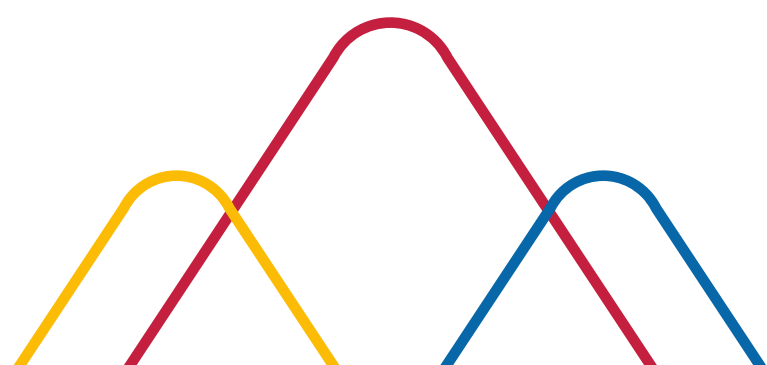




International Student Guide

Canada 101





Welcome

Welcome to Canada! As an international student, you're starting an exciting adventure, and we at CIBC are with you on your journey. Moving to a new country can be challenging, and we want to make your transition as smooth as possible. That's why we created this guide to help you navigate your new surroundings. From setting up a bank account to understanding the local culture, we've got you covered. Here's to the incredible journey ahead!



Must-Do's When You Arrive

Ready to immerse yourself in all things Canadian? We've got a list that's as cool as Canadian winters and as exciting as a hockey shootout. Here are the top 10 things you absolutely must do when you land in the Great White North.

- ☐ **Try Poutine:** The heavenly mix of fries, cheese, and gravy was created in Quebec and is like a warm hug for your tastebuds.
- ☐ **Go to a Local Hockey Game:** Experience the thrill of Canada's favourite winter sport. Check out your school's team for a free way to experience this.
- ☐ **Order a "Double-Double" at Tim Horton's :** It's not just a coffee with two creams and two sugars. It's a rite of passage.
- ☐ **Go Ice Skating:** Find a local rink or a frozen pond—or even visit the Rideau Canal Skateway in Ottawa—and glide away. And remember, taking a tumble or two on your first go is all part of the icy fun!
- ☐ **Learn Some Canadian Slang:** From "washroom" to "loonie" to "toque," learning some local lingo will have you sounding like a true Canuck in no time. Keep reading, we've included a cheat sheet to get you started!
- ☐ **Visit a Historic Site or Famous Landmark :** Learn about Canada's rich roots and history. Plan a visit to the Parliament Buildings by the harbour in Victoria, or visit the CN Tower in Toronto.
- ☐ **Go Canoeing or Kayaking:** Paddle your way through Canada's beautiful waterways on one of these narrow, human-powered watercrafts.
- ☐ **Try Snacks Only Available in Canada :** Like ketchup-flavoured chips, Coffee Crisps chocolate bars and Montreal-style bagels!
- ☐ **Explore a National Park:** Canada's national parks are renowned for their beauty and biodiversity.
- ☐ **Open a Canadian bank account :** Join the CIBC family and let us help you with your finances so you'll have more time to enjoy all of these amazing Canadian things!



The Canadian Student Experience

Making the jump to post-secondary in Canada can be an exciting whirlwind. Get a preview of what your first week and even your first year might look like.

Your First Week

Your first week can be a big adjustment of settling into your new living accommodations, navigating your school, and exploring your neighbourhood. But do not let that stop you from participating in Frost Week (a.k.a. Orientation or Welcome Week) at your school, which will help adjust you to everything.

Early on, focus on engaging with groups like student unions and clubs. Student unions represent and put on activities for students, while clubs are a great place to meet people with similar interests.

Regardless of your location, various transportation options are available. Public transit is available in most cities, obtaining your Canadian driver's licence is an option, or consider biking as a popular and affordable alternative. Just remember to plan your journey in advance!

What's Next?

For many, studying abroad is a thrilling but also challenging experience. Just remember that there are plenty of resources available to make your student life easier and more enjoyable.

Being an international student can be expensive, so it's a good thing that your student status also unlocks a number of perks! Student discounts (like a free SPC+ membership) can be a great way for you to save on all the stuff you need to buy. On a broader scale, you can also now apply for financial aid, scholarships, and even giveaways to help the money roll in and fund your Canadian dreams.



Student Banking and Fraud Prevention

*Get the most out of your money in Canada
by making sense of these banking basics.*



For more information on any of these banking terms, consult the glossary at the end of the guide.

Chequing vs. Savings

Since you are new to the world of Canadian banking, it is important to know where to put your money. Think of a chequing account like your wallet. It is for the money you have right now and used for everyday spending, transferring funds, and paying bills. On the flip side, a savings account is like a safe. It is where you put money away and earn interest to grow it for future goals like a car, travel, or even tuition. If you are looking for a chequing account with no monthly fees until age 25, CIBC Smart™ Start is a great place to start.

Choosing a Credit Card

Credit cards are great for emergencies, travelling and building up your credit score. To build a good credit score for large future purchases, only spend what you can pay back, pay your full balance on time, and avoid cash advances. If you are looking for a first credit card, the CIBC Dividend® Visa* Card for Students is a great place to start. You can build credit, earn rewards and cash back for everyday purchases with this no-fee student credit card. Or, if you're planning on continuing your travel during school, the CIBC Aventura® Visa* Card for Students helps you to enjoy movies, music, shopping, food and travel for no annual fee.

Building a Budget

The basic premise of budgeting is to understand how much money you have coming in and how much you have going out to help manage your money better. Specifically, focus on monthly spending like rent, utilities, and food and school costs like tuition and textbooks. Of course, knowing how much you should spend each month is only the beginning, you still have to stick to it, which is where a tool like CIBC's Smart Planner™ could be a real help in tracking your spending and reaching your goals.

Fraud Prevention

Scammers are, unfortunately, everywhere but you can protect yourself against them. Understanding how they operate is a strong first step. To keep your data and information safe, it is essential to watch out for suspicious emails, calls, and text messages that may impersonate friends, family, government agencies, and even financial institutions.

When it comes to scams: trust your gut if something does not feel right. For a more detailed breakdown of what to watch for and how to protect yourself, keep reading or visit <https://www.cibc.com/en/privacy-security/banking-fraud.html>.

Phone Calls and Voicemails

- Ignore calls from unknown numbers that claim to be from a reputable source, but are requesting urgent money transfers or threatening government, police or legal action.
- If you receive a suspicious call from someone claiming to be from CIBC, disconnect the call immediately and contact us at CIBC.
- Urgent and secret—Urgent requests with a need for secrecy are the hallmarks of a scam. Fraudsters will encourage immediate action so that you don't have time to think rationally or to investigate the legitimacy of the request.

Websites and Online Ads

Keep an eye out for claims of technology support or fake ads.

Downloading files or entering your banking details on suspicious websites may expose your computer to malware or viruses.

Fraudsters pretend to be employers searching for new hires. They try to lure you with a fantastic job opportunity with minimal effort. In turn, they ask for money and personal information and act as if it's part of their application process. Employers will not ask for your money.

Email and Text Messages

Fraudsters pretend to be employers searching for new hires.

They try to lure you with a fantastic job opportunity with minimal effort. In turn, they ask for money and personal information and act as if it's part of their application process.

- Delete messages from unknown numbers and email addresses making urgent requests.
- Be wary of strange links, lack of personalization, altered logos and spelling errors.

Protect Yourself: Do

- ✓ Create difficult and unique passwords for each of your accounts (i.e. email, banking, social media)
- ✓ Set up “My Alerts” on CIBC Online and Mobile Banking to inform you of any unauthorized transactions
- ✓ Take your time—Think about the situation you’re in and avoid making any quick decisions. Ask yourself whether the situation you’re in makes sense and question whether it could be a scam.
- ✓ Do your research—Research the person you’re talking to and the situation that you’re in, using online resources. If other people have been in the same scam situation, you may find more information online to confirm it isn’t legitimate.
- ✓ Talk to someone you trust—Ask for advice about your situation from a person you trust, such as a family member or friend. Getting an outside perspective on your situation will help you identify whether it may be a scam.

Protect Yourself: Don't

- ✗ Give out your personal passwords
- ✗ Respond to unsolicited emails or SMS messages, and ignore requests to click on embedded links
- ✗ Use your personal or banking information when creating unique passwords or e-transfer security question answers (i.e. SIN, date of birth, home address, card numbers, etc.)
- ✗ Respond to any online pop-up windows requesting personal or banking information
- ✗ Reuse the same security question answer for multiple e-transfer recipients, or share that answer through social media/email
- ✗ Save login credentials on any of your electronic devices



Glossary

Understand common Canadian terms, from “Eh” to “Zed”.

Banking Terms

As you embark on your Canadian journey, you'll find that some banking terms here might be a bit different from those back home. But fear not, we've got you covered! We put together a handy glossary of Canadian banking terms to help you navigate your finances in the land of loonies and toonies.

Account balance: The amount of money you have in your bank account at any given time. It's the total sum of all the deposits you've made, minus any withdrawals, payments, or fees.

ATM (Automated Teller Machine): A machine that allows you to withdraw cash, deposit checks, and perform other banking tasks without the need for a bank teller.

Cheque: A written document instructing a bank to pay a specific amount from the writer's account to the entity named on the document.

Chequing Account: This is a type of bank account that allows you to deposit money, withdraw funds, and make transactions easily. It's typically used for daily financial activities, such as receiving salary payments, paying bills, and making purchases with a debit card.

Credit Card: A card issued by a bank or financial institution allowing the holder to purchase everyday goods or even bigger purchases without using their own money right away. Also used for earning rewards and building a credit score. Just make sure to pay it all back in full!

Credit Score: Like a report card for your financial habits, this score is a number from 300-900 that represents how creditworthy you are. Lenders use it to help them determine the likelihood of your ability to repay your loan and is checked when making big purchases. A good score can positively impact your ability to get a loan, buy a car, or even rent an apartment.

Debit Card: A card issued by a bank allowing the holder to transfer money electronically from their bank account when making a smaller purchase. Basically, it is your go-to card for buying things without having to use cash.

Direct Deposit: This is an electronic transfer of payment directly from the payer's account into the recipient's account. It is often used for salary payments or other regular income, eliminating the need for physical cheques. The funds are available immediately and securely transferred.

e-Transfer: A quick, easy, and secure way for people to electronically transfer money from one bank to another.

Education Line of Credit: A type of loan to help students pay for education-related expenses such as tuition, books, and living costs. Unlike a traditional loan that provides a lump sum of money, a line of credit allows students to borrow money as needed, up to a certain limit. Interest is only charged on the amount of money actually borrowed, not on the total credit limit.

Interest: The cost of borrowing money, typically expressed as an annual percentage of the loan amount. For example, if you borrow \$1,000 at a 3% fixed annual interest rate, you will pay \$30 in interest per year.

RESP (Registered Education Savings Plan): This is a special savings account in Canada that helps parents save for their children's post-secondary education.

RRSP (Registered Retirement Savings Plan): A registered plan that encourages Canadians to save for their future. The plan can include a mix of investments, stocks, and cash.

Savings Account: A bank account that earns interest, typically used for money that you don't plan to spend immediately.

TFSA (Tax-Free Savings Account): A type of savings account available in Canada that allows you to earn interest on your savings without having to pay taxes on the interest earned.

It's a great tool for students to start saving money, as any income, gains, or withdrawals from the account are typically tax-free.

Canadianisms and Canadian Slang

Ready to talk the talk in the Great White North? We put together a fun and easy-to-follow glossary of Canadianisms that will have you sounding like a local in no time. So, grab a cup of hot cocoa, sit back, and let's dive into the colourful world of Canadian lingo, eh?

About: The way people from other countries think Canadians pronounce the word "about." Do you agree?

BeaverTail: A popular pastry that's flat and shaped like a beaver's tail. Try it with cinnamon sugar!

Butter tarts: Sweet treats made of butter, sugar, syrup, eggs and magic. A popular dessert in Canada.

Canadian tuxedo: Denim on top. Denim on bottom. A fashion statement here in the Great White North.

Canuck: A slang term for a Canadian.


Double-double: A coffee with two creams and two sugars. A common order at Tim Horton's.

Eh: A word Canadians use at the end of a sentence when they want someone to agree with them. Similar to "Am I right?"

Garburator: The Canadian term for a garbage disposal unit in a sink.

Hockey: The national winter sport of Canada.

Homo Milk: Short for homogenized milk, it's the Canadian term for whole milk. And yes, we sell milk in bags here.



Hydro: A type of Canadian electricity. In Niagara Falls, the Niagara River is one of the world's greatest sources of hydroelectric power.

Ice fishing: A popular winter activity in Canada where you fish through a hole in the ice on a lake.

Keener: A person who is extremely eager or keen. Often used to describe students who always do their homework and are enthusiastic in class.

Ketchup Chips: Potato chips meet ketchup flavouring. A match made in snack heaven!

Kerfuffle: A commotion or fuss.

Knapsack: The Canadian term for a backpack.

Loonie: The Canadian one-dollar coin, named after the loon bird depicted on it.

Nanaimo Bars: A no-bake dessert named after the city of Nanaimo, British Columbia. So yummy!

Pop: The Canadian term for a soda or soft drink.

Poutine: A dish originating from Quebec, made with french fries and cheese curds topped with a brown gravy.

Toque: A knitted cap worn in winter to keep your head and ears warm.

Toonie: The Canadian two-dollar coin.

Washroom: A Canadian term for bathroom or restroom.

Zed: The Canadian pronunciation of the letter "Z". Not "zee".



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