



OTTAWA

TORONTO

CUSTOMS

COMMUNICATION

TAXES

MONTREAL

VANCOUVER

CONTRACTS

EDUCATION

HEALTHCARE

17



DOS AND DON'TS

Dos

Be prepared

- Ensure that you have the correct documentation: valid passport, birth certificate, appropriate visa if required, i.e. work/student/residence visa
- Do as much preparation as possible before you go
- Buy a return ticket so you can come home if things do not work out. Remember, if you are visiting Canada you may not be admitted without a return ticket
- Check out Immigrant Serving organisations in your chosen destination - they will have information for newly arrived immigrants, which include lists of employment agencies and companies

- If possible check the Internet for possible vacancies and obtain copies of Canadian newspapers.

Bring relevant qualifications

- Bring evidence of your qualifications - degrees/trade qualifications/ drivers licence.

Bring sufficient funds

- Make sure you can use your Irish bankcards in Canada.
Ask you're nearest bank branch before you go
- Ensure that you are financially stable and have enough money for rent/deposits, living expenses and for unplanned developments
- Bring sufficient funds to support yourself until you find a job.

Invest in travel and medical insurance

- It is advisable to have travel and medical insurance. As the saying goes, "better safe than sorry!".

Have contacts

- Ensure you bring the contact details for family and friends
- Ensure you have the contact details of your nearest Immigrant Organisation in Canada in order to link in with them if necessary
- Bring any contacts you have on accommodation and prospective employers.

Don'ts

Don't carry a lot of cash

- Try to avoid carrying large amounts of cash
- Try to use credit cards, ATM cards and travellers' cheques, which are much safer.

Don't travel without

- The appropriate documents or severe penalties may apply. These penalties may include a possible jail sentence and deportation
- A visa and do not work without a valid visa as deportation could result.

Don't forget

- To give yourself time - it takes time to adjust.
Be patient with yourself
- To try to learn the system and study the culture
- That things are different in Canada than in Ireland and adapting to a new system is an essential part of living in a new environment

- To be confident in your own skills and education
- To contact Crosscare Migrant Project before you leave:

Crosscare Migrant Project

1 Cathedral Street

Dublin 1

Website: www.migrantproject.ie

Email: migrantproject@crosscare.ie

Telephone: 00 353 1 873 284

Telephone: 00 353 1 872 6171

Facsimile: 00 353 1 872 7003

