

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.

PHILIPPINE REPRESENTATION in VANCOUVER, BRITISH COLUMBIA:

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

**A Guide
for OFWs
Bound for
Vancouver**

OWWA Cares
**Kahit Saan,
Kahit Kailan,
Maaasahan!**

FACTS and FIGURES

OFFICIAL NAME: Vancouver, British Columbia

NATIONALITY: Canadian

GOVERNMENT: Federal Government

NATIONAL DAY: JULY 1

LAND AREA: 115 km²

LOCATION: The City of Vancouver is a coastal, seaport city on the mainland of British Columbia. Located on the western half of the Burrard Peninsula, Vancouver is bounded to the north by English Bay and the Burrard Inlet and to the south by the Fraser River.

CLIMATE: In Vancouver, the climate is **oceanic**, cool and humid, with relatively mild and rainy winters, and cool and fairly sunny summers. The west coast is the only part of Canada in which the average temperature remains above freezing (0 °C or 32 °F) even in winter, and Vancouver is the only major city not having a freezing winter.

NATURAL HAZARDS: Earthquakes, tsunamis, flood, landslides, avalanches, severe weather, power outage, hazardous material spills.

POPULATION: 2,581,079 (2020)

LANGUAGES: Canada has two official languages: English and French. People who immigrate to B.C. do not need to understand French. However, you should be able to speak, read and write in English if you plan to live, work or study in B.C. After English, the most common languages spoken at home are Cantonese and Mandarin, Punjabi, German, Tagalog, French, Korean, Spanish, and Farsi.

RELIGION: Protestant, Roman Catholic and Christian

WORKING WEEK: 48 hours a week; Monday-Friday

CURRENCY: Canadian Dollars

COUNTRY DIALING CODE: +604

INTERNET COUNTRY CODE: .ca

TIME DIFFERENCE: 15 hours behind Philippines



Living IN VANCOUVER

There are a lot of beauty in British Columbia. From the people, to the mountains, to the sprawling coastline, everywhere you look, it's almost unfair to everywhere else how aesthetically pleasing the entire experience is. **Vancouver** in particular is often called 'two cities in one' because people are equally prone to the bustling night life as much as they are to head out into nature for entertainment. Put in work on a day-long trek through our world-renowned rain forests, then head into the city and hit up Gastown for a couple of beers once the night falls. Vancouver has something for just about everyone.



Nestled between the Pacific Ocean and the mighty Rockies, it's very difficult to find a view that is not astounding because of the landscape. From almost anywhere, you can see majestic mountains, and often a view of the harbour as well. You even get plenty of beaches, where you can go for a walk or watch the sunset even if it's too cold for swimming.



Transportation. The City of Vancouver works with TransLink, who plans and manages public transit services for the Metro Vancouver area. There is an extensive public transportation network that includes buses, ferries, and the SkyTrain (rapid transit). Biking and walking are very popular too. Rush hours can cause traffic jams on the main bridges but the traffic is fairly light. Parking isn't difficult, even at downtown, but most of it is metered and expensive.

IMPORTANT REMINDERS

Safe and Sound: Social Security Employees in Vancouver are covered by a fairly comprehensive social security system. British Columbia is one of the Canadian provinces with mandatory Worker's Compensation plan, to which employers are bound by law to contribute. In case any harm or work-related incident may befall you while you are working in Vancouver, you are entitled to certain compensations.

Working in VANCOUVER

Prepare for a different climate. Vancouver winter temperatures average around 4°C to 6°C, with summer temperatures averaging around 18°C to 20°C. As far as snow goes, Vancouver receives relatively small amounts of it—unless you are up at Whistler, Grouse, or Cypress, three of the city's world-class ski and snowboard destinations. In which case you will be looking at powder, powder, powder. No wonder so many people, especially retirees, dream of moving there.



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.

Worst Traffic. While it may be hard to believe, traffic jams in Vancouver are worse than in Los Angeles. Unless you can walk to work, be prepared to spend an extra 11 days a year in gridlock.



Higher Crime rate. While not as bad as in the Prairie provinces, or pretty much any US city, the crime rate may be higher than you're used to if you're from Ottawa or other smaller cities. As one of Canada's largest metropolitan areas, it's to be expected that it has one of the top 10 highest crime rates in Canada.

Food & Restaurants. Furthermore, Vancouver is one of the world's food capitals, boasting many high-quality dining experiences. With so many culinary traditions to draw upon, eating out in



Vancouver is a varied affair. The city is obsessed with its restaurants and locals make a habit out of trying new venues to wine and dine. The Granville area is famous for its eateries, art galleries and markets. Burn off the calories by taking a walk down 10th Avenue or Broadway to find shopping options that match any world-class destination. All this is also within a stone's throw of the city's best beaches.