Welcome!

The International Centre would like to welcome you to Mount Allison. We understand that the first few weeks of your time here may be busy and filled with lots of new information. We hope that this guide will serve to help you as you ease into campus and community life, as well as to provide you with some practical information.

If you still have questions after reading this guide feel free to visit the International Centre webpage at:

www.mta.ca/international

You can also visit the International Advisor in the International Centre from Monday to Friday anytime between 8:30AM and 4:30PM. You are also welcome to contact the International Advisor via email or phone at:

international_advisor@mta.ca
+1 (506) 364-2112

We hope you have a great time here
And good luck with your studies!

The International Centre team
The International Centre

The International Centre aims to assist Mount Allison’s international students by providing programs and services that are unique to them.

We help students with study permit renewals, off campus work permit applications, information about health insurance as well as settlement services once they arrive.

Our Location:
Room 219
Wallace McCain Student Centre
62 York Street
Sackville, NB
E4L 1E2

Office Hours:
Monday to Friday 8:30AM to 4:30PM

Telephone numbers:
+1-506-364-2124 (reception)
+1-506-364-2112 (International Advisor)
+1-506-364-2176 (Study Abroad/Exchange)

Fax number:
+1-506-364-2130

Email: international_advisor@mta.ca

Website: www.mta.ca/international

International Centre Events

Each semester the International Centre helps to organize various events on campus to promote multiculturalism and diversity awareness such as:

· International Orientation
· World Bazaar
· Anti-Racism Week
· International Development Week
· Black History Month
· International Education Week
Centre Staff and Services

Adam Christie
Manager of International Affairs
506-364-2116
achristie@mta.ca

Christa Maston
International Advisor
506-364-2112
cmaston@mta.ca

Robin Walker
International Affairs Coordinator
506-364-2176
rwalker@mta.ca

Front Reception
506-364-2124

MASSIE teachers
506-364-2693
massiepa@mta.ca

We can help with:

- Assistance with Immigration and employment procedures.
- Assistance with navigating Citizenship and Immigration Canada (CIC) online system and resources when renewing visas.
- Information regarding studying-abroad and exchanges.
- Personalized academic support for international students.
- Settlement services including International Orientation, the Mentorship Program, Graduation Preparation Series (GPS), and the Academic Success Program.
- Assistance with tax filing.
- Cultural integration programs.
- Assistance and support during periods of crisis, such as: illness, accident, disaster, or death.

We can help with:

- Study permits
- Academic support
- Entry VISAs
- Work permits
- Health Insurance
- Taxes
- Study Abroad and Exchanges
- Exam accommodations

www.mta.ca/international
Things to Do When You Arrive

Here is a list of important things to do as soon as you arrive in Sackville:

Checking In

As soon as you arrive make sure you remember to check in with our office. If you are arriving late at night or if you arrive when the office is closed simply send us an email at: international_advisor@mta.ca.

When you visit our office we will give you a welcome package which contains some valuable information about the university and the Town of Sackville. You will also have the opportunity to meet with the International Advisor and the rest of the staff in the International Centre.

During this time you will receive information about International Orientation and housing.

Don’t forget to contact your family to let them know that you have arrived safely in Canada. You can do so by emailing them or you can buy a phone card and call them from a payphone.
Things to Do When You Arrive

**Housing Information**
Make sure that you have received written confirmation of your on or off-campus living arrangements *before* you arrive at Mount Allison. If you do not know where you will be living, please contact the International Centre in advance of your arrival.

**On-Campus Housing**
Once you are here you can collect your room keys at International Orientation or from your residence don.

**Off-Campus Housing**
While it is recommended that you live on campus in your first year you may choose not to. If you would like to live off campus you will have to search for an apartments in on your own.

Here are some trusted websites where you can search for off campus housing:

**Town of Sackville** website:
[www.sackville.com/community/apartments](http://www.sackville.com/community/apartments)
This website has listing for local apartments, most within walking distance of campus

**Mount Allison Students’ Union (MASU)** website:
[www.masu.ca](http://www.masu.ca)
This website is run by MASU. You can search for an apartment by room, length of lease or even distance from campus.

Contact Mt.A’s Housing Office

Ms. Susan Springer
Housing Coordinator
Facilities Management
(506)364-2252
resroom@mta.ca
Things to Do When You Arrive

Registering for Courses

It is recommended that you register before your arrival, but if you have not already done so, you should register for courses as soon as you arrive. You can do so online via your online Connect account. For assistance, you can visit the Registrar's Office located in the Wallace McCain Student Centre on the second floor. You can also email reghelp@mta.ca.

How to Register for Courses:

Visit Connect @ MTA:

- Enter your username and password (If you attempt to access the site prior to your access the date/time a page will display indicating when you can log in to register);
- Select your courses. Full-time students should register for 9-15 credits in each of the Fall and Winter terms
- Confirm your registration choices on ‘My Class Schedule’;

After you have registered you will receive an e-mail confirmation of your registration activity. You are responsible for ensuring that your registration is correct. After the last day for change in registration, minor modifications will not be possible until registration reopens on the date as indicated in the academic calendar.
Things to Do When You Arrive

Paying your Tuition Fees

Please refer to the following recommended payment options. You can pay for your tuition fees before you come to Mt.A or as soon as you arrive. The University does not recommend that you travel to Canada with a large amount of cash. You cannot pay for your tuition with a credit card.

Bank Transfer
In order to pay for your tuition fees by a bank transfer you will need a bank transfer form. This form is available from the Registrar’s Office and can be emailed to you. To obtain this form simply email: regoffice@mta.ca or phone +1-506-364-2269. Students can also going to mta.peertransfer.com to create an account and make international transfers.

Cheque
You can make the cheque payable to:

Mount Allison University

The cheque can be mailed to:

Mount Allison University
Registrar's Office
62 York Street
Sackville, NB
Canada
E4L 1E2

For more options on paying your tuition fees please visit: http://www.mta.ca/administration/sas/payment.html

www.mta.ca/international
Things to Do When You Arrive

Opening a Bank Account

If you are attending International Orientation you will have the opportunity to set up your bank account with one of the local banks as soon as you arrive. You can also open your bank account anytime after you arrive.

You will need the following items to open a bank account:

- Proof of ID e.g. passport
- Student ID
- Canadian address

Types of Bank Accounts

Checking Accounts
A chequing account is an account for day-to-day banking. When you open up a chequing account you will be issued with a debit card. You can use this card to purchase items from any store that carries the “Interac” sign. Most shops in Sackville will accept a debit card. You can also purchase cheques which you can use to pay your tuition.

Banks in Sackville:

Royal Bank
103 Main Street,
Sackville, NB E4L 4B1
1 (506) 536-1030
www.rbc.com

Scotia Bank
22 Bridge Street
Sackville, NB E4L 3N5
1 (506) 536-2480
www.scotiabank.com
Things to Do When You Arrive

Savings Accounts

A savings account is a bank account that earns interest when you deposit money into it. If you have a lot of money on your person or if you have brought enough money to cover your living expenses for a full year you should deposit your money into a savings account.

If you have a savings and a chequing account in the same bank, you can transfer money from one account to the next very easily either online or through a bank machine.

Understanding Canadian Money

Canadians have common names for some denominations of their money.

- **cent/penny** $ .01 1/100 dollar (brown in colour)
- **nickel** $ .05 1/20 dollar
- **dime** $ .10 1/10 dollar
- **quarter** $ .25 1/4 dollar
- **“loonie”** $1.00 1 dollar (yellowish-gold in colour)
- **“twoonie”** $2.00 2 dollars (large, silver with a gold centre)

Did you know...

You can add money to your Mt.A ID card and use it to buy things on campus in the places below?

- Bookstore
- Gracie’s Cafe
- Jennings Dining Hall
- Library
Things to Do When You Arrive

Collect your Health Insurance

According to University regulations, all students must have valid insurance coverage for the duration of their time at Mount Allison. The Mount Allison Student Union (MASU) provides extended health and dental coverage to all students. Full-time international students are additionally covered by the MASU Basic Medical Insurance Plan (Sept-Aug). The cost of complete insurance coverage (i.e. Basic Medical + Extended Health + Extended Dental) is $814 per year.

To partly or completely opt out of MASU insurance coverage, students must provide MASU with proof of equivalent insurance coverage from another provider before the stated deadline.

For more information, visit the MASU website at www.masu.ca or email sachealth@mta.ca.

Visiting the doctor in Sackville:

If you would like to schedule an appointment with a doctor on campus you can do so by visiting the Wellness Centre in the Wallace McCain Student Centre.

If you require immediate assistance go to the Sackville Memorial Hospital. Walk-ins are treated on a priority basis as part of "outpatient care."
Attend International Orientation

As a way of welcoming our incoming students, the university hosts a three-day international orientation followed by an extended university orientation for all new students before the beginning of classes each year.

New international Students are strongly encouraged to arrive early and attend International Orientation. In that time the International Advisor, along with international and Canadian student facilitators, familiarise the students with academic and social aspects of life in Mount Allison and Sackville.

There are information sessions about such issues as health and wellness, the academic system at Mount Allison, how to dress for the winter and much more. There are out-of-town trips and social activities that provide many opportunities to make friends with other students and to meet faculty, staff and community members.

In 2013 International Orientation will take place from Monday, August 26th until Thursday, August 29th.

Things to Do When You Arrive

Why should you attend International Orientation?

“I’m so happy that I came here early and got [the] chance to meet other students.”

First-year student from China (2012)

“I enjoyed the bonfire and the reception. It was nice to see that the community was glad that I came here.”

First-year student from Sweden (2012)
Your Mt.A ID is your gateway to a whole host of services on campus. It is a very important piece of identification. Please keep it with you at all times, including when you go to Jennings Dining Hall for meals.

In order to sign out books from the library, you will need your student I.D. The Mount Allison pub (“The Pond”) also requires that you show your Mount Allison I.D. in order to enter; however, while you wait to receive your card, you can use your passport.

You can also use your Mount Allison I.D. card to receive discounts at some local businesses and when you purchase bus and train tickets. You never know when your card might be useful so please take it with you everywhere and feel free to ask about student discounts.

Where to load Mountie Money on your card?

You can load your card at the Bookstore located in the lower level of the McCain Student Centre by using cash, debit or credit card. If you live in residence, your card comes pre-loaded with $100 of Mountie Money if you are living in residence.

You may add money to your card at the revalue station located in the Library. A minimum of $5 must be loaded. Cash only.
5 Things About Your Mt.A ID Card:

4. Your card may be required as proof of identity when writing exams.

5. You can add money to your card any time by visiting the Bookstore, the library or going online to this website:

http://www.mta.ca/adminservices/campuscard/refill.html

Things to Do When You Arrive

How to Obtain your Mt.A Card

1. Go to the Bookstore on the ground level of the Wallace McCain Student Centre.
2. Present the front desk worker with your passport and your student number, if you remember it.
3. The worker will ask you to fill out a form. Make sure you ask him/her if there is something on the form you do not understand.
4. After the form is completed a staff member will take your picture.
5. Your card will be printed on the spot!

* Your first card is FREE but if you lose it you will have to pay $23 to replace it.
Academic Success

It is important to pay close attention to your academics, especially in your first year of studies. Try to keep up with your assignments and make time to speak with your professors if you have any concerns about your schoolwork. The university has a number of resources available to help all students achieve their academic goals.

The Canadian Classroom

In Canada the classroom system may be very different from what you are used to. Mount Allison encourages students to take an active part in class activities through discussions, group work and the open exchange of ideas.

Professors may solicit in-class participation discussions. Do not be afraid of speaking up in class or proposing alternative opinions to your peers. Each individual is deemed equal and has every opportunity to express his or her concerns.

As a student you will be required to think critically about what you are learning. This means that you may have to analyse material and even question established theory. Simply memorizing and cramming information will not guarantee success.

Classroom Tips:

Do not miss your first class—your professor will usually hand out a syllabus and any information about what you will study.

Don’t skip classes. Attendance is not optional. Each class you miss will put you further behind and will make a professor less likely to help you.

Raise your hand if you need to ask anything in class. If your class is really big leave your questions until the end.

Always be on time for your classes and meetings. If you think you will be late, let your professor know ahead of time.

Switch off your cellphone or put it on silent during class. If you are using a laptop make sure the sound is muted.
Academic Success

Lectures

During a lecture listen to your professor and make note of key information. Usually your lectures will discuss any readings you may have done previously. In order to maximize your lecture, complete all your required readings before your class.

Working in Groups

You may be required to do group work occasionally. Do not be afraid of interacting with other students. Learning to work with other people is an important life skill. Do not hesitate to let your opinions be heard or to bring in your own unique views.

The more you interact with your classmates the more you will learn and the more confident you will be in an academic setting.

Absenteeism

Make sure you try and attend all of your classes. If for some reason you are unable to attend your class, it is polite for you to let your professor know so that he or she can advise you on what will be covered that day. There might be information about missing a specific class in your course syllabus.

Classroom Tips:

Eating in class should be avoided but if you need to eat something make sure it is alright with your professor.

Address your professors by prefixing their family name with “Mr., Ms. or Dr.” (If they have a PhD.). If your professors prefer to be called by their first names they will tell you.

Identify yourself when emailing your professors. State your full name and class in the subject line of your email.

If you’re having trouble with class material or need additional guidance speak with your professor directly.
What is a GPA?

Grade Point Average: a measure of a student's academic achievement. At MtA. you need a GPA of 1.5 (C-) and above to avoid academic penalty.

Academic Success

Academic Assistance

There are many resources available for international students to ensure their academic success. If you are having academic difficulties, there are several places that you can go to get help with your school work.

Professors

Your professor should always be the first person you contact when you are having academic problems. Set up an appointment with him/her and discuss what you are finding particularly difficult in the class. Visit him/her during their office hours and bring him/her a copy of your last assignment so that they may go over it with you.

Academic Advisor

Your academic advisor is assigned to you before you arrive at Mt.A. He/she can help you with your course selection and advise you on which courses you should take in in order to meet all the requirements for your declared major. If you are not sure who your faculty advisor is contact the Registrar’s Office.
Academic Success

Tutors

You can always hire a tutor to help you improve your grades in your classes. There are many ways to go about doing this. You can visit the Wellness Centre (located in the Wallace McCain Student Centre) for a complete tutor list. You will have to pay the tutor yourself. The price will vary by tutor but expect to pay at least $11 per hour. You can also ask your professor if there is a tutor that he/she recommends.

Academic Success Program

Each year the International Centre provides a series of workshops in fall and academic programs for international students whose term Grade Point Average (GPA) is 1.7 or below. Students with a GPA under 1.5 are in academic probation, and below a 1.0 has academic suspension.

Students who fall under this category are enrolled in a free tutoring service and have the opportunity to meet with the International Centre’s Academic Success Program Coordinator for an assessment.

The program currently runs in the winter semester. All students who have obtained a 1.7 GPA after the fall semester are notified by email and letter and may choose to opt into the program.

GPA Breakdown of Grades

<table>
<thead>
<tr>
<th>Grade</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>4.3</td>
</tr>
<tr>
<td>A</td>
<td>4.0</td>
</tr>
<tr>
<td>A-</td>
<td>3.7</td>
</tr>
<tr>
<td>B+</td>
<td>3.3</td>
</tr>
<tr>
<td>B</td>
<td>3.0</td>
</tr>
<tr>
<td>B-</td>
<td>2.7</td>
</tr>
<tr>
<td>C+</td>
<td>2.3</td>
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<tr>
<td>C</td>
<td>2.0</td>
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<tr>
<td>C-</td>
<td>1.7</td>
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<tr>
<td>D+</td>
<td>1.3</td>
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<tr>
<td>D</td>
<td>1.0</td>
</tr>
<tr>
<td>D-</td>
<td>0.7</td>
</tr>
<tr>
<td>F</td>
<td>0.0</td>
</tr>
</tbody>
</table>
Academic Success

Plagiarism and Cheating

When you are writing your assignments be careful not to plagiarize. Plagiarism is when you present another person’s work, writing or ideas as your own. If you take any information from any source, you must cite where this information was obtained from. At Mount Allison, plagiarism is regarded as cheating and, if you are accused of plagiarism, you may face a serious academic penalty (e.g. a failing grade on the assignment or failing the course).

The best way to avoid being accused of plagiarism is to give credit to any sources whose ideas or words you have included in your assignment. There is an information session during International Orientation regarding plagiarism and your professors also will give you more information about how to avoid plagiarizing. If you have any questions about this, speak to your professor directly.

You can also visit the Writing Resource Centre located in the library to get more information about citing your work correctly. The Writing Resource Centre has writing tutors available to help you with citing. Please visit the library to find when their operating hours are and for more info see below Writing Resource Centre.

Citation Guides

Visit the R.P. Bell Library for more information about citing sources. There are a number of citation guides that you can read and use when writing your assignments.

You can even visit the R.P. Bell Library website for more information: www.mta.ca/library/
Academic Success

Writing Resource Centre

Student Life, in partnership with the English Department, operates a Writing Resource Centre to assist students with their written assignments in a variety of academic disciplines. The Centre is located in the library, M13.

Residence Academic Mentors

Residence Academic Mentors assist students with the academic resources necessary to make a successful transition from high school to university life. One upper year student mentor is assigned to each residence to organize help sessions, provide access to tutors, and hold regular office hours in their respective residences. Ask your Residence Don for more information.

Math Resource Centre

The Math Resource Centre is a drop-in service for students who need assistance in Mathematics. The Centre is available to any student who wishes to improve their mathematical skills. It is primarily directed to those in first-year Mathematics courses, but students in any MtA course who want help in math-related topics are welcome to use the Math Resource Centre. The Centre is located on the main library, first floor.

Library Info:

Operating Hours:

Mon-Thurs
8:20am to 10:45pm

Friday
8:20am to 10:45pm

Sat
10:00am to 7:45pm

Sun
1:00pm to 10:45pm

Telephone:
506-364-2568

Website:
www.mta.ca/library/

Your Mt. Allison ID card is required to sign out books.
Academic Success

Keys to Academic Success

There are academic and non-academic ways to achieve success at Mt.A., especially if English is not your first language.

Academic Ways of Achieving Success:

1. Try and have your written assignments looked over by a tutor at the writing Resource Centre. Follow up by researching how to improve your grammar mistakes.

2. Invest in a really good English dictionary and refer to it often when you need help learning to spell or use words correctly. Some excellent dictionaries include:
   - Chambers
   - Oxford
   - Cambridge
   - Collins
   - Merriam-Webster

3. Try and write your notes in class in English. This will help you become accustomed to the English terms, expressions and phrases used in your textbooks and by your professor.

Fun Ways to Practice your English:

1. Sing karaoke in English.

2. Start your own radio show by visiting the campus radio station, CHMA on the 3rd floor of the Wallace McCain Student Centre

3. Buy an English-language cookbook with lots of pictures. Follow the instructions and try and make one of the dishes.
Fun Ways to Practice your English:

4. Watch your favourite movie from home with English subtitles or with English audio.

5. Set your Facebook page to English.

6. Read or watch the news in English instead of your own language.

Non-Academic Ways of Achieving Success:

1. Try to make friends with other students who are not from the same country as you or who speak the same language. This will force you to speak English as much as possible.

2. Join a Mt.A student club or society. There you will be able to meet other students and you’ll have the opportunity to practice your English.

3. Find an organization to volunteer with. Not only will you be practicing your English but you will also be using your time to help others.

4. Watch some TV shows in English or listen to English radio stations.

5. Change your laptop settings to English so that you can become used to reading and writing in English.

6. Find an English-speaking friend and do something social together like go to a movie or coffee and speak only in English.

7. Join the Mentorship Program.

www.mta.ca/international
Immigration and Employment

Understanding Your Documents

All international students studying at Mt.A are legally required to be in possession of a study permit if they plan to study for six months or more.

Students from certain countries may be required to have an entry visa in order to enter Canada (and re-enter if they leave the country during their time at Mt.A).

If you would like to work off campus, you will need to apply for a work permit. Please see the International Advisor for eligibility requirements.

You can request the International Centre to make copies of your documents so that you have a copy of them in case they ever become lost or stolen. It is important that you keep your passport and other documents in a safe place in your room or apartment.

Below is a brief description of the documents you may need when you are studying at Mt.A

For more detailed descriptions please visit the International Centre website.
Did you know?

Your study permit is the key to a whole host of opportunities.

Keep it in a safe place and do not lose it or let it expire. If your study permit is about to expire, visit the International Advisor’s office to find out how you can renew it. The International Centre recommends that you start the renewal process when there are 3 months left on your permit.

You must have a valid study permit at all times during your studies.

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**Study Permit**

In order to remain in Canada you must have a valid study permit at all times. DO NOT let your study permit expire. If your permit is expiring and you are planning a trip outside Canada you should renew your study permit BEFORE you leave.

If you have any questions about how to navigate the online system to renew your study permit, please make an appointment to see the International Advisor.

**Entry Visa**

Citizens of certain countries require an entry visa or Temporary Resident Visa to enter Canada. When you apply for your initial study permit you will be told by the Canadian Embassy in your region whether or not you must apply for an entry visa as well.

There are two types of entry visas: single-entry and multiple-entry.

The single-entry TRV allows you to enter Canada only once. If you choose to leave Canada you must apply for another TRV before you can come back.

The multiple-entry TRV allows you to enter Canada as many times as you wish until it expires.
Working in Canada

If you would like to work off campus you must apply for an Off-Campus Work Permit (OCWP). This permit enables you to work up to 20 hours off campus during the school year and for as many hours as you like in the summer or during periods of scheduled breaks.

You must satisfy certain conditions before you can apply for an OCWP. Students wishing to work off campus must be in good academic standing (GPA above 1.5 over six of the past twelve months), be registered full-time (3 or more courses) and must have studied for six months before applying. For a complete list of requirements visit the Citizenship and Immigration Canada (CIC) website.

If you would like to work on campus you do not need a work permit.

If you have questions about working in Canada as a student you can speak to the International Advisor. Do not start working until you have verified your eligibility because you could be violating the terms of your study permit.

www.mta.ca/international
Travelling in Canada and Abroad

How to Get Around

While you are in Canada you may decide that you would like to do some travelling. New Brunswick has a number of unique attractions and many of them are just a short bus or car ride away.

Travelling Long Distances

Always remember to carry some form of identification with you whenever you travel. It is also important to make sure that you have your health insurance card or information with you when you leave. To receive student discounted prices, it is important that you have a photo ID with your birthdate on it. Some companies may ask to see your student ID to verify your affiliation with Mount Allison.

You do not need to tell our office where you are going if you decide to travel but it is highly recommended that you tell your roommate or friends where you are going and when you will be back. Please note that the train stops in major towns and cities on the way to its destination, including Moncton, Amherst etc.
## Travelling in Canada and Abroad

### VIA Rail Train Schedule

<table>
<thead>
<tr>
<th>Departure/ Destination</th>
<th>Times (Departure/Arrival)</th>
<th>Cost (tax included) Round Trip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sackville to Halifax</td>
<td>1:49pm - 5:18pm</td>
<td>$70.06 (price when purchased 5 days in advance)</td>
</tr>
<tr>
<td>Halifax to Sackville</td>
<td>12:20pm - 3:43pm</td>
<td></td>
</tr>
<tr>
<td>Sackville to Montreal</td>
<td>3:46pm - 9:15am</td>
<td>$259.00 (price when purchased 7 days in advance)</td>
</tr>
<tr>
<td>Montreal to Sackville</td>
<td>6:45pm - 1:46pm</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Departure/ Destination</th>
<th>Times (Departure/Arrival)</th>
<th>Cost (tax included) Return Trip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charny (Quebec City) to Sackville</td>
<td>12:45pm - 1:46pm</td>
<td>$57.50 (price when purchased 5 days in advance)</td>
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<tr>
<td>Halifax to Sackville</td>
<td>8:47pm - 10:17pm</td>
<td></td>
</tr>
<tr>
<td>Montreal to Sackville</td>
<td>8:30pm - 12:30pm</td>
<td></td>
</tr>
</tbody>
</table>

### Modes of Transportation

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Hours of Operation</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sackville Cab</td>
<td>364-8000</td>
<td>24 hours a day</td>
<td>$6 total anywhere in Sackville for 3-4 people.</td>
</tr>
<tr>
<td>Montreal to Sackville</td>
<td>930pm – 12:43pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sackville to Charny (Quebec City)</td>
<td>4:10pm-4:40am</td>
<td>$209.76 (Price when purchased 7 days in advance) Website located at <a href="http://www.maritimebus.com/en/">http://www.maritimebus.com/en/</a></td>
<td></td>
</tr>
<tr>
<td>Maritime Bus Lines</td>
<td>364-4388</td>
<td>See bus schedule below</td>
<td></td>
</tr>
<tr>
<td>Charny (Quebec City) to Sackville</td>
<td>3:07pm- 12:43pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VIA Rail Canada</td>
<td>857-9830</td>
<td>See train schedule above</td>
<td>website located at <a href="http://www.viarail.com">www.viarail.com</a></td>
</tr>
</tbody>
</table>

Did you know that Sackville is located on the Bay of Fundy?

The Bay of Fundy has the highest tides in the world.

To find out more about this phenomenon please go to the official Bay of Fundy website:

[www.bayoffundytourism.com](http://www.bayoffundytourism.com)
## Travelling in Canada and Abroad

### Bus Schedule (Maritime Bus Lines)

<table>
<thead>
<tr>
<th>DESTINATION- From Sackville</th>
<th>DEPARTURE TIME</th>
<th>TIME OF ARRIVAL</th>
<th>FREQUENCY</th>
<th>COST (Round Trip)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montreal</td>
<td>10:50am, 3:30pm</td>
<td>1:45am, 6:35am</td>
<td>Daily</td>
<td>$230.00</td>
</tr>
<tr>
<td>Montreal to Sackville</td>
<td>6:00am, 10:20pm</td>
<td>9:30pm, 2:45pm</td>
<td>Daily</td>
<td></td>
</tr>
<tr>
<td>Sackville to Quebec City</td>
<td>10:50am, 3:30pm</td>
<td>11:10pm, 3:25am</td>
<td>Daily</td>
<td>$230</td>
</tr>
<tr>
<td>Quebec City to Sackville</td>
<td>12:45am, 8:30am</td>
<td>2:45pm, 9:30pm</td>
<td>Daily</td>
<td></td>
</tr>
<tr>
<td>Sackville to Moncton</td>
<td>10:50am, 3:30pm</td>
<td>11:35am, 4:15pm</td>
<td>Daily</td>
<td>$24.23</td>
</tr>
<tr>
<td>Sackville to Moncton Airport</td>
<td>10:50am, 3:30pm</td>
<td>11:25am, 4:05pm</td>
<td>Daily</td>
<td>$24.23</td>
</tr>
<tr>
<td>Moncton Airport to Sackville</td>
<td>9:30am, 2:10pm</td>
<td>10:05am, 2:45am</td>
<td>Daily</td>
<td></td>
</tr>
<tr>
<td>Moncton</td>
<td>9:30am, 2:10pm</td>
<td>10:05am, 2:45pm</td>
<td>Daily</td>
<td></td>
</tr>
<tr>
<td>Sackville to Truro</td>
<td>10:05am, 2:45pm</td>
<td>11:45am, 4:30pm</td>
<td>Daily</td>
<td>$57.38</td>
</tr>
<tr>
<td>Truro to Sackville</td>
<td>9:05am, 1:45pm</td>
<td>10:05am, 3:30pm</td>
<td>Daily</td>
<td></td>
</tr>
<tr>
<td>Sackville to Charlottetown</td>
<td>10:05am, 2:45pm</td>
<td>12:25am, 5:05pm</td>
<td>Daily</td>
<td>$50.15</td>
</tr>
<tr>
<td>Charlottetown to Sackville</td>
<td>8:15am, 12:50pm</td>
<td>10:50am, 3:30pm</td>
<td>Daily</td>
<td></td>
</tr>
</tbody>
</table>

### Using the Bus:

The Maritime Bus stops in Sackville at the Irving Gas Station on Main Street.

Check the bus schedule first before leaving for the station so that you do not miss your bus.

www.mta.ca/international
Using the Bus:

Buses can be running behind or ahead of schedule, so call before you arrive to ensure you are on time.

When there is a holiday or break from school, it is wise to purchase a ticket in advance because the space on each bus is limited.

Travelling in Canada and Abroad

Bus Schedule (Maritime Bus Lines) (continued)

<table>
<thead>
<tr>
<th>DESTINATION - From Sackville</th>
<th>DEPARTURE TIME</th>
<th>TIME OF ARRIVAL</th>
<th>FREQUENCY</th>
<th>COST (Round Trip)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sackville to Halifax</td>
<td>10:05am</td>
<td>1:30pm</td>
<td>Daily</td>
<td>$70.98</td>
</tr>
<tr>
<td></td>
<td>2:45pm</td>
<td>6:20pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:30pm</td>
<td>12:35am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Halifax to Sackville</td>
<td>7:05am</td>
<td>10:50am</td>
<td>Daily</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:00pm</td>
<td>3:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4:00pm</td>
<td>7:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sackville to Halifax Airport</td>
<td>10:05am</td>
<td>12:50pm</td>
<td>Daily</td>
<td>$65.88</td>
</tr>
<tr>
<td></td>
<td>2:45pm</td>
<td>5:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:30pm</td>
<td>12:20am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Halifax Airport to Sackville</td>
<td>8:00am</td>
<td>10:50am</td>
<td>Daily</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:40pm</td>
<td>3:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4:55pm</td>
<td>7:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sackville to Dartmouth</td>
<td>10:05am</td>
<td>1:15pm</td>
<td>Daily</td>
<td>$70.98</td>
</tr>
<tr>
<td></td>
<td>2:45pm</td>
<td>5:55pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:30pm</td>
<td>12:20am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dartmouth to Sackville</td>
<td>7:35am</td>
<td>10:50am</td>
<td>Daily</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:55am</td>
<td>3:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:15pm</td>
<td>3:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4:30pm</td>
<td>7:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sackville to Fredericton</td>
<td>10:50am</td>
<td>2:10pm</td>
<td>Daily</td>
<td>$78.20</td>
</tr>
<tr>
<td></td>
<td>3:30pm</td>
<td>7:35pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fredericton to Sackville</td>
<td>11:00am</td>
<td>2:45pm</td>
<td>Daily</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6:00pm</td>
<td>9:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sackville to Amherst</td>
<td>10:05am</td>
<td>10:20am</td>
<td>Daily</td>
<td>$14.03</td>
</tr>
<tr>
<td></td>
<td>2:45pm</td>
<td>3:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:30pm</td>
<td>9:45pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amherst to Sackville</td>
<td>10:35am</td>
<td>10:50am</td>
<td>Daily</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3:15pm</td>
<td>3:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7:10pm</td>
<td>7:30pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Travelling in Canada and Abroad

Car Rental
If you have a driver’s license and you are 21 years or older you may be able to rent a car. When you rent a car you will be charged a daily rental fee and insurance. In some cases and depending on your age, you may have to pay additional fees. Some car-rental agencies may not allow cars to leave the country.

Thrifty Car Rental
31 Bridge St
Sackville, NB E4L 3N6
(506) 536-1557

Enterprise-Rent-a-Car (Free pickup service)
77 South Albion
Amherst, NS B4H 2W8
(902) 661-6898

Moncton Airport Car Rentals
(Rental Brands: National, hertz, Budget, AVIS, etc.)
777 Aviation Ave
Dieppe, NB E1A 7Z5
(1800) 311-1512

Driving a Rental Car
Check for any added charges or restrictions before renting a vehicle. These could include driving a rental car out of the Maritimes, going over a certain mileage, and a fee for dropping off the vehicle at a different location than you obtained it.

www.mta.ca/international
Travelling in Canada and Abroad

Travelling to the United States

If you plan to leave Canada during your travels ensure that you will be permitted back into the country without any problems. Remember citizens of certain countries may need an entry visa (TRV) to enter Canada. You can find out if you are one of these citizens by going to Citizenship and Immigration Canada’s website:

http://www.cic.gc.ca/english/visit/visas.asp

If you plan to go to the US you may need a visa. To find out how to apply or whether you need to apply contact a US Embassy or Consulate.

http://www.usembassy.gov/wha.html

Due to Canada’s special relationship with the United States you do not need a valid Canadian entry visa (TRV) to return to Canada if you are only going to the US. This means that if you decide to travel to the US you do not need to re-apply for permission to re-enter Canada.


US Consulates in Canada:

The closest US consulate is located in Halifax, Nova Scotia. You can contact them by phone:

902-429-2480

To make it to your appointment we recommend taking the bus or train to Halifax.
Finances

There are a number of major banks in Canada. In Sackville there are two banks: Royal Bank of Canada (RBC) and the Bank of Nova Scotia (Scotia Bank).

**Royal Bank of Canada (RBC)**
103 Main Street
Sackville, NB
(506) 536-1030

**The Bank of Nova Scotia (Scotia Bank)**
22 Bridge St
Sackville, NB E4L 3N5
(506) 536-2480

It’s important that you set up your bank account as soon as you get to Sackville as you do not want to lose any cash you may have with you.

**Managing Your Money**
As a student who is living away from home you will need to learn how to manage your finances so that you do not end up without money. This may be the first time you have ever had to manage a bank account or pay bills. This can be stressful if not handled correctly. If you learn the basic principles of money management you should be able to survive your first year.

Most banking in Canada can be done online. This means that you do not even need to go to the bank to make simple transactions. Contact your bank to find out more information about online banking.
Finances

Money Management Tips:

Look for student discounts

Many places on campus and in and around Sackville have special student discount rates. Always keep your Mt. A ID with you so that you can take advantage of these discounts. You can also apply for the ISIC card. This card has numerous discounts for places all over Canada.

Buy used textbooks instead of new textbooks

Used textbooks can be bought if the course has not changed books from the previous year. If the professor is using the same textbook from last year, there are two main resources to buy used textbooks. The MASU sells used textbooks for students online after classes have started. If you do not want to wait, the Mt. A bookstore has used copies of select textbooks available at a discounted price.

Limit your spending

Make sure that you have some money saved up just in case you experience an unexpected emergency. Try not to eat at restaurants or go to bars too often. Eating out can be very expensive. If you are living in residence and are on a meal plan you shouldn’t need to spend money on food or go to restaurants too often.
Finances

Create a budget and stick to it.

If you need help creating a budget ask your bank to make an appointment to see a personal banker for a money management advice.

Understanding Credit Cards

A credit card is a bank card that may be used repeatedly to borrow money or buy products and services on credit. It is issued by banks, retail stores and other businesses.

In order to get a credit card you will need to apply for one. Sometimes international students may not be able to obtain a credit card because they do not have a sufficient credit history. If you obtain a credit card remember that any purchases you make will be subject to interest (above 16%).

Credit cards can be useful, especially if you are planning to book a flight back home or if you are trying to buy something online. The Citizen and Immigration Canada (CIC) online application requires a credit card for payment.

Call your bank to see if you are eligible for a credit card in Canada.

Banking Tips:

Try not to carry cash with you. It can get lost or stolen and you may never get it back.

Most Canadians use their debit cards to pay for purchases. Debit cards a relatively safer to carry around. Check to see if you can pay with debit before you buy something as some specialty stores may only accept cash.
Finances

Taxes

As an international student you have established certain residential ties because you have been living in the country. You establish these ties through things like your bank account or your bills (e.g. phone bill). If you work while you are in Canada your salary will be taxed. Any income tax that was deducted from your paycheques should be returned to you through GST credit. When you file your taxes you register to have this GST credited back to you. You also do not need to pay taxes on any scholarships or bursaries. For more information about taxes visit our website.

Financial Aid

If you are experiencing any financial difficulties you can visit the Financial Aid Office located in the Registrar’s Office on the second floor of the Wallace McCain Student Centre. You can enquire about possible bursaries and scholarships which may apply to you. To see the Financial Aid Counsellor please email financialaid@mta.ca or call 506-364-2258.

Scholarships

There are some scholarships and bursaries available to international students. In order to see if you qualify for either a scholarship or bursary you can contact the Financial Aid Counsellor or visit the Scholarships page on the Mt. A website:
http://www.mta.ca/apply/money_matters/scholarships.html
Student Services

The Wellness Centre strives to offer a holistic service approach to the Mount Allison University student community through on-campus offerings (media, workshops, individual appointments, and special events) that take place in the Wellness Centre in addition to and in collaboration with student group supervision and coordination to promote a sense of balance and well-being. Visit their website for more information: [http://www.mta.ca/wellness/](http://www.mta.ca/wellness/)

The Wellness Centre offers the following services:

- Anti-Harassment Services
- Counselling Services
- Disability Services
- Health Services

Anti-Harassment Services

Mount A has a victim advocacy program called S.H.A.R.E. (sexual harassment and assault response and education) to help student victims after sexual harassment and assault. The best approach to these issues is PREVENTION, but if something bad does happen S.H.A.R.E. offers:

Did You Know?

The Student Centre is a hub of activity. Students like to spend time studying, eating, meeting with friends or just hanging out in the Student Centre.

There are many places like Gracie’s and the All Nations Lounge that are designated student spaces.
Managing Depression:

Many international students experience the highs and lows of culture shock throughout their university career.

It’s important that you find someone you can trust to talk to about your problems.

The Wellness Centre has trained counsellors who can help you get through your problems.
Student Services

Health Services

The health services area of the Wellness Centre provides non-emergency primary health and wellness services for all Mount Allison Students. These services are open during the academic year (September to mid April) and are appointment based with an allocation of time reserved for walk in appointments per day.

Make sure you take your Student Benefits health card with you when you go to visit the doctor.

For more information about the Wellness Centre contact:

GROUND FLOOR
Wallace McCain Student Centre
62 York Street
Sackville NB
E4L 1E2
tel: 506-364-2163
fax: 506-364-2172
email: health@mta.ca
website http://www.mta.ca/health

Emergency Information:

If you need immediate medical assistance you can dial 911 from any phone for free.

Remember to keep your health card with you at all times.
Student Services

The Bookstore

The University Bookstore is located on the Ground Floor of the Wallace McCain Student Centre. You can buy your textbooks, pick up your packages, get your Mt.A ID card and access printing services. The Bookstore is open from 8:30AM to 4:30PM Monday to Friday. To find out more about what the Bookstore has to offer please visit the website:


The R.P. Bell Library

The R.P. Bell Library is located next to the Crabtree Building. It holds a host of academic resources including journals, encyclopedias and much more. To find out more about these resources please visit the library’s website:

http://www.mta.ca/library/index.html

The Mount Allison Student Union (MASU)

The MASU represents all students at Mount Allison University. It lobbies for student interests and provide a variety of services for students. The MASU has an international student representative who lobbies specifically for international student issues. To find out more about the MASU please visit their website:

http://masu.ca/
Mt.A Email

Your Mt.A email is your official university email address. Use it whenever you are contacting professors or submitting work as most professors will not accept emails from non-Mt.A accounts.

Student Services

Computing Services

The Computing Services Department facilitates all information and technology services on campus. Computing services also oversees the computer labs, wireless networks and audio visual services on campus. If you have computer or technology-related problems please contact Computing Services either by email: helpdesk@mta.ca or by phoning them at: 506-364-2473. You can also visit the Computing Services website: http://csd.mta.ca/

Personal Computers

Most of Mount Allison is covered by a wireless network. If your personal computer or laptop has a wireless card, you should be able to connect to this network using your Mt.A email log-in. For detailed instructions on how to connect to both the wireless network and the secure wireless network, please visit http://www.mta.ca/wireless/connected.htm. The secure network will protect important information such as your password or any online banking that you wish to do. Laptops can be connected to the Mount Allison network in your residence room. If you do not have a LAN cable or network adapter, you can go downtown to Downtown Digital and buy the equipment you need.

How to use your M: Drive

Every student at Mt. A receives free memory space on the university server. You can access this from any computer on campus, including the personal computer in your room.
Mt.A Email:

Make sure you check your Mt.A email at least ONCE a day. Your Mt.A email is your avenue to what’s going on at Mt.A.

www.mta.ca/international
Student Services

Printing from University Computers

You can print documents at the R.P Bell Library, the Dunn computer lab, and the basement of the Student Centre. Printing is double-sided by default, and can be changed by un-checking the duplex box on the print settings screen.

1. Access your document from any computer on campus (i.e. Dunn Building, Avard-Dixon Building, Library, etc.). From the “File” menu select “Print.”
2. There will be a list of printers available, select the printer in your building (i.e. Library=LIB). Click “print”.
3. Locate the printer in your building. Next to the printer is another computer. You will have to swipe your Mt.A ID card beside the computer.
4. A list of documents sent for printing will appear; choose the document you wish to print by clicking on it.
5. Press print. If you have insufficient funds, you can add money onto your card by using the cash unit in the library, adding money to your Mountie Money, or online.

Web Print

You can also print remotely using the Web Print service. Just go to the Web Print website when on campus and follow the instructions, choosing either the Jennings, Library, or Student Centre student printer.

webprint.mta.ca

www.mta.ca/international
Dietary Requirements

The Dining Hall aims to ensure food options for all dietary needs. Jennings provides alternative menus for vegetarians, celiac, lactose intolerants and much more. Contact Dining Services if you have unique dietary requirements.

Mount Allison Pub

Students are welcome to go to the Campus Pub on Mondays through to Saturdays from 9pm - closing (usually around 2am). The Pub has a number of forms of entertainment including a large-screen television, a foosball table, and a dance floor. Local and guest DJs appear on certain nights throughout the week to provide a wide variety of music. On Thursday nights there is trivia which has prizes for winners. During the academic year, there is often a cover charge of $5 on the weekends to enter the Pub. You will need to show your Mount Allison I.D. card to enter the Pub. Information on special events will be posted on the Pub website as it becomes available. http://www.mta.ca/pub

Dining Services

Food services at Mt.A are run by Aramark. Students living in residence purchase a meal plan and eat their meals in Jennings Hall. Eating at Gracie’s, located on the ground floor of the Wallace McCain Student Centre, or in the Flying Bean in the library, can be paid for in cash or with Mountie Money. To find out more about Dining Services, including a complete menu for the semester please visit the Dining Services website: http://www.campusdish.com/en-us/CA/MountAllison
Student Services

Career Counselling

Mt.A provides its students with career counselling services. To book an appointment to meet with our campus career counsellor, Rebecca Leaman, please send her an email: careers@mta.ca. His office is located in the Student Life Office (second floor, Student Centre).

Telephones

All of the rooms in residence are equipped with phone jacks. You will immediately be able to receive local telephone service. Long-distance telephone calls will require a phone card; however, you can receive long-distance and international phone calls free of charge.

When dialing within Mount Allison, you are only required to dial the last four digits. When dialing outside of Mount Allison University, you are required to first dial 8. For example, if you wish to call Claire at her office you just dial 2124. The same rules apply if you are calling your friends in residence. If you would like to call Joey’s Pizza and Pasta, you would have to dial 8-536-4040.

Did you know?

New Brunswick’s area code is 506. When you are calling a local number you do not need to enter 506.
What is a calling card?

A calling card (also known as a phone card) is a prepaid card that, when activated, can enable you to call anywhere in the world.

Where can I buy a calling card?

Calling cards are available from the Bookstore, from gas stations and from the pharmacy.

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Student Services

How to make a call from your residence phone

Within residence:

If your friend's telephone number is 939-1234, you only need to dial 1234.

On campus:

The International Centre’s telephone number is (506)-364-2124. To phone us, you only need to dial 2124.

Off-campus:

To dial a number off campus, you must dial 8 + the person’s number.

International (calling card):

Using a calling card, dial the number (usually beginning with 1-888, 1-800, or 1-866) on the back. Be sure to dial 8 + 1 + 800... if you are using a phone in residence. Listen to the instructions and then enter the secret PIN number from the back of the card. You should now hear a dial tone. For example, to reach Japan, you must dial 011 (international access code) + 81 (Japan) + the telephone number you wish to dial in Japan. If the number is 012-345-6789, remember not to include the "0" at the beginning.
Maps

Map of South Eastern New Brunswick

www.mta.ca/international

www.sackville.com
Maps

Map of Sackville

1. Bandstand Park, Playground
2. Boultenhouse Heritage Centre
3. Bus Depot
4. Campbell Carriage Factory Museum
5. Centennial Monument
6. Convocation Hall
7. Curling Club
8. Fog Forest Gallery
9. Golf Club
10. Harness Shop
11. Live Bait Theatre

12. Middle Sackville Historical Kiosk
13. The Music Barn
14. Owens Art Gallery
15. Colville House
16. Sackville Public Library
17. Struts Gallery
18. Swan Pond/Ladies’ College Park
19. Town Hall Council Chambers
20. Via Rail Station
21. Veterans Memorial Civic Centre

www.mta.ca/international