

International Student

**CONNECT** >>>

Étudiants Internationaux

**SE CONNECTER**

## CONSUMER AWARENESS

### PHONE & INTERNET SERVICES

Student residences at universities and colleges often include free Internet services. Some off-campus housing units will also include Internet access in the monthly rent. If not, you can arrange to have Internet services installed.

When deciding on Internet service, research all the options and understand the details of any contract before you sign it.

If you do not have Internet access at home, consider:

- Using the campus wireless service.
- Using the free Internet service at your local public library with a library card.
- Going to coffeehouses and restaurants that offer free wireless access (also called Wi-Fi hotspots).

In Ontario, there are major communications companies that offer phone, Internet, and television service. There are also smaller companies that offer competitive phone and Internet services. You may also save money by bundling all your services with the same supplier.

Most students rely on cell or mobile phone service, instead of wired or landline phone service. Cell phone service may be less expensive and will move with you when you change housing. You can also add data on your mobile phone to get Internet access all of the time. Communication companies offer monthly plans and Pay As You Go plans.

### CANADA POST

You can get mail at your postal address, whether you live in a university student residence, in an apartment or in a house. You may also decide to rent a lockbox at a nearby post office. For further information about postal boxes, visit the Canada Post website: [findlink.at/ConsumerSv](http://findlink.at/ConsumerSv).

You can send and receive packages at Canada Post retail stores in all cities and towns.

You can manage and pay bills online with Canada Post's epost service.

For information about other products and services, visit [www.canadapost.ca](http://www.canadapost.ca) or call **1-866-607-6301**.

### BUYING FOOD

You can buy food at:

- Grocery stores and supermarkets.
- Convenience stores or "corner stores" (food is more expensive in these stores).
- Small fruit and vegetable markets; to see which produce is in season, visit [ontario.ca/foodland](http://ontario.ca/foodland).
- Butchers and bakeries.

### TIPPING

Canadians give tips to waiters, taxi drivers, take-out delivery people and other service workers to show their appreciation for good service. Tipping in Canada is not mandatory, but it is considered customary by most people. In restaurants, a tip is usually 15 to 20 percent of your bill. Taxi drivers and delivery people are usually tipped a few dollars.

### CONSUMER PROTECTION

As a consumer, you are protected by the Consumer Protection Act. For more information about what this includes, visit [ontario.ca](http://ontario.ca) or [findlink.at/consact](http://findlink.at/consact).

### IMPORTANT NOTE

Ontario has local food banks where people in financial difficulty can get free groceries. Call **1-866-220-4022** or visit the Ontario Association of Food Banks: [oafb.ca](http://oafb.ca).

**1-844-871-4567**

[www.settlement.org/isc](http://www.settlement.org/isc)

### DID YOU KNOW?

You can buy food directly from the people who grow it. Find a local farmers' market near you at [farmersmarketsontario.com](http://farmersmarketsontario.com) or [ontario.ca/foodland/page/availability-guide](http://ontario.ca/foodland/page/availability-guide).