

# #BetterTogetherNS Toolkit

## **Tools for Understanding Immigration**

The Process, Settlement & Beyond

## #BetterTogetherNS toolkit

### Who can use this kit?

These tools are for those interested in learning or communicating about immigration topics. All people living in Canada, who are not Indigenous persons, have an immigration story. We hope this toolkit helps you to better understand immigration, whether it be the immigration application process, or moving, arriving, or settling in Canada.

### What tools are provided?

- Short overviews of immigration topics
- Self-reflective exercises
- Links to videos, podcasts, photos, first person stories

### Why should I try to better understand immigration?

The journey to settling in Canada may look like a straight line but there are many pauses, stops, and starts along the way. When you have an understanding of the journey of immigrants, you will better understand the journey your family, friends, or colleagues took as they immigrated and settled in Canada.

### How do I use this kit?

All the resources in this toolkit are available online. You can use a computer or tablet device to view the resources. A few resources need to be printed.

### How long does this educational toolkit take to finish?

This is entirely up to you. You can view all the resources, or choose from the resources that interest you the most.

### Can I use this kit in my classroom or workshop?

Yes, please use this in your classroom or workshop. We ask you give credit source material. Please email us at [media@isans.ca](mailto:media@isans.ca) if you have any questions.





## Learn: Why Canada needs immigration

### 1. Immigrants put money into the economy



If you live in Canada, you put money into the economy. This includes immigrants. If you are an immigrant, you:

- pay taxes
- spend money on goods, housing and transportation
- fill jobs identified by Nova Scotia employers
- help Canada increase its trade with the world
- bring entrepreneurial and innovative ideas

### 2. Immigrants work

If you are an immigrant working in Canada, you are filling a job that may otherwise remain unfilled.

- 25% of Canada's population will retire by 2035
- Canada's birth rate is not high enough maintain our population
- current trends suggest 100% of Canada's population growth by 2035 will be through immigration

### 3. Immigrants grow our communities

Immigrants contribute to the growth of

Canadian communities. Immigrants:

- help grow small and mid-sized communities in our province
- grow our volunteer base and strengthen our local communities
- strengthen our cultural vibrancy and experiences

### 4. Immigrants help to build a society where all can belong and grow

Canada is known for being multicultural, welcoming, open and safe.

- immigration fosters and builds a truly multicultural society that is welcoming for all
- immigration builds a society with unique perspectives, voices, lived experiences, to create a more resilient and tolerant Canada
- Canada is an international leader in supporting those fleeing violence, persecution, and threat of death. As a nation, we are a beacon of hope in often dark and turbulent times for some of the world's most vulnerable people.

### For more and to find the most up-to-date information go to:

Immigration, Refugees and Citizenship Canada, 2019;  
[www.canada.ca/en/immigration-refugees-citizenship.html](http://www.canada.ca/en/immigration-refugees-citizenship.html)

Conference Board of Canada, 2019;  
[www.conferenceboard.ca](http://www.conferenceboard.ca)

Statistics Canada, 2016 Census, 2016;  
[www12.statcan.gc.ca/census-recensement/2016/dp-pd/index-eng.cfm](http://www12.statcan.gc.ca/census-recensement/2016/dp-pd/index-eng.cfm)



## Resources: Why Canada needs immigration



### An Innovative Immigration System at 150 and Beyond

**Read** why Canada needs to continue its tradition of developing innovative immigration policies and programs to support the country's continued success.

[www.conferenceboard.ca/e-library/abstract.aspx?did=9059](http://www.conferenceboard.ca/e-library/abstract.aspx?did=9059)

### Why Does Canada Accept Refugees?

**Read** why Canada accepts refugees. Learn how Canada has as a moral obligation to protection those in need and fulfill its responsibilities within the international community. Understand how accepting refugees contributes to our national population and labour force, and benefits Canada's economy.

[www.conferenceboard.ca/commentaries/immigration/default/hot-topics-inimmigration/2015/01/21/Why\\_Does\\_Canada\\_Accept\\_Refugees.aspx](http://www.conferenceboard.ca/commentaries/immigration/default/hot-topics-inimmigration/2015/01/21/Why_Does_Canada_Accept_Refugees.aspx)

### 2018 Annual Report to Parliament on Immigration

**Read** the Minister of Immigration, Refugees and Citizenship's Annual Report to Parliament on Canada's immigration system. The report contains key details on the projected number of permanent resident admissions for 2019 to 2021.

[www.canada.ca/content/dam/ircc/migration/ircc/English/pdf/pub/annual-report-2018.pdf](http://www.canada.ca/content/dam/ircc/migration/ircc/English/pdf/pub/annual-report-2018.pdf)



### Why immigration is important to Canada

**View** this Conference Board of Canada infographic on the importance of immigration to the Canadian society and economy

[www.conferenceboard.ca/nic](http://www.conferenceboard.ca/nic)





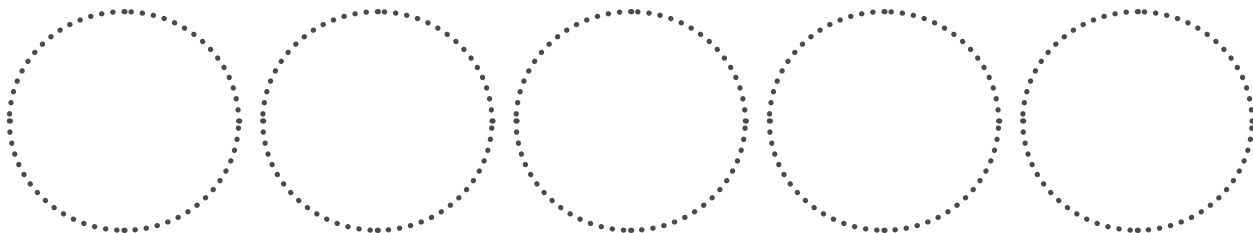
## Self-reflection: Why do immigrants come to Canada?

There are many reasons a individuals and families want to immigrate to Canada.

Think about the importance of the following in your life. Which of these icons best represents your thoughts and feelings?



Draw additional icons you think are missing.





## Learn: Permanent residents

If you have immigrated to Canada, but are not a Canadian citizen, you are a permanent resident

### Rights

As long as you keep your status as a permanent resident, you have the right to:

- Get most social benefits that Canadian citizens receive, including health care coverage
- Live, work or study anywhere in Canada
- Apply for Canadian citizenship

### Laws and taxes

As a permanent resident you:

- Must pay taxes and respect all Canadian laws at the federal, provincial and municipal levels
- Are protected under Canadian law and the Canadian Charter of Rights and Freedoms

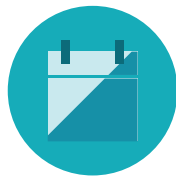
### The difference between permanent residency and being a citizen of Canada

As a permanent resident:

- You are not allowed to vote
- You cannot run for political office
- You cannot hold some jobs that need a high level security clearance
- You must have been in Canada for at least 730 days during the last five years to keep your status (these 730 days don't need to be continuous)

### For more and to find the most up-to-date information go to:

Immigration, Refugees and Citizenship Canada, 2019;  
[www.canada.ca/en/immigration-refugees-citizenship.html](http://www.canada.ca/en/immigration-refugees-citizenship.html)





## Learn: Economic immigration

If you are an economic immigrant, you were selected for the skills and abilities you can contribute to Canada's economy.



There are several federal and provincial economic immigration programs

Current programs include:

- Federal skilled workers
- Quebec skilled workers
- Provincial nominees
- Entrepreneurs and self-employed persons
- Canadian experience class
- Federal skilled trades class
- Investors
- Start-up business class
- Live-in caregivers in Canada
- Caring for children and caring for people with high medical needs classes
- Interim Pathway for Caregivers
- Immigrant Investor Venture Capital class
- Atlantic Immigration Pilot Programs

Be sure to check regularly for newly added programs.

How does an individual immigrate as an economic immigrant?

Each economic immigration program has its own criteria. If you apply to be an economic immigrant,

you may be evaluated on some or all of the following depending on the program:

- Your English or French language skills
- Your education and if you have any Canadian degrees, diplomas or certificates
- Your past work experience
- Whether or not you have a valid job offer
- If you have a nomination from a province or territory
- If you have a sibling, in Canada who is a citizen or permanent resident
- Your spouse or common-law partner's



language skills and education

If your application is accepted

Your next steps are to:

- Prepare to come to Canada
- Get your permanent resident card in Canada
- Access settlement services in Canada

**For more and to find the most up-to-date information go to:**

Immigration, Refugees and Citizenship Canada, 2019;  
[www.canada.ca/en/immigration-refugees-citizenship.html](http://www.canada.ca/en/immigration-refugees-citizenship.html)



## Learn: Family class immigration

If you are a family class immigrant, you were sponsored to come to Canada by a family member who is a Canadian citizen or permanent resident.

### Family reunification

Family reunification is designed to reunite you with family members. Family reunification benefits Canada.

You, or the family that sponsored you:

- Are together better able to settle and build successful lives in Canada than you might otherwise apart
- Are contributors to the economic, social and cultural prosperity of all Canadians



### How family sponsorship works

To be a sponsor, you must:

- Be a Canadian citizen or permanent residents
- Live in Canada
- Be age 18 and older
- Be able to support your relative(s) financially when they arrive and meet their basic needs and your own including food, shelter, and clothing.



To qualify to be sponsored, you must be one of the following:

- A spouse/common-law partner of your sponsor
- The dependent child of your sponsor
- A dependent child of your sponsor's common-law partner
- A dependent child of a dependent child of your sponsor
- A parent or grandparent of your sponsor

### Your application

The process involves

- Biometrics or and in-person interview as requested
- A medical exam
- A decision (application accepted or denied)

### If your application is accepted

Your next steps are to:

- Prepare to come to Canada
- Get your permanent resident card in Canada
- Access settlement services in Canada

### For more and to find the most up-to-date information go to:

Immigration, Refugees and Citizenship Canada, 2019;  
[www.canada.ca/en/immigration-refugees-citizenship.html](http://www.canada.ca/en/immigration-refugees-citizenship.html)





## Learn: About refugees

### The definition of a refugee



“A person who owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion is outside the country of his nationality and is unable or, owing to such fear, is unwilling to avail himself of the protection of that country; or who, not having a nationality and being outside the country of his former habitual residence as a result of such events, is unable or, owing to such fear, is unwilling to return to it.”

- 1951 Convention Relating to the Status of Refugees

### United Nations High Commissioner for Refugees (United Nations Refugee Agency)

The United Nations Refugee Agency is a humanitarian and non-political organization that:

- Leads and coordinates international action for the world-wide protection of refugees and the resolution of refugee problems
- Monitors compliance and provides guidance on the with the 1951 Convention on Refugees

### UN refugee referrals to Canada

To be referred to Canada by United Nations Refugee Agency for resettlement you must:

- Live outside your country of nationality due to fear of persecution
- Be unable to get protection in your home country (or have no country of nationality) or the country you reside
- Be unable or unwilling, by reason of fear to return to your home country

### How are refugees selected by Canada?

If you are selected by Canada as a refugees abroad, you have proved you have no reasonable prospect, within a reasonable period of time, other than resettlement.

- Your decision on resettlement to Canada is made by Immigration, Refugees and Citizenship Canada by a migration officers overseas.
- If approved, you or you and your family are resettled in Canada and usually become permanent residents on arrival

### Who are refugee claimants (asylum seekers)?

You make your claim in Canada, based on a fear of facing torture or the risk to your life, or risk of cruel and unusual treatment or punishment.

- Your claim is adjudicated by the Refugee Protection Division of the Immigration and Refugee Board of Canada (quasi-judicial process)
- If your claim is approved, you or you and your family become permanent residents; if denied, you must leave Canada

### Who are migrants?

According to the International Committee of the Red Cross, if you are a migrant, you are an immigrant, refugee or asylum seeker. You may be leaving or fleeing your home to seek safety or better prospects abroad. And you may be in distress and need of protection or humanitarian assistance. For more visit:

[www.icrc.org/en/migrants](http://www.icrc.org/en/migrants)



## Learn: Canada’s refugee programs

Canada has 3 refugee resettlement pathways with different processes and similar goals

Program	Referral process	Support in settlement
<b>Government-assisted refugees (GARs)</b>	You (or you and your family) are referred by the United Nations Refugee Agency for resettlement to Canada	You receive income support from the government for your first year in Canada
<b>Privately sponsored refugees (PSRs)</b>	You are identified to be in a refugee-like situations. Sponsors identify you (or you and your family) as the individual(s) they would like to sponsor.	On arrival to Canada, are supported for your first year in Canada by an organization or individuals
<b>Blended visa office-referred (BVOR)</b>	You (or you and your family) are United Nations Refugee Agency-referred refugees who are matched with a private sponsor	Your income support comes partially from the government and partially from your private sponsor for the your 1st year in Canada

### Refugees resettlement in Canada

To qualify for resettlement in Canada as a refugee, you must:

- Be recognized as a refugee
- Not be barred on grounds of criminality, security risk, or danger to health
- Be considered capable of becoming “successfully established” in Canada
- Have no other reasonable prospect of: going home safely; stay permanently with full rights in the country where they are; or an offer of resettlement to another country
- Be supported financially, either by the government or by a private group

### What if families are torn apart?

Canada has a one-year window provision that permits you to reunite with separated family members without a new application. It is vital you identify them prior to your departure for Canada. Canada generally does not accept unaccompanied children but exceptions may be made for those with extended family in Canada.

### If your application is accepted

Your next steps are to:

- Prepare to come to Canada
- Get your permanent resident card in Canada
- Get support for your first year in Canada

### Support for your first year includes:

- Greeting at the airport
- Temporary housing and help finding permanent housing
- Help with registering for mandatory federal and provincial programs
- Orientation to the community, including safety and emergency services, the city where you have settled, public transportation, education and health care systems, Canadian laws and customs, and the local climate
- Personal finance help in areas such as budgeting, setting up a bank account and using debit and credit cards,
- Basic “life skills” support for high needs clients, and referrals to other refugee programs
- Financial support for basic needs (through the government or private sponsors depending on your pathway)

### For more and to find the most up-to-date information go to:

Immigration, Refugees and Citizenship Canada, 2019; [www.canada.ca/en/immigration-refugees-citizenship.html](http://www.canada.ca/en/immigration-refugees-citizenship.html)

United Nations High Commission for Refugees, 2019; [www.unhcr.org](http://www.unhcr.org)



## Resources: Lived immigrant experience



### When Going Home Is No Longer An Option

Listen as author Khaled Hosseini talks about his own journey as a refugee.

[www.unhcr.org/awakeatnightchapter-7-khaled-hosseini](http://www.unhcr.org/awakeatnightchapter-7-khaled-hosseini)



### Journey to Canada: Stories of Refugees

**Watch** an interview as former refugee, Madut as he explains living through war, forced food shortages, and an attack on his village and eventually resettling in Canada.

[www.canada.ca/en/immigration-refugeescitizenship/news/video/journey-canada-storiesrefugees-madut.html](http://www.canada.ca/en/immigration-refugeescitizenship/news/video/journey-canada-storiesrefugees-madut.html)

### Becoming a Refugee

**Watch** an interview with former refugee Bwe Doh Soe as she explains what it was like fleeing from her homeland as a small girl and resettling in Canada.

<https://pier21.ca/research/oral-history/refugee-experiences-becoming-a-refugee/bwe-doh-soe-1>

### Admir's Story

**Watch** as Admir tells his story using only his voice and the movement of his hands.

<https://avarchives.icrc.org/Film/19337>

### Kakuma's Got Talent

**Watch** Kenya's Kakuma refugee camp hosts its 5th edition of "Kakuma's Got Talent". The competition brings together some of the best singers, dancers and other artists from the refugee and local communities. Winners in the past have won recording contracts with some of Kenya's well known recording studios.

[www.unhcr.org/ke/14635-talent-show-in-kenyas-kakuma-refugee-camp-lifts-spirits-and-brings-hope.html](http://www.unhcr.org/ke/14635-talent-show-in-kenyas-kakuma-refugee-camp-lifts-spirits-and-brings-hope.html)

### Immigrants in Canada: Watch 5 Films That Explore Their Journey

**Watch** 5 films from the National Film Board's collection about immigration and immigrants. Some are happy stories, some are not. But all of them will help you form a better picture of the immigrant experience.

<https://blog.nfb.ca/blog/2018/10/10/immigrants-immigration-films>



### Digital Story Telling

**Read** as newcomers from across Canada share their immigration experience in a personal and creative way.

<https://pier21.ca/digital-storytelling>





## Learn: Canada's immigration targets

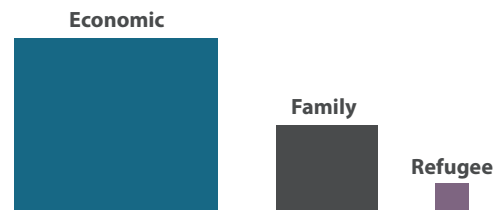
It is up to Immigration Refugees and Citizenship to set targets on the number of immigrants Canada takes each year for each category. Target numbers come from consultations with the public, provinces and territories, and other organizations.

### Projections 2019-2021

For 2019: 330,800 immigrants  
For 2020: 341,000 immigrants  
For 2021: 350,000 immigrants

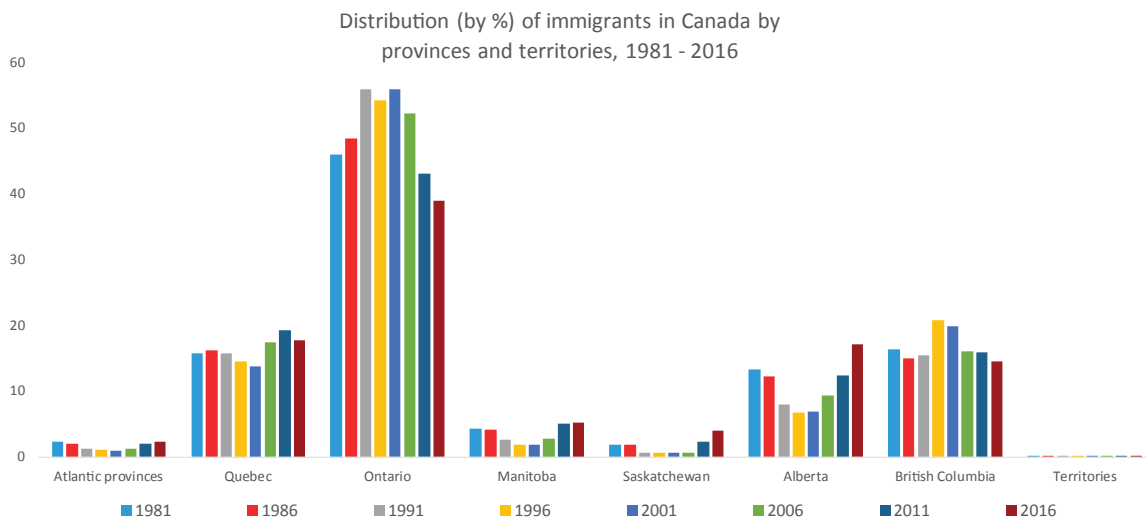
### Targets in 2018

In 2018, approximately 6-in-10 immigrants came through the economic stream, nearly 3-in-10 were admitted under as family class, and approximately 1-in-10 immigrants were refugees.



Squares representing the proportion of immigrants in 2018

### Trends 1981-2016



Trends show that from 1991-2006, with the exception of Ontario and British Columbia, all regions of Canada saw a dip in immigration.

### For more and to find the most up-to-date information, go to:

Immigration, Refugees and Citizenship Canada, 2019; [www.canada.ca/en/immigration-refugees-citizenship.html](http://www.canada.ca/en/immigration-refugees-citizenship.html)  
Statistics Canada, 2016 Census, 2016; [www12.statcan.gc.ca/census-recensement](http://www12.statcan.gc.ca/census-recensement)



## Resources: Immigration numbers in Canada vs Worldwide



### Amnesty International 2018 Statistics

**View** the top 10 countries in the world for refugee populations. You may be surprised.

[www.amnesty.org/en/what-we-do/refugees-asylum-seekers-and-migrants/global-refugee-crisis-statistics-and-facts](http://www.amnesty.org/en/what-we-do/refugees-asylum-seekers-and-migrants/global-refugee-crisis-statistics-and-facts)

### 2018 Statistics from United Nations Refugee Agency

**View** an infographic from United Nations Refugee Agency with statistics on migration and resettlement.

[www.unhcr.org/figures-at-a-glance.html](http://www.unhcr.org/figures-at-a-glance.html)



### Migration Policy Institute

**Use** interactive tools to learn more about how migrants move around the world.

[www.migrationpolicy.org/programs/data-hub/charts/total-immigrant-and-emigrant-populations-country](http://www.migrationpolicy.org/programs/data-hub/charts/total-immigrant-and-emigrant-populations-country)

### UN population tool

**Use** this tool from the United Nations to gain a glimpse into how migrants move around the world.

[www.un.org/en/development/desa/population/migration/data/estimates2/estimatesmaps.asp?1t1](http://www.un.org/en/development/desa/population/migration/data/estimates2/estimatesmaps.asp?1t1)

### 2016 Census

**Use** this interactive tools to learn more about from where and when immigrants have come to Canada.

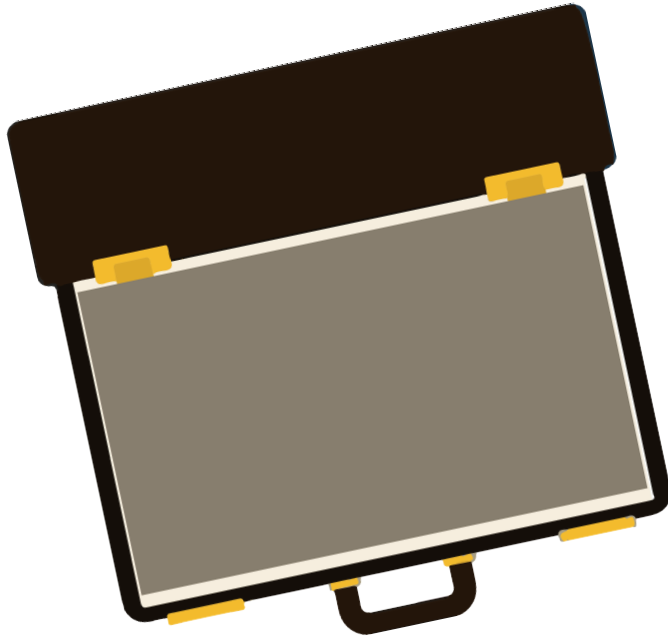
[www12.statcan.gc.ca/census-recensement/2016/dppd/dv-vd/imm/index-eng.cfm](http://www12.statcan.gc.ca/census-recensement/2016/dppd/dv-vd/imm/index-eng.cfm)





## Self-reflect: What do immigrants bring with them?

Take a minute to think about what you would bring with you if you were immigrating.



Make a list:




## Self reflection: What else do immigrants bring?

Go beyond your possessions. What skills, talents, passions, hopes and dreams would you bring with you?



Make a list:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



## Resources: What immigrants bring



### The Most Important Thing

**View** these photographs by Brian Sokol. Ask yourself, if conflict tore your country apart and forced you to run for your life, what would you bring with you?

[www.unhcr.org/spotlight/2018/08/most-important-thing-bangladesh](http://www.unhcr.org/spotlight/2018/08/most-important-thing-bangladesh)



### Welcome to Canada: What you should know

**Read** about how the Government of Canada recommends you prepare for a move to Canada.

[www.canada.ca/content/dam/ircc/migration/ircc/english/pdf/pub/welcome.pdf](http://www.canada.ca/content/dam/ircc/migration/ircc/english/pdf/pub/welcome.pdf)







## Self-reflect: Plan for your future

Imagine you want or even need to leave a country. Think about the journey ahead of you. If you need ideas, see the suggestion sheet for hints.

### Packing

- If you had lots of time, what would you pack?
- What would you take with you if you have to leave quickly?

### Preparation

- What do you need to do before you can leave?
- What would happen if you had no choice but to leave quickly?

### Moving

- Where will you go?
- What would you do if you were a refugee and offered an opportunity in a country you know nothing about?
- How will you travel?

### Settling

- What information will you need to learn about your new country?
- When you arrive, what will you need to do?





## Planning suggestion sheet

### Before you leave:

- Sell your house
- Pack up your house
- Move and store for your private things
- Find a home for your pet
- Make a plan for family and friends who rely on you for assistance
- Get tickets to your new country

### Bring your:

- Birth certificate
- Passport
- Marriage or divorce certificate; death certificate for a deceased spouse
- Adoption records for adopted children
- Educational diplomas and certificates
- Transcripts listing the courses you took to obtain a degree
- Vaccination records
- Medical records (prescriptions, test results, x-rays, allergies) and dental records
- Driver's license and/or International Driving Permit (IDP)
- Letters of reference from your past employers
- Private health insurance (until you qualify for government health insurance in Canada)
- Clothing that is appropriate for the weather

### To prepare, learn:

- How to get your educational and professional qualifications officially recognized
- Whether your profession is "regulated" or "unregulated" and if you will need to meet
- Specific qualifications needed to work in your profession
- About laws and your rights
- About civic responsibilities
- More about the education system your children will access
- About the city or town where you will settle
- How you will make telephone calls and access the internet
- Where hospitals are and how 9-1-1 works
- The location of immigrant-serving organizations
- How to improve your language skills or learn English or French
- Where you will stay during your first days, weeks and months
- How job-seekers in Canada find jobs
- Where you can go to improve your qualifications and skills





## Learn: How refugees get to Canada

Have you every wondered how the refugees Canada selects get to Canada?

### Visas

If you are a refugee selected for resettlement, you need a visa before you can travel

- If you have a passport, you will get a Permanent Resident visa in your passport
- If you are stateless or cannot get a passport, you get a Single Journey Document valid for your first trip to Canada for entry as a Permanent Resident

### Orientation

If you are selected for Canada as part of a group, you will likely take a Canadian Orientation Abroad (COA) prior to your departure for Canada. Topics include::

- Introduction to Canada
- Getting ready to travel to Canada
- Information on Canada's resettlement program
- What to expect during your settling-in period
- Employment in Canada
- Rights and responsibilities of residents of Canada
- Canadian geography and climate
- Life in Canada: finding a place to live, living in a multicultural society, the cost of living, family life, and education
- Communication systems
- How to settle with realistic expectations



### Travel

Often your initial travel to Canada will be done with assistance from the International Organization for Migration (IOM). They organize, facilitate and accompany groups of refugees travelling to Canada. If you are an individual or smaller group, you may have different travel arrangements.

### Cost of Travel

The Government of Canada will provide you with a travel loan to cover the cost of your travel to Canada. This must be paid back within a specified number years of arrival to Canada.

### Residency

As a refugee, your paperwork is processed overseas. On arrival to Canada you are granted permanent resident status. Sometimes, but not often, you may arrive as a refugee on a permit with the option to stay until the temporary resident permit expires or apply for permanent residence once other mandatory processes are completed.

### For more and to find the most up-to-date information go to:

Immigration, Refugees and Citizenship Canada, 2019; [www.canada.ca/en/immigration-refugees-citizenship.html](http://www.canada.ca/en/immigration-refugees-citizenship.html)

United Nations High Commission for Refugees, 2019; [www.unhcr.org](http://www.unhcr.org)

### Destination

Immigration, Refugees and Citizenship Canada will decide your destination in Canada based on available settlement services, presence of your relatives or members of the same community, and other factors.



## Learn: What happens after immigrants arrive in Canada

Below are some of the many things you need to do in the first days, weeks and months after you arrive to Canada.



- Get government documentation
  - Health card
  - Driver's license
  - Social insurance number
- Open a bank account
- Find a doctor, optometrist, dentist or other health professional
- Find the foods you like to cook
- Learn how the bus works
- Learn or improve your English or French
- Make friends
- Learn your responsibilities as a renter or home owner
- Learn how our hospitals work
- Register your children in school
- Find recreational activities to join
- Find a job
- Start a business
- Find a place of worship
- Find permanent accommodation
- Learn about local laws



### Resources: The first days, weeks and months after you arrive to Canada



#### Canada: Day 1

**Watch** this series, produced and developed by the Canadian Museum of Immigration at Pier 21. *Canada: Day 1*, explores immigrants' diverse personal *Day 1* experiences, from Confederation to present day. Watch videos and hear newcomers with diverse backgrounds share their immigration experiences, in their own words. (May contain mature content).

<https://pier21.ca/cd1-canada-day-1-oral-history-videos>





## Self-reflection: Left-hand/right-hand drawing

1- Imagine you have just moved to a new country.

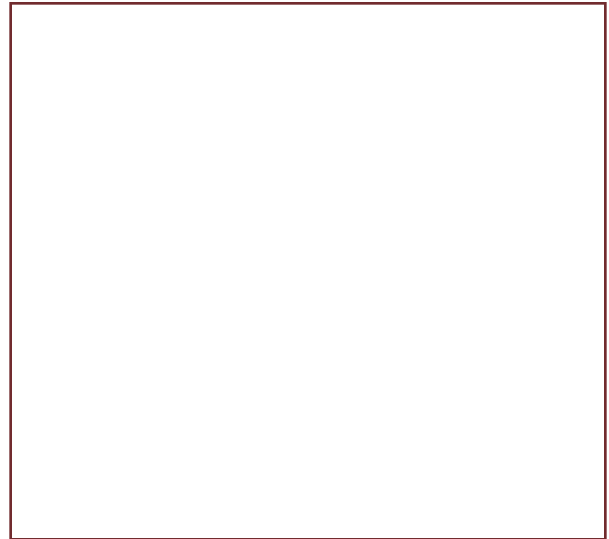
Think about how you may need to:

- Find a job or start a business
- Make friends
- Find community activities
- Orient yourself to life in Canada
- Get your children settled
- Try new foods, learn where to find familiar foods
- Get used to the weather
- Navigate homesickness and missing loved ones

2- Draw

**Draw a picture with your left hand.**

**Draw the same picture with your right hand.**



3- What happened?

- Which drawing was easier to make?
- Which drawing is easier to understand?
- How do you feel when you think about drawing with your non-dominant hand as a metaphor for moving to a new country?



### Learn: How Canada supports immigrants

There are many rumours about the types of support immigrants receive. Learn how Canada supports immigrants.

#### Financial support

Unless you are a refugee, you are expected to be financially independent on your arrival to Canada.

If you are a Government Assisted Refugee, you receive a set rate of financial support from the federal government for your first year in Canada.

If you are a privately sponsored refugee, you receive one year of assistance from your sponsors

[Learn more with this CBC video www.youtube.com/watch?v=13aml32ujw0](https://www.youtube.com/watch?v=13aml32ujw0)

#### Housing

If you are an economic immigrant, you are expected to find temporary housing prior to arrival and permanent housing after arrival.

For family sponsored arrivals, you are expected to have housing with the family member that sponsored you.

If you are a government assisted refugee, temporary accommodation is provided until you can find permanent housing. You will stay in hotels and motels or accommodation provided through a settlement organizations with a reception house services.

If you are a privately sponsored refugee, including blended visa office-referred refugees, you will receive accommodation support from your sponsors over your sponsorship period.

#### Healthcare

If you are a family or economic immigrant, you qualify for provincial or territorial healthcare after being a resident for three months.

If you arrive as a refugee, you are typically eligible for provincial or territorial healthcare immediately upon arrival.

#### Language Training

Language training in English or French is funded by Immigration, Refugees and Citizenship Canada through settlement organizations across Canada.

#### Employment

Employment counselling is funded by Immigration, Refugees and Citizenship Canada through settlement organizations across Canada. Topics frequently include how the job market works, help building networking and resume skills, and expectations of Canadian employers.





## Resources: The settlement process



### Canada. Our Home.

**Watch** as three immigrants show us how we all want opportunity, we all want safety, and we all want community.

<https://vimeo.com/219400382>

### ISANS' Refugee Series

**Watch** as former refugees discuss what Canada means to them, why they came here, their settlement process, discrimination they face, and how Canadians can be welcoming to refugees.

<https://vimeo.com/161458222>

### I Am Today

**Watch** as three youth in Halifax explain their lives as refugees before and after settling in Canada.

[www.isans.ca/stay-informed/videos](http://www.isans.ca/stay-informed/videos)

### Passages to Canada

**Watch** interviews from the Passages Canada Story Archive.

<http://passagestocanada.com/videos>



### Then and Now

**Read** stories profiling refugees who have journeyed to Canada over the years, in search of safety, stability and a chance at a better life.

<https://www.unhcr.org/then-and-now.html>

### Making Nova Scotia Stronger - Stories of Community Builders

**Read** stories about immigrants in Nova Scotia who are community builders, working towards a stronger province.

[www.isans.ca/wp-content/uploads/2010/06/CommunityBuilders\\_book\\_final\\_web.pdf](http://www.isans.ca/wp-content/uploads/2010/06/CommunityBuilders_book_final_web.pdf)

### Resilience & Resettlement - Stories of Refugees in Nova Scotia

**Read** stories about the resilience of former refugees settled in Nova Scotia.

[www.isans.ca/wp-content/uploads/2010/06/RAP\\_book\\_2ndEdition\\_final\\_web.pdf](http://www.isans.ca/wp-content/uploads/2010/06/RAP_book_2ndEdition_final_web.pdf)







### **Learn: The role of settlement providing organizations**

Newcomers want to contribute to our society, culture, and economy.



If you are an immigrant to Canada, you arrive with goals and dreams. You need to learn about new opportunities in Canada. For this reason, Immigration, Refugees and Citizenship Canada, provinces and other donors fund settlement providing organizations to help immigrants:

- Get language training
- Get documents translated
- Learn about community services, schools and life in Canada
- Understand how qualifications, professional certification and the employment process work
- Make connections with established immigrants and Canadians

Search online for the settlement providing organization in your community. Learn how they can help you or you can work with them to help build strong communities.



### **Learn: How to build a community for all to belong and grow**

Everyone has a culture. Your culture is in everything you do. It is changing continuously.

#### Your culture

Your culture comes from:

- Your individual experiences
- Group experiences of which you are a member
- Your shared way of living with others

#### Be welcoming in your community

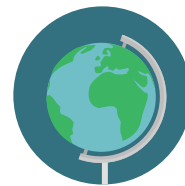
- Be willing to assess yourself and your own limitations
- Acknowledge gaps in your knowledge
- Be open to new ideas, contradictory information, and advice
- Be self-aware and keep a respectful attitude toward diverse points of view
- Recognize and challenge power imbalances
- Be a lifelong learner
- Make an intentional effort to say hello, smile, strike up conversation
- Ask people if they need help
- Get to know neighbours by asking about their interests
- Give newcomers information about community events and activities
- Invite a newcomer family over for supper
- Attend cultural events and festivals
- Read books by authors from different parts of the world
- Attend international films when they're screened in your community
- Use a variety of news sources
- Learn a new language

#### Become a volunteer

- Volunteer to make a difference,
- Get to know an immigrant on a personal level
- Volunteer as an English as a second language tutor
- Volunteer to be a “newcomer host” in your community

#### Be a leader

- Support a local small business run by an immigrant
- Write a letter to the editor in your local newspaper welcoming newcomers
- Challenge racist remarks – in your home, workplace, place of worship
- Volunteer to be a professional mentor
- Become a Welcome Ambassador
- Share resources from the Canadian Council for Refugees
- Encourage inclusive hiring practices at your workplace





## Learn: How to be welcoming in the workplace

Recognize your organization has its own unique culture

### Workplace culture

Your workplace culture is your organization's:

- Organizational values
- Traditions
- Beliefs
- Attitudes
- Interactions internally and externally
- Behaviours

### Immigrants bring skills and ideas to organizations

- New perspectives can lead to innovation
- International employees lead to international clients and customers
- Multilingual engagement with customers and clients enhances your reach
- Immigrants are often well-educated, flexible, adaptable, and loyal employees

### Be welcoming in the workplace

- Be a welcoming colleague
- Listen actively and empathetically
- Remember there is no 'right way' to communicate
- Avoid judgment, and try to look at the situation as an outsider
- Be attentive to people's non-verbal communication as it could clarify meaning
- Avoid raising your voice when talking with people who speak limited English (this does not make your meaning any clearer)
- If jokes and riddles are part of a conversation, explain concepts being used





## Learn: Facts about refugees in Canada

Did you know?

There is no line in Canada's immigration system for those fleeing persecution. However, once in Canada, refugees face processing times that are nearly double those of other potential immigrants.

Source: Canadian Museum of Immigration at Pier 21

Refugees often cannot get regular identity documents because of the nature of their forced and often quick departure. Asking for exit documents can also be dangerous in some countries.

Source: Canadian Museum of Immigration at Pier 21

Refugees come from a wide range of economic and educational backgrounds. Many were successful business people or respected leaders in their homelands.

Source: Canadian Museum of Immigration at Pier 21

Canada resettled over 33,000 Syrian refugees in 2016, but, overall, the proportion of refugees among immigrants has shrunk. In the 1980s, 20% were refugees. Now its 10% or less.

Source: Canadian Museum of Immigration at Pier 21

Note the proportion of refugees living in Nova Scotia and Canada compared to the world.

*Source: Immigration, Refugees and Citizenship Canada, 2016; United Nations Refugee Agency, 2016*

Forcibly Displaced People Worldwide, 2016  
Source: UNHCR and 2016 Census, Statistics Canada



**22.5 million refugees in the World**

+  
40.3 million internally displaced people & 2.8 million asylum seekers



**858,850 refugees living in Canada**



**4,520 refugees living in Nova Scotia**



## Resources: Information on how to help refugees



### From Far and Wide

**Watch** and read from this series of stories profiling Canadians who have welcomed Syrian refugees with compassion and support.

[www.unhcr.org/from-far-and-wide-585812fa4.html](http://www.unhcr.org/from-far-and-wide-585812fa4.html)





## Learn: How immigrants become citizens



Approximately 80% of all immigrants become Canadian Citizens

### 1. Apply for Canadian citizenship

If you are a permanent resident and want to become a Canadian citizen, you must apply to Immigration, Refugees and Citizenship Canada. To do this, you must:

- Be a permanent resident
- Have lived in Canada for 3 out of the last 5 years
- Have filed your taxes, if you need to
- Show how well you know Canada
- Prove your language skills

### 2. Take the citizenship test and interview (for ages 18 to 54 years of age)

#### Test

The test has 20 questions about the rights and responsibilities of Canadians, and Canada's history, geography, economy, government, laws, and symbols.

#### Interview

At the interview officials will:

- Give you the results of your test, if you had one
- Check your language skills, if you're between 18 and 54 years of age
- Verify your application and original documents
- Ask any questions we may have about your application
- Make sure you meet all the requirements for citizenship

### 3. Attend your citizenship ceremony to get your citizenship

#### Attend the ceremony

If you are an adult or child aged 14 or over, you must go to the citizenship ceremony and take an oath.

- If you are a parent, you will receive certificates of citizenship for your children under age 14
- While children under age 14 are exempt, they are welcome to attend

#### At the ceremony

At your citizenship ceremony you will:

- Take the Oath of Citizenship
- Get your citizenship certificate
- Sign the Oath or Affirmation of Citizenship form
- Sing the national anthem, O Canada

#### For more and to find the most up-to-date information go to:

Immigration, Refugees and Citizenship Canada, 2019  
[www.canada.ca/en/immigration-refugees-citizenship.html](http://www.canada.ca/en/immigration-refugees-citizenship.html)



## Learn: The children of Canada's immigrants

Did you know?

### One-in-Five

In 2016, the population of Canada was **35,151,728**.

At this time, **17.7%** of the population had at least one parent born outside of Canada.

This means that **6.2** million people in Canada reported that they are second-generation Canadians.

### What is first, second & third generation?

#### 1<sup>st</sup>

First-generation are those who were born outside Canada.

For the most part, these are people who are now, or once were, immigrants to Canada.

#### 2<sup>nd</sup>

Second-generation are those who were born in Canada, and had at least one parent born outside Canada.

For the most part, these are the children of immigrants.

#### 3<sup>rd</sup> +

Third-generation are non-indigenous persons who were born in Canada to parents who were also born in Canada.

*Source: Statistics Canada, 2016 Census*



## Resources: The children of Canada's immigrants



### Children with an immigrant background: Bridging cultures

**Read** about the growth of Canada's immigrant population and changes in source countries of immigration over the decades to better understand the diversification of the Canadian population's ethnocultural characteristics.

[www12.statcan.gc.ca/census-recensement/2016/as-sa/98-200-x/2016015/98-200-x2016015-eng.cfm](http://www12.statcan.gc.ca/census-recensement/2016/as-sa/98-200-x/2016015/98-200-x2016015-eng.cfm)

### Making Waves: Stories of Second Generation Immigrants

**Read** stories about the amazing contributions of Canadians who have one or more parents who were themselves immigrants.

<https://makingwaves.community>



### Born and Raised

Listen to Canadians tell stories from the perspective as children of immigrants.

[www.huffingtonpost.ca/news/born-and-raised](http://www.huffingtonpost.ca/news/born-and-raised)







## Resources: The history and future of immigration



### Canadian Immigration Acts and Legislation

**Read** about the history of Canada's immigration legislation and how it is ultimately a reflection of society's changing beliefs and attitudes on inclusion and exclusion.

[www.pier21.ca/research/immigration-history/canadian-immigration-acts-and-legislation](http://www.pier21.ca/research/immigration-history/canadian-immigration-acts-and-legislation)

### Refugee History

**Read** how it is difficult to define the word refugee and how its meaning is affected by political change, public perception and history.

[www.canada.ca/en/immigration-refugees-citizenship/services/canadians/celebrate-being-canadian/teacherscorner/refugee-history.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/canadians/celebrate-being-canadian/teacherscorner/refugee-history.html)

### Immigration to Atlantic Canada: Toward a Prosperous Future

**Read** how due to demographics and economics, immigration matters more to Atlantic Canada than ever before.

[www.conferenceboard.ca/e-Library/abstract.aspx?did=9138](http://www.conferenceboard.ca/e-Library/abstract.aspx?did=9138)

### 450,000 Immigrants Annually? Integration is Imperative to Growth

**Read** how the Conference Board of Canada forecasts the economic and fiscal impacts of three immigration scenarios from 2017 to 2040.

[www.conferenceboard.ca/e-Library/abstract.aspx?did=9131](http://www.conferenceboard.ca/e-Library/abstract.aspx?did=9131)

### Canada 2040: No Immigration Versus More Immigration

**Read** about the economic implications of no immigration in Canada versus the impacts of gradually increasing immigration.

[www.conferenceboard.ca/e-Library/abstract.aspx?did=9678](http://www.conferenceboard.ca/e-Library/abstract.aspx?did=9678)



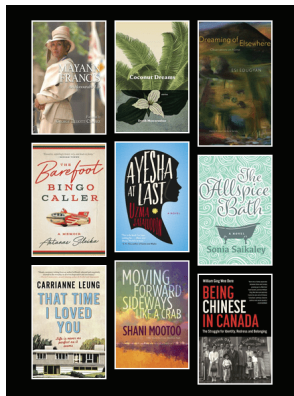
## Reading ideas from the Halifax Public Libraries

Presenting immigration themed reading lists created in conjunction with Halifax Public Libraries



### Immigrant youth

[https://halifax.bibliocommons.com/list/share/1136103707\\_hfxpl\\_kids/1402549547\\_read\\_about\\_immigrant\\_youth\\_experiences](https://halifax.bibliocommons.com/list/share/1136103707_hfxpl_kids/1402549547_read_about_immigrant_youth_experiences)



### Second generation immigrants

[https://halifax.bibliocommons.com/list/share/1135550427\\_hfxpl\\_adults/1372805417\\_stories\\_from\\_second\\_generation\\_immigrants](https://halifax.bibliocommons.com/list/share/1135550427_hfxpl_adults/1372805417_stories_from_second_generation_immigrants)

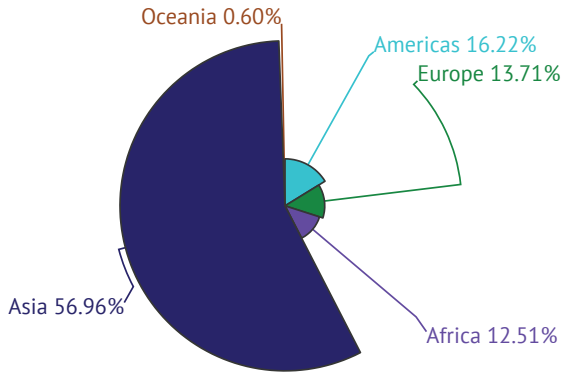


## Facts and Stats About Immigration in Canada

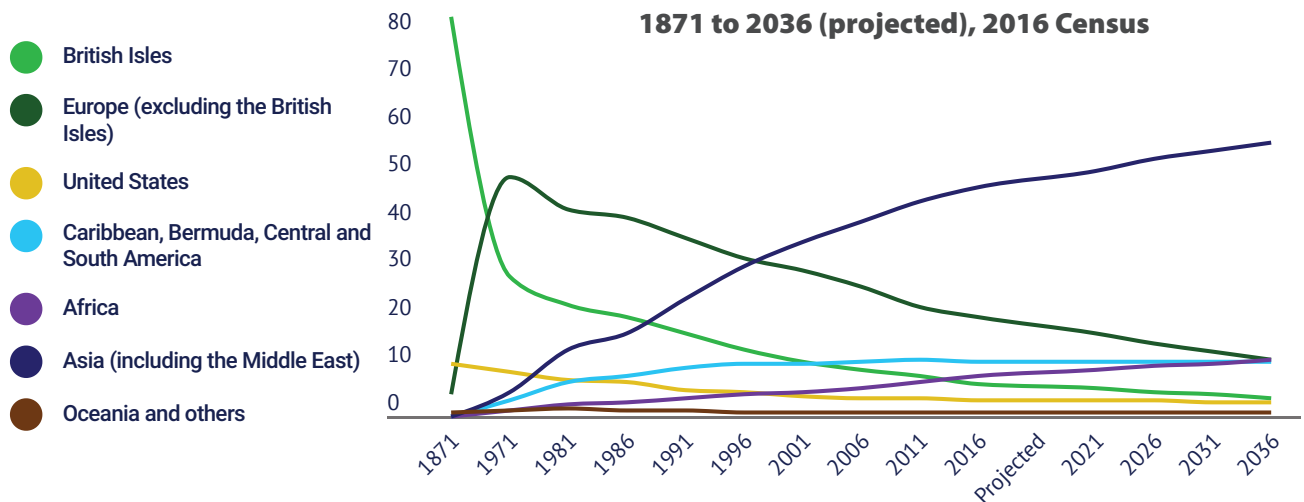
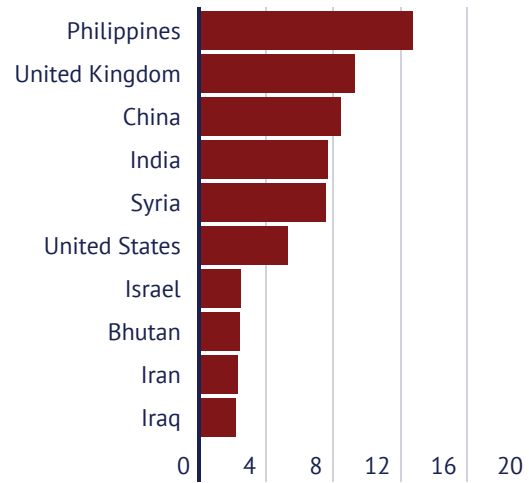
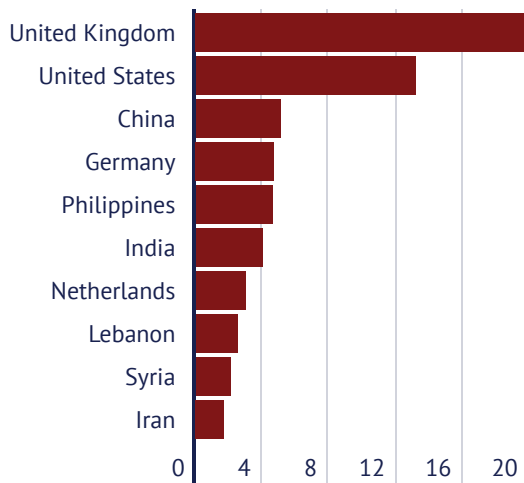
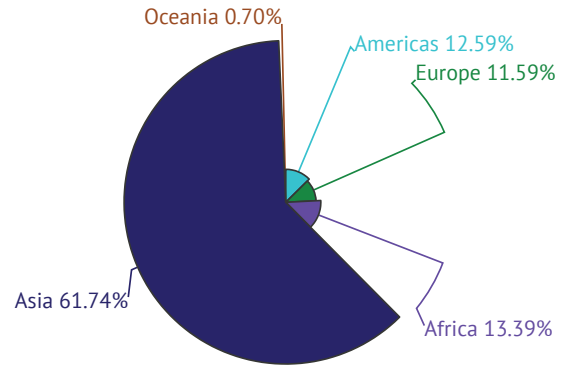
### Learn: Geographic origin of recent & total immigrants in Canada

As younger immigrants come to Canada, the countries of origin for immigrants is changing.

**Total Immigrants, 2016 Census**



**Recent Immigrants (2011-2016), 2016 Census**

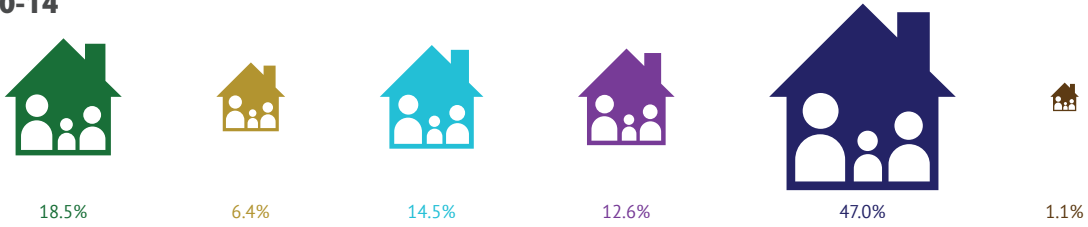


# Facts and Stats About Immigration in Canada

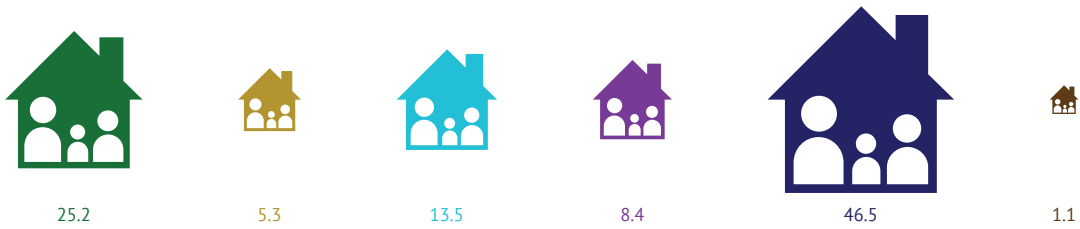


## Age of immigrants in Canada (2016 Census)

### Ages 0-14



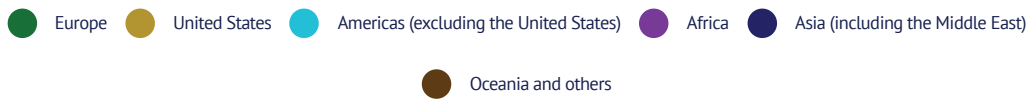
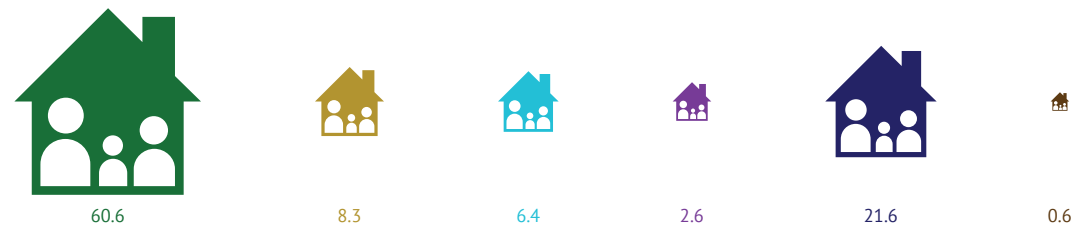
### Ages 15-34



### Ages 35-64



### Ages 65+



For more and to find the most up-to-date information visit:  
 Statistics Canada, 2016 Census | [www12.statcan.gc.ca/census-recensement](http://www12.statcan.gc.ca/census-recensement)



## Resources: 2016 census and immigration



Immigration and ethnocultural diversity:  
Key results from the 2016 Census

**Read** about the 2016 Census, a national statistical portrait of immigration and ethnocultural diversity in Canada.

[www150.statcan.gc.ca/n1/daily-quotidien/171025/dq171025b-eng.htm](http://www150.statcan.gc.ca/n1/daily-quotidien/171025/dq171025b-eng.htm)

