

GREEN PATH PROGRAM

Preparation Guide:
2009



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INTRODUCTION & WELCOME



Our names are Jerry Jien and Qasir Sheikh and we are the 2009 UTSC Green Path Coordinators. We would like to congratulate you on your successful admission to the prestigious Green Path program at the University of Toronto Scarborough. We are very excited to have you join us in May as early as Monday, May 25, and no later than Thursday, May 28.

The purpose of this guide is to provide you with information that will help you prepare for your journey to Canada. It will discuss what to bring, airport pickup, health insurance as well as other issues you will encounter while living and studying in Canada. It is important that you read through the guide, as it will help you adjust to your new life in Canada.

Looking forward to meeting you soon!

Jerry Jien & Qasir Sheikh



From Left : (front) Tracy, Michele; (back) Samantha, Wynona

IMPORTANT DATES

Be sure to mark these dates in your calendar or day-timer.

Student Questionnaire & Passport Style Photo Due	April 10, 2009
Arrival in Canada	May 25 – May 28, 2009
Green Path Classes begin	June 1, 2009
Final day to apply for Residence ¹	June 12, 2009
Final day to register for fall 2009 courses	July 14, 2009
Final day of Green Path Classes	August 18, 2009
Green Path Graduation Ceremony	August 20, 2009
Green Path residence check out date ²	August 22/23, 2009
UTSC Residence check in	September 5, 2009
UTSC Orientation Week	September 8/9, 2009
Fall term begins	September 10, 2009

Notes:

¹ Now is a good time to start thinking about your housing requirements following the Green Path Program on **August 23, 2009**. Note the **June 12, 2009** deadline to apply for Residence. This date is less than two weeks following your arrival in Canada.
[For the application you will also need to have your parent's signature on the form]

² If you plan to live in Residence during the academic year (September 2009 – April 2010), you will remain in your assigned Green Path room until your new academic year room is ready for check-in. However, if you plan to live off-campus during the academic year, you must check out by 5pm on **August 23, 2009**.

Refer to the following link for more information on Student Housing & Residence Life:
<http://www.utsc.utoronto.ca/~residences/>



PRE-DEPARTURE CHECKLIST

To Do:

- Obtain valid Passport
- Obtain a Canadian Study Permit
- Obtain a “Temporary Resident Visa” for Canada
- Purchase plane ticket to Toronto, Canada
- Confirm travel arrangements & notify the coordinators of the flight details via email
- Choose a housemate and let the coordinators know which one you have chosen via email
- Complete questionnaire, and send a “passport style” photo for “Student Profile Book”

To Bring:

- A parent’s signature for the “Residence Application Form”
- Limited amount of cash (\$2000 to \$3000 CDN maximum)
- International Bank Draft for additional funds (no limit)
- Cash for the Health Insurance Fee (**\$240.00 CDN**)
- Personal belongings (Clothes, shoes, etc.)
- A few things that will remind you of home (i.e./ a picture with your family)
- Small electronics (i.e./ laptop, digital camera, MP3 player)



TRAVEL PREPARATIONS



Travel Arrangements

All students are required to purchase their own airfare and make any necessary travel arrangements to ensure arrival in Toronto, Canada between **May 25 and May 28, 2009**. Students are encouraged to travel in a group with their school if possible.

Health Insurance

All international students studying at the University of Toronto are required to purchase health insurance to pay for health care services and medical treatment in Canada.

While studying in the summer Green Path program, students are required to purchase the health insurance prescribed by the University of Toronto. This health insurance must be purchased upon arrival. The cost of the summer health insurance in 2009 will be **\$240.00** and will provide coverage for the entire summer Green Path program. Your coverage will begin the day you arrive in Canada.

*Upon successful completion of the Green Path program, you will then be covered under the University Health Insurance Program (UHIP) and SCSU's extended health and dental insurance plan.

Packing Your Suitcase

Start planning now. If you have not started thinking about what you are going to bring to Canada, it is about time you do so. As you begin to plan, you are going to have to decide between what you need to bring and what you want to bring. Some students try to pack all of their belongings into their suitcase. Very few do it successfully! This is unwise and unnecessary, so start planning now. Be sure to follow the baggage restrictions of your airline so you are not charged extra fees at the airport.

To help you select what you should include in your suitcase, below we have outlined the items that we will provide you and give you suggestions from former Green Path students on what and what not to bring.

Items We Provide

These items will be provided to all students for the duration of the Green Path Program. Therefore, you will not need to bring any of the following to Canada:

- Bed sheets
- Pillow and Pillow case
- Kitchen supplies (i.e. plates, bowls, cups, pots, cutlery, kettle, toaster, cutting board)
- Cleaning supplies (i.e. cloths, cleaning products, mop, broom, vacuum)

Things to Bring to Canada

- Parent's signature on the Residence Application Form¹
- Clothes and shoes (not everything, but enough)
- Minimal toiletries
- A few things that will remind you of home (i.e./ a picture with your family)
- Small electronics (i.e./ laptop, digital camera, MP3 player)
- Musical Instrument (if you think you are going to continue to use it in Canada)

¹Even if you do not plan on staying in Residence for the Fall 2009 semester, we encourage all students to bring the Residence Application Form with their parent's signature, in the event that they change their minds, because without this signature, they will not be able to sign up for Residence. And if they still do not want to stay on Residence upon their arrival, then they can simply throw the form away.

Things NOT to Bring to Canada – It is better to buy the following items upon your arrival in Canada, due to reasons such as size, cost, and usability:

- Extra toiletries (soap, toilet paper, etc.)
- Appliances (i.e./ rice cooker, iron) – they are available in Canada and are relatively inexpensive to purchase
- Cell phones – most Chinese cellular (mobile) phones will not work in North America
- Food
- Printer – It is easier to buy it upon arrival in Canada
- Towels, blankets, bedding – they take up a lot of room, are available in Canada and are relatively inexpensive to purchase
- Sports equipment – it may take up a lot of room or cost extra to bring

Baggage Restrictions

Each individual airline has strict policies on baggage size and weight, as well as the number of pieces of baggage you can bring with you. Please contact your airline to clarify the size and weight of all checked baggage and all carry-on baggage.

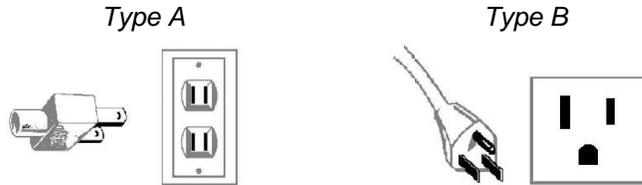
In addition to airline policies, you must also follow Canadian Law. At the link below, you will find the "Permitted and Prohibited Items" for transport to and from Canada:

www.catsa-acsta.gc.ca/english/travel_voyage/list.htm

Electricity Details

If you are bringing any electrical items/devices, consider the following...

In Canada, we use type B electrical outlets (three prongs, including two unequal length, flat parallel prongs, and a grounding pin), or type A (two unequal length, flat parallel prongs). These outlets are similar to, but different than in China.



In terms of voltage and frequency, your power supplies must be compatible with the 120V voltage and 60Hz frequency of the electricity in North America (which is different than in China).

For more details visit: users.pandora.be/worldstandards/electricity.htm

Transporting Money

When you come to Canada, do not bring too much cash (either USD or CDN). Instead, bring an International Bank Draft in your name, so that you can deposit this into your new Canadian Bank Account. The reason for this is that there are Canadian Laws and limitations on how much cash money you can bring into the country. However, there are no limitations on how much money you can bring into Canada in the form of bank drafts. Therefore, here is our recommendation...

Bring one month's worth of living expenses with you in the form of cash. Though your expenses may vary from very little (\$1000) to very substantial (\$5000), it is probably wise to bring about \$2000 to \$3000 in cash.

To safely bring additional funds with you to Canada, I strongly recommend one of two options:

OPTION 1: The Inexpensive Method – one way to bring additional funds into Canada will be in the form of an international bank draft, made out in your name. You can take this bank draft and deposit it into your Canadian bank account. Please note that the bank will hold onto this money for 21-25 days until they are sure the funds clear all banks. Your money will be safe, but you will not be able to access it until after the initial holding period. But once this money is in your Canadian Bank Account, you will be able to use it to pay for any or all of your expenses, including living expenses, food, health insurance, tuition expenses, etc.

OPTION 2: The Fast Method – the second way to bring additional funds into Canada will be by using a WIRE TRANSFER. To do this, you will need to do two things. Firstly, you will need to set up your bank account in Canada. When you do this, you will receive all the bank codes referring to your account. Secondly, you will need to provide these bank codes to your bank in China (or, to your parents who will deal with their bank). With this information, your Chinese bank can wire transfer money directly to your Canadian bank account. This typically takes 24-48 hours. You should discuss these options with your Canadian Bank.

CHOOSING A BANK

Banking Recommendation

We recommend you consider opening a bank account with SCOTIABANK for the following reasons:

1. All Automated Banking Machines on the University (UTSC) Campus are operated by Scotiabank. Therefore, you will not be charged additional service fees to withdraw money.
2. Scotiabank offers a competitive “Student Banking Advantage Plan.”
3. Scotiabank provides excellent customer service.
4. The local Scotiabank branch is conveniently located only a short bus ride away.
5. Bank drafts are not subject to a “holding period” with Scotiabank.

Knowing Your Options

Now although we recommend Scotiabank, there are still a number of other banking institutions available and the final decision is up to you. Once you have chosen a bank, please inform us of your decision as soon as possible so that we can begin the registration process. The sooner you decide, the easier it will be for you to set up your account when you arrive in Canada. In any case, we will send an email requesting this information at a later date.

Upon arrival in Canada, we will arrange for you to meet with a representative of the bank to open your new account. You can trust all Canadian Banks to look after your money. You should have no hesitancy to bank securely in Canada.

There are six primary banks in Canada and each of these banks has a student banking plan, created specifically with university students in mind.

Banking Institution	Known As	Website
Bank of Nova Scotia	Scotiabank	www.scotiabank.com
Bank of Montreal	BMO	www.bmo.com
Toronto Dominion Canada Trust	TD Canada Trust	www.tdcanadatrust.com
Royal Bank of Canada	RBC	www.rbc.com
Canadian Imperial Bank of Commerce	CIBC	www.cibc.com
Hong Kong and Shanghai Banking Corporation	HSBC	www.hsbc.com

Banking in Canada is a little different than banking in China. Typically, you do not need to visit a Bank branch to do most of your banking because with your bank account, you will receive an “Interac” banking card. Most of your banking needs can then be done through an “Automated Banking Machine” (ABM), telephone banking, or internet banking. Additionally, when you are shopping (i.e. for clothes, food, etc.) you will not need to pay with cash. Your Interac Card will allow you to pay electronically.

Sometimes there are fees for using Automated Banking Machines. One common instance is if you are banking with BANK #1, but you want to withdraw cash from an ABM operated by BANK #2. In this instance, BANK #2 will charge you a small service fee (typically \$1.50, though this fee varies) because you are not banking with them.



TRAVEL ADVICE

- Make sure you are carrying all of your documentation you need to enter the country (i.e. passport, visa, study permit, all letters from the UTSC, etc.). Make sure they are accessible, but safe.
- Find a travel “buddy” – a friend (or someone you know) to travel with.
Note: it is alright to have more than one travel buddy. Show your travel buddy what your baggage looks like, and stay with your travel buddy as you progress through the airport. If you do this, and if something happens, they will be able to assist you, or vice versa.
- Double-check to ensure that you are not bringing any prohibited items into Canada.
- Traveling through Canadian Customs and Immigration can take some time. Please be patient. Also, there is no need to be intimidated or scared – even though the officers can (sometimes) look intimidating.
- If they ask you for your address, your address will be:

*University of Toronto Scarborough
1295 Military Trail
Toronto, Ontario, Canada
M1C 3A8*

**NOTE: this is NOT the address you will use to receive mail in Canada. To ensure all mail reaches you in Canada, DO NOT give this address to family or friends.*

- If they ask you for a contact name, provide the following information:
***Jerry Jien & Qasir Sheikh
Green Path Coordinators
University of Toronto Scarborough
Telephone #: 416-918-7815***
- EMERGENCY NUMBER: Will be the Coordinators’ telephone number **(416)-918-7815** and should be used in the event that you get into a difficult situation during travel
(i.e. lost, delayed in customs and immigration)
- After you arrive, the University will call your school’s teacher to inform them that you have arrived safely. Your school’s teacher can then contact your parents. Please ensure that your parents have told your teacher that they would like to be contacted. You may not be able to call immediately after you arrive – please tell your parents you will call as soon as you possibly can.

ARRIVAL IN CANADA

Airport Arrival

The Green Path Coordinator, along with a team of staff and volunteers from UTSC will be meeting you at Pearson International Airport. After you have passed through Customs and Immigration, and have collected your bags, proceed through the gates, where we will be waiting with a big “**University of Toronto**” sign. At the airport, we will board a bus and travel to the University, where you will check-in to residence.

Check-In

Checking-in to residence is a very simple process. We are going to ask you to: (1) Confirm your personal information, and (2) allow for a photocopy of your passport and travel documents. After we have done this, we will provide you with your residence keys and show you to your room.

Residence

Each student will live in a townhouse that sleeps 4 people, but be given a private bedroom, which is approximately 8' X 10'.

- Rooms are equipped with:
 - bed with mattress
 - bed linens, pillow, blanket, bedspreads
 - a three-drawer dresser
 - a closet (approximately 4'x3')
 - a telephone jack (resident must get the line activated at an extra cost)
 - internet capability
 - desk

- Kitchens include:
 - fridge, stove, toaster, electric kettle
 - mixing bowl, cutting board, frying pan, large pot, medium pot
 - cutlery tray, utility knife, casserole dish
 - vacuum, broom & dustpan
 - bowls, plates, cutlery, mugs & glasses

- Common Room includes:
 - TV jack (which can be activated at an extra cost)
 - coffee table, couch, chairs
 - lamp

 - Showering Room (1 in each house)
 - Bathroom

You will have your own private bedroom, but will share the bathroom, kitchen, and living & dining rooms with the 3 other Green Path students. All townhouses are fully furnished (tables, chairs, couch) with well-equipped kitchens (stove, refrigerator, sink).

Room Assignments

One of the goals of the Green Path Program is for you to meet new friends from the other participating schools and to engage in the residence community. With this in mind, when we are assigning rooms, we will be pairing you with students from other schools. However, you will be given the option of selecting ONE, and only one person you want to live with. Since each townhouse accommodates 4 students, you will be living with a total of 3 other Green Path students (2 students from another school and 1 student that you selected as your preferred roommate). *I will be sending out an email requesting this information at a later date.*

Visitors

Overnight guests such as Green Path students, other U of T students or other people are NOT allowed in your residence. Some students will have a family member either flying with them to Toronto, or meeting them at the airport in Toronto. If someone will be joining you in Toronto and needs accommodation, please let me know as soon as possible so that I can make appropriate arrangements for them. While they may not be staying with you, there may be other accommodations available to them at additional costs.

FIRST WEEK IN CANADA

Indeed, you will find life in Canada much different than in China and this will take time to get used to it. There will be a lot to learn, but just remember that if you have any questions or concerns, there's always someone here to help.

Getting Started

In the days following your arrival, there will be a variety of things you need to accomplish. You will need to set up your internet access, go grocery shopping, buy household supplies, set up your personal bank account, and unpack your suitcases. These are all very, very important tasks and need to be completed this first weekend, prior to the start of your Green Path classes, which will begin on **June 1, 2009**.

Opening a Bank Account

(For "Choosing a Bank", see pg. 8)

For all students who respond with their choice of bank, you will have a scheduled time for you to meet a bank representative. If you do not respond, I will still be able to help you, but it may take longer. More information regarding the schedule of meetings will be provided following your arrival.

Payment of Fees

1) Health Insurance Fee:

Payment for Health Insurance is also due upon arrival. Upon payment, you will receive your "Health Card" and other related information. Health Insurance will cost **\$240.00**.

Canadian Prices & Currency

At first, you may find that everything in Canada is very expensive. In most cases, 1 Canadian Dollar will not buy you as much as 1 CNY. It is important to learn the value of the Canadian Dollar so you are able to get value for the money you are spending. However, remember that the lowest price does not necessarily provide the most value. There are times when paying more for a particular item or service may be the best choice.

1 Canadian Dollar = ~5.53 CNY

(for current conversion rates, visit: www.xe.com)

Initial Expenses

Once you arrive in Canada, you will need to purchase a number of things and pay a number of fees.

Fees:

- Health Insurance Fee (**\$240.00**)

Purchases:

- Food
- Various kitchen supplies and equipment (rice cooker, chopping knife)
- Various household, cleaning supplies
- Telephone (landline or mobile)
- Local transportation fare
- Books or textbooks
- Printer
- Drying rack for clothes
- Laundry bin

Telephone Companies

Several telephone companies provide competitive plans for both wireless and home phone service. Take time to research the various phone plans and options. You can decide which company you want to deal with after you arrive in Canada.

Company	Website	Services
Bell	www.bell.ca	wireless, home phone
Fido	www.telus.ca	Wireless
Roger's	www.shoprogers.com	wireless, home phone
Telus Mobility	www.telusmobility.ca	Wireless

To purchase a phone and/or service plan, you will need to meet a representative of the company at one of their many stores located throughout Toronto.

Phoning Home (China)

Using a “calling card” is an affordable way to make long distance calls to China. There are many different cards you can purchase; depending on how many minutes you want. Phone cards are available at most stores. Of course, you can also use online messaging and other services to communicate with friends and family back home.

Mailing Address

Your “*personal mailing address*” will be given to you when you check-in to residence at UTSC shortly after your arrival. Please ensure your family/friends receive your correct personal mailing address.

Internet Access

Upon arrival, there will be instructions for you to set up the internet access in your bedroom. To gain access, you will need to ensure your computer (if you are running Microsoft Windows) has (1) all critical updates installed, and (2) active, updated anti-virus software. If you require help, there will be UTSC staff available to assist you during the first week.

Shopping

Food:

Unlike what you may be used to in China, it is very difficult to go shopping more than one day per week. Therefore, when you go grocery shopping, you need to plan what you will purchase, including enough food to last you for at least one full week. On your first trip to the grocery store, you will need to purchase basic supplies and ingredients that will last you several weeks. Therefore, be prepared to spend a lot of money on your first grocery trip (For an idea of current prices, you can visit www.foodbasics.com).

Household Supplies:

You will be able to purchase almost everything you need for your house at Wal-Mart. Since you will have many one-time purchases, you may spend a lot of money on your first shopping trip. However, spending a large amount of money is necessary so that you have the basic household supplies needed to be comfortable. And some of these supplies you will continue to use for the next four years, so consider your initial purchases to be an investment (For an idea of current prices, visit www.walmart.ca).

LIFE SKILLS

For most of you, this will be the first time living away from home without your parents and family. This indeed will be a challenging and exciting experience. However, with this independence comes great responsibility, as you are ultimately responsible for all actions and decisions you make. So in order to ensure a positive and successful experience at UTSC, please adhere to the following advice...

Living Skills

Before arrival in Canada, students must have the following skills:

- Cooking skills (How to safely prepare meals using safe food preparation methods)
- Nutrition awareness (How to maintain a balanced and nutritious diet)
- Cleaning skills (How to maintain a clean & healthy living environment)
- Laundry skills (How to properly wash clothes, linen etc.)
- Time Management skills (How to effectively balance school, leisure & sleep)

Academic & Social Responsibilities

All students must:

- Adhere to Green Path Contract and all University Policies
- Behave in a responsible manner as adults
- Respect the rights, privileges and property of fellow residents, staff and guests
- Attend all classes and arrive promptly
- Participate in class and Green Path events
- Strive to be a committed student
- Demonstrate good citizenship
- Notify your **Green Path Coordinators** if you have any concerns
- Pay all fees as requested by the University
- Abide by the University of Toronto's Code of Student Conduct

(For full details, visit):

http://www.utsc.utoronto.ca/courses/calendar/Code_of_Student_Conduct.html





GET TO KNOW UTSC

For information about UTSC Services, Groups & Departments, be sure to check out these websites. It will give you a good idea of what is going on at UTSC and what it has to offer.

Name	Website
Admissions & Student Recruitment	www.utsc.utoronto.ca/~admliaison
Ask Us (answers to your questions)	www.utsc.utoronto.ca/~askutsc
Athletics (Recreation Centre)	www.utsc.utoronto.ca/~phys-ed
Bookstore (U of T)	www.uoftbookstore.com/online
Course Calendar	www.utsc.utoronto.ca/courses/calendar
Green Path Association	www.greenpathassociation.org
Health & Wellness Centre	www.utsc.utoronto.ca/~wellness
Library (Vincent W. Bladen Library)	content.library.utoronto.ca/utsc
Map of Campus	www.utsc.utoronto.ca/~advancement/find
Registrar's Office	www.utsc.utoronto.ca/~registrar
Residence Office	www.utsc.utoronto.ca/~residences
Scarborough College Students Union (SCSU)	www.scsu.ca
Scarborough Fusion Radio (CSCR)	www.fusionradio.ca
Student Affairs Office	www.utsc.utoronto.ca/~stuaff
The Underground	the-underground.ca
Travel Cuts	www.travelcuts.ca
UTSC Police	www.utsc.utoronto.ca/~police



GET TO KNOW CANADA

CANADA

Government of Canada (about Canada) canada.gc.ca/acanada/acPubHome.jsp?font=0&lang=eng

ONTARIO

Government of Ontario www.gov.on.ca

TORONTO

The City of Toronto www.toronto.ca

Wikipedia (Toronto Overview) en.wikipedia.org/wiki/Toronto

Google Maps (Toronto, Canada) www.google.ca/maps

Chinese Consulate in Toronto toronto.china-consulate.org/eng

NEWS

The Toronto Star (newspaper) www.thestar.com

City News (TV) www.citynews.ca

The Canadian Broadcasting Corporation www.cbc.ca

WEATHER

Environment Canada (Toronto Weather) www.weatheroffice.ec.gc.ca/city/pages/on-143_metric_e.html

SPORTS

The Sports Network (Canada) www.tsn.ca

TRANSPORTATION

The Toronto Transit Commission www.ttc.ca

Government of Ontario Transit www.gostransit.com

Greater Toronto Airport Authority www.gtaa.com

TOURISM

Tourism Toronto www.tourismtoronto.com



CONTACT INFORMATION

If you have any further questions or concerns, please do not hesitate to contact us:

Jerry Jien & Qasir Sheikh
Green Path Coordinators
University of Toronto Scarborough
1265 Military Trail
Toronto, ON
M1C 1A4

416-918-7815 (phone)
gpstaff@utsc.utoronto.ca (email)

www.utsc.utoronto.ca/greepath/ (Green Path website)