



## **International Student Handbook**

**2019-2020**

**Sandra Loeppky | *Coordinator of International Student and Accessibility Programs***

**500 Shaftesbury Blvd. | Winnipeg, MB R3P 2N2**

**ph: 204.487.3300 ext. 340 | toll free: 877.231.4570**

**email: [sloepky@cmu.ca](mailto:sloepky@cmu.ca) | website: [www.cmu.ca](http://www.cmu.ca)**

*In recognition of those who struggle with asthma, allergies and environmental/chemical sensitivities, please refrain from wearing fragrances and scented products on campus.  
CMU is striving to be a scent-free environment.*

## Important Dates 2019-2020

### Fall Semester 2019

September 2 & 3	Orientation and late registration
September 4	First day of classes for fall semester
September 13	Last day to make registration changes for fall courses
October 14	Thanksgiving Day – no classes
November 7 & 8	Fall Reading Days – no classes
November 11	Remembrance Day
November 12	Last day to voluntarily withdraw from fall courses
November 27 (Wed.)	Classes held according to a Monday timetable
December 2	Last day of regularly scheduled fall semester courses
December 3-4	Reading days
December 5–18	Fall semester exams (incl. Saturdays December 7 and 14)
December 18	Fall semester ends/residences close
December 24 – January 1	University is closed

### Winter Semester 2020

January 2 & 3	University & residences open
January 3	Orientation for new students
January 6	First day of classes for winter semester
January 15	Last day to make registration changes for winter courses
February 17	Louis Riel Day – no classes
February 18–21	Mid-term reading break – no classes
March 17	Last day to voluntarily withdraw from winter & full-year courses without academic penalty
April 3	Last day of regularly scheduled winter semester courses
April 6 & 7	Reading Days
April 8-23	Winter semester exams (including Saturday, April 13)
April 10	Good Friday (no exams)
April 23	Winter semester ends
April 25	Convocation
April 26	Residence closes for winter semester

### Christmas Break Closure

CMU is closed over the two week Christmas break, December 19, 2019 to January 2, 2020. This means that the dormitories are *closed*, and there are *no food services available during the holiday*. Students who are living in the dormitories are not allowed to stay on campus during the holiday break. We acknowledge that international students travel a great distance, and are unable to leave Winnipeg for the holiday break. CMU will work to **HELP** you find a host, but it is your responsibility to find housing during this break. CMU cannot guarantee that we can find every student a host. This is why we encourage all our international students to engage in the CMU community, a lot of benefit can come from making genuine connections with Canadian students.

## Key Contacts at CMU

There are many people at CMU who are able to help you out with the questions that you will have as an international student. Here is a short list to help you quickly identify who might be best suited to help you with particular concerns.

### *International Student Programs*

Sandra Loepky – Coordinator of International Student Programs  
[sloepky@cmu.ca](mailto:sloepky@cmu.ca) 204-487-3300 x. 340

- Main point of contact for international students on campus
- Orientation & events for international students, student ID card, MB health, counselling services, etc.

### *Academic*

Vern Kehler - Coordinator of Student Advising  
[vkehler@cmu.ca](mailto:vkehler@cmu.ca) 204-487-3300 x.332

- Course registration, questions about your academic programs & supports

Stephanie Penner - Registrar  
[spenner@cmu.ca](mailto:spenner@cmu.ca) 204-487-3300 x.328

- Questions about academic policies, academic integrity & transfer credit

Greg Wiebe – Executive Coordinator, Office of the Vice President Academic  
[gwiebe@cmu.ca](mailto:gwiebe@cmu.ca) 204-487-3300 x.320

- Questions about academic integrity

### *Financial*

Sarah Klassen Bartel – Financial Aid and Student Services Advisor  
[sklassenbartel@cmu.ca](mailto:sklassenbartel@cmu.ca) 204-487-3300 x.602

- Payment plans, on-campus employment

Natasha Francis – Finance Office  
[nfrancis@cmu.ca](mailto:nfrancis@cmu.ca) 204-487-3300 x.662

- International money transfers, income tax documents

### *Residence Life*

Charlie Peronto – Residence Director  
[cperonto@cmu.ca](mailto:cperonto@cmu.ca) 204-487-3300 x.327

- On-campus housing, events for residence students

### *Commuter Life*

Danielle Morton – Coordinator of Commuter Programs  
[dmorton@cmu.ca](mailto:dmorton@cmu.ca) 204-487-3300 x.377

- Parking pass, lockers, events for commuters

Shirley Thiessen – South Side Receptionist  
[sthiessen@cmu.ca](mailto:sthiessen@cmu.ca)

- Great contact for just about everything! Shirley can help you connect to the right person in most situations.

## **Basic Contact Information**

### **CMU Hosting**

204-228-3962 (5 pm – 12 am)

### **Emergencies & Medical**

Emergency Medical, Fire or Police  
Help.....911

Misericordia Health Links  
.....204-788-8200

No charge telephone health advice.  
Speak with a Registered Nurse about  
your health concerns.

### **Legal**

Immigration, Refugee and Citizenship  
Canada.....1-888-242-2100

### **Automated telephone service**

(available 24 hours a day, 7 days a  
week)

If you have a touch-tone telephone, you  
can listen to pre-recorded information  
about IRCC programs, and check the  
status of your application.

### **Call Centre agents - Monday to**

**Friday, 8 a.m. to 4 p.m.**, your local  
time, except for statutory holidays.  
Services are available in French and  
English.

Canadian Revenue Agency  
1-800-959-8281  
<http://www.cra-arc.gc.ca/ndvdl-fmls/menu-eng.html>

### **Transportation**

Driver's Licenses:  
Manitoba Public Insurance  
[www.mpi.mb.ca](http://www.mpi.mb.ca)  
OR

MIG Insurance Group (Autopac agent)  
3900 Grant Ave  
204-889-0041

Winnipeg Transit (city bus)  
<http://winnipegtransit.com/en>

Spring Taxi .....204-774-8294  
Duffy's Taxi .....204-925-0101  
Unicity Taxi.....204-925-3131

### **Banks Nearby**

*Grant Park Shopping Mall area*  
RBC  
1219 Grant Ave  
204-988-4321

Carpathia Credit Union  
1375 Grant Ave.  
204-989-7400

CIBC  
1120 Grant Ave  
204-944-5063

*Tuxedo Park Shopping Centre area*  
TD Canada Trust  
2030 Corydon Ave  
204-985-4620

BMO Bank of Montreal  
2025 Corydon Ave  
204-2626

*West of CMU*  
BMO Bank of Montreal  
3900 Grant Ave  
204-985-2571

Scotiabank  
4910 Roblin Blvd.  
204-985-3776  
Or  
Scotiabank *Start Right* program  
Available online for newcomers  
[www.scotiabank.com](http://www.scotiabank.com)

Welcome to Canadian Mennonite University! We are excited that you have chosen to attend CMU. We trust that you will find a community here that will be your home away from home.

It can be overwhelming to attend university in a different country where the customs may be different from your own and everything seems unfamiliar. This handbook is designed to help answer some questions about life at CMU and Canadian culture in general. It is important to remember that if you are uncertain about something, *just ask!* The Student Life staff is here to help you settle in and your fellow students will be happy to answer questions! Don't be afraid to ask!

## **Life at CMU**

Your time in Canada might be quite different than what you are used to at home, however CMU strives to be an inviting place for you. Some things you might expect once you arrive at CMU are:

- Warm community atmosphere. If you choose to live on campus in the dorm or in the apartments you will have a built-in opportunity to meet many new people and get to know them well as you live, eat, and see each other in the hallways on a daily basis. If you choose to live off-campus, you will have many opportunities to become involved with the commuter population through classes and social events suited to a commuter lifestyle.
- CMU provides great opportunities to get involved in many community events and programs.
- International Student Welcome Partner Program - In an effort to help international students make the transition to both Canadian culture and to the academic setting at CMU, we are offering the opportunity for each international student to have a Canadian partner for the duration of the first year. International students who are interested in participating in this program should sign up with the Coordinator of International Student Programs.
- Personal interaction with your professors and support staff. Most students call their CMU professors by their first name and professors invite students to come and visit with them at any time during office hours. CMU staff are friendly and willing to help you out with anything you might need.
- Along with the interactions with your professors, there are many other opportunities for academic supports through Peer-Assisted Learning, tutoring, and informal study groups.

The life of a first year student at CMU involves a lot of getting to know new people, adapting to the new environment and culture, and growing in faith. Expect your first year to be both challenging and hugely rewarding. You will learn a lot both inside and outside the classroom. Prepare yourself for an adventure of mind, spirit and soul.

## **International Student Council**

CMU Student Council has an International Student Council, directed by CMU students and advised by Sandra Loeppky, Coordinator of International Programs. The purpose of this council is to raise awareness of the international community on the CMU campus and advocate for the needs of international students. This council is responsible to plan educational, cultural and social events for both international and domestic students. If you are interested in being involved with this group, please contact Clara Flores FloresCI@student.cmu.ca or Cedric Cotte GodeCo@student.cmu.ca, International Student Council co-directors.

### **Scent-Free Policy**

The scent-free policy is somewhat unique to CMU, but there is a growing trend in Canada that public spaces are somewhat scent-free. The CMU policy states: "In recognition of individuals with asthma, allergies and severe environmental/chemical sensitivities, CMU is striving to become a scent-free campus. Students and staff are asked to refrain from wearing fragrances and scented personal care products in CMU buildings. This includes perfumes, colognes, aftershave and scented hair products."

You should look for personal products that say scent-free or fragrance free on the product. A more detailed list of suggested products is available on the CMU website.

If a CMU student, staff or faculty notices that you are wearing a strong fragrance, you may be personally approached and asked to discontinue wearing the product. This is not meant to be personally offensive, but is asked in protection of those who are otherwise unable to concentrate or even attend classes. Your cooperation is greatly appreciated by those affected.

### **Getting Involved at CMU**

It can be very intimidating to meet people in an unfamiliar culture. The best way to make CMU feel more like home is to get involved in the community right from the start. In the first two weeks of school there will be many planned social events, like barbeques, games and coffee houses. Make the effort to attend these events.

Other great ways to get involved include:

- Join a committee
- Attend Community Gatherings (Chapel, Forums)
- Join a Fellowship Group (small groups that study the Bible together or discuss other common interests)
- Spend time in the Marpeck Commons, Blaurock Café or other lounges (rather than spending your time alone in your room or apartment)

It's important to remember, you are not the only new student on campus! There are plenty of other students here who are looking to find friends too! Don't be afraid to strike up conversations with them!

### **Getting to Know Winnipeg**

CMU is located in the western section of Winnipeg. A short walk takes you to one of the loveliest parks in the city, the Assiniboine Park, which hosts the Winnipeg Zoo and many other attractions. CMU is located on Winnipeg Transit Routes (66, 65, 97) and it is relatively simple to take a bus to the city centre where you can experience the hub of city life. Restaurants, services, grocery stores and a movie theatre are only a few minutes away from campus.

Visit the City of Winnipeg website ([www.winnipeg.ca](http://www.winnipeg.ca)) to find out more about what is going on in this great city and what the current and long-term weather is like. For more events in Winnipeg, please see [www.tourismwinnipeg.com](http://www.tourismwinnipeg.com) or [www.travelmanitoba.com](http://www.travelmanitoba.com).

Manitoba offers a variety of seasons, including hot summers and very cold winters. In the winter the land is covered with a beautiful white layer of snow along with

temperatures generally between -20C and -30C. Summer brings greens, colored flowers and warm sunshine with temperatures ranging between 15C and 30C.

### Average Temperature by Month in Winnipeg

Month	Average Low	Average High
January	- 9° F / -23° C	10° F / -12° C
February	-4° F / -20° C	16° F / -9° C
March	12° F / -11° C	30° F / -1° C
April	28° F / -3° C	48° F / 9° C
May	41° F / 5° C	66° F / 19° C
June	50° F / 10° C	73° F / 23° C
July	55° F / 13° C	79° F / 26° C
August	54° F / 12° C	77° F / 25° C
September	43° F / 6° C	66° F / 19° C
October	2° F / 0° C	52° F / 11° C
November	18° F / -8° C	32° F / 0° C
December	0° F / -18° C	16° F / -9° C

The drastic temperature differences call for appropriate clothing for all seasons. For winter, please ensure you have a warm winter jacket and boots, warm gloves/mittens, sweaters (pullovers), and thick socks. (Students from warm climates would be wise to wait until they arrive in Canada to purchase these items, unless they have easy access to them at home.) For summer, be sure to have short pants and/or cool skirts and dresses, short-sleeved shirts, and good walking sandals.

**Wind chill (or wind chill factor)** is when the air temperature felt by exposed skin feels colder than the actual air temperature because of the wind. For example, you may hear that it is -20 degrees Celsius and feels like -33 degrees Celsius. It feels colder, because of the wind.

**Frostbite & frostnip** is a medical condition where the skin (or other tissues) are damaged because they freeze. Areas furthest from the heart and exposed areas are at most risk (ears, nose, hands, and feet). For example, if the windchill makes it feel between -28 to -39 degrees Celsius, exposed skin can freeze in 10-20 minutes. If you experience frostnip, you may feel some itching and pain on your skin and you may see patches of colour and experience temporary numbness. Usually with mild cases of frostnip, there is no long term damage and your skin will return to normal within a few minutes of going inside. You can prevent frostnip and frostbite by dressing properly and covering exposed skin. On the coldest days of the year, avoid going outside for long periods of time.

### Places to Purchase Winter Clothing

Buying quality winter clothing can make or break your winter experience. It is often worth spending a little more on quality coats and boots. Second hand clothing in Canada is clean and usually in very good condition which can save you quite a bit of money. Ask friends for suggestions on which clothing stores they would recommend. Below we have listed some of the most common stores.

#### Second Hand Clothing Stores:

- Sargent MCC Thrift Store (644 Burnell St)
- Salvation Army Thrift Store (3511 Roblin Blvd)
- Value Village (1695 Ellice Ave)
- And many more...

#### New clothing stores:

- Polo Park Shopping Centre
- Mountain Equipment Co-op (303 Portage Ave)
- Sporting goods stores (Sport Check, Cabellas, Marks, Olympia)
- Department Stores (The Bay or Walmart)

“Weather and Clothing.” Information for New Students. *The University of Winnipeg*, n.d. Web. 23 June 2016.

## Transportation

### Winnipeg Transit

CMU is located on bus route 65/66. Students may purchase a student bus pass or bus tickets at the CommonWord Bookstore. A student ID card must be shown in order to purchase student bus passes. Information on bus routes and schedules is available at: [winnipegtransit.com/en/navigo](http://winnipegtransit.com/en/navigo).

### Biking

Many people choose biking (or cycling) as an inexpensive and healthy means of transportation. Most biking is done during the spring, summer and fall. There are those who choose to bike even through the winter months. For more information on biking in Winnipeg, please visit the Bike Winnipeg website. <http://bikewinnipeg.ca/ride/#sthash.DQKqgBle.dpbs>

For bike maintenance and the occasional bike sale, check out the *Sanctoral Cycle* bike co-op on the CMU campus.

*Sanctoral Cycle* is a member owned co-op and resource hub for your cycling needs at CMU. The co-op is located in the basement on the north side. Membership gives access to tools, workspace, parts, accessories (lube, tubes, chains, etc.), education on bike maintenance, and a 15% discount off parts and accessories at the Olympia Cycle and Ski shop at 1813 Portage Ave. Memberships are \$10 for students; \$20 for faculty/ staff/ alumni. To get a membership, see the Financial/Student Services Advisor (A12 south).

### Driver’s Licensing

Students who are planning to drive in Manitoba must comply with the laws and practices of the Government of Manitoba. Driver and vehicle licensing, driver’s license testing and car insurance are available through Manitoba Public Insurance (MPI).

Please visit the MPI website under the New to Manitoba section for information about obtaining a Manitoba License. <https://www.mpi.mb.ca/Pages/new-to-manitoba.aspx>

## **Academic Life**

### **Classroom Environment**

The number of students in a class will vary according to the year of study and the subject being studied. At CMU you will find much smaller class sizes than at other larger universities. Average class sizes are from 15 to 25 students, although some introductory classes may be larger.

The professor may ask questions at random regarding the information he/she has covered or other related topics. This is done to help students learn how to apply concepts to different situations. It also encourages students to think critically about what is being taught. Thinking critically involves analyzing and questioning the materials, assumptions and theories you learn in class.

Students are encouraged to ask questions and to share their perspectives, particularly in smaller classes. In many cases, you may be given a grade for the quality of your class participation. Everyone has knowledge that he/she can contribute to a class discussion, but no one is expected to know all the answers.

### **Student Expectations**

#### *Attendance*

Attendance in classes is expected. Please inform your instructor if you plan to be absent for a class. In cases where you are not able to do so in advance, please let them know as soon as possible. You may be asked to provide a doctor's note for illness. Check your syllabi or the academic calendar for more information on attendance policies.

#### *Be on time*

Students are expected to hand in assignments and arrive in class on time. Late arrivals may be perceived as poor manners and late assignments may result in docked grades. Know what your instructor expects of each student.

#### *Syllabus*

Students will receive a syllabus at the beginning of each course. This document includes an outline of the course, explanation and deadlines for assignments, grading, bibliography, etc.

### **Academic Integrity**

Mutual trust is essential to building an academic community. The foundation for mutual trust is integrity. It is the responsibility of all members of the community at CMU to foster and guard academic integrity.

When students plagiarize or cheat, they violate trust. They seize an unfair advantage over other students and they attempt to deceive their instructors. Thus they commit an offence against their peers and against the entire CMU community.

#### *Plagiarism*

Plagiarism is presenting the work of others (a short phrase, a sentence, a paragraph, an idea, a chart, an entire essay, or a composition, whether from a printed or electronic source) as if it were one's own, that is, without explicitly and clearly indicating its source (i.e., by using quotation marks or by presenting a block quotation, and by providing a bibliographical reference). Cheating is dishonest or attempted dishonest conduct during examinations or tests or in the preparation of any other submission for a course, whether

this conduct is to benefit oneself or another student (i.e., copying from someone else, making one's work available to someone else to copy, taking unauthorized materials into the examination room, submitting the same work for more than one course without arranging for permission, etc.).

### **Grading and Assessment**

A variety of methods are used to assess a course grade including exams and tests, participation in classroom discussion, group and/or individual projects and presentations. All assignments matter. Make sure to know what each one is worth. Each institution in Manitoba has their own grading system. CMU's policy on grading is available in the academic calendar which can be found on the CMU website. You can also refer to your syllabus and your instructor for an explanation of grading for the particular course.

#### *Grades*

To receive credit for a course, students must obtain one of the following passing grades: A+, A, B+, B, C+, C, D or P. An F is a failing grade. Registrar's office will make final grades available through the students' portals.

#### *Grade Points (UG & G)*

Grade points are assigned to each letter grade as follows:

Letter Grade	Grade Points	
A+	4.5	Exceptional
A	4.0	Excellent
B+	3.5	Very Good
B	3.0	Good
C+	2.5	Satisfactory
C	2.0	Adequate
D	1.0	Marginal
F	0	Failure
P	NA	Pass

### **Academic Calendar**

The Academic Calendar is your guide to academic life at CMU. In it you will find everything you need to know about programs, courses, policies and admission, among other things.

### **Adjustment/Settlement**

#### **Culture Shock**

It is normal to feel some anxiety as you are adjusting to life in Manitoba. It is important to remember that the adjustment will take some time. Understanding the cycle of cross-cultural adaptation is also important. These are the five stages:

- *Excitement* – the new environment is exciting and fascinating.
- *Disenchantment* – stress and frustration levels may rise if the adjustment period lasts longer than you expected. You may feel isolated, irritated, depressed and uncomfortable. You may be tempted to reject Canadian culture and withdraw, believing that your customs and culture are better.
- *Adjustment* – the foreign environment becomes more comfortable and you are ready to accept Canadian customs and culture.
- *Adaptation* - you can effectively interact in the new environment.
- *Re-Entry Shock* – you may experience the first four stages again as you re-adjust to life in your home country.

If you find yourself experiencing culture shock, please do not hesitate to talk to Sandra Loeppky, Coordinator of International Programs or Charlie Peronto, Residence Director. They are here to assist you in your transition.

### **Food**

The food you find in Canada may be very different from what you are used to. Part of your adjustment to the new culture will be getting used to new foods that are unfamiliar to you.

If you live in the dorm at CMU, you may face more of a challenge in finding foods you are comfortable with. Winnipeg has a number of stores that specialize in ethnic foods and ingredients; if you live in an apartment you should be able to cook food that is familiar to you. However, please note that apartments are assigned with priority given to upper level students and are rarely available for first year students.

We encourage you to be adventurous in exploring Canadian food, but if you find you are struggling with the new diet, please talk to Charlie Peronto, Residence Director. He, along with the Food Services staff, will work with you to find a solution.

### **Holidays**

It is difficult to be away from family during holidays such as Thanksgiving, Christmas and Easter. Often CMU staff, faculty or students will invite international students to spend the holiday with them and their family. If you feel comfortable accepting this invitation, you are encouraged to do so. It will be important for you to find community that can offer you support during holidays when you may find yourself missing home more intensely.

### **Counselling Services**

University students face many challenges and at times may benefit from having a trained professional to talk to. International students are encouraged to use counselling services to assist in their transition to Canada. There are qualified counsellors who volunteer their services free of charge to students on the CMU campus. Students wishing to book an appointment with a counsellor are asked to contact the north side receptionist at 204-487-3300. Confidentiality is maintained at all times. For further information or assistance, please contact Student Life staff.

### **Health Coverage**

CMU's policy is that all students must show proof of **guard.me** health insurance before they are allowed to attend classes. All international students will be automatically enrolled in an annual plan beginning either August 15 (fall students) or December 15 (winter students). For information regarding rates and payment dates, please refer to the international student page on the CMU website.

Many health services, such as dentist's offices and doctor's offices, are located near CMU. Please refer to Appendix A for a list of clinics and medical resources.

## **Employment in Canada**

### **On-Campus Employment**

International students are permitted to work on campus once they have been granted their SIN card. There are a variety of positions available through the On-Campus Employment Program. These positions are not guaranteed, but are granted on a first-come, first-serve basis. The Financial and Student Services Advisor or CMU website can provide access to the application form and a list of positions.

<http://www.cmu.ca/students.php?s=studentlife&p=employment#studenttemp>

### **Off-Campus Employment**

A valid study permit will also allow international students to work off campus. The conditions regarding employment will be listed on the study permit. It is the student's responsibility to comply with these conditions in seeking and accepting employment. Students who hold a valid study permit are eligible to work off campus if the following requirements are met:

- Be registered and enrolled as a full-time student in an eligible academic program at your designated learning institution.
- Obtain a SIN card (see instructions below)
- Allowed to work off campus for up to 20 hours per week during a regular academic session and full time during regularly scheduled breaks
- Maintain satisfactory academic standing (definition varies by institution)
- Any restrictions related to the type of work will be listed on the study permit under conditions

For additional information, please check out the Canadian Immigration and Citizenship (CIC) website. <http://www.cic.gc.ca/english/study/work-offcampus.asp>

### **Co-op/Intern Work Permits**

- All undergraduate students are required to complete a practicum as part of their degree program. All international students must apply for a co-op work permit in order to begin their practicum
- The co-op work permit can be applied for alongside a study permit or as a separate document. There is no additional cost for the co-op work permit.
- Letters required for the co-op application can be obtained from the Director of Practica

For more information, see [www.cic.gc.ca/english/study/work.asp](http://www.cic.gc.ca/english/study/work.asp)

### **Social Insurance Number (SIN)**

In order to work in Canada students must obtain a Social Insurance Number (SIN). SIN cards must be applied for *in person* at a Service Canada Centre. These are temporary and will expire on the same date as the study permit expiration date. When a student applies for a study permit extension, the SIN card will also need to be updated.

To apply for a SIN card Temporary Residents of Canada need to provide one of the following original documents:

- Work permit issued by Citizenship and Immigration Canada (CIC);
- Study permit issued by CIC and a contract of employment from the learning institution where the student obtained authorization to study by CIC or from an employer on campus. Note: This contract must show the start and end date of employment and these dates must fall within the study permit dates. When the start date of employment is before the date indicated under "Date signed" on the study

permit, the previous expired study permit is also required to support the date of employment;

- Visitor record issued by CIC, indicating you are authorized to work in Canada; or
- Diplomatic identity card and note of permission of employment issued by Foreign Affairs, Trade, and Development Canada, formerly Foreign Affairs and International Trade Canada.

There are several Service Canada Centre locations at which a student can obtain a SIN card. The locations most convenient from the CMU campus are:

Winnipeg South-West Service Canada Centre  
140-3393 Portage Avenue  
Hours of service: Monday to Friday from 8:30 am - 4:00 pm  
Language of Service: English

Winnipeg Centre Service Canada Centre  
Portage Place Mall, Ground Floor  
393 Portage Avenue, Unit 122  
Hours of service: Monday to Friday from 8:30 am - 4:00 pm  
Language of Service: English, French

## **Finances**

### **Currency**

\$0.05 - silver colored coin (medium) - also known as a nickel  
\$0.10 - silver colored coin (small) - also known as a dime  
\$0.25 - silver colored coin (large) - also known as a quarter  
\$1.00 - gold colored coin - also known as a loonie  
\$2.00 - silver colored coin with gold centre - also known as a toonie  
\$5.00 - blue paper bill  
\$10.00 - purple paper bill  
\$20.00 - green paper bill  
\$50.00 - red paper bill  
\$100.00 - brown paper bill

### **Opening a Bank Account**

In most cases an account can be opened by simply walking into any bank and telling someone at Customer Service that you would like to open an account. Some banks require appointments ahead of time, so it may be wise to call in advance. Generally there are two types of bank accounts.

- Chequing Account – useful for regular transactions
- Savings Account – useful for saving and keeping money for longer periods of time

Please bring the following documents to open a bank account.

- Passport
- Confirmation of Enrolment letter (can be requested from the Student Life office)
- In some cases, a birth certificate is required

All banks have service fees for using their banks. You will need to talk to the individual banks for information on the best service plan for students.

A list of banks near CMU is included in the contact sheet at the beginning of this handbook.

### **ATM Cards**

It is a good idea to apply for an ATM card when a bank account is opened. All ATM cards have a Personal Identification Number (PIN). This card is used at the many automated banking machines (usually called "instant tellers" or "automated tellers" or "ATMs"). The automated tellers allow you to make withdrawals and deposits, transfer funds, and pay utility bills on an electronic machine 24 hours a day, 7 days a week, in different centres around the world. ATM cards can now be used for direct payment at many stores, businesses, and restaurants. Online banking is also a great option for finances and budgeting.

### **Cheques**

New members/clients at most banking institutions will receive a small number of free cheques. Once those are used the client or member will have to purchase more. Cheques are commonly used to pay rent but are rarely accepted at major stores and businesses.

### **Credit Cards**

The two major, all-purpose credit cards in Canada are Visa and MasterCard. Upon application, most banks and trust companies issue these. However, some banks will not accept applications from students unless co-signed by someone else who has an established credit rating. Credit cards are useful for financial emergencies and for establishing financial credibility. Students are encouraged to use credit cards wisely. It is very easy to get into a serious debt situation by using a credit card too freely. Credit card debt follows you.

### **Money Orders**

Do not send cash through the mail. If you need to pay bills by mail, you can request money orders at banks, post offices, and some large stores. A service fee will be charged. Money orders are safer than sending cash through the mail and provide you with a receipt. Personal cheques are also safer than sending cash as they can be cancelled if they are lost in the mail.

### **Sending Money to Another Country**

If you wish to send money to your home country, the bank can advise you on the most reliable means. You should try to select a bank that has a direct signing relationship with the state bank in your home country. The fewer banks involved in the transfer, the better chance there is of the money reaching its proper destination. Electronic transfers have become very popular due to the increased safety factor. You will need to know the bank number, branch number and account number of the person it is intended for to make the transfer possible.

### **Income Tax**

Each person residing in Canada must file an income tax return each spring. Income tax in Canada is determined by residency, meaning if you live, study and work in Canada regardless of your nationality you must pay income tax in Canada. As an international student studying at CMU you must file your taxes for each year that you live, study and work in Canada. Taxes are determined based on the calendar year and not the university year. Remember when you are getting your documents together to file your

taxes you must gather information from January 1 until December 31 for the year you are filing. The deadline for filing taxes in Canada is April 30.

Before you can file your taxes you must gather all of the following documents:

- T4- This is a record of the income you received at each job during the year. You will receive one T4 from each place you worked.
- T4A- If you received scholarships or bursaries from CMU in the calendar year you will receive this document from CMU. It looks very similar to a T4.
- T2202A- You will receive this document from CMU and any other university you attended during the calendar year. This is a record of the tuition you paid and the number of months you were enrolled in either full-time or part-time study.
- Donation Receipts- If you donated to a Canadian charity during the year they will send you a donation receipt for the amount of money you donated.

Some other information it might be good to have with you:

- Your social insurance card and photo ID.
- You can claim the rent you paid during the year on your taxes. You don't need a document proving the amount just the amount.
- If you are married or have children remember to tell the person doing your taxes. This information will change your return.

Once you have all your documents you can visit any income tax return preparer in Winnipeg. Often it is good to schedule an appointment to have your taxes done. The closest tax preparation office to CMU is:

*H and R Block Office*

12A - 3900 Grant Avenue, Winnipeg, MB, R3R 3C3

Phone: (204) 949-3277

Fax: (204) 949-3285

Hours: M - F 9:00 - 18:00, Sa 9:00 - 17:00

### **Budgeting**

It is recommended to establish a budget of outgoing expenses and income. This will help you be prepared for financing your education. For assistance in setting up a budget, please see the Financial and Student Services Advisor at CMU.

## **Canadian Culture and Customs**

### **Social Customs**

Canada is a multicultural society. Ethnic groups are encouraged to maintain their identity and to practice their customs within a Canadian context. Canadians prefer being seen as individuals. Each person is seen as responsible for his or her own behavior and not a reflection of their family or community. Canadians also place value on asserting individual rights and speaking openly and honestly. For example, disagreeing (politely) with your supervisor or professor is not viewed as a lack of respect. To remain silent and not to inquire may be interpreted negatively as passivity and disinterest.

Unfortunately, racial and sexual discrimination does occur in Canada. The Canadian Human Rights Code prohibits discrimination based on race, color, creed, religion, sex, marital status, physical disability, age, nationality, ancestry, or place of origin. If you experience discrimination, especially by someone in a position of authority (on or off-

campus), discuss possible responses with the Coordinator of International Programs. You can also refer to the Respectful Campus Policy.

We do hope that these guidelines will help you with understanding some aspects of Canadian culture, but it is also a generalization. This information is only meant to assist with the integration into Canada and please know that there are exceptions to these guidelines.

### *Greetings*

Canadians are generally very friendly. It is normal and acceptable for strangers passing one another on the street to smile at one another and offer a "Good morning/afternoon/evening." When meeting someone for the first time in a more formal setting it is customary to say, "Hello, nice to meet you," and offer to shake hands. In informal settings with your friends, handshakes are not necessary and it is generally acceptable to say, "Hey" or "Hello" or "How are you?" Canadians do not generally expect a detailed response to this question. A simple answer such as "Fine/good/not bad, how are you?" is acceptable.

Most Canadians value eye contact when engaging in conversation. Eye contact shows that you are engaged and interested in the conversation with the other person and is a sign of respect and confidence.

### *English "Slang" Words*

English can be a complicated language and you may find that many Canadians speak it differently than how you were taught. They may have a slightly different accent or they may use idioms or "slang," informal expressions that are common in everyday interactions. If you hear an expression that is confusing, do not be afraid to ask for clarification, as people will be happy to explain.

### *Dating*

In Canada, personal relationships between people vary widely in terms of the level of closeness or intimacy. Dating can mean anything from sharing time with a close friend to having a more romantic interaction.

First dates between people usually take place in public locations. Examples include going out for coffee, going to see a movie, or going for a walk. If the individuals involved do not know each other very well, it often takes some time before they start to meet in more romantic places. It is important to be aware that the places in which you meet might give a different impression than you intend. It is not wise to meet in isolated areas or to publicly express physical affection that other people around you might not be comfortable with seeing.

People associate freely with members of the opposite gender without dating intentions. Many friendships exist between males and females. When inquiring into whether or not a person is interested in pursuing a more intimate relationship, a response of "no" MUST be respected. Pursuing the relationship after a person has indicated that s/he does not wish to do so may result in a sexual harassment charge. For more information on sexual harassment, or if you feel you have been sexually harassed, please contact the Coordinator of International Programs.

Because relationships can take so many different forms, it is recommended that individuals openly discuss their intentions and expectations about the relationship. Open and honest discussion will help avoid miscommunication and hurt feelings.

### *Female/Male Roles*

Historically, most women throughout the world, including Canada, have occupied a position subordinate to men. Women have been systematically excluded from decision and policy making at all levels: political, economic, and social. Fortunately, many women and men have worked to change this, and much progress has been made. In Canadian society, the roles of women and men are not as specifically defined as in some cultures. Women are increasingly participating in the work force, men are increasingly taking it upon themselves to share child and home care responsibilities. It is highly unjust and disrespectful to treat women as being unequal to men. Many women in Canada expect to share equally in discussions and decisions with male friends and acquaintances.

### *Friendships*

You will find Canadians generally easy to meet and talk to. Often, we will introduce ourselves without the benefit of a third party and invite new acquaintances to get together "soon" or suggest that we will "see you later." An actual invitation based on these comments may not happen without further arrangements, however. This should not be interpreted as disinterest in pursuing the friendship, as often friends will not see each other for extended periods of time.

However, casual friendliness should not automatically be interpreted as friendship. Canadians tend to avoid deep involvement with more than one or two people and often "compartmentalize" their friendships. Having a "golf friend", or friends "at work" or "at school", is not uncommon. These remarks are not intended to discourage you from pursuing friendships, but rather to point out that ideas of "friendship" vary from culture to culture. Patience and time is often rewarded with close and lasting friendships.

### *Invitations*

Students are often invited to a variety of events. By accepting an invitation to a social function, you indicate your ability and willingness to attend. It is not impolite to say "no" to an invitation but try to give a reason as to why you cannot accept and if you would like, indicate your interest at getting together at another mutually convenient time. If you have accepted an invitation, you are expected to attend. If you must cancel, contact your host as soon as possible to let him/her know that you are unable to come.

If you are invited out to eat at a restaurant, you are usually expected to pay for your own meal unless otherwise specified.

There are a variety of social events that are planned by Student Council or other student groups. It is unlikely that you will receive a personal invitation to this kind of event. However, you are very welcome to participate in these publicly advertised events. If you are unsure about what is appropriate, please just ask a trusted person.

### *Thank You*

It is not necessary to take a gift when you are invited for a meal; however, it is appropriate to ask your host if you could bring something to contribute to the meal. You may wish to present a small, inexpensive gift to your host(s) on special occasions or when staying overnight in his/her home. A written thank you note sent a few days after your visit is always appreciated, this could also be left in the room where you stayed. If

you wish to extend an invitation to someone, do not feel that you have to go to a lot of expense. People will appreciate sampling a favorite ethnic dish that you have prepared and enjoy an evening of conversation.

### *Punctuality*

Canadians tend to place a high priority on punctuality. You are expected to be ready at the time agreed upon. If a time has been set for a business meeting or doctor's appointment, you are expected to arrive earlier than the time agreed upon. If you are going to be late, you should call to see if a later time would be convenient or if another appointment could be set up. If you arrive late for a meeting, you may find your appointment is cancelled and the person is unable to see you. In the case of a doctor's appointment you may still be billed for your missed appointment.

If you are invited to someone's home, you are expected to arrive within five to ten minutes after the scheduled time, but not prior to the time. Arriving late for social events or appointments is viewed as disrespectful. If you are going to be late, try to contact the other person to let them know that you are running late.

### **Eating Customs**

Potlucks are common practice for students. At a potluck, everyone brings one dish to eat and share with others. This allows individuals to sample other people's cooking. This is also an extremely economical way of eating out, as neither the host nor the guest incurs the cost of preparing all the food.

If you accept a dinner invitation, it is not considered impolite to advise the host in advance of any dietary restrictions. She or he will want to plan a meal you will enjoy.

It is appropriate to say "no thank you" when you are offered a second serving of food if you are not hungry. However, you should accept more food if you want it, as the offer may not be repeated. Most Canadians think it is impolite to insist that people have more food after they have refused a second serving.

### **Hygiene**

Most Canadians place a high value on personal cleanliness and hygiene and will expect international students to do the same. Most Canadians bathe or shower daily, wear underarm deodorant, and wash their clothing every week. You may find that Canadians are reluctant to be near you if you do not practice standards of hygiene like these. In addition, Canadian dentists recommend brushing one's teeth at least twice a day.

- Please keep in mind CMU's scent-free policy as you consider personal hygiene products.

### **Child Care**

If you are bringing your family with you, it is important to know that you will need to make arrangements for child care from time to time. In Canada, the law states that you cannot leave your child or children unattended. If your children are left alone, this is considered child abandonment and this is illegal. Not only can you be arrested for this, but also the government may then investigate whether you are a responsible parent.

### **Short Term Child Care**

You cannot assume that your neighbor will check in on your children when you are away for a few hours or an evening out if you have not specifically asked them to "baby-sit" your children. Usually babysitters are paid a fee for the number of children being cared

for and the length of time this occurs. The usual fee for babysitting is \$7.00-\$10.00 per hour unless there are more than 4 children. Sometimes it is possible to negotiate a flat rate fee with the babysitter. These arrangements should be made prior to leaving your children with the babysitter. Some people will make mutual arrangements where one parent will watch another couple's children for them in exchange for the same service in return. As a parent it is your responsibility to provide childcare for your children at all times. Parents who leave children unattended could be subject to investigation by Child and Family Services and possible police investigations.

A babysitter must be 12 years of age or older and it is recommended that they have taken a babysitter's course prior to babysitting for the first time. It is important that the children are comfortable with the babysitter and that you, as a parent; trust this individual to take care of your children.

### ***Long Term Child Care***

For regular child care while you are at school or work, it is recommended that you enroll your child in a day care. There are licensed day care facilities that receive funding through the Government of Manitoba. These facilities require you to register to receive a spot in a day care for your child. Do this early as waiting lists for these day cares are very long. For more information on day care facilities in Manitoba  
<https://www.gov.mb.ca/fs/childcare/index.html>

You may wish to pursue a home day care instead of a government licensed facility. You may choose to do so but do get references for the day care to make sure your child is properly taken care of while you are away. Children in unlicensed day cares are no longer eligible for the child subsidy. Make sure you understand what day cares are required to provide for your child before enrolling your child.  
<https://www.gov.mb.ca/fs/childcare/index.html>

## **Other Resources**

Live & Learn – An online community for new Manitobans  
<http://livelearn.ca/>

Manitoba Start – resource for students who have a spouse or partner who would like to move quickly into the workforce in Manitoba  
<https://manitobastart.com/>

Immigrant Centre – In person newcomer services for immigration questions, employment services and Canadian cultural supports. The only immigration support in Winnipeg that will work with students.

100 Adelaide Street  
Winnipeg, Manitoba  
R3A 0W2 Canada  
Phone (204) 943-9158  
Fax (204) 949-0734  
<http://icmanitoba.com/>

**Hours of Operation**  
Monday, Wednesday,  
Friday and Saturday:  
8:30 a.m. – 4:30 p.m.  
Tuesday and Thursday:  
8:30 a.m. – 8:30 p.m.

## **Appendix A: Health Care**

### **Doctors, Clinics and Hospitals**

There are many levels of care for health issues in Manitoba. These include seeing a family physician, walk-in clinics, urgent care and emergency. In order to get the best care, it is important that you choose the right facility. For example, if you go to emergency with the stomach flu, you will be forced to wait for long hours to even see a doctor. Check out the website listed here to see an overview of the different health care options in Manitoba.

<http://www.wrha.mb.ca/myrightcare/>

### **Mental Health Crisis Response Centre**

Open 7 days a week, 24 hours a day. A walk-in centre at 817 Bannatyne Ave. For more information go to the website <http://www.wrha.mb.ca/prog/mentalhealth>

### **WRHA Mobile Crisis Unit**

This Crisis Unit provides telephone consults and support and community visits for mental health crisis. Specializes as well in suicide prevention. Phone 204-940-1781. For more information see <http://www.wrha.mb.ca/community/mentalhealth/files/MobileCrisis>

### **Health Insurance for International Students**

All international students are automatically enrolled in the health insurance plan provided by **guard.me** during their studies at CMU. This health insurance plan is mandatory and cannot be replaced by independent health insurance plans. There will be **guard.me** orientations held throughout the academic to help you become familiar with the benefits and coverage. For further information about the plan, please visit

<https://www.cmu.ca/students.php?s=studentlife&p=intl>

## Appendix B: Shopping Information

### Malls

Charleswood Centre, - 2 km west on Grant Ave.  
Polo Park Shopping Centre - just east of Route 90 on Portage Ave.  
Grant Park Shopping Centre- 1120 Grant Ave.  
Portage Place – 393 Portage Avenue  
St. Vital Centre – 86-1225 St. Mary's Road

### Grocery Stores

Superstore - 1.6 km east on Grant Ave., at Route 90  
Safeway - 2 km west on Grant Ave.  
Tuxedo Park Shopping Centre (Safeway) – 2025 Corydon Avenue

## Your Manitoba shopping guide

Posted October 19, 2015

One of the first things that you will do when you get to Manitoba is to shop for supplies. Whether food, household goods, clothing, furniture or appliances, you will need to be familiar with the types of stores here so you'll know where to go. Here are six basic things (and some tips) that may be helpful to know before you go out on your shopping spree:

### Types of stores

*Grocery stores* – these stores primarily sell food and basic necessities (such as toiletries and cleaning supplies). This is where you will find a variety of food items from fruits and vegetables to canned items. Also called a supermarket, there are more than 700 listed grocery stores in Manitoba. Among the most well-known include the Real Canadian Superstore, Walmart, Costco, Sobeys, and Safeway. Manitoba, being multi-cultural, also has many ethnic food stores or groceries. Read the article *Craving for your favorite dish?* You just might find it here to know where you can find food items that you are familiar with.

*Department stores* – these sell a wide variety of dry goods, from clothes and shoes to toys, furniture and electronics. Usually, these are arranged into sections so you can easily find what you need to buy. Some groceries have sections for dry goods too (such as Walmart and Costco) but most department stores offer a wider variety of merchandise.

*Malls* – this is where you can do one-stop shopping as it has several stores inside. Many large malls in Manitoba have restaurants, several department stores and specialty stores, as well as pharmacies, salons, clinics and optical shops.

*Specialty stores* – these are stores that sell a particular type of product or service, like music stores, book stores, pharmacies, flower shops, or electronics stores.

*Farmer's markets* – these sell locally grown produce, meat, fish and dairy and sometimes even cooked food. The great thing about these markets is that you get fresh products while supporting local farms. Some markets open only during certain seasons so it would be good to check schedules before you go. The Farmers' Markets Association of Manitoba website has a directory with exact locations and schedules.

*Convenience stores* – these are smaller than grocery stores and may carry a limited variety of goods. However, they also have goods and services that may not be available at bigger stores, such as newspapers, tobacco products, as well as postal services. They are open longer hours (some even 24 hours) but may charge higher prices than groceries.

*Dollar stores, thrift stores, flea markets and garage sales* – Dollar stores are shops that sell inexpensive items, many of them pegged at a dollar. Meanwhile, thrift stores, flea markets and garage sales feature used or second-hand items such as clothes, books, furniture, furnishings, and appliances. People go to these because of the variety of goods and the low prices. Also, second-hand stores, like the Salvation Army, use profits for charity work that help the community. Many neighborhood garage sales are held during summer. Just watch out for signages announcing them near your street.

#### Shopping hours and days

Most stores in Manitoba are open Mondays to Fridays, starting at 8:00 or 9:00 a.m., with some, like Superstore, closing as late as 10 or 11 p.m. Weekend schedules vary depending on the establishment. For instance, malls close earlier (6:00 p.m.). Always check online for holiday schedules since these are not fixed, although expect that many establishments are closed on statutory holidays.

#### **Alcohol and tobacco products**

Alcoholic drinks and tobacco products are sold only at licensed liquor marts, with some convenience stores selling tobacco products. Only persons 18 and above may enter and buy from liquor stores. Also, remember to put your purchase in the trunk of your car, sealed and unopened, to be on the safe side. Check the Manitoba Liquor Control Act for other regulations on the sale and transport of alcoholic drinks. Also, while you're at it, check the Manitoba.ca page on smoking in public places to know the areas where you are not allowed to smoke.

#### **Sales taxes**

It is important to remember that the tag price is not the total amount that you will pay at the counter. Consumers pay the Goods and Services Tax (GST) as well as Provincial Sales Tax (PST), in addition to the total cost of the goods or services that they are buying. In Manitoba, GST is 5% while PST is at 8%. Learn more about the GST and PST and how they are computed from the Canada Revenue Agency website. As a newcomer, you may be eligible for the GST/Harmonized Sales Tax credit (HST) which is a benefit given quarterly to individuals or families with low or modest incomes. You apply for this automatically when you file your first income tax. You can learn more about the process here: [Tax basics for newcomers](#).

#### **Discounts, promotions, returns and warranties**

Every now then, special discounts or promotions are conducted at retail stores. They could be in various forms such as a percentage off the sale price of certain goods, buy-one-take-one deals, and even no tax days. You can check with stores for these events or through blogs (for instance [Save Money in Winnipeg](#)), advertisements, flyers, and on the specific establishment's website. Boxing Day, December 26, is a big day for discount sales in most stores (similar to Black Friday in the US). Some post-Christmas promotions even go on for an entire week.

Always check a store's return policy when you buy goods. This also goes for warranties for electronics, appliances and other equipment. Policies on these may vary depending

on the establishment. To be on the safe side, always keep your receipt and the product's original packaging in case you need to return it. Read your Consumer Rights and Responsibilities at the Manitoba.ca site to know more.

### **Be informed**

It is best if you know your rights as a consumer and stay up to date about issues concerning rates of commodities. An easy way to do this is to sign up for consumer alerts by email at the Manitoba.ca site. These alerts inform you about the latest news and provide tips on consumer safety.

If your rights have been violated and need to file a complaint, read these guidelines from the Consumer Protection Office on how to file one. This office mediates and investigates consumer related complaints.

"Your Manitoba Shopping Guide." Resources. *English Online Inc.*, 19 October 2015. Web. 29 June 2016.

## Appendix C: Ethnocultural and faith based organizations

Posted June 12, 2015

Aside from immigrant serving organizations, there are also ethnocultural organizations and faith based groups that provide services and welcome new Manitobans. If you feel that you need to touch base with a community from your own race or creed, these are the organizations to look up and be active in.

If you feel that you need to touch base with a community from your own race or creed, these are the organizations to look up and be active in.

Ethnocultural communities, aside from providing a welcoming atmosphere for their countrymen, usually offer direct settlement support like free translation services, job search support, even housing. Faith based groups, on the other hand, are active in refugee sponsorship and support, as well as providing family services. To date, there are around 88 ethnocultural and 40 faith based organizations.

*(Please note that some organizations do not have websites/web presence. We are continually building on this list).*

### Ethnocultural organizations:

[Afghan Canadian Association \(Watan\)](#)  
[Afghan Women's Organization](#)  
[African Communities of Manitoba Inc. \(ACOMI\)](#)  
[Afro-Caribbean Association of Manitoba Inc.](#)  
[Argentinean Manitoban Association Inc.](#)  
[Assiniboine Chapter of Sweet Adelines Inc.](#)  
[Association of Fayz Kateb Corporation](#)  
[Association of Pakistani Canadians of Manitoba](#)  
[Association of United Ukrainian Canadians Inc.](#)  
[Belgian Club](#)  
[Burma Refugee Sponsorship Group](#)  
[Burundian Community](#)  
[Canada-Bangladesh Association of Manitoba](#)  
[Canada Interaid Link](#)  
[Canadian-Czech-Slovak Benevolent Association](#)  
[Canadian Muslim Women's Institute](#)  
[Canadian-Polish Congress](#)  
[Canadian Slovenian Cultural Society Inc.](#)  
[Casa do Minho Portuguese Centre Inc.](#)  
[Centre culturel franco-manitobain Inc.](#)  
[Colombian Association of Manitoba Inc.](#)  
[Communaute Congolaise Brazzaville au Manitoba Inc.](#)  
[Congolese Community of Manitoba](#)  
[Council of Caribbean Organizations of Manitoba Inc.](#)  
[Council of South Sudanese Community of](#)

[Manitoba \(Cossom\) Inc.](#)  
[Cuban Cultural Association of Manitoba](#)  
[Darfur Association of Manitoba](#)  
[Damas Peruanas en Winnipeg](#)  
[Djibouti Community of Manitoba](#)  
[Dutch Canadian Society of Manitoba](#)  
[Eritrean Community of Winnipeg](#)  
[Ethiopian Society of Winnipeg](#)  
[Ethiopians for Ethiopians](#)  
[Foundation Charite Congo-Canada](#)  
[German Society of Winnipeg Inc.](#)  
[Ghanian Union of Manitoba](#)  
[Grenadian Association of Manitoba Inc.](#)  
[Gujurati Cultural Society of Manitoba](#)  
[Guyanese Association of Manitoba](#)  
[Hindu Society of Manitoba](#)  
[Hungarian Canadian Cultural Society of Manitoba Inc.](#)  
[India Association of Manitoba Inc.](#)  
[Indochina Chinese Association](#)  
[Iraqi Group](#)  
[Iraqi Relief Community Group](#)  
[Irish Association of Manitoba](#)  
[Jewish Federation of Winnipeg](#)  
[Italian Canadian League of Manitoba](#)  
[Japanese Cultural Association of Manitoba](#)  
[Korean Society of Manitoba](#)  
[Liberian Canadians Association of Manitoba](#)  
[Manitoba Chilean Association Cultural Centre Inc.](#)  
[Manitoba Chinese Community Centre](#)  
[Manitoba Hararian Minority Group](#)

Manitoba Hellenic Cultural Centre (Greek)  
Manitoba Islamic Centre  
Manitoba Canadian Cultural.Centre  
Manitoba Russian Cultural and Educational Centre Inc.  
Manitoba Somali Association  
Mex Y Can Association of Manitoba (Mexican)  
Non Political Eritrean Society in Manitoba Inc  
Oromo Association of Manitoba  
Oromo Community of Brandon Corp  
Panjab Foundation of Manitoba Inc.  
Philippine Association of Manitoba Inc.  
Philippine Canadian Centre of Manitoba  
Polish Combatants Association Branch # 13  
Portuguese Association of Manitoba Inc.  
Punjab Cultural Centre  
Romanian Society of Manitoba  
Russian Cultural Association  
Scandinavian Centre  
Serbian Cultural Society  
Scottish Association of Winnipeg Inc.  
Sierra Leone Nationals Association of Manitoba (SALNAM)  
Societe Franco-Manitobaine  
Somali Canadian Resettlement Organization  
Somali Canadian Society of Manitoba Inc.  
Somali Cultural Center of Manitoba Inc.  
Somali Eritrean Association  
Somali Youth Association of Manitoba  
Somaliland Community of Manitoba  
Southern Somali Community Inc.  
Spanish Club of Winnipeg Inc.  
Sri Lankan Association of Manitoba

Sudanese Association of Manitoba  
Sudan Human Rights Association  
Sudan Humanitarian Relief Organization  
Sudan Relief and Rehabilitation Programe (SRRP)  
St. Andrew's Society of Winnipeg (Scottish)  
Swiss Club of Manitoba  
Tamil Cultural Society of Manitoba  
The Association of Liberian for Peace and Unity in Canada  
Irish Association of Manitoba Inc.  
The Romanian Society of Manitoba Inc.  
The Serbian Cultural Society "kolo" Inc.  
The United Eritrean Canadian Society of Manitoba Inc  
Trinidad & Tobago Society of Winnipeg  
Turkish Society of Canada  
Ukrainian Canadian Congress  
Ukranian Cultural & Educational Centre  
Vietnamese Canadian Federation  
Waamo People's Association Inc.  
West Indian Indo-Canadian Cultural Organization of Manitoba Inc.  
Winnipeg Chilean Association Inc.  
Winnipeg Chinese Cultural & Community Centre  
Winnipeg Kurdish Association  
Winnipeg Salvadorean Canadian Cultural Association  
Winnipeg Somali Community Inc.  
Winnipeg Somali Confederation Unit  
Winnipeg Somali Development Committee  
Y.M.H.A. Jewish Community Centre of Winnipeg Inc.

## **Faith based organizations**

Abyssinian Islamic Study Group  
Ahmaddiya Muslim Association  
Anglican Church  
Archdiocese of St. Boniface  
Archdiocese of Winnipeg  
Bethel Evangelical Christians Assembly  
Brandon Islamic Center  
Calvary Temple  
Calvary Temple African Church  
Canadian Foundation for Islamic Education  
City Church  
Emanuel Eritrean Church  
Ethiopian Orthodox Church  
Faith Evangelical Mission Church Inc.  
Faith Lutheran Church  
First Presbyterian Church  
GeezRite Catholic organization in Manitoba

(G.R.C.O.M.) Inc  
Hospitality House  
House of Peace  
Hindu Society of Manitoba  
Islamic Social Services Association  
Jewish Child & Family Services  
Living Gospel Church  
Manitoba Buddhist Temple  
Manitoba Interfaith Immigration Council Inc.  
Manitoba Islamic Association  
Mennonite Central Committee Manitoba  
Northend Sponsorship Team (NEST)  
Oromo Christian Fellowship of Manitoba  
Philadelphia Eritrean Church of Manitoba  
St Michael Eritrean Orthodox Tewahdo Church  
St. Ignatius Church

Stream of Life International Church (in  
Brandon)  
Sudanese Community Anglican Church  
United Church of Canada

West End Commons  
Winnipeg Central Mosque  
Winnipeg Islamic Centre  
Young United Church

## Appendix D: Specialty Food Stores in Winnipeg

Winnipeg has many specialty food stores where you can buy foods from around the world. Below is a list of some of the stores you may be interested in.

Store Name	Address	Phone #	Comments
African Foods General Wholesale	245 Notre Dame Ave.	204-414-9226	Foods from a variety of African countries: Nigeria, Ghana, Congo, etc.
Akin's International Foods	A-570 Sargent Ave.	204-779-8666	African & Caribbean foods: Ogi/Koko/Akamu, pounded yam, stockfish, Moin-Moin, cassava leaves, etc.
Arirang Oriental Food Mart	1799 Portage Ave.	204-831-1212	Japanese & Korean foods
Balkan Foods	185 Stadacona St.	204-663-1445	Foods from Poland, Greece, Bosnia & Italy
Baltona Meat & Deli	600 Selkirk Ave.	204-586-8621	Polish foods, meats, sweets, and herbs
Bueno Bros.	84 Isabel St.	204-786-2800	Philippine & other Asian foods: seafood, meats, vegetables, rice, sauces, spices, noodles, etc.
Didar Grocery Mart	110 Adamar Rd.	204-275-6060	East Indian & Canadian foods
Dino's Grocery Mart	460 Notre Dame Ave.	204-942-1526	Imported foods from India, Pakistan, other Asian countries & the West Indies
Dong Thai Ltd.	459 Notre Dame Ave.	204-943-9868	Imported foods from Cambodia, China, Laos, Philippines, Thailand & Vietnam
El Izalco Market	696 Sargent Ave.	204-779-7092	Foods from Central America
A l'Epi de Blé	1757 Main St.	204-334-2526	French bakery
Greek Market	1440 Corydon Ave.	204-488-6161	Greek foods: olives, olive oil, pitas, desserts
Halal Meats & Specialty Foods	206 Maryland St.	204-774-8095	Foods from Iran, Syria, Lebanon, Morocco, Somalia & Pakistan
India Spice House & Video	3-1875 Pembina Hwy. 66 Mandalay Dr.	204-261-3636 204-261-4600	East Indian food & spices
La Grotta Del Formaggio	500 Sargent Ave.	204-775-0691	Italian & Greek foods
La Grotta Mediterranean Market	1360 Taylor Ave.	204-982-9461	Mediterranean foods
Lucky's Supermarket	1051 Winnipeg Ave.	204-272-8011	Foods from Asia: Vietnam, China, Philippines, Japan, Korea, Thailand
Lvov Food & Video	5B-140 Meadowwood Dr.	204-783-8777	Foods from Russia & Ukraine
Marvin's Foods	4-271 Grassie Blvd.	204-415-0616	Foods from Central & South America
Meghna Grocery	1741 Pembina Hwy.	204-261-4222	Halal meats & foods from Bangladesh, Pakistan, India, Sri Lanka
Mercadito Latino	570 Sargent Ave.	204-415-2870	Foods from Latin America
Mini Mart	671 Corydon Ave.	204-452-1046	Italian foods & other delicacies
Oriental Market	268 King St.	204-943-4103	Chinese foods, meat, vegetables & seafood

Portuguese Fish & Food Market	460 William Ave.	204-943-8793	Foods from Portugal, Brazil & Chile
Russian Deli Market	643 Portage Ave.	204-774-1041	Foods from Russia & Ukraine
Sangam Grocery Mart	1-933 McLeod Ave.	204-668-6248	Foods from India
Sun Wah Supermarket	303 King St.	204-944-9162	Frozen seafood, live lobster & crab, and Asian groceries
Taste of Europe	1052 Main St.	204-582-6999	Foods from Russia, Ukraine, Lithuania, Poland & Israel
The Real Canadian Superstore	215 St. Anne's Rd. 550 Kenaston Blvd. 80 Bison Dr. 3193 Portage Ave. 1385 Sargent Ave. 2132 McPhillips St.	204-258-2401 204-488-5800 204-275-4100 204-831-3500 204-784-7901 204-631-6250	Wide assortment of specialty foods
Tindahan Food Mart	906 Sargent Ave.	204-783-3946	Philippine foods & some from Portugal
Wah Hing Grocery	106-180 King St.	204-943-6878	Chinese foods, spices & cooking tools
Young's Market	1000 McPhillips St.	204-957-1088	Foods from Philippines, China, Thailand, Japan & Korea

List obtained from the International Centre for Students, University of Manitoba