



# Daily Life Information for Students

Students at CEL Vancouver receive support to help them adapt to daily life in British Columbia. Understanding transportation, childcare, banking, communication services, and essential community resources is an important part of settling into your new environment.

This guide provides practical information to help you navigate everyday life with confidence.

## 1. Transportation in Metro Vancouver

Metro Vancouver has an efficient, safe, and reliable public transit system. Students can choose between buses, SkyTrain, and SeaBus services operated by TransLink.

### Compass Card (Reloadable Transit Card)

Students are encouraged to purchase a Compass Card for convenient travel.

- Available at SkyTrain stations, London Drugs, and transit vending machines
- Reload online or in person
- Monthly passes and stored value options available

 <https://www.translink.ca>

### Bus Services

Dozens of buses connect neighborhoods to SkyTrain stations and major shopping areas.

### Safety Tips for Transit:

- Keep your Compass Card secure
- Stay alert, especially at night
- Follow transit safety guidelines

## 2. Childcare Options

Students with children can access licensed childcare programs across Vancouver.

## Types of Childcare Programs:

- Infant & toddler care
- Preschool programs
- Group childcare (3–5 years)
- Before & after school care
- Family childcare (in-home, licensed)

## How to Find Childcare:

- Child Care Resource & Referral (CCRR) – childcare listings & subsidies
- Westcoast Family Centres: <https://www.wstcoast.org/>
- YMCA Childcare Programs
- Local community centers

Childcare spaces fill up quickly, so early planning is recommended.

## 3. Communication Services (Phone & Internet)

Setting up a phone plan is one of the first steps for all new students.

### Major Canadian Phone Providers:

- Rogers
- Bell
- Telus
- Freedom Mobile
- Fido
- Koodo

### Internet Providers:

- Telus
- Rogers

Students may choose prepaid or contract-based plans depending on their stay duration.

## 4. Banking & Financial Services

Opening a Canadian bank account helps students manage daily expenses, receive payments, and build financial history.

### Major Canadian Banks:

- Royal Bank of Canada (RBC)
- TD Canada Trust
- Scotiabank
- CIBC
- Bank of Montreal (BMO)
- Coast Capital Savings (credit union)

### Documents Required to Open a Bank Account:

- Passport
- Study permit or work permit
- Proof of enrollment at CEL Vancouver
- Canadian address

### Common Banking Options:

- Chequing account (daily transactions)
- Savings account
- Debit card
- Credit card (where eligible)

## 5. Buying Groceries & Daily Essentials

Metro Vancouver offers many grocery stores, supermarkets, and international food markets.

### Popular Grocery Stores:

- Real Canadian Superstore
- Save-On-Foods
- Walmart
- T&T Supermarket
- Safeway

## International Markets:

- South Asian grocery stores
- Korean markets
- Middle Eastern & Persian stores
- Filipino and Chinese specialty markets

Students can also access numerous restaurants and cafes in the Metrotown area.

## 6. Healthcare & Clinics Near Campus

Students can access medical services at:

- Walk-in medical clinics
- Urgent care centres
- Pharmacies (Shoppers Drug Mart, London Drugs)
- Dental clinics
- Vision care centres

Note: Medical insurance (MSP or private) is mandatory for international students.

## 7. Laundry & Household Essentials

Most student accommodations include laundry machines. If not, there are several laundromats and dry-cleaning services near the campus.

## 8. Grocery Delivery & Online Shopping Apps

Students can use:

- Instacart
- Uber Eats
- DoorDash
- Walmart Delivery
- Amazon
- Loblaws/Real Canadian Superstore online pickup

These services help students save time and manage responsibilities efficiently.

## 9. Community Centers & Recreation

Vancouver offers excellent recreational programs and facilities.

### Nearby Recreation Centers:

- Coal Harbour Community Centre
- West End Community Centre
- YWCA

Programs include fitness classes, gym access, swimming, sports leagues, and community events.

## 10. Safety & Emergency Services

### Important Phone Numbers:

- Emergency (Fire/Police/Ambulance): 911
- Health Advice (24/7): 811
- Crisis Line: 1-800-784-2433

### Useful Tips:

- Save all emergency numbers
- Stay aware of your surroundings
- Follow local laws and safety guidelines
- Ask Student Services if you need help accessing local services

## 11. Weather & Seasonal Information

Vancouver has mild weather but can be rainy for much of the year.

### Tips:

- Carry an umbrella or waterproof jacket
- Wear layered clothing in winter
- Be cautious during snow or icy conditions

## 12. How CEL Vancouver Supports You in Daily Life

Students can ask for assistance with:

- Understanding local services
- Setting up phone or banking services
- Finding grocery stores or community centers
- Navigating transit
- Connecting with newcomer support agencies

Contact Student Services for support at any time.

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