

International Student Information Sheet

Preparing to Study in Canada

[Citizenship and Immigration Canada](#) (CIC) provides a step-by-step process for applying for a study permit. You can visit the CIC's website to:

- find out what you need before you apply for a study permit.
- find out if you can study in Canada.
- find out the steps involved in applying for a study permit.
- check the processing time of your application.
- find out what to do after you have applied for a study visa.
- find out how to prepare for your arrival.

Housing

The Gestalt Institute of Toronto does not offer residence options for students. Many students find affordable off-campus housing through online resources, local newspapers, and talking with friends/relatives about rental opportunities. Look through the links below to find hundreds of vacancies throughout Toronto.

Local Newspapers

[Toronto Star Classifieds](#)

[The Globe and Mail](#)

[NOW magazine](#)

[The Toronto Sun](#)

Online Resources

[Rentseeker.ca](#)

[Viewit.ca](#)

[Kijiji](#)

[Craigslist.ca](#)

Moving to a new area can be unnerving for some. You can find out information about the area and what other residents have had to say about buildings in the area by checking out [myhood.ca](#)

Health Insurance

You may need to pass a medical exam as a condition of receiving a study permit. The Government of Ontario recommends making an appointment with an authorized doctor when you are accepted into your program. A list of authorized doctors can be found on the [CIC's website](#).

The Ontario Government does not provide basic health insurance to students studying in the province. You should contact insurance providers for more information on rates and packages. The CIC often recommends [INGLE International](#).

Academic and Peer Counseling supports

Our student population is culturally diverse and will also be an excellent resource to international students. You can contact the office administrator to find out more about how to connect with a peer mentor. Peer mentors can give advice and support with the study visa application process, finding housing, setting up life in Canada, and sharing their personal experience.

Cultural or Religious Communities

Toronto is a multicultural city comprised of people from all races, ethnicities and creeds. You will find religious or cultural resources available to you from many cultural or religious backgrounds.

The links below capture only a portion of the organizations that can support you in your spiritual life. If you are looking for something specific not covered in the list below, you will find many more resources by doing a quick search online. If you would like to suggest an organization or know one that has been particularly helpful to you, let us know and we will be sure to share the information with future students!

Christian

[The Christian Community – Toronto Region](#)
[Christian based Meetup groups](#)
[Christian Centre Church](#)
[Toronto Christian Center](#)
[Catholic Community Services of York Region](#)

Catholic

[Catholic Family Services](#)
[Archdiocese of Toronto](#)

Islamic

[Islamic Society of Toronto](#)
[Toronto Islamic Centre](#)
[TorontoMuslims.com](#)
[Islamic Shia Ithna Asheri Jamaat of Toronto](#)

Jewish

[UJA Federation of Greater Toronto](#)
[Prosserman Jewish Community Centre](#)

Hindu

[Shri Vitthal Hindu Mandir](#)
[United Hindu Congress Canada](#)

Sikh

[World Sikh Organization of Canada](#)

Buddhist

[Toronto Zen Centre](#)
[Theravada Buddhist Community](#)
[Shambhala Toronto](#)

Toronto is also a hub for culture and events with something new to experience every week! Check out some of the links below for information on activities, things to do and events happening in your area.

[City of Toronto](#)
[Toronto.ca](#)
[CN Tower](#)

You can also connect with religious, cultural or general interest groups through [Meetup](#), an organization designed to connect like-minded people in the community.

Health and Social Supports

There are many services available to students regardless of their need of support.

GIT Peer Mentor or 416-964-9464 (*Contact the office to arrange for a peer mentor*)
[Toronto Distress Centre](#) or 416-408-HELP (4357)
[The Gestalt Student Clinic](#) or 416-964-9464 ext. 18
[Telehealth](#) or 1-866-797-0000

[Consulates and Embassies](#)