



CANADIAN SOUTHERN BAPTIST
SEMINARY & COLLEGE

International Student Guide
to
Cochrane area
and
Alberta

Table of Contents

Welcome to Canada

Life in Cochrane.....	2
Banking.....	2
Calgary Attractions.....	2
Canada Post.....	3
Car ownership and Driver’s Licensing.....	3
Churches.....	3
Cost of Living.....	3
Counseling Services.....	4
Dentists.....	4
Doctors.....	4
Emergencies.....	4
Eye Doctors.....	4
Healthcare.....	5
Hospitals.....	5
Healthcare Application Processing.....	6
Goods and Services Tax (GST).....	7
Income Tax	7
Individual Tax Number/Social Insurance Number.....	8
Preschools.....	8
Public Programs.....	9
Recreation.....	9
Recycling.....	9
Schools.....	10
Second hand buying/selling.....	10
Transportation.....	11
Travel outside Canada.....	11
Winter Weather.....	12
Contact Information.....	13



Life in Cochrane:

Cochrane is a lovely town less than half an hour from Calgary, the biggest city in Alberta. At your orientation, we will give you an information packet from the Town of Cochrane, but if you would like to familiarize yourself with the community before you arrive, you may want to look at their website:

<http://www.cochrane.ca> ; www.cochranenow.com

Banking

The following are some of the banks located in Cochrane:

1. [Royal Bank of Canada](#)
130 1 Ave
(403) 932-2231
2. [CIBC](#)
Suite 407- 120 5 Ave W
(403) 851-4702
3. [TD Bank Financial Group](#)
300 5 Ave W
(403) 932-8090
4. [Scotiabank](#)
200 5th Ave W
(403) 932-8060
5. [ATB Financial](#)
280 5 Ave W
(403) 932-3117

You may want to ask about each Bank's requirements and fees when you go to set up an account. Many banks have specially discounted plans for students. You may need to ask about this. You will probably need 3 pieces of identification, including your passport and Social Insurance Number if you have one.

If you bring a check to deposit funds from other countries, the bank may put a hold on those monies for up to 30 days, so be sure to ask about this. If you bring cash, make sure you have the receipt from the bank where it was withdrawn. Be aware that you may have to pay a fee if you use a bank machine (ATM) that is not from your bank.

Calgary attractions

There are many attractions in Calgary. www.visitcalgary.com or www.calgaryattractions.com

Below are some of the most popular:

Stampede (Once per year in July)
Calgary Zoo
Heritage Park
Calgary Tower

Calgary Olympic Park
Calaway Park
Glenbow Museum
TELUS Spark

Canada Post

There are two locations in Cochrane: 185 First St E and 305 1 St W (located in Rexall Drug store).
Sure Print and Copy has FedEx shipping services as well as copy/fax services... 407 1 St West, Suite 5

Car Ownership and Licensing

Owning a car in Alberta will require car insurance, registration and a valid driver's license. Go to the following website for more information: www.servicealberta.ca or www.cochraneregistries.ca

Cochrane Registries has these services locally. Located at #7, 214 Grande Blvd. 403-932-5546

Driver's License

Alberta has Reciprocal Licensing Agreements with the following countries in addition to all Canadian jurisdictions and territories:

- Australia
- Austria
- Belgium
- England
- France
- Germany
- Isle of Man
- Japan
- Northern Ireland ^{NEW}
- Republic of Korea
- Scotland
- Switzerland
- United States
- Wales

A valid license from a country that has a Reciprocal Licensing Agreement with Alberta can be exchanged for a Class 5 license when the applicant presents a valid license of equivalent class. The fee to obtain a license in Alberta is \$84.45.

You can get your license at Cochrane Registries 7-214 Grande Blvd Cochrane, Alberta T4C 2G4 Phone: 403-932-5546. (www.aara.ca/agents/info/?name=Cochrane_Registries&id=52)

Please do not assume that traffic laws are the same here as in your home country. Study an Alberta Driver's Handbook before venturing out on the roads. For more information www.transportation.alberta.ca

Churches

For a list of CNBC churches go to the following link: www.midwestassociation.ca and for all other churches in Cochrane: <http://churchdirectory.ca/browse/?p=AB&a&c=Cochrane> .

Cost of Living

Living in Canada can be expensive depending on where you are moving from. The following website gives the average annual household expense for different locations in Canada (scroll down the page to find Calgary): <http://canadianimmigrant.ca/settling-in-canada/relocating-compare-cost-of-living-and-industries-across-canada> . <http://canadianimmigrant.ca/?s=cost+of+living>

Counseling Services

If you or a family member needs to speak to a counselor, CSBS&C has a Certified Counselor on campus. Dr. Don McNaughton provides counselling services at a reduced cost for students and their family members.

Cochrane also has a support service available. Cochrane Family and Community Support Services (FCSSAA) located at 209 Second Ave. W. may also be able to help.

The phone number is 403-851-2250. The website is: www.fcssaa.org/office/cochrane or <http://www.cochrane.ca/160/Family-Community-Support-Services>.

Dentists in Cochrane

Dental visits are not generally covered by Alberta Health. Contact Alberta Blue Cross at <https://www.ab.bluecross.ca> for more information on supplemental healthcare insurance.

Absolute Dental Care

508 1 Street West
(403) 932-2060

Bow River Dental Centre

206 5 Ave W
(403) 932-9889

Cochrane Dental Centre

Suite 10-402 Railway St W
(403) 932-3031

Doctors in Cochrane

Finding a doctor in Cochrane can be difficult. You may have to drive into Calgary to find one who is taking new patients. You can go to this link to find a doctor:

www.albertadoctordirectory.ca/COCHRANE

Emergencies

If you need emergency assistance, dial **911** on the phone to get assistance from Fire, Ambulance or Police. This number should only be used in true emergencies. If you call **911**, the operator will ask for your location (street address) and the nature of the emergency, and will send the appropriate help immediately. If someone ingests poison, call the Poison & Drug Information Service at 1-800-332-1414.

If you need medical advice that is not an emergency, you can call the Health Link number at 1-866-408-5465 to speak with a registered nurse about your situation. The nurse will ask for your Alberta Health Care number when you call.

Eye Doctors in Cochrane

Eye exams are **only covered** by Alberta Health **for children under 18 years old**. For supplemental insurance information, contact Alberta Blue Cross <https://www.ab.bluecross.ca>

Mountain View Optometry

404 1st Street West
(403) 851-2020

Iris Optometrists and Opticians

#304 - 120, 5th Ave
(403) 851-4747

Hospitals

Cochrane has an urgent care facility located at 60 Grande Boulevard. The phone number is 403-851-6000 (Switchboard). Urgent care is open 7 days a week from 8:00 am to 10:00 pm including holidays.

If you need an ambulance to transport you to a hospital, please be aware that ambulance services can be costly and are not covered by Alberta Healthcare.

This link shows hospitals and medical facilities in Calgary as well as other helpful information:

<http://calgary.foundlocally.com/Health/HospitalsTips.htm> or

<http://www.albertahealthservices.ca/?from=calgary>

Many people from the seminary prefer to go to the hospital in Canmore if necessary, because it is less busy than most Emergency rooms in Calgary, and usually has much shorter wait times.

Healthcare

To receive **FREE** healthcare, you must register for an Alberta Health Care Card. You can get a card at one of the locations below:

1. [Airdrie Registries](#)

128 Edmonton Trail NE
Airdrie, AB T4B 1S1
403-948-6018

2. [Crowfoot Plates Registry Inc.](#)

49 Crowfoot Way NW
Calgary, AB T3G 2L4
403-241-7951

3. [Alberta Motor](#)

[Association \(AMA\)](#),
220 Crowfoot Crescent NW
Phone: 403-249-5533
registries@ama.ab.ca

For more options of locations or for more detailed information go to www.servicecanada.gc.ca

You are strongly encouraged to purchase supplemental health insurance. Please be aware that Alberta Health Care does not cover the cost of prescription drugs, eye glasses or contacts or normal visits to the dentist as well as other expenses you may incur. You are encouraged to get supplemental insurance to help cover these expenses. One provider of supplemental insurance is Alberta Blue Cross (<https://www.ab.bluecross.ca>).

Healthcare Application processing

You are not covered for insured medical services under the Alberta Health Care Insurance Plan until all the required information is received and your application is processed. However, any medical services you receive and pay for before your application is processed may be reimbursed once you have your personal health care card and can show eligibility for the period when you received the services.

The effective date of your coverage will be determined based on the following:

- If you move to Alberta from within Canada your coverage begins the first day of the third month following the date you establish permanent residency here.
 - For example, if you establish permanent residency in Alberta on July 12, your coverage is effective October 1.
- If you move to Alberta from outside of Canada your coverage begins on your date of arrival in Alberta, once all registration validation requirements are met.

Alberta Health Care Insurance Plan

Website: <http://www.health.alberta.ca/AHCIP/contact-AHCIP.html>

Hours of Operation: 8:15 a.m. to 4:30 p.m., Monday to Friday (except provincial and federal holidays)

Phone: 780-427-1432 or Toll Free: 310-0000, then 780-427-1432; TTY Phone: 780-427-9999;

Fax: 780-422-0102; Email: health.ahcipmail@gov.ab.ca

When you apply for Alberta Health Care Insurance Plan (AHCIP) coverage, you must provide supporting documents that prove:

- Alberta residency
- Identity and
- Legal entitlement to be in Canada
 - If these documents are not provided, an application cannot be processed. Examples of acceptable documents are provided below:

What to bring when you register at an authorized registry agent office

- Completed [AHCIP Coverage application form](#). The application form is also available at registry agent offices or by mail if you contact us.
- Bring original documents to the [registry agent office](#).
 - Processing time can take up to 5 days.

What to send when you register by mail or fax

- [Completed AHCIP Coverage application form](#)
- Send photocopies (front and back as applicable) of your documents.
 - Processing time if registering by mail or fax can take up to 6 weeks.

Acceptable documents to use when you register:

1. Alberta residency

Document must show name and current Alberta address, which must be the same as on the application

–

- Current Alberta driver's license
- Current Alberta registries identity card
- Current utility bills for an Alberta residence

- A current pay stub, bank statement or lease agreement may be submitted as proof of Alberta residency as long as it includes your full name and Alberta address.

AND

2. Government issued photo identification

Document must be government issued identification (ID) which shows your photo, name and birth date

- Canadian/Non-Canadian passport
- Canadian citizenship card
- Permanent Resident Card
- Federal identification card
- Current Alberta, provincial or territorial driver's license.

AND

3. Legal entitlement to be in Canada

Document must be ID which shows your name and birth date –

- Canadian passport
- Canadian citizenship card
- Canadian birth certificate
- Permanent Resident Card
- Canada entry document

Goods and Services Tax (GST)

Please be aware that some items you purchase will be subject to Goods and Services Tax (GST), so the amount you pay will be more than the cost listed on the item.

Income Tax information

The following are some of the available tax preparers in the Cochrane area for your annual income tax return which is due April 30th to Canada Revenue Agency (www.cra-arc.gc.ca). Website for Child tax credit as well as other tax benefits: www.cra-arc.gc.ca/bnfts/menu-eng.html

Robin Phillips
40 Seminary Ridge
(403) 816-1495

Karla Jackson Bookkeeping
Suite 9-57 West Aarsby Rd
(403) 932-6821

H & R Block
20 Quarry St. #6
(403) 863-7556

Individual Tax Number (ITN) or Social Insurance Number (SIN)

To work you must have a Social Insurance Number (SIN). Even if you do not work, you will need an ITN to file taxes. You can get a SIN/ITN card by going to one of the following locations and presenting a valid work visa and personal ID.

1. [Calgary North Service Canada Centre](#)
15 Royal Vista Place NW
#350, Calgary
2. [Calgary Centre Service Canada Centre](#)
220 4th Avenue Southeast
Calgary
3. [Calgary South Service Canada Centre](#)
6712 Fisher Street
Southeast Calgary
4. [Calgary East Service Canada Centre](#)
515 Marlborough Way
Northeast Calgary
5. [Canmore Service Canada Centre](#)
Canmore Gateway Shops -
Building C, Suite 113
802 Bow Valley Trail
Canmore, Alberta

Preschools in Cochrane

A subsidy is available for working or stay-at-home parents that will help pay for the monthly costs. To find out about the subsidies available go to the following website:

<http://www.humanservices.alberta.ca/financial-support/15104.html>

Joyful Noise Preschool(Bow Valley Bap.Church)

54 W. Aarsby Rd.
(403) 714-9540
www.joyfulnoisepreschool.ca

The Learning Place Preschool

101 Ranche House Road
(403) 668-0484
www.thelearningplacepreschool.ca

Tiny Town Montessori

2 West Hall Pl
(403) 932-7066

Footsteps Preschool

101 Ranchehouse Rd
(403) 606-4198

Bright Path Early Learning and Child Care

609 1st Street West
(403) 851-5631

Public Programs

Nan Boothby Public Library (www.cochranepubliclibrary.ca) 405 Railway St W. (403) 932-4353

Parent Link Centre located at 127 First Avenue West. (403-851-2265)

Specifically, the Parent Link Centre offers the following services and programs:

- a huge playroom filled with toys, sensory tables, books, puppets, games, puzzles and crafts to enhance and develop children's gross motor, fine motor and cognitive, social and emotional development.
- free drop in programs are offered for children and parents to learn, explore, play and build relationships with other children and parents in the community.
- a parenting resource library with books, videos and pamphlets available for caregivers to borrow.
- free developmental screening so parents have an accurate picture of how their child is developing emotionally and physically.

Recreation

- **Big Hill Leisure pool** offers swim lessons, aqua aerobics, lane swim and public swim times. A schedule is posted online at <http://cochrane.ca/134/Big-Hill-Leisure-Pool>, and it changes periodically. Please check with the student services department for free passes to the pool.
- **Spray Lakes Sawmill Family Sports Centre** offers a variety of sports classes, Zumba, gymnasium, indoor walking/running track and much more. Check out the website www.slsportscentre.com for more information. Student Services has credit with this facility that will allow students free access until the credit runs out.
- **Trinity Taekwon-Do** (www.trinitytkd.com) offers classes weekly at the seminary. They give seminary students and their family members a discounted rate.

Recycling

- It is possible to recycle paper, plastic, glass, cardboard, hazardous goods, etc. This helps to reduce the amount of garbage you will have weekly. **Cochrane Eco Centre** is located at 50 Griffin Industrial Pt. (403-851-2277) and is open Wed--Sat 8 am-6 pm (closed on holidays). For more information look at the following website: <http://www.cochrane.ca/250/Eco-Centre>.
- You may also notice that for many containers, like pop, juice and milk, you will pay a small deposit when you buy them. That means that they can be brought to the bottle depot where you can receive your deposit back. For example, anything 1L and under is worth ten cents. The rates change occasionally, so for up-to-date information, try www.abcrc.com.
- The bottle depot in Cochrane is located at - 205 Railway St E, Cochrane, AB [(403) 932-4399].

Schools in Cochrane (www.cochrane.ca or www.rockyview.ab.ca)

Cochrane schools fall under [Rocky View Schools](#) and the [Calgary Catholic School District](#). There is also an active home-schooling network, [Cochrane Home Educators](#).

Elementary schools

Elizabeth Barrett Elementary (French Immersion option) 403-932-3151
Glenbow Elementary 403-932-4922
Holy Spirit Catholic School 403-500-2065
Notre-Dame Des Vallees Catholic Francophone School 403-851-0244
Cochrane Christian Academy (meets in Mitford Middle School) K- Grade 8 (403) 932-5177

Middle schools

Manachaban Middle School (French Immersion option) 403-932-2215
Mitford Middle School 403-932-4457

High schools

Bow Valley High School 403-932-9005
Cochrane High School (French Immersion option) 403-932-2542
St. Timothy Catholic School 403-500-2106

Buses for local schools are handled by [Southland Transportation](#). 403.932.7100 www.southland.ca

Second-Hand Buying/Selling

To save money, you may be interested in finding furniture, clothing and other useful items that are already used. The following are some ideas:

- Kijiji.ca is a great local buying/selling site that includes multiple items. Our closest locations are Calgary and Canmore/Banff (calgary.kijiji.ca/ or banff.kijiji.ca/)

Cochrane also has a number of second-hand stores that may interest you:

- The Clothesline (122 4th Ave. W.)
- Cochrane Home Treasures (118 1 Ave West)
- - Sweet Peas Women's Consignment (119 1 Ave West)
- Great Things in Store (80 Railway St E. #4 www.greatthingsinstore.com/)

Transportation in Cochrane

There is no bus service (other than for school children) in Cochrane. You may need to call a taxi for transportation around town. The following are taxi services in Cochrane:

- | | |
|-----------------------------|---------------------------------|
| 1. Taxi4u
(403) 932-0044 | 2. Yellow cab
(403) 932-5911 |
|-----------------------------|---------------------------------|

If you need a ride to a location in Cochrane, ask fellow students as well as the Student Services Department before calling a taxi. A ride may be able to be arranged for you at no cost.

Calgary has public transportation. To examine routes and fees access the following link:
www.calgarytransit.com.

Travel outside of Canada

Before leaving Canada on a trip, you should check with Citizenship and Immigration Canada for the procedures and what documents you will need for re-entry. When dealing with immigration it is important to keep a record of the name of who you spoke to, the date of the conversation, agent number and a brief description of your conversation.

If you are traveling with your children but your spouse is not accompanying you, you need to get consent from your spouse to take the children out of the country. The document should include the names of the children as well as your departure and return date and location of your visit. This document should be signed by your spouse and it is recommended that you have this document notarized. A notary may charge you from \$20 to \$40 for this service. For more information:
<http://travel.gc.ca/travelling/children/consent-letter> .

Notaries in Cochrane

- | | | |
|---|--|---|
| 1. Mabbott & Company
(403) 932-3066
5-201 Grande Blvd W | 2. Paredes Jose
(403) 932-1678
1-124 River Ave | 3. Sure Print & Copy Cochrane
(403) 932-6620
5-407 1st St W |
|---|--|---|

Winter Weather

If you are not from a country with cold winters (October to April), you will want to be sure to purchase a warm (well-lined) winter coat, hat, mittens, scarf, lined boots and underwear known as “long Johns”.

Winter Tips

1. Don't take chances with cold weather. Be sure to find out the weather forecast by either listening to a local radio station, reading it in the newspaper or checking online at weather.com, and then dress accordingly.
2. Warm, winter clothing is a necessity. It can be quite cold some days and you will need warm clothing to stay healthy. Try wearing several layers of clothing. It is much easier to remove a layer or two if you become too warm than to get warmer by adding another layer.
3. Ask others that are familiar with the climate for advice. Speak with other international students, classmates or the Student Services Department for assistance.
4. Be sure to eat breakfast. Your body will stay warmer if you have some fuel to burn.
5. Use moisturizing creams and conditioners. Your skin and scalp may become dry and flaky due to the cold and the dry heat indoors. In addition, drinking 8 glasses of water daily will help to prevent dehydration.
6. Protect your eyes and skin from the sunlight reflected from the snow. You can protect your eyes by wearing sunglasses and your skin by putting on sunscreen.
7. The wind chill factor is something to consider. The temperature can feel colder because of high blowing winds.
8. Be aware of frostbite. Exposing your ears, fingers, toes or cheeks to extreme freezing temperatures, even for a short period of time, may cause them to be severely damaged. Seek medical help immediately if any part of your body should lack feeling or become white or slightly blue.
9. Seek help if you become stranded in the cold. If for some reason you are stranded in the cold with no transportation, then go to the nearest shelter to warm up. If you happen to be in a rural area, then you may need to knock on the closest door and ask if you can come in for a short period of time. Don't risk being out in freezing temperatures for prolonged periods of time since it can be life threatening.
10. When driving always keep a warm blanket, a candle and matches in the car. If your car ever has mechanical problems these items will be invaluable for keeping warm.

Contact Information

Emergencies

Fire, medical or Police help.....**911**
Poison & Drug Information.....**1-800-332-1414**

Medical

Alberta Health link.....**1-866-406-5465**
Alberta Health Care Insurance.....**310-0000, then 780-427-1432**

Government

Citizenship and Immigration Canada.....**1-888-242-2100**
Canada Revenue Agency.....**1-800-267-5177**

Directory of Embassies in Canada

embassy.goabroad.com/embassies-in/Canada

Canadian Southern Baptist Seminary and College

Main phone number.....403-932-6622
Business Office.....Extension 246 (Kathy Harmon)
Housing.....Extension 260 (Brenda Ryan)
Facilities.....403-519-7775 (Ed Allen)
President's Office.....Extension 233 (Kathryn Dorey)
Registrar.....Extension 221 (Kathleen McNaughton)
Student Services.....Extension 237 (Sherri Watson)