



Build ON Action Plan

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A. Job Search		
Topic	Recommended Actions	Rationale & Sources
NETWORKING	Join Professional Immigrant Network	It is a network of professional associations, run by and for immigrants in the Greater Toronto Area. The activities include networking, mentoring, information sessions and more.
	Use social media platforms to carry out your networking	LinkedIn is a very useful tool to show your experience, to get social proof for your skills and talents, to show the projects that you have completed, and build relationship with others in the same profession. Eventbrite is a great website to find social or professional events happening in your area. MeetUp is a site primarily for finding social events. These events can also be great networking opportunities.
	Join Professional Associations	Joining professional associations can be an extremely useful way to start you on your path to employment.
JOB SEARCH	Learn more about Cold calling	Why cold calling is important: read this article from the perspective of a newcomer to Canada. Compile a list of all companies that you may be interested in working for, contact these companies and ask for job interviews, available opportunities or more information.
	Explore Job Search websites	Indeed
		Job Bank Canada
		Workopolis
		Monster
		Charity Village : It is an avenue to have access and apply for jobs in non-for-profit sector.
	Learn more about writing a Canadian Style Resume	Revising your CV to match the Canadian standard is the first step in the job search process. Ensure to tailor your resume to each job advertisement you apply to. Visit The Balance website. This website provides you with a list of technical skills for resume, cover letter, and interviews.
Explore NOC website	Use this resource to 1) assess your skills, work experiences, and education against the job requirements in Canada 2) find different job titles relevant to your field/trade available in Canada.	
Google Maps	Search Google Maps by entering (“occupation of interest” near “city of settlement”) to find local companies within	



		walking/driving distance. For example: Plumbers near Ottawa.
	Canada411	Canada411 is a directory of all businesses in Canada. Search for companies in a specified geographic location in Canada to find a full list and contact information of local companies that may not have a website.
MENTORSHIP	Contact Canada Info Net .	You can join this mentoring community to access online mentoring services, participate in discussion forums, and find information on settlement, employment and education in Canada. It is a Pre-Arrival service.
	For Francophone clients outside Ontario, see CanPrep Programme	CanPrep program provides mentorship for all occupations across Canada.
INTERNSHIP OPPORTUNITIES	Explore Career Edge Internship	Career Edge is a self-sustaining social enterprise that connects leading Canadian employers with diverse, qualified talent through paid internships.
	Explore OPS Internship Program for ITIs	It is an innovative internship program designed specifically for professional newcomers to Canada, so that they can earn valuable Canadian work experience in their professional fields within the Ontario Public Service (OPS).
	Explore Federal Internship for Newcomers Program	The Federal Internship for Newcomers (FIN) Program offers newcomers a chance to gain valuable temporary Canadian work experience and training opportunities with federal, municipal and private sector organizations in different fields including administration, policy, project management, finance, and computer science.
VOLUNTEERING	Visit Volunteer.ca website	This will help you find your local volunteer center. Volunteering is one of the most common approaches to gain Canadian work experience and build connections. It could be flexible and therefore, allow you to look for jobs or study at the same time.
BRIDGE TRAINING PROGRAMS	Explore Bridge Training Programs for Non-Regulated Professions	Bridge training programs help qualified internationally trained individuals move quickly into the labour market in Ontario. They provide training and Canadian workplace experience without duplicating what you have already learned. Some bridge training programs offer mentoring opportunities with established professionals to help you become certified or registered in your field. This is the list of bridge training programs for non-regulated professions in Ontario.
	Explore Bridge Training Programs for Regulated Health and Non-Health Professions	
	Explore Ontario Bridging Participants Assistance Program	The Ontario Bridging Participant Assistance Program (OBPAP) provides bursaries of up to \$5,000 to cover direct education costs (tuition, books and equipment) for internationally trained professionals attending bridge training programs.
	Explore Windmill	Windmill Microlending provides micro loans of up to \$10,000 to



	Microlending	internationally trained immigrants so they can obtain the Canadian licensing or training they need to work in their field. The loan can pay for exams, training, qualification assessments, professional association fees, etc. Formerly known as the Immigrant Access Fund.
LABOUR MARKET INFORMATION	Visit Job Bank Canada Visit Ontario Website	Researching the labour market can help you to make an informed decision of which city/region to settle based on your job prospects
B. Settlement		
Topics	Recommended Actions	Rationale & Sources
LANGUAGE TRAINING	Explore Center for Canadian Language Benchmark website	Find the Language Assessment Center in your city and book an appointment with a Language Evaluator. You will be assigned a course after your language level is assessed.
CITY PROFILE	Visit the City Data website. Select your province and your city to view the profile.	Most cities/towns in Canada have a city website. Visit the city website that you are interested in settling in to learn about their Business, Economy, Attractions, Activities, Services and more.
LANDING INFORMATION	Visit settlement.org to get information about the documents to bring when landing as a new immigrant	This gives you information about what to bring and what to expect when landing as a new immigrant. This page answering frequently asked questions about the Permanent Resident Card.
	Visit immigration.ca for information about mailing permanent resident cards to representatives	This gives information about the options available to newcomers without permanent addresses. Visit Settlement.org to get information about the Canadian Postal Services and how it works
DOCUMENTATION	Visit asiatis.ca to get certified translation of official documents.	Visit this website if you need to get your official documented translated.
HOUSING	Visit Kijiji website.	Kijiji is very popular in Canada. It is an online classified advertising service where you can find advertisement for housing.
	Explore Airbnb Website Visit Walk Score Website	Airbnb rentals can be useful for short-term accommodation between your arrival and when you secure long term housing. It is a good website to find search for places for renting, learning about the neighborhood, and getting a commute report.
HEALTH	To get information about Health Insurance and general health-related	To get a Health Card (OHIP), you have to fill out an application. You also need to collect some documents to submit with your application. Visit the Settlement.org website for more information.



	information, visit settlement.org	You might want to consider purchasing private health insurance to cover you during the 3 month wait period for OHIP.
EDUCATION	Get your academic credential assessed .	Educational requirements differ for every profession and trade, and there are a number of different organizations that assess someone's schooling to ensure it meets Ontario's standards.
	Use this link to do a quick evaluation of your international credential.	If you have not gotten your credential assessed yet, you can use this tool to quickly evaluate your international credentials.
	Apply for PLAR to get credit for graduation with an Ontario Secondary School Diploma (OSSD).	Prior Learning Assessment and Recognition (PLAR) is the formal evaluation and credit granting process whereby students may obtain credits for prior learning. Visit the Independent Learning Center to get more information.
COMMUNITY SERVICE	Visit the Public Library in your area.	Public libraries in Ontario provide a range of services including the loan of books and other materials, conversation circles, employment resources, wireless internet access, etc. Visit the list of public libraries in Ontario to find the public libraries available in your area.
DAILY LIFE	Apply for driving License	To apply for driving licence, visit Settlement.org . It will provide you with basic information and the process of application.
	Learn about transportation system	To get information about public transportation, buying/renting car, cost of transportation, etc., visit settlement.org .
	Get information about shopping	Visit settlement.org for information about different payment methods, saving money, and shopping.
	Learn about tax system	To get familiar with the Tax system in Canada, watch the video in the Canada Revenue Agency Website.
	Banking	Visit Canadian Bankers Association to learn the basics of banking in Canada. Visit Money Sense or Loans Canada to learn how to build up credit score once arrived in Canada.
FAMILY & CHILDREN	Learn about hiring child care providers.	Visit settlement.org to get help for researching child care providers. The list is downloadable in different languages.
	Learn about child benefit	The Ontario Child Benefit provides direct financial support to low to moderate income families – whether they are working or not. Visit Settlement.org to get information about how to apply for the child benefit in Ontario.
	Learn about children school system	In Ontario, there are four publicly-funded school systems. Visit the Ontario Ministry of Education to find a school board in your area. To get more information about the school system in Ontario visit settlement.org
LEGAL SECTOR	Visit Community Legal Education Ontario	The website provides information about legal rights in many sections such as family, refugee, immigrants, work, housing, health, social assistance and more.



	Visit the Ministry of Labour Website	Visit this website to gain a better understanding of employment standards in Ontario.
NEWCOMER SETTLEMENT AGENCIES BY LOCATION	Visit Ontario Ministry of Citizenship and Immigration	This website gives you a comprehensive list of settlement agencies and community services in your location.

C. Post-Arrival Service Providers

<i>Topic</i>	<i>Recommended Actions</i>	<i>Rationale & Sources</i>
EMPLOYMENT ONTARIO	Contact Employment Ontario in your area.	Employment Ontario can help you get training, build skills or find a job. They connect job seekers to potential employers or refer individuals to other suitable services in the same area.
YMCA-YWCA	Explore YMCA locations and contact the one in your region	Each YMCA Member Association is unique in the programs and services they offer. Contact the YMCA in your region to get access to services such as health & fitness, children Camps, housing and settlement, employment, etc.

D. Pre- Arrival Service Providers

<i>Topic</i>	<i>Recommended Actions</i>	<i>Rationale & Sources</i>
SOPA	Contact Settlement Online Pre-Arrival (SOPA)	SOPA provides guidance and personalized pre-employment support to newcomers to any province of Canada.
ACCESSIBLE COUNSELLING AND COMMUNITY EMPLOYMENT SERVICES (ACCES)	Contact Canadian Employment Connections program	This pre-arrival service helps internationally educated individuals connected with employment in different sectors including engineering, financial services, human resources, leadership, sales and marketing, and supply chain.
AEIP	Contact Active Engagement and Integration Program (AEIP)	In British Columbia, AEIP provides pre-landing orientation, themed workshops, individual and family consultation, accreditation, and referral services. The program has overseas stations in China, South Korea, and Taiwan.
CIIP	Contact Canadian Immigrant Integration Program	CIIP provides pre-departure orientation to economic immigrants and their family. They provide one-day group orientation workshops, one-hour individual settlement and career planning sessions, and online advice to clients. The program regional offices in China, India and the Philippines.
PASS	Contact Pre-Arrival Supports and Services	The program targets internationally educated nurses and provide online training on nursing occupation-specific language and communication training.
NEXT STOP CANADA	Contact Next Stop Canada for any settlement questions that you may have.	This is another Pre-Arrival service that will help you with any settlement concerns that you may have before coming to Canada. When you register, you can have access to live chat, community forum, resources, e-learning programs and more.



**YMCA-YWCA of the
National Capital Region**

**YMCA-YWCA de la
région de la capitale nationale**

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