



Commonwealth
Education Group Inc.



INTERNATIONAL STUDENTS GUIDE

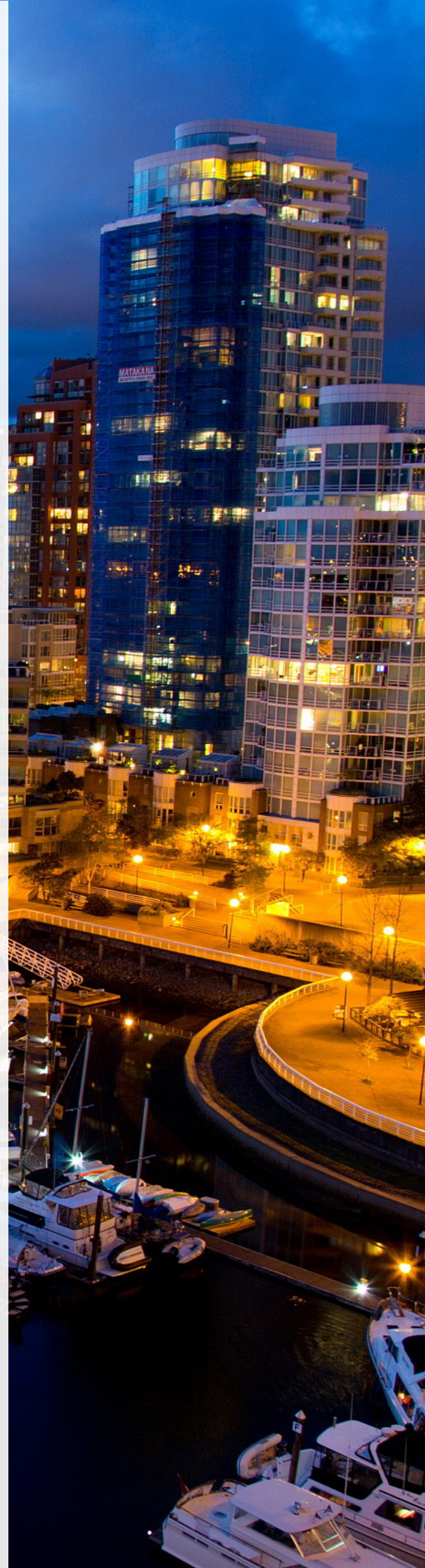
ABOUT CANADA

Canada, second largest country in the world in area (after Russia), occupying roughly the northern two-fifths of the continent of North America.

Despite Canada's great size, it is one of the world's most sparsely populated countries. This fact, coupled with the grandeur of the landscape, has been central to the sense of Canadian national identity, as expressed by the Dublin-born writer Anna Brownell Jameson, who explored central Ontario in 1837 and remarked exultantly on "the seemingly interminable line of trees before you; the boundless wilderness around you; the mysterious depths amid the multitudinous foliage, where foot of man hath never penetrated...the solitude in which we proceeded mile after mile, no human being, no human dwelling within sight." Although Canadians are comparatively few in number, however, they have crafted what many observers consider to be a model multicultural society, welcoming immigrant populations from every other continent. In addition, Canada harbours and exports a wealth of natural resources and intellectual capital equaled by few other countries.

Canada is officially bilingual in English and French, reflecting the country's history as ground once contested by two of Europe's great powers. The word Canada is derived from the Huron-Iroquois *kanata*, meaning a village or settlement. In the 16th century, French explorer Jacques Cartier used the name Canada to refer to the area around the settlement that is now Quebec city. Later, Canada was used as a synonym for New France, which, from 1534 to 1763, included all the French possessions along the St. Lawrence River and the Great Lakes. After the British conquest of New France, the name Quebec was sometimes used instead of Canada. The name Canada was fully restored after 1791, when Britain divided old Quebec into the provinces of Upper and Lower Canada (renamed in 1841 Canada West and Canada East, respectively, and collectively called Canada). In 1867 the British North America Act created a confederation from three colonies (Nova Scotia, New Brunswick, and Canada) called the Dominion of Canada. The act also divided the old colony of Canada into the separate provinces of Ontario and Quebec. Dominion status allowed Canada a large measure of self-rule, but matters pertaining to international diplomacy and military alliances were reserved to the British crown. Canada became entirely self-governing within the British Empire in 1931, though full legislative independence was not achieved until 1982, when Canada obtained the right to amend its own constitution.

Canada shares a 5,525-mile- (8,890-km-) long border with the United States (including Alaska)-the longest border in the world not patrolled by military forces-and the overwhelming majority of its population lives within 185 miles (300 km) of the international boundary. Although Canada shares many similarities with its southern neighbour-and, indeed, its popular culture and that of the United States are in many regards indistinguishable-the differences between the two countries, both temperamental and material, are profound. "The central fact of Canadian history," observed the 20th-century literary critic Northrop Frye, is "the rejection of the American Revolution." Contemporary Canadians are inclined to favour orderly central government and a sense of community over individualism; in international affairs, they are more likely to serve the role of peacemaker instead of warrior, and, whether at home or abroad, they are likely to have a pluralistic way of viewing the world. More than that, Canadians live in a society that in most legal and official matters resembles Britain-at least in the English-speaking portion of the country. Quebec, in particular, exhibits French adaptations: more than three-fourths of its population speaks French as their primary language. The French character in Quebec is also reflected in differences in religion, architecture, and schooling. Elsewhere in Canada, French influence is less apparent, confined largely to the dual use of French and English for place names, product labels, and road signs. The French and British influences are supplemented by the cultures of the country's native Indian peoples (in Canada often collectively called the First Nations) and the Inuit peoples, the former being far greater in number and the latter enjoying semiautonomous status in Canada's newest territory, Nunavut. (The Inuit prefer that term rather than Eskimo, and it is commonly used in Canada.) In addition, the growing number of immigrants from other European countries, Southeast Asia, and Latin America has made Canada even more broadly multicultural.



ABOUT MANITOBA

Manitoba, province of Canada, one of the Prairie Provinces, lying midway between the Atlantic and the Pacific oceans. The province is bounded to the north by Nunavut territory, to the northeast by Hudson Bay, to the east by Ontario, to the south by the U.S. states of Minnesota and North Dakota, and to the west by Saskatchewan. Manitoba contains more than 100,000 lakes, including Lake Winnipeg, one of the world's largest inland bodies of fresh water. More than two-fifths of the province's land area is forested. Winnipeg, Manitoba's largest city, is the capital. The province's name comes from an Indian word meaning "the god who speaks."

Manitoba became Canada's fifth province when the area that had been the Red River Settlement was admitted to the confederation in 1870. The present-day province straddles the boundary between the Prairie and Central Canada, and it has both a large agricultural sector and a topography similar to those of the provinces of Saskatchewan and Alberta. It also has a mixed economy, an urban orientation, and a multiethnic character, all of which are more like Ontario than the Prairie West. While other areas of the Canadian West have experienced economic cycles of boom and bust, Manitoba has maintained a steadier pace. Similarly, the province's political and cultural life has largely avoided the extremes that tend to characterize western Canadian society. Area 250,116 square miles (647,797 square km), of which about one-sixth is inland water. Pop. (2011) 1,208,268.

CLIMATE

Manitoba has a moderately dry climate with sharp seasonal temperature changes. Winter temperatures of about -40 °F (-40 °C) may occasionally occur in any part of the province, and summer days of 100 °F (38 °C) are not unusual in the southern regions. Average daily temperatures in Winnipeg range from 9 °F (-13 °C) in January to 80 °F (27 °C) in July. Average lows vary from -9 °F (-23 °C) in January to 57 °F (14 °C) in July. Annual precipitation varies from 14 inches (360 mm) in the north to 22 inches (560 mm) in the southeast, with about two-thirds of it falling between May and September. Snow typically covers the ground from November to April in the south and even longer in the north.

POPULATION COMPOSITION

Manitoba is home to a number of North American aboriginal groups, including the Assiniboin and Ojibwa Indians (First Nations) in the south, the Cree and Chipewyan Indians in the north, and the Inuit (aboriginal Arctic people of Canada, called Eskimo in the United States) on the Hudson Bay coast. The aboriginal peoples have occupied the region for thousands of years, although historically there has been considerable population movement. In addition, their numbers were greatly reduced as a result of exposure to European diseases, particularly smallpox. In the early 19th century the Métis (people of mixed Indian and European ancestry, whom the Canadian government granted legal recognition as a native group at the beginning of the 21st century) developed a unique plains culture. The early agricultural Red River Settlement attracted a number of Scottish farmers, and improvements to river and rail transportation led to the rapid growth of European settlement between 1870 and 1900. Most early settlers were from elsewhere in Canada, but Icelanders and German-speaking Mennonites also arrived beginning in the 1870s. After 1896 immigration from eastern Europe began in considerable numbers. Manitoba's population declined during the Great Depression in the 1930s and World War II but grew steadily thereafter, largely through natural increase.

Manitoba is noted for its ethnic diversity. There are many ethnic enclaves within the city of Winnipeg. Notably, the north end of the city retains a strong eastern European character, and the St. Boniface district has one of the largest Francophone communities outside Quebec. Francophones established a number of communities south of Winnipeg; Germans settled in south-central Manitoba; and a sizable Icelandic settlement developed around Gimli, on the shores of Lake Winnipeg. Although more than two-fifths of the current population is of British descent, significant ethnic minorities include Germans, Ukrainians, French, South Asians, Italians, Filipinos, Vietnamese, and Poles. Roman Catholicism and the United Church of Canada are the largest religious denominations, although there are substantial numbers of Anglicans, Lutherans, Mennonites, and adherents to Eastern Orthodoxy and the Ukrainian Catholic (Eastern rite) church, plus many smaller groups. Winnipeg's Jewish community is the largest in the Prairie Provinces.



ABOUT WINNIPEG

POPULATION: 749,500 (City of Winnipeg 2017)

LOCATION: Winnipeg lies at the geographic centre of Canada and North America. Winnipeg is the capital city of Manitoba, a resource-rich province of 1.3 million people bordered by Ontario to the east, Saskatchewan to the west, and North Dakota and Minnesota to the south. The city is just 100 km (62 miles) from the United States border. Winnipeg is easily accessible from the east and west via the Trans Canada Highway.

DESCRIPTION: Winnipeg is a culturally diverse city with more than 100 languages and nationalities represented throughout the region. Winnipeg is known for its unique winter experiences, flourishing arts scene, colourful festivals, and character neighbourhoods, as well as its green spaces and access to outdoor activities. The city features more than 1,100 restaurants as well as numerous world-class attractions, museums, theatres, sports venues and night clubs.

HISTORY: Winnipeg derives its name from the Cree word of “win” for muddy and “nippee” for water. An aboriginal trading centre prior to the arrival of the Europeans, Winnipeg was at the heart of the country’s fur trade and instrumental in developing Canada’s gateway to the west. The first permanent settlement occurred in 1812 when a group of Scottish crofters arrived and it became a trading post for the Hudson’s Bay Company in 1870. Winnipeg was incorporated as a city in 1873 with a population of 1,869. The city saw a 30-year period of growth and prosperity with the arrival of the Canadian Pacific Railway in 1885. Winnipeg became a financial centre in Western Canada thanks to a flood of immigrants, high wheat prices and improved farming techniques.

LODGING: Winnipeg offers 7,350 hotel rooms throughout the city, with 2,150 of them located in downtown. Lodging options include everything from well-known chains to stylish boutique properties to historic hotels and quaint bed and breakfasts, plus low-cost options like hostels and universities.



DINING:

Winnipeg's top-notch food scene tantalizes every taste bud. Sample exotic dishes at authentic mom-and-pop restaurants, bite into innovative tapas at trendy bistros and dine with gourmands at hot spots manned by the city's top chefs. For weekly food news, chef profiles and restaurant guides, visit www.pegcitygrub.com and search for eateries by category in our dining section here.

CULTURAL ATTRACTIONS:

Known as the "cultural cradle of Canada", Winnipeg is home to Canada's Royal Winnipeg Ballet, Royal Manitoba Theatre Centre, Winnipeg Symphony Orchestra and so much more. Newer attractions include the world-class Canadian Museum for Human Rights, which is Canada's first national museum built outside the capital region, and Journey to Churchill at Assiniboine Park Zoo, which is the world's most comprehensive Arctic species exhibit. Festivals abound in Manitoba's capital with a year-round slate of activity including Festival du Voyageur, Folklorama and the Winnipeg Folk Festival. Here, theatre season is alight with talent, excitement and star power. Winnipeg also offers an impressive and inspiring arts scene, from the world's largest collection of contemporary Inuit Art, to modern canvases covered in spray paint to locally-made handicrafts. Winter activities include the world's only pop-up restaurant on a frozen river, and one of the world's longest naturally frozen skating trails with vibrant warming hut installations designed by architects from around the world. Check out our Top 10 Must-Sees.

TIME ZONE:

Central

POPULATION:

Total population of Census Metropolitan Area (2015) is 793,400.

AIRPORT:

The Winnipeg James Armstrong Richardson International Airport is Winnipeg's only airport serving more than 3.8 million passengers per year. Airlines operating out of the airport include Air Canada, Air Transat, Air West, Aviation Bearskin Airlines, Calm Air, First Air, Sunwing Airlines, United Airlines, and WestJet Airlines.



ROAD DISTANCE FROM SELECTED CITIES (IN KILOMETERES)

- Grand Forks, ND 231
- Fargo, ND 350
- Regina, SK 576
- Thunder Bay, ON 702
- Minneapolis, MN 723
- Saskatoon, SK 798
- Edmonton, AB 1,313
- Kansas City, MO 1,315
- Calgary, AB 1,326
- Chicago, IL 1,361
- Denver, CO 1,847
- Toronto, ON 2,079
- Dallas, TX 2,145
- Ottawa, ON 2,171
- Montreal, QC 2,291
- Vancouver, BC 2,372
- Washington D.C 2,496
- Quebec City, QC 2,535
- New York, NY 2,659
- Los Angeles, CA 3,330
- Halifax, NS 3,463

INDUSTRIES:

Aerospace, Transportation & Distribution, Energy & Environment, Agribusiness, Life Sciences, Information, Communications and Technology, Advanced Manufacturing, Tourism, Creative Industries, Financial Industries

PROFESSIONAL SPORTS TEAMS:

- Canadian Football League Team (Winnipeg Blue Bombers)
- National Hockey League Team (Winnipeg Jets)
- American Hockey League Team (Manitoba Moose)
- American Baseball League Team (Winnipeg Goldeyes)

HOUSING:

For all accommodation rentals, one of the best resources is

<http://winnipegrentnet.ca>

<https://www.gov.mb.ca/housing/progs/renters.html>

Please note that you should start looking for your accommodation as soon as possible. Rental properties are in high demand during the school season, and you must start looking for a suitable accommodation that has good transportation facilities to the school you are enrolled in.



CLIMATE:

- Average Summer Temperature 25.4°C (77.7°F)
- Average Winter Temperature -12.9°C (8.8°F)
- Average Annual Precipitation 51.4 cm (20.2")
- Average Annual Rainfall 41.6 cm (16.4")
- Average Annual Snowfall 110.6 cm (43.5")

Winnipeg experiences one of the highest amounts of sunshine per year at 2,372 hours and boasts 2,727 hours of clear skies on average per year—the most of all Canadian cities



WEATHER & CLOTHING:

INTERNATIONAL STUDENT SERVICES

Adjusting to Winnipeg Weather

It is a big adjustment to live in a climate which is very different from the one to which you are accustomed. In Winnipeg, there are four distinct seasons (summer, fall, winter, and spring) with temperature varying between -35 degrees Celsius in the winter and +35 degrees Celsius in the Summer. Depending on the season, the number of hours of sunlight can also change dramatically.

Many international students, particularly those from warmer climates, are worried about how they will manage winter in Winnipeg. Even students who have been in Canada for many years struggle with how to deal with the winter in Winnipeg. The good news is that with proper winter attire, winter can be manageable and even a lot of fun! ISS hosts numerous workshops throughout the year on how to adapt to Winnipeg weather and culture. Please see the event section of our website for more information.

Here are a few tips which may help you to get by in Winnipeg's winter:

- **Stay warm, but get outside!:** There are lots of fun winter activities to enjoy such as skating, tobogganing, skiing, snow shoeing, walking, curling, and hockey.
- **Wear layers:** It helps if you have an outer layer that is wind resistant. Buy a pair of thermal/long underwear to wear underneath your regular clothes on very cold days or if you are planning to walk outside.
- **Wear proper clothing:** Wear a hat, mittens/insulated gloves, a scarf, insulated footwear (boots), a parka (winter jacket), and snow/wind proof pants (optional).
- **Stay dry:** If you get sweaty, you will get colder. If you are planning to exercise or walk and will be sweating, bring an extra pair of clothes.
- **Cover exposed skin:** This helps to avoid getting frostbite/frostnip on your skin and keeps you warmer. A scarf, hat, and mittens are helpful for this purpose.
- **Stay out of the wind:** Because of windchill, it will feel colder if you are exposed to the wind. If you are waiting outside, try to get inside a bus shelter, in between buildings, in lobbies, behind a building or tree to get out of the wind.
- **Drink something warm:** ISS has free coffee, tea, and hot chocolate available every day in our lounge. Bring an insulated cup or mug with you to class or if you are going out to keep liquids hot.

WHERE YOU CAN PURCHASE WINTER CLOTHING

The quality and price of winter clothing can vary widely. Good quality items may cost more, but they will also last longer and keep you much warmer.

Second Hand Clothing Stores:

- Salvation Army Thrift Store (97 Sherbrook)
- Value Village (1695 Ellice)
- Just Like New to You (635 Portage)
- And many more...

New clothing stores:

- Portage Place Shopping Centre
- Mountain Equipment Co-op (MEC)- 303 Portage Ave
- Sporting goods stores (Sport Check, Cabellas, Gord's)
- Department Stores (The Bay, Sears, Walmart, Target)

Helpful Definitions:

Wind chill (or wind chill factor) is when the air temperature felt by exposed skin feels colder than the actual air temperature because of the wind. For example, you may hear that it is -30 degrees Celsius and feels like -45 degrees Celsius. It feels colder, because of the wind temperature.

Frostbite & frostnip is a medical condition where the skin (or other tissues) are damaged because they freeze. Areas furthest from the heart and exposed areas are at most risk (ears, nose, hands, and feet). For example, if the windchill makes it feel between -28 to -39 degrees Celsius, exposed skin can freeze in 10-20 minutes. If you experience frostnip, you may feel some itching and pain on your skin and you may see patches of colour and experience temporary numbness. Usually with mild cases of frostnip, there is no long term damage and your skin will return to normal within a few minutes of going inside. Frostnip and frostbite are preventable by dressing properly and covering exposed skin. On the coldest days of the year, avoid going outside for long periods of time.



TOURISM & TRANSPORTATION

INTERNATIONAL STUDENT SERVICES

Seeing Winnipeg & surrounding area

There are lots of fantastic things to see and do in Winnipeg and the surrounding area. ISS regularly hosts events which are a great way to meet other students and see some of the great things that the area has to offer. You can also check out these websites for more information:

- [Tourism Winnipeg](#)
- [101 Things to Do in Winnipeg](#)
- [Downtown Winnipeg Biz](#)
- [Travel Manitoba](#)
- [Canadian Tourism Commission](#)

TRANSPORTATION (MANITOBA & CANADA)

There are limited public transportation options if you wish to travel outside of Winnipeg. However, Greyhound Bus Lines, ViaRail, and various airline companies (Air Canada, West Jet, etc.) have routes between Winnipeg and other cities. Some students who have a Drivers license which is valid in Canada and who are at least 21 years of age, may choose to rent a car in order to travel outside of Winnipeg. Other students go on a trip with a tour group which arranges for transportation and accommodations (see the websites above for more information on tour companies).

CYCLING

Cycling is also a very popular mode of transportation and some people even cycle in the winter. When cycling in Winnipeg, you must wear a bike helmet, ride on the right side of the rightmost lane of the street (avoid very busy streets), and use hand signals. If cycling at night, wear reflective clothing and have front and rear lights on your bike. For more information on safe biking, please view Manitoba Public Insurance's guide on Safe Biking. The University of Winnipeg Student Association's Bike Lab offers a number of great workshops and programs for bikers right on campus.

WINNIPEG TRANSIT

The University of Winnipeg's downtown location provides you with easy access to Winnipeg Transit's bus routes. Winnipeg Transit offers a special rate to post-secondary students who purchase a bus pass on campus (at the UWSA Info Booth). This may be a good option for you if you ride the bus often. Otherwise, you can buy bus tickets or pay with change upon boarding the bus. The Downtown Spirit is a network of bus routes that will take you around downtown Winnipeg for FREE. Pick up bus route schedules at the Info Booth on campus and use Winnipeg Transit's Navigo Trip Planner to find the bus stop locations and times for any city trip you want



CITY OF WINNIPEG EMERGENCY SERVICES

IN AN EMERGENCY CALL:

9-1-1 - The emergency line for police, fire or ambulance.

HOW TO REPORT EMERGENCIES

In non-emergencies call:

204-986-6222 - The Winnipeg Police Service non-emergency phone number

204-986-6336 - Ambulance stable patient transfer line (non emergency) 24 hours per day

204-986-6380 - Fire non emergency (Mon to Fri) 8:30 am to 4:30 pm

POLICE – WINNIPEG POLICE SERVICE

The Winnipeg Police Service (WPS) is part of a larger system devoted to providing all residents with safe communities and a high quality of life. WPS is a central and key player in creating safe communities through crime prevention and effective response to social disorder and criminal activity, and provides initial response and specialized policing services to the residents.

FIRE & AMBULANCE – WINNIPEG FIRE PARAMEDIC SERVICE

The Winnipeg Fire and Paramedic Service (WFPS) is a public service whose principal operations are directed at preserving the safety, quality of life, and the property of the residents of, and visitors to, the city of Winnipeg. WFPS provides services in the areas of fire, rescue, and medical response, fire and injury prevention, and emergency preparedness and response.

EMERGENCY PREPAREDNESS PROGRAM

The function of emergency preparedness planning and response coordination is maintained by the Winnipeg Fire Paramedic Service. The Emergency Preparedness Program is responsible for coordinating and supporting overall emergency preparedness activities including research, training and education, disaster exercises, public information and the response to an emergency event.

EMERGWEB

EmergWeb is a unique, specialized website which will be fully activated in the case of an emergency within the city of Winnipeg. Examples of such emergencies may include a severe snow or ice storm, rising river levels, or a large scale hazardous materials incident.

EmergWeb provides comprehensive and regularly updated information regarding City services during an emergency. Our goal is to ensure that you have access to the most up-to-date emergency information online, 24 hours a day, seven days a week.

In non-emergency times, EmergWeb is intended to be a resource for citizens in preparing for an emergency and protecting yourself, your family and your property should the need arise.

COLLEGE PHONE:

SWITCHBOARD:

Phone: 204-944-8202

Fax: 204-944-8207

Toll Free: #1-877-829-8071

Monday to Friday 8.30 am to 5.30 pm





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