

# International Student Information Handbook





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# Welcome to Windsor-Essex Catholic District School Board

Congratulations on your decision to come and further your studies at WECDSB!

We are aware of your unique needs and requirements as an International Student. We are here to help you and to understand your concerns. The Windsor-Essex Catholic District School Board - International Education Program has developed this handbook to provide you with information that will help you adjust to student life in Canada.

The International Education team, along with some strategic people at your home school, is here to help as you begin settling into your new life at WECDSB.

We wish you luck in your new adventure.

Nadia Desjardins Supervisor International Education



# Windsor-Essex Catholic District School Board International Education Mission/Vision Statement

#### **Mission Statement:**

The Windsor-Essex Catholic District School Board - International Education Program actively promotes international understanding by enriching the academic and cultural experiences for International and Canadian students, teachers and staff at WECDSB. Through this commitment we hope to transfer and exchange knowledge and crosscultural understanding. We aim to continue building lasting relationships between our teachers, alumni and current students.

#### Vision

The Windsor-Essex Catholic District School Board - International Education Program will provide extraordinary learning opportunities for our global students. Having a nurturing environment, and strong curriculum, and a culturally diverse community will facilitate exceptional achievements. Together we will take steps to make the world a better place.

#### Goals

- To diversify, expand and nurture the international experience
- Staying true to our Core Values: Respect, Commitment, Integrity, Collaboration and Responsibility

Windsor-Essex Catholic District School Board

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# Visit WECDSB's Catholic Education Centre upon Arrival!

One of the first places you will visit when you arrive in Windsor is WECDSB's Catholic Education Centre at 1325 California Avenue, Windsor Ontario, where our International Education Program is located. We recommend you arrive a minimum of 3 days prior to the Orientation session. We are here to answer any questions or assist with any concerns you may have upon arrival. **We will be sending all new students and their Canadian Home Stay families a date and time for the orientation session.** 



### Windsor-Essex Catholic District School Board – Catholic Education Centre



# **Important Contacts for International Students**

Nadia Desjardins Supervisor International Education <u>Nadia desjardins@wecdsb.on.ca</u> 519 253.2481 x 1278 Skype: Nadia.desjardins2

Denise Kimmerly Admissions/Program Assistant <u>denise kimmerly@wecdsb.on.ca</u> 519 253.2481 x 1135

Canada Homestay Network Contact Karissa Quinlan Relationship Manager <u>WECDSB@canadahomestayinternational.com</u> 519 916.5290 x 2028 1.877.441.4443 x 2028

# Windsor-Essex Catholic District School Board

# International Education Program

# Important Links (not Set Up)

- Canadian Bureau for International Education
- Citizenship & Immigration Canada
- Colleges and Institutes Canada
- Council of Ministers of Education
- Education au/in Canada
- Embassies in Canada
- Government of Canada
- Languages Canada
- Universities Canada
- Weather Network
- Get to Know Canada

# **Student Services at WECDSB**

#### **International Education**

The International Education Team promotes and facilitates services for International Students. Areas of regular assistance include but are not limited to:

- Advice relating to academic, social, or cultural issues
- Assistance regarding renewal of Passport and/or Study Permit questions
- Health Insurance inquiries
- Extracurricular activities
- Provide information to enroll friends or relatives

# School Calendar 2015/16 - Please see website for calendar and important dates to remember.

http://www.wecdsb.on.ca/pdf/calendars/20152016%20WECDSB%20Calendar.pdf



#### Facebook

Connect with us on Facebook..... https://www.facebook.com/WECDSBInternationalEducation/

#### **Student Buddy System**

The Buddy Program at WECDSB is designed to assist International students in making a positive transition into secondary school life. Student "buddies" are available to help you every step of the way with the tips you need to succeed! Your buddy will provide support, show you where your classes are, assist you in connecting with other students and help you to stay on track to reach your academic goals! They will act as your school liaison and assist in directing you to the appropriate staff in order to make you feel comfortable.

#### Student Government /Student Representative Council (SRC)

Each of our secondary schools has a Student Council that is comprised of elected representatives from each of the grade levels. The members of the student councils provide interesting activities for the students and are very much involved in the spirit and life of the school. Our students work closely together with school staff and administration, through their work with community agencies; help to create vibrant and exciting school communities. Each student council sends three of its representatives to the Board level student government known as the Student Senate. Two elected Student Trustees lead the Student Senate and coordinate activities, such as community based social justice projects, on behalf of all of our schools.

#### **Student Athletic Association (SAA)**

The Windsor-Essex Catholic District School Board is a member of the Windsor Essex County Secondary School Athletic Association, a collection of educational institutions from diverse communities, backgrounds and religions, administering athletic competitions amongst its members. It is the policy of W.E.C.S.S.A.A. to encourage communication and harmony between its members and to use athletics as a medium to promote fitness, enjoyment and EDUCATION. The EDUCATIONAL focus of the interschool extracurricular sports program recognizes that TEACHER/COACHES are an integral part of the program in order to fulfill its mandate. Windsor-Essex Catholic District School Board

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#### **Campus Ministers**

- The Campus Ministry offices are the religious and spiritual centers of our schools. Campus Ministry helps our schools arrange religious events that regularly take place – eucharist, confessions, retreats, and spiritual guidance. They also act as a support person for students, parents, teachers and other staff in areas of personal, moral and spiritual concerns by counseling and guiding students, parents and staff at appointed times, and in crisis situations. They are the liaison between parish and school communities and organize and assist in community building days for students and staff.

#### Food and Beverage Services:

Lunch services are available at each school if you wish to purchase lunch.

# **Medical/Health Insurance**

Your medical/health insurance provider through WECDSB will be with Ingle International.

For more information on our insurance policy, please visit the website: www.inglestudents.com/windsoressex

Your Insurance Package also includes a 24/7 hotline in your language for mental health concerns such as, loneliness and depression. You will receive a separate card with a 1-800 number to call.

The following items are found in your Ingle International insurance package:

1. Ingle International wallet card - The card has your name, policy number, and the telephone number for Intrepid 24/7 Emergency Assistance. Ensure that both you and your host family keep a copy of the card in a safe place and always keep a copy with you.

2. Policy wording - This document has the details of your insurance coverage. It outlines the benefits, limitations, and exclusions.

3. Claim form – After you receive medical care, you will need to fill out this form, sign, and send it to Ingle International so that you can be reimbursed for eligible expenses. Even if you did not pay, you must sign and submit the form.

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#### Need to see a doctor but not sure where to go?

Walk-in Clinic	Emergency Room	
Cold or flu symptoms or mild fever	High fever	
Minor aches	Severe pain	
Sprains	Broken bones	
Skin rashes or Irritations	Deep cuts	

Download the Do You Need to See a Doctor guide for more information on how to prepare, anticipate, and review a visit to a medical clinic: inglestudents.com/windsoressex/see-a-doctor

#### If you are in an accident and require immediate care for life threatening injuries, dial 911.

If you are going to be hospitalized, need a scan, or require an invasive procedure, call Intrepid 24/7:

Toll free 1.800.295.5205

Collect anywhere in the world

+1.416.640.4416

These numbers are also on your Ingle wallet card.

#### **Medical Care Payment Options**

**Upfront payment** – You can pay for your medical services upfront, and submit the receipt with the claim form for reimbursement.

**Direct billing** – Ingle International has relationships with select medical facilities in the Windsor area that will bill them directly, but you will still need to sign the claim form. You can also, visit the website for a list of direct-pay facilities: www.inglestudents.com/windsoressex/find-a-doctor

**Request a bill** – Rather than paying upfront, you can request a bill from the facility, which can be submitted with a claim form for payment.

#### **Submitting a Claim**

You have multiple options for submitting a claim:

Email: studentclaims@ingleinsurance.com

Online: www.inglestudents.com/windsoressex/onlineclaim



#### Canada Post:

Ingle International – Claims Administration

460 Richmond Street West, Suite 100

Toronto, ON M5V 1Y1 Canada

Fax: 1-416-730-1878

#### **Avoid Delays**

Before submitting your claim, make sure you have:

- Signed the form
- Listed the services you have received and the cost for each of them including all the clinical notes and receipts
- Checked the boxes in Section Three and provide further information if needed

**Remember:** Check your email often to see if the Claims Department is trying to get in touch with you. If have any questions or you want to know the status of your claim, contact 1-888-386-8888 or studenclaims@ingleinsurance.com.

#### Follow the 3 P's:

#### Plan

Determine if you need to visit a walk-in clinic or the emergency room based on your symptoms. **Prepare** 

- When going to receive medical care of any kind, always bring a piece of photo id, your wallet card, and a claim form.

- Do not turn down medical treatment—bring an appropriate method of payment just in case you are asked to pay upfront. Keep your receipt and submit your claim for reimbursement.

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#### Place

- Keep receipts/invoices for the services that you paid for
- Record the name and phone number of any facilities and pharmacies that you visited.

#### Your customized website:

Visit www.inglestudents.com/windsoressex to access a wealth of important and helpful information:

- Summary of benefits in 14 languages
- Full policy wording
- Claim form
- Find-A-Doctor tool
- Articles about mental health and how to stay happy and healthy while studying in Canada
- Insurance options for your family and friends visiting you in Canada

# International Education Program



### Walk-in Medical Clinics

West Windsor Urgent Care Centre 2055 Huron Church Rd 519-255-9185 (beside Shoppers)

Windsor Medical Clinic (near Campbell Ave) 1608 Tecumseh Rd. W., 519-258-4400

Rexall Walk-in Clinic 1700 Huron Church Rd 519-258-3093

Family Practice Walk-In Clinic 3020 Dougal Ave. 519-967-8867

Howard Ave. Walk-in Clinic: 2462 Howard Ave. Suite 105, 258-5696

**Riverside Walk-in Clinic:** 7775 Wyandotte St. E., 519-974-4122 Closed Holidays

**Roseland After Hours Clinic:** 3840 Howard Ave. 519-972-3944

**Teen Health Centre (12 - 24 years old)** 1585 Ouellette, 519-253-8481

Walkerville Family Practice and Walk-in Clinic (near Ottawa St.) 1275 Walker Rd. 519-977-9222

Windsor Medical Clinic East Side 6720 Hawthorne Dr. 519-944-2295 (off Lauzon Parkway)

# International Education Program

# Our Schools

#### Assumption College Catholic High School

Website	http://www.wecdsb.on.ca/acs	
Address	1100 Huron Church Road, Windsor, Ontario, N9C 2K7	
Phone	(519) 256-7801	
Fax	(519) 256-0417	
Attendance	(519) 256-2338	
Principal	Tish Hedderson	
Vice-Principal	Marisa Lipari   Michael Naicker	
Admin Assistant	Janette Yacoub	
	Transit Windsor   ph: (519) 944-4141	
Transportation	(519) 944-4141	

#### **Cardinal Carter Carter Catholic High School**

Website	http://www.wecdsb.on.ca/ccss	
Address	120 Ellison Ave., Leamington, Ontario, N8H 5C7	
Phone	(519) 322-2804	
Fax	(519) 322-4214	
Attendance	(519) 322-2852	
Principal	Dwayne Brunet	
Vice-Principal	Fr. Peter Hrytsyk   Ryan Coristine   Sue Patterson	
Admin Assistant	Susie Carreira	
Transportation	Stevenson ph: (519) 727-3478 (519) 727-3478	

# International Education Program

#### **Catholic Central High School**

Website	http://www.wecdsb.on.ca/cchs
Address	441 Tecumseh Rd. E   321 Tecumseh Rd. E(2nd Level), Windsor, Ontario, N8X 2R7
Phone	(519) 256-3171
Fax	(519) 256-6691
Attendance	(519) 256-3174
Principal	Sherrilynn Colley-Vegh
Vice-Principal	Chad Barrette   Laura Beltran   Luigi Baggio
Admin Assistant	Paulette Ogilvy
Transportation	Transit Windsor   ph: (519) 944-4141

#### F.J. Brennan Catholic High School

Website	http://www.wecdsb.on.ca/fjbhs	
Address	910 Raymo Road, Windsor,	
/ dui c35	Ontario, N8Y 4A6	
Phone	(519) 945-2351	
Fax	(519) 945-8240	
Attendance	(519) 945-2811	
Principal	Melissa Farrand	
Principal - Centre of Excellence	Kevin Hamlin	
Vice-Principal	JoAnne Chiandussi	
Admin Assistant	Maureen Marchini	
Transportation	Transit Windsor   ph: (519)	
-1	944-4141	

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#### **Holy Names Catholic High School**

Website	http://www.wecdsb.on.ca/hnhs	
Address	1400 Northwood Street, Windsor, Ontario, N9E 1A4	
Phone	(519) 966-2504	
Fax	(519) 966-2506	
Attendance	(519) 966-3448	
Principal	Pat Hickson	
Vice-Principal	Jeff Rivard   Darlene Cossarini   Jim Kittl	
Admin Assistant	Karen Melnik	
Transportation	Transit Windsor   ph: 519) 944-4141	

#### St Anne's Catholic High School

Website	http://www.wecdsb.on.ca/sta	
Address	1200 Oakwood Dr., R #3, Belle River, Ontario, NOR 1A0	
Phone	(519) 727-8908	
Fax	(519) 727-9953	
Attendance	(519) 727-4497	
Principal	Amy LoFaso	
Vice-Principal	Sam Sleiman   Cynthia Faccinato   Aldo Bertucci	
Admin Assistant	Michelle Quigley	
Transportation	Stevenson G & L Transport   ph: (519) 727-3478	

# International Education Program

#### St. Joseph's Catholic High School

Website	http://www.wecdsb.on.ca/stjoes	
Address	2425 Clover Street, Windsor, Ontario, N8P 2A3	
Phone	(519) 735-3326	
Fax	(519) 735-5322	
Attendance	(519) 735-7883	
Principal	Brendan Roberts	
Vice-Principal	Jeff Rivard   Fil Greco   Kim Larsen	
Admin Assistant	Tracy Menard	
Transportation	Transit Windsor   ph: (519) 944-4141	

#### St. Thomas of Villanova Catholic High School

Website	http://www.wecdsb.on.ca/stov	
Address	2800 County Road #8, LaSalle, Ontario, N9A 6Z6	
Phone	(519) 734-6444	
Fax	(519) 978-9238	
Attendance	(519) 734-7206	
Principal	Amy Facchineri	
Vice-Principal	Jeremy Schiller   Danielle Koloff   Sam Sleiman	
Admin Assistant	Anna Rosati	
Transportation	Sharp Buslines   ph: (519) 736-0933 (519) 736-0933   Richmond Coach Lines   ph: (519) 738-3553	



#### **Programs Available**



Dual credit programs are intended to assist secondary school students in the completion of their Ontario Secondary School Diploma and provide a successful transition to college and apprenticeship programs. Students in Specialist High Skills Major (SHSM) programs and the Ontario Youth Apprenticeship Programs (OYAP) are also eligible to enroll. Enrolment in half or full day Co-op allows greater flexibility to participate.

To participate, you MUST be referred to the program through your School Student Success Team. St. Clair College will not accept applications directly. To find out what dual credit offerings are available and to take advantage of this great opportunity, review the Course Offerings, download and complete pages 1 and 2 of the application and make an appointment with your Guidance counsellor, Student Success teacher or Co-op teacher.

Please note: Spaces are reserved in a dual credit course on a first come first serve basis. Submit your application early to secure your spot in your first choice.

Apprenticeship Dual Credit Programs for Semester 2, 2015 Brick and Stone Industrial Mechanic Millwright Course runs Monday - Friday, APRIL 27 JUNE 19

Successful students will earn up to 2 secondary credits (Level 1 apprenticeship is a 240 hour course) Students must be scheduled for an all day Brick and Stone Mason or Industrial Mechanic Millwright placement during Semester 2 (Feb-April). Students must be signed apprentices. Students will be enrolled in their "home school" for the Co-op program, and will be considered a full time student at their home school.

For further information and to access the Application forms, Course Descriptions and Dual Credit Calendar, visit: <u>https://sites.google.com/a/mytools2go.ca/wecdsb-dual-credits/</u>



e-Learning is the delivery of a learning, training or education program by electronic means. eLearning involves the use of a computer or electronic device to provide training, educational or learning material.

#### e-Learning 2014-2015 Course Offerings



English as a Second Language is a program designed to provide support to students whose first language, is a language other than English, or is a variety of English that is significantly different from standard Canadian English. Catholic Central High School provides the English as a Second Language support for all our international students. All international students will have an Academic English Proficiency assessment prior to arriving in Canada. The assessment was designed by the **Ministry of Education** and **must** be taken by all international students who wish to study in secondary schools in Ontario, Canada. This assessment is a resource which will help us determine the student's **Academic English Proficiency**. There are three areas assessed: oral, reading and writing skills. Students whose assessment indicates this support is required, will attend Catholic Central High School to take advantage of the ESL support needed to be successful in school.

Experiential Learning Programs

Schools are offering more opportunities to customize your high school experience and build on your strengths and interests through a variety of new and enhanced learning options including Experiential Learning. Experiential Learning programs such as Co-op, OYAP and School-Work Co-op enhance your academic background and provide you with opportunities to gain valuable experiences in our community. No matter what post secondary pathway, if you choose experiential learning, it can assist you in making career decisions and help you develop the knowledge, skills and habits required in the workplace. All forms of experiential learning are a valuable complement to your post secondary preparation and future employment.



Immersion French Immersion

The WECDSB offers a French Immersion Program in six (6) of our elementary schools. The French Immersion Program is continued at the Secondary level at selected High Schools.

International Baccalaureate Programme

The International Baccalaureate Programme at Assumption is open to all secondary students throughout Windsor and Essex County. This programme will provide courses leading to an internationally recognized diploma.



Start your career as a skilled worker while in high school... consider the Ontario Youth Apprenticeship Program!

Student Planning Guide <u>Secondary School Student Planning Guide</u>

The Secondary School Student Planning Guide includes information on course selection, the organization of courses, goals, diploma & Certificate requirements, School Services, eLearning, Experiential Learning, and other important topics.

Specialist High Skills Major (SHSM)

Interested in a particular career sector? The SHSM is a ministry-approved specialized program that allows students to focus their learning on a specific economic sector while meeting the requirements for the Ontario Secondary School Diploma (OSSD) and assist in their transition from secondary school to apprenticeship training, college, university or the workplace.



This is a ground-breaking new Hockey Canada-certified open-boundary program offered at F.J. Brennan Catholic High School and Corpus Christi Catholic Middle School that's open to Grade 7-12 students of all levels of ability from the Greater Windsor-Essex area.

# School Life

#### Who Are Your Teachers?

It is very important that you get to know your teachers. It will make things much easier for you to understand the academic life in Canada. You should not hesitate to ask their advice about homework, grades, or other academic matters. Remember they are here to help you. Make sure you take note of where and when they can be reached (email, office hours, etc.). In addition each school has a Guidance Counsellor who is also available to meet with you about: course selection, post-secondary information and mental health & well being resources.

#### Quizzes, Tests, and Exams

Quizzes: Short tests on assigned material are the most frequently used methods of evaluation.

**Pop-quizzes:** Unannounced quizzes may be given by the instructor to see if students are keeping up with their assignments and to verify that students understand the material being presented in the course.

**Exams**: May call for short or long responses to questions. Many exams may include one or two questions requiring essay style responses or several questions requiring only paragraph responses. You will become familiar with multiple-choice testing style as well, where you must choose the most correct answer out of a number of possible options.

#### Homework

International students are sometimes distressed by the amount of reading assigned for their courses. It is very important that students understand how essential the reading assignments are to their overall learning and academic success. In some courses, the reading is central to the course work. In other courses, readings may be supplementary or optional. If you find yourself falling behind or

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feeling pressured about your assignments, discuss your concerns with your instructor after class or during office hours. The tutoring services department is available for students and can assist with subject specific work assistance as well as help with research assignments and proof-reading.

#### **School Program**

As soon as **all documentation** have been completed and **fees have been paid**, WECDSB will make every effort to have the student **accessed via an on-line tool.** This assessment has been designed by the **Ministry of Education** and must be taken by all international students who wish to study in secondary schools in Ontario, Canada. This assessment is a resource which will help us determine the student's **Academic English Proficiency**. There are three areas assessed: oral, reading and writing skills. There is also a mathematics component which will likely be administered when students arrive. Please note we will make every effort to ensure mathematics is not offered in the 1<sup>st</sup> semester of a student's arrival.

- Our ESL program is based out of Catholic Central High School.
- Most students come to Canada in order to achieve the High School Graduation Diploma. Your English
  skills must be at a high level of proficiency before you can attempt many courses. Your teachers don't
  want you to become discouraged. All courses that you take, count as credits towards your graduation.
- Some students come here for a semester or a full year program to concentrate on improving their English and having a cultural experience. In this case, they may choose from a wide variety of courses to complete their timetable. This is an opportunity to try classes not available to you in your home country. If there are some subjects that you must take in Canada, be sure to let the school counselor know.
- If you plan to graduate from high school in Ontario, then tell the counselor so she/he can begin to plan an appropriate course of studies for you.
- If you are having difficulty understanding your homework assignments or you feel you are in a course where the level of English is too difficult for you, make an appointment with the school counselor.
- If you feel that having a tutor would help you, and your parents are prepared to pay this expense, contact the Supervisor of International Education Nadia\_desjardins@wecdsb.on.ca.

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- Please note that many of our high schools offer homework help after school to assist students and this service is free.
- Students must complete 40 hours of community involvement activities as part of the requirements for an Ontario Secondary School Diploma. Please speak to your Guidance Counsellor for more information.
- Plan to spend several hours each night during the week on homework. Sometimes you may not have homework in all of your subjects. You can still improve your English during this time by watching English television or practicing your conversation skills with your host family.
- Although we know that you will want to converse on-line in your own language with your friends, you should try to limit the time you spend on this activity. Your English language skills will not improve if you spend too much time communicating in your native language.
- Getting too tired is the main reason why students don't adjust to a new school, new friends and new responsibilities. Some students will stay up too late, working or talking on the computer. Try not to get into this habit. In Canada, we think that students should have 8 to 10 hours of sleep each night in order to remain healthy and alert in school.
- Also, even though the food may seem different to you, it is important to eat a healthy breakfast each morning to get energy for the day's activities. If you prefer rice or something different in the morning, please let your host family know.



#### **School Activities**

In Canada, we think that students will do better in their school subjects if they are participating in a wide variety of extra-curricular activities such as:

- Sports
- Band
- Theatre
- Dance
- Fine Arts
- Clubs
- Outdoor recreation

As well, participating in activities is a great way to make friends, get exercise, and improve your English! If you are interested in getting involved in school activities or if you would like to find out more about the different types of activities offered at the school, then discuss with your school ambassador or a school counselor for assistance.

Ask your host parents to help you find an activity for your spare time. If you require transportation, to and from the activity, then please discuss with your host parents as well.



# The Canada Homestay Network

My name is Karissa Quinlan, I will be your Relationship Manager while you are studying in Windsor, Ontario, on behalf of, Canada Homestay Network.

We are so pleased that you have made the decision to be a part of our program. We take pride in offering you a homestay that we have personally inspected to ensure that you will be well taken care of. Our homestay families truly care about you and want to make sure that you enjoy your time here in Windsor. It takes some time to adjust to living in Canada and in another person's home. I encourage you to communicate with your host parents about any questions or concerns you may have. They want you to be happy and healthy and they will do their best to address any concerns you may have. If you have any concerns or questions or just need someone to talk to, please give me a call! Nadia and I will work together to ensure that you are well taken care of while studying in Windsor, Ontario. Please note, since we live so close to the border of the United States many of our hosts enjoy taking their students into the US to go shopping, watch a baseball game, hockey game, or go to the zoo. If at all possible obtaining your US visa would be beneficial in attending activities in the United States.

I look forward to meeting you and I hope that your time in Windsor is enjoyable.

Best regards, Karissa Quinlan Relationship Manager Canada Homestay Network

The Canada Homestay Network Bringing international students and Canadian host families together TM

Phone- 519-916-5290 ext. 2028 Email- <u>Windsor@canadahomestaynetwork.ca</u> Website- <u>www.canadahomestaynetwork.ca</u>



# Windsor & Surrounding Area Attractions:

• Natural Areas: Point Pelee National Park, Ojibway Park and Nature Centre, Ganatchio Trail, Navy Yard Historical Site

• WFCU Centre which hosts concerts, sporting events, and shows

• Performing Arts Venues: Capitol Theatre, Chrysler Theatre, Windsor Symphony Orchestra, Windsor Light Opera

- Waterfront with Sculpture Garden, Bike trails, and Peace Fountain
- Cultural Amenities: Art Gallery, Francois Baby House Museum, Underground Railway Museum
- •Aquatic Centre
- University of Windsor, St Clair College, Boreal College

• **Sports Teams:** Windsor Spitfires (Minor Professional Hockey) and Windsor Express (National Basketball League)

• **Sports Teams:** Detroit Red Wings (National Hockey League), Detroit Pistons(National Basketball Association), Detroit Tigers (Major League Baseball), Detroit Lions (National Football League)

• **Performing Arts Venues:** Detroit Symphony Orchestra, Detroit Opera House, Fox Theatre, Fisher Theatre, Majestic Theatre

• **Cultural Amenities:** Detroit Institute of Arts, Detroit Science Centre, Motown Historical Museum, Museum of African American History, Henry Ford Museum and Greenfield Village

•Shopping Districts in Detroit: Somerset Mall, Great Lakes Crossing



#### More Things to Do in Windsor and Essex County

#### Art and Culture:

Capitol Theatre 121University Ave Windsor, Ontario Phone: 519.253.2300

St. Clair Centre for the Arts Chrysler Theatre 201 Riverside Drive West Windsor, Ontario Phone: 519.252.6579 or 800.387.9181 Website: <u>www.chryslertheatre.com</u>

Theatre Alive 5165 Halford Tecumseh, Ontario Phone: 519.737.9919 Website: <u>www.theatrealive.com</u>

Windsor Symphony Orchestra 121 University Ave. W. Windsor, ON, N9A-4J2 Phone: 519.973.1238 / 1.800.327.8327 Website: <u>www.windsorsymphony.com</u>

#### **Movie Theatres:**

Cineplex Odeon 3100 Howard Ave Windsor, Ontario, N8X 3Y8 Phone: 519.967.0197

Website: www.cineplex.com

Silver City 4611 Walker Rd. Windsor, Ontario, N8W-3T6 Phone: 519.966.8666

Website: www.cineplex.com

University Players The University of Windsor Essex Hall Theatre Phone: 519-253-3000 ext. 2808

Art Gallery of Windsor 401 Riverside Dr W Windsor, Ontario, N9A 7J1 Phone: 519.977.0013 Website: <u>www.agw.ca</u>

Detroit Opera House 1526 Broadway St Detroit, Michigan, United States 1-313-237-7464 Website: <u>www.michiganopera.org</u>

Detroit Institute of Art 5200 Woodward Ave Detroit, Michigan, United States Phone: 1-313-833-7900 Website: <u>www.dia.org</u>

Lakeshore Cinemas 164 Lakeshore Blvd Lakeshore, Ontario Phone: 519.979.2400

Website: www.imaginecinemas.com/lakeshore

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#### Shopping:

Devonshire Mall 3100 Howard Ave Windsor, ON (519) 966-3100 Website: www.devonshiremall.com

Great Lakes Crossing Outlet 4000 Baldwin Rd Auburn Hills, Michigan, United States Phone: 1-877-746-7452 Website: <u>www.greatlakescrossingoutlets.com</u>

#### **Sporting Events:**

Detroit Tigers (Major League Baseball) Website: <u>www.tigers.com</u>

Detroit Red Wings (National Hockey League) Website: <u>www.redwings.nhl.com</u>

Windsor Spitfires (Ontario Hockey League) Website: <u>www.windsorspitfires.com</u> Windsor Crossing 1555 Talbot Rd LaSalle, ON (519) 972-7111 Website: <u>www.windsorcrossing.com</u>

Somerset Collection 2800 W Big Beaver Rd Troy, Michigan, United State Phone: 1-248-643-6360 Website: <u>www.thesomersetcollection.com</u>

Detroit Lions (National Football League) Website: <u>www.detroitlions.com</u>

Detroit Pistons (National Basketball Association) Website: <u>www.nba.com/pistons</u>

Windsor Express (National Basketball League) Website: <u>www.windsorexpress/pointstreakssite.com</u>

#### **Outdoor Recreation:**

Point Pelee National ParkOjibway Prairie Complex1118 Point Pelee Drive5200 Matchette RoadLeamington, OntarioWindsor, Ontario, N9C 4E8Phone: 519.322.2365Phone: 519.966.5852Website: www.pc.gc.ca/eng/pn-np/on/pelee/index.aspxWebsite: www.ojibway.ca



# International Education Program

### **Climate and Clothing**

The climate in Windsor is characterized by four seasons with frequent and abrupt changes in temperature which range from near tropical in the summer (up to 34 degrees Celsius), to occasional lows of -10C in the winter. Here are some suggestions on how to dress for the four seasons:

#### Summer:

Hot and humid summers Average temperature: high 20s to low 30s Celsius Clothing: shorts, t-shirts, summer dresses, sandals, light cotton clothing

#### Spring:

In between temperatures, cool/warm, rainy Average temperatures: 10 to low 20s Celsius Clothing: medium to light clothing recommended, layering clothing

#### Fall:

Cooler temperatures Average temperatures: 10 to low 20s Celsius Clothing: Medium to heavy weight clothing, jackets and sweaters

#### Winter:

Snow is often present starting anywhere from late November to early March Average temperatures: between -1 and -10 Celsius Clothing: warm clothing, winter coat, gloves, boots, hat and scarves





# **Culture Shock**

No matter how wonderful Canadians may be, or how excited you are during your first weeks in Windsor, you will most likely suffer culture shock at some point during your exchange. This is normal and to be expected. Culture shock is the emotional and/or physical upset we experience settling into a new cultural environment. For some, culture shock is brief and hardly noticeable. For others, it can cause intense discomfort often accompanied by hyperirritability, bitterness, resentment, homesickness and depression. Some people may experience physical symptoms such as upset stomach, fatigue, insomnia, and headaches.

Typically, culture shock occurs in four stages:

• Euphoria: The high stage. Despite having some angst and sleepless nights, most travelers begin their trip with excitement. Thrilled by being in a new place, everything is wonderful.

# International Education Program

- Anxiety: This stage is marked by a growing frustration with relatively minor problems. Other signs may include agitation, short concentration, excessive eating.
- Rejection: Marked by a rejection of the host culture. All the things that you once found so charming are now seen as annoying. Rather than seeing things as different, you see them as wrong. This stage typically occurs at some point 3-6 months after arrival.
- Adjustment: The majority of travelers recover from culture shock. You accept a certain amount of biculturalism, an understanding of the differences in culture. You ease up on your inability to perfectly fit into your host culture.
- Should you experience any of these above mentioned feelings, contact your Guidance Counsellor at your school of Nadia Desjardins and they will connect you to the C.A.R.E. committee who will seek the proper resources within the community.

#### **Dealing with Culture Shock**

The most effective way to battle culture shock is to step back from those events that bother you, review them, and look for an appropriate explanation and naturally seek help.

- Observe how others are acting in the same situation
- Describe the situation, what it means to you, and your response to it
- Test the new behavior and evaluate how well it works
- Decide how you can apply what you have learned

#### Cultures and Customs of Canada/Windsor

#### Greetings

Canadian culture is a mixture of many different nationalities. Most Canadians are friendly people who are interested in international students. "Hello," "Hi," or "How are you?" are the standard greetings. Most Canadians will also make eye contact and smile when greeting a person.

#### **Starting a Conversation**

After greeting a person, it is appropriate to talk about general topics such as the weather, school, sports, or asking about the weekend.

#### Handshaking

It is customary to shake hands with both men and women when meeting for the first time or seeing each other after a long period of time.



# **Travelling Across Canada and USA**

#### Please note: All travel outside of Windsor requires Parental & Custodian approval.

Safety is always a major concern for us. We are aware of the fact that the students in our program are not adults and we take our responsibility for their care seriously.

When our students are in school or in their Canada Homestay Network host families, we feel confident that they are safe. When they leave our district, to go to other cities or to stay with other people, we must insure their safety in the different environment.

• If a student plans to travel out of district, the travel form must be submitted to the Homestay Representative Karissa Quinlan, **5 working days** prior to departure.

We require the following process anytime a student leaves our district:

- 1. The Travel Permission Form (found on page 36) must be completed by the host parent.
- 2. The completed form must be given to the Homestay Coordinator before the travel takes place.
- 3. Forms must be turned in **at least five working days** (5 days) before intended departure to allow time for review. This timeline must be strictly adhered to or permission will be denied.
- 4. Failure to follow this process by a student, who leaves the district without permission, will result in disciplinary action.

The accompanying Travel Permission Form may be photocopied. Additional forms are also available through your homestay coordinator.



# International Education Program

#### **Getting Around**

• Buses run in the City of Windsor, but are not available in the county (i.e. Lasalle, Lakeshore, etc.). Below is a link to the Transit Windsor website where you will be able to find information related to fares, bus schedules, and maps

www.citywindsor.ca/residents/transitwindsor

- There are buses that cross the border into Detroit for special events (i.e. Concerts, sporting events, etc.). Please note that you are not allowed to cross over into Detroit without the accompaniment of an adult and without first completing the travel permission form. Windsor enjoys excellent rail and bus connections with all major North American cities, as well as easy transportation to the United States by way of the Tunnel or the Ambassador Bridge.
- Remember, you are required to have a valid US Visa to travel to the United States. The best way to do this is to obtain the US tourist visa in your own country. If however, you are not able to do this in advance, students can apply for their US tourist Visas after settling into Canada, this is done through *an online application followed by an appointment at the Consulate in Toronto:* <a href="http://toronto.usconsulate.gov/visas/advice-for-visa-applicants.html">http://toronto.usconsulate.gov/visas/advice-for-visa-applicants.html</a>
- Students may also contact a taxi cab service to get around town. However, taxi fares can be quite expensive and should not be a regular source for transportation. Below is a list of some of our local taxi companies along with their contact information:

0	Vets Cab	(519) 256-2621
0	Canadian Checker Cab	(519) 254-7777

Students may request their host parents to drive them. However, it should be noted that this is
a courtesy extended from your host family and it should not be abused. As a result, please be
courteous in this regard. Do not ask them to pick you up either very late in the evening or very
early in the morning and please do not make continuous requests to be transported around the
city as this may put a strain on your host family.

# International Education Program

#### **Travel Options**

#### **Robert Q Air Bus**

Robert Q Airbus has been providing ground transportation services to and from Pearson (Toronto) Airport and Detroit Metro Airport to various locations in Southern Ontario since 1977. **Book Ticket Online:** <u>http://www.robertq.com/</u>

#### Greyhound:

300 Chatham St W, Windsor ON N9A 7B8 · (519) 254-7575 Website/ Hours: <u>https://www.greyhound.ca/en/locations/terminal.aspx?city=127019</u> Greyhound is an inexpensive coach bus that offers service between major cities. Greyhound bus service can be found at the Transit Windsor Bus Terminal in Downtown Windsor.

#### Via Rail:

In Windsor, passenger service by train is offered by VIA Rail and is located at 298 Walker Road. You can purchase your tickets online with special discount rate available to students. **Book Ticket Online**: <u>http://www.viarail.ca/en/explore-our-</u> destinations/stations/ontario/windsor

International Education Program



#### Canada Homestay International Travel Permission Form

Please use this form for sleepovers, unsupervised out-of-town day trips, or for any overnight trips that your student may take, independently, or with you. These trips are permissible only with authorization (see wording below) obtained from the parent after they have received the detailed information hereby requested. This may take a week to arrange.

Host Name(s):		
Student Name:		
Date(s) of travel:		
Nature of excursion:		
School tri	ip (with school staff)	
Sleepover	in the home of a family not qualified by CH	I
Independent	ent travel/travel with other students	
	p (with host family)	
	, , , , , , , , , , , , , , , , , , ,	
Method of travel: Full names of travel c Where you will stay ( (name, address, phon Normally, if you initiate student. However, in ca consider asking the stude Expected Host Expen	(out-of-town or locally):	would be expected to "treat" your e to the expense, you may
I hereby give my child responsibility and lial the District School Bo Student's Homestay I related to such travel,	ARDIAN OR CUSTODIAN (PLEASE CIRCL d permission to travel as stated above. I furth bility for such travel and, together with the S ard and CHN, their officers and directors, en Host from any and all Student losses, damage	hermore assume absolute tudent above, hold harmless nployees and agents and the
Host FAMILY I am aware of the stud necessary precautions	dent's travel plans and, in my capacity as hos s and hereby authorize the above named stud	st parent, I have taken dent to travel as stated above.
Name	Signature	Date/_/
SCHOOL REPRESE I hereby grant the abo personal travel as ind	NTATIVE (IF STUDENT WILL BE ABSEI ove named student permission to be absent fr icated above.	NT FROM SCHOOL) rom school for the purpose of
Name	Signature	Date/_/



#### **Student Participation Agreement**

As an International student in the Windsor-Essex Catholic District School Board, I agree to the following:

- 1. I will obey the terms and conditions of my study permit issued to me by Citizenship and Immigration Canada
- 2. I will abide by the terms of the district policies and school's code of conduct
- 3. I will attend all classes on days that school is in session, unless I am ill or away on a schoolsponsored field trip
- 4. I will not use alcohol or illegal drugs
- 5. I will work hard to complete my assignments and achieve academic success at school
- 6. I will not own, rent, or drive a motor vehicle
- 7. If I travel outside of Windsor-Essex County, I will complete the Travel Request Form prior to departure
- 8. I will cooperate with my host family and respect their rules and guidelines
- 9. I will leave Canada promptly at the end of my designated stay unless I have been given written permission for an extension by the Supervisor of International Education.
- 10. I will always respect cultural differences. I understand that Canada is a multicultural country and that customs and traditions of others may be different from my own. I understand that discrimination based on nationality, gender, political, or religious affiliation is illegal in Canada.
- 11. I will abide by the laws of Canada

I acknowledge that I have read and understood the terms of this agreement and I understand that failure to follow the rules outlined above could result in disciplinary action and/or dismissal from the International Student Program of the Windsor-Essex Catholic District School Board.

Student Name (Please Print)

Student Signature

Date (Day/Month/Year)



# WELCOME TO YOUR NEW HOME IN CANADA!!!