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| --- | --- | --- | --- |
| ***My Details*** | | | |
| Reference:  207918 FP | First Name:  Swapnil Sudhir | | Last Name:  Garge |
| Occupation: Business development officers and marketing researchers and consultants | | | |
| Education: Some Post Grad | Years of Experience: 5 years | | MAP Date: October 22, 2019 |
| Facilitator: Anindita Banerjee | | Facilitator's Email: abanerjee@ciip-pcii.ca | |

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| ***My Short-term and Long-Term Goals*** | |
| Short-term:  Employed in a role of consumer insights/market research at one of the multinationals or market research agencies across categories such as FMCG, Technology, Consumer goods.  I will also build my network and read about the sector.  Internship options to apply. Volunteering  Language learning (French, OSLT) | Long-term:  Employed in the role of consumer insights manager at one of the multinationals or market research agencies |
| ***My Pre-Arrival Priority Actions*** | |
| * Bridging program to look into and complete * Creating a calling card * More options in accommodation, do our research * Things to pack, goods to follow list * Insurance * DL extracts to carry | |

| ***Destination and Occupation Connections*** | |
| --- | --- |
| ***COSTI*** | |
| |  | | --- | | **COSTI will help you to address any settlement-related questions and concerns you may have. They can also provide you with basic employment support.** | | |  | | --- | | Email: pfc@costi.org Website: www.costi.org | |
| ***JVS Canada InfoNet*** | |
| |  | | --- | | **JVS Canada InfoNet provides employment support for a variety of occupations.** | | |  | | --- | | Email: contactus@canadainfonet.org Website: https://www.jvstoronto.org/pre-arrival/canada-infonet/ | |

| ***What to research*** | ***What to do*** |
| --- | --- |
| ***PRE-ARRIVAL*** | |
| ***My Job Prospects*** | |
| ***Destination Options*** | |
| |  | | --- | | ***Pan-Canadian*** | | Get to Know Canada <https://www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/learn-about-canada.html> | | ***Province: Ontario*** | | Immigration Portal [www.ontarioimmigration.ca](http://www.ontarioimmigration.ca)   Getting Settled in Ontario <https://www.ontario.ca/page/getting-settled-ontario>   [Cities and large towns in Ontario - Use the city links along the left to explore destination options.](http://www.ontarioimmigration.ca/en/living/OI_HOW_LIVE_BRANT.html)   Orientation to Ontario <http://settlement.org/o2o/> and <http://settlement.org/> | | |  | | --- | | I will review the Province and City immigration portals to get more information about my primary and alternative destinations and what to do as a newcomer. | |
| ***Career Options*** | |
| |  | | --- | | ***Pan-Canadian*** | | Job Bank [www.jobbank.gc.ca/home-eng.do?lang=eng](http://www.workingincanada.gc.ca)   Career Cruising <https://public.careercruising.com/en/home/> User Name: PFC  Password: Canada   National Occupational Classification (NOC Code) Resources and Tools: <http://noc.esdc.gc.ca/English/home.aspx>   Career Exploration <https://www.jobbank.gc.ca/explorecareers.do>   Career Planning for youth <https://www.canada.ca/en/services/youth.html> | | ***All Occupations - Ontario*** | | **Ontario Government** - provides a variety of programs and services for newcomers working in regulated professions. Each link below will take you to a page with information and resources on how to get licensed, get help and find work in that profession in Ontario [www.ontario.ca/page/work-your-profession-or-trade](http://www.ontario.ca/page/work-your-profession-or-trade) **Ontario Skills Passport (OSP)** - provides descriptions of Essential Skills and work habits important for success in work, learning and life. You can use the OSP tools and resources to assess, build, document and track your skills and other experiential learning opportunities, volunteer and extracurricular activities. [www.skills.edu.gov.on.ca/OSP2Web/EDU/DisplayDetailOccList.xhtml](http://www.skills.edu.gov.on.ca/OSP2Web/EDU/DisplayDetailOccList.xhtml) **Ontario Job Futures** - a publication which provides information on the current trends and future outlook for about 200 occupations common to Ontario. It is developed by the Ministry of Training, Colleges and Universities, and uses projections developed in collaboration with Employment and Social Development Canada.<https://www.ontario.ca/page/labour-market> | | |  | | --- | | I will explore the requirements for my job and identify other career options of interest to me. | |
| ***My Job Readiness*** | |
| ***Licensure - Certification*** | |
| |  | | --- | | ***Pan-Canadian*** | | Learn about qualifications recognition <https://www.cicic.ca/928/find_out_if_your_occupation_is_regulated_or_not.canada> | | |  | | --- | | Licensure is required if your occupation is a regulated profession, such as engineering, accounting or a he alth-related career. Before you are allowed to work you must apply to the regulatory body for your profession. The regulatory body will assess your qualifications. You may be required to take examinations, to improve your English, to upgrade your education and to do work assignments.   * I will determine if my profession is regulated. * I will determine the steps, how long they take and at what cost. * I will compare provincial requirements for regulatory bodies for my profession. * I will start the licensing process for my profession. * I will obtain original documents from issuing institution and arrange for them to be sent to the regulatory body for my profession. | |
| ***Credentials*** | |
| |  | | --- | | ***Pan-Canadian*** | | Immigration, Refugees and Citizenship Canada (IRCC): Getting your credentials assessed <https://www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/prepare-life-canada/prepare-work/credential-assessment.html>   Canadian Information Centre for International Credentials (CICIC) - Learn about qualifications recognition - Identify the organization responsible for recognition <https://www.cicic.ca/927/Identify-the-organization-responsible-for-recognition/index.canada>   Preliminary Indicative Online Assessment <https://applications.wes.org/ca/degree-equivalency-tool/>   Alliance of Credential Evaluation Services of Canada (ACESC) [www.canalliance.org](http://www.canalliance.org)   WES Credential Evaluation <https://www.wes.org/about-wes-credential-evaluation/> | | |  | | --- | | The credential assessment process is to determine the Canadian equivalency of the education, training and experience you acquired outside Canada.   * I will determine and demonstrate equivalency, confirm document authenticity and store my credentials online securely. * I will begin the process of obtaining official credential evaluation for my non-regulated occupation | |
| ***Skills*** | |
| |  | | --- | | ***Various Occupations*** | | Canadian Institute Business Information in a Global Context<http://www.canadianinstitute.com/home> | | ***Pan-Canadian*** | | Literacy and Essential Skills: Understanding essential skills, definitions and tools<https://www.canada.ca/en/employment-social-development/programs/essential-skills.html>   Explore Careers by Essential Skills - select an occupation<http://www.jobbank.gc.ca/es_all-eng.do?index=A>   Colleges and Institutes Canada  [www.collegesinstitutes.ca](http://www.collegesinstitutes.ca)   Universities Canada - an association of universities and university degree-level colleges [www.univcan.ca/](http://www.univcan.ca/) | | ***Province: Ontario*** | | BRIDGING PROGRAMS  Learn more about Ontario's program to help internationally trained professionals upgrade their skills and find work. For an accurate list of all the profession-specific bridging programs in Ontario, consult the links maintained by the Ministry of Citizenship and Immigration:<https://www.ontario.ca/page/work-your-profession-or-trade>   Ontario Bridging Participant Assistance Program <https://www.ontario.ca/page/ontario-bridge-training-bursary> | | |  | | --- | | * I will ensure I have the ability to meet the technical skill requirements (incl. health and safety, climatic aspects, eth ical dimensions) of my profession. * I will ensure I have the ability to meet the non-technical skill requirements incl. Essential Skills of my profession. * I will enrol in a Bridging Program if one is available in my profession. * I will assess my transferable skills. | |
| ***Language - Communication*** | |
| |  | | --- | | ***Pan-Canadian*** | | Language classes funded by the Government of Canada <https://www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/new-life-canada/improve-english-french/classes.html>   Language Portal of Canada - <https://www.noslangues-ourlanguages.gc.ca/en/index>   Canadian Language Benchmark (CLB) [www.language.ca](http://www.language.ca/)   Assess your Canadian English Online - Self-Assessment Tool [www.clb-osa.ca](http://www.clb-osa.ca/)   CBC (Canadian Broadcasting Corporation) - Develop your English comprehension by listening to Canadian radio online <http://www.cbc.ca/listen/> | | ***Province: Ontario*** | | English or French as a Second Language Testing & Training Programs<https://www.ontario.ca/page/improve-your-english-and-french>   Ontario Occupation-Specific Language Training (OSLT) [www.co-oslt.org](http://www.co-oslt.org/) | | |  | | --- | | I will take steps to ensure I have:   * The ability to speak fluently and pronounce correctly; * The ability to understand others, including socio-cultural communication; * The ability to use occupation-specific language; and * The ability to read and write well. | |
| ***Experience*** | |
| |  | | --- | | ***Pan-Canadian*** | | How to get Canadian work experience [http://www.jobbank.gc.ca/content\_pieces-eng.do?cid=221](http://www.workingincanada.gc.ca/content_pieces-eng.do?cid=221)   Professional Immigrant Networks (PINs) <http://triec.ca/pins/>   Supporting the recruitment, retention and promotion of skilled immigrants [www.hireimmigrants.ca](http://www.hireimmigrants.ca/)   Career Edge internships with Canadian employers for internationally qualified professionals <https://www.careeredge.ca/>   Connection to Canada’s volunteering community <https://volunteer.ca/>   Volunteer match service <http://altruvest.org/>   Charity Village: find volunteer work to get Canadian experience [www.charityvillage.ca](http://www.charityvillage.ca/) | | ***Province: Ontario*** | | Ontario Chamber of Commerce Networking [http://occ.on.ca](http://occ.on.ca/) | | |  | | --- | | * I will acquire and compensate for lack of Canadian experience through volunteering, bridging programs, internships, mentorship, etc. | |
| ***My Job Search/Self-Employment*** | |
| ***Job Search Strategies*** | |
| |  | | --- | | ***Pan-Canadian*** | | Look for Jobs in Canada <https://www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/prepare-life-canada/prepare-work/look-jobs.html>   More Help with your Job Search <http://www.jobbank.gc.ca/explorecareers.do>   Salary Wizard [swz.salary.com/CanadaSalaryWizard/layoutscripts/cswzl\_newsearch.aspx](http://swz.salary.com/CanadaSalaryWizard/layoutscripts/cswzl_newsearch.aspx)   WhoPlusYou - Online Job Search and Job Matching <https://whoplusyou.com/>   Job and internship opportunities for youth <https://www.canada.ca/en/services/youth.html>   Federal Labour standards <https://www.canada.ca/en/employment-social-development/programs/employment-standards/federal-standards.html> | | ***Province: Ontario*** | | Employment Ontario - Find employment and training services <https://www.ontario.ca/page/employment-ontario>   Finding a job - Strategies for newcomers <http://settlement.org/ontario/employment/find-a-job/> | | |  | | --- | | * I will plan and implement a successful approach to job search including networking, registering for job search workshops and exploring and applying for potential jobs. | |
| ***Resume - Cover Letter*** | |
| |  | | --- | | ***Pan-Canadian*** | | How to write a Canadian resume: [www.settlement.org/ontario/employment/find-a-job/resume/how-do-i-create-a-canadian-style-resume/](http://www.settlement.org/ontario/employment/find-a-job/resume/how-do-i-create-a-canadian-style-resume/) and <https://www.bcjobs.ca/blog/category/job-search-advice/resume/>   Examples of resume objectives and/or career summary <https://www.monster.ca/career-advice/article/examples-of-objectives-canada> and <https://www.monster.ca/career-advice/article/career-summaries-vs-career-objectives-canada>   Guide to writing a cover letter <http://www.canadiancareers.com/coverletter.html> and <https://www.monster.ca/career-advice/article/suggested-cover-letter-format-canada>   Cover Letter Template (PDF File Download) [www.yorku.ca/careers/cyberguide/downloads/new/Cover\_Letter\_Template.pdf](http://www.yorku.ca/careers/cyberguide/downloads/new/Cover_Letter_Template.pdf) | | |  | | --- | | * I will tailor my resume to Canadian norms. * I will customize my cover letter for each job application. | |
| ***Interviews*** | |
| |  | | --- | | ***Pan-Canadian*** | | Interview Preparation: [http://www.jobbank.gc.ca/content\_pieces-eng.do?lang=eng&cid=208&lang=en](http://www.workingincanada.gc.ca/content_pieces-eng.do?lang=eng&cid=208&lang=en)   Use The STAR Technique to Ace Your Interview (Behavioural Interview): [www.rightattitudes.com/2008/07/15/star-technique-answer-interview-questions/](http://www.rightattitudes.com/2008/07/15/star-technique-answer-interview-questions/)   100 Potential Interview Questions: <http://www.monster.ca/career-advice/article/100-potential-interview-questions-canada>   Typical Interview Questions: <http://careers.workopolis.com/?s=interview+questions&lang=en> | | |  | | --- | | * I will learn how to prepare effectively for Canadian-style interviews. | |
| ***Self-Employment*** | |
| |  | | --- | | ***Pan-Canadian*** | | Canada Business Network [www.canadabusiness.ca/eng/](http://www.canadabusiness.ca/eng/)  Industry Canada [www.ic.gc.ca/eic/site/icgc.nsf/eng/h\_07097.html#anchorMenu](http://www.ic.gc.ca/eic/site/icgc.nsf/eng/h_07097.html#anchorMenu)  Futurpreneur Canada:  <http://www.futurpreneur.ca/en/get-started/financing-and-mentoring/newcomer/>   Canadian Federation of Independent Businesses [www.cfib-fcei.ca/english/index.html](http://www.cfib-fcei.ca/english/index.html)  StartUP Canada <http://www.startupcan.ca> | | ***Province: Ontario*** | | Canada Business Ontario [www.cbo-eco.ca/en/](http://www.cbo-eco.ca/en/) | | |  | | --- | | * I will explore how to become self-employed/start my own business. | |
| ***SETTLEMENT*** | |
| ***My Settlement and Integration*** | |
| ***Key Documents - General Settlement Support*** | |
| |  | | --- | | ***Pan-Canadian*** | | Living in Canada Tool [www.cic.gc.ca/lctvac/english/index](http://www.cic.gc.ca/lctvac/english/index)   "Welcome to Canada – What Should You Know" <https://www.canada.ca/en/immigration-refugees-citizenship/corporate/publications-manuals/publication-welcome-canada-what-you-should-know.html>   "Planning to Work in Canada? An Essential Workbook for Newcomers" (PDF File Download) <https://www.canada.ca/content/dam/ircc/migration/ircc/english/pdf/pub/workbook-national.pdf>   Video - "Before You Arrive" <https://www.canada.ca/en/immigration-refugees-citizenship/news/video/before-you-arrive-canada.html>   Video - "Your First Two Weeks in Canada" <https://www.canada.ca/en/immigration-refugees-citizenship/news/video/your-first-two-weeks-canada.html>   Proof of funds - Skilled immigrants <https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/express-entry/become-candidate/eligibility/proof-funds.html>   Canada Border Services Agency <http://www.cbsa-asfc.gc.ca/>   Social Insurance Number (SIN) <https://www.canada.ca/en/employment-social-development/services/sin.html> | | |  | | --- | | * I will be sure that I know what documents to bring and get on arrival. * I will translate my documents into English or French and get them certified. * I will contact my Settlement Agency advisor for support. * I will learn about the public transportation system, weather and appropriate dress for the climate, shopping and different government and community services for newcomers in the place I plan to live. * I will learn about laws, rights and civic responsibilities in the province I intend to live. * I will conduct research on budgeting to ensure I have a realistic budget planned for when I arrive. | |
| ***Health Care*** | |
| |  | | --- | | ***Pan-Canadian*** | | Health care in Canada <https://www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/new-life-canada/health-care-card.html> **Important note from the page linked above:** *"In some provinces you must wait, sometimes up to three months, before you can get government health insurance. Contact the ministry of health in your province or territory to know how long you’ll need to wait. Make sure you have private health insurance to cover your health-care needs during this waiting period."*   Information for newcomers on private health insurance in Canada (e.g., Ontario) <http://settlement.org/ontario/health/ohip-and-health-insurance/private-insurance/where-can-i-buy-private-health-insurance-for-newcomers-and-visitors-to-canada/> | | ***Province: Ontario*** | | Obtain an Ontario Health Insurance Plan (OHIP) Card <https://www.ontario.ca/page/apply-ohip-and-get-health-card>   Find a doctor or clinic in Ontario <http://opencare.com/>   Register with Health Care Connect Program to find a doctor [www.ontario.ca/page/find-family-doctor-or-nurse-practitioner](http://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner) | | |  | | --- | | * I will apply for Provincial Healthcare as soon as I am eligible. * I will find out whether I need to wait to qualify for Provincial Healthcare. * I will take out private insurance if there will be a waiting period to qualify for Provincial Healthcare. * I will find a family doctor. | |
| ***Housing*** | |
| |  | | --- | | ***Pan-Canadian*** | | Choosing a place to live and work in Canada <http://www.jobbank.gc.ca/content_pieces-eng.do?cid=195&lang=en>   Canadian Mortgage and Housing Corporation CMHC) <https://www.cmhc-schl.gc.ca/en/>   Newcomer’s Guide to Canadian Housing - information on renting, buying and mortgages <https://www.cmhc-schl.gc.ca/newcomers/en/index.html>   Apartment Rentals: <https://www.kijiji.ca/> and <https://www.padmapper.com/>   Homes for Sale and Rent: [www.realtor.ca/](https://www.realtor.ca/) and [comfree.com/](http://comfree.com/) | | |  | | --- | | * I will explore how to get temporary accommodation and a permanent home. | |
| ***School - Child Care*** | |
| |  | | --- | | ***Pan-Canadian*** | | Canada Child Benefit (CCB) <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>   Information about education in Canada  [www.cicic.ca/1130/An-overview-of-education-in-Canada/index.canada](http://www.cicic.ca/1130/An-overview-of-education-in-Canada/index.canada) and <http://www.educanada.ca/>   Checklist to assist you in choosing a school (PDF File Download) [relocatecanada.com/pdfdocuments/schoolchecklist.pdf](http://relocatecanada.com/pdfdocuments/schoolchecklist.pdf)   Youth Pre-Arrival Learning Site (YPALS) <http://nextstopcanada.ca/>   Finding Child Care in Canada <http://www.findingqualitychildcare.ca/>   Canadian Child Care Resources for parents <http://www.cccf-fcsge.ca/parents/> | | ***Province: Ontario*** | | Education [www.edu.gov.on.ca/eng/](http://www.edu.gov.on.ca/eng/)   Child Care [www.edu.gov.on.ca/childcare/](http://www.edu.gov.on.ca/childcare/) | | |  | | --- | | * I will conduct research on educational systems in the province I plan to live in. * I will seek childcare and schooling options for my children. * I will register my school age children in school immediately upon arrival. | |
| ***Banking - Tax Information*** | |
| |  | | --- | | ***Pan-Canadian*** | | Banking Guide for Newcomers <http://www.cba.ca/newcomers-to-canada>   Financial Literacy for Everyone  <https://www.practicalmoneyskills.ca/>   Ten ways to build credit in Canada <https://www.creditcards.com/credit-card-news/ways-to-build-credit-Canada.php>   BMO New to Canada <https://www.bmo.com/main/personal/newcomers-to-canada/> CIBC New to Canada <https://newcomer.cibc.com/> HSBC New to Canada [www.hsbc.ca/1/2/personal/new-to-canada](http://www.hsbc.ca/1/2/personal/new-to-canada) National Bank of Canada Newcomers to Canada <https://www.nbc.ca/personal/accounts/newcomers.html> RBC Newcomers to Canada [www.rbc.com/newcomers/index.html](http://www.rbc.com/newcomers/index.html) Scotiabank Advice for Newcomers [www.scotiabank.com/ca/en/0,,4286,00.html](http://www.scotiabank.com/ca/en/0,,4286,00.html) TD Canada Trust New to Canada[www.tdcanadatrust.com/planning/life-events/new-to-canada/index.jsp](http://www.tdcanadatrust.com/planning/life-events/new-to-canada/index.jsp) ICICI Bank Hello Canada Account for New Immigrants <http://www.icicibank.ca/personal/newcomers/hellocanada.page>   Newcomers to Canada and the Canadian Tax System <https://www.canada.ca/en/revenue-agency/news/cra-multimedia-library/individuals-video-gallery/series-newcomers-canada-canadian-tax-system.html> | | |  | | --- | | * I will investigate banking options, including opening an account while overseas. | |
| ***Immigrant Loan - Bursary and Scholarship Programs - Tax Relief*** | |
| |  | | --- | | ***Pan-Canadian*** | | Student Financial Assistance <https://www.canada.ca/en/employment-social-development/services/student-financial-aid.html>   Education and Training Benefits [www.canada.ca/en/services/benefits/education.html](https://www.canada.ca/en/services/benefits/education.html)   Loans - Windmill Microlending can help pay for the costs of Canadian licensing or training. Loans are available for any type of work.<https://windmillmicrolending.org/>   For clients that require a professional or skilled trades certification only - Tax relief - Canadian Revenue Agency Examination Fee for Certification <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/line-323-your-tuition-education-textbook-amounts/eligible-tuition-fees.html> | | |  | | --- | | * I will research immigrant loan programs to see if they are applicable to my situation. | |
| ***Driving*** | |
| |  | | --- | | ***Pan-Canadian*** | | How to get a Canadian Driving license - Immigrants license guide <http://icandrive.ca/license/immigrants-license-guide/>   Child Car Seat Safety <https://www.canada.ca/en/services/transport/road/child-car-seat-safety.html> | | ***Province: Ontario*** | | Provincial information [www.ontario.ca/page/driving-and-roads](http://www.ontario.ca/page/driving-and-roads) | | |  | | --- | | * I will understand what to bring from home and how to get a driver’s permit and car insurance. | |