

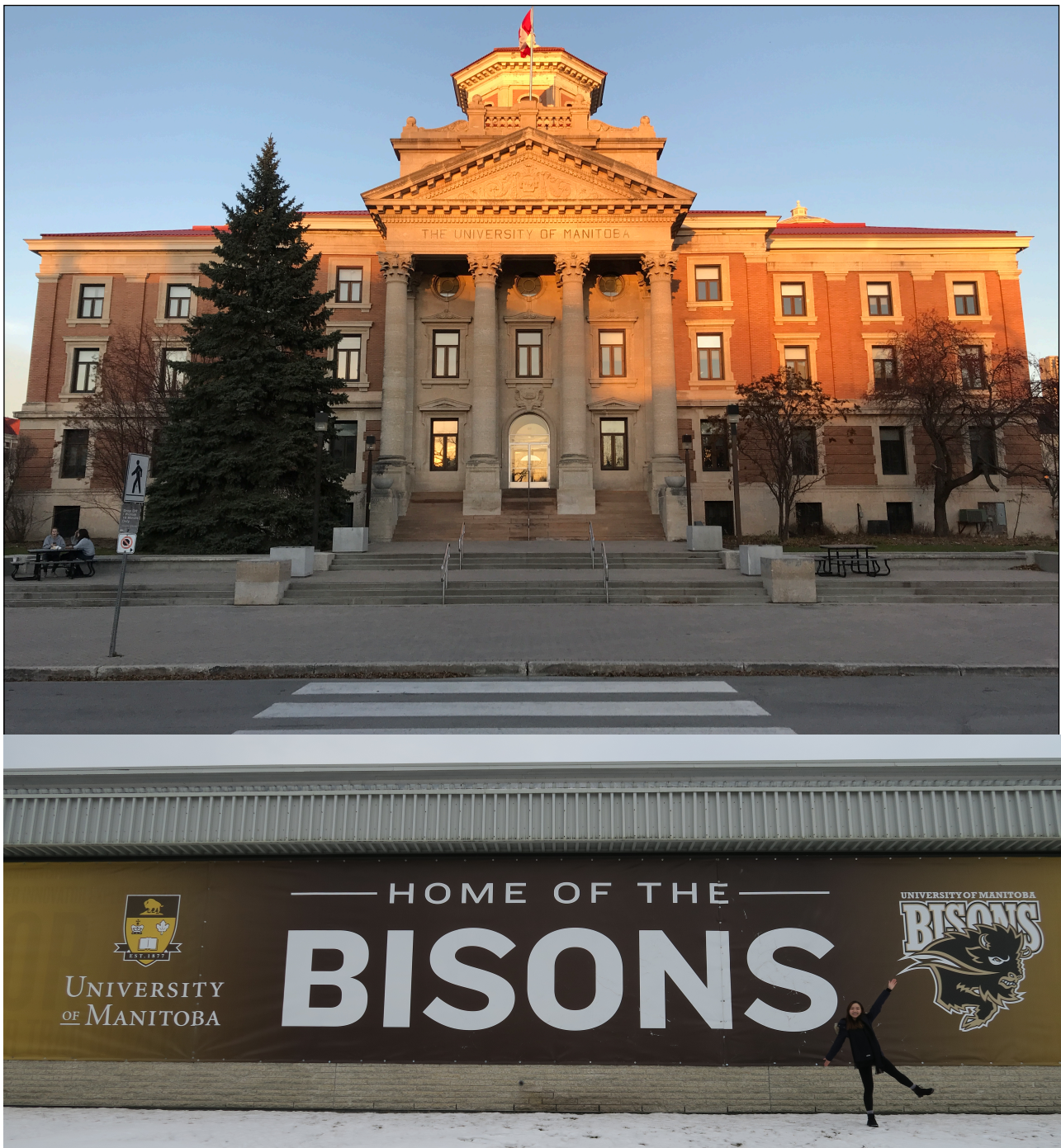
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# University of Manitoba

Fall 2018

Exchange report

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SEPT



After spending my summer in Los Angeles and Las Vegas, I arrived Winnipeg on 2nd of September. My exchange buddy came to pick me up from the airport and drive back to the residence. I joined several orientation activities organised by AVM, AIMS and UMSU. AIMS organised an integration weekend in Riding Mountain National Park, it's a great opportunity to meet all the exchange students. We also experienced the first snow in the Park. For other days, I explored the city, for example, Saint Boniface, The Forks, with my roommates. We went to some Bison Games too.



OCT



During the Canadian Thanksgiving holidays, I went to Calgary and Banff National Park. The view was stunning and relaxing. It was a perfect timing to visit there, the weather was around 0 degree and with sunlight, so it wasn't too cold. Be sure to wear proper shoes because it's worthwhile to hike up to look at Lake Louise (purely blue lake). We walked around Banff to visit different lakes which are appealing too. Some exchange students and I rented a car and went for a road trip to Gimli and Lake Winnipeg on the third weekend. On 27OCT, I joint the Commerce Socials Halloween Shocker.



NOV



After finishing all the mid terms, its Fall break. I went on a 10 days trip with my friends to Quebec, Montreal, Ottawa and Toronto. We flew to Quebec and take VIA Rail in between cities. The rail is cheap and comfy. We also took VIA Rail to visit the Niagara Falls. Among the four cities, I love Quebec the most.



NOV



After the 10 days trip, I went to the Assiniboine Park Zoo in Winnipeg. They have a lot of North American species and definitely should not miss out the polar bears and bisons.

During the American Thanksgiving holidays, I went to Vancouver. Most shops were offering a huge discount, don't forget to visit the shopping mall and the Granville St. I also went to Lynn Canyon Suspension Bridge, it's an unforgettable experience.



DEC



Last month of the exchange means final exams. I did studied hard before the exams. Since exams will start right after the last school day of semester, make sure you plan well for your studies.

Before leaving Winnipeg, I had a batch of farewell events. We also left some blessing messages to each others. Then I went to Toronto for a few days before I came back home.



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## General Exchange Information

Visa Procedures	For HKSAR passport holders, a visa is not required to stay less than 180 days in Canada. You only need to apply for eTA before you arrive Canada, and keep the email for reference. If you would like to travel to USA, remember to apply for VISA in Hong Kong.
Orientation Activities	It is recommended to arrive before the orientation day where you could meet a lot of exchange students. There are a lot of orientation activities organised by AIMS, UMSU and AVM.
International Services & Activities	AIMS will pair you up with a Canadian buddy, they are very helpful in all aspects. Most AIMS activities are for exchange students, you could make some international friends there.
Accommodations	There are 4 on-campus student residential halls, some require you to opt-in a meal plan. I chose Arthur V. Mauro (AVM) because it is near Drake Centre (Business building), this is very important during cooler days. It only takes 3 minutes to arrive there. Also in AVM, you will have a single room with double bed, shared bathroom and kitchen with one suite mate. If you pose higher priority for cleanliness and/or prefer cooking your own food, AVM is your choice. You could also order food from SkipTheDishes, go to Pembina Highway or University Centre for food.
Courses Registration	Amber will handle all class registration and administrative work, you could contact her through email. She will help you with the course prerequisites and enrolment.
Teaching and Assessment Methods	Remarks: There is \$50CAD printing budget loaded in your account, you could print anything in Drake's Computer Lab
Sports & Recreation Facilities	Active Learning Centre has a huge gym, swimming pool and an ice rank. I went there during the promotion week, you will need to fill in a form and register your account. Afterwards, I could go to the gym for free. If you could not make it, then you could pay for \$80 CAD for one semester. Not only for the gym, you could join those sports skill classes ranging from yoga to cycling. If you don't want to pay for that, you could choose to go to the basement of AVM, there is a small gym with basic equipments.
Finance & Banking (including currency / expenses)	You could open a CIBC student account in Hong Kong, it will be less complicated. You have to go to the CIBC branch to get the debit card after you arrive in Winnipeg. CIBC is the only bank with ATMs on campus, you could save the transaction fee. You could use debit card for most of the daily transactions in Canada. Remarks: Sales tax in Manitoba is 13%, and remember to tip!
Social Club & Networking Opportunities	AIMS organise Welcoming BBQ, Integration Weekend, Farewell activities. Apart from it, Commerce Students' Association will hold activities that connect Asper students.
Health & Safety	You could bring some medicines that you used to take from Hong Kong. There is also a health and dental clinic on campus. Remarks: Remember to buy insurance!



Food	<p>On Campus: Pembina Hall Dinning Hall; University Centre food court; Degrees; the Hubs; Tim Hortons; Starbucks</p> <p>Remarks: Canadian dining time is earlier, so most restaurant close at around 6pm! If you like cooking, the nearest grocery store is Superstore, it only takes 15 mins bus to get there. I usually do grocery shopping every two weeks.</p>
Transportation	<p>UofM has a great tunnel system to keep you warm during the winter time, spare some time to explore the ways!</p> <p>It is advised to opt-in for the U-Pass scheme at the Answer counter in University Centre. It costs \$120CAD /term for unlimited bus ride. Uber is not available in Winnipeg and you will need to book a taxi, so taking bus is the best option.</p> <p>Remarks: Remember to download the "Transit" APP for the bus schedules! Don't forget to bring your U-Pass if not you will have to pay for \$2.95CAD /ride!</p>
Climate	<p>The weather in Fall is around -15 to 10 degrees.</p> <p>Layer up is the rule! Most Canadian indoor areas have heater, so don't wear too many thick clothes.</p>
Communication	<p>Rogers will have a counter on campus but they only provide 1 year contract-signing plan. So I joined the \$40CAD plan from Chatr (from Fido) for 4GB and unlimited in-zone Canada-wide talk. Having a phone plan is optional, most shopping malls have Wi-Fi. But having a phone number facilitate car rental and hotel booking.</p>
Cautionary measures	<p>Winnipeg is very safe, just make sure you travel with friends at night and reject beggars to avoid any troubles.</p>

## Items to bring

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| <ul style="list-style-type: none"> <li>• <u>Identification</u></li> <li>❖ Passport &amp; HKID card</li> <li>❖ eTA</li> <li>❖ HKUST exchange acceptance letter</li> <li>❖ International Driving License</li> </ul> | <ul style="list-style-type: none"> <li>• <u>Electronics</u></li> <li>❖ Phone</li> <li>❖ Laptop</li> <li>❖ Camera</li> <li>❖ Portable charger</li> <li>❖ Earphone</li> <li>❖ Adaptor</li> <li>❖ Extension unit</li> <li>❖ Calculator</li> </ul> | <ul style="list-style-type: none"> <li>• <u>Outer wear</u></li> <li>❖ Heat-Tech</li> <li>❖ Leggings</li> <li>❖ Warm socks</li> <li>❖ Waterproof gloves</li> <li>❖ Scarf</li> <li>❖ Beanies</li> <li>❖ Ski-Pants</li> <li>❖ T-shirts</li> <li>❖ Hoodies</li> <li>❖ Jacket</li> <li>❖ Snowshoes</li> <li>❖ Formal dressing(for presentation/ interview)</li> </ul> |
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## Useful Links and Contacts

1. eTA application: <https://canadaonlinetravel.org>
2. UofM homepage: <http://umanitoba.ca>
3. Residence: <http://umanitoba.ca/housing/>
4. UMSU: <https://umsu.ca>
5. AIMS: <https://www.aimsmanitoba.com>