

The International Movers Guide



**Everything You Need to
Know When Moving to or
Leaving Canada!**

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Introduction

As the number of corporations and business entities operating within and across the global economy continues to grow, the need for expert relocation advice and assistance has never been greater as increasing numbers of executives and specialists find themselves assigned to overseas locations.

For many international companies, securing a thoroughly experienced and reliable relocation company that is renowned for its expertise, strategic competence and impeccable service record remains at the top of their priority list.

That's why we here at [Global International Canada](#) are pleased to offer you your own copy of **The International Movers Guide – Everything You Need to Know When Moving to or Leaving Canada**.

This guide is crammed full of valuable information that will greatly assist those who find themselves scheduled to come and take up residence in Canada, move within the country, or planning a move abroad from Canada.

Specifically, there are detailed instructions and information regarding:

- The types of goods which can be, and can't be brought into Canada. [See pgs. 17-18](#)
- Essential documents that are needed in order to satisfy immigration officials. [See pg. 19](#)
- How to best prepare for your immigration interviews. [See pg. 22](#)
- Marriage and divorce laws. [See pg. 25](#)
- Understanding the laws and rights of every Canadian citizen. [See pg. 26-27](#)
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- How to locate a doctor. [See pg. 29](#)
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- How to handle a medical emergency. [See pg. 30](#)
- Tips on healthy eating. [See pg. 32](#)
- How to apply for a Canadian Social Insurance Number (social security in U.S.) [See pg. 35](#)
- How to apply for the Canadian GST (Goods and Service Tax) credit. [See pg. 36](#)
- How to locate a home for yourself. [See pg. 37](#)
- The best places to buy household furnishings and goods. [See pg. 40](#)
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- Finding affordable transportation. [See pg. 45](#)
- Change Your Mailing Address. [See pg. 47](#)
- If leaving Canada – How to best plan your move with ease and simplicity. [See pg. 50](#)
- An assortment of other vital goods and services designed to help you adjust smoothly to life in Canada. [See pg. 64](#)

And so much more!

After more than 36 years of successfully serving the needs of clients from every continent on the globe, we're confident you'll find the far reaching and practical information contained therein as it relates to settling in or leaving Canada valuable, and a worthy guide you and your colleagues can refer to again and again.

Our sole mission along with that of our international partners included in the guide who are listed for your convenience are focused on making sure your move abroad or relocation and settlement in Canada is comfortable, seamless and devoid of stress or difficulty.

It's worth noting that our hand picked [network](#) of professional relocation experts along with their seamless, administrative, transitional and welcome services

provided and tailored to your specific needs, are renowned and regarded throughout the international community as the 'crème de la crème' i.e. The very best!

[Global International Canada](#) has been consistently and successfully consulting with, assisting, serving and exceeding the detailed needs of corporate executives, professionals and the diplomatic community since 1973.

From our international headquarters here in Toronto, Canada we organize and manage all of your specific relocation, moving and storage needs whether you're planning on relocating within, coming to or leaving Canada. Absolutely no one has the same level of expertise, care and professional experience as Global International Canada Inc.

Who exactly relies on our expertise?

- [Human Resources Professionals / Executive Search Firms](#)
- [Embassies and Consulates](#)
- [Corporate Executives](#)
- [Physicians / Medical Researchers](#)
- [Teachers and Educators](#)

Just think how much easier your life will be, and how relieved you will be when you turn the care and responsibility of your move over to us.

At the end of the day Global International Canada and our trusted partners are not satisfied until you're completely satisfied that your relocation and storage of items if necessary, has been completed in a timely, safe and secure manner leaving you with a sense of comfort and clear peace of mind. **After all you deserve it...And we deliver it!**

We enjoy speaking to those who have questions and or are looking for answers to specific needs and situations, so please feel free to contact us and our service partners at your convenience.

Yours truly,
Jim Petrakos, President
[Global International Canada](#)

Please scroll down to Welcome to Canada!

Welcome to Canada



The name Canada comes from a St. Lawrence Iroquoian word, Kanata, meaning "village" or "settlement". In 1535, indigenous inhabitants of the present-day Quebec City region used the word to direct French explorer Jacques Cartier towards the village of Stadacona. Cartier later used the word Canada to refer not only to that particular village, but also the entire area subject to (the chief at Stadacona) Donnacona. **By 1545, European books and maps had also begun referring to this region of the new world as Canada.**

Canada is a [federation](#) composed of ten [provinces](#) and three [territories](#). In turn, these may be [grouped into regions](#): [Western Canada](#), [Central Canada](#), [Atlantic Canada](#), and [Northern Canada](#) (the latter made up of the three territories [Yukon](#), [Northwest Territories](#), , and [Nunavut](#)). [Eastern Canada](#) refers to Central Canada and Atlantic Canada together. Provinces have more autonomy than territories.



Including its waters, Canada is the second-largest country in the world after Russia and the largest on the continent. By land area, it also ranks second. Canada also occupies a major northern portion of [North America](#), sharing land borders with the [contiguous United States](#) to the south and the U.S. state of [Alaska](#) to the northwest, stretching from the [Atlantic Ocean](#) in the east to the [Pacific Ocean](#) in the west; to the north lies the [Arctic Ocean](#).

Canadian Fast Facts:

Population: **(2009 estimate) – 33,879,000**

Capital City – **Ottawa**

Official Languages – **English / French**

Official Motto – **“A Mari Usque Ad Mare” (Latin) From Sea to Sea**

National Anthem - **"O Canada"**

Largest City – **Toronto**

Number of Provinces – **10**

Number of Territories - **3**

Drives on the right

Currency – **Dollar**

CANADIAN TRIVA

1. **Canada has the highest per-capita immigration rate in world, driven by federal economic and family reunification policies and strategies.**
2. **The city of Montreal in the province of Quebec is the largest French speaking city in the world second only to Paris, France!**
3. **Canada has 25 cities with populations of more than 100,000**

Ethnic Groups at a Glance:

32.2% **Canadian**
21.0% **English**
15.8% **French**
15.1% **Scottish**
13.9% **Irish**
10.2% **German**
4.6% **Italian**
4.0% **South Asian**
3.9% **Chinese**
3.9% **Ukrainian**
3.8% **Aboriginal**
3.3% **Dutch**
3.2% **Polish**

[Canadian Currency](#)



[Wilfrid Laurier](#)

Prime Minister of Canada from July 11, 1896, to October 5, 1911.



[John A. Macdonald](#)

1st Prime Minister of Canada from July 1, 1867 – November 5, 1873
October 17, 1878 – June 6, 1891



[Queen of Canada \(Queen Elizabeth II\)](#)



[William Lyon Mackenzie King](#)

Prime Minister of Canada from December 29, 1921 – June 28, 1926
September 25, 1926 – August 6, 1930 / October 23, 1935 – November 15, 1948



[Robert Borden](#)

Prime Minister of Canada from October 10, 1911 – July 10, 1920

This Beautiful Lady Called Canada

Few nations are as blessed with as much natural splendor and as dedicated to protecting their treasures and wilderness sanctuaries as is Canada. That's one of the many reasons why Canada is viewed and described around the world as an unspoiled and magnificent land.

Imagine for a moment a country that is as striking and beautiful as a fine jewel and stretches for over three thousand miles from coast to coast. If you can visualize a precious stone of this immense size and beauty, then you can also appreciate the awesome splendor and magnitude of this beautiful lady called Canada.

As you journey inland from the shores of the Pacific Ocean you will find yourself traversing towering mountain ranges as you make your way eastward. During your expedition to the Atlantic coast you will have the option of visiting over 41 national parks. For naturalists, ski buffs, outdoor sports enthusiasts and all who appreciate raw beauty, a trip through a least one of these national parks is required.

These wilderness sanctuaries are also home to millions of acres of pristine and unspoiled lands populated by numerous species of wildlife that you're free to discover and explore at your leisure.

Along the way you'll pass through spectacularly diverse cities where you'll encounter and experience an abundance of diverse and rich cultures, architectural beauty as well as European flavors whose origins are a heady mix of both colonial British and French customs dating back hundreds of years.

The Sheer Sprawl of Canada is Astonishing!

With a landmass second only in size to Russia, the sheer sprawl of Canada is astonishing. Within its 10 provinces and 3 territories, Canada is bounded by oceans on three sides - the vast Pacific, The frigid Arctic and The mighty Atlantic.

With this come thousands of miles of fascinating and extremely rugged coastlines that will compete for your attention and affections along side Canada's interior which is simply intoxicating.

Two of the country's most exquisite and enchanting little towns are located in the western province of Alberta. Banff and Jasper, sit smack in the middle of the majestic Canadian Rocky Mountains. They are surrounded by sprawling ice fields and towering glaciers, with mountain peaks soaring upwards to 11,000 ft.

Being a ski Mecca, Banff has earned its reputation as a glamorous resort which boasts numerous boutiques and an assortment of great restaurants. One of its more popular attractions is Lake Louise, an arresting natural wonder with emerald waters and glaciers rimming the horizon. Known for amazing downhill skiing and hiking, the area has a fairy tale aspect and is magnificently beautiful serving as an inspiration to numerous writers and artists.

Head north and you'll wander into Jasper, sought out by adventure travelers and nature lovers from all parts of the world due its breathtaking sights and unspoiled vistas. It's here you'll quickly fall captive to Jasper's jutting snow caps and abundant wildlife.

Hikers and naturalists migrate here so as to have an opportunity to explore deep into the surrounding wilderness, oftentimes wandering miles and miles without ever spotting another human being. Their only companions are big game such as moose, elk, bears and wolves.

Added to this natural panorama during the winter months are the nightly celestial displays of multi colored dancing lights or Aurora Borealis more commonly known as the Northern Lights.

And of course we can't forget Canada's marvelous cities. Not far from Toronto, which is located in the province of Ontario and is the country's largest and by far most culturally diverse city is the world famous Niagara Falls. This is a spectacular attraction everyone should see at least once. This awe inspiring site, and a trip to view the crashing waters on the venerable Maid of the Mist boat tour, is a must-see.

Nightly Celestial Displays of Multi Colored Dancing Lights

Those who want to delve into Canada's alluring and captivating French culture should visit Quebec City. At more than 400-years old this Quebecois city is not only a provincial capital, but is also Canada's oldest city.

Within the old quarter this city's gorgeous architecture is religiously preserved and has been named as a world heritage treasure by UNESCO. Quebec is a fantastic walking city and the place to be is among the charming old town with the Grand Allee, a major meeting spot with its blocks of cafes, galleries, nightclubs and upscale boutiques.

Continuing on your east bound trek you eventually end up in the Canadian Maritimes which is famous for its friendly, yet hardy residents, down home folksy ways, warm hospitality and the close affinity many of her native sons and daughters have for the sea.

From the earliest days of Canada's history, the vast majority of immigrants coming to the "New World" either landed on Canada's east coast in the port city of Halifax, Nova Scotia or sailed on down the mighty St. Lawrence River making their way to Montreal.

It's thought that the first known visitors to Canada were Vikings originating from northern Europe. According to tradition they landed on the north shores of Newfoundland in the 11th century.

For the most part the eastern regions of Canada have been shaped by and are steeped in rich Celtic history and traditions brought to the region by Scottish immigrants.

Atlantic Canada is comprised of four provinces located on the Atlantic coast. The three Maritime Provinces are New Brunswick, Nova Scotia, and Prince Edward Island and also include the province of Newfoundland and Labrador.

Essentials You Need to Know When Moving to Canada

Bringing Goods to Canada

Note: Before you come to Canada, make a detailed list of all of the personal and household goods that you are bringing with you. You will also need this list later on.

If you're moving to Canada from another country, you can bring your personal and household goods with you; however you will have to pay duty on any item that has not been used. A duty is a fee that the government charges on some goods when they enter Canada.

You will have to pay duty on the following:

- Items you owned and possessed without using
- Items you leased or rented - the Canada Border Service Agency does not consider that you own leased or rented items
- Items you buy on your way to Canada, including duty-free items
- Vehicles you plan to use for business
- Farm equipment
- Other equipment you plan to use in construction, contracting, or manufacturing

If you have any items that might be questioned, such as household effects or Antiques for example, bring the sales receipts and registration documents for goods such as:

- Appliances, such as a stove or refrigerator
- Books
- Clothes
- Furniture
- Hobby tools and other hobby items
- Jewellery
- Linens
- Musical instruments
- Private collections of coins, stamps, or art
- Silverware

Wedding Gifts

If you get married within three months before coming to Canada or if you plan to marry no later than three months after arriving in this country, you may bring in your wedding gifts free of duties.

However, you must have owned and possessed them before you arrived in Canada. In this instance, the "use" requirement for the goods does not apply. These same conditions apply to household goods you bring in as part of a bride's trousseau.

Alcohol and Tobacco

If you bring alcohol or tobacco, you may have to pay duty on it.

Vehicles

Vehicles brought into Canada for personal use are duty free. Some restrictions may apply. Cars must meet Canadian safety and pollution control standards.

Jewellery or Precious Ornaments

Officers may question these items during your customs interview. Include a description of these items on your list of goods.

To avoid delays at customs when entering Canada:

- Use the wording from your insurance policy or jeweler's appraisal
- Have photographs of the items
- Know how much you paid for the item; or have a receipt showing how much you paid

Gifts

- Gifts valued at CDN\$60 or less may be brought into Canada duty-free and tax-free.
- For gifts valued more than CDN\$60, you may have to pay duties and taxes on the excess amount.
- All gifts (even those valued at CDN\$60 or less) must be declared to the Canadian Border Services Agency.
- Tobacco and alcohol cannot be imported as gifts.

Crossing the border: Documents you need

If you wish to enter Canada, there are documents you must have in order to cross the border. Without these documents, you will not be allowed entry into Canada.

You may also need many of the other documents listed below. You may wish to have your important documents translated into English or French before arriving to make it easier for people in Canada to understand them.

Essential documents:

To enter Canada, you will need to present the following:

- A Canadian immigrant visa and Confirmation of Permanent Residence for each family member traveling with you
- A valid passport or other travel document for each family member traveling with you
- Two (2) copies of a detailed list of all the personal or household items you are bringing with you
- Two (2) copies of a list of items that are arriving later and their money value

Do not pack these documents in your luggage. Keep them with you at all times.

Before you arrive, you should prepare two copies of a list (preferably typed) of all the goods you intend to bring into Canada as settler's effects, showing the value, make, model and serial number, if the item has one. Divide the list into two sections: the goods you are bringing with you and the goods to follow.

Present this list to the border services officer on your first point of arrival in Canada, even if you are not bringing in any goods at that time.

You can make the process easier by completing a B4 form in advance and presenting it to the officer when you arrive. Visit the Canada Border Services Agency website to download a copy of the [Form B4, Personal Effects Accounting Document](#).

Disclosure of funds

If you are carrying more than **CDN \$10,000**, tell a Canadian official when you arrive in Canada. If you do not tell an official, you may be fined or put in prison.

These funds could be in the form of:

- Cash
- Securities in bearer form (for example, stocks, bonds, debentures, treasury bills)
- Negotiable instruments in bearer form (for example, bankers' drafts, cheques, travelers' cheques or money orders)

Find out more about your [responsibilities to disclose funds](#) either before you leave or once you arrive in Canada.

Health documentation

Children in Canada are vaccinated—also called immunized—beginning when they are newborns. Vaccinations help to prevent serious infections or diseases.

When you travel to Canada, bring official documents that state what vaccinations you and your family have already had. If you or your child has not been vaccinated, call your doctor or local public health clinic right away.

In Canada, immunization or vaccination records are required for children to enroll in school.

Other documents you may need:

- Birth certificates or baptismal certificates
- Marriage certificates
- Adoption, separation or divorce papers
- School records, diplomas or degrees for each family member traveling with you
- Trade or professional certificates and licenses
- Letters of reference from former employers
- A list of your educational and professional qualifications and job experience (for your résumé)
- Driver's license, including an International Driver's Permit and a reference from your auto insurance company
- Photocopies of all essential and important documents, in case the originals get lost (be sure to keep the photocopies in a separate place from the originals)
- Car registration documents (if you are importing a motor vehicle into Canada)

Customs declaration card

Before you arrive in Canada, you may be asked to complete a [Customs Declaration Card](#). You must complete this card before you meet with customs and immigration officials, even if you are not a Canadian citizen. If you are traveling by air, it is a good idea to complete the card before you leave the airplane.

What to declare

Use the Customs Declaration Card to declare the following:

- Any items that you must pay duty on, including alcohol, tobacco and gifts that you are bringing in to Canada
- Any business goods, plants, food, animals, firearms or other weapons that you are bringing into Canada
- Any amount of money more than CDN \$10,000 that you are bringing into Canada

Do not use this form to list the personal and household goods that you are bringing with you or are following you to Canada. You will show your lists of those items separately to a customs officer.

Declare all items

If you do not tell an official that you are carrying items that should be declared, you may be fined or put in prison. The money you declare can be in the form of cash, securities in bearer form (for example, stocks, bonds, debentures or treasury bills) or negotiable instruments in bearer form (for example, bank drafts, cheques, traveler's cheques or money orders).

The interview process

Arrive ready for two interviews

When you arrive in Canada, you will have to go through two screening interviews. If all of your documents are available and in order, your interviews should be over quickly.

First interview—official documents

An officer from the Canada Border Service Agency will greet you. The officer will ask to see your visa and travel documents and check to make sure that you and any family members traveling with you have the proper travel documents. The officer will find out about your health and will ask you questions similar to those on the immigrant application form.

Be prepared to answer these questions:

- Are you traveling with your family?
- Have you been convicted of a serious crime in your home country?
- How long do you plan to stay in Canada?
- How much money do you have with you?
- Are you healthy?
- Have you been to Canada before? Were you required to leave?

After you complete your first interview, you will meet with another officer from the Canada Border Services Agency. This officer will check the items you are bringing with you. At some ports of entry you will work with the same officer twice.

Second interview—personal goods

The second interview is for you to declare what you are bringing with you into Canada.

The officer will ask to see your declaration card. You must tell the officer you have arrived in Canada to immigrate. At this point the officer may direct you to another area for the customs procedure.

You must give the officer the list of the items you are bringing with you and a list of the items that will be arriving later. The officer will go through both lists with you and may ask questions about some of the items. The officer may also inspect your luggage.

Be prepared to answer these questions:

- What are you bringing with you to Canada?
- Do you have any live animals or plants with you?
- Do you have any firearms, ammunition or fireworks with you?
- Do you have any meat or dairy products with you?

- Do you have any fresh fruits or vegetables with you?
- Do you have any items from endangered species?

Do not give false answers

You must answer all of the questions truthfully. It is a serious offence to make a false statement. If you make a false statement you may not be allowed to stay in Canada. If you are well prepared and you have no items that are not allowed in Canada, the process will go quickly.

If there are no difficulties, the officer will sign your Confirmation of Permanent Residence and authorize your entry into Canada as a permanent resident.

The People - Where people live

Although Canada has a huge landmass, most of its 33 million people—80 percent—live in towns and cities in the southern areas of the country. Most of Canada's population lives within 250 km of the United States border.

Canada has 25 cities with populations of more than 100,000, but which account for less than one percent of Canada's landmass. With 33 million people, Canada is the 33rd largest country in the world in terms of population. Canada is also a multicultural society and celebrates the diversity of its people.

What is multiculturalism?

Multiculturalism exists when people accept and encourage many cultures to thrive in a society. Multiculturalism can lead to many great outcomes, including racial and ethnic harmony, which simply means that people from different backgrounds get along well together. Living with and accepting different cultures helps us understand each other and discourages hatred and violence.

A long history of acceptance

Canada officially became a multicultural society in 1971 when the government began to recognize the value and dignity of Canadians of all races and ethnic groups, all languages and all religions. At this time, the government also recognized the value and dignity of Aboriginal peoples and the equal status of Canada's two official languages: English and French.

Diverse societies have much to offer

Canada promotes multiculturalism by encouraging all Canadians to take part in all aspects of life. People of every race and ethnic background can join in social, cultural, economic and political affairs. Everyone in Canada is equal. Everyone has a right to be heard. These rights are guaranteed through our Canadian Constitution and the [Canadian Charter of Rights and Freedoms](#).

Canada does not tolerate hatred

Promoting hatred is not allowed in Canada. Everyone has a right to preserve their own culture and we must also respect each other's right to do the same.

While Canada has experienced racial and ethnic tensions, most Canadians are fair-minded. They will accept and respect anyone who accepts and respects them.

We celebrate religious freedom

Almost every faith is represented in Canada. The *Canadian Charter of Rights and Freedoms* protects your freedom to practice your religion. That means you must be respectful of others' beliefs as well.

You have responsibilities

As a newcomer to Canada, you will be living in a multicultural environment which may require some adjustment.

All citizens and residents are expected to obey Canadian laws, including the Canadian Constitution and the *Canadian Charter of Rights and Freedoms* which forbid discrimination based on a person's ethnic origin, colour, religion, sex, age and mental or physical disabilities. In addition, newcomers are encouraged to learn one of Canada's two official languages, English or French.

Marriage in Canada

Under Canadian law, marriage is a legal agreement between two people and may or may not have a religious significance. Marriage laws apply to everyone who lives in Canada and each person in a marriage is viewed as an equal partner under law.

Same-sex and common-law marriages

Marriages between people of the same sex are legal in Canada and many people choose to live together in common-law relationships without a formal marriage ceremony. After a period of time, except in the province of Quebec, common-law couples receive a legal status that gives them the same rights and responsibilities as other married couples.

Divorce in Canada

You do not have to be a Canadian citizen to divorce in Canada. Either partner can apply for a divorce.

You can apply for a divorce if:

- You were legally married in Canada or abroad.
- You intend to separate from your spouse permanently or have already separated and believe the marriage is over.
- Either one or both of you have lived in a Canadian province or territory for at least one year immediately before applying for a divorce.

To get a divorce, one of the following situations must apply:

- You and your spouse have lived apart for one year and believe your marriage is over.
- Your spouse has committed adultery.
- Your spouse has been physically or mentally cruel to you.

Speak to a lawyer

To start a divorce application, people in Canada usually [speak to a lawyer](#) who practices family law. The lawyer will tell you how the law protects your rights and applies to your situation.

Canada is bilingual

Canada has two official languages: English and French. All Government of Canada services and documents are available in these two languages.

English is the most common language spoken in all provinces except Quebec. In Quebec, French is the official language. New Brunswick, also home to many French-speaking people, is the only officially bilingual province in Canada, although there are many francophone communities in the provinces and territories.

You should learn English or French

Speaking English or French is extremely important to starting a life in Canada. Knowing one of these languages will help you take part in your new community, find a job, talk to your children in the language they are learning at school and get to know their teachers. To become a Canadian citizen, you must demonstrate your knowledge of English or French.

Canadian Laws

Canada is governed by a system of laws. These laws are created by governments that are chosen by the people. Laws in Canada apply to all people, including the police, judges, political leaders and those who work for the government.

The main reason Canada has laws is to keep society well ordered, to make sure there is a peaceful way to settle disputes and to express the values and beliefs of Canadian society.

In Canada, you are presumed innocent until proven guilty.

Equality under the law

In Canada we call our system of laws the justice system. Everyone in Canada, whether they are a citizen or a permanent resident, is equal under the justice system. In Canada, women can have the same jobs as men and all the same responsibilities. People in Canada are not given better jobs because of their name, the amount of money they have, their social class or their sex.

Some important laws that may apply to your family:

- Children under 12 years of age cannot be left at home alone or care for younger children.
- All children aged six to 16 must receive some form of education.
- Depending on which part of Canada you live in, you must be either 18 or 19 years old to buy or drink alcohol.
- It is against the law to use, buy or sell addictive drugs such as marijuana, heroin or cocaine.
- It is against the law to make any kind of sexual remarks or advances if the other person is not receptive.
- It is against the law to hit anyone, including your spouse or children, either in the home or in public.

Human rights

It is important for you to learn about your rights and duties in Canada. You should also know how important the [Canadian Charter of Rights and Freedoms](#) is to what we believe and how we live in this country.

The Charter protects your rights

The *Canadian Charter of Rights and Freedoms* is part of Canada's Constitution and protects you from the moment you arrive in Canada. It sets out the values that Canadians live by and describes the kinds of personal human rights and freedoms we can expect in this country. Some of those rights and freedoms include:

- The right to life, liberty and personal security
- Freedom of conscience and religion
- Freedom of thought, belief, opinion and expression, including freedom of the press and other media
- Freedom to hold peaceful meetings
- Freedom to join groups
- Protection from unreasonable search or seizure and unjustified detainment and imprisonment
- The right to be presumed innocent until proven guilty
- The right to retain and instruct counsel (a lawyer) without delay
- The right to a fair trial, through due process of law
- The right to equal protection and benefit under the law, without discrimination

Rights come with responsibilities

People who live in Canada are expected to understand and obey Canadian laws, allow other Canadians to enjoy their rights and freedoms and help preserve Canada's multicultural heritage.

It is also important for Canadians to become informed about politics and help to improve their communities and the country.

Citizens of Canada have other rights and freedoms, such as the right to vote in elections. To learn about these rights, see the Canadian Charter of Rights and Freedoms.

Education

In Canada, the government provides an education for every child, in every province and territory, free of charge. Public education is paid for through taxes and controlled by the provinces and territories.

Public education starts at age four or five, depending on the province or territory in which a child lives. The law states that children must receive an education until age 15 or 16, depending on where they live.

Education is important for success

In Canada, great value is placed on the education of children. Many people in Canada receive a post-secondary education, which is the education a person receives after they graduate from high school.

A more educated population is likely to create greater economic success for a country than a less educated population. Also, studies have shown that the more [education](#) a person receives, the more money that person is likely to make through his or her career.

You can help your children become educated by being aware of how education in Canada works.

Bring documentation

It is important that you arrive in Canada with documents that will help schools place your child in the proper learning environment. Bring transcripts (report cards), samples of your child's school work, course outlines and anything else that will help Canadian educators learn about your child's level of learning.

Many children find moving to a new school difficult. Your child will have an easier time if you can give his or her new school and teachers a good idea of what your child has learned. There are many things you can do to help your child [adjust to their new school](#) once you have arrived in Canada.

You might want to bring books from your former country so that your child can continue reading in their first language.

The school year begins in late summer

The school year in Canada begins in late August or early September. You may want to keep this in mind when you are planning your travel dates. If you arrive late in the summer, it may delay your child's start to school.

In many communities, students' skills are assessed before they start school. There is often a waiting list so you should try to arrive at least a month before school starts.

Health care

Canada's health insurance system is set up to respond to people's need for health care rather than their ability to pay for it. Often referred to as medicare, the system is designed to make sure that all residents of Canada have reasonable access to health care from doctors and hospitals.

Instead of having a single national plan, Canada's health care program is made up of provincial and territorial health insurance plans, all of which share certain common features and standards.

Health insurance

All Canadians and permanent residents may apply for health insurance. When you have health insurance you do not have to pay directly for most health-care services. They are paid for through your taxes. When you use health-care services, you simply show your health insurance card to the hospital or medical clinic.

Finding a Doctor

When you move to Canada, bring your health and dental records with you. Give these to your new doctor and dentist.

Find a [family doctor](#) to provide regular care for you and your family. A family doctor will work with you and your dependants to manage their health care and provide good medical advice.

If a family doctor is not available, or you cannot wait for an appointment, you can go to a drop-in clinic. Some clinics are open evenings or weekends when other doctors' offices are closed. The clinics can treat some medical conditions, but they are not the same as hospital emergency rooms. People use clinics when their lives are not in danger.

If your community does not have a [drop-in clinic](#), you might be able to visit the hospital as an outpatient. The outpatient service is similar to a clinic. It is not the same as the hospital emergency room.

Some provincial/territorial health departments have a directory of family doctors who are taking new patients. Doctors and clinics are listed in telephone directories too. The Yellow Pages has several medical listings including Physicians and Surgeons. The listings may vary in each province/territory.

How to get help in an emergency

Canadian communities have trained medical and rescue workers to help you in case of a fire, an accident or a medical emergency such as a heart attack. Many Canadian towns and cities have an emergency telephone service called Emergency **911**.

If you have a medical emergency, use your telephone to call the number **911**. This number reaches an operator who sends police, the fire department, paramedics or an ambulance to help with the emergency.

The emergency procedure

Stay calm. Call **911** or your local emergency line or go to the emergency department of the nearest hospital.

If you call **911**, be ready to give the emergency operator the following information:

- The type of emergency
- Your address
- The injured person's condition. Is the person awake? Is the person breathing? Is the person bleeding? Is the person in pain?
- The cause of the injury

Once you have given the information, make sure you do the following:

- Follow the emergency operator's instructions.
- Do not touch the injured person unless you are told to do so.
- Wait for help to arrive.
- Comfort the injured person by talking to them calmly and by reassuring them that help is on the way.

Keep an emergency list beside your phone

In addition to the 911 emergency number, there are other important numbers that you may need in an emergency. Put a list beside your phone or in some other place where you can easily find it of the emergency telephone numbers in your community.

Some emergency numbers you may wish to include are: child and family services, domestic violence crisis line, kids help phone, poison helpline and sexual assault crisis line.

The names of these organizations vary from city to city. Emergency numbers for your community will be listed near the front of the white pages in your telephone book.

Medic Alert tags

If you have a serious medical condition such as diabetes, high blood pressure or allergies (especially to any medications), ask your doctor about Medic Alert tags or bracelets. Information on the tag will help doctors treat you in an emergency. If you need one, wear it at all times. You can find out more about Medic Alert tags and how to get one on the [MedicAlert Canada website](#).

Immunization

In Canada, most people get immunizations (also called vaccinations) to prevent serious diseases. Most immunizations are free of charge for children in all provinces and territories.

While people are not legally required to get vaccinations, some provinces require certain ones for children before they can attend school. Vaccinations are routinely provided for several diseases:

- Diphtheria
- Tetanus (lockjaw)
- Pertussis (whooping cough)
- Polio
- Rubella (German measles)
- Measles (red measles)
- Mumps
- Hepatitis B

Non-routine vaccinations

There are also vaccinations to protect against many diseases, including varicella (chickenpox), hepatitis A, influenza (known as the flu) and some forms of meningitis. Talk to your health-care provider to find out if these immunizations are right for your child. If your family is planning to travel outside of Canada, make sure that everyone's immunizations are up to date.

Keep yourself healthy

Two important aspects of keeping yourself healthy are healthy eating and regular exercise. It is important that you and your family pay attention to both.

Try the following tips for healthy eating:

- Enjoy a variety of foods.
- Eat plenty of cereals, breads, other grain products, vegetables and fruit.
- Choose lower-fat dairy products, leaner meats and food prepared with little or no fat.
- Limit your intake of salt, alcohol and caffeine.

Try the following tips for remaining physically active:

- Take the stairs instead of the elevator.
- Spend less time in front of the television or computer.
- Play actively with your children.
- Walk, roller blade or ride a bicycle for short trips.
- Find walking and cycling paths near your home and use them.

Getting regular exercise means making physical activity a normal part of your day at home, at school or work. For example, some people go for walks at lunchtime. Others may join [fitness centres](#). The goal is to keep your body physically strong, reduce stress and improve your energy.

Working and Living in Canada

Once you've arrived in Canada the job of unpacking and organizing yourself and your affairs begin. Below is a checklist of things you can use to help guide and assist you with this process.

Upon arrival in Canada you should:

- Apply for Canadian identification, such as a driver's licence and a health insurance card, which you should carry with you at all times.
- Open a bank account and begin to establish your credit.
- Apply for [private health insurance](#) if you are not eligible for immediate public health insurance coverage in your province or territory.
- Apply for a Social Insurance Number (SIN) and a health insurance card.

In your first few weeks you will likely need to:

- Exchange your money for Canadian currency.
- Explore your housing options.
- Get a map of your area and find out about public transportation.
- Do some shopping for you and your family.
- Get a telephone book from the local telephone company. You can find out how to contact your local telephone company by dialing 411 from any phone.
- Learn more about traveling in Canada.
- Register your children in school.

In your first few months you will likely need to:

- Practice and improve your language skills.

- Find a [place to live](#).
- Explore your options for [communications services](#).
- Get a [family doctor](#).
- Have your children [immunized](#).
- Find out more about what [services are available in your new community](#).
- Find out where the [Language Instruction for Newcomers \(LINC\) assessment centre](#) is in your community and register for language classes. In French, LINC is called CLIC (Cours de langue pour les immigrants au Canada).
- Apply for the Canada Child Tax Benefit.
- Apply for the GST/HST Credit.

In your first year you may wish to:

- Get a [driver's licence](#).
- Register for adult [continuing education classes](#).
- Understand your rights and responsibilities under [Canadian law](#).

The Canadian way of life

Canada is an immense country. It is very diverse in its people, its landscape, its climate and its way of life. However, Canadians do share the same important values. These values guide and influence much of our everyday life. These are values of pride, a belief in equality and diversity, and respect for all individuals in society and institutions that govern us.

Women, men, children and seniors are all equally respected in Canada. Canadians may be different from each other but it is these shared values that make Canada a friendly, caring, peace-loving and secure society in which to live.

Fairness, tolerance and respect. Canadians want fairness and justice for themselves, their children and their families. And most are fair and just to others, no matter who they are or where they come from.

Diversity and cooperation. Canadians understand the value of cooperation. In a country as large and diverse as Canada, people must be able to resolve or ignore small conflicts in order to live happily and peacefully.

Equal opportunity. Canadians believe in equality. Each person is equal before the law and is treated equally by the law. Women and men have the same opportunity for success. Canadians let people live as they wish, as long as they do not limit how others live.

Civil rights. Canadians appreciate their rights and freedoms, which apply equally without regard to such considerations as a person's age, gender, race, ethnicity, colour, religion, mental or physical disability or sexual orientation.

Most also want to contribute to our society. As a newcomer, you should be aware of your rights and responsibilities. The right to participate in Canadian society implies an obligation to help it succeed. Canadian citizenship is about caring enough to want to get involved and make Canada even better.

Environmental responsibility. Canadians are especially conscious of their natural environment and the need to both respect and protect it for the future. Canadians believe that economic growth should not come at the expense of a healthy environment and social well-being.

There are some simple things we all can do to work toward [sustainable development](#), such as participating in recycling programs that help convert garbage into usable materials; reducing household energy consumption; keeping parks and streets clean by putting garbage into garbage cans; and using public transportation, riding a bicycle or walking rather than using a car.

Applying For a Social Insurance Number / Card:

Applying for a Social Insurance Number (SIN) is one of the most important things you will do after coming to Canada. You will need one to work here, to open a bank account or to obtain your tax credit. This number tells the government who is earning money, paying taxes, paying into pension plans and using government services. Your employers will ask you for this number.

To apply for one, simply go to your nearest Service Canada Centre (listed in the blue pages of your telephone book). For information about the documents you need to apply for a SIN card, visit the Service Canada website at www.servicecanada.gc.ca.

Applying For the Canada Child Tax Benefit

If you have children under 18, the Government of Canada may be able to help you with some of the costs of raising them. This monthly tax-free payment is called the Canada Child Tax Benefit. The amount of the benefit is based on several factors, such as your family income, the number of children you have and their ages, and your province or territory of residence.

When you apply, you must provide proof of your Canadian immigration status and proof of birth for any of your children born outside of Canada.

To receive the Canada Child Tax Benefit, you must file an Income Tax Return each year. If you have not been a resident of Canada long enough to fill out a return, you will need to complete a separate form to declare your world income. You can get these forms and more information on the Canada Child Tax Benefit by calling the Canada Revenue Agency's toll-free enquiry service at **1-800-387-1193**, or by visiting www.cra.gc.ca/benefits.

Applying for the GST/HST credit

The GST is a tax that you pay on most goods and services sold or provided in Canada. In some provinces, the GST has been blended with the provincial sales tax and is called the HST. The GST/HST credit helps individuals and families with low and modest incomes offset all or part of the GST or HST that they pay.

To be eligible for the credit, you must be a resident of Canada and 19 years of age or older; if you are under 19, you are only eligible for the credit if you have a spouse or a common-law partner or you are a parent.

To apply for the GST/HST credit, complete Form RC151, Goods and Services Tax/Harmonized Sales Tax (GST/HST) Credit Application.

You can also get the form and more information about the GST/HST credit by calling the Canada Customs and Revenue Agency's enquiry service at **1-800-959-1953** or visiting www.cra.gc.ca/benefits. To continue receiving the credit each year, you will have to file an Income Tax and Benefit Return and apply for the credit on that return.

Finding a Place to Live

Renting a house or apartment

An easy way to find houses or apartments for rent is to look in the classified advertising section of your local newspaper. It is also a good idea to walk around the area where you would like to live and see if there are any *For Rent* signs posted on buildings. There may also be [Internet sites](#) that advertise houses or apartments for rent in your community.

For more information about renting in Canada, visit the [Canada Mortgage and Housing Corporation website for newcomers to Canada](#). Information on renting a home is available in eight languages.

Rental agreements

Some apartments can be rented by the month, but to rent a house you usually need to sign a rental agreement (or lease) for a year. This is a legally binding contract between you and the landlord.

Make sure you understand exactly what you have to pay for and what is included in your rent before you sign a lease. If you are unsure about anything, ask questions and make sure you understand and are satisfied with the answers you get before you sign any lease.

Read and understand a lease before signing

Make sure you read your lease carefully and understand it. If you need help, contact an [immigrant-serving organization](#). It is important that you do not sign a long-term lease if you plan to move again soon as you will generally be responsible for all rental costs for the full period of the lease.

Security deposits

You may also be asked to pay a security deposit to rent the property you have chosen. A security deposit is an amount of money that the landlord keeps in case you damage the rental property. It usually equals one month of rent. If you do not cause any significant damage to the rental property while you live there, the deposit must be returned to you when you leave.

In some provinces and territories, it is illegal for a landlord to ask for a security deposit or a damage deposit. Each province and territory has its own laws that govern the rights and responsibilities of landlords and tenants.

Contact your [provincial or territorial government](#) to find out what laws apply to the area where you want to live.

Insurance

You can purchase household insurance to cover the cost of replacing the contents of your house or apartment in case of fire or theft. There are many private [insurance companies](#) that offer different types of insurance coverage at different prices. You should contact a few insurance companies and compare the coverage they offer as well as the price.

Your rights as a tenant

You (the tenant) and your landlord (the owner of the building) both have legal rights. There are laws that protect you from sudden rent increases or being forced to leave your apartment or house.

It is illegal for someone to refuse to rent you a place to live based on your colour, creed, sex, age or disability. This is not allowed under the [Canadian Charter of Rights and Freedoms](#). Provincial and territorial landlord and tenant laws also protect you against such discrimination.

Your responsibilities

It is important for tenants to keep the house or apartment they rent in the same condition in which they found it.

Contact the provincial or municipal government department responsible for housing if you need help or more information about your rights and responsibilities as a tenant where you live.

- [British Columbia Ministry of Housing and Social Development](#)
- [Alberta Housing and Urban Affairs](#)
- [Saskatchewan Housing Corporation](#)
- [Manitoba Family Services and Housing](#)
- [Ontario Ministry of Municipal Affairs and Housing](#)
- [Quebec Citizens Portal](#)
- [New Brunswick Ministry of Social Development](#)
- [Nova Scotia Department of Community Services](#)

- [Prince Edward Island Provincial Housing Services](#)
- [Newfoundland and Labrador Housing Corporation](#)
- [Yukon Housing Corporation](#)
- [Northwest Territories Housing Corporation](#)
- [Nunavut Housing Corporation](#)

Buying a home

The easiest way to buy a new home is to contact a [real estate agent](#), who you can find in the yellow pages of your telephone book or on the Internet. You can ask people in your community to recommend a real estate agent.

You can also find out which homes are for sale in the area where you want to live by walking through the neighborhood and finding *For Sale* signs in front of houses. There are many [Internet sites](#) that advertise homes for sale.

Some people sell their homes without a real estate agent. These sales are often listed in the classified advertising section of your local newspaper.

Heat and hydro

Finding a house or apartment is your first step in setting up a new home. Once you have found a place to live, you will need to get basic services and [furnish your home](#).

Whether you rent or buy, you will need to get heat and hydro (electricity) services for your home. In Canada, some homes are heated by gas, others by oil and others by electricity.

Often, there are one or two main companies that provide these services in an area. You can find them in the yellow pages of your telephone book. Try looking under Gas, Heating Companies, Oils/Fuel and Hydro-Electric Utilities

Getting a Telephone

To get telephone service, you must contact the telephone companies in your area. You may also need to set up Internet services. These services are offered by many telephone companies as well as private [Internet service providers](#).

Furnishings and Other Household Goods

You will probably need some basic furniture and appliances to live comfortably in your new home.

There are many different stores that sell new furniture. There are always bargains to be found in the classified advertising section of your local newspaper or on the [Internet](#).

Shopping in Canada

You will need to shop for yourself and your family shortly after you arrive in Canada. [Stores in Canada](#) may be set up differently than what you have experienced in other countries.

Canadian stores have cash registers where you pay for your goods. Large stores, such as grocery stores, usually have many cash registers. When you want to buy something in a Canadian store you bring your goods to the cash register, wherever it is located, line up and pay.

Keep your receipts

You will receive a receipt for whatever you buy. This is proof that you paid for your goods. You will need a receipt if you must return an item for a refund or exchange it for something else. Ask the store what their return policy is as some will only accept refunds or exchanges within a certain time period.

Shopping malls

Many [Canadian stores](#) are grouped together in large shopping malls so you can do all your shopping in one place. Each store has its own cash registers where you pay for your purchases.

Outdoor markets

Many places in Canada also have large outdoor markets where you can buy fresh fruits and vegetables and other goods from local farmers and craftspeople. You pay each vendor for your purchases as you go along.

How to Protect Your Money

Banks and financial institutions in Canada

It is important to open an account with a bank as soon as possible after you arrive in Canada. Banks and other financial institutions such as trust companies, caisses populaires (in Quebec and Ontario) and credit unions provide:

- A safe place to keep your money
- [Services](#) to help you manage your money
- Loans and mortgages if you need to borrow money
- Financial advice for budgeting and investments

Choose your bank with care

There are many things to consider when choosing a bank or other financial institution. Ask these questions before you make your decision:

- What are your hours of operation?
- Where are your branches located?
- What services do you offer?
- What do you charge for each of your [services](#)

Why use banks and other financial institutions?

Safety

The Government of Canada watches banks and financial institutions carefully to make sure that your money is safe. All financial institutions that accept deposits—except caisses populaires and credit unions—must be members of the [Canada Deposit Insurance Corporation](#) (CDIC). The CDIC provides insurance for eligible deposits to a maximum of \$100,000.

Advice

Banks and other financial institutions will help you choose the kind of account, loan or mortgage that is best for you. Ask many questions and do not sign any agreement until you are sure that you understand what it means.

Services

All financial institutions offer a range of [financial services](#). A bank may offer you an account that includes travelers' cheques, international [credit cards](#) and foreign banking services. Do your research and ask questions before choosing an account as fees and services and transactions covered will vary.

Borrowing

You may want to borrow money to pay for college or university fees so you can improve your [education](#), open or [expand a business](#), or buy a [car](#) or [house](#).

When you borrow money, make sure you understand how and when you have to pay it back. Ask these questions before you make your decision:

- Can I make extra payments?
- What happens if I miss a payment?
- How much interest will I be charged?
- Is there a penalty for paying off the loan early?
- What is the interest rate?

Paying Taxes in Canada

Paying income tax

All residents of Canada are subject to income tax. Income taxes and other deductions are usually taken from your pay cheques by your employer. These income taxes are used by governments to provide services, such as roads, schools and health care.

Canadian residents can benefit in many ways from programs that have been paid for through their [income taxes](#) and deductions. These programs include social assistance for people in need, employment insurance for workers who have lost their jobs and worker's compensation for workers injured on the job.

Filing you tax return

Each year, you must submit an [Income Tax](#) and Benefit Return to tell the government how much money you earned and how much tax you paid. If you paid more than you were supposed to, you will get a refund. If you paid less, you will have to pay.

Filing an income tax return is extremely important—in many cases it is not optional. You must file one each year to qualify for various government benefits, such as the Canada Child Tax Benefit and the Goods and Services Tax/Harmonized Sales Tax (GST/HST) Credit. [Find out if you have to file a return.](#)

The deadline for completing your income tax return is **April 30** of each year. If you have lived in Quebec during the year, you have to file a separate provincial tax return.

Canadian Laws

Laws maintain order

Canada is governed by a system of laws. These laws are created by governments that are chosen by the people. Laws in Canada apply to all people, including the police, judges, political leaders and those who work for the government.

The main reason Canada has laws is to keep society well ordered, to make sure there is a peaceful way to settle disputes and to express the values and beliefs of Canadian society. In Canada, you are presumed innocent until proven guilty.

Equality under the law

We call our system of laws the justice system. Everyone in Canada, whether they are a citizen or a permanent resident, is equal under the justice system. In Canada, women can have the same jobs as men and all the same responsibilities. People in Canada are not given better jobs because of their name, the amount of money they have, their social class or their sex.

Some important laws that may apply to you and your family:

- Children under 12 years of age cannot be left at home alone or care for younger children.
- All children aged six to 16 must receive some form of education.
- Depending on which part of Canada you live in, you must be either 18 or 19 years old to buy or drink alcohol.
- It is against the law to use, buy or sell addictive drugs such as marijuana, heroin or cocaine.
- It is against the law to make any kind of sexual remarks or advances if the other person is not receptive.
- It is against the law to hit anyone, including your spouse or children, either in the home or in public.

Finding Transportation

Many Canadian families have one or more cars. Canadians either buy their cars new or used or they lease them, which is a form of rental.

Make sure you think of all the costs before you decide to [buy or lease a car](#). When you own a car you will have to pay to keep it working well, for gas, monthly loan payments, registration and insurance. When you lease a car you will sign a contract to have the car for a set period of time. You will pay the same costs as you do when you own a car.

Car insurance

It is the law that all cars must be insured and registered with your provincial or territorial government. [Car insurance](#) can be expensive, but it protects you and other drivers in case of an accident.

Public transportation

Public transportation choices vary across Canada. Large cities such as Toronto, Montreal and Vancouver have the most options for public transportation with buses, urban trains or subways. Smaller Canadian cities also have public transportation, such as buses and commuter trains.

Buses and trains

Passengers must go to bus stops and train stations to wait for buses and trains. Some cities also have services called Park and Ride. If you live far from a bus stop you can drive your car to a special parking area, park your car and then take the bus or train.

Smaller towns and rural areas usually do not have public transportation, but many have a local taxi service.

The hours of operation and cost for public transit vary. Check the schedule of your local public transit for exact times and for information about where buses, trains and subways can take you. Transit information can be found on the Internet, in the yellow pages of your telephone book or in the city government listing in the white pages of your telephone book.

Canada Post

Sending Mail in Canada

Canada's mail is handled by the Canada Post Corporation. To send mail, use a postage stamp. You can buy postage stamps at any post office. They are also sold in many drug stores, hotel lobbies, airports, railway stations, bus terminals and some newsstands.

The cost of the stamp is based on the weight and size of the letter or package, and where your mail is going. When you send something to an address in Canada, remember to include the six-digit postal code for that address, and also a return address. This will speed up delivery. If you are sending something overseas, you must use the special code for that country. You can find these at a post office.

Mail your letter or small package either at a post office or in the red Canada Post mail boxes you will find on streets and in shopping malls all across Canada. Take large parcels to a post office.

Canada Post offers many other services too, such as express delivery, postal money orders and insurance for very important mail. This insurance can protect your mail against loss or damage. Express delivery is more expensive than regular mail.

Check the rates at the nearest Canada Post office. There are also private special delivery or courier services. Look these up under "Courier" in the yellow pages of the telephone book. Mail is distributed daily from Monday to Friday, except on official holidays.

This includes home delivery, and delivery to post office boxes and community mail boxes. If you want to send a telegram, look up "Telegram Services" in the yellow pages for more information.

Change of address / Canada: [Change My Canadian Address](#)

Change of address / U.S.: [Change My U.S. Address](#)

How to Become a Canadian Citizen

Becoming a citizen

If you want to become a Canadian citizen, you must follow several steps:

- Determine if you are eligible to become a citizen.
- Apply for citizenship.
- Take the citizenship test, if you are between the ages of 18 and 54.
- Attend a citizenship ceremony, if you are 14 or older.

To be eligible to become a Canadian citizen, you must meet the requirements in all of the following areas:

- Age
- Permanent resident status
- Time lived in Canada
- Language abilities
- Criminal history (prohibitions)
- Knowledge of Canada

Age

You must be at least 18 years old to apply for Canadian citizenship.

To apply for citizenship for a child under 18, make sure the following conditions are met:

- the person applying is the child's parent, adoptive parent or legal guardian
- the child is a permanent resident, but does not need to have lived in Canada for three years and
- One parent is already a Canadian citizen or is applying to become a citizen at the same time. This also applies to adoptive parents.

Permanent resident status

To become a Canadian citizen, you must have permanent resident status in Canada, and that status must not be in doubt. This means you must not be the subject of an immigration investigation, an immigration inquiry or a removal order (an order from Canadian officials to leave Canada).

Time lived in Canada

To become Canadian citizens, adults must have lived in Canada for at least three years (1,095 days) in the past four years before applying. Children do not need to meet this requirement.

You may be able to count time you spent in Canada before you became a permanent resident if that time falls within the four-year period.

Language abilities

Canada has two official languages—English and French. You need to have adequate knowledge of one of these two languages. You must know enough English or French to understand other people and for them to understand you.

Criminal history (prohibitions)

You cannot become a citizen if you have been convicted of an indictable (criminal) offence or an offence under the *Citizenship Act* in the three years before you apply.

Are currently charged with an indictable offence or an offence under the *Citizenship Act* are in prison, on parole or on probation are under a removal order (have been ordered by Canadian officials to leave Canada) are under investigation for, are charged with, or have been convicted of a war crime or a crime against humanity or have had your Canadian citizenship taken away in the past five years.

If you are on probation or are charged with an offence and are awaiting trial, you should wait until after the probation has ended or the trial is over to apply for citizenship.

If you have spent time on probation, on parole or in prison in the last four years, you may not meet the residence requirement for citizenship.

Time in prison or on parole does not count as residence in Canada. Time on probation also does not count as residence in Canada if you were convicted of an offence. If you have spent time on probation from a conditional discharge, it may be counted toward residence. For details, contact the Call Centre (see Contact Us at the top of this page).

Knowledge of Canada

To become a citizen, you must understand the rights and responsibilities of citizenship, such as the right and responsibility to vote in elections. You must also have an understanding of Canada's history, values, institutions and symbols.

The information you need to know is in our free study guide [Discover Canada: The Rights and Responsibilities of Citizenship](#). We will send you a copy of it once we have received your application. The questions in the citizenship test are based on the information in this guide.

Some applicants will have received the previous study guide called *A Look at Canada*. If you did, [find out which guide you should use](#) to prepare for the citizenship test.

Leaving Canada

Finding Your Own Piece of Mind

The information contained in this book as commissioned by [Global International Canada](#) and our [international partners](#), is a valuable resource and companion that will help you make informed and cost effective decisions that enable you to manage the job of relocating either yourself, colleague or acquaintance in a seamless and less stressful manner.

Our sole mission and focus is on making sure your move abroad or relocation and settlement in Canada is comfortable, seamless and devoid of stress or difficulty.

Our team of professional [relocation experts](#) along with their seamless, administrative, transitional and welcome services provided and tailored around your specific needs, are renowned and regarded throughout the international community as the '[crème de la crème](#)' i.e. The very best!

We've been consistently and successfully consulting with, assisting, serving and exceeding the detailed needs of corporate executives, professionals and the diplomatic community since 1973.

Working out of our international headquarters in Toronto, Canada we organize and manage all of your specific relocation, moving and storage needs whether you need to transport and store priceless artifacts, planning to relocate within Canada, or coming and leaving Canada.

Absolutely no one has the same level of expertise, care, professional experience and track record of complete satisfaction as Global International Canada and our team of relocation experts and [international partners](#).

Just think how much easier your life will be, and how relieved you will be when you turn the care and responsibility of your move over to us!

Exactly who relies on Global International and our International team of experts?

Human Resources Professionals / Executive Search Firms

If you're a human resources specialist and or affiliated with an executive search firm that places and relocates professionals overseas, then you know that oftentimes the task of securing an expert relocation firm that can deliver the goods safely, securely and on time is critical and falls squarely on your shoulders.

[Contact us](#) today and one of our team of relocation experts will take you by the hand and work closely with you. They will answer your questions, create a clear path for you to follow and also provide you with a moving checklist. Moving forward your consultant will proceed to expedite your needs quickly and efficiently.

Embassies and Consulates

Diplomats, consulate generals and representatives of your government require special attention and an extra layer of anonymity, security, refinement and attention to detail that our expert relocation professionals at Global are adept at providing.

[Contact us](#) today and one of our experts will make arrangements to visit you and provide you with the necessary guidance, documentation and recommendations that will assure envoys and attaches of your government receive the very best service and care that is available within the international community.

Corporate Executives

Like all International corporations, the needs and focus of your organization is steadily becoming global in nature. As such CEO's, engineers, as well as research and development personnel are being transferred overseas with increased frequency.

[Contact us](#) today and one of our experts will make this transition a seamless and smooth one. We'll provide you with a complete check list of 'things to do' in addition to offering you a menu of services designed to ensure your move and settling into your new residence is completed with a minimum of fuss and inconvenience. Our top of the line [services](#) will leave you relaxed and ready to hit the ground running soon after your arrival at the new location.

Physicians / Medical Researchers

Many doctors and medical professionals who heed the call to practice medicine and or undertake important scientific research in their chosen specialty, oftentimes find themselves transplanting their expertise and practice to distant shores and continents.

[Contact us](#) today and one of our knowledgeable experts will draw up a customized action list for you that will greatly assist you in organizing not only your personal affects, but your medical utensils and other must haves.

Teachers and Educators

Our world is a richer place because of the dedication and determination associated with the desire of professional educators to take their special knowledge and skills to remote areas of the globe in order to improve the lives, and untimely the standard of living for numerous young people and adults in all areas of the globe.

[Contact us](#) today and one of our experts will make this transition a seamless and smooth one. We'll provide you with a complete check list of 'things to do' in addition to offering you a menu of services designed to ensure your move and settling into your new residence is completed with a minimum of fuss or inconvenience leaving you relaxed and ready to hit the ground running soon after your arrival at the new location.

Whether your move is local, across country or over seas, there are certain and very important documents and certificates that you should have handy in the event you are asked to verify who you and your family members are personally, professionally and legally.

These identification records should be kept in a safe place where only you and responsible family members and perhaps a trusted friend know where they are located.

These include:

- Passports
- Birth and or Baptismal Certificates
- Marriage License
- Social (Security) Insurance Cards
- Medical Records
- Banking and Insurance Records
- Records of Inoculations (medical shots)
- School Records for both children and adults

The importance of expert advice

We go the extra mile on your behalf by coordinating your international and inside Canada move from start to finish carefully and in detail. This begins by us providing you with all the custom forms and pertinent information you will need, in order to have a seamless move anywhere in Canada or to your host country. We work to ensure your move is worry free.

By consistently monitoring your move through the use of our worldwide affiliate network, we are able to provide you with detailed reports and information. Specifically we will assist and work with you in developing a comprehensive step by step move forward plan of action as it relates to:

Your overseas customized plan of action includes the following services:

- Provide a detailed in-home evaluation of all your moving/shipping requirements.
- **Provide comprehensive information on the insurance process.**
- Consult you on all facets of the moving process.
- Assist with required documentation specific to your destination country.
- Professionally export, pack, wrap, and load items to be shipped.
- **Be your single point of contact; providing a seamless relocation.**
- Assist with Customs information
- Itemized inventory of your entire shipment
- Multi- modal transportation (air & sea)
- **Packing, crating loading-for all type of products**
- Pickup and transportation to airport or seaport
- Air or sea transportation
- **Long-term or temporary storage**
- Customs clearance at destination
- Delivery to the job site and setup if required
- **Arrange shipments between foreign countries**

Your inside Canada relocation customized plan of action includes the following services:

- Dedicated relocation expert
- Packing services at your home
- Packing supplies delivered to you
- Pre-move in home estimate
- Insurance policy offered
- Delivery setup and installation of appliances
- Courteous, well trained movers

Please scroll down to Moving Forward with Ease and Expertise!

Moving Forward with Ease and Expertise

When you go “[global](#)’ you can rest easy knowing that in all instances, the best of care and consideration is taken when it comes to the care and transporting of your personal affects and goods.

Whether it is your most precious crystal or irreplaceable family photos and antiques, our fully bonded and highly skilled packers will bestow extra special care on all of your valuables and household goods.

Fragile items are individually wrapped and exported while clothing is sealed in specialized water proofed wardrobe containers.

Here’s What Happens When Your Goods Arrive at Your Destination

- Receive shipments at port of entry
- Arrange when necessary, inland freight to destination terminal
- Personal assistance with customs clearance is done on your behalf
- Goods are removed from terminal and delivered to new residence
- Professionals unwrap, unpack and set-up of furniture in residence
- Empty containers are gathered and sent back (if requested) to terminal
- All debris is gathered and removed

Personal Valuables:

In respect to insuring your valuables such as jewelry, currency, documents, negotiable paper, coin and stamp collections, antiques, or paintings etc., high value items such as these should be declared on your list of items to be transported.

Our insurance carrier may exercise its option of seeking an appraisal on these types of items in order to verify the value. **It is advisable to also seek a second opinion from your own insurance provider.**

A valued inventory worksheet form us will be provided prior to your relocation that assures insurance coverage and protection for your goods.

[CONTACT US FOR FREE DETAILS](#)

Global's 7 steps to a seamless move

STEP #1

Four to Six Weeks before the Move:

- Clean out your closets, cupboards, toy chests, shelves, attic, garage and basement. It is a good idea to discard anything you do not want or need. A rule of thumb is if you did not use something in the last year or two, chances are you do not really need it. Consider having a garage sale, gift unwanted items to friends and neighbors or donate them to charities. **You may be able to collect a tax receipt on the value of your donation.**
- Arrange to collect any advance or security deposits on utilities or rentals. These can be a nice addition to your relocation budget.
- Evaluate whether to ship your appliances and old furniture. Consider how old they are and how well they will fit into your new home. For Example: a gas stove might not be a right fit in an electric only home. Also, if your washer, dryer or refrigerator does not fit in your new home, consider leaving them behind.
- **Make a complete list of items to be moved.** Decide which plants will come with you and which ones will stay behind.
- Use up your food. **Frozen foods can not be shipped safely.** It is likewise unnecessary to carry a heavy load of canned or packaged foods with you.

- Notify the security company and all other regular service providers such as lawn or snow removal companies of your moving date if applicable.
- Notify your post office, subscription publications, and other correspondents of your moving date and provide them with your new address.
- Check your homeowner's insurance and make arrangements to renew your policy. You should contact an insurance company once you arrive at your destination.
- Check the status of your club memberships. The money you paid in advance may be refunded or you might consider transferring the membership to a friend.
- Consult your veterinarian regarding your pet's travel needs and make the necessary preparations.
- Update medical / dental record(s) including copies of prescriptions for medications and eyeglasses.
- Verify medical insurance cards and coverage is current.
- Collect the items you lent to your friends such as books and CDs and give back all the items you borrowed. Do not forget to return library books and video rentals.

- Research **schools in your new neighborhood** and register your children. Make arrangements to transfer all necessary school records.
- Check your checking and savings accounts. Plan for transfer of deposits so you will not lose interest. If needed, your bank or Credit Union can be used as a credit reference.
- Plan your moving date and take into consideration your travel plans and the closing date of your new home.

STEP #2

Two to Three Weeks before the Move:

- **Verify the date of your departure** and contact the telephone, electric, gas and water companies to confirm the date to discontinue services. Notify your realtor or landlord. Make arrangements with utility companies at your new location to start services on the date of your arrival. Absence of vital utility services is very uncomfortable and often leads to unnecessary expenses for temporary accommodations and meals.
- Discontinue newspaper delivery, sanitation and any other regular services.
- Make sure to check fitness club, school or gymnasium lockers for stored belongings.
- Ask your friends or your current doctors for referrals in the new location. **Transfer medical records and get all necessary prescriptions.** If any family members have ongoing medical or dental treatment programs, arrange for prorated payments with professionals in your new area.
- Check the contents of your safety-deposit box. It is advisable to carry all valuables (such as jewelry, insurance policies, legal documents and important collections) with you or send them by insured or certified mail.

- Record the serial numbers of major appliances and store in safe place.
- **DO NOT SHIP** combustible or flammable items such as oil-base paint, bleach, cleaning and lighting fluids, matches, ammunition and aerosol cans, including hair sprays, shaving creams, deodorants and household cleaners.

STEP #3

One Week before the Move

- **Keep detailed records and receipts of all your moving expenses.** In Canada, depending on your situation, Canada Revenue Agency allows you to claim these expenses on your income tax as long as you are moving farther than 40km.
- Drain gas and oil from lawn mowers, chain saws, snow blowers, gas grills and kerosene heaters. If you are shipping cars and motorcycles they should have only a quarter of a tank of gas.
- Prepare a "safety box" for last on and first off the van. Include all essentials from your kitchen and bathroom as well as medications and first-aid supplies. Also, include a set of tools with a hammer, pliers, screwdrivers, nails and screws.
- Prepare your children for the move by encouraging them to prepare their own special treasure box with toys, games and snacks for the trip.
- Defrost and clean your fridge and freezer at least a day before the move.

- Remove snow and ice from sidewalks, driveways and steps.
- Put linens and pillows in dresser drawers to have handy for making up your beds the first night. Place draperies lengthwise on hangers and hang in a closet, the movers will place them in wardrobe cartons.
- Keep your telephone connected throughout your moving day.

STEP #4

Day before the Move

- If you ordered a packing crew, it will usually arrive the day before loading. Make sure to stay at home and supervise the packing. Pack all valuables you want to take with you by yourself.
- Make sure fragile items receive special attention. Label each box with the contents and location in the new home.
- Collect all house keys and arrange to leave them with the new owners, your real estate agent or landlord. You may want to notify the police if your home will be unoccupied for some time.
- Notify a close friend or relative of your itinerary in case of an emergency.

STEP #5

Day of the Move

- **Compare the mover's inventory with your records** and make sure you agree on the condition of your household goods. You may want to take photographs in case a dispute arises. Make sure you get a copy of the inventory list.

- Give a last minute check to every room and closet before the van leaves.
- Make sure the water, furnace and air conditioner are shut off, windows are shut and locked, and the lights are switched off.
- Check the Bill of Lading for accuracy and completeness before you sign it. Keep a copy for your records.
- Make sure you have the van driver's name and contact information, and give him contact numbers at the destination. Confirm directions to your new home with your driver.
- Turn off the water heater. Set the thermostat at 15 degrees.

STEP #6

Moving into Your New Home

- Be at your new home before the movers. You may be charged for waiting if you are late.
- Contact utility companies to verify service start dates.
- Check the appliances, furnace and hot-water heater. Contact a repair service if something is not working.
- Place a floor plan of your new home by the entrance, so the movers know where to place each piece of furniture.

- Check the condition of each box or household item as it is unloaded. Make a list of all missing or damaged items on the mover's copy of the inventory form. Since **you will do most of the unpacking after the movers leave**, it is a good idea to make a "subject to inspection for loss or concealed damage" note on the inventory form. By signing the inventory sheet, you are acknowledging receipt of all items listed. Immediately report any loss or damage to your salesperson or move coordinator.
- To prevent possible damage, television sets, other electronic equipment and major appliances should not be used before they have a chance to adjust to room temperature.
- Call Canada Post to find out if they are holding any mail for you and ask the services to start.

STEP #7

After You Unpack and Settle

- Obtain necessary IDs such as driver's license, health card, etc.
- Register your car at the new address. Most provinces allow 90 days grace period.
- Contact newspapers and other services for home delivery.
- Walk in your neighborhood to get a good idea what is around and where to find things.
- Check opening and closing hours of stores and service facilities

Vital Goods & Services

Made Available By

GLOBAL INTERNATIONAL CANADA INC.

After more than 37 years of assisting clients from all over the world as they move to, across or from Canada, we have identified key and oftentimes critical products and services designed to '**make your house a home**' and enhance your quality and standard of life.

The vast majority of various products and services which we are making available to you are ones our customers have indicated to us they are in need of, if not immediately, most certainly in the not so distant future.

In keeping with the Global standard of excellence, each professional service provider and company who is featured are considered the very best in their respective industries, and come with impeccable credentials and matching service records.

We're also pleased to report that the services and special offers you will discover and receive are 'exclusive' and available only to the users of "**The International Movers Guide – Everything You Need to Know When Moving to or Leaving Canada!**

Go Here for → [Vital Goods & Services](#)

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Be sure to sign up on our [RSS feed](#) and you will be automatically notified in real time when new information that may affect you is added.

Moving Globally will be chocked full of inside information on the latest trends and cost saving measures you as an international traveler, mover or relocation specialist will find valuable and you're sure to enjoy!

[Read Moving Globally Here](#)

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