

## Resources for International Students

### Emergency contact in Canada

Dial 911- (medical, fire, police emergencies)

Dial 811-(non-emergency medical questions)

<https://www.healthlinkbc.ca/more/about-healthlink-bc/about-8-1-1>

### Contact information for Ajna

Michelle Schroeder – [michelle@ajnayoga.ca](mailto:michelle@ajnayoga.ca) (250) 812-8355

Jules Payne – [jules@ajnayoga.ca](mailto:jules@ajnayoga.ca) (250) 516-1719

Michelle and Jules are your student advisors and learning support advisors. They will orientate you to the facilities at the college and advise you on your studies, including any educational support you may require.

Read below for resources to support you as you adjust to life in Canada, including:

- Safety
- Health
- Well-being
- Mental health and addictions.

### 1. Information about Studying and Study Permits

- Study in BC Information Guide  
<https://studyinbc.com/>
- Information about Study Permits for International Students  
<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/study-permit.html>
- Studying in Canada  
<https://www.international.gc.ca/education/index.aspx?lang=eng>

### 2. Living in BC

- Living Costs in BC  
<https://www.costofliving.workbc.ca>
- Daily Life in BC  
<https://www.welcomebc.ca/start-your-life-in-b-c/daily-life>

- History of BC Indigenous Peoples  
<https://www.welcomebc.ca/choose-b-c/explore-british-columbia/indigenous-peoples-in-b-c>

### **3. Housing and Tenancy Rights**

- Information about Renting in BC  
<https://www2.gov.bc.ca/gov/content/housing-tenancy>
- Student Housing Resources in Victoria, BC  
<https://ajnayoga.ca/student-housing/>
- Tenancy Rights in BC  
<https://www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies>  
  
<https://tenants.bc.ca/your-tenancy/human-rights/>
- Information about Rental Scams  
<https://bc-cb.rcmp-grc.gc.ca/ViewPage.action?siteNodeId=2081&languageId=1&contentId=18593>

### **4. Information about Health Care and Safety in BC**

- Health Fees for International Students  
<https://www2.gov.bc.ca/gov/content/health/accessing-health-care/health-fee-international-students>
- Health Link (811) Information  
<https://www.healthlinkbc.ca/more/about-healthlink-bc/about-8-1-1>
- International Students Safety Guide  
<https://www.mosaicbc.org/wp-content/uploads/2020/03/International-Student-Safety-Guide.pdf>
- Active ByStander Information  
<https://opentextbc.ca/svmbystander/>
- Here to Talk Mental Health Support Line  
<https://here2talk.ca/main>
- Anti Racism Network  
<https://www.resiliencebc.ca/>

- Crisis Centre  
<https://www.crisiscentre.bc.ca/>
- Health Starts here (mental health and addictions)  
<https://helpstartshere.gov.bc.ca>

## 5. Information about Working in BC/Canada

- Working in Canada as an International Student  
<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work.html>
- Working in BC as an International Student  
<https://www.welcomebc.ca/study-in-b-c/while-you-are-studying-in-b-c>
- Employment Standards and Workplace Safety  
<https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice>
- Post Graduation Work Permits  
<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/after-graduation/about.html>
- BC Provincial Nominee Program  
<https://www.welcomebc.ca/immigrate-to-b-c/about-the-bc-provincial-nominee-program>
- Employment Rights in BC  
<https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/employment-standards>
- <https://www.workbc.ca/access-employer-resources/manage-employees/workplace-rights>
- Finding Work in BC  
<https://www.welcomebc.ca/work-in-b-c/finding-work-in-b-c>
- Career Services for Post-Secondary Students and Alumni  
<https://www.workbc.ca/blog/career-services-post-secondary-students-and-alumni>

**6. Information on Ajna Yoga College Policies**

<https://ajnayoga.ca/ajna-yoga-policies/>