

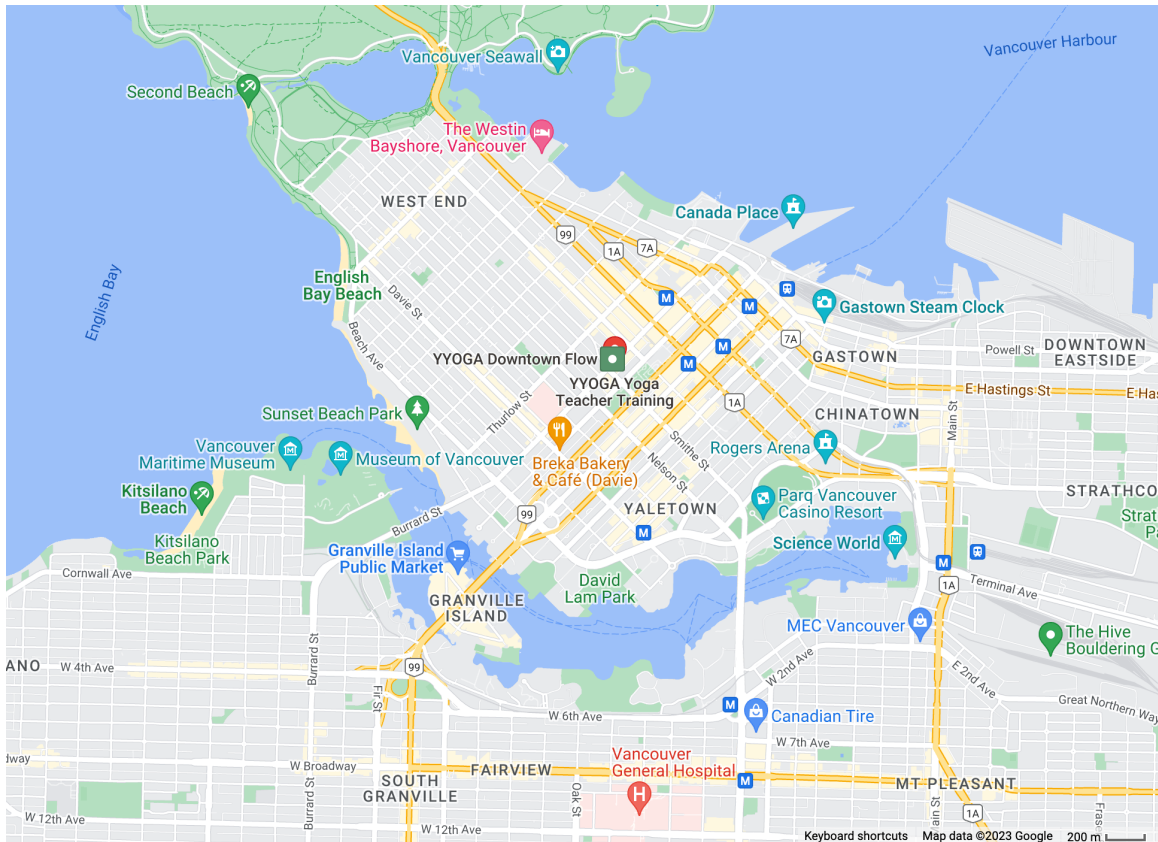
Things to know about visiting Vancouver

Where is Vancouver?

Vancouver is situated in Southwestern 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)

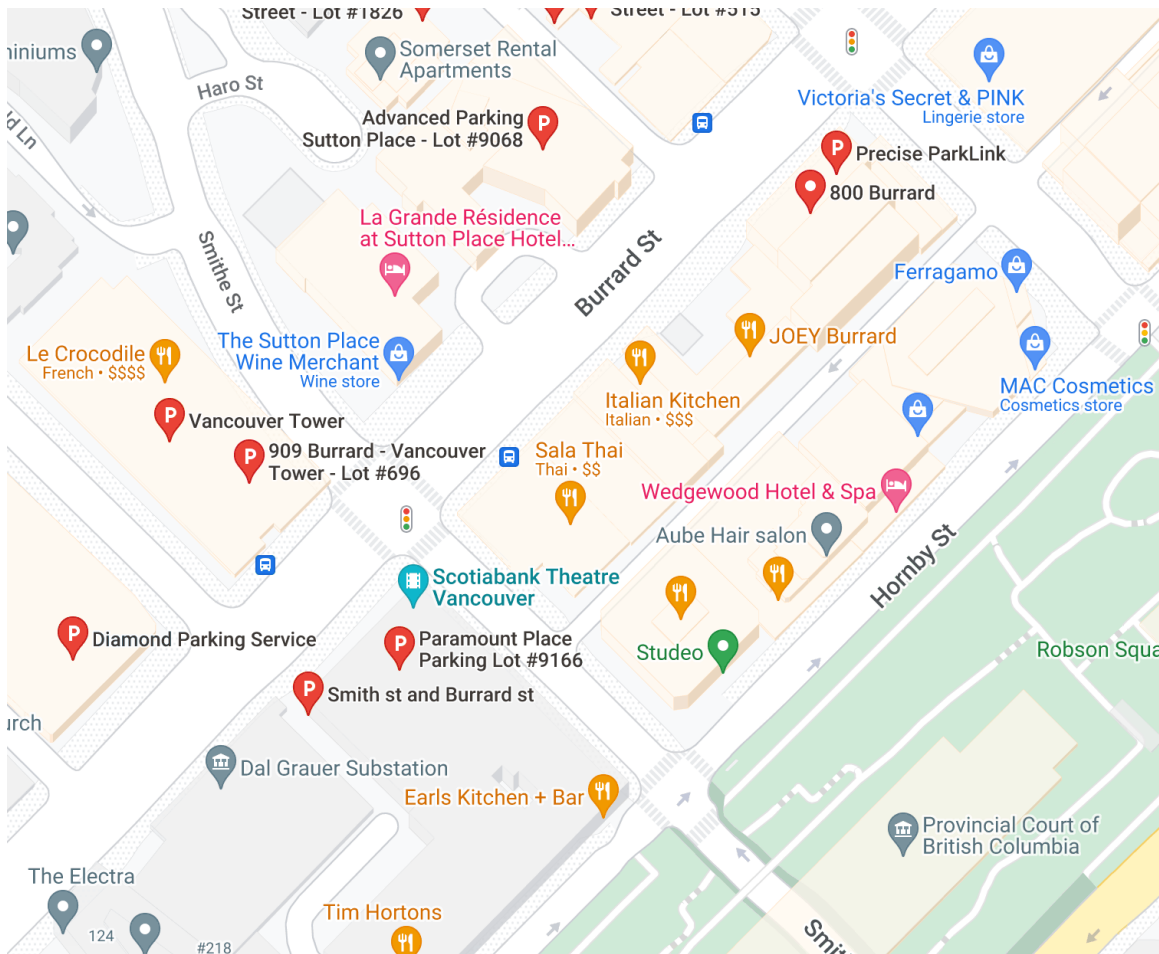
From there, there are 2 main ways to go: take a taxi or take the Skytrain. The taxi will cost \$36 Cdn not including a tip (there is a fixed rate to various areas in Vancouver: no meter is used.) For Skytrain information, check the Translink website: www.translink.ca.



The host is YYoga Studio Burrard – <https://yyoga.ca/bc/locations/downtown-flow/>

Located at 888 Burrard Street upstairs, above the Sala Thai restaurant. We will be in the Wind Room. If you are looking for yoga classes, the front desk staff can sell you a pass: mention that you are part of the Functional Anatomy training.

Parking may be challenging if you are not staying close by. There are underground parking lots nearby and we would suggest the one in the same block on Burrard Street as YYoga. There is another one kitty-corner in Vancouver Tower at 909 Burrard Street. Do not use the meter parking on the street as there is a limit of 3 hours, and no parking before 9:30 am or after 3 pm. Look for the red P in the map below to see the options.



Getting around

There are ride-sharing companies in B.C., now:

Uber: <https://www.uber.com/global/en/cities/vancouver/>

Lyft: <https://www.lyft.com/rider/cities/vancouver-bc>

And, there are plenty of taxis and buses.

Yellow Cab – 604-681-1111

Black Top Cabs – 604-731-111

For bus and Skytrain information check the Translink website: www.translink.ca.

There are also Zipcar, Evo and Modo car share programs. There is even a bike-sharing system called Mobi (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.

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.

If you are coming to Canada by plane, you will need either an eTA (electronic travel authorization) or a visa. Visitors from certain countries will be required to have a visa regardless of which mode of transportation they are using to come to Canada. More information can be found on this government website: <https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/entry-requirements-country.html#visaExempt>

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.

Seymour Health Centre

1530 West 7th Avenue, Vancouver
604-738-2151

Granville Medical Clinic

2578 Granville Street, Vancouver
604-733-4700

Maple Medical Clinic

103 – 2025 West Broadway, Vancouver
604-730-9769

Care Point Medical Centre

1123 Davie Street, Vancouver
604-915-9517

Yaletown Medical Clinic

1296 Pacific Boulevard, Vancouver
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

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:

St Paul's Hospital – Closest to YYoga

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

BC Children's Hospital

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

Specialized health care

Physiotherapist:

Katrina Sovio at Alaia Physiotherapy
310 - 997 Seymour Street, Suite, Vancouver
604 812 4286
info@alaia.ca
www.alaia.ca

Dean Smith or Jen Macpherson at West 4th Physiotherapy
216 - 2211 West 4th Avenue, Vancouver
604-730-9478
info@west4thphysio.com
www.west4thphysio.com

Osteopath:

Natalie Bestbier at Focus Integrated Health
245 - 2184 West Broadway, Vancouver
604-652-7719
info@focusintegratedhealth.com
www.focusintegratedhealth.ca

Sarah Clinton at Vancouver House of Osteopathy
435 - 2184 West Broadway, Vancouver
778-989-6787
osteo@sarahclinton.ca
www.sarahclinton.ca

Ian McCarthy at Jericho Integrated Clinic
3733 West 10th Ave. (West 10th and Alma St.), Vancouver
604-368-8799
<https://jerichohealth.ca>

Chiropractor and Registered therapists

Dr. Chelsea Berry at Qi Integrated Health
Sherine Bistawi
1764 West 7th Avenue, Vancouver
604-742-8383
info@qiih.ca
www.qiintegratedhealth.com/chiropractic
www.drchelseaberry.com
www.qiintegratedhealth.com/sherine-bishtawi

Acupuncture:

Luc Ortelli at Marpole Physiotherapy Clinic
220 - 8337 Granville Street, Vancouver
604-263-4414
Info@marpolephysio.com
www.marpolephysio.com

Dr. Plum Yi
407 - 4538 Kingsway, Burnaby
778-861-3999

Myofascial treatment:

Mark Finch at Fluent RMT
3641 West 29th Ave., Vancouver
604-222-9505
appointments@fluentrmt.ca
www.fluentrmt.ca

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.