

Canada – Cape Breton University

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¹ To update the agenda just click right on your moose



I. Before the travel

A. Preparation

1. Visa

Do I need a visa ? If yes, what is the process ?

Not if you stay less than 6 months as a student on the Canadian territory. Indeed, the study permit is required only if your stay is equal or superior to 6 months.

However, you should have in any case (less, equal or more than 6 months) the eTA which means Electronic Travel Authorization or AVE in French (Autorisation de Voyage Electronique).

You must do all your immigration paperwork on the official website of Canadian Government at: <https://www.canada.ca/en.html>

On this website you should look at the section **Immigration and citizenship**.

- If you looking for a eTA, you should go to the section **Visit** in which you will find how to get it. It's actually really simple and really fast to get one (several minutes) but the price to get one is CAD \$7. All you need is your passport and the date of your arrival and your departure from the Canadian territory. You will have directly on the website instructions to follow in order to succeed and don't make any mistakes in your request.
 - Important thing to know, you must get your eTA before to take your plane tickets.
- Concerning the study permit (if you need one) you must go click in the **Immigration and citizenship** section to **Study** in which you will be able to proceed at your request or even to know if you need to get one or not. As I didn't need it I'm not able to give more information on how to proceed to get a study permit but everything is really easy to find on the Government of Canada official website.

Be careful some websites are offering you these same services but it can have a problem of recognition when you will arrive at the immigration at your arriving in Canada; So you must pass by the official website.

2. The flight

I took my flight tickets via a website that gave me the 4 flights needed to get there. I was with Air France and Air Canada. It cost me about 1000€ for two ways.

With the COVID-19 that is a real mess to get refunded so take care when you take your tickets

3. My luggage

I definitely took too much things, I had to leave some there to get some souvenirs. Do not take too much, it's really cold outside but in the buildings it's really warm so have a really good coat but do not take too much warm clothes that take space and weight because you can buy there some if needed.

4. Bank account

I didn't change bank, but I changed my credit card to be allowed to have some withdrawals there. It implements limits of withdrawals and some fees as any bank. I can advise to look at offers that will normally be possible in Canada soon, such as Revolut, to gain money on a short period of time.

5. Insurance

I took a travel insurance that insures everything, repatriation, medical fees, ... I took it on the internet after comparing different websites. The university can provide you medical insurance but it was too expensive and not useful because I had mine.

B. Housing

1. Where to live

I recommend living in residence on campus because I found this easier and even if people are saying that it's more expensive, I found this really great. The fact to live outside of the campus is that you need transport and under this weather it can be really difficult to drive for example because you are not used to it, or take public transport that is there every 30 minutes.



2. Find a flat or a room

You don't choose your flat or your room, it's given to you at your arriving and previously by e-mail. Mine change between the e-mail and my arriving but that wasn't an issue.

3. Cost

In an apartment style it's 3100\$ CAD per month without the meal plan (you pay 300\$) and if you want a meal plan you can look at CBU website that gives you a table that are describing all the fees concerning the rooms price as the meal plans prices.

II. When I arrive at the university

A. Inscription at the university

I didn't need to do anything, the only thing that you have to do is, if you live in a residence or if you take the university medical insurance, pay buy the end of the January month.

B. Information on the university

1. Class

The class there are so different from France. There are any classes that counts more than 100 people in a classroom (I never been at 100 people in a class, more about 70 per class, and not for all). The class are made to have a small group in order to have a better understanding and a better help from the teacher that can take time to answer to your questions to the small group of students. Some courses as statistics, accounting, entrepreneurship, are divided in two: a part with theory and the other part are exercises or activities in order to learn quickly and give a better understanding because you've made some work that helps your memory and your skills in this courses.

2. Exam

For three courses on five, I never and a final exam it was only assignments through the semester. You will have midterm exams that allows you to learn the half of the course, to know where you are in your learning (good autonomy of working or not) and to concentrate after only on the second part of the course for the final exams. Concerning the final exams, the teacher helps you and orientate you on the part of the course that will be evaluated.

III. When I live there

A. Safety

It's a safe place, you have access to the security number in case of any issues during nighttime and the security post present on campus on the day. I never had any issues and never heard about any. Only one happens, some robberies due to a problem of attention from the roommates in apartments that didn't locked well the doors.

To enter in the residence, you have an electronical badge to open the front door of the building and it only open your front door residence not all the front door residences. You will also have a key for the front door of your apartment and a key for your own room that you can lock every single time that you are leaving your room and your apartment.

B. Phone and Internet

Concerning Internet, you have the wifi directly into your apartment and in your room, you only need to connect once, and you are good for your entire stay there. You can have some issues during winter storms when the wind and the cold is important. The wifi is also accessible everywhere in the campus, in the difference residence and different building of the university. However, on your way between the residence and the university, the wifi get disconnected.

For the calls, I only worked thanks to internet and platforms that can allows me to call or facetime with my family, friends, boyfriend. I paid mobile phone plan to have a little bit of internet while I was going out of the campus, like to have the localization and the GPS to know where to go, and also a mobile phone plan in order to be able in case of issues to call someone in France as in Canada. It cost me 29€ per month additionally to my actual mobile phone plan.

C. Events

You should follow on social media the page of student union, the university and if you are in a residence, the residence social media that are organizing events. The PIT which is like a bar, located in the university campus, was closed when I was there but will probably re-open so don't be shy and check this place where there are for sure a lot of entertainment. Also the best way to know for events it's to look at posters on campus and to make friends that can sometimes invite to come with them to an event that you wasn't aware of.

D. Sports

I wanted to do some sport there but I never known where I was supposed to go to have some information about this. I never ask which is something to do.

E. Eating

If you are in an apartment style as I was, I recommend you to plan your 300\$ meal plan through the semester due to your timetable, the holydays and the exams period to be sure that if you don't want to cook this time, you will have enough money available on your student card/meal plan. What I did is that I had two busy days during the week so I

was buying on campus food, otherwise the others meals I was cooking in my apartment. The food is quite expensive, and the prices are without the taxes so you should add 3\$ in average to the price when you buy food on campus. Downtown Nutrition do excellent healthy food on campus but, at the time that I was there, they didn't take the meal plan/student card as payment, so you have to pay with your own money, but still delicious.

F. Go to the university : bus, car, bike

As I lived in the residence, I was at 5 minutes' walk to the campus and 10 minutes of walk from the building that I was studying in. If you live outside of the residence and campus, the best way to get there on winter season is definitely the bus and the car.

G. Travels

On the winter season, it's not really possible to visit around because of the snow and the impossibility to get a car and to drive on the snow. Also, this island lives generally from tourism, so on wintertime, nothing is open. It's preferable to come on the autumn season or on the summer season.

H. Any other information you would have liked to know about

That it is not an attractive place on wintertime as said before. There is nothing to see except landscape that are beautiful but difficult to access. I would like to know if I can go back in time, that it's difficult to get there (4 flights) and if you want to move around, the buses are not enough when you are usually autonomous. Also everything is far away from the others so it is impossible to get there on wintertime by walk.

