

# Practical Tips & Hints for Going to Canada



## "Canadianize" your C.V.

The Canadian format is different to the Irish format. Please note that in Canada a C. V. is referred to as a *résumé*. It is important to orientate your C.V. to the Canadian job market as this will make you more marketable to prospective employers. For example;

- Place experience first and education last on your *résumé*.
- Do not include personal details such as D.O.B., marital status, etc.
- Convert any grades into the Canadian scoring system.

If possible get local advice from someone in your chosen sector to help with developing your *résumé*. Copies of Canadian styled *résumés* are available on most recruitment websites. For those on a one year working holiday visa SWAP provides assistance with *résumés*. SWAP is USIT's Canadian partner organisation and can be found at the following website - [www.swap.ca](http://www.swap.ca)

## Conversion of Qualifications

For those seeking to know the value of their education, training, and experience acquired outside Canada, the Canadian Information Centre for International Credentials ([www.cicic.ca](http://www.cicic.ca)) provides valuable information on the transferral of qualifications in Canada.

## Immigration status

State clearly on your *résumé* or cover letter about your immigration status and intent to stay in Canada for the required length of time.

## Recruitment Websites

The main job websites in Canada are:

[www.workopolis.com](http://www.workopolis.com)

[www.monster.ca](http://www.monster.ca)

[www.canadajobs.com](http://www.canadajobs.com)

Another useful website recently set up is - [www.irishjobs.ca](http://www.irishjobs.ca) - This is an Irish orientated website which allows you to post up your résumé for potential employers to look at.

In general it is recommended to begin posting your résumé before you depart for Canada.

## Accessing the hidden job market

In order to access those jobs which are not advertised externally contact companies which you are interested in and request an informal meeting. Meeting with relevant recruitment agencies can also be worthwhile. Valuable information can be obtained which will allow you to see if and where job opportunities may be.

Business cards are a useful way for you to distribute your personal details and build up a network of contacts within your chosen sector. These are generally inexpensive and can be obtained from any print shop.

## Employment expectations

Upon arrival be aware that you may not find a job straightaway. Whilst the Canadian economy is performing well in comparison to Ireland, it does not mean that there is an over supply of jobs.

Set your expectations that it may take between two and four months to obtain your first job. By setting this time scale, you will experience less disillusionment whilst searching for a job.

Whilst the cities of Toronto and Vancouver are commonly viewed as places offering the best potential, it is advisable for any person going to Canada to be open to exploring possible opportunities in the smaller cities and communities. As the cost of living is so high in these cities it may act as a better starting point to look beyond these popular destinations.

## Access to government funded services

Please note that anyone entering Canada with only temporary immigration status may not be eligible to access certain forms of government funded services which have been designed to support immigrants. There is no reciprocal health insurance agreement between Canada and Ireland for people with only temporary status so it is your responsibility to ensure that you have the adequate insurance cover for your trip.

Whilst not all Canadian Multicultural centres are officially funded to work with immigrants holding temporary status they are always ready to assist any newcomer in need with the most accurate and up to date information and orientation with life in Canada.

## Get involved in Irish associations and support groups

Whether you are going to Canada with some friends or on your own it can be a difficult and lonely experience so the services offered by these associations and support groups can provide you with the opportunity to make valuable connections in your new community.

Suggested Irish associations and support groups include;

- **Ireland Canada Chamber of Commerce Toronto**

This association provides assistance to new arrivals and the existing Irish community through networking events and job leads. Their website can be found at the following address - <http://www.icccto.com>

- **Irish Association of Toronto**

This association acts as a meeting point and support outlet for Irish immigrants in the Toronto area. Their website can be found at the following address - <http://www.torontoirishassociation.com>

- **Vancouver Irish Sporting and Social Club**

This is a general Irish based organisation which organises sports, social and other activities for Irish people in the Vancouver area. Their website can be found at the following - [www.isscvancouver.com](http://www.isscvancouver.com)

- **Ireland Canada Centre of Commerce Calgary**

This association provides access to business opportunities and Irish related networking events. Their website can be found at the following – [www.iccccal.com](http://www.iccccal.com)

- **St Patrick's Society of Montreal**

This organisation provides assistance and advocates on behalf of Irish immigrants in the Montreal area. Their website can be found at the following - [www.stpatricksociety.com](http://www.stpatricksociety.com)

### For further information please contact us

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**Note** - All information provided is based on direct feedback from Canadian based associations and support groups.