

Struggles of International Students In Canada

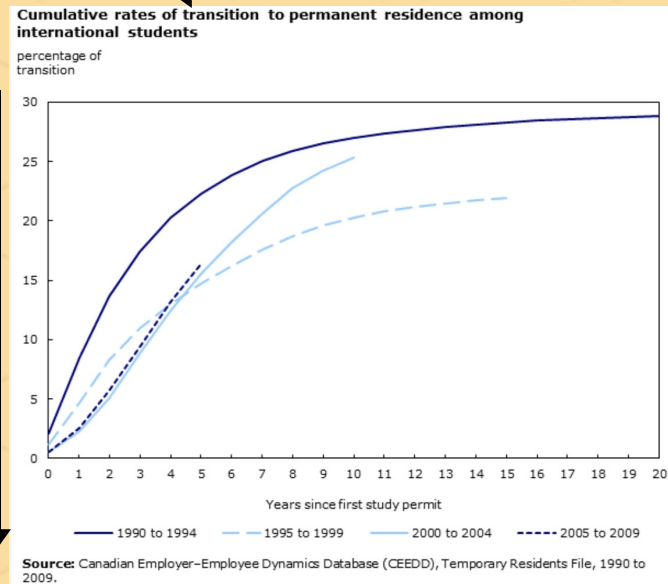
3 Major stressors



01 Status / Visa Problem



- International student visa only allows them to stay an extra 90 days from the expected graduation date.
 - Students stay in Canada while being pressured to finish their studies within their given time.
- Applying for PR is difficult
 - Hiring an agency is costly
 - The process time varies from 6 months to several years.
 - Government often requires the documents from your home country; getting certified translator also a work.



02 Racism and Discrimination



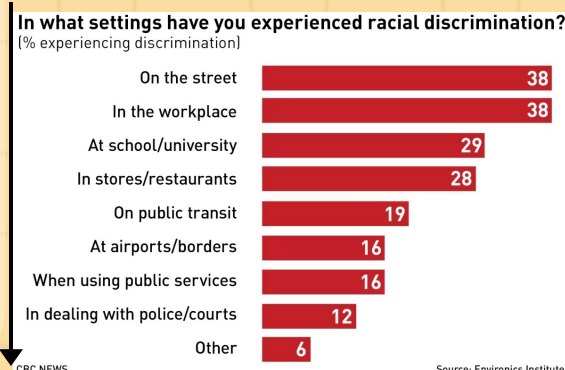
Two Major forms of Racism & Discrimination are Ethnic Stereotypes and Microaggression

- Ethnic & Cultural Stereotypes
 - Involves systemic beliefs about typical characteristics of individuals regarding a given ethnic group, status, and cultural norms
 - "You must be great at math", "You are not driving my car, you are Asian"
- Microaggression
 - Commonplace behavioral, verbal or environmental slights that communicate derogatory or negative attitudes against culturally marginalized groups.
 - "You are a credit to your race", "You are not Canadian, you are foreigner"

03 Language Barrier



- Understanding lectures and participating in class discussion are difficult. It requires international students to spend twice as much time studying for assignments and exams. Language barrier often leads to social isolation, depression, and low self-esteem
- Language barrier also prevents international students from seeking medical help, often causing them to return to their home country.
- Language barrier works as a prevailing preventing factor for international students from integrating and assimilating to their new culture



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4 Ways to Help!



#1. Provide a welcoming environment

Some International students may find it difficult to make friends in new cultural settings. Providing a welcoming environment helps them to get comfortable and engage in conversation easily.

Learning a few simple words in their heritage language and using them in conversation could also help them feel welcome.

#2. Language Support Programs

Language barrier is one of the most significant factors that prevent international students from enjoying their stay.

Providing language programs such as ESL classes, conversation clubs and writing center does not only help their academic success but also their overall experience abroad



#4. Housing Assistance

Work together with universities, organizations, and communities in the area to make sure that international students, particularly those new to the local market and unfamiliar with housing laws, have access to housing that is both reasonably priced and secure.

This also prevents international student from experiencing discriminations while looking for housings

#3. Cultural Integration Activities



Organizing and participating in cultural integration activities can foster cross-cultural understanding and friendships among people from different cultural background.

Some of the activities may include:

- International Food Festival
- Traditional Costume Fashion Show
- Global Film Night
- Cultural Etiquette Workshop
- Cultural Heritage Sites Tour



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