

Newcomers to Canada DayPlanner

Produced by

CFFEE CANADIAN FOUNDATION FOR ECONOMIC EDUCATION
FONDATION CANADIENNE D'ÉDUCATION ÉCONOMIQUE

Written by

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Scotiabank is pleased to support CFFEE in providing you with this Newcomers to Canada DayPlanner.

To find out more about the
Scotiabank StartRight[®] Program¹ for Newcomers:
visit startright.scotiabank.com/srpn



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Visit www.cfeedayplanner.com

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CFEE also wishes to note that the statistical information included in the "Did You Know" sections of the DayPlanner is based upon statistics provided by Statistics Canada. The web site for Statistics Canada is www.statcan.gc.ca.



If you are a newcomer to Canada – or if you are considering Canada as your new home – this DayPlanner has been designed for you. Its goal is to give you quick and easy access to things you need to know as you build a new life here.

Do you need information on buying or renting a home?

Would you like help finding a job?

Do you need help checking out your qualifications and credentials?

Would you like information on Canada's health care system, education system, and government programs?

How about information on house prices, credit card rates, car leasing, dentists, taxes, your rights and responsibilities in Canada, training programs, employers, starting a business, and common business practices?

If so, you've come to the right place. That is just the kind of help that the DayPlanner provides. The focus of the DayPlanner is on economic matters such as money, a job, your career, and so on. But there is also some general information throughout that we think you will find useful. We hope this Planner, and its companion web site, can help you as you organize your finances, look for accommodation, find transportation, look for a job, develop a career, further your education and training, check your qualifications, and more.

In addition to providing you with room to enter appointments, events, contacts, and so on, the Planner has a number of boxes with some helpful information. The boxes have a number of key themes. They are:

- Jobs & Business
- Careers
- Money Matters
- Government
- Education & Training
- Did You Know...?
- Dates/Events/History

The boxes related to each theme are in the same location on each page. Therefore, if you are interested in job information, you can browse through the Planner and review all of the available “Job” information by looking at the same box on each page.

Many of the information boxes refer to helpful web sites. To help you link to these sites, we have developed a “Newcomers to Canada” web site as a companion to this Planner. To get to any link mentioned, simply go to the Planner’s web site at www.cfeedayplanner.com. Once there, go to the “Links” section and click on the number for the link you want to reach. It will take you to the information you need. The web site also provides additional information, help, and contacts.

USING THE DAYPLANNER

The DayPlanner has been designed to let you set the start date. This means you will need to enter the day and date on each page.

There is a section in the front for you to record personal information as well as space to list some key contacts and their numbers.

Use the DayPlanner to record your meetings, appointments, contacts, events, “to do lists,” and so on for each day.

Look through the Planner to see the information available and what is most useful to you.

If you read about a web site you’d like to visit, simply note its reference number. Then go to the Planner’s web site at www.cfeedayplanner.com, click on the “Links” section, select that number, and you’re there!

Note that some key information is listed in the back of the DayPlanner. A list of this information is on page xi.

There is also more information available to you on the DayPlanner’s web site.

Use this DayPlanner in whatever way is helpful to you. Make it yours.

We hope that it helps you as you build a new life in Canada. So, “Welcome to Canada.” We hope your life here is happy, healthy, and successful!



WHO PRODUCED THIS DAYPLANNER

The DayPlanner was developed by the Canadian Foundation for Economic Education (CFEE), a not-for-profit, non-partisan, charitable organization. CFEE works with schools and educators, governments, businesses, and other organizations to try to help Canadians build a successful future.

You can contact CFEE directly at:

Address: 110 Eglinton Avenue West, Suite 201

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Fax: 416-968-0488

E-mail: mail@cfee.org

Web Site: www.cfee.org

We have also developed three other web sites to assist newcomers:

Building Futures in Canada (<http://www.buildingfuturesincanada.ca>),

Potential to Prosperity (P2P) (<http://www.cfeep2p.com>), and The Virtual

Adviser (<http://www.virtualadviser.ca>)

If you have any comments, questions, or suggestions for the DayPlanner, CFEE would love to hear from you. We hope this DayPlanner helps you to build a successful future in Canada.

THE GOVERNMENT OF CANADA

The Government of Canada provided funding and assistance to CFEE to produce the DayPlanner and the DayPlanner web site. CFEE would like to extend our thanks to the Government of Canada for the support provided.

The Canadian government is also interested in helping newcomers build a successful future here. The following are some key government web sites and contact numbers where you can get information that can help you as you begin a new life here.

1. Government of Canada
 - Main Telephone Number: 1-800-O-Canada (1-800-622-6232)
 - TTY: 1-800-926-9105
 - Main Web Site: www.canada.gc.ca
2. Citizenship and Immigration Canada
 - Main Telephone Number: 1-888-242-2100
 - TTY: 1-888-976-8502
 - Main Web Site: www.cic.gc.ca
3. Foreign Credentials Referral Office (Citizenship and Immigration Canada)
 - Main Telephone Number: 1-888-854-1805
 - TTY: 1-800-926-9105
 - Main Web Site: www.credentials.gc.ca
4. Services for Newcomers
 - Main Web Site: www.cic.gc.ca/new
5. Information on Health Care in Canada (Health Canada/Santé Canada)
 - Main Telephone Number: 1-866-225-0709
 - TTY: 1-800-267-1245
 - Main Web Site: www.hc-sc.gc.ca
6. Working In Canada

The Working in Canada tool helps immigrants to Canada learn about job opportunities, wages, skill requirements, and more.

 - Email: questions@workingincanada.gc.ca
 - Main Web Site: www.workingincanada.gc.ca

PERSONAL INFORMATION PAGE

Name: _____

Address: _____

Tel: _____

Fax: _____

E-mail: _____

Place of Employment: _____

Work Number: _____

DOCTOR:

Name: _____

Telephone: _____

Address: _____

DENTIST:

Name: _____

Telephone: _____

Address: _____

LAWYER:

Name: _____

Telephone: _____

Email: _____

INSURANCE AGENT:

Name: _____

Telephone: _____

Email: _____

BANK:

Contact: _____

Telephone: _____

Email: _____

FINANCIAL ADVISOR:

Contact: _____

Telephone: _____

Email: _____

IMPORTANT DATES TO REMEMBER

Date

Occasion

Date	Occasion

Before Coming to Canada We Recommend that You ...

1. Do research on where you plan or hope to live in Canada. Consider possible locations and compare them. The Building Futures in Canada web site (www.buildingfuturesincanada.ca) can help you learn more about different cities in Canada as can the Going to Canada website—www.goingtocanada.gc.ca
2. Do research to see what languages are spoken in the area that you plan to live in Canada. Canada has two official languages—English and French. In some parts of Canada, French is more commonly spoken than English, particularly in the Province of Quebec. If English or French is not your first language, make use of your pre-departure time to improve your English or French speaking and listening skills. Learn about language training programs and assistance available in Canada. You can learn more about such programs at the Building Futures in Canada web site. [Link #25]
3. Do research to learn more about working in Canada, such as what kinds of jobs are in demand and where they are and which jobs are “regulated” and require a licence or professional credentials. The Working in Canada Tool can help you learn more about Canada’s labour market. www.workingincanada.gc.ca or [Link #23]
4. If you are a trained professional, do research to learn more about how to get your professional credentials assessed and recognized. The Foreign Credentials Referral Office can help, as can the Potential to Prosperity web site and the Working in Canada Tool. www.credentials.gc.ca or [Link #154]
5. Try to learn more about your occupation and the workplace culture in Canada. Sites like Settlement.org can help. [Link #23]
 - Learn about other work options or alternative career pathways if you are unable to practice in your chosen field of work right away.
 - Research employers and begin to correspond and apply for positions. The Building Futures in Canada web site and the Working in Canada Tool can help. [Links #25 and #23]
 - Learn about career and employment development options that are available in Canada such as mentorship programs, internship opportunities, programs where you can get work experience while in school or training, and bridging programs that help you to get Canadian work experience.

- Prepare a presentation of your personal information, education, training, and work experience that can be used to help you to apply for employment. Do not make it too long, and try to make sure that it is well and clearly written and presented. You may want to get some help if English or French is not your first language.
 - Begin to develop networks that can assist you upon arrival, such as the professional associations that are related to your chosen career. Links can be found on the Building Futures in Canada web site. [Link #25]
6. Prepare and bring with you all the documents and paperwork necessary for your career and your successful settlement (including reports and documents from college/university showing your accomplishments, degrees, or diplomas; your driver's licence; your birth certificate; other licences or credentials. Check out www.goingtocanada.gc.ca for more information.
 7. Choose a Canadian bank and begin to set up your financial management resources before you land in Canada. Canadian banks may be located in your home country. If so, you can contact them there and open an account. Or, if they are not, you can link to the sites of Canada's major banking institutions by going to the web site of the Canadian Bankers Association. [Link #107] Check out the "Money Matters" section of www.goingtocanada.gc.ca for more information on bank accounts.
 8. Learn more about Canada—its health care system, the education system, its weather, its customs, its history, its government and government services, and so on. There are many web sites that you can use to learn about Canada prior to your arrival. Many links to learn about Canada can be found on the Building Futures in Canada web site. [Link #25]
 9. Learn more about the wide range of sports, programs, schools, camps, and other experiences that are available in your future community if you have children. Most Canadian communities have programs set up so that children can participate in a wide range of youth activities. Make sure to bring your children's birth certificates, school records, immunization records, and medical records—and note any allergies to food or medication.
 10. Identify and contact settlement agencies and organizations that help newcomers in Canada and see how they can help you. You can find a list of some of these organizations on page 211.

