



Working and Staying in Atlantic Canada.

An International Student's Guide

BEFORE TRANSITIONING INTO CANADIAN WORKPLACES

IMPROVE YOUR LANGUAGE SKILLS

If English/French is not your first language, the best thing you can do for yourself and your career in Canada is to improve your language skills. Employers value strong written and verbal communication skills, because you will have to communicate verbally and in writing with coworkers, customers and clients in English or French.

PRACTICE SPEAKING ENGLISH/FRENCH AS MUCH AS POSSIBLE

Talk to people around you (e.g. students, professors, co-workers, etc.). The more you do it, the more easily it will come to you. You will also expand your vocabulary as you pick up some of the words and expressions they use.

ASK IF YOU DO NOT UNDERSTAND

If you do not understand something, such as a word or an expression, it is ok to admit that you do not understand the meaning and ask the person you are speaking with to explain what was meant. People will understand that English/French is not your first language. Once you know what the new word or expression means, use it the next time you have a conversation!



LEARN ABOUT YOURSELF

To start your career exploration, it is important to understand your interests, personality and values, as well as the skills you have to offer. This will help you design a career path you would enjoy and help you perform at your best, making you a valued employee.

Career counsellor has many tools and resources to help you with this important step. Visit your institution's career office to get started on your self-exploration journey.



Career Services offer you tools, such as interactive quizzes, questionnaires, and videos to get to know yourself. Reach out to the career office at your institution to work with staff who will create a career action plan with you.

Career counsellors facilitate a career planning process by discussing and taking you through exercises that will help you determine how your interests, values, skills, and overall personality might fit with various career options.



CAREER PLANNING PROCESS

It is helpful to think of career planning as a cycle that repeats itself many times as circumstances change and new opportunities arise. Whether planning your first career, or considering a new career, it is essential to start with a self-assessment.

Be sure to visit your institution's office and webpages to find out what is available to you. Check out the Resources section at the end of this guide for links.

BENEFITS OF PRE-GRADUATION EXPERIENCE

The Atlantic Provinces provide financial incentives to hire international students and graduates. The Resources section provides you with the links and contact information for the following programs.

LANGUAGE SKILLS

Having pre-graduation work experience is a great way to practice language skills. It helps you feel more comfortable interacting with people during your work, and you will find out a lot more about Canadian culture.

DISCOVER YOUR INTERESTS

Working before graduation can give you an opportunity to “test-drive” the types of work that you might enjoy doing and help you discover new interests. It will also help you explore your career goals, as well as apply the knowledge and skills you learned in your course work.

PROFESSIONAL DEVELOPMENT

You can receive valuable feedback from employers about skill development, while developing confidence, maturity, and interpersonal skills.

PERSONAL INSIGHTS

Having a job is a great opportunity for you to identify your work values and your working style. You can also figure out what sector you want to work in.

NETWORKING

In your workplace, you are networking with co-workers and maybe even a future employer. Through your work, you will meet people from different sectors and discuss topics relevant to their field.

CANADIAN REFERENCE

When you work or volunteer prior to graduating, you will work with industry professionals or a mentor who will be able to speak about your work ethic (assuming you do a good job!). Your supervisor can be a valuable Canadian reference. Be sure to ask permission before providing his/her name as a reference.

FEEL GOOD ABOUT GIVING BACK

Volunteering is not only about helping others, but is also good for your soul. Research now proves that sharing your time with others for a good cause can improve your overall happiness and mental well-being.

VOLUNTEER EXPERIENCES

You may not have the skills or work experience you need to get a job. Volunteering is a great way to practice language skills and learn about Canadian culture while giving back to your community. Many organizations rely on volunteers to deliver aspects of their programs and services. Volunteers are not paid, but benefit from building skills, networks, and communities. Some organizations offer other benefits for volunteers (such as free training or conference participation). When looking for a volunteer opportunity, it is really important to find something that you are interested in so that you will be motivated to commit to it. These experiences also show potential employers that you are a well-rounded person and are eager to get involved in the community.

CO-CURRICULAR RECORD (CCR)

The Co-Curricular Record (CCR) is a program for students to document all of their non-academic, extra-curricular involvement, including volunteer work, on a formal record. It also documents award nominations and scholarships. You can get that edge you are looking for with future employers by providing your CCR.

<https://www.cacuss.ca/online-community/ccr/index.html>

NOT-FOR-PROFIT ORGANIZATIONS

There are many not-for-profit organizations that are eager for volunteer support. Look for organizations that are part of your community or that do work you are passionate about. If you are interested in one of them, do not hesitate to contact them to learn more about how you can get involved by volunteering.

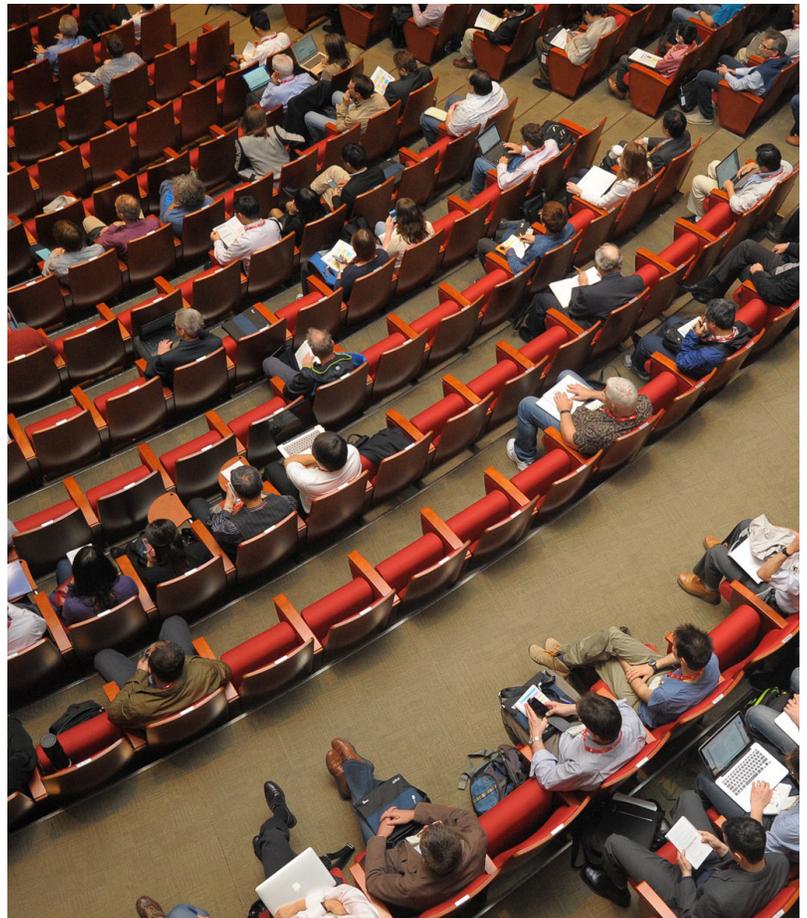
CAMPUS PROGRAMMING TO BUILD SKILLS

CAREER OFFICES

Career offices in universities and colleges provide a variety of career-related services and resources for students. They can help you plan a career path, search jobs, and edit your resume. During the academic year, career offices also offer workshops and counselling services to students. Take advantage of their free programming to build your skills and enhance your career success.

CONFERENCES

Universities and colleges, professional organizations, and various interest groups organize conferences throughout the year. Participating in these conferences can help you build skills, network with others, and reach out to your community. Workshops within conferences also teach you about various issues in different sectors. Conferences often provide a student discount or free admission for students. Keep looking for these valuable opportunities to learn!



GAIN CANADIAN EXPERIENCE THROUGH EXPERIENTIAL LEARNING

While you are studying in Canada, look for opportunities to pair what you learn in the classroom with hands-on experience. You can get work experience and develop your career skills by applying for academic-related programs, getting a part-time job, or participating in campus programming. While these work experiences may not always be considered for all immigration programs, they are very important in building your resume.

ACADEMIC-RELATED WORK EXPERIENCE

CO-OPERATIVE EDUCATION PROGRAMS, PRACTICUMS, INTERNSHIPS, OR EXTERNSHIPS

These programs give you the opportunity to apply classroom learning in a workplace, while gaining practical experience in non-profit, corporate, or government sectors.

- You will get the chance to alternate your academic studies with periods of work experience in a formalized sequence.
- Earn income to help pay for your tuition.



PART-TIME WORK

ON-CAMPUS

With a valid study permit, international students can have part-time jobs on campus with no limitation to working hours. Working on campus, you gain work experience, develop professional skills, and also expand your network to more departments in your institution. You will develop better time management skills, as well as earn extra income.

OFF-CAMPUS

Most international students are allowed to work up to 20 hours a week with a study permit in Canada. It is a great opportunity for you to develop time management and budgeting skills, as well as your network. Moreover, it can ensure you have extra income. If you are not sure about the conditions of your study permit, please check with your institution's international office.



ADVERTISED JOB OPPORTUNITIES

Many organizations will advertise vacancies using online listings. Career service offices at colleges and universities will guide you to the listings for your region and area of expertise. They will also provide their own listing of jobs being advertised specifically to students and recent graduates. Connect with this valuable service to make sure that you are accessing all of the listings relevant to you.

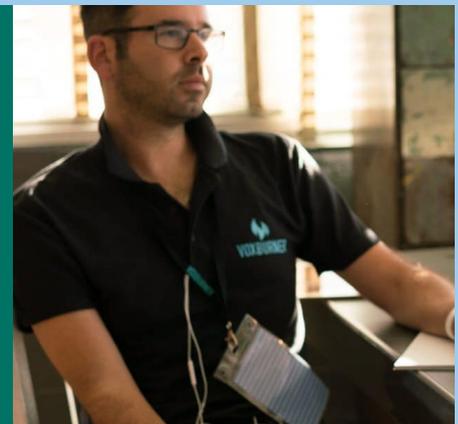
HIDDEN JOB MARKET

Many opportunities in Atlantic Canada are unadvertised. This is called the hidden job market. It is important to recognize that employers will often think first about appropriate candidates to fill a vacancy before they list a position online. This means that you increase your chances of being considered for a job by connecting with employers face to face, so that they can get to know you and your qualifications. This process is called networking.

Tap Into the Hidden Market

10-
20%

of jobs are
advertised
within online
job listings



80-
90%

of jobs
are best
researched
through
networking

See Networking section on page 8 for more details.

APPLICATION TOOLBOX

In Canada, you will be required to provide three critical documents as part of the application process—your **Resume**, **Cover Letter**, and **Reference List**. In the pages that follow, we will guide you through the preparation of these documents in a way that meets the expectations of Canadian employers. Career service offices at your institution will provide more detailed workshops and review your documents one-on-one.

NETWORKING

By networking, you may hear about “hidden” or unadvertised job opportunities. This makes it a key component of an effective job search. Start by tapping into your existing personal, professional, and academic contacts. Through those contacts, you will grow and expand your network with introductions to people they know. Networking is an excellent way to learn more about the field you would like to work in and connect with people at a company you would want to work for.

CONNECTOR PROGRAMS

A great way to build your network is to participate in a connector program. These programs will match international students and/or graduates with business leaders in their fields. Check out the Resources section to find a connector program in your region.

INTRODUCE YOURSELF

It’s always important to make a good first impression. Introduce yourself confidently, offering a firm handshake. The sound of your voice should be warm and friendly. Be sure to smile!

The best way to make a great first impression is to come up with a 30-second introduction or “Elevator Pitch.” That way, you will be prepared to introduce yourself to new connections confidently. It can be intimidating at first, but the more you do it, the more comfortable you will become with it.



HERE IS A CHECKLIST OF THE FEW THINGS TO COVER IN YOUR 30-SECOND “ELEVATOR PITCH”:

- 1. ABOUT YOURSELF:** Your name, institution, and your program of study.
- 2. CAREER GOALS:** What you want and reasons for choosing that path.
- 3. PROFESSIONAL EXPERIENCE:** Mention relevant work experience.
- 4. COMPETENCIES:** Speak about the skills and expertise that make you stand out.

IMPORTANCE OF HAVING A RESUME IN CANADA

A resume is a personal marketing tool designed to get you a job interview. Its purpose is to highlight your strengths related to the desired job by providing a short, focused summary of your experience, education, and skills. Most employers in Canada want to see a two-page resume (maximum).

CREATING A WINNING RESUME

DO

Do make sure your contact information is correct. Name, address, phone number, and email address.

Do research the company. Repeating nouns or phrases used by the company in your resume can make it stand out.

Do effectively use white space both between and within sections. It's easier to read a resume that has white space.

Do describe. Use action verbs to describe your work experience, such as: administered, created, developed, coordinated, negotiated, interacted, etc.

Do give a majority of space to your most recent, and, hopefully, most relevant work/ or volunteer experience.

Do use bullet points instead of paragraphs to make it easier to read.

Do edit your resume, and have other people proofread for typos and grammatical mistakes.

DON'T

Don't copy and paste the same resume for each job. Your objectives and skills should fit the employer's needs as described in the advertisement for the specific job you are applying to.

Don't use fancy layouts or coloured paper. Keep it simple.

Don't include a picture of yourself unless the position title is actor or model.

Don't include the following: gender, marital status, ethnicity, children, age, height, weight, or salary expectations.

Don't make your resume longer than 2 pages.

Don't use the word 'I'. Use language that doesn't include personal pronouns such as: I, me, my, our.

Don't include jobs/volunteer experience that aren't specifically applicable to the job you are applying for.

COVER LETTER

A cover letter is the first impression an employer has of you. It is a formal, one page letter providing extra information that complements your resume. It directs attention to the qualifications in your resume that are most relevant to the position that you are applying for. It also allows you to demonstrate knowledge about the company and explain how you are a good fit for the position requirements and the company's culture.

Like the resume itself, the cover letter is a personal advertising tool and an opportunity to showcase your writing ability. Your objective is to motivate the hiring manager to offer you an interview. The cover letter should be written in the first person (e.g. "I am applying for [...]"), and should use an active voice (e.g. "I delivered presentations" not "presentations were delivered").

You can find thousands of sample cover letters on the Internet. Although this can be a good source of inspiration and will give you an idea of what goes in each paragraph, avoid copying these letters verbatim! Your potential employer will be far more impressed by a simple and honest letter detailing what is special about YOU and what benefits you will bring to the company.

A common difficulty many students encounter when crafting a cover letter is listing many desirable career characteristics (e.g., leadership, time management, innovation, enthusiasm) without providing specific examples of these characteristics in action. Without specific examples, these descriptors have little impact and seem insincere. Make a concrete connection between your personal attributes and how they will be an asset to the desired job.



COVER LETTER STRUCTURE

Follow a business letter format and structure the letter as follows:

1ST PARAGRAPH: Introduction and the position you are applying for.

2ND PARAGRAPH: Prior work experience/related course work/volunteer/sports and recreation/your accomplishments, as they relate to the position.

3RD PARAGRAPH: What you can offer the company.

4TH PARAGRAPH: Follow-up plan (I will follow up with you about this application in a few days).

A reference check allows employers to get additional information on your past performance, behavior, attitude, abilities and work ethic. It also verifies the accuracy of the information you provided on your resume and during an interview.

You will need three references. Examples of a reference may be a supervisor at a past or current job, a volunteer supervisor, a professor, staff member (e.g. International Centre), host family, a contact from an extracurricular activity (e.g. sports coach). It is best to use Canadian references, if possible.

Start thinking about who you will ask to be your references. It is important to choose people who are able to speak positively about your past performance and abilities.

- Do not include references on your resume; indicate “References available upon request”.
- Have your reference list prepared for your interview.
- Contact your references prior to your interview to ask for their support as your reference.

1. Social media

- **Before an interview, there is a good chance the employer is going to look you up on your social channels.**
- **Be aware of what you post during your job search process.**
- **Be smart about what you post! Your social media presence is part of your first impression.**

2. Use social networking for your application (Facebook, Twitter, LinkedIn)

- **Learn about your employer.**
- **Get a sense of how you are a good fit and what you can bring to the company.**
- **Like its pages and follow them so that you can be very knowledgeable and current in the event that you are offered an interview.**

JOB INTERVIEW

Interviews can sometimes be intimidating, but understanding what kinds of questions to expect in your interview will help you feel more prepared.

DIRECT QUESTIONS

- Tell me about yourself.
- Why are you interested in a position with this organization?
- What is your greatest achievement?
- Describe a weakness.
- Where do you see yourself in five years?
- Do you have any questions for me? (Always prepare 2 questions in advance.)

SITUATIONAL QUESTIONS

- You are working on a team project and one of your teammates is not co-operative. How do you resolve the conflict?
- A client/parent/boss tells you he or she is dissatisfied with the service you have provided. How would you respond?

BEHAVIOURAL QUESTIONS

- Describe a time in which you were faced with problems or stresses that tested your coping skills. What did you do?
- Give me an example of an important goal you set in the past and tell me about your success in reaching it.

STARS TECHNIQUE

Prepare for behavioural and situational questions by practicing the STARS technique. Take a moment to think of a relevant situation and describe it using these elements:

SITUATION	Detail the background. Provide Context. When? Where?
TASK	Describe the challenge and expectations. What needed to be done and why?
ACTION	Discuss the specific action you took. What did you do? How? What tools did you use?
RESULT	Explain what the impact and result was of the action. Great efficiency? A happy customer?
SUMMARY	Relate to what you learned (behavioural question) or why this skill would be useful for the job you are applying for (situational question).

Shaking hands, using personal names, dress code, and the different ways of communicating with supervisors and co-workers may be completely different from what you have experienced before. These behaviors vary from one culture to another. Prepare for success by learning about and observing aspects of Canadian workplace culture.

CANADIAN BODY LANGUAGE

- Maintain eye contact.
- Canadians generally value their personal space. An arm's length of space is the general rule.
- Smile.
- Nod.
- Have an "open posture": don't cross your arms or legs.

CANADIAN GREETINGS

- Ritual greetings: When people greet you they might say, "How's it going?" or "What's up?". You are not expected to give personal details about yourself. The general answer is, "I'm fine (great, or good). How are you?". Plan an engaging follow-up question or comment about an event you are attending or something you share (like a class or leisure activities). Once you have the job, if a co-worker or your boss asks you, "How was your weekend?" they are being friendly; feel free to tell them some detail about your weekend. They are trying to build a relationship! Just keep it workplace appropriate.
- Shaking Hands: When first meeting a potential employer or co-worker the response is a firm handshake. Be sure to smile and make eye contact. You can also repeat the person's name.
- Hugs and Kisses: Sometimes hugs are appropriate if you're good friends with someone. But, unlike most European cultures, these types of greetings are not common in Canadian culture. Canadians, rarely, if ever, kiss as a greeting.

WHAT TO WEAR:

- Collar shirt or dress shirt.
- Dresspants.
- Dress with blazer.

WHAT NOT TO WEAR:

- Sportswear and activewear.
- Beachwear.
- Revealing clothing.
- Party clothing.



IMMIGRATE TO ATLANTIC CANADA

In Atlantic Canada, there are a few key programs that help international graduates immigrate and settle in Canada. Each program has its own requirements. You can easily check all the requirements on the [“Find your path to permanent residence” in the Resources section, which is listed at the end of this guide. Below are some key facts of each program.](#)

ATLANTIC IMMIGRATION PILOT PROGRAM

The Atlantic Immigration Pilot Program is a faster pathway to permanent residency for international graduates who want to work and live in one of the four Atlantic provinces after graduation.

- It is an employer driven program designed to help employers in Atlantic Canada attract and retain qualified candidates to fill job vacancies they couldn't fill locally.
- It all begins with a job offer from a provincially designated employer.
- International graduates from a [Publicly-funded institution in Atlantic Canada can be hired with no work experience.](#)
- [Job offer must be NOC skill type/level 0, A, B, or C. *](#)

PROVINCIAL NOMINEE PROGRAM

Most provinces and territories in Canada can nominate immigrants through their Provincial Nominee Programs (PNP).

- Each province has its own requirements for the types of work experience, education level, and amount of work experience needed.
- A job with the right NOC* code will help international graduates gain work experience and accumulate working hours that qualify for the PNP, so they can be nominated by the provincial government.
- These immigrants must have the skills, education and work experience to contribute to the economy of that province or territory, and must want to live in that province.
- Certain PNP streams are Express Entry-based where successful candidates would receive bonus points.

*The National Occupation Classification (NOC) is a list of all occupations in the Canadian labour market. It describes each job according to skill type and skill level. For immigration purposes, there are five key skill types/levels: 0, A, B, C, D. The Resources section provides links to webpages that will help you identify a job title, code, and skill level or type in the NOC.

POST-GRADUATION SUPPORT

Your institution may continue to provide some support after you graduate. Be sure to check in with your international office and career centre before you graduate to see how long they will continue to help you with your transition. This can range widely. Don't miss your window of opportunity for support because you were not aware of the timeframes for accessing your institution's services.



There are many organizations in Atlantic Canada that help recent international graduates.

The Resources section lists several of these organizations. Please be sure to find one or more organizations in your region that will help you transition into Atlantic Canada's workplaces.

RESOURCES

ATLANTIC CANADA

Atlantic Canada Study and Stay™

<https://atlanticcanadastudyandstay.com/>

Atlantic Immigration Pilot Program

<https://canada.ca/atlantic-immigration>

Express Entry

<https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/express-entry.html>

[Find your path to permanent residency](https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/after-graduation.html#-cheat-sheet)

<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/after-graduation.html#-cheat-sheet>

[National Occupational Classification \(NOC\)](https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/express-entry/eligibility/find-national-occupation-code.html)

<https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/express-entry/eligibility/find-national-occupation-code.html>

[Provincial Nominee Program](https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/provincial-nominees.html)

<https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/provincial-nominees.html>

[Work in Canada \(Immigration, Refugees and Citizenship Canada's information about permits\)](https://www.canada.ca/en/immigration-refugees-citizenship/services/work-canada/permit.html)

<https://www.canada.ca/en/immigration-refugees-citizenship/services/work-canada/permit.html>

NEW BRUNSWICK

Atlantic Immigration Pilot Program

https://www.welcomenb.ca/content/wel-bien/en/Employers/content/Atlantic_Immigration_Pilot_Project.html

Express Entry

<https://welcomenb.ca/content/wel-bien/en/immigrating/content/HowToImmigrate/NBProvincialNomineeProgram/ExpressEntry.html>

Provincial Nominee Program

<https://www.welcomenb.ca/content/wel-bien/en/immigrating/content/HowToImmigrate/NBProvincialNomineeProgram.html>

CAREER SERVICES IN UNIVERSITIES AND COLLEGES

Atlantic Immigration Pilot Program

https://www.welcomenb.ca/content/wel-bien/en/Employers/content/Atlantic_Immigration_Pilot_Project.html

Collège communautaire du Nouveau-Brunswick (CCNB)

<https://ccnb.ca/admission-et-bourses/services-aux-etudiants/aide-a-lemploi.aspx>



NEW BRUNSWICK (CONTINUED)

CAREER SERVICES IN UNIVERSITIES AND COLLEGES

New Brunswick Community College (NBCC)

<http://nbcc.ca/student-services/counselling-wellbeing>

New Brunswick College of Craft and Design

<https://nbccd.ca/inside-nbccd/student-services/>

Express Entry

<https://welcomenb.ca/content/wel-bien/en/immigrating/content/HowToImmigrate/NBProvincialNomineeProgram/ExpressEntry.html>

Provincial Nominee Program

<https://www.welcomenb.ca/content/wel-bien/en/immigrating/content/HowToImmigrate/NBProvincialNomineeProgram.html>

Mount Allison University

<https://www.mta.ca/careers/>

St. Thomas University

https://www.stu.ca/career_planning/

Université de Moncton

<https://www.umoncton.ca/umcm-saee/orientation/ressources>

University of New Brunswick

<http://www.unb.ca/fredericton/student-services/employment/services-students/index.html>

CONNECTOR PROGRAMS

ONB Connects

<https://www.onbconnects.ca/>

Workplace Mentorship For Newcomers Program (PRUDE Inc.)

<https://www.prudeinc.org/workplace-volunteer-engagement>

YMCA of Greater Saint John Newcomer Connections

<https://saintjohnny.ymca.ca/Locations/Greater-Saint-John/NewcomerConnections>

OFF-CAMPUS ORGANIZATIONS

(These organizations provide services to international students, recent international graduates, Permanent Residents, and/or Canadian citizens.)

RESOURCES

NEW BRUNSWICK (CONTINUED)

Asian Heritage Society of New Brunswick

<http://www.ahsnb.org/>

Atlantic Canada Study and Stay™

<https://atlanticcanadastudyandstay.com/>

CAIENA-Péninsule acadienne

<http://www.nouveauxarrivants.ca/>

CAFi

<http://www.cafi-nb.org/>

Filipino-Canadian CommUNITY of New Brunswick (FCNB) Inc.

<http://www.pinoys.org/>

Ignite Fredericton

<https://www.ignitefredericton.com/>

Miramichi Regional Multicultural Association

<http://www.miramichimulticultural.com/>

Multicultural Association Chaleur Region Inc.

<https://macr-amrc.ca/>

Multicultural Association of Carleton County

www.maccnb.ca/

Multicultural Association of Charlotte County

<https://www.ccmnb.com/>

Multicultural Association of Fredericton Inc.

<https://mcaf.nb.ca/en/>

Multicultural Association of the Greater Moncton Area

<http://magma-amgm.org/>

New Brunswick African Association Inc.

<http://www.nbaa.ca/>

New Brunswick Multicultural Council

<http://www.nb-mc.ca/>

Northwest Resource Centre for Newcomers Inc.

<https://www.crna.ca/>

PRUDE Inc.

<https://www.prudeinc.org/>



NEW BRUNSWICK (CONTINUED)

Restigouche Multicultural Association

<https://www.rma-amr.ca/>

The Saint John Newcomers Centre

<https://www.sjmnrc.ca/>

YMCA of Greater Saint John

<https://saintjohnny.ymca.ca/>

NEWFOUNDLAND AND LABRADOR

Atlantic Immigration Pilot

<https://www.gov.nl.ca/immigration/immigrating-to-newfoundland-and-labrador/atlantic-immigration-pilot-program/overview/>

[Express Entry](#)

<https://www.gov.nl.ca/immigration/immigrating-to-newfoundland-and-labrador/provincial-nominee-program/applicants/express-entry-skilled-worker/>

[Provincial Nominee Program](#)

<https://www.gov.nl.ca/immigration/immigrating-to-newfoundland-and-labrador/provincial-nominee-program/>

CAREER SERVICES IN UNIVERSITIES AND COLLEGES

College of the North Atlantic

<https://www.cna.nl.ca/Student-Support/Counselling-Services.aspx>

[Memorial University of Newfoundland](#)

<http://www.mun.ca/counselling/career/>

[Connector Programs](#)

[Workforce Connections Program \(AXIS Career Services\)](#)

<https://www.axiscareers.net/services/>

[Compas \(Fédération des francophones de Terre-Neuve et du Labrador\)](#)

<https://www.francotnl.ca/fr/organismes/fftnl/compas/>

[Connector NL \(St. John's Board of Trade\)](#)

<https://connectornl.ca/>

RESOURCES

NEWFOUNDLAND AND LABRADOR (CONTINUED)

OFF-CAMPUS ORGANIZATIONS

(These organizations provide services to international students, recent international graduates, Permanent Residents, and/or Canadian citizens.)

Association For New Canadians

<http://www.ancnl.ca/>

AXIS Career Services

<http://www.axiscareers.net/>

[Atlantic Canada Study and Stay™](https://atlanticcanadastudyandstay.com/)

<https://atlanticcanadastudyandstay.com/>

[Fédération des francophones de Terre-Neuve et du Labrador](http://www.francotnl.ca/)

<http://www.francotnl.ca/>

[Réseau de développement économique et d'employabilité de Terre-Neuve-et-Labrador \(RDÉE TNL\)](http://www.rdeetnl.ca/)

<http://www.rdeetnl.ca/>

[St. John's Board of Trade](http://stjohnsbot.ca/)

<http://stjohnsbot.ca/>

NOVA SCOTIA

Atlantic Immigration Pilot

<https://novascotiainmigration.com/help-for-employers/atlantic-immigration-pilot/>

Express Entry

<https://novascotiainmigration.com/move-here/nova-scotia-demand-express-entry/>

<https://novascotiainmigration.com/move-here/nova-scotia-experience-express-entry/>

Provincial Nominee Program

<https://novascotiainmigration.com/move-here/>

CAREER SERVICES IN UNIVERSITIES AND COLLEGES

Acadia University

<https://careerservices.acadiu.ca/welcome.html>

[Atlantic School of Theology](http://www.astheology.ns.ca/faculty/employment-opportunities.html)

<http://www.astheology.ns.ca/faculty/employment-opportunities.html>

[Cape Breton University](https://www.cbu.ca/student-services/careerservices/)

<https://www.cbu.ca/student-services/careerservices/>

[Dalhousie University](https://www.dal.ca/campus_life/career-and-leadership.html)

https://www.dal.ca/campus_life/career-and-leadership.html



NOVA SCOTIA (CONTINUED)

Mount Saint Vincent University

<http://www.msvu.ca/en/home/student-services/career-planning-services/default.aspx>

NSCAD University (Nova Scotia College of Art and Design)

<https://navigator.nscad.ca/wordpress/home/academics-administration/office-of-student-experience/>

Nova Scotia Community College

<https://www.nscad.ca/services/career-services/index.asp>

Saint Mary's University

<https://www.smu.ca/campus-life/career-services/welcome.html>

St. Francis Xavier University

<https://sites.stfx.ca/scc/index.html>

Université Saint Anne

<https://www.usaintanne.ca/vie-etudiante>

University of King's College

https://www.dal.ca/campus_life/career-and-leadership.html

CONNECTOR PROGRAMS

Cape Breton Connector Program (Cape Breton Partnership)

<https://capebretonpartnership.com/initiatives/connector/>

Connector Program (Halifax Partnership)

<http://www.halifaxpartnership.com/en/home/get-connected/connector-program/default.aspx>

Eastern-Strait Connector Program

<https://www.esren.ca/connector-program/>

Valley Connector Program (Valley Regional Enterprise Network)

<http://valleyren.ca/connector-program/>

Western REN Connector Program

<https://www.westernren.ca/get-connected/>

RESOURCES

NOVA SCOTIA (CONTINUED) **OFF-CAMPUS ORGANIZATIONS**

(These organizations provide services to international students, recent international graduates, Permanent Residents, and/or Canadian citizens.)

African Diaspora Association of the Maritimes

<https://adamns.com/>

Antigonish Women's Resource Centre

<http://awrcsasa.ca/>

Atlantic Canada Study and Stay™

<https://atlanticcanadastudyandstay.com/>

Cape Breton Island Centre for Immigration

<http://www.cbici.ca>

Cape Breton Partnership

<https://capebretonpartnership.com/>

EduNova

<https://studynovascotia.ca/>

Fédération acadienne de la Nouvelle-Écosse

<https://www.acadiene.ca/>

Halifax Partnership

<http://www.halifaxpartnership.com>

Immigrant Services Association of Nova Scotia (ISANS)

<http://www.isans.ca/>

YMCA of Cape Breton

<http://capebreton.ymca.ca/>

YMCA of Greater Halifax/Dartmouth

<http://www.ymcahfx.ca/>



PRINCE EDWARD ISLAND

Atlantic Immigration Pilot

<https://www.princeedwardisland.ca/en/information/office-immigration/atlantic-immigration-pilot-designated-employers>

Express Entry

<https://www.princeedwardisland.ca/en/information/pei-express-entry>

Provincial Nominee Program

www.immigratepei.ca

CAREER SERVICES IN UNIVERSITIES AND COLLEGES

Collège de l'Île

<https://www.collegeacadieipe.ca/en/>

Holland College

<https://www.hollandcollege.com/admissions/Assessment%20Services.html>

University of Prince Edward Island

<http://www.upei.ca/experientialeducation/career-services>

CONNECTOR PROGRAMS

PEI Connectors

<https://peiconnectors.ca/>

PEI Network

<https://peiconnectors.ca/>

OFF-CAMPUS ORGANIZATIONS

(These organizations provide services to international students, recent international graduates, Permanent Residents, and/or Canadian citizens.)

Atlantic Canada Study and Stay™

<https://atlanticcanadastudyandstay.com/>

La Coopérative d'intégration francophone (CIF)

<http://www.cifipe.ca/>

PEI Association For Newcomers To Canada (PEIANC)

<https://www.peienc.com/>

RDÉE ÎPÉ

<http://www.rdeeipe.net/english/rdee-pei-at-a-glance/>

Work PEI

<https://workpei.ca/>



WITH THANKS AND APPRECIATION TO OUR PARTNERS

This publication originated at Mount Saint Vincent University (MSVU) as a project undertaken by Career Services and Co-operative Education.

The expansion of this guide to include information and resources for all of Atlantic Canada was made possible with the support of the Atlantic Canada Opportunities Agency (ACOA).

We are grateful to the advisory committee, which was made up of representatives from across the university and college sector in the Atlantic provinces, as well as representatives from the provincial immigration offices, and Immigration, Refugees and Citizenship Canada. Their time spent reviewing and making suggestions was valuable in ensuring that the content is as complete as possible and is an accurate reflection of our individual areas.

MSVU will maintain this guide on an ongoing basis.
Any feedback can be sent to international@msvu.ca.



Atlantic Canada
Opportunities
Agency

Agence de
promotion économique
du Canada atlantique



Working and Staying in Atlantic Canada.

An International Student's Guide

SUMMER 2019