

# Canada Exchange

# Pre departure

- ⦿ Give yourself enough time – plan ahead (flights, visa, passport, insurance travel plans and MONEY)
- ⦿ Make contact and maintain communication with host university staff asap – it will make things easier when you have a good relationship with them
- ⦿ Have 3-4 subjects spare that you have researched (nothing worse than doing this in a hostel in Quebec City)

# Travel

- ⦿ Pack and repack – make sure you are under weight (you will want to come back with things so make sure you have room)
- ⦿ Arrive early and double check all your flight details
- ⦿ Don't panic – relax and enjoy it

- Travel insurance – World Nomads ([worldnomads.com](http://worldnomads.com))
- Doctors check up before leaving – monitor any potential health risks ([Smartraveller.gov.au](http://Smartraveller.gov.au))
- Organise flights early
- Plan where you want to go and a rough idea of a route (GET A MAP)
- Don't bother taking your entire wardrobe you will buy things and end up having to leave things behind
- Get a good pack (One Planet –Elvis)
- Day pack is essential and doubles as a school bag

# Lakehead University, Thunder Bay Ontario Canada

- ⦿ Thunder Bay has 110,000 people and is on the northern shore of Lake Superior, the largest fresh water lake in the world.
- ⦿ Large university renowned for its outdoor recreation and education programs
  
- ⦿ Accommodation:
  - ⦿ Apartments – rooms roughly the same size as CSU Residence
  - ⦿ Free internet and local phone calls
  - ⦿ No bed linen supplied (but its easy to organise)
  - ⦿ Three other house mates – Great way to make friends and meet people
  - ⦿ Can get on a meal –plan if you wish (I preferred to cook)
  - ⦿ Two diners on campus (pizza, chips, burgers etc)
  - ⦿ Great views from your window – watch the snow fall or the squirrels and deer run around if your lucky

# Campus

- ⦿ Bigger than CSU but easy to get around
- ⦿ Walking paths for the summer and tunnels for the winter when its cold – make it easy to get around
- ⦿ No different to any other uni, once you know your way around its easy
- ⦿ Large university bar to socialise and go to events
- ⦿ *The Study* coffee house is a great place to spend time studying or relaxing
- ⦿ *The Hanger* is a large sports stadium with excellent facilities
- ⦿ On campus computer and technology store – will help fix your computer if need be and easy to access
- ⦿ Lots of places around campus to go walking and relax
- ⦿ Black bear, deer, squirrels, chipmunks and lots of birds to look at!

# Activities

- ⦿ Residence activities – hiking, sports days, bus trips (get yourself involved)
- ⦿ Concerts at the uni bar are common
- ⦿ Every Tuesday and Thursday are uni nights at the bar
- ⦿ In the winter there is plenty of snow to play in outside!
- ⦿ Thunderwolves hockey games are great fun to go to – make sure you catch at least one!

# Courses

- ⦿ Expedition Management
- ⦿ Risk and Legal Liability
- ⦿ Practice and Theory of Parks
- ⦿ Ecological Literacy
- ⦿ Outdoor skills and Theory I
  
- ⦿ These subjects were matched up with similar CSU subjects that covered the same content
- ⦿ Doing 5 subjects also allows for a spare space when you come back to CSU – I highly recommend doing 5
- ⦿ \*\* Make sure you clear all the subjects with your course co-ordinator and keep in contact with them

# Make the most of the exchange...

- ⦿ Ask questions
- ⦿ Listen to all that the lecturers and teachers assistants have to say
- ⦿ Do the readings
- ⦿ Involve yourself in the work
- ⦿ Take advantage of the different teaching styles – you came a long way for it!
  
- ⦿ If you do all this you will come out with not only a bunch of new skills and knowledge but you will have a great time. The lecturers love when the international students comment in class and add a new dimension. On more than one occasion they will probably ask if you want to give an example from Australia.

# Transport

- ⦿ Make friends with people – they need to buy food too and most are happy to take you along to go shopping.
- ⦿ Clubs and pubs are in walking distance
- ⦿ There are places to explore around campus
- ⦿ Buses are easy to catch from the uni and can take you all around Thunder Bay

# Expenses

- ⦿ Total changes from uni = \$5,800
- ⦿ This includes bus passes, o-week activities, Student health fund, accommodation, student contribution to uni activities etc
- ⦿ You can still get Youth Allowance and Rent assistance when you are on exchange. Take the time to go into Centre Link and organise it all with them
- ⦿ Shop at second hand shops – Value Village is a great place. I found a \$200 snow boarding jacket in perfect condition for \$30
- ⦿ Get all your winter clothes over here
- ⦿ Ask other students where to go
- ⦿ Borrow books from friends if you can – avoid buying them
- ⦿ Exchange rate: Aus \$ was worth between 80c – 97c \$CA – make sure you watch it leading up and during your stay for when you transfer money. Get a Canadian account it will avoid excess bank charges

# Travel



# I visited...

- ⦿ Toronto
- ⦿ Niagara falls
- ⦿ Ottawa
- ⦿ Montreal
- ⦿ Quebec City
- ⦿ Vancouver
- ⦿ Vancouver Island
- ⦿ Whistler
- ⦿ Jasper
- ⦿ Banff
- ⦿ Calgary
- ⦿ Edmonton
- ⦿ New York
- ⦿ Boston
- ⦿ and all the little places along the way

- ⦿ Plan where you want to go and budget your time
- ⦿ Allow for changes – you will meet people and want to just go with the flow
- ⦿ Talk to everyone and go outside your comfort zone
- ⦿ SMILE!! It makes a good impression
- ⦿ Avoid sitting on a bus and putting your iPod in straight away. Talk to people around you. Many of my adventures were with people I met and we all decided to go somewhere together.
- ⦿ If you are going somewhere they speak another language, learn some of it. It is only polite and you will be accepted quicker. Its rude to expect all people to speak English in a French speaking province like Quebec. Hello , excuse me, please and thank you will get you a long way!
- ⦿ Make sure you have a guide book – Lonely Planet is like a bible. Get tips, places to go and not to go, accommodation as well as places to eat and party can all be found in this book. As well as helpful little maps for the different cities.

# Culture shock

- ⦿ Canadian are very much like Australians – everyone is nice and will help you out in most cases if you need it
- ⦿ Province of Quebec speaks French as a first language
- ⦿ It is customary to tip when you are at a bar or restaurant (15% minimum). It is considered very rude if you do not tip, that how many people make their money
- ⦿ Its “Hockey” not “Ice Hockey” that’s like saying Grass football
- ⦿ Pharmacy not chemist
- ⦿ Take time to familiarise yourself with their Money and coins – they are slightly different but once you get used to it is easy
- ⦿ Much of our Aussie slang is unknown and hard to understand – pick your crowd. Avoid using it around formal occasions, but have fun with it around your friends. Most people love it and will ask you to keep talking because they love our accent
- ⦿ The winter get COLD!! Be prepared and don't try to act tough. It can be very dangerous if you are not prepared and dress properly. If you are unsure ask someone. The key is to layer yourself properly and have a good jacket, gloves and beanie.

# What to bring/not to bring

- Copy of all important documents (passport, travel insurance, flight details etc)
- Power adapter for computer, camera charger etc
- CSU shirt or hoody to trade for a Lakehead one with a friend at the end of your trip
- Journal – very important and great to look back on
- Australian flag
- Canadian money for when you get here
- American money if you plan to go through LA. You might be hungry!
- Don't bring too many clothes, you can get them here and they will have more meaning as a souvenir
- Don't bring bulky winter gear, you can get better quality stuff here.
- If your coming in summer it does get hot! Don't expect there to be snow in summer
  
- Bring things to make you feel at home. Pictures of family, music, favourite book etc but don't concentrate on thinking about home. You will miss out on too much

# Relationships

- ⦿ Everyone loves the international kid – so take advantage of it and talk to everyone you can find. Make new friends and have fun with it.
- ⦿ When you get homesick, think about all the fun you have been having and the opportunities you have. You will soon realise how lucky you are to be where you are. (Everyone else is jealous of you because they are at home working)
- ⦿ Remember that you are representing your university and country (Have fun but don't be an idiot)



OSAT Back Packing Trip

Sleeping Giant Provincial  
Park



