

# **METROWORTH CONSULTING (CANADA) LTD. WELCOMES YOU TO**



## **NEWFOUNDLAND AND LABRADOR**

# WHY NEWFOUNDLAND AND LABRADOR?

## Interesting / Fun Facts about Newfoundland and Labrador

Newfoundland & Labrador, one of the first places discovered in the New World, boasts a rich history. St. John's is considered to be the oldest city in English-speaking North America. With Cupids, being the oldest English Colony in North America, celebrating 400 years in 2010.

Our beautiful province is unique, as with any place. The dynamic people that live and populate this island enhance the natural beauty and add to the extensive culture, heritage that has been in existence for more than 5,000 years.

- Newfoundlanders were the first people to respond to the Titanic Sinking
- We have the oldest street in North America
- A Newfoundlander invented the gas mask
- Newfoundlanders were the first people vaccinated against Smallpox
- We have the longest continuous sporting event, the Annual St. John's Regatta
- Newfoundlanders were the first people in the world to have wireless communication
- We have the most pubs per square foot in North America, George Street, St. John's.

## A LITTLE ABOUT OUR GEOGRAPHY

Newfoundland and Labrador is the most easterly Province in North America. By plane we are only 5 hours from Houston, three from Toronto and 5 and a half from London and Our capital city shares the same latitude as Paris, France, and Seattle, Washington.

With the North Atlantic Ocean right at our doorstep, Newfoundland and Labrador offers is one of the best places in the world to view icebergs, hence the nickname "Iceberg Alley". Just off the coast, the meeting of the cool Labrador Current and the warm Gulf Stream creates an abundance of marine life that attracts thousands of whales, and provides rich nesting grounds for millions of seabirds.



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# WHY NEWFOUNDLAND AND LABRADOR?

## A GEOLOGICAL BEAUTY

The distinctive geological landscape of Newfoundland and Labrador draws scientists and rock hounds from across the world. It tells an amazing story of earth's evolution and is home to some of the oldest rocks in the world. Begin your journey at The Johnson GEO CENTRE, located in St. John's, carved out of the prehistoric rock of Signal Hill

If plate tectonics and a chance to step on rocks from the earth's mantle are of interest, visit the Tablelands in Gros Morne National Park while Torngat Mountains National Park in Northern Labrador is home to 3.9 billion-year-old rocks - some of the oldest in the world.

Mistaken Point Ecological Reserve on the Avalon Peninsula is home to wonderfully preserved fossils and petrified remains, dating back 565 million years. It's the oldest, most diverse assembly of multicellular life ever found on earth.

## MOTHER NATURE IN ALL HER GLORY



Dramatic coastlines, broad barrens, thick boreal forests, ancient rock formations, teeming seabird colonies, tiny alpine blossoms, and rich marine life are all part of our diverse natural heritage, Newfoundland and Labrador truly is nature in all its glory. Largely untouched and pure, from the island's rugged south coast and maritime barrens, through the islands of Witless Bay and Baccalieu and the Tablelands of Gros Morne National Park, to the

Torngat Mountain ranges and the sub-Arctic tundra of northern Labrador, the natural, wild beauty of this breath taking province surrounds you at every turn.

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## WHALES, BIRDS AND ICEBERGS

With 29,000 kilometres of coastline, it's not hard to spot ample of whales, seabirds, and icebergs. There are 22 species of whales alone, including the world's largest migrating population of humpbacks. Flying high above are, give or take, 35 million seabirds, which is why Newfoundland and Labrador is suitably named the seabird capital of North America. And if iceberg viewing is something on your list, Iceberg Alley is the finest on the continent to see these 10,000-year-old Iceberg's.

### **Check out:**

O'Brien Whale and Bird Tours,  
Bay Bulls, NL  
Tel: 1 (877) 639 4253  
[www.obriensboattours.com](http://www.obriensboattours.com)



## WILDLIFE

There's no lack of wildlife in Newfoundland and Labrador. The immaculate scenery and abundance of large and small game make for incredible sightseeing, by car or hike.

There are more than 120,000 moose and the population density in Gros Morne National Park is one of the highest in North America (so be cautious driving, especially at dusk or dawn). It's also home to one of the world's largest caribou herds and some of the continent's biggest black bears.

Visit a spectacular salmon ladder where migrating Atlantic salmon return to their spawning grounds on the Exploits River at the Salmonid Interpretation Centre, one of the most remarkable salmon enhancement projects in North America.

### **Check out:**

Salmonier Nature Park  
Salmonier Nature Park is located on the Salmonier Line (Route 90),  
12 km south of the Trans Canada Highway (Route 1) on the Avalon Peninsula of  
Newfoundland.  
Admission is free.

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# WHY NEWFOUNDLAND AND LABRADOR?

## IMPORTANT!!! – WATCH OUT FOR MOOSE ON OUR HIGHWAYS

*The following information provided by the Department of Environment and Conservation.*



- A road sign like "**Caution, moose next 11 kilometres**" means moose cross there frequently.
- The likelihood of injury is **twice as high between dusk and dawn** as compared to daytime.
- The risk of injury is higher for vehicles travelling at highway speeds, so please **keep to speed limits**.
- Having passengers in the vehicle doubles the risk of injury due to driver inattentiveness. Have passengers watch for moose too.
- Please remember, **seatbelts are mandatory**. Vehicle occupants who do not wear their seatbelts are eight times more likely to be seriously injured or killed in a moose-vehicle collision.

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# WHY NEWFOUNDLAND AND LABRADOR?

## Moose Are Unpredictable



- The average life span of a moose is approximately 12 years. There are about 125,000 moose on the island of Newfoundland, and most highways go through good moose habitat.
- Moose are great to look at - from a distance. If you see one on or near a highway, slow down immediately and prepare to stop. Like all wild animals, moose are unpredictable.

- Be sure the moose has either crossed the highway or gone back into the forest before resuming your drive.

## Use Extra Caution During Night Time Driving

- If you see a vehicle stopped on or near the highway, the driver may have spotted a moose, so be cautious. Avoid driving at night if possible, and if you must drive, slow down.
- Moose are extremely difficult to see at night. Scan both sides of the highway with your lights on high beam unless overtaking other traffic, and pay attention to warning signs.

## Why do moose use roadways?

- Roadways often run through areas of prime moose habitat. More importantly, roads tend to attract moose which come there to:
  - feed on the vegetation along the roadside;
  - gain relief from flies in the open windswept right-of-ways;
  - in winter, to travel roadways cleared of deep snow.
  - or simply to move from one part of the habitat to another

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## Can this be prevented?

- As long as there are moose in Newfoundland, they will be found on the highway. Data show that even in areas with very low moose density, moose are still attracted to roadways and can pose a hazard to drivers.
- Whistles, reflectors, and odour repellents to frighten big game from passing vehicles or keep them from roadsides have been tested in North America and Europe; so far none have proven to be effective or economically feasible.
- **Care and attention** when driving remains your best defense against a moose-vehicle accident.

## When do accidents occur?



- While accidents are reported year round, **more than 70% occur between May and October**. The three most critical months are June, July, and August.
  - The majority of **accidents occur between dusk and dawn**. This is the time when driver visibility is severely limited by darkness, and when moose are most active.
- Most accidents occur on clear nights. So to avoid an accident, when you drive, think Moose!

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## Where do accidents occur?

- Most of the Provincial highway system runs through good moose habitat. Thus, a driver can expect to encounter moose while travelling on any section of the Trans Canada Highway (TCH) or on any secondary roads.
- Many accidents occur on straight stretches of roadway.
- More accidents occur on certain sections of roadway. These HIGH-RISK areas are marked with moose crossing warning signs as illustrated.



## How can I avoid an accident?

- **Slow down** when driving at night. This will allow you more time to respond to a moose on or near the highway.
- Pay attention to **Warning Signs**; they mark **High-Risk** areas. These signs were placed along the roadways for **you!** Slow down and watch for moose.
- **Scan both sides of the road** ahead as far as possible, especially when you are in a posted High-Risk accident zone.
- The best way to avoid an accident is to spot the moose well in advance. Drivers report that in most accidents they did not see the moose until immediately before impact.
- Moose on the right side of the vehicle are avoided more often than those on the left because drivers concentrate more on the right. Therefore, it important to **scan both sides of the road**.



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- Use extreme caution whenever you see an animal. No matter what it appears to be doing or how far it is from the road, **slow down**.
- **Moose are unpredictable.** The moose you see standing calmly at the edge of the road could bolt in front of your vehicle at the last moment.
- **Don't let yourself be distracted.** A driver who is alone and concentrating on the road is less likely to strike a moose, than is a driver whose attention wanders while talking to a passenger.
- Remember most accidents occur **on clear** nights and on **straight road sections**, maybe because drivers are more cautious on curves or in poor weather.
- Keep your windshield and headlights clean.
- Drive with your headlights on high beam unless approaching, or overtaking, other traffic.
- Wear your seatbelts. Seatbelts save lives.

## HOW BIG IS NEWFOUNDLAND AND LABRADOR?

To put it in to perspective for you, Newfoundland and Labrador is twice the size of the United Kingdom, a bit smaller than California, a just a little bigger than Japan.

The island portion of the province covers 111,390 square kilometres (43,008 square miles) – making it bigger than the three maritime provinces of Nova Scotia, New Brunswick, and Prince Edward Island combined.



Including the mainland portion, Labrador, the province covers a total area of 405,212 square kilometres (156,453 square miles), with more than 29,000 kilometres (18,000 miles) of unspoiled coastline.

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## UNIQUE CITIES AND PEOPLE



The people of Newfoundland and Labrador are known world-wide for their generosity, warmth and hospitality. Even though our beautiful province is bigger than some countries, it certainly doesn't have the same crowded feeling due to the comparatively small population of 510,000 with one third of those living in the capital city, St. John's.

When it comes to scenery, Newfoundland and Labrador will provide you with viewing pleasure. Here, From the Arctic tundra to ancient mountain ranges, lush boreal forest, and rugged coastline, Newfoundland and Labrador offers unlimited opportunities for outdoor exploration in a pristine environment.

On our west coast, Gros Morne National Park is home to the Long Range Mountains and North America's northernmost part of the International Appalachian Trail.

## PLANT LIFE



The Pitcher Plant is Newfoundland and Labrador's provincial flower. It can be discovered in bogs and marshland amongst many other species of wildflowers and berries. If exclusive and unusual plants is what you're after, visit Burnt Cape Ecological reserve on the Great Northern Peninsula. The reserve is located along a coastline with fantastic limestone terrain which has been eroded by water. It's also the only place in the world where the Burnt Cape Cinquefoil develops, along with the threatened Fernald's Braya.

But of all the amazing surprises our scenery maintains, the most delightful just might be our sweet, fresh berries. Try a handful of blueberries, partridgeberries, blackberries or crowberries. Bakeapples, also called cloudberryes, are a

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local favourite. You'll find these unique, flavourful berries in everything from tarts and pies to jams and jellies. They're not only delicious but also plentiful, particularly in the drop of the season when you'll see berry pickers scattered along highways and country roads. In the summer, visit a U-Pick for a hand-selected pint of berry goodness, or ask a resident berry picker to reveal their favourite patch.

## **Check out:**

MUN Botanical Gardens  
306 Mt. Scio Rd, St. John's  
Tel: 1 (709) 864-8590

## OUTDOOR LIVING

### Signal Hill



A hill overlooking St. John's Harbour which has been given "National Historic Site" status. There are several hiking trails at Signal Hill National Historic Site of Canada, all of which boast panoramic views and captivating scenery. Bring appropriate footwear, a bottle of water, binoculars, a camera, and

explore the trails. Signal Hill's trail system also connects to the Grand Concourse which leads to most parts of the City of St. John's. 709-576-0040

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## **The East Coast Trail**

The East Coast Trail is a 540 km coastal hiking experience that takes you to the outermost reaches of North America. The Trail provides walkers and hikers with a special blend of wilderness adventure, outstanding natural beauty, wildlife, history, and cultural contact. (709) 738-4453

## **Cape Spear Light house**

The oldest surviving lighthouse in Newfoundland and Labrador is located at the most easterly point of land in **North America**. It has been restored to its 1839 appearance and shows how a lightkeeper and his family might have lived in the mid-19th century. The Visitor Centre contains exhibits on the history of lighthouses and the tradition of lightkeeping. The site is surrounded by spectacular scenery and wildlife such as whales, seabirds and icebergs in season.

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## Bowring Park

Located in the Waterford Valley, St. John's, Bowring Park, is one of the most scenic parks in the city. The park land was donated to the city in 1911 by Sir Edgar Rennie Bowring on behalf of Bowring Brothers Ltd. on their 100th anniversary of commerce in Newfoundland. When entering the park, take notice of the beauty of the sculptured duck pond and statue of Peter Pan. (709) 576-6134



### Bowring Park offers:

- Outdoor swimming area
- Splash park
- Playground
- Scenic walking trails
- Duck ponds
- Bungalow(for weddings /conferences etc.)
- Amphitheatre

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## MUSEUMS

### Johnson Geo Center

Cut from the ancient rock of Signal Hill in St. John's, Newfoundland & Labrador, the Johnson GEO CENTRE takes you deep underground to experience the story of planet Earth.

709-737-7880

### The Rooms

Immerse yourself in our culture at Newfoundland and Labrador's largest public cultural space. It's the place where it all comes together - our history, heritage and artistic expression. The Rooms unites the Provincial Archives, Art Gallery and Museum.

(709) 757-8000

### The Railway Coastal Museum

The Railway Coastal Museum's home is in the 107 year old train station building, located at 495 Water Street West in St. John's. It occupies the entire ground floor, and including the passenger platform. The two upper floors house the St. John's City Archives and Records, and the social rooms of the CN Pensioners.

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## NEVER ENDING NIGHT LIFE

### George Street

Located in the centre of historic downtown St. John's, George Street is one of the premier entertainment districts in North America. Amongst the 22 pubs, clubs and bars on George Street, you will find all types of music to listen to - Irish, blues, country, dance, rock and roll and traditional music.



## FOOD AND DINING

Known for our seafood and traditional dishes, Newfoundland offers an exciting world of dining options ranging from international flavours to local delights.

Though the fishery originated in the eastern region of Newfoundland, you'll find fresh, delicious seafood in practically every corner of the province. Try some wild Atlantic salmon straight from the Exploits River in Central Newfoundland. And regardless of where you end up on your journey, plan on a local favourite of fish & chips. The most famous, Ches's Fish & Chips, started in the 1950s.

If you'd rather enjoy a night out at one of our many fine-dining restaurants, you won't have to look far. St. John's has some wonderful options with a range of culinary adventures, from traditional meals to fresh-off-the-boat seafood, Asian favourites to exotic world and inventive, contemporary cooking. You can sample wild game throughout the province, but it's most common on menus along the Northern Peninsula and in Labrador. (Moose burger, anyone?)

With fresh, local ingredients, feast on some of the most unique recipes on earth. Recipes you've never heard of with names you'll never forget: cod tongues, doughboys, salt fish and brews, and toutons to name a few.

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# WHY NEWFOUNDLAND AND LABRADOR?

## SEAFOOD AND GAME

In a land that lives by the sea, taste the freshest food the ocean provides. Mouth-watering lobster, cod, halibut, salmon, and trout. Mussels, scallops, and shrimp. This morning's catch prepared for tonight's dinner - it's that fresh, and that's what makes the difference.

A culinary journey through Newfoundland and Labrador wouldn't be complete without a sampling of wild game. Find moose, caribou, bear, and rabbit prepared in both traditional and innovative ways.

## UNIQUE PRODUCTS

Ever tasted water or beer made from 10,000-year-old icebergs? Come to Newfoundland and Labrador and you can do just that. Quidi Vidi Brewing Company harvests icebergs and brews crisp, clean lager. For something stronger, there's Canadian Iceberg Vodka, Rum, and Gin, each bottled in Newfoundland and made from the charcoal-filtered and triple-distilled water of iceberg growlers and bergy bits.



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## ST. JOHN'S ICECAPS

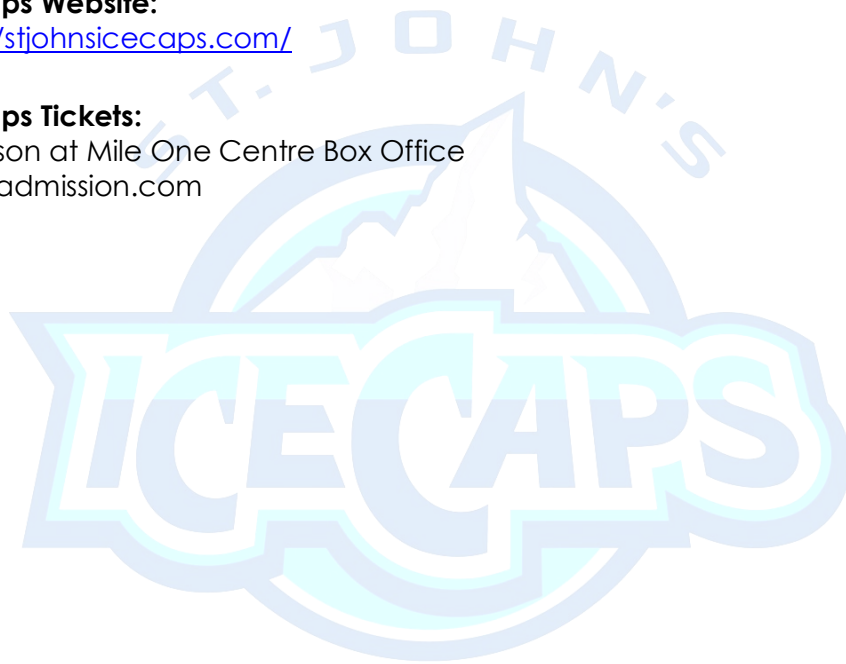
Be sure to catch a live AHL hockey game at Mile One with our very own St. John's Ice Caps. Whether it's a night out with the boys, or a family outing on Sunday afternoon, the St. John's are sure to impress with their fast paced games and impressive win record.

### IceCaps Website:

<http://stjohnsicecaps.com/>

### IceCaps Tickets:

In person at Mile One Centre Box Office  
[www.admission.com](http://www.admission.com)



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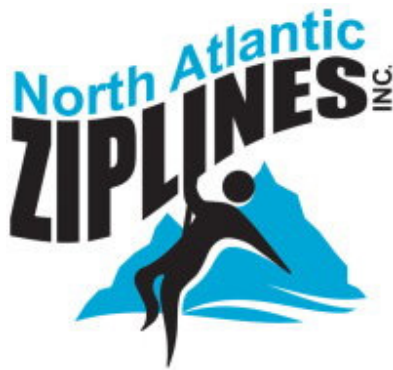
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## NEWMAN WINE VAULTS PROVINCIAL HISTORIC SITE

The Newman Wine Vaults represent the only historic wine vaults in Newfoundland and Labrador, and are a registered heritage structure and one of the oldest buildings in St. John's. The Newman's celebrated port wine was aged for centuries in the wine vaults onsite, beginning in 1679. Interpretive panels, tour guides, wine making and storage related artifacts are all featured.

**Contact Details:** 436 Water Street, John's, Newfoundland & Labrador, (709) 739-7870



## NORTH ATLANTIC ZIP LINES (NAZ)

NAZ is an Eco Adventure tourism business that plans to offer its clients an unparalleled adventure experience in eastern Newfoundland and Labrador.

Strategically located in the town of Petty Harbour, NAZ will offer the opportunity to soar along a rugged coastline and view a picturesque fishing village in a way that hasn't been seen before.

Throughout our zip line tours, guests will learn about the unique environment and culture of Newfoundland and Labrador. They will also have the opportunity to observe icebergs and watch Humpback Whales during the spring and summer months. This will be the only zip line in North America that allows its customers this opportunity!!

### Contact Details:

P.O. Box 436  
Petty Harbour, NL, A0A 3H0  
Phone: 709-368-8681  
<http://www.zipthenorthatlantic.com/index.html>

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IF YOU LIKE TO GOLF THEN TRY ONE OF OUR GOLF COURSES LOCATED IN ST. JOHN'S.



## **Bally Haly**

Phone: 709-726-4021

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

## **Pippy Park**

Phone: 709-753-7110

<http://www.pippypark.com/golfing.asp>

## **Clovelly**

Phone: 709-722-7170

<http://clovelly.ca/>

## **Glendenning**

Phone: 709-368-4747

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

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## ENJOY A SHOW!



YukYuksPhone:  
Phone: 709-726-9857  
<http://www.yukyuks.com/>



Spirit of Newfoundland  
Phone: 709.579.3023  
<http://www.spiritofnewfoundland.com/>



Arts and Culture Centre  
Phone: 709 729 3900  
<https://artsandculturecentre.com/Online/default.asp>



Mile One Centre  
Phone: (709) 758-1111  
<http://mileonecentre.com/main.asp>

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# WHY NEWFOUNDLAND AND LABRADOR?

## SOCIAL INSURANCE NUMBER

### **What is a SIN Number?**

The Social Insurance Number (SIN) is a nine-digit number that you need to work in Canada or to have access to government programs and benefits.

If you are a Canadian citizen, a newcomer to Canada or a temporary resident, you need a Social Insurance Number (SIN) to work in Canada or to receive benefits and services from government programs.

Children who are 12 years of age or older may apply for their own SIN.

Parents and legal guardians can also apply for a SIN for children under the age of majority of their province.

Each SIN is issued to one person only. It cannot legally be used by anyone else. You are responsible for protecting your SIN. Store your SIN card in a safe place. Do not keep it with you.

### **How do you apply for a SIN?**

You need to gather the documents you need and take them to your nearest Service Canada Centre. If your application and documents are in order, you will get a Social Insurance Number **in one visit** and receive your card within 10 business days.

#### **Documents required for temporary residents include:**

**Work permit** issued by Citizenship and Immigration Canada

**Visitor record** issued by CIC, indicating you are authorized to work in Canada.

#### **You will also need supporting documents which may include:**

A supporting document is a legal document indicating the name you currently use. It is required if the name on your primary document is different. Your supporting document must be an **original**, written in English or French.

In addition to your primary document, you will need to submit **one** of the following supporting documents with your application, if required:

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**Certificate of marriage, record of solemnization of marriage or marriage statement** (or a similarly titled document, depending on the issuing authority) to support your family name after marriage. (Note: This does not apply to Quebec residents, regardless of where they were married after April 1, 1981).

**Legal change-of-name certificate** or **court order document** issued in accordance with provincial name legislation.

**Adoption order** certified by a Canadian Court (applies to adoptions in Canada only).

**Notarial certificate**, also called **notarial adoption certificate**, issued by the country of origin of a child adopted abroad and used by the adoptive parents to have the SIN card issued in the adopted child's Canadian name.

**Request to Amend Record of Landing** issued by Citizenship and Immigration Canada and used to amend a Record of Landing or a **Confirmation of Permanent Residence document**.

All forms and ORIGINAL documentation can be delivered in person to the local Service Canada Centre located:

Building 223  
223 Churchill Avenue, Pleasantville  
St. John's, Newfoundland and Labrador  
1-800-O-Canada

More information can be found at  
<http://www.servicecanada.gc.ca/eng/sc/sin/>  
an application form has been included with this package.

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Government  
of Canada

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du Canada

PROTECTED WHEN COMPLETED - A

## SOCIAL INSURANCE NUMBER APPLICATION

### APPLICATION FOR A

- ☐ FIRST SOCIAL INSURANCE NUMBER CARD  
☐ REPLACEMENT CARD  
☐ LEGAL CHANGE OF NAME(S)  
☐ CHANGE OF STATUS  
☐ UPDATE TO RECORD (no card will be issued)  
☐ CHANGE TO THE EXPIRY DATE  
☐ OTHER - SPECIFY \_\_\_\_\_

FINDER NO	DATE
DO NOT WRITE IN THIS AREA	

### INFORMATION CONCERNING THE APPLICANT

PRINT CLEARLY IN BLUE OR BLACK INK

1	NAME TO BE SHOWN ON CARD	First Given Name	Other Given Names (to be printed on card)	Family Name
2	DATE OF BIRTH	Day	Month	Year
3	GENDER	<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Check if you are a twin, triplet, etc.	
4	MOTHER'S NAME (at birth)	Given Name(s)	Family Name	
5	FATHER'S NAME	Given Name(s)	Family Name	
6	APPLICANT'S PLACE OF BIRTH	City, Town or Village	Province	Country
7	APPLICANT'S FAMILY NAME AT BIRTH		8 OTHER FAMILY NAME(S) PREVIOUSLY USED	
9	HAVE YOU EVER HAD A SOCIAL INSURANCE NUMBER? <input type="checkbox"/> No <input type="checkbox"/> Yes		10 IF "YES", WRITE YOUR NUMBER HERE	
11	STATUS IN CANADA Check one of the following: <input type="checkbox"/> Canadian Citizen <input type="checkbox"/> Registered Indian <input type="checkbox"/> Permanent Resident <input type="checkbox"/> Other Are you currently residing in Canada? <input type="checkbox"/> Yes <input type="checkbox"/> No		12 Home Telephone Number Daytime Telephone Number	
13	MAIL TO (Address where you want your card to be sent)	In care of (if different than item 1) Number and Street Apartment No. City, Town or Village Province Postal Code		
14	If the applicant is under 12 years of age, the father, mother or legal guardian must sign and indicate his/her relationship. If you are a guardian, you must submit a document showing proof of legal guardianship. If "X" is used as a signature, have two witnesses sign here.			Date
APPLICANT'S SIGNATURE				

The name(s) formerly used will be maintained in the Social Insurance Number register. Information collected on this form is used for the purpose of issuing Social Insurance Numbers. Its collection is authorized by the Employment Insurance Act. For more details on the uses and rights concerning inspection and correction of the information, refer to the publication Info Source, Bank No. HRDC PPU 390, available in Human Resource Centres of Canada and major public libraries.

IT IS AN OFFENCE TO KNOWINGLY APPLY FOR MORE THAN ONE SOCIAL INSURANCE NUMBER AND TO GIVE OR LEND YOUR CARD TO ANYONE.

### DO NOT WRITE BELOW - FOR LOCAL OFFICE USE ONLY

A	ALL NAMES AS SHOWN ON PRIMARY DOC.	Given Names	Family Name	
B	DATE OF BIRTH AS SHOWN ON PRIMARY DOC.	Day	Month	Year
C	PRIMARY DOCUMENT SEEN	Abbreviation	D	NUMBER ON DOCUMENT
E	SUPPORTING DOCUMENT SEEN	Abbreviation	F	LOCAL OFFICE FAX NO.
G	FEE PAID	Amount \$	Receipt No.	CERTIFICATION STAMP
H	REMARKS / REASON FOR PRIORITY REQUEST			
				Usercode

NAS-2120-(04-11)

(Internet version)

Canada

# WHY NEWFOUNDLAND AND LABRADOR?



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## INSTRUCTION SHEET

A - Complete the application form.

B - You must provide an original primary document according to your status in Canada. Refer to leaflet "Documents you need to apply for a Social Insurance Number (SIN)" (IN-105).

C - If the name on your primary document is different from the name you are now using, you must also submit an original supporting document. Refer to leaflet "Documents you need to apply for a Social Insurance Number (SIN)" (IN-105).

D - If you are replacing your SIN card, you must pay a \$10.00 fee (subject to change). Make your personal cheque, bank draft or money order payable in Canadian funds to the RECEIVER GENERAL FOR CANADA. You may pay in cash at a Human Resource Centre of Canada. DO NOT MAIL CASH.

E - If you are a guardian, you must submit an original document showing proof of legal guardianship in order to sign an application form on behalf of the applicant.

The information contained in the vital statistics registers and the Citizenship and Immigration Canada records can be used to validate information that you provide with this application form when presenting a document originating from these sources.

If you are employed, it is important that the name and Social Insurance Number under which you are working are identical to the name and Social Insurance Number that appear on your card. This will ensure that your Canada Pension Plan and/or Quebec Pension Plan contributions are properly credited to you.

### TO APPLY IN PERSON

We encourage you to take your application and original document(s) to the nearest Human Resource Centre of Canada. Your application will be certified and your document(s) will be returned to you immediately.

### TO APPLY BY MAIL

If it is not convenient for you to apply in person, you may mail your application and original document(s) required, and fee if applicable, to the address below. Your document(s) will be returned with your card. PLEASE NOTE THAT WE ARE NOT ACCOUNTABLE FOR DOCUMENTS LOST IN TRANSIT.

Social Insurance Registration  
P.O. Box 7000  
BATHURST NB E2A 4T1

If your application is in order, you should receive your Social Insurance Number card in approximately three weeks. If you do not receive your SIN card within this period, please call 1 800 206-7218.

### FOR MORE INFORMATION

Visit the Service Canada Web site at [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) or dial toll-free 1 800 206-7218, select option "3".

DETACH HERE

DETACH HERE

DO NOT WRITE BELOW - FOR LOCAL OFFICE USE ONLY

PROTECTED WHEN COMPLETED - A



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### ACKNOWLEDGMENT OF APPLICATION FOR A SOCIAL INSURANCE NUMBER

The *Employment Insurance Act* requires a person to apply for a Social Insurance Number and to produce his/her Social Insurance Number card to his/her employer within three (3) days after having received it. However, the legislation does not prevent persons from working in insurable employment prior to being issued a Social Insurance Number and card.

Accordingly, this acknowledges that \_\_\_\_\_

☐ has applied for a first Social Insurance Number.

☐ has applied for a replacement card.

☐ has applied to change the expiry date.

Social Insurance Number \_\_\_\_\_

When the application is approved, the Social Insurance Number card will be sent to the address specified by the applicant at the time of application.

HRCC STAMP  
(DO NOT use SIN Certification Stamp)

Initials

Date

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(Internet version)

Canada

# WHY NEWFOUNDLAND AND LABRADOR?

## DRIVER LICENSE

### United States

People taking up residence from the United States can exchange their existing licence for a Newfoundland driver's licence without taking a written, vision or road test, provided:

- You are 17 years of age.
- Your existing licence is valid (not suspended, cancelled or revoked).
- Your licence, if expired, if expired not more than 5 years.
- If you are a 16 year old driver presenting a valid driver's licence from another jurisdiction which has a Graduated Driver Licensing Program, you will be placed in Class 5, Level I. If you have taken an approved driver education course, you will be given a 4 month credit and upon reaching 16 years, 8 months will receive a Class 5, Level II driver's licence. If you have not taken a driver education course you will remain at Level I until your 17th birthday, at which time you will graduate to a Class 5, Level II licence. A road test is not required since you would have already passed a road test in another jurisdiction, which Newfoundland recognizes.

If you are exchanging a commercial driver's licence (Class 1 - 4), you will also be required to complete a medical report. Blank medical forms can be obtained from the nearest Motor Registration office in your area.

### Other Countries

Germany, Austria, Switzerland, the United Kingdom (excluding Northern Ireland ) and the Republic of Korea - Class 5 (Passenger Vehicle Light Trucks Only), France (Class 5 and motorcycle).

People taking up residence can exchange their existing licence for a Class 5 Newfoundland driver's licence without taking a written, vision or road test provided:

- You are 17 years of age.
- Your existing licence is valid (not suspended, cancelled or revoked).
- Your licence, if expired, if expired not more than 5 years.
- If you are a 16 year old driver presenting a valid driver's licence from another jurisdiction which has a Graduated Driver Licensing Program, you will be placed in Class 5, Level I. If you have taken an approved driver education course, you will be given a 4 month credit and upon reaching 16 years, 8 months will receive

The logo for MCL CANADA, featuring the letters 'MCL' in a large, bold, sans-serif font, followed by 'CANADA' in a smaller, all-caps, sans-serif font.

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a Class 5, Level II driver's licence. If you have not taken a driver education course you will remain at Level I until your 17th birthday, at which time you will graduate to a Class 5, Level II licence. A road test is not required since you would have already passed a road test in another jurisdiction, which Newfoundland recognizes.

## All Other Locations

- You must be at least 16 years of age.
- You must complete a written, vision and road test.
- You will be given credit for the time spent as a licensed driver and may be exempted from the Graduated Driver Licensing Program.

## Contact information for Motor Vehicle Registration

149 Smallwood Drive  
Motor Registration Building  
P.O. Box 8710  
Mount Pearl, NL A1B 4J5  
Phone: 1-877-636-6867  
Fax: (709) 729-6955  
Hours: Monday to Friday 9:00am - 4:00pm

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# WHY NEWFOUNDLAND AND LABRADOR?

## ACCOMMODATIONS

Prior to your arrival into St. John's, we will help arrange for your temporary housing in a completely furnished apartment home or hotel. These locations are determined based on your individual needs and requirements.

We are currently using two property leasing agents who are eager to help you in any way. Their contact information can be found below.

### **Executive Property Rentals**

Wayne Polem  
www.Executive-Rentals.net  
Wayne@Executive-Rentals.net  
NL Phone: 709-383-0123  
NS Phone: 902-482-0981  
Office Phone: (888) 745-0570 / Ext. # 1  
Fax: (888) 745-1791

### **St. John's Executive Apartments**

Elaine Hann  
www.stjohnsexecutiveapartments.com  
elainehann@stjohnsexecutiveapartments.com  
Phone and Fax: 709-722-5247

### **St. John's Executive Suites**

Jordan Dicks  
jdicks@murraypremiseshotel.com  
Phone: 709-738-7773

You also have the option to seek housing yourself. Please see links below for rental properties available:

<http://stjohns.kijiji.ca/>

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

[http://www.rentdonkey.ca/St\\_Johns](http://www.rentdonkey.ca/St_Johns)

<http://newfoundland.craigslist.ca/apar/>

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# WHY NEWFOUNDLAND AND LABRADOR?

## VEHICLES

MCL has a business contract with Enterprise and we are happy to assist you with your choice of vehicle from a selected list, all the vehicles are in immaculate condition and are serviced regularly. All vehicles come with insurance for you and your spouse.

Enterprise is a business with qualified employees educated and career minded professionally attired individuals and will always treat you as the valid customer you are.

### **Enterprise Rentals**

1154 Topsail Road Mt Pearl (709) 739-6570  
229 Kenmount Road #101  
St. John's

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# WHY NEWFOUNDLAND AND LABRADOR?

## BANKING

There are 5 banks located across Newfoundland and Labrador. Below you will find the addresses and phone numbers for various branches of each.

### **Royal Bank (RBC)**

[www.rbc.com](http://www.rbc.com)

65 Elizabeth Ave	576-4545
337 Freshwater Rd	576-4577
226 Water St	576-4222
40 Aberdeen Ave	576-4700
664 Topsail Rd	576-4606

### **Bank of Nova Scotia (Scotia Bank)**

[www.scotiabank.com](http://www.scotiabank.com)

37 Rowan St	576-1199
21 Elizabeth Ave	576-1988
245 Water St	576-6000
272 Torbay Rd	576-7805
48 Kenmount Rd	576-1300

### **TD Canada Trust (TD)**

[www.tdcanadatrust.com](http://www.tdcanadatrust.com)

80 Elizabeth Ave	758-1850
140 Water St	758-5000
58 Kenmount Rd	758-5040

### **Canadian Imperial Bank of Commerce (CIBC)**

[www.cibc.com](http://www.cibc.com)

8 Rowan St	576-8777
Torbay Rd	576-8555
215 Water St	576-8800
48 Kenmount Rd	576-8877
15 Hamlyn Rd	576-8909

### **Bank of Montreal (BMO)**

[www.bmo.com](http://www.bmo.com)

384 Elizabeth Ave	758-2110
238 Water St	758-2080
370 Newfoundland Dr	758-2100

### **Public Service Credit Union**

[www.nlcu.com](http://www.nlcu.com)

403 Empire Ave	579-8210
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### **HSBC**

[www.hsbc.com](http://www.hsbc.com)

205 Water Street	722-8000
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# WHY NEWFOUNDLAND AND LABRADOR?

## CHILD CARE OPTIONS

There are many private and registered child care options available in St. John's, however, space is limited. Below you'll find the numbers for 3 registered child care centres.

### **Rainbow Daycare**

Phone: (709) 754-3000

2yrs old	\$200/wk
3yrs – kindergarten	\$175/wk
After school – 12yrs	\$100 – 135/wk

### **Little People's Workshop**

Phone: (709) 739-5496

2yrs old	\$200/wk
3yrs – 5yrs	\$175/wk
Afterschool	\$100/wk plus transportation costs

### **Precious People**

Phone: (709) 747-7529

2yrs – 5yrs	\$180/wk
Afterschool	\$90/wk

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# WHY NEWFOUNDLAND AND LABRADOR?

## EMERGENCY CONTACT NUMBERS

Emergency Services (Fire, Ambulance and Police)	911
The Health Science Centre (General Hospital)	709-777-6300
St. Clare's Mercy Hospital	709-778-3111
The Janeway Children's Hospital	709-778-4222

## Other useful Contact Numbers

St. John's International Airport	709-758-8500
Post Office	709-758-1003
Newfoundland and Labrador Tourism Office	709-729-2830
City Wide Taxi	709-722-7777
Budgens Taxi	709-726-4400
Jiffy Cabs	709-722-2222
North West Taxi	709-364-1451
The Sheraton Hotel Newfoundland	709-726-4982
The Delta Hotel	709-739-6404
The Capital Hotel	709-738-4480

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