

GRADUATE PROGRAMS
IN
ANTHROPOLOGY
INCOMING STUDENT
GUIDE

2013 – 2014

The University of Western Ontario



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Last updated: June 5, 2013

INTRODUCTION

Congratulations on your acceptance to the Graduate Program in Anthropology at Western!

We have tried to compile some information that could be useful for you in order to make your transition as smooth as possible. Some of the items in this booklet are directed to international students, however, the majority are meant for all students.

The city of London and the University of Western Ontario have many things to offer students. We have provided you with some information on what to expect while staying here. Items regarding housing, shopping, weather, entertainment, health and maps will help you settle in for the duration of your program. Also included is information regarding key academic dates, administration contact information, and several links to access additional information.

We hope that you enjoy your stay in London and that your experience at Western will be one to remember.

Graduate Program Coordinator

The University of Western Ontario
Department of Anthropology
Social Science – Room 3324
London, Ontario CANADA N6A 5C2
Telephone: 519-661-2111 ext. 85080
Fax: 519-661-2157
anthro-grad-office@uwo.ca

Note: Every effort has been made to keep this information up to date. Please inform us if you find something that doesn't work or is outdated.

BEFORE LEAVING HOME

Apply for Canadian Visa

- All students coming into Canada to study must apply through the Canadian embassy in their home country for a student visa. Check the requirements with the Canadian embassy several months prior to your expected arrival date. Canadian law requires students to confirm their source of financial support for the entire study period and, in some countries, to have a medical examination. Check the Canadian immigration (<http://www.cic.gc.ca/>) website for instructions.
- Your letter of acceptance from the School of Graduate & Postdoctoral Studies (SGPS) will be required with your visa application. This application process can take from 3 – 6 months. Apply early. Landed immigrant status takes 9 – 18 months.

Anthropology department

- Send acceptance via email to Graduate Chair or Graduate Program Coordinator
 - Graduate Chair and/or Graduate Program Coordinator at: anthro-grad-office@uwo.ca
- Accept online per offer letter from SGPS. Instructions on letter.

Learn about London, Ontario, Canada

- Read about Canadian history, politics, geography, weather and economics. You'll appreciate your time here more if you know what to expect. And check the London website: www.london.ca.

Be sure to bring

- Some Canadian dollars for early expenses such as telephones, taxi, etc. Credit cards are accepted in most situations but not everywhere. Often you will need to pay cash for lunch, grocery stores, etc.
- Traveler's cheques to deposit in your personal bank account in London. Traveler's cheques are the simplest form of convertible cash.
- Most automatic teller machines (ATMs) are on the PLUS or CIRRUS networks.
- For international students, if you bring an electric hair dryer, razor, etc. you will need to purchase an adapter to convert to the 120-volt system (2 flat blade plugs with round grounding pin).
- Bring your offer letter from the School of Graduate & Postdoctoral Studies as it shows your student number and any conditions that will need to be cleared.
- Any items listed as conditions of offer in your letter.
- Proof of immigration/citizenship.

ARRIVAL

Arrival in Canada

- Take a direct flight to Toronto, Canada
- Do NOT fly to the U.S.A. unless you have a U.S. visa as well.
- There are international flights to Toronto, Montreal, and Vancouver.
- Toronto is the closest major city to London.

Arrival in London, Ontario

- **By air:** Connecting flights to London are available from Toronto, Ottawa and Detroit. These can be arranged through your travel agent and Air Canada (<http://www.aircanada.ca/>).
- **By train:** You can take a train to London. In Canada, Via Rail runs to/from London. Check their website for rates and destinations: <http://www.viarail.ca/en>.
- **By bus:** From Toronto or Detroit you can take a Robert Q Airbus (<http://www.robertq.com/>) or Aboutown Airbus (<http://www.aboutownairbus.ca/>) to London. From either city it is approximately 190 kilometers to London. The trip takes about 2.5 hours. Tickets may be purchased at the airport upon arrival. Buses leave every hour.

Maps

Go to the following links to see various maps for Directions, London, Campus, and the Social Science Centre (SSC) floor plans:

- <http://communications.uwo.ca/about/directions.htm>
- <http://www.mapquest.com/>
- <http://www.geography.uwo.ca/campusmaps/>
- <http://www.ssc.uwo.ca/ssc/floorplans.html>

Where to go upon arrival in London?

- **Temporary Housing**
 - If you have no housing arranged, you could reserve a room at **Elgin Hall** (<http://www.stayatwestern.ca>) on the university campus, between May and August.
 - The university also offers other low-cost solution to visitors to London during the months of May to August only, and information is provided below. Reservations can be made online at www.stayatwestern.ca.
 - Email: stayatwestern@uwo.ca
Telephone: 1-519-661-3545
Fax: 1-519-850-2353
 - **Essex Hall**
Phone: (519) 661-3476 Fax: (519) 850-2353
Available mid May to mid August only.
check online for pricing information and availability
 - You may rent a room on a daily basis at **Alumni House** on the university campus prior to the end of August. Call 519-661-3814 or fax 519-661-3675 to Alumni House at The University of Western Ontario. Alumni House is fully occupied during the school year. All on-campus residences are occupied for the school year as well.
 - If you arrive in London and don't immediately have a place to stay, try to find a reasonably priced "Bed and Breakfast" (private home where they take overnight paying guests) or hotel for a few days. Bed and Breakfast homes are similar to a hotel: they charge a per night rate, but have the advantage of providing a full breakfast for you in the morning.

- Anyone arriving for September may need to arrange a private **Bed and Breakfast**. Here is a list of some Bed and Breakfast homes that are close to the University:
 1. Dorita's Place (family name: Anderson) 519-472-6083
 2. Pink Chestnut (family name: Crowe) 519-673-3963.
 3. Halina Koch (family name: Koch) 519-434-4045
 - Station Park **Hotel** - on Richmond Street close to downtown London: <http://www.stationparkinn.ca/>
 - For a complete listing of all the Bed & Breakfasts, Motels & Hotels in London, please visit the London Tourism web page: (<http://www.londontourism.ca/>) or check the UWO site for other pricing (<http://www.uwo.ca/finance/travel/local.html>).
 - If you are planning to find your own accommodation upon arrival, you should check out the Housing section below, which is established specifically for incoming full-time students.
- **Pick-up** - If you have a room or apartment arranged, you might arrange with the landlord to be there when you arrive. Tell them your flight number, airline, date and time of expected arrival in Toronto or London airport. Tell them how you expect to get to London (air or bus) and the expected time of your arrival. You should confirm this by telephone from the Toronto airport.
 - **Activities** - Looking for something to do now that you are in London? Check out the City of London website (<http://www.city.london.on.ca/> under the Tourism tab). Take a Tour Bus to get to know the city. Tour Bus details at 1-519-661-5000.

When should you arrive?

- Arrive 3-4 days EARLY -- Give yourself time to get organized before ANY classes begin!
- WHY?
 - to recover from jet lag
 - to get settled in your room (or find accommodation)
 - to set up your bank account
 - to arrange your telephone
 - to learn the bus system
 - to find the closest grocery (food) store
 - to enjoy the luxury of early culture shock before classes begin
 - to visit the university and get acquainted with your new 'home'

HOUSING LIVING IN LONDON (The Forest City)

It will be necessary for you to look for your own accommodation after you arrive. Come early enough to look around. Search for the ads and call the landlord before going to have a look. It will save you a lot of time and energy. The following are several listings/locations/services available for students:

Listings

- When you arrive in London, you can purchase a copy of the local newspaper called the 'London Free Press' (<http://www.lfpress.com/classifieds/>)
- Or, its free ad version called 'Encore' can be picked up at the entrances of most apartment buildings.
- Campus newspapers, Gazette (<http://www.gazette.uwo.ca/>) and Western News (http://communications.uwo.ca/western_news/), also have listings of available accommodations (rental listings are in the newspaper's "Classifieds" section).
- The Renter's News Web Page (<http://www.rentersnews.ca/>).
- You can also check the bulletin boards inside the main doors of the Social Sciences Building or Anthropology department boards for other listings of apartments.
- Or, go to Elgin Hall room 109 to view postings.
- The UWO Housing service (<http://www.has.uwo.ca/housing/offcampus>) may be the best source for accommodation. Off-Campus Housing: (lists of locations off-campus - available to all UWO students).

Email address: off-campus.housing@uwo.ca

Telephone: 1-519-661-3550

Fax: 1-519-661-3687

TIP: The City of London Web Page (<http://www.london.ca/d.aspx?s=/maps/default.htm>) has an interactive map called "CityMap" that allows you to input an address and a map showing its location appears with the option of viewing the surrounding bus routes as well. This is a great resource when researching housing.

Locations

- Platts Lane Estates: (for students with families)
 - <http://www.has.uwo.ca/housing/plattslane/>

Email address: platts.lane.estates@uwo.ca

Telephone: 1-519-679-4561

Fax: 1-519-679-4867

Miscellaneous

- Anthropology Website: <http://anthropology.uwo.ca/>
- UWO Website: www.uwo.ca
- Once you have settled into your new place, please ensure that you update your address on the Registrar's website. You will also need to advise the Graduate Program

Coordinator of your changes on the form provided in the Welcome package when you arrive.

Subletting

It is possible to pay only 8 months of rent even though you have a 12-month contract. The way to do this is by "subletting". This is an arrangement where you are allowed to "rent" your apartment to someone else for the period when you will not be occupying it. On your lease there are guidelines to subletting. During the subletting period, the responsibility for the apartment and any damage remains yours. You may want to safeguard any furniture or appliances that you will be leaving. You must also decide whether to disconnect your phone or make arrangements with the subletter to pay for it. You can go to the rental office in Elgin Hall and pick up a brochure on leasing and subletting. There are examples of written agreements that could safeguard you if you choose to sublet your apartment.

When creating an agreement of your own, contact UWO Community Legal Services (phone number: 519-661-3352) in advance to find out your options. Interview applicants carefully and outline your expectations. If you require an agreement, outline it in detail for their protection and yours.

Please note that while classes are generally offered only in the Fall and Winter terms, you will still be registered as a student over the summer when you will have an opportunity to do thesis research, or for PhD students, work on comprehensive exams, etc. Many students stay in London over the summer, but others may be away on research trips. The latter are those who may wish to sublet their apartments.

Residences

I'll be staying in residence at the University this year but I'll be arriving in London before the official move in date for students. Would it be possible for me to move in early or at least drop off my belongings?

Whether you decide to drop off your luggage or move in early, the procedure is the same. Please submit your written request for permission to Residence Admissions at housing@uwo.ca by August 15. For further details please refer to the contact information provided below. Let them know that you will be coming from overseas; while early admission cannot be guaranteed, your situation as an international student does improve your chances. Please note that this service is intended for students that cannot make other arrangements (i.e., if you cannot get a later flight to Canada).

There will be a daily fee for each night you spend in residence BEFORE the official move in date. Also, be advised that the cafeterias in the residences will not be operating before the official opening date, and you will be responsible for finding food for yourself (you can e-mail, phone, or visit the Student Development Centre's International Student Services to ask about food options).

NOTE: If you plan on sending a trunk or boxes over, it is best to plan for these to arrive AFTER you do.

For detailed information please contact:

Division of Housing and Ancillary Services

Room 102, Elgin Hall

The University of Western Ontario

University Drive

London, Ontario N6A 5B9

Phone: (519) 661-3547

Fax: (519) 661-3687

E-mail: housing@uwo.ca

For further information on finding temporary accommodation follow:

<http://www.has.uwo.ca/housing/>

http://www.sdc.uwo.ca/int/documents/prearrival/7_Housing.pdf ****Excellent Source!!**

Tips on Housing

To arrange your own housing without assistance, you should be aware of these issues:

- Landlords in London expect students to sign a 12-month lease. They are hesitant to rent to anyone for less than 12 months.
- If you are willing to live in the home of a family, you will find most families are very accommodating and you will have an enjoyable semester. You may not have the privacy you would like at all times, however there will be other advantages. Your room should be fully furnished, and you will have access to most 'common' areas of the house, i.e. bathroom, kitchen, etc. Every family is different, and the rules of the house may be slightly different too.
- You should plan to arrive as early as possible to find your own accommodation. Most good rooms are taken very quickly, and often before mid-July.
- If you plan to arrive late in August, you will find fewer rooms available in the university area. You may need to look in other areas that are accessible by bus or bike. Some students feel that living in downtown London is not the most attractive location. Downtown is about 10 minutes by bus. A more desirable location is on the Richmond Street side of the university.
- Rent in Canada is paid by the month, and generally under a lease, whether verbal or written. If you arrange a lease, written or verbal, for certain number of months then choose to move out early, you may be liable for rent for the entire time of the lease. You must give at least one month's notice before moving, or sometimes two month's (60 days) notice.

Do you smoke?

There is a very prominent medical concern in Canada about smoking, therefore you need to inform the landlord and your potential roommates, prior to arranging accommodation, whether you smoke or prefer to live with non-smokers. The University is a non-smoking institution. If you have ever considered stopping, now is your opportunity.

ANTHROPOLOGY GRADUATE PROGRAM

Forms

As we try to go 'GREEN', we no longer print our forms. All Department forms can be found in the Online Student Handbook: <http://anthropology.uwo.ca/>. Some forms are fillable online but still need to be printed in order to get the appropriate signatures. You can also get some Graduate course forms through the School of Graduate and Postdoctoral Studies: https://grad.uwo.ca/faculty_staff/academic_services/forms.html.

Advisor/Supervisor

You will have received the name of your Interim Faculty Contact in your Offer Letter of Admission. You can contact this faculty member regarding your course selections, basic program information and advice. Your thesis supervisor should be formally chosen by January.

Funding

Details and breakdown of payments for your individual funding will be sent to you in **June** from the department of Anthropology. Please note that your funding package may be subject to modifications if you will be receiving a major external scholarship. Basically, your funding is divided into three terms. Some will be applied to your tuition (WGRS) at the beginning of each term; for many students some will come in the form of a Graduate Teaching Assistantship (GTA) paid at the end of each month you work in the Fall and/or Winter terms only; and in other cases aid is provided in the form of a lump sum payment. Your WGRS portion may not cover your tuition completely. **IT IS YOUR RESPONSIBILITY TO ENSURE YOUR TUITION IS PAID BY THE DEADLINE** regardless of how much WGRS you will receive. Please sign into the Student Centre (<http://student.uwo.ca>) to see Tuition Charges and Anticipated Aid. Any WGRS amounts that exceed tuition and fees will be refunded back to you.

Scholarships & Awards

For detailed information regarding scholarships and awards, please go to the following website: http://www.grad.uwo.ca/financial_support.htm.

Graduate Teaching/Research Assistantship (GTA/GRA)

All graduate students who have been assigned a teaching assistantship are members of the UWO-GTA Union. Please visit their site for details on benefits and services:
<http://www.gtaunion.com/> GTA assignments will be available in late August/early September. We offer GTA positions in the Fall and Winter terms only.

Office Space

Details of graduate student office assignments will be available the day you arrive for the Departmental Orientation in early September. The 'Office Use Policy' can be found in your Welcome Package. Due to shortage of office space, students may have to share a desk under some circumstances.

Pre-Registration/Course Enrolment

- Detailed information regarding Pre-Registration can be found in the Online Student Handbook, Current Students, Course Registration. The actual courses to be offered during the upcoming academic year will be **announced by mid-June**. Please check back then for more detailed information about the courses offered, assigned instructors, class scheduling, and a brief summary what will be covered in each course. You will be asked to confer with your interim advisor in June about preliminary course selection, and to send that information to the program office in early July. It is still possible to change your course selection during the add/drop period at the beginning of each term, but this pre-registration information is very useful both for our course planning and for scheduling TA assignments.
- Check the deadlines to add/drop a graduate course in our Key Academic dates. It is recommended that you submit the appropriate form ASAP after you arrive.
- **For graduate students taking undergraduate courses**, including audits, you must get department approval and wait until the undergraduate paper add/drop period to add the course. The undergrad add/drop runs in the second week in September. Please note that undergraduate courses cannot be counted for credit toward your graduate degree unless you need them for your degree (one example would be a statistics course). You can obtain a Graduate Student add/drop form for Undergraduate Courses from the SGPS website: https://grad.uwo.ca/faculty_staff/academic_services/forms.html. This is a fillable PDF form so please fill in electronically, print out, then get signatures in **BOTH** areas of form. Approval from the undergraduate instructor must be initialled in both areas of the form **BEFORE** having our Grad Chair sign it.
- **Graduate students taking graduate courses outside of Anthropology** must obtain a form online during Add/Drop. Approval from the instructor must be initialled in **BOTH** areas of the form **BEFORE** having our Grad Chair sign it.

Tips/Tricks

Information:

Your Graduate Program Coordinator manages your information. It is important to ensure that the Graduate Coordinator is notified of all changes to your address, courses, and decisions.

Let Faculty know your problems:

“I don’t want to bother him/her.”

Faculty will not be “bothered” if you have a problem. Despite their busy schedules, they will find the time to help you out with any difficulties you may have. They will assume everything is all right if you do not let them know about difficulties you are facing.




The Staff:

Be sure to ask any staff member if you have questions. They are as committed as faculty to making a rich experience for you at UWO. They will be happy to assist you with anything. The Program Office is located in SSC 3324. The Graduate Program Coordinator can answer most questions or direct you to the right person. If you have suggestions regarding any area of the university, program, course content, structure, etc. be sure to pass them along to the appropriate faculty or staff member. Your opinion matters!

GRADUATE PROGRAM CONTACT INFORMATION

Administration

Department of Anthropology, Faculty of Social Science, The University of Western Ontario, SSC 3324,
1151 Richmond St. N., London, Ontario, N6A 5C2 Canada Tel: (519) 661-3430 Fax: (519) 661-2157

	Name	Contact Information	Area of Specialty/ Website
	Dan Jorgensen Department Chair Returning July 1, 2013	Room 3323, SSC Tel: 519 661-2111 Ext: 85085 dwj@uwo.ca	Sociocultural http://anthropology.uwo.ca/faculty/jorgensen/
	Kim Clark Graduate Chair Until June 30, 2013 Returning Jan. 1, 2014 On leave July-Dec. 2013	Room 3412, SSC Tel: 519 661-2111 Ext: 85090 akc@uwo.ca	Sociocultural http://anthropology.uwo.ca/clark/
	Chris Ellis Acting Graduate Chair July 1 - Dec. 31, 2013	Room 3409, SSC Tel: 519 661-2111 Ext: 85085 cjellis@uwo.ca	Archaeology http://anthropology.uwo.ca/cje/ellis.html
	Sherrie Larkin Undergraduate Chair	Room 3328, SSC Tel: 519 661-2111 Ext: 85084 slarkin@uwo.ca	Socio-Cultural
	Jeannie Taylor	Room 3322, SSC Tel: 519 661-2111 Ext: 85082 jmtaylor@uwo.ca	Administrative Officer
	Diane Belleville	Room 3324, SSC Tel: 519 661-2111 Ext: 85080 diane.belleville@uwo.ca	Graduate Program Coordinator
	Laura Cousins	Room 3326, SSC Tel: 519 661-2111 Ext: 87064 laura.cousins@uwo.ca	Undergraduate Program Coordinator & Main Office Anthropology Main Office 519-661-3430

Other information will be made available in your Department Orientation for new incoming graduate students. Otherwise found on our website:

<http://anthropology.uwo.ca/people.html>

GRADUATE ANTHROPOLOGY KEY ACADEMIC DATES 2013 – 2014

Last Updated: May 16, 2013

FALL 2013	
DATE	EVENT
Sept. 2	LABOUR DAY – No classes
Sept. 3	<ul style="list-style-type: none"> • Meet & Greet for coffee 9:00 am in Anthro Department 3rd floor SSC • Department Orientation in Room 5220 at 10:00 – 11:00 am • International TA (ITA) Conference 11:00-3:00pm – UCC Rm 146 http://www.uwo.ca/tsc/graduate_student_programs/international_student_programs/ita_day.html • SGPS Graduate Student Orientation 4:00 pm – 6:30 pm http://www.uwo.ca/grad/ - Location TBA
Sept. 4	Graduate Student Conference (TA Day) – 9-5 pm – SSC Rm 2050 http://www.uwo.ca/tsc/graduate_student_programs/ta_day.html
Sept. 6	Anthro Dept. Annual Welcome Potluck Dinner 4:30 pm (Details later)
Sept. 9	Fall Term classes begin Fall term Tuition Payment DEADLINE
Sept. 9 - 17	Grad Add/Drop
Sept. 16 - 17	Undergrad Paper Add/Drop
Oct. 14	THANKSGIVING – UWO closed
Oct. 31-Nov. 1	Fall Study Break – No classes
Oct. 31-Nov. 1	Autumn Convocation
Dec. 6	Classes End
Dec. 8 - 19	Final Exams (most TAs will be expected to grade during and after exams)
Dec. 20	Fall term ends
Dec. 25–Jan. 1	UWO closed for the Holidays
WINTER 2014	
DATE	EVENT
Jan. 8	Winter term Tuition Payment DEADLINE
Jan. 6	Classes Resume
Jan. 6 - 14	Grad Add/Drop
Jan. 13 - 14	Undergrad Paper Add/Drop
Feb. 1	Last day to change Immigration Status to reduce tuition rates
Feb. 17	Family day – No classes
Feb. 17 - 21	Reading Week – No classes
Apr. 8	Classes end
Apr. 11 - 30	Final Exams (most TAs will be expected to grade during and after exams)
Apr. 18	Good Friday – UWO closed
Apr. 30	Winter term ends
SPRING/SUMMER 2014	
DATE	EVENT
May 7	Summer term Tuition Payment DEADLINE
May 19	Victoria Day – UWO closed
Jun. 10 - 18	Spring Convocation
Jul. 1	Canada Day – UWO closed
Aug. 4	Civic Holiday – UWO closed
Aug. 31	Summer term ends

WESTERN GRADUATE STUDENT FAST FACTS

You will be notified in mid-August of any updates of the following items. Revised Key Academic dates and Graduate Anthropology Student Handbook will also be available at that time. Keep the Graduate Program office notified of any changes to your personal email account, address, and phone number as we will be in constant contact with you throughout the summer.

ADD/DROP FOR UNDERGRADUATE COURSES - Deadline for graduate students wishing to take undergraduate courses in the second week of September. View the Registrar's website at www.registrar.uwo.ca for times and locations. See also Graduate Student regulations in section 6.03 of the Graduate Calendar <http://grad.uwo.ca/calendar.htm>

ADDRESS CHANGE – Complete online at <https://studentservices.uwo.ca/>, or call the helpline at 519-661-2100 (student number and PIN required), or go to the Student Services Building for form (photo ID required). **For students receiving income via UWO Payroll, the address must also be updated by following the instructions on MyHumanResources, <http://www.uwo.ca/hr/>. You must also notify your Graduate Program Coordinator of any changes to your address & phone number.

BOOKS

- **Bookstore** – Located in the lower level of the University Community Centre (UCC) – Please visit www.bookstore.uwo.ca for business hours.
- **Used bookstore** – Located in the lower level of the UCC.

BUS PASS- For full-time Society of Graduate Students members only-Available in SOGS office, room 260 UCC. Please see SOGS website for availability: www.uwo.ca/sogs. Students will need their Student Card. For non-members or family members monthly bus passes, go first to London Transit to get the photo ID, 150 Dundas St. (near the intersection of Dundas & Richmond streets). Thereafter the monthly bus pass can be purchased at the University Community Center (UCC). You should retain the expired bus passes and print a copy of your Detailed Statement of Account to claim on Income Tax.

EMAIL ACCOUNT - UWO – If you are registered as a student at Western, an account has already been set up for you. You must, however, activate the account by either online or going to the Information Technology Services (ITS) office in the Natural Sciences Centre building. You may activate your account online at: http://www.uwo.ca/its/accounting/StudentForm_new.html. You will need your login name and password in order to activate your e-mail account online. Mail can be checked online at mail.uwo.ca. If an alternate e-mail address is used, ITS provides an email Forwarding Services at <http://www.uwo.ca/its/doc/hdi/email/wm-forward.html>.

If you don't know (or have forgotten) your login name and password, you will need to see ITS Operations/Accounting and show your Western ID card (go to the Front Counter, 2nd floor, Natural Sciences Centre). Or you can generate a new password online at: <https://servlet.uwo.ca:8081/changepassword/changePasswordController.jsp>.

Please note that university information will be sent to you at your UWO email account, so you should check it often.

HEALTH INSURANCE

- **S.O.G.S.** – This insurance is available to all graduate students and is listed as a separate fee on your Fall term tuition only but you are covered for the entire year. This coverage includes prescriptions, dental, and eyeglasses. If you have extended coverage elsewhere, you can decline to use this. The opt-out deadline is the last working day in September. For further information please visit the SOGS office, room 260 UCC or their website at: www.uwo.ca/sogs/.

LOST & FOUND – UWO Police Department LH 1257. You must enter from the parking lot behind Lawson Hall.

MAPS: Go to the following links to see various maps for Directions, London, Campus, and SSC floors:

- <http://communications.uwo.ca/about/directions.htm>
- <http://www.mapquest.com/>
- <http://www.geography.uwo.ca/campusmaps/>
- <http://www.ssc.uwo.ca/ssc/floorplans.html>

MEAL PLAN - Details available at the Campus Meal Plan Office, at the University Community Centre (UCC), room 176A. Ph. 661-3957. www.has.uwo.ca/hospitality/mealplan/

OSAP- Ontario Student Assistance Plan loan documents will be made available in late August through the UWO Registrar's Office. Students must have a piece of photo ID (driver's license, passport) and the actual SIN card for the loan documents to be released. Details on time and location will be sent from the School of Graduate & Postdoctoral Studies to your new UWO email account.

PARKING – The Parking Office is located in the Support Services Building - Room 4150. Open 8:45am – 4:30pm. Students can pre-register for a parking permit online at www.uwo.ca/parking. Student card required for pickup.

PIN – You received your PIN and student number in your offer letter from the School of Graduate & Postdoctoral Studies. If you have forgotten your PIN, go to <https://studentservices.uwo.ca/secure/index.cfm> with your student #, SIN # and date of birth. If any info is missing from your file and you are unable to access your PIN, please call 519-661-2100.

S.O.G.S (Society of Graduate Students) – All graduate students are members. SOGS provides its members with several benefits and services including health and dental coverage, bus passes, financial assistance, and advocacy on behalf of students at the university, local, provincial and national levels. www.uwo.ca/sogs/ Located in room 260 in UCC – hours are Mon.-Fri. 9:00 am - 4:00 pm.

SPORTS PASS – Every Western student pays an activity fee, part of which covers the use of all sports facilities, (pools, courts, gyms, weight room, etc.). Use your student card to enter any sports facility at UWO. Reservations may be required. At the UCC Info Desk, you may pick up a brochure on all facilities. Take time to find out about any sports intramurals you are interested in. The Info Desk also has Gold cards (to obtain discounts at many businesses).

STUDENT CARD – Student cards are available in the Registrar’s Office, WSS 1120, Western Student Services Building. A Photo ID Clinic in the Great Hall, Somerville House, will be available during the first week in September from 9:00am to 4:00pm. Students must have a piece of photo ID (driver’s license, passport, health card) & student number required to have the Photo ID taken. More details to follow. There is a charge for replacement ID cards (Visa, MC, debit, cash or cheque accepted).

STUDENT LOANS FROM OTHER PROVINCES - Information on all student provincial loans, i.e. OSAP, CSL, BCLoan, Quebec, Manitoba, Alberta, etc. is available through UWO’s Financial Aid Office, Western Student Services (WSS) Building Room 1120. Email: finaid@uwoadmin.uwo.ca

TUITION FEES - Tuition fee bills will be available online through the Student Centre: <http://student.uwo.ca> Just log in using your student number and PIN. First term tuition is due in the first week of September. The second tuition installment will be due during the first week of January. The third installment is due in the first week of May. There are several options for paying tuition (by a cheque, a web payment, at a bank, etc). Tuition must be paid by the deadline to avoid a UWO-administered late fee.

If you are receiving a scholarship from an external source that is to be paid directly by UWO, it may show on your fee account. However, if it does not show online, please send proof of the award confirming the amount to WSS 1120, or by fax (519) 850-2590. Any tuition not covered by your funding must be paid by the due date. Any overpayments will be refunded to by the end of the month. (*Also see Funding on page 11*).

Fee Due Dates – IT IS YOUR RESPONSIBILITY TO ENSURE YOU PAY YOUR FEES
Graduate Fees – First week of classes (check Key Academic Dates)

- Tuition payments can be made at any Canadian Financial Institution or through on-line banking. Payments can also be made in room WSS 1120 by cheque or debit card (**credit cards and cash are not accepted**). The cheque must include your student number.
- If a receipt is required, one can be requested in WSS 1120.
- If you are receiving OSAP, the balance of the tuition can be paid at the Great Hall during the first 2 weeks of September. SGPS will send info later.
- If full tuition is not paid by Sept. 30th, a deferment charge will apply for graduate students.

MAKING TUITION PAYMENTS

You can pay your tuition fees via various methods. Tuition payment deadlines are available on the statement of account. Payments must be received by the due date on your on-line statement of account or a late payment charge will be assessed.

The University of Western Ontario does not accept Internet e-mail money transfers or credit cards for tuition payments.

For detailed information on how to pay your tuition, you can go to the Office of the Registrar's Website:

- For Canadian Students:
 - http://www.registrar.uwo.ca/student_finances/fees_refunds/fee_payment_info_for_canadian_students.html
- For International Students:
 - http://www.registrar.uwo.ca/student_finances/fees_refunds/fee_payment_info_for_international_students.html

BUILDING ABBREVIATIONS

Abbr.	Full Name
3M Ctr	3M Centre
AH	Alumni Hall
BUC	Brescia University College
CCC	University Child Care Centre
ChB	Chemistry Building
CO	Cronyn Observatory
GB	Graphics Building
HUC	Huron University College
HSA	Health Sciences Addition
HSB	Arthur & Sonia Labatt Health Sciences Building
KB	Kresge Building
KUC	King's University College
LH	Lawson Hall
LJ	Museum of Ontario Archaeology, Lawson-Jury Site
MC	Middlesex College
MG	McIntosh Gallery
MSB	Medical Sciences Building
NCB	North Campus Building
NSC	Natural Sciences Centre
PAB	Physics & Astronomy Building
PLE	Platt's Lane Estates (Rental Office Building #536)
SH	Somerville House
SEB	Spencer Engineering Building
SSB	Support Services Building
SSC	Social Science Centre
TC	Talbot College
UC	University College
UCC	University Community Centre
VAC	John Labatt Visual Arts Centre
WL	The D.B. Weldon Library
WSC	The Laurene O. Paterson Building, Western Science Centre
WSS	Western Student Services Building

For a complete listing of campus buildings please consult the online Western Directory available here: <http://www.uwo.ca/westerndir/help/buildings.html>

NEW TO LONDON, ONTARIO?

\$\$ Costs \$\$

A chart of estimated costs follows. Do not assume you can live on less than this chart suggests. It is better to overestimate than underestimate. See Food, Taxes and Other Expenses below.

Estimated expenses

These expenses may not be consistent with those published elsewhere.

(NOTE: These are estimates only. Currency fluctuations, visa extension fees, additional family members, etc. are additional costs to consider.)

Tuition and Academic Expenses (per academic year) (based on 2012-13 fee schedule)

There will be a tuition increase for 2013-14, but this will give you an idea of how tuition payments are distributed across the year.

Tuition & Ancillary Fees	Fall* Term Cost (CAD\$)	Winter Term Cost (CAD\$)	Summer Term Cost (CAD\$)
Domestic Students	\$2,906	\$2,460	\$2,504
International Students**	\$6,083	\$5,637	\$5,842

* Note- SOGS Health benefits paid in Fall term cover the entire year.

** Note- International Students UHIP fees included (paid each term).

Other Living Expenses

Monthly Living Expenses (single student sharing house or apartment with other students)	Monthly Estimates (CAD\$)
Rent (up to \$900 for single apartment)	\$450 - \$650
Utilities	\$120
Food	\$300 - \$400
Entertainment	\$150
Personal	\$100
Telephone	\$60
Miscellaneous	\$100
Laundry	\$50
Parking	\$40
Internet	\$60 - \$120

Food

Cooking at home is the most economical. If your budget is very limited, you will want to carry your lunch to school and "eat out" less often. The University Food Services is not subsidized; therefore some students find it expensive. There are many quick and easy-to-prepare foods in the grocery stores which students use frequently. Here's your chance to develop your culinary skills. Bring some favourite recipes from home.

Sample prices:

Coffee (cup)	\$ 2.00
Hot meal on campus	\$ 5.00 - \$10.00
Entree in restaurant	\$12.00 - \$20.00
Bread (loaf)	\$ 2.50 - supermarket
Bread (loaf)	\$ 3.50 - corner variety store

There is now a small grocery store in the basement of the UCC which you may find is less expensive than campus food services to pick up some lunch items.

Former students tell us, "Things are not cheap, but a careful budget and buying necessities instead of luxuries can greatly assist."

Sales taxes

This may be a surprise -- In Canada taxes are added on top of every purchase. In Ontario there is a Harmonized Sales Tax (HST) of 13% on all purchases.

EXPECT to pay 13% more on every purchase!!!

Telephone

Call Bell Canada at 310-2355 as soon as you decide on your housing. It will take two days to install the phone line. Bell requests new users make a \$200 deposit. So newcomers must buy a \$200 money-order at any bank and submit to any Bell store.

BANKING

Personal bank account

Do you need one?

Yes. Your personal bank account is the most convenient way to handle your own finances.

Your own personal bank account in Canada is the safest way to keep your funds. DO NOT assume that cash is safe in your room, your knapsack, your wallet or your apartment. It is not. Although Canada may be considered a safe place, do not assume that no one would be tempted to take money, laptop computer, valuable leather jacket, bicycles, etc.

Which Bank is best?

In Canada, there are basically 5 banks:

- **Bank of Montreal (BMO)** (<http://www4.bmo.com/>)
- **CIBC** (<http://www.cibc.com/ca/personal.html>)
- **Royal Bank of Canada (RBC)**
(<http://www.rbcroyalbank.com/perindex.html>)
- **Scotiabank** (<http://www.scotiabank.com>)
- **TD Canada Trust** (<http://www.tdcanadatrust.com/>)
- **ING Direct** (<http://www.ingdirect.ca/en/>) - is slightly different, although very secure also. They have no store-front, but have personal banking service of ATM access machines, loans, etc. They do not charge banking fees. PC Financial (<http://www.pcfincial.ca/>) - is a similar service that operates under CIBC – no fees and gives points to redeem for food.
- **Credit Unions** There are also credit unions, which require a membership fee, but do not collect as much in monthly banking fees.

Banks close to the University campus:

Bank of Montreal (Masonville area) 101 Fanshawe Park Road East London, ON, N5X3V9 Phone: 519-667-6278	RBC Royal Bank (Masonville area) 96 Fanshawe Park Road East London, ON N5X4C5 Phone: 519-660-4200
TD Canada Trust (near campus gates) 1137 Richmond Street W. London, ON Phone: 519-673-6020	CIBC (Masonville area) 97 Fanshawe Park Road East London, ON, N5X2S7 Phone: 519-661-8182
TD Canada Trust (Platt's Lane branch) 215 Oxford at Platt's Lane Phone: 519-673-6490	

Choose the one closest to your home or to the university. These banks have extensive experience with international students.

Bank services

Opening a Bank account

Every Canadian has at least one personal bank account. There is a variety of choices, savings, chequing, daily interest, etc. Some pay interest, others carry heavy charges. Personal bank accounts are convenient, easy to use and safe.

Wait until you arrive and find a place to live. Your bank should be close to home or close to the university. You must have your access card with you to withdraw from an automated teller machine.

You will need identification (passport), a London, Canada home address and traveller's cheques in order to deposit into the account. You need a chequing account. Service charges and interest rates are similar for most banks in Canada.

You should have an account which offers online banking so you can access your account on the web. The bank will give you a card for their web access, telephone banking and the ATM (see below).

Bank of Montreal

- You may obtain MasterCard cash advances
- Has wire transfer services:
If you wish to send \$\$ through the wire transfer, you need to send them to the University of Western Ontario. Be sure to make your own name very clear on the transfer records.

TD Canada Trust

- open 8 a.m. to 8 p.m. Monday to Friday, and 9 a.m. to 3 p.m. Saturday.
- ATM (automated teller machine) card has Interact. You may use it in any ATM.
- Head office is in London with numerous branch locations.
- is a Trust Company with banking privileges.

Automatic Teller Machine (ATM)

Every bank in Canada has an automatic teller machine and issues an automatic teller card (also known as BankCard, Access Card, or Debit Card). Usually the card works in any Instabank machine if it has Interac. Therefore, you can obtain money from your account regardless of the bank that supplies the machine. There is no charge to obtain a card. There may be a charge to use the ATM if it is not administered by your regular bank. The card is a "must" for your convenience.

Several banks have ATM machines on the University campus. The Access or Debit Cards (ATM cards) may be used in most stores and restaurants also.

Getting funds from home

Bring some Canadian cash with you or convert your cash to Canadian currency. Traveller's cheques can be deposited directly into a personal bank account.

- Overseas cheques or bank drafts take 30-50 days to clear through the bank. The bank will hold your cheque or bank draft for the entire period, and will not give you any money until it has been cleared. This is not a good process if you need money immediately. Bring TRAVELLERS CHEQUES for the first 6-weeks expenses.
- Wire transfer is the quickest way to get money into your account from abroad.
- MasterCard is used at Bank of Montreal, Visa is used at other banks.
- You could have your currency converted to Canadian money by going to the Continental Currency Exchange Service located in Masonville Mall at Richmond Rd. & Fanshawe Park Rd., Robert Q building on Wharncliffe, or the airport.

Before leaving home, you could pay an advance on your credit card from which you can withdraw cash. However, you will still need a bank account to write cheques for rent, etc.

Bank Charges

Canadian banks and trust companies (i.e. TD Canada Trust) are very competitive. There is little, if any, difference in their service charges and interest rates.

HEALTH CARE

Hospitals

- St. Joseph's Hospital, Richmond & Grosvenor Streets, Urgent Care only – 519-439-3271 – 8am-10pm
- London Health Sciences - University Campus, Windermere Road, 519-663-3000 – Emergency Service 24 hrs.
- London Health Sciences –
 - South Street Campus, 519-685-8500
 - Westminster Campus, Commissioners & Wellington Roads, 519-685-8267 – Emergency Service 24 hours.

Doctors

Student Health Services, Room 11, UCC 519-661-3030 - *Your student card is required here.*

WALK-IN CLINICS where you will find medical help:

Family Care Walk-in Clinic, 101 Fanshawe Park Rd. E. near Masonville, 519-672-2273

Family Medical Centre, 520 Sarnia Road, near Wonderland – 519-471-8417

Oxford Medical Centre, 140 Oxford Street 519-433-4999

To find a private family physician, check the Yellow Pages of the telephone book, under Physicians and Surgeons, or call the Academy of Medicine, 519-673-0950.

Drug stores

Prescription drugs and minor health care products are sold in drugstores, i.e. Shoppers Drug Mart, PharmaPlus, Rexall, etc. Open 7 days a week from 9:00 to 9:00 - Sundays from 11 a.m. - 5 p.m. The closest locations are:

Shoppers Drug Mart Masonville Mall	519-663-9370
1135 Richmond St. N.	519-434-2721
1657 Dundas St. E.	519-453-1555
Herbie's 1551 Dundas St. E.	519-451-0510
611 Wonderland Rd. N.	519-657-2580

The discount department stores, such as Wal-Mart, and Target also have pharmacies for your convenience.

Dispensing fees

A dispensing fee is the amount a pharmacy charges for providing professional services such as patient counseling, monitoring drug therapy, providing drug information to physicians and dispensing drug products. It also covers stocking of medication, maintaining patient medication records, general operating costs such as taxes, employees' salaries, rent, etc., and return on investment. This fee is in addition to the cost of the medication.

CHURCHES, SYNAGOGUES, MOSQUES

In London there are churches, synagogues and mosques of every denomination.

If you wish to attend services, look in the Yellow Pages of the telephone directory for the location closest to your London home. The London Transit (bus) service starts at 10:00 a.m. on Sundays.

EDUCATION AND DAY CARE

Thames Valley District School Board - www.tvdsb.on.ca/

London District Catholic School Board - www.ldcsb.on.ca

University Child Care Centre - *the spaces at the University Child Care Centre are limited. Parents who want to send their children there should contact the daycare early to explore availability.* 519-858-5145

Childreach - <http://www.gov.on.ca/> - Select Families, Licensed Child Care

YMCA: <http://ymcawo.ca/child-care/>

London daycare directory: www.londoncaregivers.com

SHOPPING

Canadian shopping is done largely at indoor shopping malls. These are usually on the outskirts of the city.

Malls

Masonville Mall - Richmond Street & Fanshawe Road
Sherwood Forest Mall - Wonderland & Gainsborough Roads
Cherryhill Mall - Oxford Street & Platts Lane
London Mall - Wonderland Road & Oxford Street
Galleria Mall - downtown - Wellington & King Streets
Oakridge Mall - Oxford Street & Hyde Park Road
Westmount Mall - Wonderland Rd. South & Viscount Rd.
White Oaks Mall - Wellington Road South

Department stores

The Bay - highest price
Sears - next in price - check Canadian prices against those in your country!
Walmart – Hydepark\White Oaks\Argyle
Target - Westmount\Masonville\
Giant Tiger – Huron St.\Springbank Dr.\Southdale Rd.

Grocery supermarkets

Metro and Sobey's – highest price
Loblaws
Price Chopper
ValuMart
No Frills
Food Basics

Convenience stores

Some are open 24 hours every day.....prices are higher than the above stores:

7-11
Mac's Milk
Beckers
Hasty Market
Variety stores

Still can't find it? Look in the YELLOW PAGES in the TELEPHONE BOOK.

THINGS YOU SHOULD KNOW ABOUT SHOPPING

Hours of Operation

Most malls are open from 9 a.m. to 9 p.m. six or seven days a week.
Most stores open from 12 - 5 p.m. on Sundays.

Small neighbourhood convenience stores are often open 24 hours a day - 7 days a week. However, their prices are higher. Some sell postage stamps, bus tickets, hot coffee, along with other food items, and have an automatic bank machine.

Cash or Charge

Some grocery stores do not accept credit cards. You should pay in cash or use an (ATM) automatic bank card to pay via a direct debit from your bank account.

Sales Tax

Don't forget the 13% taxes -- added on top of your purchase!!!
Taxes are added to the total purchase price.

Tipping

Tips in Canada are approximately 15% of the bill in a restaurant or taxi. Fast food restaurants do not allow tipping. Airport and hotel attendants are tipped according to service rendered and your satisfaction.

Prices

The price marked is firm. Bartering is not used in the North American retail system. You may find bartering at Saturday & Sunday garage sales.

Where to Look For Bargains

- a) London Free Press newspaper - classified ad section
- b) Smart Shopper - private classified paper - delivered free
- c) Bulletin boards - in apartment buildings, grocery stores, university halls
- d) Garage Sales, Yard Sales - Saturday & Sunday mornings at private homes - anyone may purchase/barter for items displayed
- e) Sales!!! Watch for "Sale" signs in stores

Online: Kijiji

You may never need to purchase at regular price again!

Where Can I Buy?? ...

Adaptors 120 volt - Luggage shops

Alcohol - Liquor Store (L.C.B.O.), Brewer's Retail Stores, Wine Stores. Wine is also sold in some grocery stores.

Bicycle New: Cyclepath, 685 Richmond St., 519-432-2208; Canadian Tire; Sports stores;
Used: Goodwill Thrift Shops; Police Auction; some bicycle repair shops; yard & garage sales.

Bus Tickets - UCC Info Desk, convenience stores, LTC (bus) office downtown. Note: you can get a bus pass from S.O.G.S.

Books - oh, you would like to read???? Campus BookStore in UCC. You may also wish to check on-line sites such as Chapters (<http://www.chapters.indigo.ca/>) and Amazon (<http://www.amazon.ca/>)

Clothes/Linens - large department stores in malls or Richmond Row or downtown.

Food - Grocery stores, convenience stores, ethnic food stores -- Check the Yellow Pages of telephone book.

Furniture - new furniture in malls, used furniture in used furniture stores (check the Yellow Pages) or in garage sales

Newspaper - on street corners, in convenience stores.

Restaurants - see the Yellow Pages of the telephone book

TRANSPORTATION

Getting Around London

Bus Service

Bus schedules and a bus map are available at the L.T.C. (London Transit Commission) office on Dundas at Richmond Street and at the U.C.C. (University Community Centre) information desk. If you plan to use the bus, take time to pick up schedules for several bus routes in the north-west end of the city. Buses usually run 10, 20 or 30 minutes apart during rush hour. The schedule changes to hourly in the late evening and for weekends. Ask the driver for a transfer if you need to change to another route. Only one fare is required to get to your destination if you use a transfer. You may also use a transfer if you go to your destination and only stay for 1 ½ hours (or less) – you may use the transfer to return at no extra charge. In other words you may go downtown shopping for up to 1 ½ hours and return home using your transfer. The time frame begins from the point of departure. Step down to activate the exit doors. Several bus routes go through the campus. All buses stop at or before 12:30 a.m. Therefore it is often necessary to obtain a ride home from parties, etc.

Tickets may be purchased and bus schedules obtained at the Info Desk in U.C.C. and at many convenience stores in the city. Tickets cannot be purchased from the bus driver. The bus driver also does not have change. Tickets, a monthly bus pass, or exact cash are required on the bus.

Bus passes are available through the SOGS office.

<http://www.uwo.ca/sogs/Benefits/busPass.html>

Bicycle and Car

Many students purchase a bicycle (\$50-200). For the fall term, bike riding is a good choice until the weather gets very cold. Since weather in Canada is unpredictable, it is possible to ride a bike in December some years. There are a few second-hand bike stores but the inventory is small. See 'Shopping section' for locations. New bikes are \$100+. Therefore, a new bike is less expensive than a bus pass, and more convenient in many ways.

Unfortunately, Canada does not have many bike paths. Bicycles must use the street where no bike paths are situated as they are prohibited from the sidewalks. London has added bike paths in some areas and the University has several as well.

It is possible to purchase a used car for a reasonable price. Unless there are several passengers, the purchase of a car may not be the most economical as car insurance is very costly. Gas is currently \$1.25 per litre and parking permits on campus are approximately \$343 for the year (<http://www.uwo.ca/parking/>).

Taxi

U-NEED-A-CAB (519-438-2121) and Abouttown Cabs (519-432-2244) are available to the campus. There are no taxi stands on campus. You must phone them and identify your location and name. Make a list of these numbers and keep them with you for emergencies, such as late at night when buses are not running, or in the extreme cold temperatures of winter.

TRAVEL

Canada is a large and beautiful country. If you wish to travel extensively, you should plan to arrive a few weeks early, or stay after the term to do so.

Space is something we have in large quantities in Canada. As a result, houses are big, cars have been big and distances are farther than most other countries. With more space comes higher costs. Housing costs are high. Cars are expensive, as is travel.

The University of Western Ontario is located in the centre of South-Western Ontario, in the southern-most tip of Canada. It is located between the Great Lakes, about 65 km from Lake Huron and 50 km from Lake Erie. Weather is determined by the inland location.

Approximate Distances in Kilometres

London to Toronto	190
Toronto to Vancouver	4,500
Toronto to Montreal	720
Toronto to Halifax	2,000
Toronto to Florida	2,500

- Train or bus to Toronto is a 2 hour trip, Montreal is 8 hours, and Vancouver is 5 hours by air or 4 days by train. Halifax is 3 hours by air or 30 hours by train. Florida is also 3 hours by by air or 30 hours by car. Since most Canadians travel by car, the train system is not as frequent or perhaps as efficient as it could be. Greyhound Bus service is available across Canada and to some American cities. Bus and train prices are very similar, as is travel time. There are student discounts on these services. Make sure that when you purchase a ticket, you tell them you are a student and have your student card with you as they may wish to see it. Greyhound tickets may be purchased at the UCC.
- You can obtain a CANRAILPASS (train pass with student rates available) for 12 days of travel anywhere in Canada during a 30-day period. The pass and information may be obtained at any major Via Rail station, i.e. downtown London www.viarail.ca
- Hotels are more costly in Canada than in the US. Motels on highways are less. Rooms in hotels and motels are \$70 - \$160 per night. Youth hostels are not as frequent in Canada, but Bed and Breakfast accommodations (a room in large house with shared bathroom and breakfast served by owners) are increasing. Cabins or cottages on highways cost \$60 - \$90 per night. Camping by tent, trailer or motor home is very popular in the summer months. Campground fees are \$20 - \$60 nightly.
- Cars may be rented at a daily or weekly rate plus cost per km. If you purchase a car, remember to include the cost of insurance in your budget. Insurance companies are

listed in the Yellow Pages of the telephone directory. Insurance is costly for 'new' drivers, and slightly less for everyone else. (\$300-\$500 per month)

Tourist Information

This may be obtained from any Canadian tourist information booth. Sites to see: the Rocky Mountains on the west coast, the Calgary Stampede in July, the national Parliament in Ottawa, the CN Tower, Skydome, Ontario Place in Toronto. From mid August to the first week in September, the Canadian National Exhibition is held in Toronto. Tickets are available for professional baseball (Toronto Blue Jays) and professional hockey (Toronto Maple Leafs). Ask for a schedule at any sports store. In London, the London Tigers (baseball) play at the Labatt Park and the London Knights (hockey) play at the John Labatt Centre. These teams are one step below the professional leagues.

If you are interested in Canadian sports, you will want to see the UWO teams. Ask for schedules at the Campus Recreation Office or UCC Info Desk for the basketball, volleyball, hockey and football teams.

Of course, if you're not interested in sports, there are wine tours, London Regional Art & Historical Museums, The Grand Theatre, Orchestra London, Art Galleries and much, much more!

INFORMATION FOR INTERNATIONAL STUDENTS

Welcome to Canada! This section was created to give you an idea of what to expect when you come to Canada.

If you are arriving as an international student, you should be aware of the following important issues that will need your immediate attention. First, make sure that you go to the School of Graduate & Postdoctoral Studies and show them your current student visa or immigration papers. We will also need to make a copy for your file here so please stop by to the Graduate Program Office (3324) as well. You can also check the International Student Services website for your Pre-Arrival Guide, International Student Handbook, events and much more!
<http://www.sdc.uwo.ca/int/>.

Canadian Currency

Coins

Name Written	Value	Dollar Value
Nickel	\$0.05	1/20 dollar (5 cents)
Dime	\$0.10	1/10 dollar (10 cents)
Quarter	\$0.25	1/4 dollar (25 cents)
Loonie	\$1.00	One dollar
Twoonie	\$2.00	Two dollars

Bills

Value	Colour
\$5	Blue
\$10	Purple
\$20	Green
\$50	Red
\$100	Brown

NOTE: Due to counterfeit problems, many stores in Canada do not accept \$50 and \$100 bills. It is recommended that you carry cash in smaller denominations

University Health Insurance Plan (UHIP)

All international students **MUST** be covered by the University Health Insurance Plan (UHIP). UHIP has very extensive coverage and is comparable to OHIP for permanent residents. Check the UHIP website for details at www.uhip.ca. Please note that UHIP does not cover prescribed medications, dental work or eyeglasses. Go to the Registrar's Office, WSS 1120, within the first few weeks of arriving, for details. If you have dependants who will be coming with you to Canada, please see Sandy Del Vasto directly. The cost will be included in your tuition fee statement.

What is the UHIP (University Health Insurance Plan)? www.uhip.ca

In Canada, we have a socialized medical system which ensures that all Canadian residents have equal access to health care and we do not have to pay out of pocket for this care. As a non-resident (who has not helped to fund the system through taxes, etc.), you are required to purchase medical insurance coverage. Coverage is MANDATORY and is not optional while studying here at Western for any length of time. This is a government requirement for all Ontario universities and colleges.

Students are not registered in this university until the UHIP application is received and paid.

Course registration is not completed until the UHIP application has been completed and paid.

UHIP has very extensive coverage. Check the UHIP website for details at www.uhip.ca.

If you have an extensive health plan from your home country, you must apply and pay for UHIP first. Then you can complete an application for a waiver, together with full details of your coverage, written in English. If a waiver is granted by UHIP, your application fee will be reimbursed. We need to forewarn you that your waiver application will probably NOT be accepted. If you buy health insurance at home, you will probably pay "double".

****Please note that UHIP does not cover prescribed medications, dental work or eyeglasses. However, your extended coverage through S.O.G.S. can cover these. You can check your extended coverage with S.O.G.S. for details: www.uwo.ca/sogs/.

How do I arrange to get coverage under the UHIP plan?

The University has arranged for you to receive this basic health coverage, under UHIP, which takes effect the minute you step off the plane in Ontario. UHIP covers you for the duration of your studies here. The cost for this insurance must be paid to the University Registrar's office.

How much does UHIP cost?

For the year, UHIP will cost approximately \$720.00.

How do I prove I am covered by UHIP?

You must go to the Registrar's office in WSS 1120 to complete the application form and pay for this coverage. During the semester your wallet ID card will be sent to your London, Canada address. Even if you do not have the card with you, you are insured and will not be denied care.

Can I get coverage for my family under this plan?

The plan allows you the option of adding your family members living with you in Ontario, for an additional fee. The full fee is payable by you at the beginning of the academic year.

Your dependents must be enrolled in UHIP and you must do so within thirty days of arriving in Ontario. Go to the University Registrar's office, WSS 1120 for details on how to do this.

Where can I find more information about my UHIP coverage?

UHIP information is available in the UHIP website (www.uhip.ca/) or from the Registrar's Office in WSS 1120.

What if I have coverage from home?

Please check the UHIP website for waivers.

Working In Canada

Immigration Reminders and updates

Citizenship and Immigration Canada has now implemented its 'Electronic Telephone Answering Service' to provide information and to respond to requests for Visa Extension/Application Kits.

Toll Free: 1-888-242-2100

In addition, you may access Canada Immigration's very comprehensive 'Internet Site' from which you may access information and download the application form if you have access to the Internet and the capacity to download file formats.

<http://www.cic.gc.ca/> => Come to Canada => Study

The address for the London office of **The Immigration Centre** is **417 Exeter Rd.** Visa students should not expect any opportunities for employment while in Canada (other than those offered on campus, such as a teaching assistantship) but are able to obtain a work permit under exceptional circumstances. If you are intent on doing so, you should contact the Immigration Centre for details. It has been possible in the past for international students to obtain a work permit for some employment on the university campus during the summer or with any employer for 12 months after graduation. The responsibility is on the student to find an employer who will agree to allow them to work for that period and sponsor the student in applying for the work permit. During hard economic times this becomes even more difficult.

Every employable Canadian must have a SIN (Social Insurance Number). It is possible to obtain your own. For information on obtaining a SIN: <http://www.sdc.uwo.ca/int/visa/index.html?sin>. As an international student, you will need one in order to work as a TA.

New Immigrant Service

Spouses of new international students can get help from various immigrant services. Those who want to study at ESL (free English training for new immigrants) should contact LINC

Assessment Center (519-850-0050) for a language ability assessment first. In addition, the Cross-Cultural Learning Centre (519-432-1133) provides many services for new immigrants, ranging from job-searching assistance, conversational circles and host program.

Guidelines for Study Permits

International students must have a valid Study Permit to be a registered graduate student, and to hold any employment at the University dependent on student status.

International students must apply for a renewal of their Study Permit in advance of the expiration of their current Permit. For more information about applying for a Study Permit renewal, consult: <http://www.cic.gc.ca/> => Come to Canada => Study.

The CIC recommends that students **apply for a renewal at least 30 days prior to the expiration** of their Study Permits. Students will be issued a receipt upon application; this receipt must be taken to SGPS. Students will remain registered for 6 weeks from the issue date on the receipt or until the Study Permit expires; whichever is later.

Students who do not show a receipt and whose Study Permit expires will be withdrawn and any on-campus employment terminated immediately.

Students who show a receipt but do not produce a renewed Study Permit to SGPS within 6 weeks of the date on the receipt, and whose current Study Permit is expired, will be withdrawn and employment terminated immediately.

Students who do not receive a renewed Study Permit have lost their status and must leave Canada. In some cases, these individuals may apply for a restoration of status. Please consult <http://www.cic.gc.ca/> => Come to Canada => Study for more information.

The School of Graduate & Postdoctoral Studies will notify individual students of impending Study Permit expirations, reminding students to apply for renewals and to present receipts to SGPS. SGPS will also notify individual students when 6 weeks of grace (after presentation of receipt) is up.

Students must be aware of these regulations and be prompt with presenting to SGPS receipts and renewals of Study Permits.

ENGLISH AS A SECOND LANGUAGE

Fanshawe College - <http://www.fanshawec.ca/EN/international/international/esl.html>

King's College - <http://www.culture-works.com/>

London Cross Cultural Learning Center – <http://www.lcclc.org/>

HOW DO I MEET OTHER INTERNATIONAL STUDENTS?

A great way to meet other international students and gain some insight into Canadian culture is through the ISPC Program. The ISPC (International Peer Connection Program) is designed to help international students during their transition to Canada and university life. It will provide you with meaningful contact with Canadian and International Students and will assist you in feeling comfortable in your new environment and in making the most out of your experience at Western.

For more information go to: <http://www.sdc.uwo.ca/int/services/index.html?peer>

Another great way to meet people and get involved at Western is by joining one (or more!) of the many clubs on-campus including the Western Anthropology Graduate Society. For more information on Western's clubs, see <http://www.usc.uwo.ca/>.

WEATHER

Characteristics

Canadian weather is EXTREME and UNpREdICTABLE.

There are *SHARP* CHANGES in a 24 hour period.

Temperatures

See the Weather Network for statistics:

<http://www.theweathernetwork.com/weather/CAON0383>

You can also check Environment Canada:

http://www.weatheroffice.gc.ca/city/pages/on-137_metric_e.html

Highest: 43° C

Lowest: -20° C.

Summer:

- can be extremely hot and humid
- June - August, *sometimes May and September*
- Humidity in south-western Ontario is higher than elsewhere in Canada.
- Temperature range: 22° C - 40° C.

Winter:

- from very cold, windy & excessive snowfall to mild & rainy
- Begins with one-two heavy snowfalls (10-20 centimetres) in November and December, with continuous snow, wind & cold through to early April
- The Wind Chill Factor is very important. Wind decreases the temperature and is the single most significant factor if you are outside for any length of time.
- DRESS WARMLY! Some winter clothing essentials include: water resistant winter boots/footwear with good sole grips, coat, ski jacket or parka, earmuffs or wool hat,

gloves or mittens, and a scarf. THE SECRET TO DRESSING WARMLY is to layer your clothing (i.e., a sweater over a t-shirt for example). Thermal underwear (pants & shirts) can be purchased in underwear departments in local stores, and are good to wear under one's clothes to keep warm. Also, a large percentage of body heat is given off by your head. You will be amazed at how much warmer you feel when wearing a hat.

Fall and Spring:

- The weather for these seasons can be best described as cool and rainy. In both Fall and Spring, you will need a sweater, light coat or lined jacket. A raincoat would also be a good investment.
- The temperature changes gradually from one season to the next, and is very inconsistent
- One morning the weather may be very warm and sunny and by late afternoon has turned cold, windy and wet - truly Canadian.

Ten tips to survival in winter!!

1. Don't take chances with winter. Get in the habit of listening to the weather forecast on a local radio station every morning (*even if they are not always accurate*) and dress accordingly. You can also check on television or online at <http://www.theweathernetwork.com>. Channel 23 (cable) is a 24 hour weather station.
2. Warm, winter clothing should not be considered a luxury. You will need it to ensure that you stay healthy and enjoy life. Wear layers to allow for removal indoors. Rapid changes in temperature lead to a multitude of cold illnesses.
3. Seek advice from individuals who are familiar with the climate; international students who have been here for some time, classmates, faculty, staff or friends.
4. Look for comfort and simplicity in clothing. To withstand slush, snow, sleet and rain as well as the sand and salt used on sidewalks and roads, winter boots should be waterproof, warm, lightweight and stain resistant.
5. Eat breakfast! You will be warmer if your body has some fuel to burn.
6. If your skin and scalp becomes dry and flaky try using a moisturizing cream and conditioner. Drinking water regularly will prevent dehydration.
7. Sunlight reflecting off snow may be harmful to your eyes or skin. Wear sunglasses, and use sun screen lotions to prevent your skin from exposure.
8. Take into consideration the wind chill factor. High winds on a cold day lower the temperature significantly.
9. Be alert to frostbite. Ears, fingers, toes or cheeks that have been exposed to freezing temperatures for even a short period may be severely damaged. If any part of your body begins to lack feeling, become pale or slightly blue, seek medical help immediately.
10. If you become stranded in the cold (for whatever reason), don't hesitate to seek help. If you find yourself in a blizzard with no transportation in sight and are beginning to suffer from exposure to the cold, we recommend that you knock on the closest door and ask if you can be admitted for a short time in order to warm up. Prolonged exposure to freezing temperatures can be life threatening.

Visitors are surprised most by:

- a) sharp weather changes
- b) unexpected heat in fall months
- c) sharp temperature drops
- d) strong winds
- e) excessive snow
- f) sunshine in the winter that does not increase the temperature

Canadian weather forecasters are the object of many jokes because even they cannot predict weather with consistent accuracy. If someone tells you September is extremely hot, it's very possible that the year you are in Canada, September could be very cold and rainy. If we tell you we have snowbanks over your head by January, the next year could be just the opposite with a light covering on the ground occasionally.

In 1991, students were able to go canoeing and they slept in tents on Thanksgiving weekend in October. It has been too cold in October ever since (except for 2006).

Whether you are here for the fall or spring term, you should expect both extremes. Unfortunately, that does not help you to pack your suitcase lightly, but it does help you to understand Canada.

Clothing

Bring some clothing for warm weather. You may be glad you packed a pair of shorts, and perhaps you will wish you had more. Pack more clothes for cool and cold weather.

Bring a heavy jacket and gloves, hat and boots if you have them. If you need to purchase them, do so in Canada. Compare prices to see where to get the best deal. Remember that clothing purchased in cold countries is much heavier and warmer than the heaviest clothing in warmer countries. It may be better to wear layers of clothing than one heavy coat. A wind-proof jacket over two sweaters may be removed indoors. If the classroom is too warm, you can remove one sweater.

All buildings have central heat and are thermostatically-controlled. Some rooms have their own thermostat, so temperatures vary indoors as well. Again, layers are best.

Bring casual clothes for school and socializing, a suit for Conferences, etc. Jeans are worn every day at school by many students.

If you walk or bike to school, a raincoat and/or umbrella might be well used (depending on the weather). Have a light sweater and a heavier sweater, as well as some warm socks. A leather jacket will not be sufficient if it turns cold - it might be if you wear a sweater or two under it.

Weather in Canada is a daily problem which we live with very well. It has some effect on your ability to concentrate, but it is rarely boring.

