

DO'S AND DON'TS

1. **DO** learn and understand the host country's language.
2. **DO** respect the culture, traditions and practices of your host country.
3. **DO** know the provisions of your employment contract and know your rights and responsibilities.
4. **DO** abide by laws, rules and regulations of your host country.
5. **DON'T** carry, use or sell drugs, substances, compounds and chemicals classified as illegal in the host country.
6. **DON'T** accept any hand-carried package from anyone unless you first see what is inside. Many people have been arrested and jailed for carrying firearms and drugs without their knowledge.
7. **DON'T** engage in activities considered illegal in the host country (gambling/lotto, liquor/alcohol use, cyber sex, possession and/or sale of pirated video materials and/or obscene materials/articles).
8. **DON'T** lend your laptop, smartphone, sim card, ATM, passport to friends or acquaintances who may use them for illegal purposes.
9. **DON'T** live beyond your means. Avoid falling into a debt trap. Avoid guaranteeing debt.
10. **DON'T** believe in get-rich-quick scams. Examples are text messages that you have won in an electronic lottery, e-mail offering to transfer huge amount of money to your bank account.
11. **DON'T** attempt to run-away from your employer. Try to settle any disagreement.

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Sampung Bilin ng PDOS

1. Isa-isip ang gusto mong makamit sa iyong pagtrabaho sa ibang bansa. Ito ang susi ng iyong tagumpay.
2. Ihanda ang sarili sa trabahong haharapin sa labas ng bansa.
3. Tandaan ang iyong responsibilidad at karapatan. Ito ay gabay mo sa pagganap sa iyong tungkulin.
4. Umangkop sa batas at kultura ng bansang pupuntahan. Ito ay iyong magiging pansamantalang tirahan.
5. Pangalagaan ang kalusugan. Kailangan ang malusog na pangangatawan sa trabahong gagampanan.
6. Buksan ang isipan sa bagong kaalaman at kasanayan. Ito ay hagdan sa tagumpay.
7. Makipag-ugnayan sa pamilyang naiwan. Panatiliing buo ang pamilya kahit malayo ka.
8. Mag-ipon dahil ang katuparan ng iyong mga pangarap ay nakasalalay dito.
9. Maghanda at magplano para sa iyong pagbabalik.
10. May mga ahensya ng pamahalaan na makakatulong sa oras ng pangangailangan. Huwag mag-atubiling sila ay lapitan.

"Sa tamang kaalaman, sigurado ang Tagumpay at kaligtasan."



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OWWA Member Mobile App

Paalis ka na pala.
Nag PDOS ka na ba?
Laging tandaan
ang sampung bilin
ng PDOS

A Guide
for OFWs
Bound for
Toronto

OWWA
Cares

Kahit Saan,
Kahit Kailan,
Maaasahan!

FACTS and FIGURES

OFFICIAL NAME: Toronto, Canada (Capital of Ontario)

NATIONALITY: Canadian

GOVERNMENT: single-tier municipality governed by a mayor-council system

NATIONAL DAY: August 15

LAND AREA: 630.2 km²

LOCATION: Toronto is a city found in Ontario, Canada. It is located 43.70 latitude and -79.42 longitude and it is situated at elevation 175 meters above sea level.

CLIMATE: The water in the lake ensures Toronto is warmer in winter and cooler in summer than it would otherwise be. Although Toronto is one of Canada's warmer cities in winter, winters are still severe, with snow on the ground most days between mid-December and mid-March. Snow deeper than 1 cm is seen on 65 days a year on average.

NATURAL HAZARDS: As one of the largest and most geographically diverse countries in the world, they experience tornadoes, winter storms, floods, even hurricanes.

POPULATION: 6,196,731 (2020)

LANGUAGES: French & English

RELIGION: Christianity is the largest faith group in Toronto's census metropolitan area, adhered to by 56.7% of the population, with Roman Catholics in particular being 30.4% of the population. 21.1% of the population has no religious affiliation

WORKING WEEK: 48 hours a week; Monday-Friday

CURRENCY: Canadian Dollars

COUNTRY DIALING CODE: +1

INTERNET COUNTRY CODE: .ca

TIME DIFFERENCE: 12 hours behind Philippines



LIVING IN TORONTO

The **CN tower (Canadian National tower)**, which was for 30 years the tallest freestanding structure in the world, can be seen from all over the city. Torontonians claim that navigating by the tower will ensure that getting lost is next to impossible, and this can be helpful for expats recently arrived in the city.



Public Transport. Pretty much all public transport in Toronto is controlled by the TTC (Toronto Transit Commission) so you better get used to it. The TTC is comprised of the city's subway, streetcar and bussystem. A single fare will cost you a minimum of \$3 while a monthly fare will cost you a minimum of \$98, depending on which zone you are traveling in.

Tax In Canada, your income tax is made up of a combination of federal and provincial tax rates. For example, if you are working in Toronto you will have to pay Ontario provincial tax. The value of this tax depends on how much money you are earning. In Canada taxable income includes employment income, rental income and money you receive through some government programs.

Housing. There are two main options: private apartments or a condominium unit. Private apartments were built with the purpose of being rented while condominiums are rented out by individual condo owners.

IMPORTANT REMINDERS

1. The federal government of Canada's Temporary Foreign Worker Program allows qualified foreign workers like yourself to work for Canadian employers for a specific period of time.
2. Your work permit indicates who your employer is, where you work, and what kind of work you do. Read the conditions indicated on your work permit very carefully, any violations may be grounds for your removal from Canada. Your Work Permit has a limited validity, you must apply for renewal if necessary before your it expires.
3. You enjoy the same rights and responsibilities as other workers in British Columbia. Both you and your employer are responsible for the terms of your contract. For more information about the Employment Standards (including hours of work, overtime, holiday and vacation pay, maternity and parental leave, termination of employment and layoffs, as well as procedures .

WORKING in TORONTO

Prepare for a different climate. Since Canada is quite near the Arctic region, some regions experience prolonged seasons of ice and snow. Make sure to carry a scarf, knit cap/bonnet, thick jacket and an all-weather boots.



Greet everyone you meet at work. The culture is different, so make sure you acknowledge everyone's presence. A simple handshake, a nod and a smile and a hearty good morning would do wonders.

Come early at work. Arriving early for work is a great trait to have in Canada. It shows that you are a dedicated and competent worker who appreciates the workplace.



Be proactive. Be a good source of information whenever in a meeting. Be prepared to interact with other people and be a voice that appreciates and you will be appreciated and

respected in return.

Do not put Canada in a box. The country has a rich and diverse culture that extends to its many provinces and regions. Do not make the mistake of thinking everyone will be the same. The culture of a province is different from another so be wary of cultural differences not only in terms of communication but also in workplace.

Don't abuse company resources. Never bring things home from the company if they do not give express consent that you can bring it home. Taking things from the office is frowned upon. Do not abuse those resources as you will be accountable to it.

Never create a scene. Ask for assistance. Ask for directions. Don't blow things out of proportion. Be a rational person who takes other people's feelings and confidence into consideration. Don't be hysterical in the workplace as it puts you in a bad light with your superiors.