



CANADA

YOUR WORK AND TRAVEL GUIDE

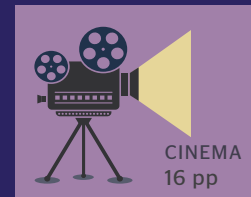
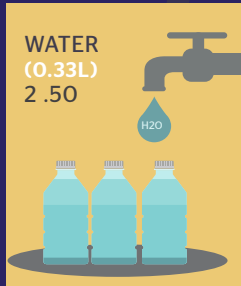
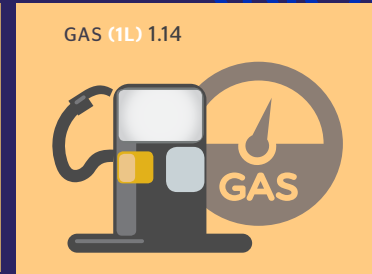
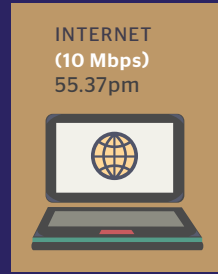
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Your  
Work  
and  
Travel  
Guide

# BASIC LIVING COSTS CANADA CAD \$



# FACTS ABOUT CANADA



## General Facts



**2nd largest country**  
9,984,670 km<sup>2</sup>



**Population**  
35,749,600



**Weather**  
Lowest recorded temperature  
63°C



**Longest street**  
in world  
Yonge Street,  
Ontario is 1,896km.

## Wildlife



**Polar Bears**  
Canada has 15,500 of the world's 25,000 polar bears



**Beaver Dam**  
World's longest beaver dam in Northern Alberta is 850m



**Reindeer**  
2.4 million Caribou Reindeer live in Alberta



**Lobster**  
Largest lobster in the world was caught in Nova Scotia and was 9.3kg

## Geography



**Lakes**  
More lakes than all other countries combined



**Uninhabited Areas**  
90% is uninhabited



**World's longest coastline**  
202,080 km.



**Border US/Canada**  
border is longest in the world at 8,891 kilometres

## Industry



**Maple Syrup**  
77% of the world's maple syrup is made in Quebec



**Food**  
Canadians eat more macaroni and cheese than any country



**Oil**  
3rd largest oil reserve in the world



**Fishing**  
8th largest commercial fishing industry in the world

# GETTING A VISA

The first hurdle to going on a working holiday in Canada is to get a visa permitting you to fund your travel with work. If you want to go on a working holiday in Canada, you'll need to apply for the International Experience Canada (IEC) initiative. This visa will let you work and travel in Canada for 12 or 24 months.



## TO QUALIFY, YOU MUST:

- Hold a passport from an eligible country
- Be aged 18-30 yrs. (up to 35 for Irish citizens)
- Have a clean criminal record
- Have proof of C\$2,500

## HOW TO APPLY

- Apply direct with IEC
- Use an agent such as:
  - » VisaFirst
  - » Swap
  - » Global Lifestyles Canada



The benefits of an agent can include job placement, airport transfers, hostel accommodation on arrival, insurance, and more.



# LANDING A JOB

Whether you're an adrenaline junkie, like to work on a team or enjoy new experiences, Canada has plenty of great seasonal jobs to offer.

## SKI RESORTS

What could be better than landing a job at one of the many ski resorts Canada has to offer? Often, you'll get subsidised accommodation and free ski passes so what's not to like?!

**BIG WHITE BRITISH COLUMBIA** is less than one hour from Kelowna, and jobs include working in the ski rental shops, ticketing booths, sales, ski-instructing, operations, guest services, and more. You can search for job listings in their departments [here](#).

**WHISTLER BLACKCOMB, BRITISH COLUMBIA** is one of the most popular ski resorts in Canada and home to the Winter Olympics. Whistler is hugely popular with working holidaymakers. The resort is large and they are always in need of restaurant staff, sales reps, shop assistants, and travel consultants. Check out their job postings [here](#).





Sunshine Village, Alberta, is just 20 minutes from Banff town at the centre of the Rockies and has a good variety of both indoor and outdoor jobs. If you love being outside then why not try your hand at being a slope groomer? Alternatively, you may want to stay warm and join the customer care team. Either way, you'll get time off to enjoy the slopes! Check out their opportunities [here](#).

## HOSPITALITY AND TOURISM

You'll find jobs in restaurants, bars, and cafes around Canada, although you should be prepared for a drop in wages compared to Europe. You'll make this up in tips and service charges however, with the average tip expected to be between 15%-20% on all food and beverages.

## TRY THESE JOB BOARDS

- [Work BC](#)
- [Go2Hr](#)
- [BC Jobs](#)

## TIPS

- Get to Canada before the busy summer season
- Drop into local businesses and hand out your CV
- Ask around your hostel; word-of-mouth is a great way to find a job!

# AGRICULTURE

Fancy working on a farm? There are a number of agencies that will place you in a job on a farm where you'll get first-hand experience of farming and gain new skills while meeting people from all over the world.

## BENEFITS

- Free meals
- Free accommodation
- Monthly salary
- On-hand farm experience

## TIPS

- Join an [Agricultural Exchange Program](#)
- You may need some previous farming experience





# WHERE TO STAY

**IF YOU GO TO CANADA TO WORK,  
YOUR EMPLOYER MAY PROVIDE  
ACCOMMODATION. IF NOT, YOU'LL  
NEED TO FIND A PLACE TO LIVE!**



# HOSTELS

If you don't have long-term accommodation as part of your employment, you should book a hostel before you arrive. Hostels in Canada can vary in the facilities they offer.

## MANY INCLUDE:

- Free Wi-Fi
- Laundry facilities
- Free breakfast
- Shared kitchen

## TIPS:

Read the reviews and book a week minimum for your arrival, as it can take some time to find longer term accommodation.

## WHERE TO LOOK:

- [Montreal - hihostels.ca](https://hihostels.ca)
- [Ottawa - hihostels.ca](https://hihostels.ca)
- [Edmonton - hihostels.ca](https://hihostels.ca)
- [Calgary - hihostels.ca](https://hihostels.ca)
- [Vancouver - samesun.com/backpackers-hostels/Vancouver](https://samesun.com/backpackers-hostels/Vancouver)





## LONG-TERM ACCOMMODATION

If you want to settle down somewhere for a few months, then your best option is to find long-term rental accommodation. Sharing with a few mates will be even better and help save you some cash for sightseeing.

### WHERE TO LOOK:

**TORONTO:** [toronto.craigslist.ca](https://toronto.craigslist.ca)

**OTTAWA:** [ottawaliving.ca](https://ottawaliving.ca)

**VANCOUVER:** [rentseeker.ca](https://rentseeker.ca)

**ALBERTA:** [edmonton.rentfaster.ca](https://edmonton.rentfaster.ca)

**MONTREAL:** [moremontreal.com](https://moremontreal.com)

**ONTARIO:** [rent-ontario.com](https://rent-ontario.com)

### TIPS:

- Arrange temporary accommodation before you leave for Canada.
- A lease begins at the start of the month and is legally binding.
- Don't sign a lease for longer than you want to live there.
- Have enough money for one month's rent upfront and one month's rent as deposit.
- Accommodation is often un-furnished so this can be an additional expense.
- Bring a reference letter from a previous landlord, as you may be asked for one.
- Check out boards in hostels and outside buildings.
- Be wary of anyone asking for money before you see the apartment.

# GETTING AROUND



It's no small feat to travel across the 2nd largest country in the world! If you want to see a lot of Canada, then you might need some time. Airfares can be expensive and the country is so huge it could even take you longer to get from one side to the other than it did to get there in the first place.

## YOUR WORK AND TRAVEL GUIDE



## BY AIR

Domestic flights aren't cheap in Canada and with such vast quantities of land to cover, you could end up spending almost as much as you did getting there.



### THE MAIN CARRIERS:

- [Air Canada](#)
- [WestJet](#)
- [Air Transat](#)
- [Porter Airlines](#)

### TIPS:

- Set up an alert and check for specials
- Book a midweek flight
- Search comparison sites like [Hipmunk](#) and [Kayak](#)
- Book well in advance
- Try [www.travelcuts.com](http://www.travelcuts.com) for student sales
- Consider getting a [North American Air Pass](#)



# BY RAIL

You'll avoid airport security and get breathtaking views of the country if you travel by train. ViaRail operates most intercity and transcontinental trains.

Route	Hours	Price in C\$
Toronto-Vancouver (Canadian)	83	\$509+
Winnipeg-Churchill (Hudson Bay)	44	\$170+
Halifax-Montréal (Ocean)	21	\$151+
Prince Rupert (Jasper)	33	\$160+

## TIPS:

- Book in low season (Oct-May)
- Buy tickets at least 5 days in advance
- Book economy class
- Get a Canrail pass



# BY BUS

From long-term travellers to weekend trippers, there are lots of options to bus it across Canada and it's a great way to meet people and save on the travel costs.



## CANADIAN BACKPACKER TOURS

Swim in a lake, see bears and wolves in their natural habitat, and meet fellow travellers who are young at heart on a backpacker bus tour.

### POPULAR TOURS:

- [Moose Travel Network Backpacker Tours](#)
- [Salty Bear Adventure Travel Tours](#)
- [West Trek Tours](#)

## GREYHOUND CANADA

[Greyhound Canada](#) operates in 8 of Canada's provinces, including Alberta, British Columbia, Manitoba, Northwest Territories, Ontario, Quebec, Saskatchewan, and Yukon.

### TIPS:

- Get a 25% student discount with [ISIC](#)
- Compare the price of two-way vs return tickets
- Buy one of the following passes:
  - Monthly Saver Pass
  - Weekly Commuter Pass
  - 10 Trip Pass

## BY CAR

You could save a lot of money if you drive, especially if you invest in a campervan which will save you the cost of accommodation.

### WHERE TO LOOK:

- [wickedcanada.com](http://wickedcanada.com)
- [autotrader.ca](http://autotrader.ca)
- [vehicles.wheels.ca](http://vehicles.wheels.ca)

### TIPS:

- Bring your driver's license
- You may need an International Driving Permit (IDP)
- Read up on the rules of the road in each province
- Always get valid car insurance
- Fuel up-it's a big country!





# NIGHTLIFE

Canada isn't just breathtaking mountain views and epic snowboarding, it has a thriving music and nightlife scene and colourful cuisine. Whether you want to dance the night away or be dazzled at a Broadway show, you won't be disappointed!





# TORONTO

If you're looking to party in Toronto, then put on your dancing shoes and head to the entertainment district in Downtown Toronto. Around 30,000 clubbers hit the area on a Saturday night around King Street West between University Ave and Spadina Ave. The Hoxton usually a mix of DJs and live bands on the weekend and if electro is your thing, then Union Nightclub is always a safe bet.

## THEATRE

You don't have to go far to find a show, with everything from Broadway musicals and comedy to more classic theatre productions. The Toronto Theatre District is the third largest English speaking theatre district in the world, and you'll find landmark venues such as the Royal Alexandra Theatre, the Tarragon theatre, and the Factory Theatre here.

A number of festivals take place throughout the year, including the Shaw Festival in Niagara on the Lake celebrating the works of Irish playwright Bernard Shaw, and the Toronto Fringe Festival at numerous venues.

## RESTAURANTS

For food in the evening, try Kaho San Road's seriously spicy Thai dishes or get a taste of more traditional Canadian cuisine at Canoe.

The Victory Café will fill you up with their gastro pub food and you can enjoy the cosy pub atmosphere. Or for something a little fancier, try Scaramouche Restaurant Pasta Bar and Grill in Southill.



## OMNIMAX

If you're looking for something different on a night out, then pay a visit to the [Omnimax Theatre](#) with all-enveloping IMAX screens projected inside a dome. At a whopping 5 storeys high, you won't fail to be impressed by the shows, many of which are educational and science-related.

## CHINATOWN

Vancouver's Chinatown is the third largest in North America and this is where you'll find the best dim sum and spare ribs in Canada. At night in the summer, Vancouver comes alive with night markets in Richmond, Surrey, and North Vancouver, and you'll be overwhelmed by delicious aromas and the large selection of new foods to try, especially Asian, which dominates the food scene in Vancouver. If you haven't tried fresh sushi, now is your chance!



Start your night out in Gastown in Downtown Vancouver at an authentic Irish pub like The Irish Heather, or if you're looking for a cocktail and more chic surroundings, then slink over in your stilettos to the George Ultralounge in Yaletown.

The main strip for bars downtown is Granville St, which is where a lot of Vancouver's younger population head for a night out. Another decent strip is Mainland Street – Yaletown Brewery in particular, serves fantastic brews.



A stunning blend of the old and new, Montreal reveals its greatest secrets at night in its candlelit drinking dens and hidden gems down dusty laneways. The city also has one of the most exciting food scenes in Canada; brimming with irresistible patisseries, old Jewish delis, and Parisian-style food markets. You're in luck if you visit in the summer as Montreal hosts lots of great festivals including the Fringe Festival, Just for Laughs Comedy Festival, and Jazz Fest.

## GAY VILLAGE

If you're seeking a night of dancing and drag queens, go to the Gay Village. Montreal has a thriving gay community and hosted the world's first Outgames. For a little flavour of history then walk over to Old Montreal and visit Le Piano Rouge.

## POUTINE

If you're eating in Montreal you shouldn't leave without trying Quebec's favourite dish, 'Poutine'. Made with french fries in cheese curds and topped with a gravy-like sauce, it may not sound tempting at first, but this dish has won the hearts of Canadians all over.

Many large chains sell a version of it, but if you're in Montreal then you should check out some of the nicer joints for your Poutine, such as The Green Spot, La Banquise, or the Garde Manger.



# TAXES FOR NON-RESIDENTS

If you go to Canada to work, you'll pay 15%-29% income tax on your wages, but the good news is you can apply for a refund at the end of the tax year. If you find it confusing, you can use an agent like [Taxback.com](https://www.taxback.com) to get it all back!



## DO I NEED TO FILE A TAX RETURN?

Yes. If you're working in Canada on a temporary basis, then you're legally obliged to file a tax return. You should submit it by April 30th.

## YOUR RESIDENCY STATUS

Under Canada's tax system, your tax obligations are determined by your residency status. If you're on a working holiday in Canada, you'll be classified as a 'non-resident for tax purposes'.

## WHEN CAN I APPLY FOR A REFUND?

The Canadian tax year runs from 1st January to the 31st December and you have up to 10 years to claim a refund.

## HOW TO APPLY

Just try Taxback.com's free no-obligation online refund calculator [here](#) to see how much tax you could get back.

## WHAT DOCUMENTS DO I NEED?

To file your tax return, you'll need a T4 or your final cumulative payslip. You'll also need your social insurance number which you can get from your employer or visa sponsor.

If you're having trouble finding it, Taxback.com can help you with this.

## HOW LONG DOES IT TAKE?

If you're due a refund, it should take about 8-12 weeks to get it to you.

If you're still in Canada, you can also call into any one of our offices or email [info@taxback.com](mailto:info@taxback.com).

# CANADA USEFUL INFO



## LARGEST CITY



TORONTO

## LANGUAGES



ENGLISH (56.9%)

FRENCH (21.3%)

## VOLTAGE



120V

## POPULATION



35,851,774

## CALLING CODE



+1

## TIPPING



15%

## CURRENCY



CANADIAN  
DOLLAR

## INTERNET CODE



.CA

## DRIVING



ON THE RIGHT

MORE INFO: [TAXBACK.COM/BLOG/CATEGORY/CANADA](https://taxback.com/blog/category/canada)



## OFFICES IN CANADA

### BANFF, ALBERTA

404, BEAR AND WOLF STREET MALL  
229 BEAR STREET

**EMAIL:** [BANFF@TAXBACK.COM](mailto:BANFF@TAXBACK.COM)

**TEL:** +1 403 985 4075

### VANCOUVER

311 WATER STREET #201  
VANCOUVER, BC V6B 1B8

**EMAIL:** [CANADA@TAXBACK.COM](mailto:CANADA@TAXBACK.COM)

**TEL:** +1 604 697 0606

**TOLL FREE:** 1 888 200 1085

### WHISTLER

126-4338 MAIN STREET  
WHISTLER, VON 1B4

**EMAIL:** [CANADA@TAXBACK.COM](mailto:CANADA@TAXBACK.COM)

**TEL:** +160 496 20 101



**WEBSITE** [WORKINGHOLIDAYINCANADA.COM](http://WORKINGHOLIDAYINCANADA.COM)



**FACEBOOK** [WWW.FACEBOOK.COM/WORKINGHOLIDAYINCANADA](http://WWW.FACEBOOK.COM/WORKINGHOLIDAYINCANADA)



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