

TRAVELLING TO CANADA: WHAT YOU SHOULD KNOW



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The CATA International Relations Committee has prepared resources to international students and visitors who are considering studying, volunteering, or working in Canada.

Contact

For more information, please contact:

The International Relations Committee
Canadian Athletic Therapists Association
irc_chair@athletictherapy.org

Introduction

The intention of this Welcome Toolkit is to provide resources and guidance to international students and visitors who are interested in pursuing working, volunteering, or learning activities in Canada.

Purposes

The tips, information, guidelines, and processes outlined in this toolkit are based on best practices and policies as suggested by national organizations and institutions. Use this toolkit as a reference guide; but remember to do your own due diligence prior to travelling.

How to Use This Toolkit

This toolkit will provide first steps and general tips for studying, volunteering, and working in Canada. This toolkit will also provide general tips and resources for travelling to Canada. Section 5 will also provide details of the International Arrangement for the Athletic Training and Therapy Profession.

SECTION 1: [STUDYING IN CANADA](#)

SECTION 2: [VOLUNTEERING IN CANADA](#)

SECTION 3: [WORKING IN CANADA](#)

SECTION 4: [TRAVELLING TO CANADA](#)

SECTION 5: [INTERNATIONAL ARRANGEMENT](#)



STUDYING IN CANADA

First Steps

- Start planning early. In fact, start planning at least a year ahead of your desired departure date.
- Determine where you would like to study or complete your practicum.
- Determine if you would like to travel individually or as part of a group.
- Discuss with your faculty and/or program advisor about the feasibility of completing a study or practicum abroad program.
- Contact your university's international student affairs office to explore international and funding opportunities. They might also be able to put you in contact with individuals who specialize in studying abroad.
- Create a cover letter and resume to send to the study abroad program director or practicum site. It will be extremely important to make a good first impression; therefore, be professional and have 2 to 3 faculty/mentors/family/friends review it prior to sending.
- Make initial contact by emailing a PDF copy of your cover letter and resume.
- **NOTE:** Completion of a Canadian program may provide you with valuable experience BUT may not be feasible based on your program as you may be required to take time off, delaying graduation from your program. Therefore, compare the benefits and determine if you will be able to receive course credit for your study/practicum abroad program.
- **NOTE:** If you are planning on graduating from a Canadian institution, the International Arrangement only allows graduates from approved partner accredited institutions to take the CATA National Certification Exam (Refer to the [CATA Accredited Athletic Therapy Institutions](#) Section).

General Tips

- After making initial contact, discuss your timeframe and determine if the opportunity is feasible. Keep in mind, different countries have different academic calendars and sport season schedules.
- Create a syllabus (studying abroad) or list of expectations (practicum). Share this with your host site and discuss the feasibility of accomplishing your personal and professional goals.
- Register your travel with your institution. All institutions will have a formal process of obtaining formal agreements to secure your study or practicum abroad program. Ensure that these documents meet institutional standards and can secure your placement.
- Review your institution's international travel policies.
- Determine the cost of your program and create a budget. Things to include:
 - Travel tickets (air, train, ship)
 - Accommodation
 - Living expenses (food, necessities)
 - International insurance
 - Leisure/sight-seeing
- Research funding possibilities such as scholarships, bursaries, loans, fundraising, family.
- Research your destination to avoid culture shock – read a book, watch a documentary, enroll in a course.
- Reach out to students, faculty, or alumni who have visited your country of interest.
- Ensure you look over the [Travelling To Canada](#) section of this toolkit.



Useful Resources

- Studying in Canada as an international student:
<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada.html>
- Find programs and costs for international students in Canada:
<https://www.educanada.ca/programs-programmes/index.aspx?lang=eng>
- Application to study in Canada, Study permits:
<https://www.cic.gc.ca/english/information/applications/student.asp>
- Moving from the U.S. to study in Canada:
<https://www.ontariocolleges.ca/en/apply/us-applicants>
- Study and conduct research in Canada:
<https://www.canadainternational.gc.ca/mexico-mexique/study-etudie/index.aspx?lang=eng>
- How much money do I need to study in Canada as an international student?
<https://www.immigration.ca/financial-requirements-for-international-students-to-study-in-canada>



Canadian Accredited Athletic Therapy Institutions

CATA grants accreditation to Athletic Therapy programs at post-secondary institutions that help prepare students for working in the Athletic Therapy profession. At a minimum, the post-secondary institutions and affiliates must:

- Be accredited by the Association of University and Colleges of Canada (AUCC) for universities, or the Association of Canadian Community Colleges (ACCC) for colleges that have formed consortia in athletic therapy programs with universities.
- Follow the standards and guidelines set in the Accreditation Application Process.

Currently, there are 8 accredited athletic therapy institutions in Canada. Connect with any of the schools below to learn more about their respective Athletic Therapy curriculums.

Concordia University

Athletic Therapy Program Director: **Dr. Richard DeMont**

Department of Exercise Science

7141 Sherbrooke St. W. Montreal, Quebec H4B 1R6

Tel. (514) 848-2424 ext. 3329 Fax (514) 848-8681

Email: richard.demont@concordia.ca

Website: <https://www.concordia.ca/academics/undergraduate/athletic-therapy.html>

Camosun College

Athletic Therapy Program Director: **Ms. Connie Klassen**

Centre for Sport and Exercise Education

4371 Interurban Road Victoria, British Columbia V9E 2C5

Tel. (250) 370-4728 Fax (250) 220-2501

Email: klassenc@camosun.bc.ca

Website: camosun.bc.ca

Mount Royal University

Athletic Therapy Program Director: **Dr. Mark Lafave**

4825 Richard Rd. S.W. Calgary, Alberta T3E 6K6

Tel. (403) 440-6500

Email: hpedadvising@mtroyal.ca

Website: www.mtroyal.ca

Sheridan College

Athletic Therapy Program Director: **Ms. Kirsty McKenzie**

7899 McLaughlin Road Brampton, Ontario L6V 1G6

Tel. (905) 459-7533 ext. 5253 Fax (905) 815-4043

Email: kirsty.mckenzie@sheridancollege.ca

Website: www.sheridancollege.ca

University of Manitoba

Athletic Therapy Program Director: **Mr. Ben Trunzo**

515 Portage Avenue Winnipeg, Manitoba R3B 2E9

Tel. (204) 786-9249 Fax (204) 783-7866

Email: b.trunzo@uwinnipeg.ca

Website: uwinnipeg.ca

University of Winnipeg

Athletic Therapy Program Director: **Mr. Jacqueline Elliott**

102 Frank Kennedy Centre Winnipeg, Manitoba R3T 2N2

Tel. (204) 474-9143 Fax (204) 474-7634

Email: Jacqueline.elliott@umanitoba.ca

Website: umanitoba.ca

Université du Québec à Trois-Rivières

Athletic Therapy Program Director: **Dr. Phillippe Fait**

Directeur de programme, concentration thérapie du sport

Département des sciences de l'activité physique

Université du Québec à Trois-Rivières

3351 Boulevard des Forges, Trois-Rivières, QC G9A 5H7

Téléphone : 819 376-5011 Sans frais : 1 800 365-0922

Email : philippe.fait@uqtr.ca

Website : <https://www.uqtr.ca/>

This program is delivered in the Canadian French language.

York University

Athletic Therapy Program Director: **Dr. Loriann Hynes**

326 Stong College 4700 Keele Street North York, Ontario M3J 1P3

Tel. (416) 736-2100 ext. 22734 Fax (416) 736-5996

Email: lhynes@yorku.ca

Website: www.yorku.ca

This program is accredited for the following entry methods only: Athletic Therapy Certificate embedded as a major within a four-year York University Kinesiology degree

VOLUNTEERING IN CANADA

First Steps

- ❑ Start planning early. In fact, start planning at least a year ahead of your desired departure date.
- ❑ Determine where you would like to volunteer.
- ❑ Determine if you would like to travel individually or as part of a group.
- ❑ Check with your university's international student affairs office to explore volunteer opportunities.
- ❑ Contact the volunteer organization.

General Tips

- ❑ Use a reputable agency or non-government organization. Do not trust web-based volunteer agencies unless you have done your due diligence and have verified the information yourself.
- ❑ Check for accreditations and memberships the organization may have with another group.
- ❑ Check the profiles of the people involved in the organization: sponsors, management, staff, contact persons.
- ❑ Ask yourself:
 - Why would like to work with this organization?
 - Is the work carried out by the organization what I thought it was?
 - Is this the only kind of work or service this organization carries out?
 - What can I learn about the country and area where the organization is?
 - Does the area suit the organization's activities?
- ❑ Contact the references you found while researching the organization and ask them for a profile of the organization you are choosing.
- ❑ Ensure you have a signed contract in place to secure your volunteer program.
- ❑ Create a budget and be sure to include:

- Travel tickets (air, train, ship)
- Accommodation
- Organizational fees
- Living expenses (food, necessities)
- International insurance
- Leisure/sight-seeing



- Reach out to students, faculty, or alumni who have also volunteered with this organization.
- Ensure you look over the [Travelling To Canada](#) section of this toolkit.

Useful Resources

- Here is a list of several organizations that sponsor or initiate international service-learning trips to Canada. Some may have already established certain programs for health care professions, but you may have to contact the organization to see if it can be tailored for athletic therapy skills and experiences.
 - What is volunteering? <https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/volunteer.html>
 - Athletes in Action: <https://goaia.org/sportsperformance/>
 - Christian Sports Medicine Alliance: <https://www.christiansportsmed.org/>
 - Doctors Without Borders: [>](https://www.doctorswithoutborders.ca)
 - Volunteer Canada: <https://volunteer.ca/>
 - Get Involved: <http://www.getinvolved.ca/>
 - Charity Village: <https://charityvillage.com/>
 - Go Volunteer: <https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/volunteer.html>

WORKING ABROAD

First Steps

- Start planning early. In fact, start no less than a year prior to your desired departure date.
- Determine where you would like to work.
- Use personal network connections or resources on the Canadian Athletic Therapists Association or World Federation of Athletic Training & Therapy website.
- Decide if this is a paid or unpaid internship. In many instances, there are job internships and experiences that are unpaid. This experience might be viewed as a good opportunity to gain knowledge in your field. Weigh the pros and cons.

General tips

- After making initial contact, discuss your timeframe and determine if the opportunity is feasible.
- Ask the following questions:
 - Are in-person interviews required for the position?
 - What are the work requirements for this country?
 - Does your employer provide visa support/sponsorship as part of your contract or stipend?
 - Is there any type of training provided or required before departure and upon arrival into the country?
 - Will your employer provide travel insurance, work insurance, and/or liability insurance?
 - If this is an unpaid internship or job experience, ask if your employer can provide a small stipend to cover living expenses.



- Create a budget and be sure to include:
 - Travel tickets (air, train, ship)
 - Accommodation
 - Work visa
 - Living expenses (food, necessities)
 - International insurance
 - Leisure/sight-seeing
- Reach out to students, faculty, or alumni who may have worked with this employer.
- Ensure you look over the [Travelling To Canada](#) section of this toolkit.

Useful Resources

- Internship in Canada Programs: <https://studyworkabroad.ca/internship-in-canada/>
- How to find an internship in Canada: <https://www.stepwest.com/2020/01/19/how-to-find-an-internship-in-canada-faqs/>
- Internships abroad in Canada: <https://www.goabroad.com/intern-abroad/search/canada/internships-abroad-1>
- Sports Internships in Canada: <https://ca.indeed.com/Sport-Internship-jobs>

TRAVELLING TO CANADA

Pre-Departure Tasks

- Passport basics – it can take several months to apply for a passport.
 - Apply ahead of time if you do not have one or it needs to be renewed.

- Find out if you need a visa to travel to Canada
<<https://www.cic.gc.ca/english/visit/visas.asp>> for more information

- Ask the following:
 - Do I need a visa?
 - What type of visa do I need?
 - How much will the visa cost?
 - How long will it take for my visa to arrive?
 - Will I require a transit visa (for a layover or travel through another country on the way to my destination)?
 - What timeframe is my visa acceptable (for example, some visas will be accepted no less than one month and no more than three months prior to the start of the study abroad program)?

- Travel Health basics – schedule a travel consultation at least 6 – 8 weeks before your departure.
 - You may require immunizations – many of which are given in a series over time.
 - Make sure to discuss vaccinations, travelling with medication, and other health concerns for the destination.

- Travel health insurance coverage basics – determine if your health insurance plan covers you while abroad. If you do not have insurance or have incomplete coverage, consider purchasing international travel health insurance. You may wish to ask:

- Will the plan cover hospitalization for accidents and illness for the entire period I'm abroad?
- Will the plan cover doctor visits and medications?
- Will the plan cover care for pre-existing conditions?
- Is there a deductible? How much?
- Is there a dollar limit to the amount of coverage provided?
- What are the procedures for filing a claim for medical expenses abroad? Do I pay up front and then get reimbursed?
- What if I don't have enough money to pay cash up front?
- When does the plan begin and end?
- What do I use as proof of international medical coverage?

Useful Resources

- A Woman's Safe Guide to Travel: <https://travel.gc.ca/travelling/publications/her-own-way>
- Association for Safe International Road Travel: <https://www.asirt.org/>
- CDC Traveler's Health: <https://wwwnc.cdc.gov/travel/>
- Currency Converter: <https://www1.oanda.com/currency/converter/>
- Timezone Converter: <http://www.thetimenow.com/>
- Transparency International Corruption Perceptions Index: <https://www.transparency.org/en/cpi>
- Travel Advice and Advisories: <https://travel.gc.ca/travelling/advisories>
- Travel Security Guide: <https://www.canada.ca/en/security-intelligence-service/corporate/publications/far-from-home.html>
- Travel Documents for non-Canadians: <https://www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports/travel-documents-non-canadians.html>

THE INTERNATIONAL ARRANGEMENT

The International Arrangement for the Athletic Training and Therapy Profession is a global agreement that allows comparable best practices, quality education, professional standards, and the opportunity for athletic training, athletic therapists, and sport rehabilitation professionals to work in other international jurisdictions. The International Arrangement was created to allow members of International Arrangement Partner Associations to challenge each other's credentialing examination. Each International Partner has outlined specific requirements that must be met before a certification examination can be taken. Currently, the International Partners include:

- the Athletic Rehabilitation Therapy Ireland (ARTI);
- the Board of Certification, Inc. (BOC) of the National Athletic Trainers' Association of the United States of America;
- the British Association of Sport Rehabilitators and Trainers (BASRaT) of the United Kingdom; and
- the Canadian Athletic Therapists' Association (CATA).

The International Arrangement will allow members of our International Partners to attempt the CATA Certification Examination. For more information on the CATA Certification Process, visit <https://athletictherapy.org/>