

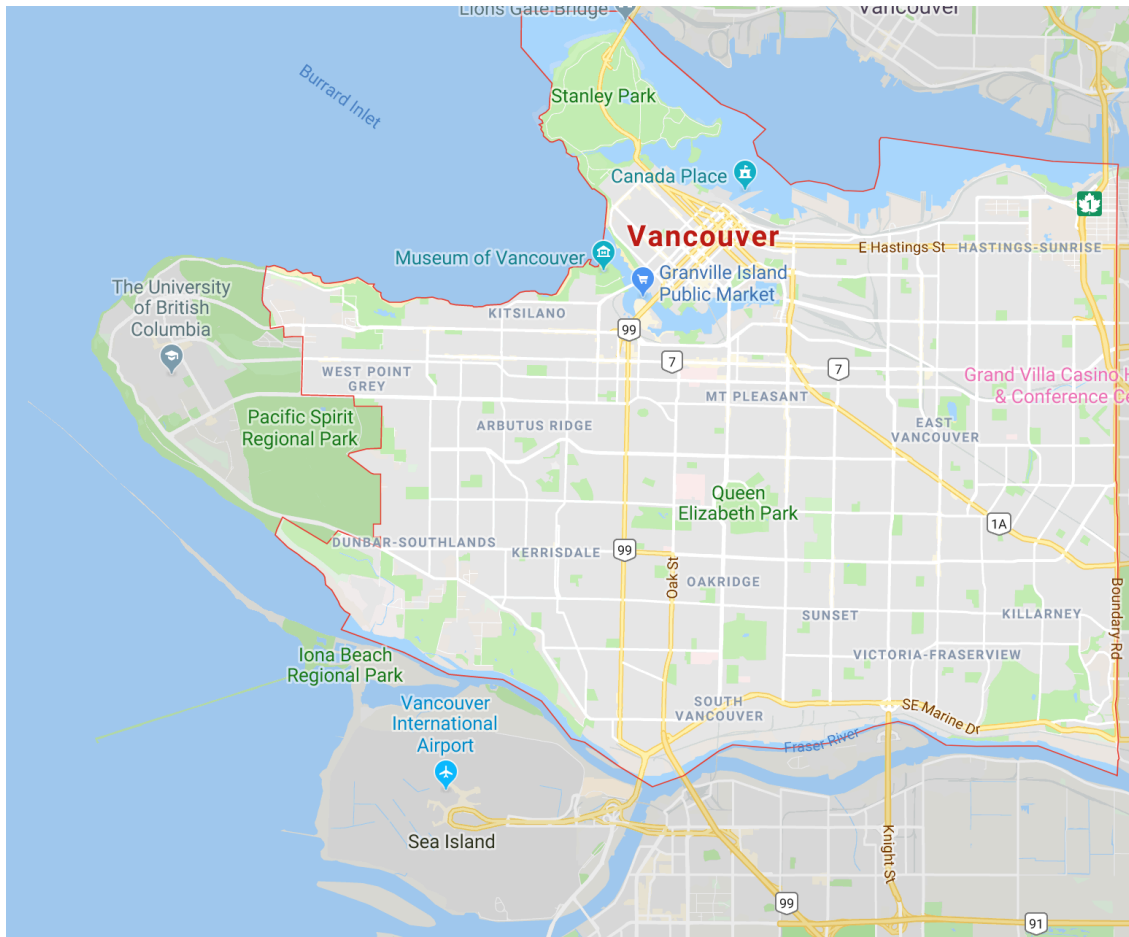
# Things to know about visiting Vancouver

## Where is Vancouver?

Vancouver is situated in South Western Canada in the province of British Columbia and lies on the coast of the Pacific Ocean where it is sheltered from any extreme weather by Vancouver Island.

## The airport to fly into is Vancouver International Airport (YVR)

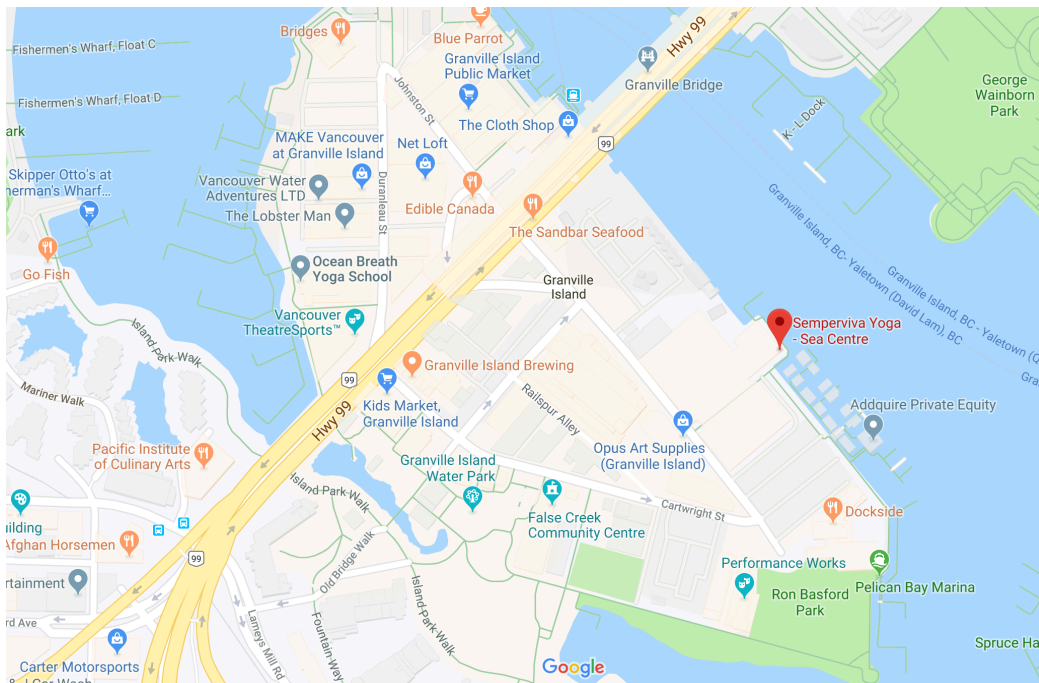
From there, there are 2 main ways to go: take a taxi, or take the Skytrain. The taxi will cost about \$35 Cdn (there is a fixed rate to various areas in Vancouver: no meter is used.) For Skytrain information, check the Translink website: [www.translink.ca](http://www.translink.ca).



## The hosting studio is Semperviva Sea Studio at Granville Island

Located at 200-1333 Johnston Street on Granville Island. To find the studio, go up the stairs to the second floor. If the door there is locked, come back down the stairs and use the elevator in the lobby. The phone number is (604) 739 2009.

Parking is free until 11am and there are spots right beside the studio. From 11 am to 6 pm, parking costs \$3/hour.



## Getting around

There are no ride-sharing companies in B.C., which means no Uber or Lyft. There are plenty of taxis and buses, however.

Yellow Cab – 604-681-1111

Black Top Cabs – 604-731-1111

For Bus and Skytrain information check the Translink website: [www.translink.ca](http://www.translink.ca).

There are also Car2Go, Zipcar, Evo and Modo. There is even a bike-sharing system called Mobi ([www.mobibikes.ca](http://www.mobibikes.ca)). Obviously if you're planning on renting a car, bringing your driver's license is essential, and even if you're not renting a car a driver's license is usually a good form of ID to keep on you if you'd rather not carry your passport around. If you are staying downtown, there are small ferries ([Aquabus](#)) that can bring you across the water to Granville Island. The Aquabus ferries operate from 6:45am to 10:00pm.

## Passports and Visas

Even our American cousins will need a passport to get into Canada! Also, know that if you have any criminal convictions on your record, even a driving under the influence conviction, you will need a special visa to get into Canada. Please look into this BEFORE you get on the plane, as we have had students turned back at the border or the arriving airport. This web site has more information: [www.ezbordercrossing.com/the-inspection-experience/prior-criminal-offenses/#.WCz2ineZPowok](http://www.ezbordercrossing.com/the-inspection-experience/prior-criminal-offenses/#.WCz2ineZPowok).

Canada has an agreement with a number of countries under a visa waiver program listed below:

Andorra, Antigua and Barbuda, Australia, Austria, Bahamas, Barbados, Belgium, Botswana, Brunei, Czech Republic, Cyprus, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Israel (National Passport holders only), Italy, Japan, Korea (Republic of), Latvia (Republic of), Lithuania, Liechtenstein, Luxembourg, Malta, Mexico, Monaco, Namibia, Netherlands, New Zealand, Norway, Papua New Guinea, Poland, Portugal, St. Kitts and Nevis, St. Lucia, St. Vincent, San Marino, Singapore, Slovakia, Solomon Islands, Spain, Swaziland, Sweden, Slovenia, Switzerland, United States, and Western Samoa, as well as British Citizens and British Overseas Citizens who are re-admissible to the UK.

This means that citizens of certain countries will not need to apply for a visa and will be granted entry for up to 6 months at the discretion of the immigration officer. The above list is not exhaustive, but all of the information on which countries are exempt can be found on the Citizenship and Immigration Canada website. If your country is not listed above, check the CIC website for information on the visa requirements for entry to Canada.

### **What's the weather like in Vancouver?**

Vancouver is renowned as being quite a wet city, though in actual fact out of all the major Canadian cities, it is the second driest (after nearby Victoria)! Compared to the rest of Canada, Vancouver has a very mild climate, year round, and rarely drops below freezing. Snowfall is also quite a rare occurrence in the city. The typical daytime high temperature in the summer is a pleasant 25C (77F) and during the height of summer rain is uncommon, not really starting until around October.

### **The geography of Vancouver**

Known for its amazing scenery, Vancouver is a city which certainly takes advantage of its great location. Sandwiched between the Pacific Ocean and the Coastal Mountain range gives the city a stunning backdrop, whilst on the North Shore just minutes from Downtown Vancouver is the North Shore Mountain range with ski resorts and spectacular views back towards the city and beyond.

### **Time**

Vancouver is in the Pacific Standard Time Zone, which is 8 hours behind GMT. There are times of the year when this reduces to 7 hours because the clocks change for summer far earlier than they do in the UK, for example.

### **Money & Currency**

The currency used in Vancouver is the Canadian Dollar, and credit cards are accepted just about everywhere. Travellers cheques, especially if in Canadian dollars are accepted in most places too. ATM's (Cash Machines) will be available at all banks and you can usually withdraw money from them using either your credit or debit card, if the latter has a Cirrus symbol on it. ATM's in public places usually have a much higher usage fee, so should be avoided if possible.

### **Health**

It's not a nice thought when you're on holiday, but things can go wrong. If you're a non-Canadian resident you must have adequate health insurance cover because although Canada has a very good health service, there are no free services for non-residents and charges can be very high.

### **Travel and Health Insurance**

Both travel and health (medical) insurance are strongly advised for your visit to Vancouver. Often you can buy packages which include both – travel, or trip insurance, obviously covers you for things like cancellation, lost baggage, repatriation and the like (though this will vary with each individual policy), and medical or health insurance covers you for medical care should it be required.

### **Why Should You Buy Travel Health Insurance?**

Because the Canadian healthcare systems are primarily in place for residents, non-residents requiring treatment must pay for the services they receive. These medical services are not cheap and fees can easily add up to thousands of dollars as you are charged for every little thing. Like all insurance covers it's a gamble – do you pay out and find everything is fine, or do you risk not paying out, only to find you then have a bill for thousands of dollars?! We recommend you bite the bullet and arrange health insurance at the time of booking your vacation.

## Clinics in Vancouver

There are a number of walk-in clinics that you can use in Vancouver for non-emergency treatment. Here are a couple that are close to the studio.

### **Broadway and Burrard Medical Clinic**

1816 Broadway W  
Vancouver BC  
V6J 1Y9  
(604) 736-1888

### **Granville Medical Clinic**

2578 Granville Street  
Vancouver BC  
V6H 3G8  
(604) 733-4700

### **Seymour Health Centre**

1530 7th Avenue West  
Vancouver BC  
V6J 1S3  
(604) 738-2151

### **Care Point Medical Centre**

1123 Davie Street  
Vancouver, B.C.  
604-915-9517

### **Yaletown Medical Clinic**

1296 Pacific Boulevard  
Vancouver BC  
V6Z 2V1  
(604) 633-2474

Also, try online **Skip the Waiting Room** web site to see what the wait times are at various walk in clinics: [bc.skipthewaitingroom.com/city/vancouver](http://bc.skipthewaitingroom.com/city/vancouver)

## Emergency Rooms in Vancouver

For emergencies and life-threatening illnesses, you should visit an emergency room. If you don't have your own transport or the situation is major, phone 911 for an ambulance. Three emergency rooms in Vancouver can be found at:

### **BC Children's Hospital**

BC Children's Hospital is located in the West Side, at 4480 Oak Street.  
Vancouver, B.C.  
604-875-2134

### **St Paul's Hospital**

St Paul's Hospital is located in the West End, at 1081 Burrard Street.  
Vancouver, B.C.  
604-806-8686

### **Vancouver General Hospital**

The Vancouver General Hospital is located in the West Side, at 855 W 12th Avenue.  
Vancouver, B.C.  
604-875-4995

## **Specialized health care**

### **Physiotherapists:**

Katrina Sovio at Alaia Physiotherapy  
997 Seymour Street, Suite #310, Vancouver  
604 812 4286

Dean Smith at West 4th Physiotherapy Clinic  
216-2211 W 4th Avenue, Vancouver  
604-730-9478  
info@west4thphysio.com

### **Osteopaths:**

Natalie Bestbier at [www.corelinkhealth.ca](http://www.corelinkhealth.ca), or  
Sarah Clinton at [www.sarahclinton.ca](http://www.sarahclinton.ca)  
Vancouver House of Osteopathy  
2184 West Broadway, Suite #435, Vancouver  
778-989-6787

Ian McCarthy at Macdonald Professional Centre  
105 - 2786 West 16th. Avenue, Vancouver  
604-732-0606  
ian@vancouverosteopathycentre.com

### **Acupuncture:**

Dr. Jian Chen-Bristol (Dr. TCM)  
3195 Granville St., Suite #202, Vancouver  
604 739-8287

Luc Ortelli at [marpolephysio.com/lucortelli](http://marpolephysio.com/lucortelli)  
8337 Granville Street, Vancouver  
604-263-4414

Dr. Ying at [411.ca/business/profile/13310027](http://411.ca/business/profile/13310027)  
4538 Kingsway, Suite 617, Burnaby  
604-435-3228

### **Myofascial treatment:**

Mark Finch  
202 – 3641 W.29th Ave, Vancouver  
604-222-9505

## **Bringing into the country**

### **Food Products**

Canada is very strict on visitors bringing in perishable and food products. Do not attempt to bring with you meat, eggs, dairy products, honey, fresh fruits and vegetables from anywhere else in the world.

### **Plants**

The importation of plants is also prohibited due to the potential for carrying disease.

### **Other Prohibited Items**

Many firearms as well as dangerous goods, mace, pepper spray etc are prohibited. If you are intending to bring anything like this with you to Vancouver, check the restrictions thoroughly before leaving home.