Canada

Fall and Academic Year

2011-12 Program Guide
The University of California, in accordance with applicable Federal and State law and University policy, does not discriminate on the basis of race, national origin, religion, sex, gender identity, pregnancy,* disability, age, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-era veteran or special disabled veteran. The University also prohibits sexual harassment. This nondiscrimination policy covers admission, access, and treatment in University programs and activities. Inquiries regarding the University’s student-related nondiscrimination policies may be directed to the campus Equal Employment Opportunity/Affirmative Action office.

*Pregnancy includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth.
YOUR UCEAP NETWORK

EAP Online
Bookmark your Participants program page; it contains vital resources and requirements you need to know before you go abroad, including the Predeparture Checklist, UCEAP Guide to Study Abroad, Program Calendar, EAP Student Budgets and Payment Vouchers, and policies.

Local EAP Support
Campus EAP Office
The Campus EAP Office coordinates recruitment, student selection, orientation, and academic advising, and serves as your primary contact during the application process.

UCEAP Systemwide Office
The UCEAP Systemwide Office establishes and operates programs and coordinates EAP administration for all UC campuses from its headquarters in Goleta, California. You will work closely with the following Systemwide Office staff:

- **Program Advisors** communicate program information, both academic and operational, to students and campuses, and coordinate and provide academic and administrative support in all aspects of your participation.
- **Operations Specialists** coordinate the logistics of the program. Document requirements, visa application instructions, health and safety precautions, placement and acceptance by the host institution, arrival and on-site orientation, and housing arrangements are examples of program details the Operations Specialists coordinate.
- **Academic Specialists** advise on academic policies; review and record courses taken abroad for UC credit; process student registrations, petitions, and grades; and document and maintain students’ academic records.
- **Student Finance Accountants** assist primarily with EAP statements, program fee collection, and financial aid disbursements (in conjunction with your campus Financial Aid Office).

Contact Information
**Operations Specialist**
Jeanie O’Connell
Phone: (805) 893-5926; E-mail: jgoconnell@eap.ucop.edu

**Program Advisor**
Stephanie De Sa
Phone: (805) 893-5926; E-mail: sdesa@eap.ucop.edu

**Academic Specialist**
Kelsey South
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**Student Finance Accountant**
Linda Monda
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**UCEAP Systemwide Office**
6950 Hollister Avenue, Suite 200
Goleta, CA 93117-5823
Phone: (805) 893-4762; Fax: (805) 893-2583
EAP Liaison Office Abroad

An EAP Liaison Officer and other local staff administer the program on site and advise students on academic matters, assist with housing, and provide information on cultural events.

Florine Lawrance, Advisor
Go Global: International Learning Programs
University of British Columbia
1783 West Mall
Vancouver BC V6T 1Z2
CANADA

Phone: (604) 822-8334
Fax: (604) 822-9885
E-mail: florine.lawrance@ubc.ca

Katherine Beaumont, EAP Liaison Officer
Go Global: International Learning Programs, Director
The University of British Columbia
(address same as above)

Phone: (604) 822-9613
E-mail: katherine.beaumont@ubc.ca
"EAP STUDENTS SAY...
I was very happy with the program and my experience. I made a lot of friends and learned a lot about people in general, my classes were excellent, and I loved the city.

Don’t expect to perform academically as well as at UC. It takes time to adjust to a new educational system.

The UBC environment is a little different from UC. Not all UBC’s library resources are computerized, making research more difficult. Access to computer labs is slightly more restricted.
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ACADEMIC INFORMATION

University of British Columbia

In competitively awarded grants and contracts, the University of British Columbia (UBC) is one of Canada’s top institutions. UBC heads four federally funded Centers of Excellence, which lead in research on a variety of subjects such as bacterial diseases, protein engineering, genetic basis of human disease, and international urban development. In addition, UBC has five satellite research organizations that are independently operated on campus. UBC’s commitment to representing Canadian interests in newly emerging international communities is made evident by its exchange programs with more than 90 universities in Europe and the Pacific. The UBC library, the second largest in Canada, holds the largest Asian collection in the nation and the largest biomedical collection in western Canada. For activity outside the classroom, UBC boasts extensive intramural sports and recreation programs.

Select Host Institutions on the following program page for further information about the University of British Columbia.

Vancouver, British Columbia

Beautiful and mild, Vancouver was rated the second most habitable city in the world by the Sydney Morning Herald in 2002. Greater Vancouver’s population totals over 2.2 million and includes a broad mix of cultures. Despite its large size, the city is safe and clean. While the majority of the population are descendants of European settlers, Vancouver is home to sizable communities of Chinese, East Indians, Filipinos, Japanese, Koreans, and some 11,000 native peoples. The vibrant mix of cultures is reflected in Vancouver’s endless variety of top-notch restaurants, which feature dishes from Turkey, Ethiopia, Thailand, India, and even the American Southwest. Vancouver is a paradise for outdoor enthusiasts. Stanley Park is second in size only to New York’s Central Park. In addition to a vibrant downtown core, Vancouver boasts a series of shopping and business districts such as Gastown, Commercial Drive, Main St., and 4th Ave. The layout of the city, with its unique neighborhoods, gives a welcoming, personal feeling.

Program Description

You have access to a wide range of academic fields. During the program, you will take courses in your major or in an allied field. Recommended fields include anthropology, Asian and Pacific regional studies, biological sciences, forestry, marine sciences, psychology, and women's studies.

There is limited availability of courses in the departments of Architecture, Commerce, Creative Writing, Education, Engineering, Film Production, Human Kinetics, Landscape Architecture, Music, and Political Science. You are not eligible to take courses in the faculties of Dentistry, Film, Journalism, Medicine and Health Sciences.

You must be independent and self-motivated, particularly regarding your choice of course work. UBC has a rigorous academic schedule, and course work and grading are competitive.
EAP STUDENTS SAY...

I immediately met people in my major and discussed biology topics with them. I found that we were at the same level taking the same classes.

The volume of reading tends to be less at UBC than at UC; however, a more thorough understanding of the readings is required. Most of my courses relied on survey texts, whereas at UC more of the texts are original sources.

The classes are of high quality with good professors and much student interaction.

The classes were comparable to those at UC except that I had more contact with professors at UBC. I was required to do more research and I had the opportunity to do group work.

Be prepared for long finals months—a big change after UC's stressful, week-long cram sessions. It's hard to stay motivated to study. Year-long classes, unless really excellent, can drag out at the end.

In the smaller classes, especially the year-long courses, try to meet some people. Meeting people can make long classes seem a lot shorter.

Course Information

Course Load

While on EAP, you are required to take a full-time course of study and enroll in a total of 24 UC quarter units each term. This unit load is equal to four UBC courses, each worth 6 UC quarter units.

Courses at UBC numbered between 100 and 199 are first-year courses, 200 to 299 are second-year courses, 300 to 399 are third-year courses, and 400 to 499 are fourth-year courses. Most EAP juniors and seniors should enroll in the 300 and 400 series courses. Courses listed as 500 and above are graduate level. These are not available for undergraduates unless special permission is granted.

Registration and Advising

You are required to register for courses prior to departure. Choose your course work carefully in order to best meet your academic objectives.

You must submit a proposed course list to the UBC Student Exchange Office with your initial application; later, after the UBC course schedule is released, you will submit final course selections. UBC will send you relevant information. The final course selections should list up to 20 courses for the year program and at least ten courses for the fall semester program. List the courses in order of preference. The UBC Student Exchange Office will attempt to register you in your preferred courses.

If a course is canceled, filled, or if you do not meet the course requirements (for example, major or honors), the Student Exchange Office will enroll you in your next course choice.

Graduate Students

If you are a graduate student with EAP-approved study plans, you can be accommodated in many fields. UBC has strong graduate programs in biology, microbiology, sociology and anthropology, Asian studies, geography, physics, chemistry, forestry, public health, and neuroscience. Research may be arranged. In addition to reviewing information in this guide, contact your Campus EAP Office. Some areas of study are not open at the graduate level.

Marine Science Opportunity

The Bamfield Marine Station (BMS) is a unique marine-oriented research and educational facility. It is located in Barkley Sound on the west coast of Vancouver Island close to the major Canadian government marine institutions. The pristine nature of the surrounding marine environment, coupled with a rich habitat and organismal diversity, makes it an ideal location to study behavioral ecology, evolutionary biology, marine plant aquaculture, microbiology, and toxicology.

If you are a junior (with at least two years of biology study), a senior, or a graduate student in marine and coastal sciences, you may take upper-division course work at BMS. You will enroll in the five courses described in the following section. To be eligible, students of biology, botany, or zoology must have already completed at least two courses covering introductory ecology, introductory invertebrates, and/or nonvascular plants (highly recommended). The fall semester program runs from September through December. If you enroll in the fall semester Bamfield Marine Science program, you may elect to extend your stay in Canada and take courses at UBC during the spring semester. If you are interested in extending, submit an application to the Bamfield Marine Station in addition to the EAP application. Additional program information and the Bamfield application are available on the Bamfield Marine Sciences Centre website.
EAP STUDENTS SAY...

My directed studies course allowed me to pursue my own interests, which coincided with the interests of the professor I worked with.

Only take courses that you are sure you are prepared for! Try to take introductory courses on Canadian government, culture, history, etc. They are interesting and immerse you in the country.

The strangest thing was that the classes I expected to be large (second-year arts) were small (30 people), and the classes I expected to be small (foreign language) were huge (about 500 people).

Bamfield Marine Science Fall Courses

Ecological Adaptations of Seaweeds—Marine Science 425
The course will explore morphological, physiological, biomechanical, and reproductive adaptations of seaweeds to a variety of environments. Field experiments will demonstrate some of these adaptations, and field data will provide the basis for theoretical considerations.

Structure and Function in Animals—Marine Science 415
This course examines the structure and function of marine animals using a multilevel approach. Biomechanics, nervous systems and behavior, locomotion, and feeding will receive particular attention. A series of laboratory exercises will demonstrate some of the principles.

Current Topics in Marine Ecology—Marine Science 437
Recent ecological issues in marine science will be addressed in detail during this course. Content for the current year will be declared during the summer.

Directed Studies—Marine Science 490
Study will involve an independent research project in your field of interest. Projects are approved by a supervisor and designed to take advantage of laboratory and field opportunities. While at the station, mentorship will be provided by resident researchers, faculty, and staff.

Seminars and Papers in Marine Science—Marine Science 480
Discussion groups meet biweekly to debate issues generated by selected journal articles and participate in formal seminars presented by guest speakers. This course will develop critical thinking and analytical skills.

Grades
For information about grades, see the Academic Information chapter of the UCEAP Guide to Study Abroad.
"EAP STUDENTS SAY...

There were many volunteer openings related to my major and personal interests.

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**CULTURAL AWARENESS**

**Educate Yourself**

Get acquainted with your new host city, country, and culture before you leave the U.S. Travel guides and travel-related websites, such as *Lonely Planet* and *Urban Lowdown*, are excellent resources. The *City of Vancouver website* has a lot of great information to get you started. Another resource to browse is the *UBC International Student Handbook*.

Keep up with current events by reading newspapers such as *The Vancouver Sun*. You will also need to understand the local culture and history. These sources will help you prepare before departure.

**Recommended Reading**

Atwood, Margaret  

Berton, Pierre  
*The National Dream: The Great Railway, 1871–1881*,  
*My Country: The Remarkable Past*, Toronto:  

Bliss, Michael  
*Northern Enterprise: Five Centuries of Canadian Business*,  

Ferguson, Will and Ian  
*How to Be a Canadian: Even If You Already Are One*,  

Francis, Diane  
*Fighting for Canada*,  

Pang, Guek-Cheng and Robert Barlas  
Travel Documents

- All travelers must present a valid passport when entering the country.

Additional information about passports, visas, and other required documents is provided in the UCEAP Guide to Study Abroad and the EAP Predeparture Checklist.

Visa

U.S. citizens do not need a visa in Canada as long as they present proof of U.S. citizenship and a photo ID upon arrival in Canada.

Requirements for non-U.S. citizens may be different than those for U.S. citizens. Consult the Canadian consulate for your specific visa requirements.

Study Permit

If you are participating in a study program that is longer than six months in duration, you must obtain a study permit from the Canadian government to study in Canada. If you are in the fall semester program, you will not need a study permit unless you are seriously considering extending your EAP participation to the spring semester or planning to work in Canada.

You can apply for the study permit through a Canadian consulate prior to departure or when you arrive. Visit the Citizenship and Immigration Canada website and become familiar with the requirements. It is imperative that you complete all documents and submit them in accordance with the instructions.

Leaving and Returning

You may leave Canada and then return to study if the appropriate authorizations are in order. For example, you would not be allowed to return to Canada to study if your study permit expired while you were out of the country. Immigration officers at the port of entry will determine whether you meet the appropriate requirements for admission. Make sure that your passport and study permit remain valid.

Extending a Study Permit

If you need to extend or change your study permit, contact the nearest Canadian Immigration Center several weeks before the permit expires to obtain an extension application. Canada Immigration Centers are listed in local phone directories under Government of Canada, Citizenship, and Immigration Canada.

An extension of a study permit does not affect the visitor visa. To obtain a new visitor visa, apply outside of Canada. If you require a visitor visa in Canada, make sure it remains valid.

For more information, refer to the Citizenship and Immigration Canada website.
Climate and Dress

Due to its location on the Pacific, Vancouver has the most moderate climate of any city in Canada. The winters are wet and the summers are mild. The average winter temperature ranges from 33°F to 42°F, with an average of 20 days of rain. Although the winter may bring snow, it generally lasts for only a few days in the city. The average spring temperature in Vancouver ranges from 54°F to 65°F, with an average of 14 days of rain.

In general, Canadian students dress like American students. Your current wardrobe should be adequate, with some modifications for the cold, wet, winter weather. Take a warm coat and raincoat; warm sweaters, socks, and gloves; wool clothing; tights; an umbrella; and comfortable walking shoes. You may need one dressier outfit for more formal occasions. Take outdoor gear for camping, hiking, etc.

The EAP Student Budget does not include funds for the purchase of clothing abroad.

Electrical Appliances

The electrical current in Canada is the same as in the U.S. (60 cycles, 110V), so it will not be a problem to use small appliances from the U.S.

Travel to Canada

You are responsible for making transportation arrangements to and from Vancouver and you will need to arrive in Vancouver on or by the “Last Date to Arrive” listed in the EAP calendar. Failure to arrive by this date is cause for dismissal from the program (see Student Agreement). Some students drive to Vancouver, but the majority of students fly. You must reserve and purchase your own airplane ticket (even if you are on full financial aid). The Financial Aid Office is not responsible for purchasing tickets. You are strongly urged to purchase a changeable airline ticket. Standby tickets are not appropriate for EAP.

Airport pickup is possible, and you can coordinate this with the UBC Go Global office. If driving by car, visit the UBC website for directions.

The start date of the program can change due to unforeseen circumstances. In addition, flights are routinely changed or canceled. You are responsible for making modifications in your travel itinerary to accommodate such changes. EAP is not responsible for any unrecoverable transportation charges incurred for independent travel arrangements.

Check e-mail announcements from your UC campus and UCEAP regularly. Be sure to keep your MyEAP contact information current.

Financial Aid Students

Your financial aid package is based partly on the EAP Student Budget for the program. The estimated round-trip airfare is based on the cost of a changeable student fare to Canada. If your independent travel costs are greater than the airfare estimate in the EAP Student Budget, notify your financial aid counselor. Neither EAP nor the Financial Aid Office can guarantee that the additional cost will be funded by financial aid.
Travel Precautions
Identify each item of luggage on the inside and outside with your name, home address, and destination. To avoid theft, never leave your luggage unattended.

Although your UCEAP Insurance Plan offers coverage on lost or destroyed property, you should assess the Personal Property Benefit provided in the policy and verify that it is adequate for your needs.

When traveling, always keep your passport, visa, ticket, prescription medications, and money with you. Never put valuables in your checked luggage. Leave extra credit cards at home and carry only what is necessary. Do not ask others to carry any items abroad for you (laptop, camera, extra bags, etc.) and do not volunteer to do so for others. Airlines may not allow you to take them and customs abroad may charge you a high duty. This is particularly a concern with electronic goods.

Orientation
During the first week of September, UBC’s International House conducts a three-day orientation program for visiting and new students (known as GALA), and a mandatory half-day orientation exclusively for EAP students. Various activities will introduce you to UBC, Vancouver, and the Canadian educational system. Orientation also covers issues of immediate concern such as banking, transportation, academic regulations, UBC’s student services, and social and cultural activities. You are required to participate in the orientation sessions.

During GALA, events such as city tours or day excursions will be offered by the UBC International Student Development Office for interested students. These are strictly optional and will involve additional fees.
LOCAL TRANSPORTATION

If you take your own car to Vancouver and have a valid U.S. driver’s license, there is no need to apply for an international driver’s permit. Driving laws vary, and you are responsible for understanding Canadian traffic regulations.

VIA Rail is the official train service of Canada and provides links between many cities around the country. Visit the VIA Rail website for details.

Air Canada, Air Transat, and WestJet are several Canadian airlines that provide transit within Canada.

The EAP Student Budget does not include funds for recreational travel abroad.

Transportation within Vancouver

Upon arrival at UBC you will purchase a U-Pass (Universal Transportation Pass) that allows unlimited access to TransLink Bus, SkyTrain, and SeaBus services as well as a discount on West Coast Express fares. The U-Pass costs about $95 Canadian dollars per term and is available at the UBC Bookstore.

Walking and cycling are also popular modes of transportation in Vancouver. For more information about biking, visit the AMS Bike Co-op. Check out the Bike Co-op’s bicycle-borrowing program for students, called the Purple and Yellow Bike Project.

Return Transportation

If you do not make round-trip arrangements, be sure to book a return flight with plenty of lead time once abroad. EAP staff in Canada can refer you to a local travel agency. Flights to the U.S. fill up quickly, and economy-fare seats are booked early.

If you purchase a round-trip ticket, make sure it allows changes to the return date for a relatively low fee.
Financial Information

Understanding Your Finances

Understanding your finances before, during, and after EAP is crucial to having a successful time abroad. The following list outlines just a few of the many things you will need to know before departure.

Detailed information on the following topics can be found in the Money Matters chapter of the UCEAP Guide to Study Abroad:

- Contact information for finance questions
- How to estimate the cost of your program
- Budget instructions and information
- How to and who can make payments to EAP
- EAP student account information
- Banking before and after arrival
- Fees and penalties
- Loan information
- How financial aid works while on EAP (how do I get my financial aid from my home campus and how are my fees paid)
- Various forms (e.g., direct deposit, etc.)

MyEAP Student Account

Your MyEAP Student Account is similar to your home campus Financial account. It will be available as soon as you are selected for your program in MyEAP. The fees that you owe UCEAP are posted to your account, and you can make payments through this account using e-checks or credit cards (MasterCard or Discover). Fees will be applied after your program predeparture withdrawal date, which is listed in MyEAP.

EAP Student Budget

Carefully review your UCEAP Student Budget.

Your UCEAP Student Budget lists the fees you will pay to UCEAP and an estimate of the personal expenses you will need to plan for. It does not include the cost of recreational travel or personal entertainment. The fees due to UCEAP will be posted to your MyEAP Student Account after your program predeparture withdrawal date. Program fees are subject to change. View your EAP Student Budget frequently.

Instructions

- Download and print your EAP Student Budget and Payment Vouchers.
- Note the deadlines on the Payment Vouchers.
- Give the EAP Student Budget and Payment Vouchers to the person responsible for paying your EAP bills. Sign them up for Third Party Authorization so they can make payments online.

For further information see the Money Matters chapter of the UCEAP Guide to Study Abroad and the Money Matters tab of your Participants Portal. If you are on financial aid, see also the EAP Financial Information web page.
Handling Money Abroad

Although the unit of currency is the Canadian dollar, U.S. currency is also accepted. Before leaving the U.S., you may want to exchange $50 or $100 into Canadian dollars. Once abroad, you can open an account in Canada with U.S. cash, travelers checks, or money orders.

Banking

Most Canadian banks provide standard services Monday through Friday (except on public and bank holidays). There are three banks on the UBC campus: the Bank of Montreal, the Canadian Imperial Bank of Commerce, and the Royal Bank. There are 24-hour ATMs at all three banks, as well as in the Student Union Building.

Most large U.S. banks maintain affiliate relations with prominent foreign banks. In order to simplify check cashing and money transferring, find out which Canadian bank your American bank is affiliated with and what services are available.

ATM Card

The best way to obtain money is through an ATM. ATM cards provide a convenient way of getting cash, making deposits and transfers, and verifying account balances. To get an ATM card, you must first have an account at a bank or credit union in the U.S. It is important to make sure the card can be used to access funds in Canada. The bank will issue an ATM card and a personal identification number (PIN). Once abroad, you can use the ATM card and PIN to withdraw money from the U.S. account. There is no waiting period; money deposited in the U.S. is immediately available for withdrawal abroad. There may be limitations on the amount of cash accessible per transaction as well as fees.

Credit Cards

Visa and MasterCard are widely accepted in Canada. Check with your credit card company to see what services are offered and where.

Canadian Tax

- Canadian sales tax is considerably higher than in the U.S.

The Harmonized Sales Tax (HST) in British Columbia is 12 percent, and it is added to most retail goods and services. Check to see if certain school supplies are exempt. You might be eligible for a refund of some of the sales taxes as an international student. See the tax section of the UBC International Handbook for details.
COMMUNICATIONS ABROAD

Mail and Fax
Until you get settled into your residence hall or apartment, you can receive mail and faxes at the following address:

[Your Name]
c/o Go Global: International Learning Programs
University of British Columbia
1783 West Mall (International House)
Vancouver BC V6T 1Z2
CANADA

Fax: (604) 822-9885

E-mail
E-mail accounts are available at UBC. To get an account, you need to first obtain a Library/AMS card. You can then go to the library computer lab and set up an e-mail account. The Student Exchange Office in Vancouver can give you more information about this process.

Skype
Many students use Skype for long-distance calls. Family and friends in the U.S. can call you, at low rates, using Skype from their computers. You can Skype family and friends from any computer with Internet access. Computer-to-computer Skype calls are free. You will need a headset or a microphone.
**Housing & Meals**

**Frequently Asked Questions**

- For more details, be sure to read the housing section of the UBC International Student Handbook.

**Q: Where will I live?**

**A:** You can live on the UBC campus in residence halls or off campus in apartments, private homes, or town houses. All are located within a reasonable distance from campus.

**Q: Who is responsible for the cost?**

**A:** You are responsible for all room and board costs during the program. Unless otherwise instructed, you must make your own housing payments (even if you are on financial aid). The first financial aid disbursement is not sent until August. If you receive financial aid, you must arrange to cover the UBC housing payments until financial aid is disbursed.

**Q: When are housing payments due?**

**A:** The first payment for on-campus housing is due to UBC in June.

**Q: How can I obtain off-campus housing?**

**A:** You will need to arrange your own housing off campus in apartments or private homes. Off-campus listings are posted in the International House and the Student Union building, and can be accessed by phone at (604) 714-4848. You can find Vancouver housing listings on the UBC Student Housing and Hospitality Services website.

Off-campus housing at UBC requires a commute, and you will need to budget for parking or bus fare. As soon as you get to UBC, you can purchase a U-Pass, which will give you unlimited access to all commuter train and bus services in the Vancouver area.

**Q: How can I obtain on-campus housing?**

**A:** Submit the UBC housing application and deposit directly to UBC. You may also apply online. You will receive further notification directly from UBC regarding your housing assignment.

**Q: Will I automatically get the housing I selected on my UBC housing form?**

**A:** All efforts will be made to place you in the residence of your choice, but placement is based on availability. If UBC is unable to place you in your first-choice residence, every effort will be made to place you in the alternate choice you indicated on the housing application.

**Q: What types of on-campus housing are available?**

**A:** There are four on-campus residences from which to choose. The following section provides a description of each residence.
EAP STUDENTS SAY...

Deciding to live off campus was a great decision. The bus system is good enough to get you where you need to be on time, and the expense is included in your fees.

On-campus housing is a good way to meet local Canadians (who are a diverse lot); however, for an older graduate student, I wouldn’t recommend it since it can get a bit noisy at times.

Try to get into the Gage High-Rise or Fairview Crescent. More students your age will be there. Totem Park and Place Vanier are for freshmen and sophomores.

Room and Board in Residence

Totem Park and Place Vanier

Totem Park and Place Vanier are two on-campus residences that offer room and board and are geared towards first- and second-year UBC students. Both residences are located within walking distance of playing fields, tennis courts, sports facilities, and popular biking and jogging routes. Both houses have small floor lounges with a television and a large lounge on the main floor. Each room has Internet access and a phone outlet, a standard single bed with linens, built-in desk and bookshelves, clothes closet, chair, lamp, and bulletin board.

The dining rooms in Totem Park and Place Vanier are operated by the UBC Food Service Department and offer à la carte meal plans. With this plan, you pay only for the food you select. You may also use a meal card to make purchases at various locations on campus. Meals are normally served three times a day, seven days a week.

Room Only in Residence

Walter Gage High-Rise

The Walter H. Gage Residence has three high-rise towers where students share quadrant apartments with cooking facilities. Each floor is divided into four furnished quadrants, each containing a small living/kitchen area shared by all six residents, a bedroom area consisting of six single furnished bedrooms, and a large communal bathroom. Quads and apartments have satellite television, wired Internet access, and phone outlets in the living room and each bedroom. Gage is a senior residence area; applicants must be 20 years of age by December 31, 2010 to be considered.

Fairview Crescent Apartments

Fairview Crescent is designed for mature students. Applicants must be full-time UBC students during winter session and at least 19 years of age by December 31, 2010 (or be enrolled as UBC graduate students).

Fairview Crescent consists of 186 four-, five-, and six-bedroom town houses. Residents of the complex are assigned to their own bedroom and share a living/dining room, kitchen, and one or two bathrooms with their roommates. The town houses are completely furnished. Bedrooms contain a single bed with linens, desk, chair, small dresser, and two bookshelves. Electricity, heat, hot water, wired Internet access, and satellite television cable outlets are included in the rent. Every bedroom and the living area of each unit has a phone outlet.

Residents of Fairview Crescent may obtain meal passes to the Totem Park and Place Vanier Dining Rooms at a student rate. There are a number of snack bars, mini-marts, dining halls, and coffee shops available on and off campus for meals and snacks.

➤ Bedding is provided for on-campus housing. Many Canadian students bring their own comforters.


**Extracurricular Activities**

**Get Involved**

Participating in extracurricular cultural and social activities while on EAP is an excellent way to meet people and integrate more fully into the community.

Join sports, musical, theater, or arts groups; volunteer at local organizations; attend lectures and receptions held in academic and community circles; and get the most out of your time abroad.

Local staff can provide information about cultural and social events and will arrange some activities and excursions for the EAP group. Nearby mountains offer skiing for eight months of the year.

Many excellent travel books about Canada and surrounding areas are available at local bookstores. Past students recommend Lonely Planet’s *Travel Survival Kit for Canada* and *Let’s Go: Canada*.

**Working in Canada**

With a valid study permit, you may work up to 20 hours per week on campus, although most students work 10 to 15 hours per week. If you wish to work, you will also need a social insurance number. These are similar to U.S. social security numbers. The Go Global Office at UBC can provide additional information.

The spouse of a full-time student at a community college or university may apply for authorization to work. In such a case, the spouse should contact a Canada Immigration Center to obtain information and an application for the authorization. A spouse may work only during the validity of the partner’s study permit. A medical examination may be required.

**Dependent Children**

Dependent children may be able to attend school in Canada. If you plan to take children to Canada, phone the nearest Canada Immigration Center for information. Appropriate authorization is required before children attend classes.

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**EAP Students Say...**

Look forward to meeting a lot of great people and making some adjustments to a new school and different culture.

The city of Vancouver has a great transit system and, for a UBC student, it’s a bargain. Leave your car at home.

Vancouver is an awesome city with lots to do.

I got to see some wonderful natural settings in and around Vancouver. Don’t just stay on campus; make sure you get out and explore.

There are a lot of differences between Canada and California—accent, currency, phrases, and so on—but there are also subtle differences: pace of living, a sometimes anti-American bias, and different values. I had to learn to accept these differences and overcome them, but once I did, I made some of the best friends I’ve ever had!

Join the peer program. It’s a great way to make Canadian friends.

U.S. sentiment personally. Get out during the winter months. It’s easy to stay inside when the weather is bad and it is quite depressing.

Be independent. Don’t hang out in groups with other EAP students.

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Go see Stanley Park, one of the best urban retreats in North America, with 1,000 acres of lush greenery, a zoo, an aquarium, hiking trails, and a 6.5-mile pedestrian seawall, all within walking distance of the city center.

Remember to be courteous and friendly. Leave people with a good impression. Quite sadly, tourists often do not.

Be as open with the people as possible and be willing to try new things.

Keep your sense of humor. Don’t take anti-U.S. sentiment personally. Get out during the winter months. It’s easy to stay inside when the weather is bad and it is quite depressing.
HEALTH

In Case of Illness

There is no significant health risk from food or water in Canada. If you feel sick or have a medical emergency, seek medical attention and contact the EAP Liaison Officer immediately. The Liaison Officer can recommend a clinic to visit, provide the necessary medical insurance claim forms to complete, and assist if arrangements need to be made with your professors due to an extended absence from classes.

Medical Facilities

Medical care in Canada is excellent. Public ambulance service is reliable and well staffed.

Student Insurance

While abroad, you will be covered by two insurance policies: one is required by the University of British Columbia, and the other is required by UCEAP (the UCEAP Insurance Plan).

The UCEAP Insurance Plan is offered to every EAP participant, regardless of program and country. University of California pays your premium.

You are also required by the University of British Columbia to carry a Canadian health insurance policy (IMED for fall students and MSP for year students). You will pay UBC directly for the Canadian policy. You can make payments by credit card online. For details about the Canadian policy, see the Health Insurance and Health Care section of the UBC International Student Handbook.
SAFETY

Many students and their families have concerns about safety and security abroad. Study abroad, like most other things in life, involves risk. No one can guarantee your personal security, either in the U.S. or abroad. You and your family have a role to play in minimizing potential dangers and EAP expects you to participate actively in minimizing your risks while abroad.

UCEAP cannot:

- Guarantee the safety of participants or ensure that risk will not at times be significantly greater than on a UC campus.
- Monitor the daily personal decisions, choices, and activities of individual participants any more than is the case on a UC campus.

UCEAP takes reasonable efforts to provide a safe environment on its programs abroad and counsel students on potential risks and necessary precautions. While there are some situations that are out of anyone’s control, you can take responsibility for your own personal behavior and follow certain basic precautions, such as being aware of your surroundings.

Although Canada generally has a lower crime rate than the U.S., crimes do occur throughout the country, especially in urban areas, so remain aware about your personal property.

Emergency Contacts

What Constitutes an Emergency?

Emergencies are circumstances out of the ordinary, unplanned, or unexpected, which threaten the health, safety, and well-being of you and/or your fellow students. The following are considered true emergencies:

- Any situation that places a student or students at risk, including illness or harm, or other traumatic incidents that require immediate response
- A student who has been arrested
- Civil unrest or a natural disaster in the host country

In an Emergency

Contact local emergency services first and then contact the following:

If you are in the U.S.

- During office hours (8 a.m.–5 p.m. Pacific Time): Contact the Operations Specialist at the EAP Systemwide Office
- After office hours: Call the 24-hour emergency phone number at (805) 893-4762

If you are abroad

If you have a health or safety emergency, call:

Florine Lawrance: (604) 822-8334 or Katherine Beaumont: (604) 822-9613

If you do not have access to local or EAP Liaison Office emergency contact information, call the EAP 24-hour emergency phone number at (805) 893-4762. Carry the local emergency contact information at all times.