



Welcome Guide

2024-2025

Top tips for
international students



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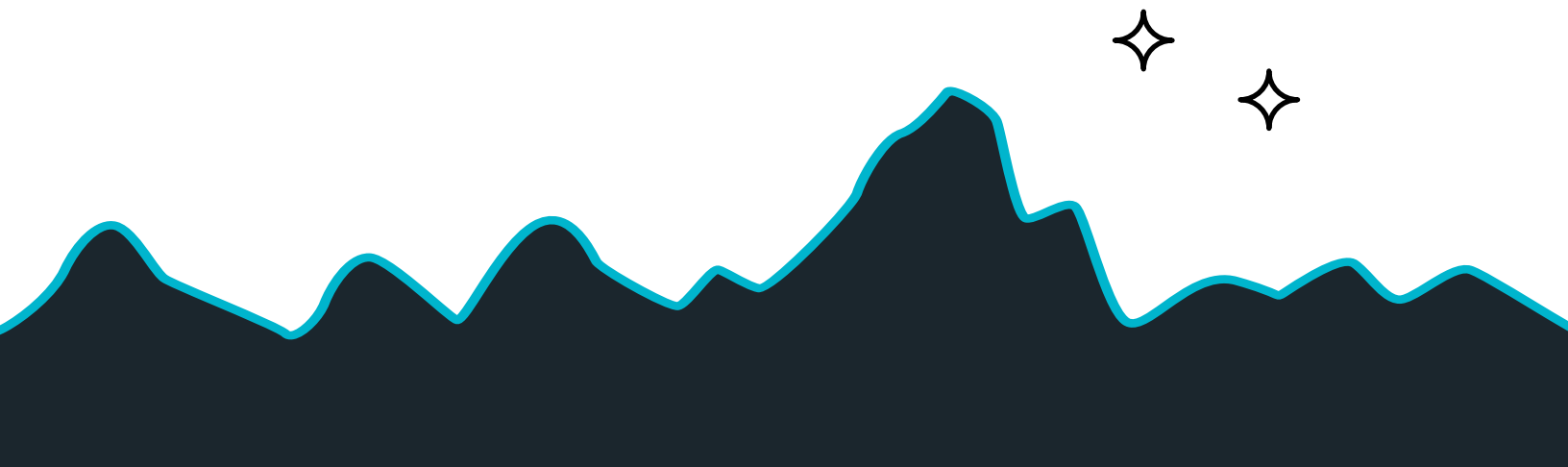
Land Acknowledgement

CUSA acknowledges that our offices, service centres and businesses are situated today on the traditional territory of the Algonquin Anishinaabe, lands never ceded or surrendered in peace to the Crown of Canada. Indigenous peoples living under the modern colonial state of Canada have suffered disproportionate injustice and marginalisation.

A mere land acknowledgement is not enough to make reconciliation and reparation to the Indigenous peoples of Turtle Island. We must stand in solidarity against colonialism and remember our responsibility to the land and the peoples who have kept it for generations— which means affirming their call for the free and unencumbered return to their ancestral land. It is also fitting, for this body of lawmakers, to remember the spirit and wisdom of Indigenous governance models—from the collaborative bicameralism of the Haudenosaunee Confederacy to the consensus-based government of the Inuit—to deliver to students a better student union.

We recognize that our presence on this land is the result of a history marked by injustice, and we are dedicated to honouring and strengthening our relationships with Indigenous nations across Turtle Island. This includes acknowledging and respecting the diverse First Nations, Métis, and Inuit peoples who call this land home.

We encourage all students to learn about current movements to support Indigenous self- determination and self-governance. To learn more about the stolen land you live on and the movements occurring on that land, visit www.native-land.ca or CUSA's Mawandoseg Centre located at 426 Nideyinàn (formerly University Centre).





“Message from CUSA

Hello Ravens!

Welcome to the CUSA International Student Welcome Guide. First and foremost, welcome to Ottawa and to Canada, and congratulations on starting this incredible journey at this special place that is Carleton University. This document is a comprehensive guide that aims to outline all the essential information you will need to navigate and thrive in this new place. Here you will find information regarding our campus, academic and student life, housing, transit, and much more.

The Carleton University Students' Association (CUSA) is an incorporated, not-for-profit, student-run organization that is here to enhance the student experience at Carleton University. All undergraduate students are members of CUSA and are encouraged to take advantage of the services, events, and programming that we offer. We act as the student voice on campus and advocate for the issues that matter to you.

As many of our student leaders at CUSA were once in your shoes – moving to a completely different place– we are extremely glad to be able to offer you this resource that will hopefully make your life easier and enable you to enjoy your Carleton experience at its fullest. Remember: you are not alone! We are here for you to help you make the most out of your student life. If you have any questions about this guide or need help with any kind of issue, reach out to us at vpsi@cusaonline.ca. We look forward to seeing you at Carleton and hope you have a wonderful experience.

Kindly,
The CUSA Advocacy Team



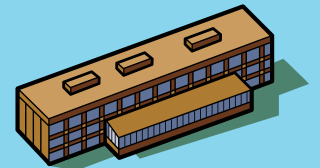
About Campus

Now that you have chosen Carleton as your new home, getting yourself familiar with campus is the first step to navigating this new journey. What are some essentials that you should know about the Carleton Campus?

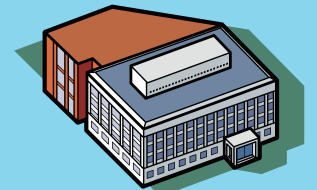
Main buildings

Tory Building (TB): One of the oldest buildings on campus, here you can find the Registrar's Office and the Academic Advising Center – two main services to support and answer any questions regarding your courses, registration, adding majors or minors and overall academic concerns. On the 4th floor, you have access to Career Services and the Student Experience Office. Career Services can help you build your resume and LinkedIn profiles, prepare yourself for job interviews and any career concerns. The SEO is here to support your university experience in the most fun and best way possible – they host Fall Orientation, a series of fun events and activities during your first week in university, as well as other social events throughout the year such as Epic Bingo and Movie Nights!

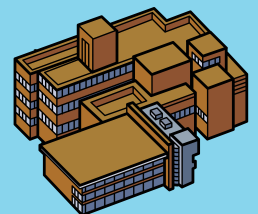
Click [here](#) to see the campus map!



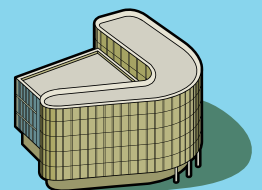
MacOdrum Library (ML): Divided into 5 floors, the MacOdrum Library is one of the best places for you to study on campus whether on your own or with friends. You can book study rooms or study in individual booths, and get books. You can also find multiple IT desks, which can help you with issues with technology services or your Carleton account.



Nideyinan (NN): Previously known as the University Centre (UC), this is the heart of campus. Some services available to you are the Carleton Bookstore, where you can find your textbooks and all Carleton gear, the International Students Service Office (ISSO), and the Carleton University Students' Association (CUSA) office.



Nicol Building (NI): The newest and one of the nicest additions to the Carleton campus, the Nicol Building is the home to the Sprott School of Business.



CUSA Businesses

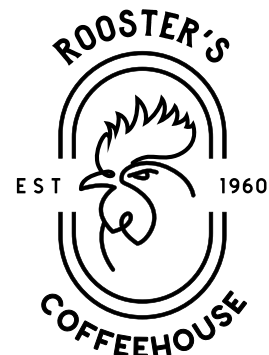
CUSA proudly operates three restaurants, available to you on and off campus.

Rooster's Coffeehouse: Rooster's is a staple at the Carleton campus. With an all-day breakfast menu with vegan, vegetarian, gluten-free, and halal options, Rooster's is a great place to hang out or study between classes. Follow Rooster's on instagram [@roosters_cusa](#) to stay updated with their hours.

Haven & Haven Connect: Located at 43 Seneca St. (just a few blocks from campus), Haven is a cozy environment and a great place to take a break from campus, have a coffee, hang out with friends, or catch up on your schoolwork! Follow Haven on instagram [@haven_cusa](#) to stay updated with their hours.

Ollie's Pub and Patio: The best place on campus to grab a drink and a bite, Ollie's hosts karaoke nights, sports watching events, live DJs, and comedy shows. Enjoy their events and meet your friends there between classes! Follow Ollie's on instagram [@ollies_cusa](#) to stay updated with their hours.

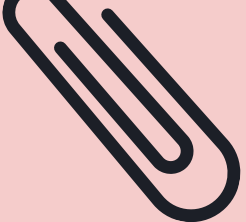
Click the logos to learn more!



HAVEN
HAVEN
Connect

OLLIE'S





Healthcare

Your health coverage is administered primarily by two providers: UHIP, and StudentCare. All international students are required to have some form of basic health insurance coverage during their studies at Carleton.

What is StudentCare?

StudentCare is a health and dental plan offered by CUSA, offering savings on most forms of healthcare. All undergraduate students taking more than four courses at the beginning of the fall term are automatically enrolled in the StudentCare Plan.



What is Covered?

StudentCare offers coverage on a wide array of medical services, including:

- Up to \$600 of coverage in eligible dental visits per policy year
- Up to 80% of eligible prescription drug and vaccination costs
- Up to 100% of the cost of eye exams, new or replacement eyeglasses, and contact lenses
- Physiotherapy and massage therapy treatments
- Emergency treatment or illness during travel

Exceptions may apply. For a full list of your health coverage under StudentCare, click [here](#).

How do I Opt-in/Opt-out?

Change of coverage and opt-out periods are at the beginning of the fall and winter semesters, between September 6th and October 7, 2024 and January 8th–31st, 2025. Changes to your coverage can only be made during these times.

Students in any of the following circumstances may be eligible to enroll, but are not automatically covered under StudentCare:

- Undergraduate students taking fewer than 4 courses
- New eligible students starting in the Winter Term
- Students enrolled in co-op placements
- PMC students taking at least 0.5 credits

You may opt-out if you are already covered by an equivalent health and/or dental plan (such as a parent or spouse's employee benefit plan), during the appropriate Change-of-Coverage periods.



Health



Dental



Vision



Travel



**Network
savings**

What is UHIP?

The University Health Insurance Plan, or UHIP, is a mandatory private health insurance plan for all international students studying at Carleton University and administered through Cowan Insurance Group.

What is Covered?

UHIP covers the cost of:

- Most hospital and physician services, including emergency room expenses and non-emergency hospital checkups, diagnosis, and regular treatment (Any visit expected to last more than 72 hours must be reported to Cowan within 48 hours of the visit)
- X-Ray services and bloodwork
- Pre and postnatal care
- One eye exam per year (Only for students under 20 years of age)

Exceptions may apply. For a full list of your health coverage under UHIP, click [here](#).

The 12 month member rate for UHIP for Fall 2024 is \$756.

How do I Opt-in/Opt-out?

Students will receive a CMAIL from Cowan regarding your UHIP card and will be required to register online to access coverage.

The following individuals are not required to be enrolled in UHIP:

- Students enrolled in any provincial healthcare plan in Canada (such as OHIP)
- Students studying at Carleton but taking classes outside of Canada
- Students with diplomatic status who are covered through the embassy

Opt-outs for non-required groups can be directed to uhip@carleton.ca.

Transit and Accessibility



Your U-Pass

As a result of Carleton University's partnership with OC Transpo (Ottawa's transit provider), students at Carleton are afforded a Universal Transit Pass (U-Pass) which is eligible for any trips on OC Transpo or STO (Gatineau) buses or light rail services. This service was created from a successful CUSA referendum in 2012!

Eligibility

To qualify for a U-Pass, students in the fall or winter terms must be taking a minimum of 1.5 credits per semester; summer students must be taking a minimum of 1.0 credit. Students are also eligible if they are enrolled in an approved Co-op Work Term.

If you have first year standing, or a new arrival to Carleton University, you must manually [register for your U-Pass](#) and Student ID once you register for classes.

Part-time students who are not eligible for the U-Pass may pay the cost of fares with credit/debit, PRESTO cards, or cash. A bus or light rail fare is \$3.80 across Ottawa.

Opt-in & Opt-out

Students who are unable to register for more than 1.0 credit per term may opt-in through a request with the Student Experience Office, after speaking with a Paul Menton Centre (PMC) Advisor.

Students who study at multiple postsecondary institutions in Ottawa, live outside of the transit catchment area, study online, or are studying abroad, may opt-out of their U-Pass and receive a full or partial rebate reflected on their Carleton Central account. For a full list of opt-in and opt-out circumstances, consult [Carleton's webpage](#) on U-Pass.



Transit on Campus

Current Routes

Bus services that currently come to Carleton Station include:

- **Route 7** (Runs from St. Laurent to Carleton)
- **Route 10** (Runs from Hurdman Station to Lyon)
- **Route 111** (Runs from Carleton to Baseline, and connects at Billings Bridge)

Route 2 bus service is currently also on campus, running from South Keys to Bayview, in place of the eventual O-Train Line 2 service which will run through Carleton.

In practice, **Routes 7 and 10 are the most practical for getting to Ottawa's Downtown**, and Route 111 will connect you with Billings Bridge, Algonquin College, and other destinations south of Carleton University. Route 2 is useful for both kinds of trips.

Future Routes

The Trillium Line (O-Train Line 2) light rail service from Carleton Station has not confirmed an opening date, but once open will service all connections on Line 2 from Limebank Station to Bayview Station, which connects to the Confederation Line (O-Train Line 1). This will replace the current Route 2 Bus Service.

Old Routes

You may see the following routes on old signposts or promotional material. Please note neither of these routes are currently in operation, and have since been replaced by other services.

- Route 104 (Replaced by Route 10 extension in 2019)
- Route 129 (Replaced by Route 104 in 2015)

Other Ways to Get Around!

Uber & Taxi Services

Uber and similar rideshare or taxi services in Ottawa can range widely in price depending on your destination and service. In practice, an Uber or Taxi to Downtown Ottawa will usually cost between \$15-\$30 CAD for a one-way fare.

ParaTranspo

ParaTranspo services must be booked in advance. A full map of ParaTranspo stops on campus can be found [here](#).



Bicycles

Bicycles can be stored at numerous [bicycle lockers](#) on campus, for a cost of around \$90 CAD per year. Carleton is equipped with many different bicycle paths to-and-from campus, with Ottawa as a whole very accessible for bicycle-based transportation.

A bike repair station is located at the northwest side of the Architecture building. Bikes may also be secured to OC Transpo buses and light rail for mixed-mode commuting through the [Rack and Roll](#) program.

Accessibility at Carleton

Carleton is home to many different kinds of accessibility support services. Support through CUSA is currently available through the Carleton Disability Awareness Centre (CDAC), and disability services on campus are currently offered through the Paul Menton Centre (PMC).

The PMC employs Disability Coordinators, Learning Strategists, Assistive Technologists, and Student Support Staff to assist with academic and student support accommodations.

CDAC provides physical accessibility services such as wheelchair and crutch rentals, a braille, and a screen reader. CDAC also hosts drop-in events and provides volunteer opportunities, all geared to students.



Academic & Student Life Calendar



As a university student, you should be aware of dates and deadlines for the whole year. The Carleton academic calendar sets out all the essential important dates and information you should be aware of, such as Fall, Winter and Summer Tuition Payment Deadlines, cancellations for course selections, and late fees.

Every year, the academic calendar is updated on the Carleton Website. For the year of 2024-2025, you can access it [here](#).

Carleton, alongside CUSA, also hosts different events, campaigns and activities per semester. You can access the calendar [here](#).

One of the biggest events of the year is Fall Orientation Week. Some of the activities you can expect during that week are:

- ★ Monday, September 2nd: Laser Tag and Silent Disco
- ★ Tuesday, September 3rd: Canal Games and Expo Carleton
- ★ Wednesday, September 4th: Sexy Jeopardy and Drag Show
- ★ Thursday, September 5th: Frosh Olympics

The events are not restricted to Fall Orientation! Here are some activities you can join throughout the year to make you get involved with the Carleton community:

- ★ September: Outdoor Movie Night and Community Garden Day
- ★ October: Carleton Pride Festival, Halloween Themed Event, Murder Mystery Event and Haunted Tour
- ★ November: Global Village Event with Clubs on Campus
- ★ December: Thrift and Flip Event

In the winter term, you can look forward to Frost week – essentially the same concept as Fall Orientation Week, but with multiple winter activities!





Clubs and Societies

University life goes beyond just studying. It is essential that you get involved with the community and make Carleton truly feel like your home.

Joining clubs and societies is the first step to do so. By being involved, you will have the chance to meet people with similar interests as you, advocate for your passions and meet great people, creating a network.

CUSA funds over 170 clubs and societies all over campus. You can check all the ones available to you at the [CUSA clubs website](#).

You can also get to know each one of the clubs up close during Expo Carleton, which happens every year during Fall and Winter Orientations. This is an opportunity for you to connect with various groups on campus, find out what they are all about, and discover ways to get involved. You also get to talk to the executive team in charge of each group, and ask them any questions about what their club or society is all about.

To join a club, you will need to register for it through a membership form. By doing this, you are considered a certified member and you get access to their activities, events, emails and information not available to you otherwise.

Membership for some clubs is associated with a fee and others are not. Make sure you get into contact with the group you are interested in joining for more specific information on their membership.

If not many clubs interest you, you can also create your own!

Clubs are essentially divided into 5 categories. Here you can find their definitions:

- Club: The aim of a Club shall be to provide a social and / or academic environment and to benefit its membership as well as the Carleton community through enhancement of the university experience

- Academic Society Club: The aim of Academic Society Clubs shall be to provide an academic and social environment related to the field of study of respective academic area in an effort to enhance the university experience
- Competitive Club: Made up a group of students joined by a common competitive interest
- Charter Club: Made up a group of students with direct or non-arm's length relationship with an International, National, or non-Carleton affiliated parent organization
- Autonomous Club: The aim of Autonomous Clubs shall be to provide advocacy and / or structural legitimacy to groups whose functioning are limited by normally applicable Student Group Bylaws or Procedures

To start your own club, you will need to get certified by CUSA. For more information on what that process looks like, refer to the [CUSA clubs website](#) or get into contact with the CUSA office!

Cultural Clubs

A great way to maintain cultural connections at Carleton University is to join a cultural club. There are over 25 cultural clubs which host a variety of events, and provide leadership opportunities for students. For a full list of cultural clubs, you can visit the [Clubs Directory](#) and select the "Culture and Identity" category.



Service and Support Centres

CUSA operates 6 Service Centres and a Unified Support Centre at Carleton! These centres are all located in the Nideyinàn building and provide a wide range of services and support to students.

Racialised and International Student Experience Centre (RISE): a space for students from Racialized and International backgrounds to come together, unwind, and connect with their peers.

Wellness Centre: CUSA's very own dedicated peer-to-peer support and wellbeing centre.

Women's Centre: a space dedicated to providing support, education, and resources for individuals who identify as women, as well as anyone interested in gender-based issues.

Gender & Sexuality Resource Centre (GSRC): an inclusive and inviting haven dedicated to providing unwavering support to all Carleton students, irrespective of their gender identities and sexual orientations.

Carleton Disability Awareness Centre (CDAC): a dedicated space catered to students who experience disability, chronic illness, neurodiversity, or accessibility challenges.

Mawandoseg Centre: a space dedicated to creating a secure and inclusive space for Indigenous and non-Indigenous students seeking opportunities to engage with and learn more about Indigenous cultures and histories.

Unified Support Centre (USC): a Food Centre service cluster, providing on-campus food support and advocacy, and the Foot Patrol service cluster, offering evening-focused safety related support.

Click the logos to learn more! →



International Student Services Office (ISSO)



Moving away from home and going to a different country can be a drastic change. Nonetheless, you have made an excellent decision in choosing Carleton to be your home in the next few years. You can connect with the ISSO's team of licensed advisors whenever you have questions about student immigration issues.



Essential Checklist for Moving to Canada

Here are some essentials you should be aware of before and during the process of moving to Canada:

1. Understand the information on your study permit and the conditions of student status, including what work students may do in Canada. We strongly recommend you read the ISSO's [Study Permit Terms and Conditions](#) page.
2. Pick up your UPASS and your Campus Card at the Campus Card Office.
3. Print your UHIP (health insurance card), which was sent to you through your Carleton email.
4. Buy your textbooks for your classes!
5. Open a Canadian Bank Account: Some of the major Canadian banks with branch locations throughout Ottawa include BMO (Bank of Montreal), CIBC (Canadian Imperial Bank of Commerce), RBC (Royal Bank of Canada), Scotiabank, and TD Bank. There is a Scotiabank branch located on campus in Paterson Hall. Contact the bank of your choice to establish what documentation you will need to bring with you in order to set up your account, and to see if any restrictions may apply.
6. Get a Canadian SIM card – a phone number: The three major cell phone providers in Canada are Bell, Rogers, and Telus. Before committing, consider whether you are interested in a long-term contract, a prepaid/pay-as-you-go plan, or a month-to-month plan. Be sure to take your time to explore your options and, whatever option you choose, make sure you understand all the details including all fees that will appear on your monthly bill and any penalties for exceeding your minutes/data or canceling your service.
7. Get a Social Insurance Number (SIN): A SIN is a 9 digit personal identification number which you will need in order to work in Canada, open certain types of bank accounts, and file your income tax return. You can visit any ServiceCanada location to obtain a SIN or apply [online](#) as a temporary resident. If you cannot obtain a SIN, or do not meet the requirements, you may be given a similar identification number, known as a TTN, or Temporary Tax Number.
8. Prepare for the Canadian Winter! Make sure you get yourself warm – purchase a winter coat and snow boots. [Here](#) is a checklist prepared for you by the ISSO to assist you with any concerns you might have about winter time, such as winter clothing shops and fun winter activities.

Immigration Advising

The ISSO provides immigration information and support through individual advising, online learning resources, and information sessions. [Connect with the ISSO](#) whenever you have questions or concerns or need to make an application to Immigration, Refugees and Citizenship Canada; and also whenever you are considering academic or registration changes. These may have immigration consequences.

Events and Socials

A big part of moving to a new country is also getting familiar with new cultures. Making friends and socializing might look very different from what you have been used to in your home country. The ISSO hosts fun events and socials for you to meet the ISSO team and also new fellow international students.

Registration for these events is required and you can sign up for them [here](#). Some of the events you might find are “Ask Us Anything”, where you get to meet the team and ask about any doubt you might have, and “Global Cafe”, a bi-weekly drop-in gathering to meet students in a fun and informal setting for engaging conversation, activities, and warm drinks.

The schedule for events and socials will be updated and posted throughout the semester!



Fun Things to Do in Ottawa

A big part of navigating a new country is getting to know the city and becoming familiar with a new culture, new city, new weather and even new people! Here are a few places you can visit and fun events to attend in Ottawa.



Fall:

- Watch the Northern Lights: Sound and Light Show on Parliament Hill from July 7th to September 5th;
- Try picking apples at orchards across Ottawa;
- Take a tour of Parliament Hill;
- Visit Fall Rhapsody in Gatineau Park;
- Visit the National Gallery of Canada (thursdays are free!);
- Shop for local products at the Lansdowne Farmer's Market Sundays.



Winter:

- Skate on the Rideau Canal;
- Watch an ice hockey game;
- Take part in Winterlude;
- Watch a play for \$15 at the National Arts Centre.



Spring:

- Enjoy spring buds at the Dominion Arboretum;
- Take photos during the Tulip Festival;
- Cycle along the Rideau Canal;
- Run during the Ottawa Race Weekend;
- Do water sports at Dow's Lake.



Summer:

- Go hiking, swimming, or biking at Gatineau Park.
- Attend music and cultural festivals in Byward Market;
- Watch an outdoor movie in a park near you!
- Watch the Tim Hortons Ottawa Dragon Boat Festival.



National Gallery of Canada



Parliament Hill



Pink Lake, Gatineau Park



Tulip Festival



Rideau Canal Locks



Ottawa Sign, ByWard Market



Rideau Canal Skating

Ottawa Tourism has an [event calendar](#) for upcoming events across Ottawa so you can enjoy all off campus events as well.

Some of the largest cultural events in Ottawa over the year include:

- Italian Week (Early June)
- Asian Night Market (Late May to Early June)
- Lebanese Festival (Mid July)
- CariVibe (Mid July)
- Great India Festival (Early August)
- GreekFest (Late August)
- Latin Sparks (Early September)
- AfroFest (Early September)

The Student Experience Office (SEO)

The [Student Experience Office](#), or SEO, is managed by Carleton University and is responsible for student-focused programming and support throughout the year, such as Fall Orientation. They also offer leadership opportunities and academic support. Many of their events are also hosted off-campus, such as “Explore Ottawa”, which allows you to go around Ottawa’s main tourist attractions with friends and with guidance by the SEO staff.

Budgets, Housing, and the Cost of Studying in Canada



Planning Ahead

As an international student at Carleton, it's essential to establish a budget and prepare for the anticipated costs of studying in Canada. According to Carleton's Undergraduate Admissions, an international student could spend anywhere from \$48,000 to \$73,000 CAD per academic year. With that in mind, there are a few major decisions that you need to make to prepare for your education.

The Carleton University Awards Office has a [template for budgeting](#), which can help you plan for anticipated expenses.

Any money you choose to convert to CAD (Canadian Dollars) will also be subject to conversion rates. Keep in mind the relative conversion rates of the currency of your home country to Canadian Dollars.

On and Off Campus Housing

Many Carleton students generally live on campus in residence for their first year of study. Living on-campus means that the cost of your accommodation and meal plan are fixed at around \$13,000* per year. Living on campus is also an opportunity to socialize with new students, and generally provides more predictability when budgeting for your time at Carleton.

Applying to residence as an international student means you are a Non-Guaranteed Student. Non-Guaranteed Students are eligible to apply for on-campus housing on February 1st of the academic year prior to when you plan to attend. (e.g. If you plan to attend school in the Fall of 2024, you should apply for Residence starting February 1st, 2024).

On-Campus Housing is managed by Residence Life Services, which appoints Residence Fellows (RFs) and other student and full-time administrators to oversee residence.

Most students outside of their first year of study choose to live somewhere off campus. Living off campus can often be cheaper than living on campus, particularly if you are able to find roommates and split the cost of a lease. However, costs can be far more unpredictable than living in residence, especially as it relates to rent, utilities, and transportation. You'll also be responsible for all your own cooking and cleaning.

Generally, students will attempt to live in close proximity to campus to minimize transportation time and costs. Students will often live in neighbourhoods like Heron Park, Old Ottawa South, the Glebe, Centretown, and Meadowlands, which are all relatively close to Carleton's campus and generally accessible by transit.



It's important to know that you are entitled to rights as a tenant in Ontario under the *Residential Tenancies Act*. This includes the right to mediation, protection against “bad faith” evictions, and easy-to-understand leases. Disputes between yourself and your landlord can be brought to the Landlord and Tenant Board (LTB) for resolution.

Most rental leases in Canada will last at least one year. If you are planning to move or study for less than a year, then it can often be difficult to find suitable accommodation off-campus.

Tuition

Your single-largest expense as an international student will be tuition. It is essential for budgeting that you regularly review Carleton Central and anticipate your estimated tuition fees for the academic year. You can view the estimated undergraduate international tuition fees by program by visiting the [Admissions Website](#).

Textbooks and Supplies

Some programs will require you to purchase textbooks and other supplies. It's important to read your course syllabi carefully before class, and determine what you may need. As a general guide, waiting until the end of the first class to purchase textbooks is often a good idea, especially if the course syllabus hasn't been updated, or the professor intends on not using the assigned textbook.

Carleton University estimates you will be spending around \$1,400 CAD per academic year on textbooks and other supplies.

Textbooks can often be purchased used or at a discounted price from other students, or at bookstores in Ottawa. Digital copies as well as textbook rentals can often be cheaper than purchasing your books at full price. Do your research and know the price before you buy.

Taxes

Newcomers to Canada, that is, those who are in their first year of permanent residency, or are temporary residents (Such as students), are eligible to apply for the GST/HST credit and the Canada Carbon Rebate. Upon arriving in Canada, filing Form RC151 with the Canada Revenue Agency (CRA) will allow you to apply for these rebates. To file your taxes, you will need to have a SIN (Social Insurance Number). There are other Ontario tax rebates you may also be eligible for after filing your first tax return.





 cusaonline.ca

     [@cusaonline](https://www.instagram.com/cusaonline)