, booking appointments, and health insurance. Stop by one of our offices to find out more.

**Dana Pankowsky**

**Laura Ensor**

**Luzia Simoes**

**Kathy Luo**

**Wooyoung Kim**

## INTERNATIONAL STUDENT ACADEMIC ADVISING

For assistance with course selection, program requirements, transferring to university, or evaluation of previous coursework, talk to an International Academic Advisor.

**Coco Nakabayashi**  
*Lansdowne*

**Gabriella Sandor**  
*Interurban*

**Jorge Prieto**  
*Interurban*

### How to see an academic advisor:

#### Book an appointment:

Call +1-250-370-3681/4812, email or visit us at the International Office

#### Join the drop-in session:

Check the drop-in schedule at the office. It is on a first-come, first-served basis.

**Email: [international\\_advisors@camosun.ca](mailto:international_advisors@camosun.ca).**

Please visit the Student Learning Success Guide for success and coping skills.



## WORDS TO KNOW

**Apply:**

The first step toward admission to a program at Camosun.

**Register:**

The process of signing up for courses.

**Credential:**

Academic or educational qualifications, such as degrees or diplomas.

**Program:**

A collection of courses that usually leads to a credential.

**Course:**

A course covers one subject (such as Math 108 Applied Calculus or History 206 Canadian Women: 1916-Present).

**University Transfer Course:**

A course that transfers to at least one college, institute, or university per the BC Transfer guide.

**Co-operative Education:**

A learning model that allows students to gain work experience in their chosen field while enrolled in an academic program.

**Credits:** Credit values are based on hours per week.

**Prerequisites:**

Courses you need to take before registration into your desired course.  
Course prerequisites require a minimum grade of "C" unless otherwise noted.

**Corequisites:**

Courses that must be taken at the same time as a desired course.  
Courses you need to take at the same time as your desired course.

**Assessment:**

Students are admitted into college programs and courses based on their previous educational background and experience. If students are not able to meet the English proficiency requirement, they will need to take an assessment of their current skills before registering. The results from the assessment will indicate where students should start for optimum success.

## ACADEMIC RULES & REGULATIONS

### PLAGIARISM:

Representing the work of others as your own is plagiarism.  
Consult the Academic Policies document for the definition and consequences.

### ATTENDANCE:

Consult the Important Dates calendar for program and school expectations.

### CONDUCT POLICY:

Students are expected to behave responsibly and respectfully.  
Inappropriate behaviour can result in suspension as a result of some of the following actions:

- *Academic dishonesty (cheating and plagiarism)*
- *Disruptive or disorderly conduct*
- *Violation of BC and Canadian laws*
- *Behaviour endangering the safety of others*
- *Damage to property*
- *Assault and threatening individuals or groups*
- *Theft*

**URL:** [camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf](https://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf)

## STUDENT EMPLOYMENT & CAREER SERVICES

Many international students come to Canada to improve their career prospects. The job market and employment search process in Canada is different than in your home country. Camosun has many resources to help you prepare for your future career.

Co-operative Education and Career Services provides career coaching and assistance with developing the tools to help students enter the workforce.

- Resume and cover letter help
- Networking skills development
- Interview preparation
- Job search strategies
- Guest speakers, panels, and career fairs

**Karena Dachsel**  
Employment Facilitator

To support international students on their employment journey, Camosun has a dedicated International Employment Facilitator, Karena Dachsel. The Facilitator is available for one-on-one appointments to discuss your employment and co-op needs.

### How to book an appointment

To book an appointment visit [www.educationthatworks.ca](http://www.educationthatworks.ca) and login with your Camosun ID. Don't hesitate to use this valuable resource that Camosun provides!

**URL:** [camosun.ca/services/cooperative-education-career-services/](https://camosun.ca/services/cooperative-education-career-services/)

## COUNSELLING SUPPORT

Camosun has counsellors who are trained to assist students with a wide variety of issues. You are welcome to talk about personal, academic, career and cultural topics with a counsellor. They can support you with smaller, non-urgent issues as well as larger, more complex issues and/or crisis situations.

Your conversation will be private and confidential. Counselling services are included in your student fees – there is no extra cost.

### Why see a counsellor?

College life and a new culture can bring changes which might require making adjustments in many areas of your life. New ideas, strategies or resources may be needed as you navigate these changes. Sometimes it can help to talk about your experiences, questions or confusion in a non-judgemental and confidential environment.

Counsellors can help with:

- Personal concerns, including stress management strategies, anxiety, depression, relationship issues, isolation, loneliness, cultural transition, etc.
- Career planning and exploration
- Success in academic and educational goals
- Decision-making and problem-solving

### How to book an appointment

Phone or visit the Camosun Counselling Centre at either campus to book an appointment. In-person, video and phone appointments are available to currently registered students.



**LANSDOWNE: Isabel Dawson 202**

**Phone: 250-370-3571**



**INTERURBAN: Liz Ashton Campus Centre (LACC) 314**

**Phone: 250-370-4925**

Visit the Camosun Counselling Centre website for current hours, counsellor biographies, and additional resources.

**URL: [camosun.ca/services/health-and-wellness/counselling-centre](https://camosun.ca/services/health-and-wellness/counselling-centre)**

# ON-CAMPUS SERVICES

## BOOKSTORE

Find your textbooks and course materials at the bookstore on each campus.

During the first week of each semester, there are long lines at each bookstore location. Try to make your purchases before the first day of classes. You can also order your books and materials online or by phone.

The bookstores have much more than books! Other goods and services you can find at the Camosun bookstores are:

- Stationery
- Camosun merchandise and souvenirs
- Snacks and beverages
- Clothing
- Personal items (toothpaste, hair elastics, etc)
- Locker rentals (for lockers located in the buildings on both campus)



**LANSDOWNE: Fisher Building, first floor**

**Phone: 250-370-3080**



**INTERURBAN: Liz Ashton Campus Centre, second floor**

**Phone: 250-370-4080**

**Check the website for hours.**

**URL: [camosuncollegebookstore.ca](http://camosuncollegebookstore.ca)**





## LIBRARY

Each campus has a modern and well-equipped library for use by all Camosun students. You can check out books, magazines, and journals for your research as well as use facilities in-house.

The library offers:

- Print, media & electronic collections
- Computers & technology
- Research, writing & computer help
- Study rooms with monitors & DVD/VHS
- Quiet study space

## Student ID

During the first week of classes, go to the library to get your Student ID card. This is your official college identification. You must be registered at Camosun to receive a card. Bring a piece of government-issued identification (passport, driver's licence, or Photo BC Services Card).

Your Student ID card can be used for:

- Borrowing materials from the library
- U-Pass (BC transit bus pass)
- Computer lab access
- Entry to recreation facilities and programs on campus

It can even be used for discounts at some local merchants and restaurants!

You will need to revalidate your card each semester.

## Library Behaviour Guidelines

Help create a positive and productive learning environment.

- Food or Drink: Use spill-proof, covered containers and eat foods that won't disturb others. Keep the space clean and dispose of your own garbage.
- Cell phones: Set cell phone ringers to silent or vibrate. Step outside to talk on your phone.
- Audio: Headphones must be used for all audio playback.
- Conversations: Keep your conversation low. Offensive language, rowdy, or disruptive behaviour is not acceptable. Conversations are not allowed in designated quiet study areas.
- Group gatherings: Gathering in groups increases noise levels and disrupts others. Book study rooms or other meeting areas on campus for group work.
- Computer workstations: Be considerate of those waiting for workstations during busy times, and limit your use of computers to school-related work and research.

Users unwilling to follow these guidelines will be asked to leave the library!



**LANSDOWNE: Alan Batey Library & Learning Commons**



**INTERURBAN: Liz Ashton Campus Centre, third floor**

**Check the website for hours.**

**URL: [camosun.ca/services/library](https://camosun.ca/services/library)**

## HELP CENTRES

Camosun's Help Centres offer one-on-one tutoring, resources, and a lending library. They are also quiet study spaces to study alone or with other students.

## ENGLISH HELP CENTRES

Available to international students in all disciplines, at any level. This includes ELD courses. Learn skills and strategies to improve your:

- Writing
- Reading
- Speaking & Listening
- Pronunciation
- Bring drafts in of your assignments for feedback and improvement tips



**LANSDOWNE: Ewing 202**



**INTERURBAN: CBA 160**

**URL: [camosun.ca/services/help-centres](https://camosun.ca/services/help-centres)**

## FITNESS & RECREATION

Offering fitness classes, personal training and gym facilities to the Camosun community, the Fitness & Recreation department is your first stop for on-campus health and well-being. Students, faculty, staff and the public can access facilities at both the Lansdowne and Interurban campuses with an appointment. Facilities on both campuses feature a wide variety of exercise equipment and the staff to support you in your workouts.



**LANSDOWNE: Young Building 112, 114, 116**



**INTERURBAN: Liz Ashton Campus Centre 109, 110, 116**

**Check the website for hours.**

**URL: [camosun.ca/sports/fitness-recreation](https://camosun.ca/sports/fitness-recreation)**



## CAFETERIAS AND RESTAURANTS

Proof of vaccination is not required for on-campus cafeterias, except for Dunlop House and the Classroom Restaurant.

**URL: [camosun.ca/services/cafeteria](http://camosun.ca/services/cafeteria)**

### Lansdowne

#### **Campus Café**

Burgers, pizza, sandwiches, salads, stir fries and more in a quick and casual cafeteria environment. Located in the Fisher building, open for lunch and dinner all year round.

#### **By the Books**

Sandwiches, salads, and baked goods. Fuel up on espresso specialty drinks and tea. Located by the main entrance to the Library and Learning Commons

#### **Dunlop House**

Operated by Camosun's Hotel and Restaurant Management students, Dunlop House is open to the public for gourmet dining occasions and special events on specific days from October to April.

Also home to the student-run weekly pub night on Thursdays in the last half of the college term.

**URL: <http://camosun.ca/learn/programs/hospitality-management/dunlop-house.html>**

### Interurban

#### **Helmut Huber Culinary Arts Centre**

High-quality meals prepared by students in Camosun's Professional Cook Training program. Menus change daily and the food is inexpensive.

#### **Classroom Restaurant**

Students in the advanced level of the Professional Cook Program create delicious meals on a rotating Table d'Hôte menu. Reservations are recommended. Call 250-370-3775.

#### **Trades Café**

The Trade Cafe stand is located in the Trades building atrium. Coffee, tea, a selection of cold drinks, sandwiches, salads, fruit and veggie cups, calzones, and sausage rolls.

#### **Chargers Café**

Full grill menu with burgers, sandwiches, pizza, hot dogs, and breakfast pastries. Open for breakfast, lunch, and dinner.

#### **reCharge**

On the first floor of the CHW, reCharge offers made to order sandwich and salads, soups, smoothies, baked goods, coffee & tea program and grab & go items.

#### **Busy Beans**

Coffee, tea, pastries, and snacks. Located in the CBA (Centre for Business & Access) building Atrium.

#### **Pizza Forno Vending Machine**

Artisanal pizza made fresh to order in 3 minutes. Low touch 24/7 automated pizza oven. Located in the Centre for Business & Access (CBA).

## PRAYER SPACES

All religions and spiritual traditions are welcome at Camosun. There is a quiet space on each campus for prayer and meditation.



**LANSDOWNE: Richmond House 307**

**INTERURBAN: CBA 123**

**Hours for both campuses Monday – Friday 8:30am-8:30pm**

**URL: [camosunstudent.org/prayer-space](https://camosunstudent.org/prayer-space)**

## CHILD CARE

Camosun College Child Care Services operates five licensed centres between both campuses.



**LANSDOWNE: Full-time care for toddlers and preschoolers**

**INTERURBAN: Full-time care for infants, toddlers, and preschoolers.**

**URL: [camosun.ca/services/child-care](https://camosun.ca/services/child-care)**

## OMBUDPERSON

An Ombudsperson provides confidential and informal assistance for students who have conflicts, complaints, or disputes. Camosun's Ombudsperson offers year-round service for students on both campuses. Make an appointment or drop in during office hours (Monday to Thursday, 9am-5pm).

**Hours: Monday – Thursday 9:00am-5:00pm**

**Friday by appointment only**

**Phone: 250-370-3405 Email: [ombuds@camosun.ca](mailto:ombuds@camosun.ca)**

**URL: [camosun.ca/about/ombudsperson](https://camosun.ca/about/ombudsperson)**

## OFFICE OF STUDENT SUPPORT

During your time at Camosun, you may find yourself in a challenging situation and may need help figuring out who to get help from and what your options are.

Student Support Managers in the Office of Student Support can:

- Support students experiencing challenging situations to find the right support on and off campus.
- Help students understand their rights, responsibilities, Camosun policies, and options for resolving concerns.
- Help students with how to navigate systems and processes at Camosun.
- Respond to non-academic conduct policy violations – if you or someone else has violated the conduct policy, Student Support Managers will work with you to be able to understand the situation and make sure that everyone can learn and work at Camosun safely and feeling respected.

**URL: <https://legacy.camosun.ca/services/student-support/contact.html>**





## CAMOSUN COLLEGE STUDENT SOCIETY (CCSS)

The Camosun College Student Society (CCSS) offers many programs and services to students, including health and dental plans, clubs, a food bank, and social events.

Every student at Camosun is a member of the CCSS and can participate in the board of director elections which happen in the spring and fall of each year. The CCSS is an incorporated society in BC and is independent from Camosun College.

**URL: [camosunstudent.org](https://camosunstudent.org)**

## CLUBS

All students are welcome to join any of the many clubs on campus.

Clubs are a great way to explore your interests, learn new skills, and meet other students. Can't find a club you like? Start your own!

**URL: [camosunstudent.org/clubs](https://camosunstudent.org/clubs)**

## SEXUAL HEALTH CLINIC

The Sexual Health Clinic provides confidential services, including counseling , STI (sexually transmitted infection) testing, birth control, exams, and more.

Everyone is welcome, and you can make an appointment or drop in.



**LANSDOWNE: Richmond House, third floor. Hours: Thursdays, 11:00am – 2:30pm**

**URL: [camosunstudent.org/services/sexual-health-clinic](https://camosunstudent.org/services/sexual-health-clinic)**

# TRANSPORTATION

## BC TRANSIT

The U-Pass (universal bus pass, included in your fees) allows students unlimited access to all BC Transit buses in the Victoria region at all times. Buses provide service to both campuses every 10 minutes during peak times. For schedules, trip planning information, and updates, visit the BC Transit website: [bctransit.com/Victoria](https://bctransit.com/Victoria)

**URL: [camosunstudent.org/services/upass](https://camosunstudent.org/services/upass)**

### Changes to Student Transit Pass effective Jan. 1

In September 2023, BC Transit introduced a new electronic fare system called Umo. Starting now, students will use the Umo system instead of their Camosun ID Card to access bus services. Camosun students enrolled in at least one (1) credit course are eligible to receive a U-Pass, granting them access to transit through the BC Transit Umo system. All Camosun students are required to transition to the Umo system by January 2024. For schedules, trip planning information, and updates, visit the BC Transit website: [bctransit.com/Victoria](https://bctransit.com/Victoria)

## PARKING

For students who drive to Camosun, there are limited parking spaces on both campuses. Daily, weekly, and monthly parking permits can be purchased at the Robbins parking meters on campus. Parking is available on a first-come, first-served basis – parking spaces cannot be guaranteed or reserved.

You can also pay for parking with your smartphone. Download the PassportParking app for simple payment and other advantages.

**URL: [camosun.ca/about/transportation-parking](https://camosun.ca/about/transportation-parking)**

## CYCLING

There are bike racks on both campuses. Please do NOT bring your bike into buildings or lock it to trees, signs, or handrails.

Secured bike parking is available for \$5.50/month; make arrangements through the bookstore.

## WALK SAFER

Walk Safer is a student-run service that provides volunteer walking escorts to your car or bus at night. All volunteers are screened with a criminal check and complete a training session. Walk Safer offers evening campus patrols and escorts late September through mid-April from 6:30 PM to 10:30 PM Monday to Thursday.



**LANSDOWNE: Call or text 250-217-4568**



**INTERURBAN: Call or text 250-217-5029**

# MEDICAL INSURANCE

International students are required to have medical insurance for the entire duration of their studies in Canada. Healthcare costs in Canada can be quite high and it is crucial that you are covered under a comprehensive insurance plan during your time here.

Students new to Canada are eligible for Government of British Columbia issued medical insurance called Medical Services Plan (MSP) after three months residing in British Columbia. International students who will be staying in BC longer than six months are legally required to enrol in MSP. MSP covers basic medical services such as doctor's visits to walk-in clinics (in most cases) and hospitalization.

Because new international students are not covered by provincial MSP for the first three months, students need to enrol in private medical insurance. Camosun College offers coverage to international students through the insurer guard.me. Students must request to be enrolled for guard.me coverage, as enrolment is not automatic.

Once you enrol, you will be covered by guard.me for your first three months in Canada. During this time, you are required to apply for MSP so that there is no lapse in your basic medical coverage. Please apply for your MSP as soon as you arrive in BC by uploading a copy of your Study Permit and completing a form via their website at URL: <https://my.gov.bc.ca/msp/application/prepare>.

## TYPES OF MEDICAL INSURANCE

### GUARD.ME

guard.me is an international insurance provider. guard.me coverage is mandatory for all international students and is included in your fees from the date of your arrival to Canada until your BC Medical Services Plan (MSP) starts.

guard.me also provides a 24-hour health information line and a Mobile Doctor app so you can always have their support.

### GUARD.ME FOR CAMOSUN STUDENTS

Your coverage will start on the first day of your arrival month in Canada. You must inform us as soon as you have your arrival month confirmed.

Consult the guard.me Policyholder Guide for more information on how to use and update your guard.me account, including how to submit claims and download your card.

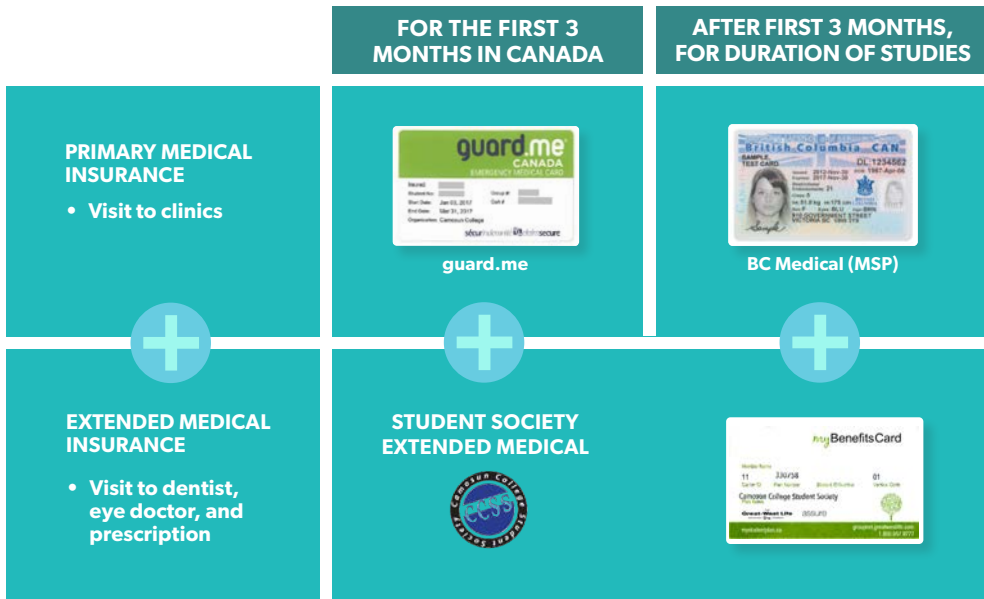
### CCSS EXTENDED MEDICAL PLAN

The extended medical plan offers partial coverage for services that are not covered by MSP, such as ambulance fees, dental care, and prescription drugs. Students are required to participate in the CCSS (Camosun College Student Society) Student Benefits Plan. For more details about this insurance plan and what it covers, visit [camosunstudent.org/health-and-dental/](https://camosunstudent.org/health-and-dental/)

### IN AN EMERGENCY, CALL 9-1-1!

When you are in an emergency situation where there is risk to people or property, call 911 for emergency police, fire or ambulance. Trained emergency call takers will provide you with the information and assistance you need.

# TYPES OF MEDICAL INSURANCE



## YOUR IMMIGRATION DOCUMENTS

Most international students in Canada will require two important immigration documents issued by Immigration, Refugees, and Citizenship Canada (IRCC) in order to study here in Canada. These two documents are a valid Study Permit and a Temporary Resident Visa (TRV), or Electronic Travel Authorization (eTA).

If you are transferring from a post-secondary school in Canada, you must inform IRCC of your Designated Learning Institution (DLI) change. Camosun College's DLI number is O19361235542.

Visit the IRCC website for more information. If you have general immigration related questions then please feel free to contact one of our International Student Experience Advisors at Camosun International. We recommend booking an appointment by sending an email to [international\\_advisors@camosun.ca](mailto:international_advisors@camosun.ca).

While emailing us, please include the following information:

1. Your Name
2. Student ID Number
3. Your citizenship(s)
4. Study permit and entry visa/eTA expiry date (if Applicable)
5. Your question(s)



## EXTENDING YOUR STUDY PERMIT

If you plan to study beyond your study permit's expiry date, it is your responsibility to apply for an extension before it expires. Apply to extend your study permit 30-90 days before the expiry date. Do NOT let your study permit expire.

You will need a supporting letter and a transcript from the International Office which can be ordered online at <https://webservices.camosun.ca/events/international/international-student-letter-request>. Request these documents at least two months in advance. For up-to-date information, contact IRCC directly via their WebForm.

Coronavirus disease (COVID-19): International students:

[www.canada.ca/en/immigration-refugees-citizenship/services/study-canada.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada.html)

For more information on Canadian Study Permits and Entry Visas, please visit the IRCC website:

<https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/students.html>

IRCC WebForm:

<https://secure.cic.gc.ca/enquiries-renseignements/canada-case-cas-eng.aspx>

## ONLINE SERVICES

**myCamosun**

### Your online student services portal

myCamosun is Camosun College's interactive online information portal that allows you to view and manage your information, submit requests, obtain statements and tax receipts.

**myCamosun help page:** <http://camosun.ca/mycamosun-help/>

**myCamosun Open house:** <https://www.youtube.com/watch?v=Y1XgkYZEVQY>

## D2L

### What is D2L? (Desire2Learn)

For some of your courses here at Camosun, you will be accessing course materials in Desire2Learn, or D2L. D2L enables your instructors to provide you with online content, activities, group collaboration tools, and assessment options.

You will be able to log into D2L seven days before your course starts, providing your course uses D2L. Access to your course pages will start on the first day of class and will close 20 days after the end date of the course. Your D2L site can only be accessed by students registered in your course, your instructor(s), and D2L Support staff.

To log into D2L, open an Internet browser and go to the Camosun College website (<http://camosun.ca>), click D2L at the top, right side of the page, enter your Camosun ID number and the Password you use to log into other college computers, and click Log in. Once you have logged into D2L, you can find a list of all the courses you are registered in listed in the My Courses box on the D2L homepage.

If you have technical issues with D2L (for example, if you cannot login), contact D2L Support at [desupport@camosun.ca](mailto:desupport@camosun.ca) or 250-370-3488, for assistance. You can also come see us at our main support office in the Lansdowne Library, as part of the Centre for Excellence in Teaching and Learning.

# LIFE IN CANADA

## HOUSING

Camosun College's homestay program is currently suspended and the college does not have on-campus student housing.

Students need to find their own private accommodation. Students can choose to rent an apartment or a room in a shared house. Students may also choose to stay in hotels long-term as some hotels have rooms with kitchens and offer extended-stay rates.

### **Resources for finding rental accommodation:**

#### **Living in Victoria: Renting:**

<http://camosun.ca/services/housing/renting.html>

#### **Camosun College Student Society (CCSS) Housing Search page:**

<https://camosunstudent.org/services/housing/>

#### **Join our Friends of Camosun International Facebook group to find postings for roommates and rentals:**

<https://www.facebook.com/groups/FriendsofCI/>

### **The following organizations provide information and support to tenants in BC:**

#### **BC Residential Tenancy Branch:**

<https://www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies>

#### **Rent Smart - Education and Support SocietyAC - Tenant Resource and Advisory**

<https://rentsmarteducation.org/>





## MONEY & BANKING

To open a bank account, you will need to visit the local branch in person.

Bring your passport, study permit, letter of acceptance, or attendance letter from Camosun.

Victoria has the following banks and credit unions:

- BMO Bank of Montreal
- Canadian Western Bank
- CIBC
- Coast Capital Savings
- Community Savings Credit Union
- HSBC Bank Canada
- Island Savings
- Scotiabank
- TD Canada Trust
- RBC Financial Group
- Vancity Savings Credit Union

Banks and credit unions are normally open 9am-4pm, Monday to Friday.

Some large banks may be open on evenings and weekends.

## CELL PHONES & INTERNET

Buying a cell phone in Canada can be confusing. There are many options available and it's important to shop around and understand your needs.

Many Canadian cell phone carriers also have internet packages for your home.

Ask about "bundles" which often offer a reduced rate for a cell phone and internet packages.

Here are some of Victoria's main cell phone and internet companies:

- Bell
- Fido
- Koodo
- Shaw (internet only)
- Rogers
- Telus
- Virgin Mobile

# CULTURAL DIFFERENCES AND TRANSITION CHALLENGES

In a new culture and environment, we might become confused and uncertain about differences in customs, values, beliefs, expectations, and social ways of relating. This can lead to feelings of discomfort, known as Culture Shock or Transition Stress.

You may find yourself experiencing some (or all) of these five key changes when you live abroad.

## The 5rs of Culture Change

**STRESS, EXCITEMENT, ANTICIPATION, ENTHUSIASM, ANXIETY, FEAR, SADNESS, WORRY, GUILT, DISCOMFORT, UNCERTAINTY, SATISFACTION**

### REFLECTIONS ABOUT SELF:

*Moving across cultures, our identity may be in a state of transition. Who am I? What do I know, value, believe?*

### ROUTINES:

*Disrupted and sometimes drastically different, may cause some stress and discomfort.*

### RELATIONSHIPS:

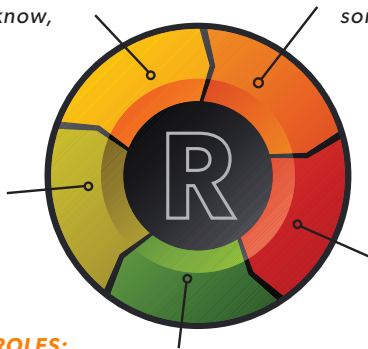
*Letting go of, or deepening familiar connections, creating a new community and support.*

### REACTIONS:

*We may sense that we are doing something "wrong", but not sure what. We may have confusing and strong responses to others.*

### ROLES:

*Mixed emotions about the gain and loss of different roles and identities.*



Adapted from Kate Berardo, "Framework: The 5Rs of Culture Change," in *Building Cultural Competence: Innovative Activities and Models*, eds. K. Berardo and D.K. Deardorff (Sterling, VA: Stylus, 2012), 193-199.

# SEXUAL VIOLENCE AND MISCONDUCT

- Camosun is committed to preventing and responding to sexual violence and sexual misconduct concerns.
- The Office of Student Support is also responsible for offering support to students impacted by sexual violence. Your concerns will be supported in a confidential, respectful and compassionate manner.
- Regardless of when or where the sexual violence or misconduct occurred, students have access to support at Camosun.
- The Office of Support will make sure you have a safe and private place to talk and will help you understand what your options are for getting support, accommodations, and what your choices for next steps are. The Office of Student Support will respect your right to choose what is right for you.

For more information [Camosun.ca/sexual-violence](https://www.camosun.ca/sexual-violence)

## How to Connect with a Student Support Manager

Email: [oss@camosun.ca](mailto:oss@camosun.ca)

Phone: 250-370-3046 or 250-3703841

## CULTURAL SHOWCASE

Camosun International presents the Cultural Showcase annually to celebrate culture and diversity. Audience can enjoy a night of performances from international and local students at Camosun College and members of the community. In recognition of the UN International Day for the Elimination of Racial Discrimination, the Cultural Showcase aims to promote tolerance and acceptance of other cultures through creativity.

Our next Cultural Showcase will be in March 2024, as health and safety guidelines permit.

**URL: [https://www.youtube.com/watch?v=vTIB\\_eDe3K8](https://www.youtube.com/watch?v=vTIB_eDe3K8)**

## CHECKLIST FOR THE FIRST WEEK OF SCHOOL

- **Get your student ID card from the library  
(Your passport is required)**
  
- **Complete medical insurance process**
  - **Apply for Medical Services Plan (MSP) online**
  - **Pick up Medical/Dental card (Enquire at CCSS)**
  - **Connect to Camosun WiFi (Eduroam)**
  
- **Buy your textbooks**
  
- **Open a bank account**
  
- **Ensure to attend your first class**





# SHARE YOUR PHOTOS!

Follow us on Instagram @camosunintl and share your pictures with us using the hashtag

**#Camosunstories**