



Ottawa International Student Programs (OISP)



Pre-Arrival Information

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Ottawa International Student Programs
440 Albert St., Room C315
Ottawa, ON K1R 5B5
Tel: (613) 239-0277 Fax: (613) 239-0608
E-mail: ocenet@ocdsb.ca

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Assessment and Orientation

Prior to registering for school, you will be assessed for your math and English skills. Placement in academic courses at the secondary level will be based on the results. Assessment takes approximately 3 – 4 hours for secondary students and 1.5 hours for elementary students.

We will schedule your assessment date after we receive your arrival information.

Please contact: Eun Young Shin eunyoung.shin@ocdsb.ca
Or Alejandra Guidi Alejandra.guidi@ocdsb.ca

Dates & Time

September Entry

Dates: Last two weeks in August (weekdays)

February Entry

Dates: Last week in January (weekdays)

Location: Ottawa Technical High School
440 Albert St., Room C315 (3rd floor)
Ottawa, ON K1R 5B5

High School

Time: 9 am (duration: approximately 5 hours including Orientation)
Tel #: (613) 239-0277

Elementary

Time: by appointment (duration: approximately 1.5 hours)
Tel: (613) 239-0277

On the day of your assessment, you must bring the following items to the office:

High School & Elementary

- (1) Passport and Study Permit
- (2) Most current report card –very important for proper placement
- (3) Immunization (vaccination) records if not previously sent to OISP

High School

- (1) Dictionary (to be used for the math test only)
- (2) Calculator (for grade 12 level math, a scientific calculator is required)
- (3) Stationery: pencil, pen, eraser and ruler

Elementary

- (1) Stationery: pencil, pen, eraser and ruler

Health

Health Insurance

While you are studying in Ottawa, you will be required to have health insurance. If you have arranged this with us at OISP, you will be covered for a maximum of two weeks prior to your start date. You may purchase additional insurance if you are planning to arrive prior to this date.

You will receive your health card and policy document on the day of your assessment. What does this cover? Please check www.ingleinternational.com/ocenet for more information.

Immunization (Vaccinations)

All students attending school in Ontario **must** be immunized against diphtheria, tetanus, polio, measles, mumps and rubella (German measles).

You are required to provide your immunization records to Ottawa Public Health. Your records will be assessed by Ottawa Public Health and the Certificate of Immunization and Tuberculosis Assessment will be issued when immunization is up-to-date. If additional immunization is required, these can be done in your home country or at clinics in Ottawa.

For more information regarding public health requirements for school registration, please contact Ottawa Public Health Immunization Program by phone (613) 580-6744 ext 24108, fax (613) 580-9660 or immunization@ottawa.ca. Ottawa Public Health's opening hours are weekdays from 8:00am to 3:45pm; they are located at 100 Constellation Cr., Ottawa, ON K2G 6J8

High School Orientation and Timetabling Schedule

Dates and times for school orientation and course selection will be provided to you after the assessment test.

Homestay

Have we arranged homestay for you? Homestay will provide you the opportunity to experience life as part of a Canadian family, by being exposed to Canadian culture and spoken English in a caring and encouraging family environment.

Your host family is eager to learn about another culture and to see their own culture through your eyes. They are excited to welcome you into their lives and want you to make the most of your stay in Ottawa.

The Ottawa International Student Programs homestay provider is Canada Homestay International.

Contact: Brenda St. Jean
Telephone #: (613) 686-6764 ext 2040
E-mail: brenda@canadahomestayinternational.com

Life in Ottawa

Climate

Average Temperatures

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
C°	-11	-10.1	-3.6	5.1	12.8	18.2	20.6	19/3	14.7	8.1	0.7	-7.9

Average Maximum Temperatures

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
C°	-5.9	-5.0	1.0	10.2	19.0	24.6	25.3	25.3	20.5	12.9	3.8	-3.7

Average Minimum

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
C°	-16.1	-15.7	-8.7	-0.4	7.08	12.3	14.9	13.4	9.4	3.1	-3.3	-12.1

What to bring

In the fall, you will need some light summer clothing as well as warmer clothing for the months from August to October as temperatures can range from 25°C to 3°C. You should bring a light jacket, a warm jacket, sweaters, a hat and some warm gloves.

From November to April, you will need warm clothing such as sweaters, winter jacket, hat, gloves and boots as temperatures can range from -20°C to 7°C.

- casual clothes for daily wear
- sweatshirts and sweaters
- warm jacket
- winter coat
- walking shoes or running shoes
- boots for cold weather
- swimsuit and towel (swimming year round indoors)
- bag or backpack to carry books to school
- personal hygiene items (soap, shampoo, toothbrush and toothbrush etc.)
- prescription medication
- eyeglasses, extra pair of contact lenses, contact lens products such as cleansing solution, copy of prescription

Other suggestions

- traveller's cheques in Canadian dollars
- identification with your picture and birth date other than your passport
- camera
- pictures of your home and family
- bilingual dictionary
- special sports clothing or equipment (ski clothing and bicycle helmet, etc.)
- small gifts to give to host family
- semi-formal clothing for special occasions

Transportation

Local buses

Ottawa has an excellent bus system called OC Transpo (Ottawa-Carleton Transportation) that makes getting around Ottawa quite easy. Full-time elementary and secondary students are eligible for discounted monthly or annual passes all year. You must get a photo ID card to use a bus pass. Photo ID cards can be purchased from the following four Sales and Information Centres:

- | | |
|-----------------------------|----------------------------|
| (1) St. Laurent Station | (3) Lincoln Fields Station |
| (2) Place d'Orleans Station | (4) Rideau Centre |

*You will need to present your passport or student ID to the Sales and Information Centre in order to purchase a student bus pass. These centres accept payment for purchases of \$9.50 or greater through Interac or by Visa, Mastercard, or Amex.

Bus fares

Regular bus routes:

Monthly Student Bus Pass	\$59.75
Annual Regular Student Bus Pass	\$573.60
Photo ID card (Student)	\$5.25

Express bus routes:

Monthly Student Bus Pass	\$70.00
Annual Express Student Bus Pass	\$672.00
Photo ID card (Student)	\$5.25

Boarding the bus (paying by bus tickets or cash)

You will board the bus from the front and place a bus ticket or cash into the box located at the right of the driver. If you pay by cash, you must have the exact amount of money because bus drivers do not give change. Using bus tickets is cheaper than using cash. Also if you ask the driver for a transfer after payment of your fare, you can use this ticket for any direction of travel, including return trips and stopovers, provided the time has not expired. Transfers are valid for about 90 minutes. You will need to check the expiration on your transfer.

For more information on buses and bus routes, you can visit OC Tranpo's website at www.octranspo.com.

Biking

There are hundreds of kilometers of bike paths around Ottawa that make biking an easy and enjoyable way to get around. It is easy to buy a new or used bike. The cost of a used bike is about \$100.00, and new bikes can be purchased from about \$150.00 and up. You will also need to purchase a bicycle helmet that will cost about \$25.00+.

What Things Cost

Below is a list of approximate prices for some everyday items:

Clothing

Gloves/Mitts	\$15.00 - \$40.00
Hiking Boots	\$75.00 - \$200.00
Jeans	\$50.00 - \$75.00
Shorts	\$20.00 - \$50.00
Socks (one pair)	\$3.00 - \$10.00
Sweater	\$30.00 - \$70.00
Toque (winter hat)	\$10.00 - \$20.00
T-shirt	\$10.00 - \$15.00
Underwear (one pair)	\$6.00 - \$15.00
Winter Coat	\$100.00 - \$300.00

Entertainment

Movie	\$8.00 - \$13.00
Music CD	\$15.00 - \$20.00
DVD Rental	\$6.00 +

Meals at a Restaurant (based on one person)

• *main course (casual)	\$8.00 - \$12.00
• *main course (fancy)	\$15.00 - \$35.00
• main course (fast food)	\$5.00 - \$8.00
Coffee	\$1.50 - \$3.00
Dessert	\$4.00 - \$6.00

(*Tipping, which is customary in Canada, is an extra amount of money given to your server for good service; this is usually about 10% - 15% of your bill before applicable taxes.)

Personal Items

Contact lenses (pair)	\$100.00 +	(remember to bring your prescription)
Contact lens solutions	\$5.00 - \$21.00	
Dental floss	\$2.00 - \$5.00	
Deodorant	\$4.00 - \$9.00	
Shampoo	\$3.00 - \$10.00	
Soap	\$2.00 - \$5.00	
Toothpaste	\$3.00 - \$5.00	
Toothbrush	\$2.00 - \$8.00	

Services

Haircut (men)	\$10.00 - \$30.00
Haircut (women)	\$20.00 - \$60.00
Public telephone	\$0.50
Stamps (up to 30g)	
• for mail within Canada	\$0.52
• for mail to the United States	\$0.96
• for international mail	\$1.60

Sales Taxes

GST: Goods & Sales Tax 5% is added to most purchases except basic groceries, most medical services /devices and prescription drugs

PST: Provincial Sales Tax 8% is added to most purchases except basic groceries, most medical services /devices and prescription drugs

For example:

You buy a coat that costs \$100.00; you will need to pay the following:

\$100.00	coat
\$ 8.00	pst
<u>\$ 5.00</u>	gst

Total: \$113.00

As an international student of the Ottawa-Carleton District School Board, you must adhere to the following:

International Student Code of Conduct

Academic Performance

1. Students will obtain satisfactory results in their courses to continue in the program.
2. Students will take a full program. If students wish to change their program (e.g. drop a course) they must first obtain permission of their guidance counselor and the OISP academic coordinator.
3. Students will follow the rules of their school.
4. Students have the responsibility to share their report cards, and school letters with their parents and homestay family.
5. OISP or the school will provide written reports to the parents of students who are experiencing difficulty in our school system (e.g. attendance or academic results).

Attendance

6. Students will strive to attend school on every school day of each term. All students (including those 18 years of age and older) who are sick and absent from school will bring a note signed by their host parent explaining their absence.
7. Students who are absent from school for a valid reason are responsible for making up all the work and assignments they have missed.
8. Students who cannot maintain regular attendance at school will be withdrawn from the program.
9. Students who are withdrawn from the program will return to their home country immediately at their own expense and without any refund of tuition fees.

Homestay

10. Students will live with a homestay family for the duration of their studies.
11. Students will advise the homestay family of their emergency contact details.
12. Students will follow and respect homestay family household rules and property. These include showing consideration and courtesy, agreeing to a suitable home time and bed time, and advising the homestay family of outings and visits.
13. Students will negotiate the use of telephone, computer and internet facilities with the homestay family and abide by their decision in relation to this usage.
14. Students will be treated as a respected member of the family and will be expected to be an active member of the household.

Contact Details

15. Students will obtain permission from the OISP office before changing accommodation.
16. Students will advise their school and the OISP office of their new contact details within seven (7) days.

Overseas Student Health Insurance

17. All students must have health insurance to cover medical emergencies, illness and medications while in the program.

Canadian Law

18. Students will obey Canadian laws and regulations at all times
19. Students are **not** permitted to work for pay.

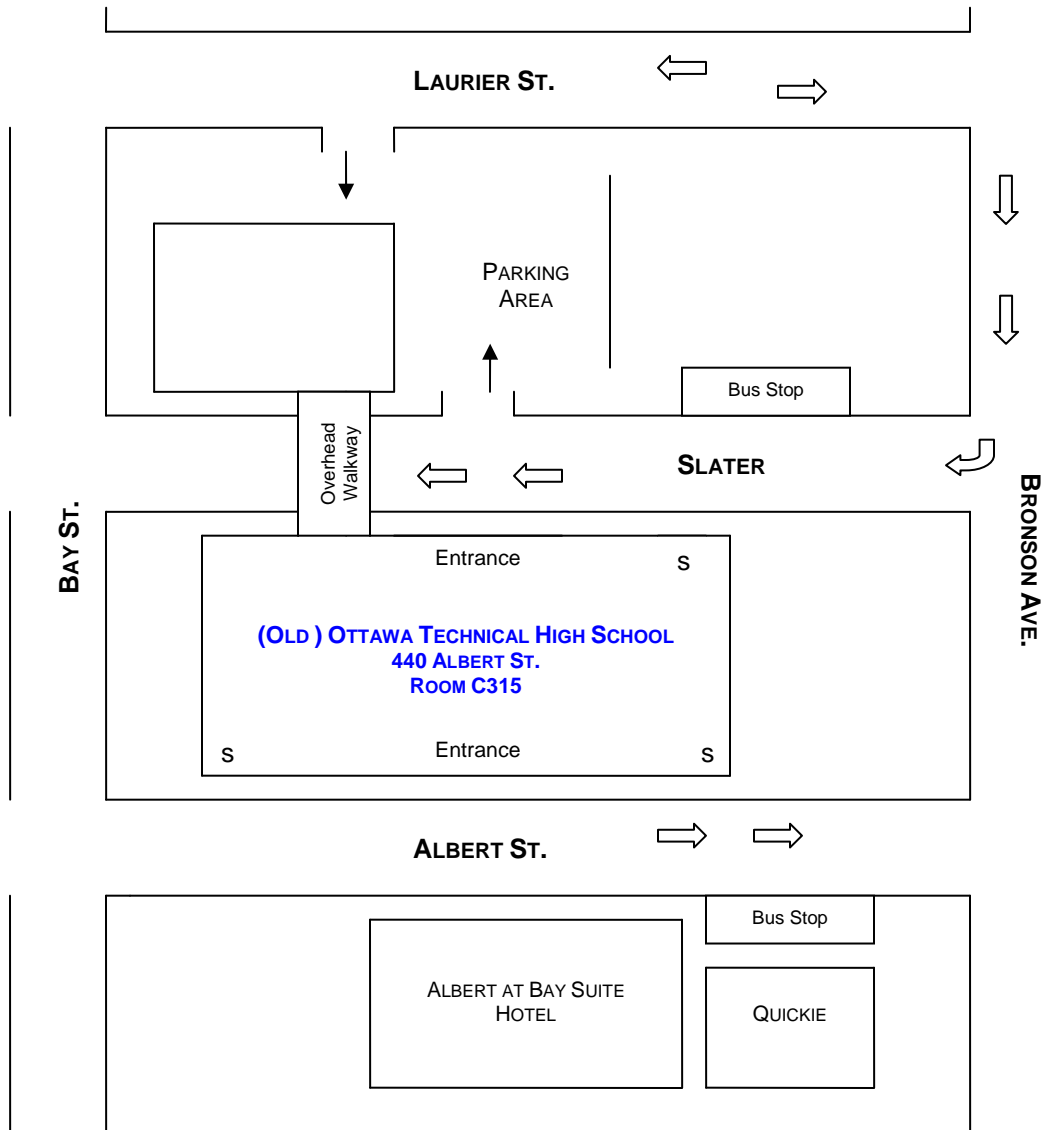
Ottawa International Student Programs

Directions to our office

440 Albert St., Room C315

Ottawa, ON K1R 5B5

Tel: (613) 239-0277



The Ottawa International Student Programs is located in the Ottawa Technical High School at 440 Albert St. Take the staircase to the 3rd floor, and you will find us in room C315.