



Handbook

Farmstay Experience



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Introduction

Welcome to our Farmstay Program Canada! Our partner is an international agency located in Vancouver, the capital city of British Columbia. They are active in the promotion of social development through language study, practical experiences and community involvement

This Farmstay Guidebook has been developed to provide you - our special participant - with information about our farmstay programs. When you arrive in Canada, you will receive a personalized orientation to this program, but please do not hesitate to contact us with any additional questions you have about our services or programs.

We look forward to supporting you throughout your journey in Canada! Best wishes and stay in touch.

With warm regards,

Our partner and WEP team

Our partner

1/ General Information

Address: #814-525 Seymour Street, Vancouver, BC V6B 3H7, CANADA

Office Hours: 10:00 am to 5:00 pm Monday to Friday. (Closed Sat. and Sun., and all statutory holidays.)

Phone: +1 (604) 602-1266

Toll-free: +1 (866) 977.1266 (in Canada only)

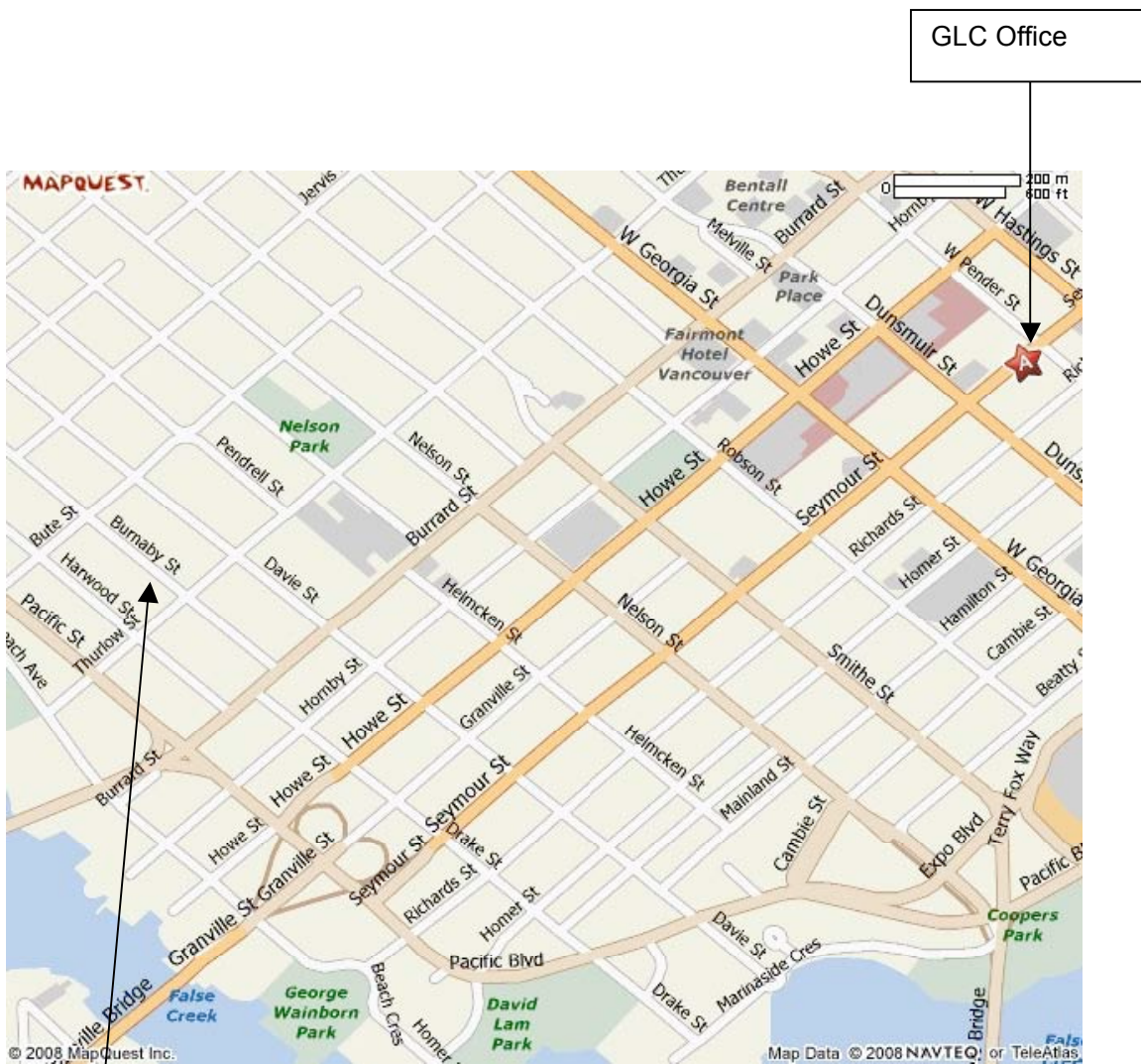
Fax: +1 (604) 602-1269

E-mail: info@globallifestyles.ca

Website: www.globallifestyles.ca

Emergency phone: (250) 217.4339

Please call the emergency phone in case of airport delays or any other travel problems. Please use it throughout your stay if you need to call us outside of office hours.



GLC Office

HI Vancouver
Downtown Hostel,
1114 Burnaby St.

2/ Services

1. Computer room: Participants receive unlimited access to computers during our office hours. Here you will often see people checking email, editing resumes, downloading or burning digital photos to CD, and doing internet research.
2. Printing service: Participants are welcome to print documents at 10 cents per page.
3. Photo service: All computers are equipped to download and burn digital photos to CD. Staff can assist but cannot be held accountable for errors in the downloading process. CD-RWs are available for purchase at the office for \$1.00.

Farmstay Program



Our partner offers a Full-Support Farmstay Programs that provide participants with an opportunity to enjoy the warmth of living with a Canadian family, while experiencing the day-to-day work of farming life. Outgoing and active participants can choose from a variety of farming lifestyles, including ranching, dairy farming, fruit and vegetable gardening, food processing, artisan craft sales and more.

In exchange for 25-35 hours of solid work per week, participants will receive free room-and-board for the duration of their farmstay. Work may involve such activities as feeding animals, planting and harvesting crops, light construction, cooking or making crafts.

As most farms are located some distance from the nearest city, participants should be aware that they are trading easy access to shopping and nightlife for a rural adventure in the Canadian countryside. Facilities and urban amenities will be minimal, but your days will be rich with the chances to meet new people, practice English and learn new skills.

If you are full of "cowboy" spirit...or if you want a natural experience in one of Canada's beautiful wide-open spaces, then the Farmstay Program is for you!



Farmstay Accommodation

Full-support Farmstay Program participants are matched with farm hosts who can not only involve you in farm activities, but also their family life. To guarantee comfort to you, we have pre-screened the families and visited their homes. In almost all cases, you will stay in a bedroom within the host's house (unless you feel comfortable in detached accommodation).

Image of country home



Image of camper accommodation



Types of farms

There are many types of farm placements from which you could choose. Our partner cannot always guarantee a placement on your first choice of farm, but we will try. Please look at the list below and consider all the types of farms you could visit. Think about the type of environment you'd like to live in; the skills you'd like to learn; and the crops or animals you are interested in.



< Maple farm in Quebec >

Type of Farm	Description of this type of farm
Agriculture-Exotic/New (limited)	Farms with such animals as llamas, ostriches, bison, deer, etc.
Agriculture - Traditional	Farms with livestock (dairy or beef cows; pigs; goats; sheep)
Apiculture (Bees)	Keep bees and produce honey
Arts/Crafts/Farmers Market	Aside from food products, pottery, glass, textiles, paintings, etc
Food processing	Makers of such things as cheese, baked goods, jams, jellies, etc.
Horticulture - fruit	Include tree/bush fruit: apples, peaches, apricots, cherries, plums and berries
Horticulture - ornamentals	Flower gardens, decorative shrubs and trees, etc.
Horticulture - specialty crop	Ginseng, Sage, culinary herbs, Christmas tree farms, etc.
Horticulture - vegetables	Variety of summer and winter vegetables, including carrots, corn, beets, beans, lettuce, spinach, turnips, garlic, onions, etc.
Poultry (limited)	Chicken, turkey, eggs. (consider risk of avian influenza)
Seeds	Collect vegetable/flower seeds; package and sell seeds.
Viticulture (wineries)	BC's wine industry centers in the Okanagan and Cowichan Valley.



< Llama farm on Vancouver Island >



< Organic vegetable garden, Victoria >

Farm Duties

A farmstay requires an open-mind, a willingness to help with a variety of tasks - some of them physically demanding. At the same time, our partner wants all farmstay participants to understand that this is a voluntary program. You will not be paid for your work, and you are free to say "no" to a task that appears dangerous or you do not feel capable of handling. Sample duties are:

- Feeding animals
- Handling/moving animals
- Building or fixing fences/cages
- Constructing buildings, etc.
- Using garden tools (rake, hoe, shovel)
- Operating larger machinery
- Planting, watering, harvesting ground crops
- Washing vegetables for market/sale
- Picking tree fruit and pruning trees
- Safely standing on a ladder
- Preparation and cooking of food
- Lifting heavy loads of dirt or wood
- Starting and maintaining wood fires
- Packaging seeds, salad greens, etc. for sale
- Cleaning and tidying the house



Physical fitness and suitable clothing

Raking, shoveling and hoeing require you to stand for long periods of time, using your arm, leg and back muscles. You might want to get into a physical fitness routine prior to joining the program. You will also want to wear a sturdy pair of shoes or boots for this work.

Getting dirty

If you will be taking care of animals, remember that you not only have to feed and groom them...you'll also have to clean their cages or pens. You should prepare to get dirty and wear clothes that can handle a bit of dirt.



Tools and machinery

Unless you have received special training in the use of tools, we do not recommend that you operate machinery on a farm. Big equipment can lead to some severe accidents...Some insurance companies do not cover injuries from "dangerous" activities.

Romance and reality

Farm work is not always romantic. Before joining a farmstay program, we suggest you emotionally prepare yourself for such things as animal slaughter or birthing of baby animals. If you do not feel prepared, please express these feelings at the time of your application.



What to Bring

We've seen all kinds of luggage, but the best for farmstay is a backpack. Here's what we recommend you put in it:

Clothing:

- suitable clothing for four (4) seasons
- t-shirts and other tops that can be layered
- long-sleeved fleece top
- old jeans or durable pants
- waterproof jacket and pants (cheap plastic ones are fine)

Footwear:

- walking shoes for casual gardening
- rubber boots or waterproof boots for heavier work
- sports socks
- wool socks (for colder, wet days)
 - * rubber boots can be purchased in Canada too. They're especially nice for wet days and colder greenhouse work.

Toiletries/First Aid:

- personal items (soap, shampoo, toothbrush/paste, deodorant)
- sun block
- insect repellent
- personal medications
- feminine hygiene products
- small first aid kit (bandages, antiseptic solution, antibiotic crème for cuts)

Accessories:

- sunhats and sunglasses
- torch/flashlight with extra batteries
- work gloves (cotton for gardening; thicker ones for heavy work)
- camera, film/memory cards and batteries
- towel and face cloth
- personal water bottles
- eye glasses, contacts and contact lens solution

For free time:

- journal and writing materials
- games, deck of cards, dice, board games
- books to read in spare time
- musical instruments
- soccer/football, Frisbee, or other sports equipment
- photo album of family and friends
- maps, compass (for orienteering and hiking)
- book on your hometown or country to share with hosts
- binoculars (optional)
- fishing gear (optional)
- bicycles (optional)

Regions of BC

Cariboo Chilcotin Coast: A vast region with wide-open spaces, a Cariboo Chilcotin farmstay takes you to real working ranches and rolling rangelands. In your off-time, enjoy hiking, fishing, First Nation's culture and the Cariboo goldrush. history

Kootenay Rockies: This is a mountainous region with friendly mountain communities. Not only popular for skiing and outdoor adventure, this region is also known for its "laid-back" healthy lifestyle.

Northern British Columbia: A region where you can encounter grizzly bears and glaciers, Northern BC is rich aboriginal heritage. Farmstays in this region would be most comfortable in late Spring or Summer.

Thompson Okanagan: Sandy beaches, warm lakes and lush orchards make this a vacation paradise. British Columbians come in search of the sun to relax, sip wine at festivals and enjoy fresh, tree-ripened fruit. Participants who want to pick fruit **MUST** visit.

Vancouver Coast & Mountains: The future site of the 2010 Olympic Games, this region offers high culture, cosmopolitan flair, alpine flowered meadows and beautiful, sunny coastline. It is also one of the most popular areas for farmstay, so book early.

Vancouver Island & the Gulf Islands: Home to BC's capital city, Victoria, this region offers charm and tranquility. Here you can find the world's most magnificent rainforests, miles of sandy beaches and cozy seaside villages. Canada's organic farm and slow food movements are strong here! Excellent destination for farmstays.

Yukon Territory: The Yukon is unique! Winter visitors to the Yukon are often treated to the magical sight of the Aurora Borealis (Northern Lights). Winter farmstays could involve dog sledding or winter guesthouses. Summer offers almost 24/7 daylight!

Maps of the BC Regions (<http://travel.bc.ca/map>)



Popular areas of Vancouver Island and Gulf Islands

Vancouver Island



North Central: Courtenay area is popular for its proximity to Mt. Washington mountain resort.

Pacific Rim: National Park with 14 kms of white sand beaches. Popular farms in Tofino and Fanny Bay.

Central Island: Includes Qualicum Beach, only area with warm ocean waters.

Cowichan Valley: One of Canada's major wine producing areas, this area's First Nation name means "the warm land."

South Island: Home of Victoria, farm lands abound in Sooke and Saanich.

Gulf Islands: Each with a unique local "culture" these islands are famous for slow life, artisan crafts, sheep and vegetable farms. Fun all year...and warm enough to garden in the winter!

Southern Gulf Islands



Valdes Island

Thetis Island

Kuper Island

Galiano Island: Popular destination amongst GLC participants.

Salt Spring Island: largest of Gulf Islands, famous for its summer market and huge sheep population.

Mayne Island

Pender Island: Home to some nice B&B resorts and a popular disk golf course.

Canadian Geography

Canada is globally recognized for its outstanding quality of life, stable, progressive political environment and one of the healthiest economies in the world. The United Nations has ranked Canada "the best country in the world in which to live" for eight consecutive years, and we love to share our clean, safe, beautiful country with visitors from around the world.

Landscapes:	Mountains, prairies, desert, Arctic Tundra, glaciers, valleys, foothills, rivers, lakes, ocean
Area:	over 9,976,000 sq km (3.9 million sq mi)
Capital City:	Ottawa, Ontario
Population:	30 million
People:	British descent (28%), French descent (23%), Italian descent (3%), aboriginal peoples (2%), plus significant minorities of German, Ukrainian, Dutch, Greek, Polish and Chinese.
Languages:	English, French, and 53 native languages
Religions:	Catholic (45%), Protestant (36%), and minorities of most major world religions
Government:	Parliamentary democracy
Major products:	Processed and unprocessed minerals, food products, wood and paper products, transportation equipment, chemicals, fish products, petroleum and natural gas.
Major trading partners:	USA, Japan, EU (UK, Germany, Netherlands), China and South Korea

* Information taken from Canadian Tourism Commission website

Provincial Tourist Information

If you like reading tourism brochures and trip-planning, the provincial and territorial tourism centers can provide you will excellent information. While in Canada, feel free to phone any of these offices for answers to your questions and trip-planning needs. The GLC office also carries a supply of brochures from each place below:

Alberta Tourism

www.explorealberta.com
1-800-661-8888 (from Canada and the US)

Tourism British Columbia

www.hellobc.com/
1-800-663-6000 (from Canada and the US)

Travel Manitoba

www.travelmanitoba.com
1-800-665-0040 (from Canada and the US)

Tourism New Brunswick

www.tourismnbcanada.com
1-800-561-0123 (from Canada and the US)

Newfoundland and Labrador

www.gov.nf.ca/tourism/
1-800-563-6353 (from Canada and the US)

Northwest Territories

1-800-661-0788 (from Canada and the US)

Nunavut

www.nunavuttourism.com
1-866-686-2888

Ontario Travel

www.tourism.gov.on.ca
1-800-668-2746 (English) 1-800-268-3736 (French)

Prince Edward Island

www.gov.pe.ca/visitorsguide
1-800-565-0267 (from Canada and the US)

Tourism Quebec

www.bonjourquebec.com
1-800-363-7777 (from Canada and the US)

Tourism Saskatchewan

www.sasktourism.com/
1-800-667-7191 (from Canada and the US)

Travel and Transportation

Inter-city Transportation

During your stay in Canada, we are sure you will want to do some traveling. As soon as you start this journey, the size of our country will probably feel overwhelming...and you might feel that budget and time are shorter than planned. In order to help you see different parts of the country, we have listed some of them most popular services amongst youth travelers.

By Bus

By far the most commonly used bus company is Greyhound. In fact, if you will be staying on farms or going to some areas of the country-side, the bus might be your only option. To save money, as them about the following discounts:

- Companion Fare: Buy 1 ticket, get 2nd for 50-75% off
- ISIC Card Discount: 25% Off
- Student Discount: 25%
- Go Anywhere Fare': Book 7-14 days prior to trip & save

www.greyhound.ca

www.moosenetwork.com

www.saltybear.com

By Ferry

www.bcferries.com

By Train

www.cn.ca

www.viarail.ca

Discount Travel Agencies

www.travelcuts.com

www.flightcentre.ca

Intra-city Transportation

There are many ways to get around cities in Canada. Most cities have affordable and easily accessible public transit systems (bus, sky train, subway, streetcar, etc.). You may also choose to ride a bicycle or even own or rent a vehicle during your stay in Canada.

Bicycling

Another easy and inexpensive way to get around is by bike. Most cities have designated routes and areas specifically for bike use only. Please note that in Canada, bicycles are considered VEHICLES (not pedestrians) and have to observe the same traffic laws and regulations as other vehicles. There are also strict rules regarding mandatory use of helmets and lights.

Hitchhiking

Hitchhiking is illegal in Canada and is strongly discouraged, as there are many potential dangers and risks. There have been a number of unsolved missing person cases related to hitchhiking activities. DO NOT HITCH-HIKE PLEASE!

Public Transportation

Most cities in Canada offers public transportation options. Public transit is one of the most economical and environmentally sound ways of getting around. You can pay with cash or you can purchase tickets, day passes, or monthly passes depending on your need. Transit system rider's guide is available in many public places.

Paying for Public Transit

You can pay for your ride with coins, but you might receive a discount or find it more convenient to pre-purchase sheets or tickets, one-day passes or monthly passes.

Knowing How to Get There

In British Columbia, information about public transit may be found at the general website: www.bctransit.com
From this site, you may select a city, then view route maps and time tables for each route.

In Vancouver, you may also call: (604) 953-3333

In Victoria, call BusLine at: (250) 382-6161

Driving

While public transportation is usually convenient and less expensive than other means of transportation, you may decide that you would like to own or rent a vehicle while you are in Canada. Most rental companies do not like to rent cars to customers under 25 years of age, and you **MUST** have a credit card to rent a car. Before buying a vehicle, consider your costs for insurance, gas, parking, and maintenance.

The International Driver's License is a translated document of a national driver's license which allows the motorist to drive in different territories without experiencing difficulties with various language barriers. This international driver's license is, however, valid only with the original driver's license. It is highly recommended that you obtain an international driver's license **BEFORE** your departure to Canada.

Renting a car

Hertz, Enterprise, Thrifty, Budget, and Avis are all large car rental companies in North America with numerous Vancouver and Victoria locations. Most companies require the driver to be 25 years old or older and present a credit card and valid drivers license when initially renting the vehicle (although final payment can be made with cash).

Avis	www.avis.ca
Budget	www.budgetcanada.com
Enterprise	www.enterprise.com
Hertz	www.hertz.ca
Thrifty	www.thrifty.com

Money and Banking

Currency Exchange

The currency system in Canada uses dollars and cents, similar to the U.S. system. It is always best to exchange your money at a recognized financial institution, bank, trust company or currency exchange. It is highly recommended that you convert some of your money prior to leaving home.

Bills and Coins

Canada now has one- and two-dollar coins, affectionately called the "loonie" and the "toonie", in addition to 1 cent, 5 cent, and 25 cent coins. The paper money comes in different colours and designs. The most common are \$5 bills (blue), \$10 bills (purple), \$20 bills (green), \$50 bills (red), \$100 bills (brown), and \$1000 bills (purple). You may still see some old red \$2 bills, which remain valid currency.

Credit Cards and Bank Machines

Travelers can also access Canadian cash through ATM's, although they will pay the standard user's fee. Other services add-in processing fees, reducing the actual rate of exchange. Major cards such as American Express, Diners Club, MasterCard and Visa are widely accepted in Canada. In addition, you can use any bank card for the Interac system with just about every automatic banking machine (ATM) in Canada, conveniently located at banks and other locations throughout most cities and at airports.

Major Banks in Canada

There are many banks in Canada, the major ones being BMO (Bank of Montreal), CIBC (Canadian Imperial Bank of Commerce), Royal Bank of Canada, Scotia Bank, and TD (Toronto Dominion) Canada Trust.

Each bank has its own service fee schedule and interest rates. It is a good idea to get as much information as you can before you decide at which bank you would like to open an account. For more information, please visit a bank branch or see individual bank websites:

Bank of Montreal:	www.bmo.com
Canadian Imperial Bank of Commerce:	www.cibc.com
Royal Bank of Canada:	www.royalbank.com
Scotia Bank:	www.scotiabank.com
TD Canada Trust:	www.tdcanadatrust.com

** If you need assistance in opening a bank account, our partner staff member would be happy to help.

Receiving Mail at our partner office

You may use our partner office as your permanent address if you plan on moving quite frequently. When having mail sent to our partner please ensure that your name is the primary recipient and your mail is sent 'Care Of' Global Lifestyles Canada. For example:

Ms. Susanna Moodie (Your Name)
C/O G.L.C.
#814-525 Seymour Street
Vancouver, BC V6B 3H7
CANADA

** Please note that your our partner program fee only covers the forwarding of mail that is the size of a normal envelope. All other mail (small packages, boxes, etc.), will be forwarded to you COD (Cash on Delivery) and you will need to pay the charges before receiving these larger items.

Cell Phones

There are many cell phone service providers across Canada. However, cell phone reception on many farms and in rural areas of Canada is not good. You should carefully research the "coverage area" before getting a cell phone in Canada. It is a good idea to shop around to find the plan that best suits your personal/ financial needs. Some people choose "prepaid" services to avoid contracts. Some of the major providers are:

Student Phones: www.studentphones.com
Bell Canada: www.bell.ca
Telus: www.telus.com
Rogers AT&T: www.rogers.com
Fido: www.fido.ca
Virgin Mobility: www.virginmobile.ca



Currently, Student Phones offers the best cell phone rates for students. Instead of going to each provider individually, Student Phones offers a range of deals from Fido, Rogers AT&T and Virgin Mobile. (Student Phones can be found at any TravelCuts venue, with locations across Canada: www.studentphones.com/locations.php.)

Your choice of phone provider will depend on whether or not you want to be able to receive international phone calls. Bell Mobility and Telus sell phones that only allow for calling within North America, while Fido and Roger's AT&T sell phones that allow for overseas communication. Also, if you want to activate a tri-band or quad-band cell phone that you have brought from home, only Fido and Roger's AT&T provide services to allow you to do so.

National Cell-phone Coverage

Since 93% of the population lies on the Canada/US border, rural areas of the country receive limited cell phone coverage. It may be difficult to make and receive phone calls from your cell phone if you are outside of populated areas. It is a good idea to check a company's coverage map before purchasing a phone. If you plan on spending a lot of time in rural Canada you want to ensure you go with a cell phone provider with the most towers. These maps are able to be viewed online or at the provider's venue.

Long-Distance Calls on Your Cell Phone

It may be a good idea to buy a long distance phone card to use with your cell phone to reduce the cost of lon distance calling. There are many inexpensive calling cards and by using them, you will only be charged the rate of a local call.

Insurance

Pharmacies and drug stores

In Canada many types of medication are available to buy without a prescription from a doctor such as pain relievers, muscle relaxants, cough syrup, vitamins and cold and flu medication. Pharmacists are available to talk to about your symptoms and can recommend what to take or if you should see a doctor. It is always best to talk to a pharmacist or doctor before taking any type of medication.

Medical

All Farmstay program participants are required to have their own international emergency medical insurance. Should you need to use this insurance in Canada, please remember to obtain the required documentation from your physician, including a description of the visit, a receipt for the payment, etc. Please if you are covered by the WEP insurance have a look on our website www.mywep.info in order to know how to fill a claim and the general conditions of this insurance.

Walk-in clinics

Most BC residents have their own family doctor, but for temporary residents and international visitors, it will be difficult to find a new physician. A walk-in clinic allows you to see a doctor without an appointment; many are available 7 days a week and have extended clinic hours. Waiting times vary, depending on the day and time.

When you visit a doctor with your travel insurance, expect to pay a basic visit fee of \$50~\$75 depending on the clinic. If you need to have a specific exam (pregnancy test, X-ray and etc) done in a clinic, you would have to pay an extra fee. For reimbursement from your travel insurance agency, you will need to obtain a receipt and doctor's certificate. Please if you are covered by the WEP insurance have a look on our website www.mywep.info in order to know how to fill a claim and the general conditions of this insurance.

Tobacco and Alcohol

There are many laws and bylaws governing smoking and drinking in Canada. Generally, smoking in public is frowned upon and most farm owners will ask that you do not smoke on their properties. If you are a smoker and/or a drinker, please read the following section carefully and respect your host's rules about smoking and drinking.

Food

Regional and Seasonal Availability: One of the most satisfying aspects of a farmstay program could be that fact that you get to eat the produce that you have harvested with your own hands. Since Canada is a large country with various climates, you'll likely find different items depending on the region and the season. Summer farmers' markets are also great places to find fresh, locally grown produce.

Tipping

Servers and bartends receive tips in Canada. Generally, tips for lunch are around 10% ~ 15% of total and around 15 ~ 20% for dinner, although you may leave more or less depending on the type of restaurant or quality of service you receive.

Holidays and Culture in Canada

Public Holidays in British Columbia

Holidays	2009	2010	2011
New Year's Day	Jan. 1	Jan. 1	Jan. 1
Good Friday	April 10	April 2	April 22
Victoria Day (Monday preceding May 25)	May 18	May 24	May 23
Canada Day	July 1	July 1	July 1
BC Day (first Monday of August)	August 3	August 2	August 1
Labour Day (first Monday of September)	Sept. 7	Sept. 6	Sept. 5
Thanksgiving Day (second Monday of October)	Oct. 12	Oct. 11	Oct. 10
Remembrance Day	Nov. 11	Nov. 11	Nov. 11
Christmas Day	Dec. 25	Dec. 25	Dec. 25

*Easter Sunday, Easter Monday and Boxing Day are not statutory holidays although some workplaces close..

Cultural Observances and Holidays

Canada is famous for its mosaic of cultures preserved by people with different ethnic backgrounds. You will see many examples of diverse cultures through special cultural celebrations such as the followings.

New Year's Day (January 1)

You might notice that many Canadians spend New Year's Day quietly at home recovering from New Year's Eve parties.

Chinese New Year (Late January or early February)

Chinatowns in Vancouver, Richmond, and Victoria celebrate the Chinese New Year in either late January or early February. The celebration is usually for 2 weeks, ringing in the new year with firecrackers, dancing dragon parades, and other festivities.

St. Valentine's day (February 14)

It originated in Rome in the 5th century as a day to honor St. Valentine, who was a priest during the reign of Emperor Claudius. Now, exchanging candy, flowers, and gifts is the custom for this romantic celebration day.

St. Patrick's Day (March 17)

An Irish celebration for St. Patrick, the patron saint of Ireland. Here in Canada it is primarily a secular celebration of all things Irish. You will see people wearing all/partially green and the shamrock.

Easter Holiday (April)

In Christian countries Easter is celebrated as the religious holiday commemorating the resurrection of Jesus Christ. In Canada, people attend a church service and have Easter dinner on Easter Sunday or Monday. Also, children (some adults, too!) enjoy an event like Easter egg hunt where they join in a search to locate chocolate eggs and other candies, hidden during the night by the Easter Bunny.



Victoria Day (May)

It is the official celebration of the birthdays of Queen Victoria and Queen Elizabeth II. The City of Victoria celebrates its namesake with an annual Victoria Day parade. The Victoria Day Parade is one of the largest parades in the Pacific Northwest and features floats and marching bands from across British Columbia, Washington and Oregon.

Canada Day (July 1)

The first of July is a special day for all Canadians; the Canadian federal government was created by the British North America Act in 1867. Today, it is a statutory holiday and activities such as hanging the Canadian flag on homes, community picnics and BBQ's, cake cuttings, red and white decorations and fireworks are seen across Canada.

Thanksgiving Day (October)

Thanksgiving Day is a day for giving thanks for blessings received during the year. The holiday is celebrated in Canada on the second Monday in October and people give thanks through feasting and prayer. Thanksgiving is usually celebrated, in family groups, at a traditional dinner including roast turkey, cranberries, potatoes, yams and pumpkin pie.



Halloween (October 31)

This is the time to transform yourself into anything you want to be! Originally, it was a Celtic festival of Samhain (sow-en), the Celtic New year and now is a fun holiday for all ages. There are many events in our communities like bonfires, Jack-o'-lantern (carved pumpkin) making, costume contests and etc. You will also see children in costume at neighbors' doors shouting "Trick or Treat" to collect candies.



Christmas Day (December 25)

Christmas is probably the most well known and important holiday for some. In Canada, some people celebrate by going to a church service, having Christmas dinner (commonly turkey) and decorating homes with holly, mistletoe and Christmas trees. Gifts and Christmas cards are exchanged.

