



Language Companion | ESL Literacy



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Sections of the Language Companion

The **Language Companion** includes six sections.



Canadian Language Benchmarks

Understand what you can do as you learn English.

My Canada

Learn about Canada.

Where I Live

Learn about your province and your community.

Helpful English

Learn helpful English words and phrases.

My Notes

Keep your daily classroom work in this section.

My Portfolio

Keep work that you and your teacher review to talk about your learning.

What is the Language Companion?



The Language Companion is yours.

The Language Companion belongs to you.
Put your name and the phone number of your school on it.
Bring it to each class.

The Language Companion has helpful information.

It can help you while you learn English.
It can help you learn about Canada.
Your teacher will help you use the Language Companion.

The Language Companion is a place to keep your work.

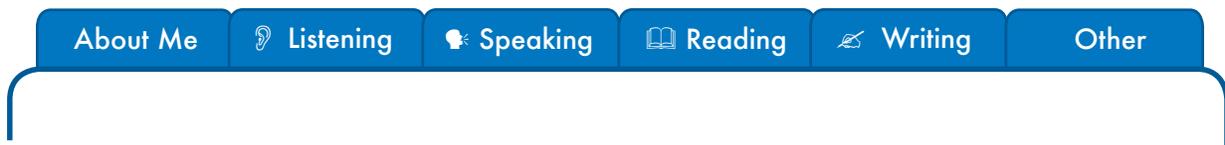
Put your work in the Language Companion.
You and your teacher will look at it to see how you are doing.

What is My Portfolio?

Your *Portfolio* will have information about you and your language learning goals. It will also have a collection of *some* of the work you do in your class.

It will include examples of your listening, speaking, reading, writing and numeracy. It can include other work that is special to you in the section called *Other*.

Your portfolio has six sections. You can organize your work in these sections.



Your teacher will help you decide what to put in your portfolio.

Your teacher will look at your portfolio to see how much English you are learning.

You and your teacher will talk about your language learning.

Your teacher will use your portfolio to write your progress report at the end of the term.





Canadian Language Benchmarks (CLB)

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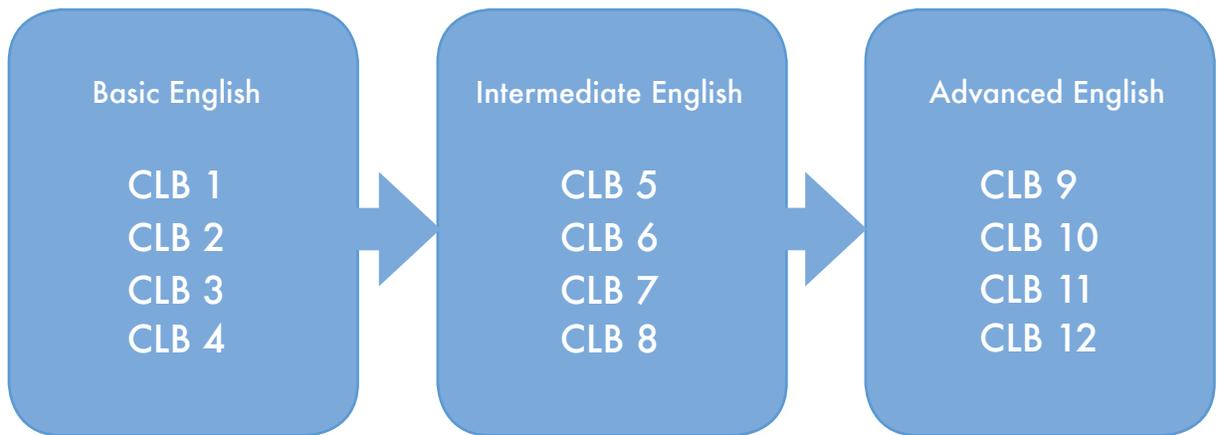
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Canadian Language Benchmarks

The Canadian Language Benchmarks (CLB) gives information about 12 levels of English.

12 levels of English



ESL Literacy

Students who did not go to school very much may go to an ESL Literacy class.

ESL Literacy students sometimes speak English at a CLB 1, 2, 3 or higher, but they need more help learning to read and write.

Teachers in ESL literacy classes give extra help with reading and writing.

ESL Literacy: Reading

Some things you can do in class

In the beginning

- Match letters that are the same
- Match lower to upper case alphabet letters
- Recognize my name and address
- Recognize very common signs, like the sign for washroom or exit
- Understand that each word is separated with a space
- Understand that I should read from left to right



Starting to read

- Read the alphabet in random order, in upper and lower case
- Read simple invitations, notes or stories with 1 to 5 very short sentences with pictures
- Read a number of common words, signs and labels by sight
- Read new words by sounding them out or using the pictures
- Read and follow simple, one-line instructions
- Know where to find information I need (like my address, postal code)
- Read a very short form that asks for information, like my name and address



Reading a little more

- Read simple notes, greeting cards and 1 to 4 step instructions
- Find information about people, places or events in a short simple text of up to 10 lines
- Use alphabetical order to find information in a directory
- Get information from a flyer or an advertisement



ESL Literacy: Writing

Some things you can do in class

In the beginning

- Hold a pen or pencil comfortably
- Copy the alphabet and the numbers 1 to 10
- Copy my name, address and phone number
- Print on a line and space out words
- Understand that I should print from left to right



Starting to write

- Copy from the board or an ID card, with proper spacing between words
- Write all the letters of the alphabet
- Write some sight words from memory
- Use sounding out, or phonics to try to spell words
- Write a few words to fill in the blanks, and write a short list
- Write 1 to 3 very short sentences about myself
- Use capital letters for names and places
- Use a period and a question mark at the end of a sentence
- Write a short message in a greeting card
- Fill out a very short form with personal information

Writing a little more

- Copy information for my own use (for example, details about a job)
- Write short notes with correct spelling and punctuation (for example, to notify a boss or teacher that I am sick)
- Write a few sentences to give information or to describe my ideas or feelings
- Fill out short forms

ESL Literacy: Numbers

Some things you can do in class

In the beginning

- Read and print the numbers 0 to 20
- Count to 100 and put the numbers in order
- Tell time to the quarter hour
- Read a thermometer
- Read a ruler, measuring cup and a scale
- Know how much each Canadian coin and bill is worth
- Read simple prices at the store
- Add and subtract small money amounts



Understanding numbers more

- Count by 1's, 2's, 5's, 10's, 25's and 100s
- Read and write numbers up to 100
- Use simple addition, subtraction, multiplication and division
- Solve simple problems with fractions and decimals
- Tell and read time to the minute
- Read, write and order the months, days and years; write the date in words or numbers
- Use measurement tools, like a ruler, tape measure, scale
- Understand the metric system of measurement
- Count money, make change, and check over a receipt when I buy something
- Write a cheque
- Use a debit card
- Use a calculator



Canadian Language Benchmarks



Listening



At this Benchmark, I can:

- understand a few words and very simple phrases
- understand common polite phrases

When:

- I can see the person
- the person speaks slowly and helps me understand
- the person uses pictures or gestures
- the person speaks about things I know or need

- Understand very simple greetings and introductions.



- Understand very simple requests.



- Follow very short, simple instructions.



- Understand very simple information.



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At this Benchmark, I can:

- understand very short, simple sentences

When:

- I can see the person
- the person speaks slowly and helps me understand
- the person uses pictures or gestures
- the person speaks about things I know or need

- Understand greetings, introductions, and some questions in very simple social conversations.



- Understand some simple requests and warnings.



- Follow simple instructions and directions.



- Understand simple information.



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At this Benchmark, I can:

- understand most simple sentences

When:

- I can see the person
- the person speaks at a slow to normal rate and helps me understand
- the person often uses pictures or gestures
- the topic is familiar

Interacting with Others

- Understand very short, simple social conversations (including greetings, introductions and endings).

For example:

- an apology from a friend
- an introduction to a new co-worker

Getting Things Done

- Understand common requests, warnings, and permission.

For example:

- a request for a day off work
- a request to borrow a book

Comprehending Instructions

- Follow 2- to 4-step common instructions and directions.

For example:

- instructions for a classroom activity
- directions to a washroom

Comprehending Information

- Understand short descriptions of a person, object, situation, personal experience, or routine.

For example:

- a description of a family photo
- details of a birthday party





At this Benchmark, I can:

- understand some simple formal and informal communication
- understand conversations about familiar topics

When:

- I can see the person
- the person speaks at a slow to normal rate and helps me understand
- the topic is familiar

Interacting with Others

- Understand short social conversations that include small talk.

For example:

- informal chat with a colleague about weekend plans
- a description of household tasks

Getting Things Done

- Understand common persuasive requests.

For example:

- a short simple commercial
- a sales clerk giving reasons to buy a more expensive product

Comprehending Instructions

- Follow 4- to 5-step common instructions and directions for familiar everyday situations.

For example:

- directions for a simple recipe
- simple instructions from a doctor

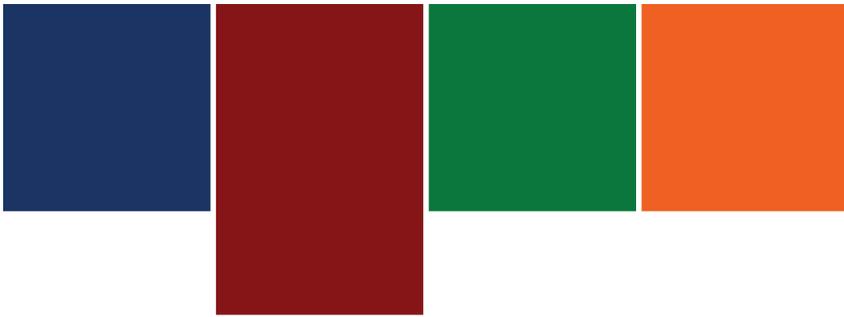
Comprehending Information

- Understand short descriptions or stories.

For example:

- a very short, clear weather report
- a classmate's story about shopping





Canadian Language Benchmarks



Speaking



At this Benchmark, I can:

- say a few words and very simple phrases
- say the alphabet, names, numbers, times, and dates

When:

- I can see the person
- the person helps me
- I can use pictures and gestures

- Say very simple greetings.
- Give a very simple introduction.



- Make very simple requests.



- Give very short, simple instructions.



- Answer very basic questions about myself.
- Ask simple questions about a person.



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At this Benchmark, I can:

- say simple phrases and some very short, simple sentences
- talk about some very common, everyday things

When:

- I can see the person
- the person helps me
- I can use pictures and gestures

- Start short social conversations with greetings and end with goodbyes.

- Give a simple introduction.



- Make simple requests.

- Say simple warnings.



- Give short, simple instructions.



- Give basic information about myself.

- Ask for basic information about another person.

- Describe a familiar thing (size, colour, number).



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At this Benchmark, I can:

- say short, simple sentences
- talk about some common, everyday things I need and about my experiences
- begin to use basic grammar and sometimes connect my ideas

When:

- I can see the person
- the person sometimes helps me
- I can sometimes use pictures and gestures

Interacting with Others

- Have very short, simple social conversations.
For example:
 - introduce myself to a new person
 - talk to a receptionist about my appointment

Getting Things Done

- Make and respond to simple polite requests.
For example:
 - ask if I may do something
 - ask someone to help me
- Give very short, simple warnings, cautions, and apologies.
For example:
 - tell someone to be careful

Giving Instructions

- Give simple 2- to 3-step instructions and directions.
For example:
 - tell a new student where to sit
 - give directions to the classroom

Sharing Information

- Ask for and give simple information about things I need and things I do.
For example:
 - tell the doctor how I feel
 - talk about what I did yesterday
 - talk about my plans
- Describe things, people, and situations in a few short sentences.
For example:
 - describe my home
 - describe a person in my family

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At this Benchmark, I can:

- give simple information about common everyday activities, experiences, needs, and wants
- use basic grammar and connect my ideas

When:

- I can see the person or talk very briefly on the phone
- the person sometimes helps me
- I can sometimes use pictures and gestures

Interacting with Others

- Have short, casual social conversations.
For example:
 - introduce 2 people to each other
 - talk about the weather with a co-worker
- Talk briefly on the phone.
For example:
 - start and carry on simple telephone conversations and end the calls
 - leave short, simple telephone messages

Getting Things Done

- Make and respond to polite requests.
For example:
 - ask for information about services
 - ask for help when I am shopping
 - ask for a day off

Giving Instructions

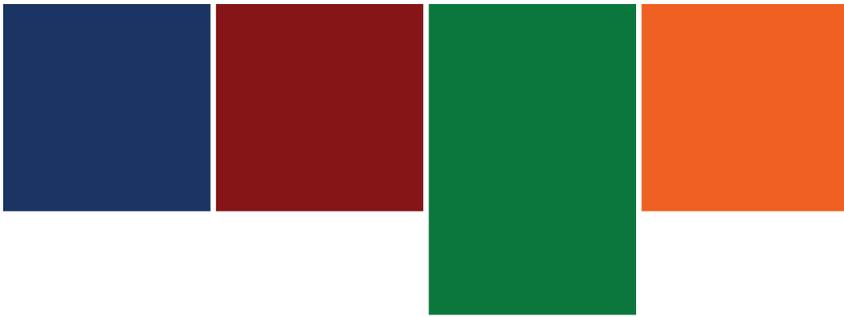
- Give simple 4- to 5-step instructions and directions.
For example:
 - give directions to a familiar place
 - give instructions on how to set an alarm clock

Sharing Information

- Ask for and give simple information about my needs and feelings.
For example:
 - tell a classmate how I am feeling
- Describe personal experiences and situations using 5-7 sentences.
For example:
 - describe my day at work
 - say what happened on my favourite TV show

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Canadian Language Benchmarks



Reading



At this Benchmark, I can:

- read the alphabet
- read numbers
- read some very common, everyday words

When:

- the topic is very familiar
- there are many pictures
- the words are very easy to read
- I use a dictionary in my language

- Understand some words and phrases in very short, simple messages.



- Understand very short, simple instructions.



- Find some information in very short, simple signs, maps, and forms.



- Understand very simple information.



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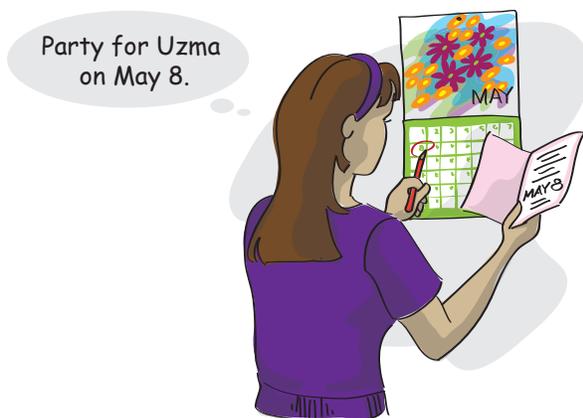
At this Benchmark, I can:

- read common, everyday words and phrases
- read some very short, simple sentences

When:

- the topic is very familiar
- there are some pictures
- the words are very easy to read
- I use a dictionary in my language

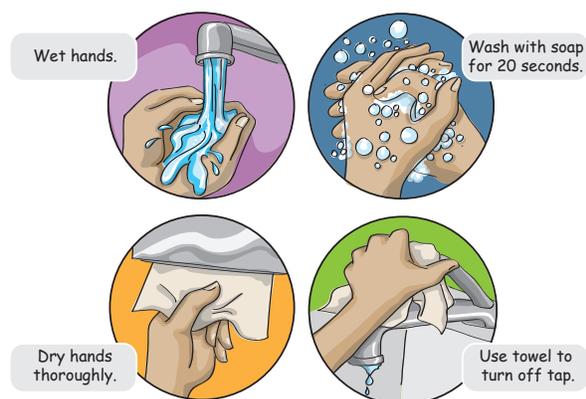
■ Understand very short, simple messages.



■ Find some information in very simple forms, maps, signs, and labels.



■ Understand short, simple instructions with up to 4 steps.



■ Understand simple information about everyday topics.



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At this Benchmark, I can:

- read short, simple sentences
- understand some information in short, simple paragraphs

When:

- the topic is familiar
- there are some pictures, charts, or diagrams
- I sometimes use a dictionary in my language

Interacting with Others

- Understand very short, simple social messages.

For example:

- a short note from my teacher
- a short email with the details for an appointment

Getting Things Done

- Find some information in simple forms, tables, and schedules.

For example:

- bus schedules

- Find some key information in short business texts such as flyers, form letters, and brochures.

For example:

- a flyer with information about a sale

Comprehending Instructions

- Understand simple instructions with about 5 steps, often with pictures.

For example:

- directions to the bus stop
- steps to take care of someone's house while the person is away

Comprehending Information

- Understand the main idea and some important information in short, simple paragraphs.

For example:

- a story about my neighbourhood

- Find simple information in dictionaries and encyclopedias.

For example:

- a word in an online bilingual dictionary

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At this Benchmark, I can:

- understand short, simple paragraphs

When:

- the topic is familiar
- there are sometimes pictures, charts, or diagrams
- I sometimes use a dictionary in my language

Interacting with Others

- Understand simple social messages.

For example:

- an email from a friend with the reason they didn't come to class
- a letter with news from a friend

Getting Things Done

- Find information in simple forms, tables, schedules, and directories.

For example:

- telephone numbers in an online directory

Find and compare information in short business texts such as brochures, notices, form letters, and flyers.

For example:

- two simple brochures about travel

Comprehending Instructions

- Follow simple instructions with about 6 steps and with some pictures.

For example:

- simple recipes
- instructions for playing a simple game

Comprehending Information

- Understand and compare some important information in 2-3 short, simple paragraphs.

For example:

- factual description of a company (its location, when it started, how many people worked there, etc.)
- information about 2 different apartments

- Find information in dictionaries and online encyclopedias.

For example:

- information for a class project in an online encyclopedia





Canadian Language Benchmarks



Writing



Canadian Language Benchmarks
Can Do Statements

Writing **Benchmark 1**

At this Benchmark, I can:

- write the alphabet and numbers
- write some very common, everyday words

When:

- the topic is very familiar
- someone helps me
- I write for a familiar person

■ Write very short, simple social messages.



■ Complete very short, simple forms.



■ Copy numbers, simple lists of words, or very short, simple sentences.



■ Complete 3-5 very short, simple sentences about me.



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Canadian Language Benchmarks Can Do Statements

Writing **Benchmark 2**

At this Benchmark, I can:

- write simple phrases and some very short, simple sentences
- write very common, everyday words

When:

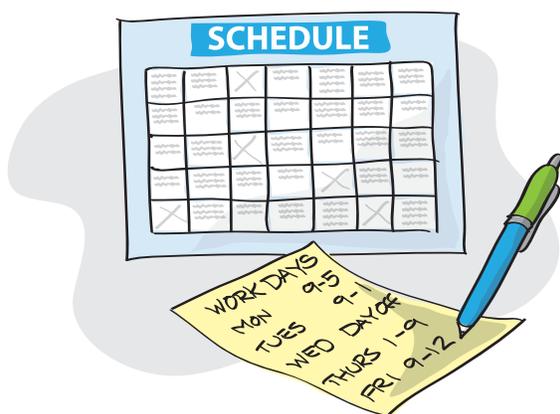
- the topic is very familiar
- someone helps me
- I write for a familiar person

■ Write short, simple social messages.



■ Copy 3-5 short, simple sentences.

■ Copy lists with 10-15 items.



■ Complete short, simple forms.



■ Write a few words to complete short sentences or answer questions about me.



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At this Benchmark, I can:

- write short, simple sentences
- write common, everyday words
- use capital letters and some simple punctuation

When:

- the topic is familiar
- I write for a familiar person

Interacting with Others

- Write short, simple social messages to someone I know.

For example:

- an invitation to a co-worker about a party
- an email to a sick friend

Getting Things Done

- Complete short, simple forms with 12-15 items.

For example:

- an emergency contact form

- Write short, simple messages to get things done.

For example:

- a note to a co-worker asking him or her to turn off the lights

Reproducing Information

- Copy 1 very short, simple paragraph.

For example:

- a short recipe
- details about my work schedule

Sharing Information

- Write sentences about things I know.

For example:

- a short description of a family member
- a few sentences about my weekend





At this Benchmark, I can:

- write simple sentences and short, simple paragraphs
- use capital letters and simple punctuation

When:

- the topic is familiar
- I write for a familiar person

Interacting with Others

- Write a short social message (up to 1 paragraph) to someone I know.

For example:

- an email to a friend to talk about my vacation
- a thank-you note to my supervisor

Getting Things Done

- Complete simple forms with 15-20 items.

For example:

- an application form for pre-authorized payments

- Write short, simple messages to get things done.

For example:

- an email to my supervisor to ask for a day off (including a reason)

Reproducing Information

- Copy short, simple paragraphs.

For example:

- information about 2 products to decide which one is better
- definitions from 2-3 different dictionaries

Sharing Information

- Write 1 paragraph describing something familiar to me.

For example:

- a description of my plans for next summer
- a description of my new home

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My Canada

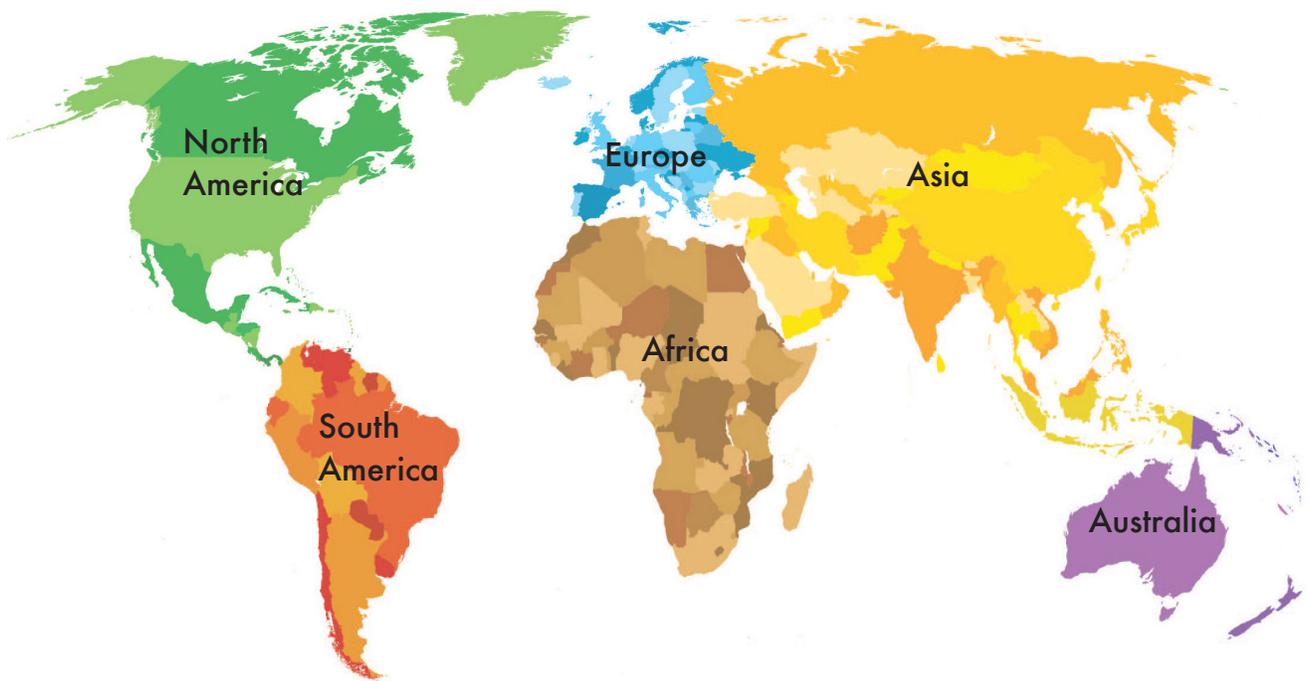
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The World

This is a map of the world.

Canada is in North America.

Find Canada on the map.



What country are you from?

I am from _____ .

Canada

This is a map of Canada.

Canada has ten provinces and three territories.

The United States of America (USA) is south of Canada.



What province or territory do you live in?

I live in _____ .

Canada's Provinces and Territories

Each province and territory name has a short form, or abbreviation.



Province	Abbreviation	Territory	Abbreviation
Alberta	AB	Northwest Territories	NT
British Columbia	BC	Nunavut	NU
Manitoba	MB	Yukon	YT
New Brunswick	NB		
Newfoundland and Labrador	NL		
Nova Scotia	NS		
Ontario	ON		
Prince Edward Island	PE		
Quebec	QC		
Saskatchewan	SK		

Canada's Flag

The flag of Canada is a symbol of Canadian identity.

The flag of Canada is red and white.

It has a maple leaf on it.



National Anthem

A national anthem is a country's official song.

O Canada is Canada's national anthem.

O Canada!

*O Canada!
Our home and native land!
True patriot love in all thy sons command.*

*With glowing hearts we see thee rise,
The True North strong and free!*

*From far and wide,
O Canada, we stand on guard for thee.*

*God keep our land glorious and free!
O Canada, we stand on guard for thee.*

O Canada, we stand on guard for thee.



Capital Cities

The capital city of Canada is **Ottawa**. Ottawa is in the province of Ontario.

Each province and territory in Canada has a flag and a capital city.

Circle the flag and capital city of your province or territory.



Canada's Regions

There are five regions in Canada.

North

There are three territories in The North.



The Atlantic Region

There are four provinces in the Atlantic Region.

The West Coast

There is one province in The West Coast.

The Prairie Provinces

There are three provinces in the Prairie region.

Central Canada

There are two provinces in Central Canada.

What region do you live in?

I live in _____ .

Canada's People

Canada is made up of many people.

Aboriginal peoples

Aboriginal peoples lived in Canada before European settlers arrived. There are three groups of Aboriginal peoples.

- First Nations
- Inuit
- Métis



French and English Canadians

French- and English-speaking people first settled in Canada in the 1600s. They came from France, England, Wales, Scotland and Ireland.

Immigrants to Canada

Canada is often called a land of immigrants. Immigrants have helped build Canada.

Canada's Languages

English and French are the two official languages of Canada.

What is your first language?

My first language is _____ .

What languages do your classmates speak at home?

Holidays

There are five statutory holidays in Canada. People in *all* provinces and territories take these five days off work and school.

Each province or territory has additional statutory holidays.

New Year's Day

New Year's Day is January 1.

JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Good Friday

Good Friday is the Friday before Easter Sunday.

Provinces have a holiday on Good Friday or on Easter Monday.

APRIL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Canada Day

Canada Day is July 1.

JULY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Labour Day

Labour Day is the first Monday in September.

SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Christmas Day

Christmas Day is December 25.

DECEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Canada's Government

Canada has three levels of government:

- Federal
- Provincial or Territorial
- Municipal



Government of Canada:

Federal Government



Government of a province or territory:

Provincial or Territorial Government



Government of a city or town:

Municipal Government

Canadians can vote for all three levels of government.



Federal Government

The government of Canada is also called the federal government.

The leader of the federal government is the **Prime Minister**.

Members of Parliament

Canadians elect **members of parliament (MPs)** to represent them in Ottawa.

The responsibilities of the federal government include:



National defence



Citizenship

Find out:

Who is the Prime Minister?

The Prime Minister is

Provincial and Territorial Governments

Each province and territory has its own government.

The leader of provincial and territorial governments is the **Premier**.

The responsibilities of the provincial and territorial governments include:



Health Care



Education

Find out:

Who is the Premier in your province or territory?

The Premier is

Municipal Government

Each city and town has its own government, called the municipal government.

The leader of the municipal government is called the **mayor** or **reeve**.

Canadians elect the mayor or reeve and **councillors** and a mayor to represent them at the municipal level.

The municipal government is responsible for:



Community centres



Garbage collection,
recycling and
composting



Libraries



Local parks

Find out:

Do you have a mayor or reeve?

I have a mayor.

The mayor's name is _____.

I have a reeve.

The reeve's name is _____.

Who is your city or town councillor?

My city or town councillor's name is

_____.

Living in Canada

Canadians live in villages, towns and cities.

Where do you live?

Check the correct sentence. Then copy it on the line.

Villages are small.

- I live in a village.
- I do not live in a village.

I do not live in a village.



Towns are larger than villages.

- I live in a town.
- I do not live in a town.



Cities are larger than towns.

- I live in a city.
- I do not live in a city.



Some Canadians live **on farms**.

- I live on a farm.
- I do not live on a farm.



Homes in Canada

Canadians live **in** apartment buildings, townhouses and houses.

What kind of a home do you live in?

Check the correct sentence.

Apartment building

- I live in an apartment building.
- I do not live in an apartment building.



Townhouse

- I live in a townhouse.
- I do not live in a townhouse.



House

- I live in a house.
- I do not live in a house.



Semi-detached house

Two houses are attached.

- I live in a semi-detached house.
- I do not live in a semi-detached house.



Finding a home

Some Canadians rent their homes.

Other Canadians own their homes.

Renting

You can rent an apartment or a house.

Check the newspaper, the Internet or the neighbourhood to find a home to rent.



Neighbourhood



Internet



Newspaper

Owning

You can own a house or a condominium.

Condominiums are apartments that can be owned.

Contact a **real estate agent** to find out about buying or selling a home.

i For more information:

Go to the Housing for Newcomers website.

There are videos and factsheets about renting a home. They are in eight languages.

www.cmhc.ca/ourhome

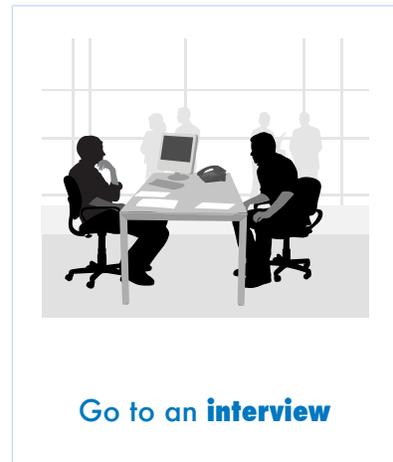
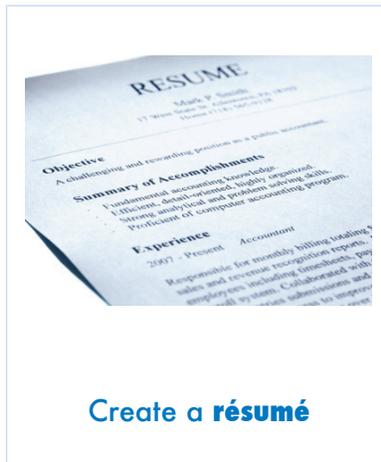
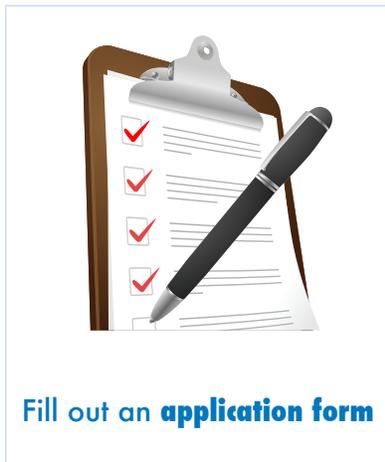
Working in Canada: Applying for work

To work in Canada, you need a **Social Insurance Number (SIN)**.

To get a social insurance number call
Service Canada at 1-800-O-Canada.



To apply for jobs you might need to:

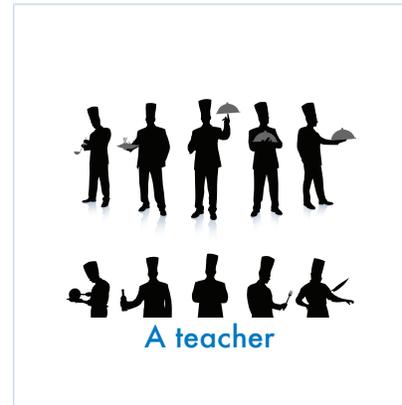


Working in Canada: Occupations

Regulated Occupations

You need a licence to work in a regulated occupation.

Below are some examples of **regulated** occupations.



Non-regulated Occupations

Most jobs in Canada are non-regulated.

You can apply for non-regulated jobs without a licence.

Below are some examples of **non-regulated** occupations.



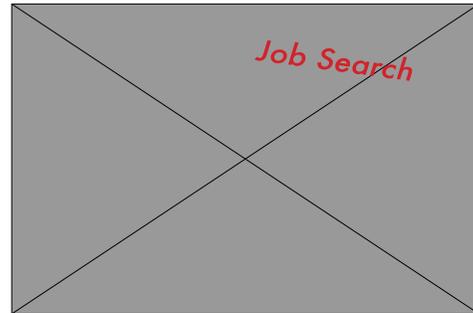
Working in Canada: Looking for a job

There are many ways to find a job. For example:



Relatives and Friends

Ask relatives, friends and neighbours if they know about any jobs.



The Internet

Use job-search websites such as www.jobbank.gc.ca.



The Newspaper

Look at the job ads in the newspaper.



Job Fairs

Go to job fairs, where you can talk to many employers.

Ask for help:

Some immigrant serving agencies will help you look for a job:

1. Go to <http://servicesfornewcomers.cic.gc.ca/browse.php>
2. Click on your province or territory.
3. Find your city or town.
4. Find an immigrant serving agency near your home.

Working in Canada: Workers' rights

In Canada there are laws to protect employees and employers.

Employers must follow laws about work conditions, such as minimum wage, work hours, parental leave, paid vacation, and safety.



Minimum Wage

Minimum wage is the least money an employer can pay you per hour.



Safety

Employers must follow laws about health and safety.



Hours of Work

Employers must follow laws about how many hours a week they can require you to work.



Parental Leave

Employers must follow laws about giving you time off work to care for your new child.

Working in Canada: Volunteering

Employers want to hire people with experience.

Volunteering is a good way to get Canadian work experience.

Volunteering can also help you to:

- Meet new people
- Practice English
- Develop workplace skills

Here are some places that often take volunteers:



Schools



Food banks



Sports teams



Places of worship

Education in Canada

Each province and territory provides public education.

All children must attend school until they are 16 or 18.

The age is set by each province or territory.

There are different levels of education:



Elementary School

For children, starting between age 4 and 6



Secondary School (High School)

For teenagers, up to age 17 or 18



Post-secondary (College, University)

Offer courses towards a diploma or degree

Education for Children

Elementary and secondary schools are provided through school boards or school districts.

Each province and territory has many boards or districts.

A **principal** is responsible for each school.



Each class has a **teacher**.
Some classes also have **assistants**.



Find out:

What are the school boards or school districts in your area?

Education for Adults

Many Canadians continue their education as adults.

Adults can take credit courses and non-credit courses.

Credit courses

Credit courses count towards a certificate, diploma or degree.

They are offered through:

- Colleges
- Universities
- School boards
- Career colleges



Non-credit courses

Adults take non-credit courses out of interest.

Non-credit courses include English language classes, fitness classes and many other classes.

Usually, non-credit courses cost less than credit courses, Sometimes they are free.

They are offered through:

- School boards or districts
- Community centres
- Colleges



Health Care in Canada

All residents of Canada have access to health care.

Citizens and permanent residents can apply for public health insurance.

Each province and territory has its own public health insurance system.

To get public health care you need a **health insurance card**.



Public health insurance covers many costs, including:



family doctors



hospital stays



emergencies

Did you know?

You can get an application for a health card at a doctor's office, a hospital, a pharmacy or an immigrant-serving organization.

Services for Emergencies



Most towns and cities have an emergency telephone service.

In an emergency, call 911.

Call **911** for:

Fire department



Ambulance



Police



Services that Protect

In Canada, there are different police services to help you.

The Royal Canadian Mounted Police (RCMP) serve citizens across Canada.



Ontario, Quebec and Newfoundland and Labrador have provincial police.



Larger cities have municipal police services.



You can ask police for help with many problems, such as:



Accidents



Crime

Services that Help

There are many services available in your community when you need help.



Social assistance



Food banks



Shelters



Counsellors



Legal aid



Community centres

Helpful Websites

There is information on the Internet for newcomers.



These websites are useful for immigrants across Canada:

www.cic.gc.ca

www.workingincanada.gc.ca

There are also websites for each province and territory.

Alberta	www.albertacanada.com/immigration
British Columbia	www.welcomebc.ca
Manitoba	www.immigratemanitoba.com
New Brunswick	www.gnb.ca/immigration
Newfoundland and Labrador	www.nlimmigration.ca
Northwest Territories	www.gov.nt.ca
Nova Scotia	www.novascotiainmigration.com
Nunavut	www.gov.nu.ca
Ontario	www.ontarioimmigration.ca www.settlement.org
Prince Edward Island	www.gov.pe.ca/immigration
Quebec	www.immigration-quebec.gouv.qc.ca
Saskatchewan	www.saskimmigrationcanada.ca
Yukon	www.immigration.gov.yk.ca



Where I Live

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My Province or Territory

Where do you live?

I live in _____ .
Write the name of your province or territory

The capital city is _____ .

Circle where you live on this map of Canada.



My Home

Where do you live?

I live in an apartment / a house / a townhouse.

Circle apartment, house or townhouse

I live in a city / in a town / in a village / on a farm.

Circle city, town or village

It is called _____ .

Find a map of your community.



Three-hole punch it and add it to your binder.



Government

There is a local representative in your community for each level of government.



Government of Canada:

Who is your member of the federal government?

My member of parliament (MP) is _____.



Government of a Province or Territory:

Who is your member of the provincial or territorial government?

My local representative is _____.



Government of a City or Town:

Who is your representative of the municipal government?

My councillor is _____.

Government Services

The government provides services in your community.

Write the addresses and telephone numbers to get or renew these cards.



To work, you need a Social Insurance Number (SIN)



Address: _____

Telephone number: 1-800-O-Canada



To see a doctor, you need a Health Card



Address: _____

Telephone number: _____



To drive a car, you need a Driver's Licence



Address: _____

Telephone number: _____

Transportation

Some communities have public transportation.

Subway

My community has subways. Yes No



Light Rapid Transit (LRT)

My community has LRT. Yes No



Bus

My community has buses. Yes No



Streetcar

My community has streetcars. Yes No



Transportation

Find out:

What is the name of the local public transit provider?

It is called _____.

How much does public transportation cost?

- adult fare _____
- child fare _____
- student fare _____
- senior fare _____
- monthly pass _____

Where can you buy a monthly pass?

Find a **transit** map of your community.



Three-hole punch
it and add it to
your binder.



Sales Tax

In Canada, we pay sales tax on most of the things we buy.

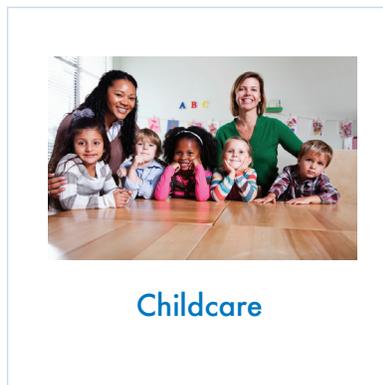
Some provinces have GST and PST.

Other provinces have the HST.

GST	Goods and Services Tax
PST	Provincial Sales Tax
HST	Harmonized Sales Tax



Some things do not have sales tax, such as:



Find out:

Which taxes do you pay?

- GST _____ %
- PST _____ %
- HST _____ %

News

There are different ways to get the news in your community.



Newspaper



Television



Radio



Internet

Find out:

What are the newspapers in your community?

Work

In Canada, provinces and territories set employment standards about working conditions.

Provinces and territories also govern workplace safety.

Employers must follow the laws about work conditions and workplace safety.

Employment Standards



Minimum wage



Breaks

Workplace Safety



Accident prevention



Compensation

Find out:

How much is minimum wage where you live?

\$ _____ per hour

Work



Circle the Employment Standards website for your province or territory:

Province or Territory	Employment Standards
Alberta	www.employment.alberta.ca/SFW/1224.html
British Columbia	www.labour.gov.bc.ca/esb/
Manitoba	www.gov.mb.ca/labour/standards/index.html
New Brunswick	www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/labour.html
Newfoundland and Labrador	www.gov.nl.ca/lra/index.html
Northwest Territories	www.ece.gov.nt.ca/Divisions/Labour/index.htm
Nova Scotia	www.gov.ns.ca/lae/employmentrights/
Nunavut	www.justice.gov.nu.ca/i18n/english/lrb.shtm
Ontario	www.labour.gov.on.ca/english/
Prince Edward Island	www.gov.pe.ca/sss/index.php3?number=1002354&lang=E
Quebec	www.cnt.gouv.qc.ca/en/home/index.html
Saskatchewan	www.lrws.gov.sk.ca/about/
Yukon Territory	www.community.gov.yk.ca/labour/

Schools

Write the names, addresses and telephone numbers of the schools in your community.

Elementary School



Name: _____

Address: _____

Telephone number: _____

Secondary School



Name: _____

Address: _____

Telephone number: _____

College or University



Name: _____

Address: _____

Telephone number: _____

Find out:

If you have school-age children, when does the school year begin?

_____.

Healthcare

Write the addresses and telephone numbers for the medical service providers in your community.

Family Doctor



Name: _____

Address: _____

Telephone number: _____

Clinic



Name: _____

Address: _____

Telephone number: _____

Hospital



Name: _____

Address: _____

Telephone number: _____

Pharmacy



Name: _____

Address: _____

Telephone number: _____

My Community

There are places where you can go to get involved, have fun or get help.

Write the addresses and telephone numbers for the places below.

Library



Name: _____

Address: _____

Telephone number: _____

Community Centre

- Fitness and recreation
- Courses and workshops
- Hobbies



Name: _____

Address: _____

Telephone number: _____

Immigrant serving organizations

- English classes
- Help finding a job
- Help adjusting to Canada



Name: _____

Address: _____

Telephone number: _____

Name: _____

Address: _____

Telephone number: _____



Helpful English

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The Alphabet

There are 26 letters in the alphabet.

Capital letters

Start here



Read this way



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Lower-case letters

a b c d e f g h i j k l m n o p q r s t u v w x y z

Capital and lower-case letters

A a	B b	C c	D d	E e	
F f	G g	H h	I i	J j	
K k	L l	M m	N n	O o	
P p	Q q	R r	S s	T t	
U u	V v	W w	X x	Y y	Z z

A computer keyboard has all the letters of the alphabet.



The Alphabet

Printing:

Hand writing:

This is a cat.

This is a cat.



A a A a

B b B b

C c C c

D d D d

E e E e

F f F f

G g G g

H h H h

I i I i

J j J j

K k K k

L l L l

M m M m

N n N n

O o O o

P p P p

Q q Q q

R r R r

S s S s

T t T t

U u U u

V v V v

W w W w

X x X x

Y y Y y

Z z Z z

The letter **a** also looks like **a**.

The letter **g** also looks like **g**.

A Sentence

This is a sentence.

Start with a capital letter.

Put a space between each word.

End with a period.

A sentence can be a statement or a question. A statement usually ends with a period. A question ends with a question mark.

How many children do you have?



Question mark

Do you have children?
Yes, I do. I have one son.

Numbers

0	zero	
1	one	🍏
2	two	🍏 🍏
3	three	🍏 🍏 🍏
4	four	🍏 🍏 🍏 🍏
5	five	🍏 🍏 🍏 🍏 🍏
6	six	🍏 🍏 🍏 🍏 🍏 🍏
7	seven	🍏 🍏 🍏 🍏 🍏 🍏 🍏
8	eight	🍏 🍏 🍏 🍏 🍏 🍏 🍏 🍏
9	nine	🍏 🍏 🍏 🍏 🍏 🍏 🍏 🍏 🍏
10	ten	🍏 🍏 🍏 🍏 🍏 🍏 🍏 🍏 🍏 🍏
11	eleven	
12	twelve	
13	thirteen	
14	fourteen	
15	fifteen	
16	sixteen	
17	seventeen	
18	eighteen	
19	nineteen	
20	twenty	



I have one child.

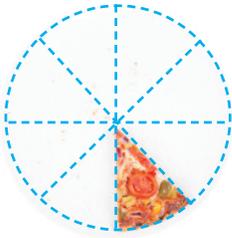
How many children do you have?

How many apples are there?

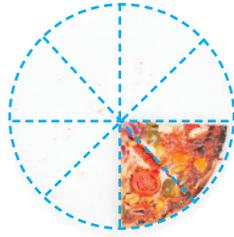
There are three apples.



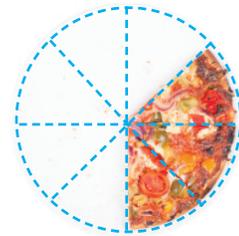
Fractions



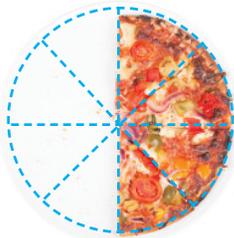
$\frac{1}{8}$
one eighth



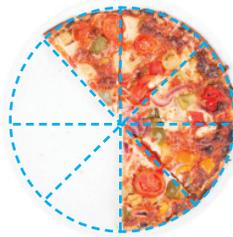
$\frac{2}{8}$ or $\frac{1}{4}$
one quarter



$\frac{3}{8}$
three eighths



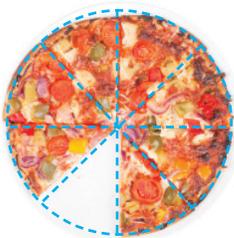
$\frac{4}{8}$ or $\frac{1}{2}$
one half



$\frac{5}{8}$
five eighths



$\frac{6}{8}$ or $\frac{3}{4}$
three quarters



$\frac{7}{8}$
seven eighths



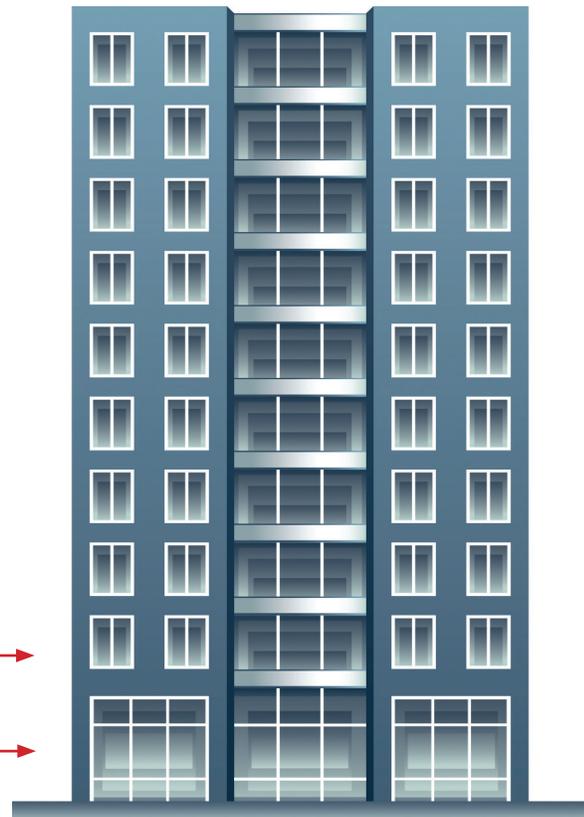
$\frac{8}{8}$
one whole pizza



We have a half a pizza left over.
We can eat it for lunch tomorrow.

Ordinal Numbers

1	first	1st
2	second	2nd
3	third	3rd
4	fourth	4th
5	fifth	5th
6	sixth	6th
7	seventh	7th
8	eighth	8th
9	ninth	9th
10	tenth	10th
11	eleventh	11th
12	twelfth	12th
13	thirteenth	13th
14	fourteenth	14th
15	fifteenth	15th



second floor

first floor

I work on the ninth floor.
Which floor do you work on?



Shapes

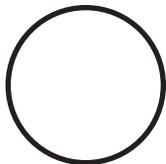


rectangle

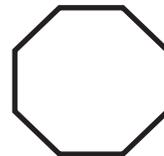
KITCHENER 72
LONDON 164



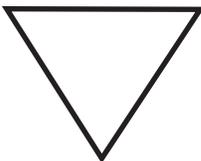
square



circle



octagon



triangle



diamond



Many warning signs are triangle or diamond shapes.
This diamond sign means *be careful* or *slow down*.
A red circle with a line through it means *no* or *do not*.



Days and Months

Days

Sunday	Sun.
Monday	Mon.
Tuesday	Tues.
Wednesday	Wed.
Thursday	Thurs.
Friday	Fri.
Saturday	Sat.



Months

1	January	Jan.
2	February	Feb.
3	March	Mar.
4	April	Apr.
5	May	May
6	June	Jun.
7	July	Jul.
8	August	Aug.
9	September	Sep.
10	October	Oct.
11	November	Nov.
12	December	Dec.

The Date

We write the date in different ways.

We can use the *word* for the month.

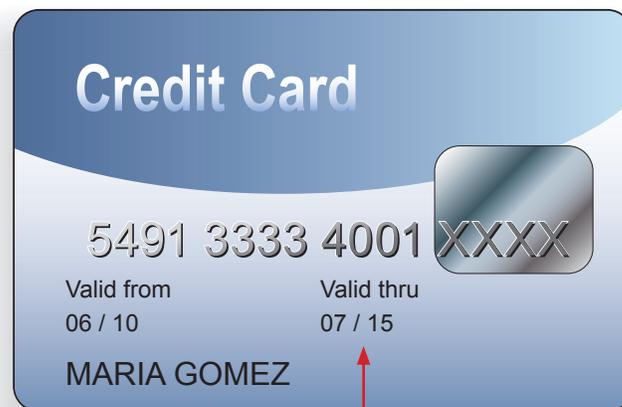
Month/day/year: November 27, 2010
 Nov. 27, 2010

We can also use the *number* for the month.

The number for November is 11.

Year/month/day: 2010/11/27
Month/day/year: 11/27/2010

1	January	Jan.
2	February	Feb.
3	March	Mar.
4	April	Apr.
5	May	May
6	June	Jun.
7	July	Jul.
8	August	Aug.
9	September	Sep.
10	October	Oct.
11	November	Nov.
12	December	Dec.

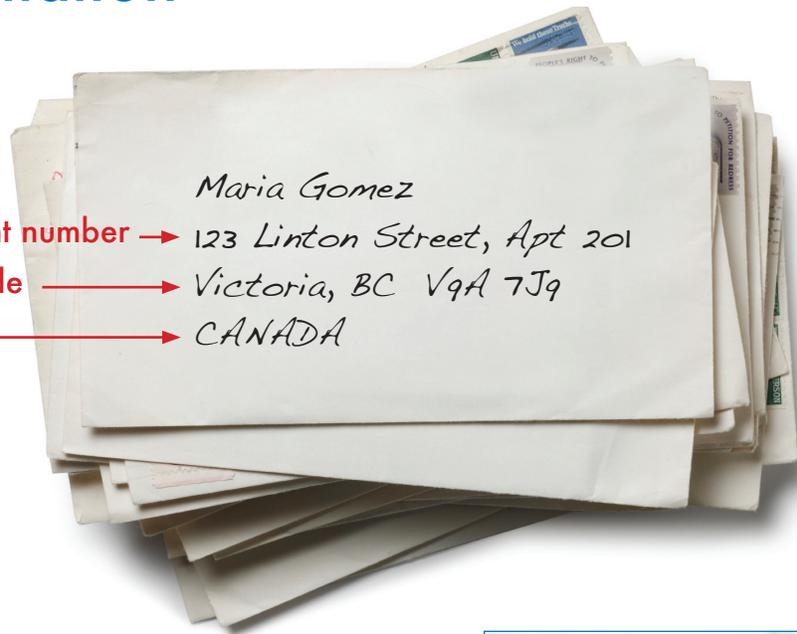


Maria's credit card expires at the end of July 2015.

Personal Information

Address

Street address and apartment number → 123 Linton Street, Apt 201
City, province and postal code → Victoria, BC V9A 7J9
Country → CANADA



Personal Information on a Form



Registration Form

Date
2 0 1 0 1 1 2 7
year month day

Name
Maria first Gomez last

Address
123 number Linton Street Street 201 apartment
Victoria city British Columbia province V9A 7J9 postal code

Date of birth (DOB)
1 9 6 3 0 9 1 6
year month day

Phone number
(250) 555-2342

Maria Gomez

Time



watch



alarm clock



digital clock



clock



9:00
It is nine o'clock.



9:15
It is nine fifteen. It is a quarter after nine.



9:30
It is nine thirty.



9:45
It is nine forty-five. It is a quarter to ten.



Excuse me, what time is it?

It's nine thirty.

Thank you.

Time



9:05

It is five minutes after nine.



9:10

It is ten minutes after nine.



9:15

It is fifteen minutes after nine.



9:20

It is twenty minutes after nine.



9:25

It is twenty-five minutes after nine.



9:30

It is thirty minutes after nine.



9:35

It is twenty-five minutes to ten.



9:40

It is twenty minutes to ten.



9:45

It is quarter to ten.



9:50

It is ten minutes to ten.



9:55

It is five minutes to ten.



10:00

It is ten o'clock.

Excuse me, what time does class start?
It starts at five minutes after nine.



Seasons

There are four seasons in one year: winter, spring, summer and fall.



Winter Months

Winter begins on December 21. Winter ends on March 20.



Spring Months

Spring begins on March 21. Spring ends on June 20.



Summer Months

Summer begins on June 21. Summer ends on September 20.



Fall Months

Fall begins on September 21. Fall ends on December 20.

Weather

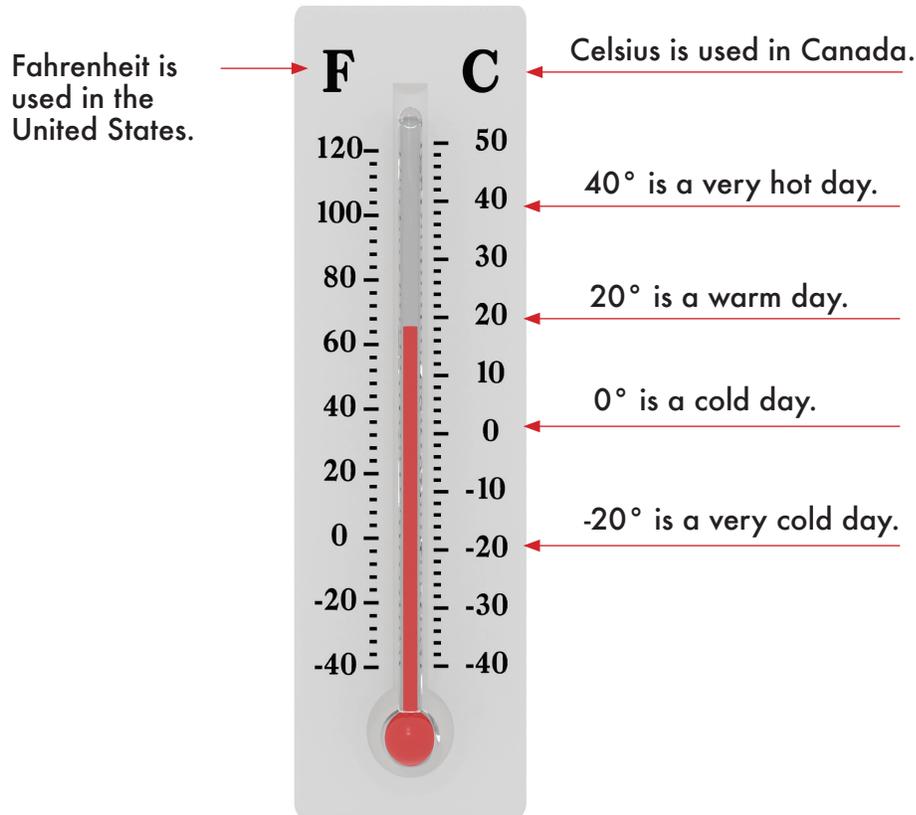
			
Rain shower	Partly cloudy	Cloudy	Sunny
			
Lightning	Snow flurries	Sun shower	Sun and snow

Weekend Weather		
Saturday	Sunday	Monday
		
A rain shower	Partly cloudy	Sunny

It will rain on Saturday.
 It will be sunny and cloudy on Sunday.
 It will be sunny on Monday.

Temperature

A thermometer measures temperature.



thermometer



thermostat



thermostat

Weekend Weather	
<p>Today</p>  <p>High: 32° Low: 24°</p>	<p>Tomorrow</p>  <p>High: 24° Low: 22°</p>

Today is hot. It is 32 degrees.

Tomorrow it will be warm. The high will be 24 degrees.

Colours and Patterns

Colours



white



grey



black



yellow



blue



green



red



navy blue



orange



pink



purple



brown

Patterns



plaid



checked



striped



polka-dotted



floral



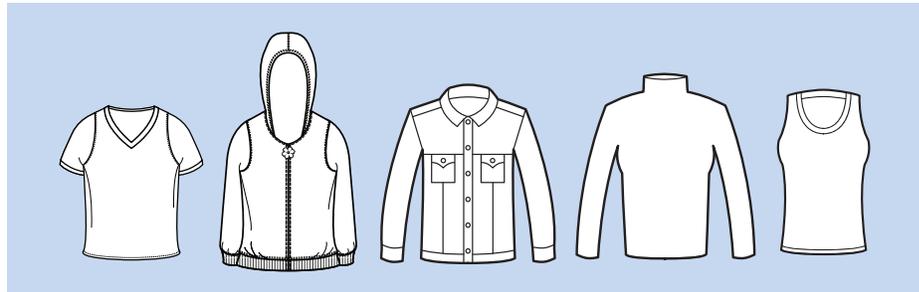
print

I like the blue shirt. My favourite colour is blue.
My daughter likes pink. Her favourite colour is pink.
My son doesn't like pink. His favourite colour is green.



Clothing

Tops



t-shirt

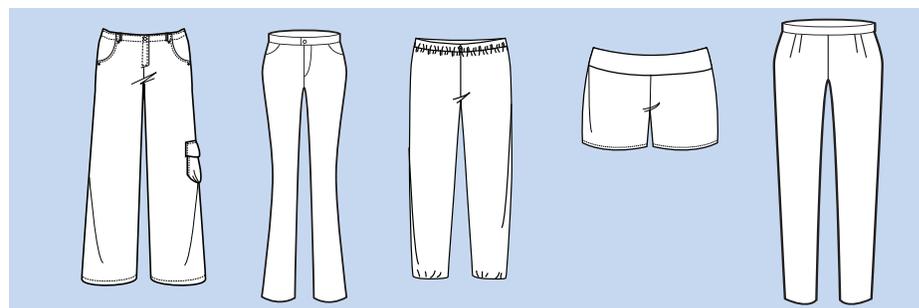
sweatshirt
hoodie

shirt

sweater

tank top

Bottoms



pants

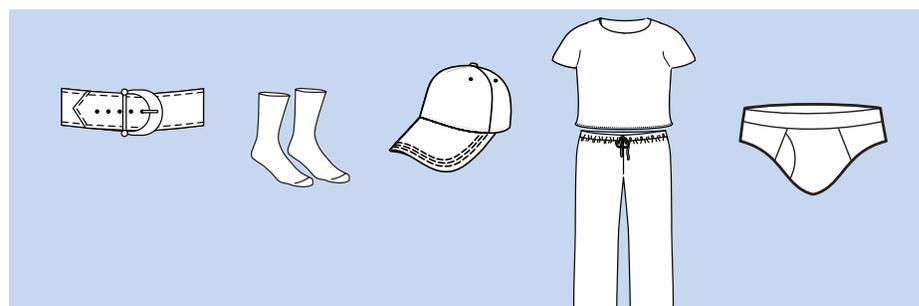
jeans

track
pants

shorts

dress
pants

Other



belt

socks

baseball
cap

pajamas

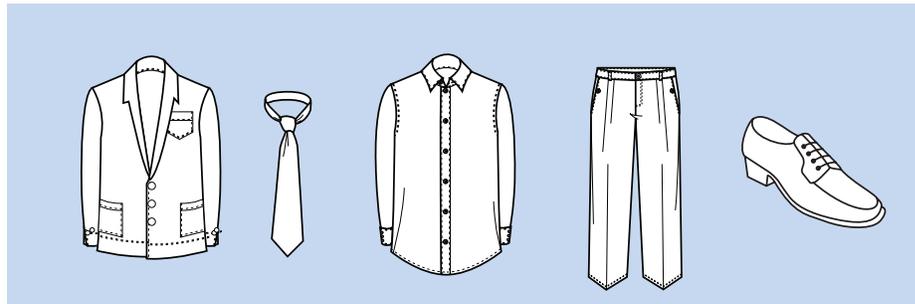
underwear



He is wearing a casual jacket, a white shirt and jeans.

Clothing

Men's Dress Clothing



suit
jacket

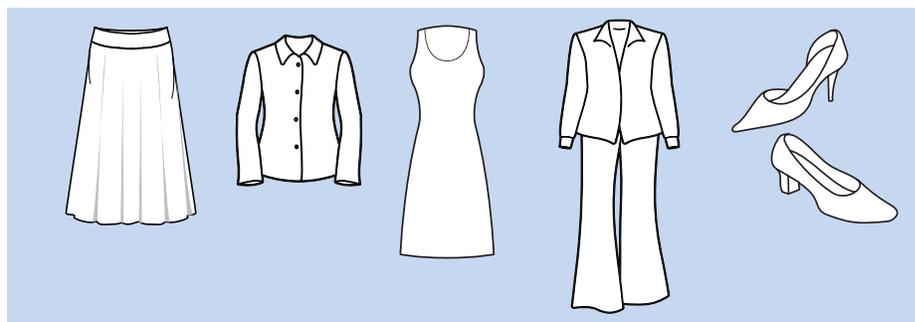
tie

dress
shirt

dress
pants

dress
shoes

Women's Dress Clothing



skirt

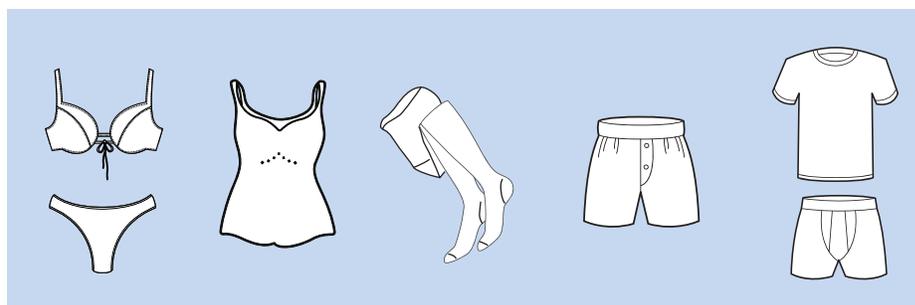
blouse

dress

pant suit

high heels
low heels

Undergarments



bra
and
underwear

camisole

pantyhose

boxer
shorts

undershirt
and briefs

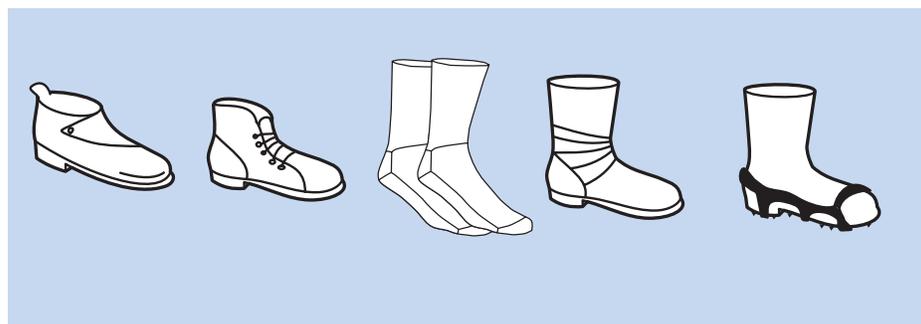
Winter Clothing

Head, neck and hands



Feet

hat
toque scarf mittens gloves neck
warmer



overshoes boots thermal
socks snowboots ice grips

Coats



snowsuit ski jacket and
snowpants parka overcoat vest



She is wearing a long scarf, a hat, a coat, jeans and winter boots. She is not wearing gloves.

Clothing Care Symbols

Washing

 <p>Machine wash</p>	 <p>Machine wash cold</p>	 <p>Machine wash warm</p>	 <p>Do not wash in a machine</p>
 <p>Hand wash</p>	 <p>Dry clean</p>	 <p>Do not dry clean</p>	 <p>Do not use bleach</p>

Drying

 <p>Tumble dry</p>	 <p>Do not dry in a machine</p>	 <p>Dry flat</p>	 <p>Hang to dry</p>
---	--	--	--

Ironing

 <p>Iron</p>	 <p>Do not iron</p>
---	--



The label says I have to hand wash it. I don't want to buy it.



Sizes



These pants are too big.
Can you get me a smaller size?

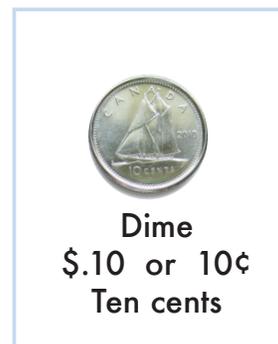
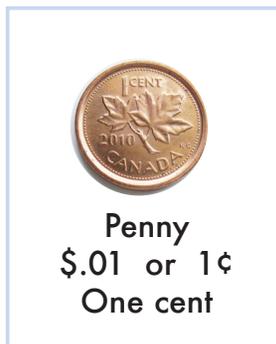


Canadian Money

Bills



Coins



Prices



	Twenty-one dollars
	Nine dollars and twenty-nine cents
	One hundred and seventeen dollars and nine cents
	Thirty-nine dollars and fifty-two cents



How much is the shirt?
It's fifteen dollars and ninety-nine cents
Fifteen ninety-nine.

Adding Prices

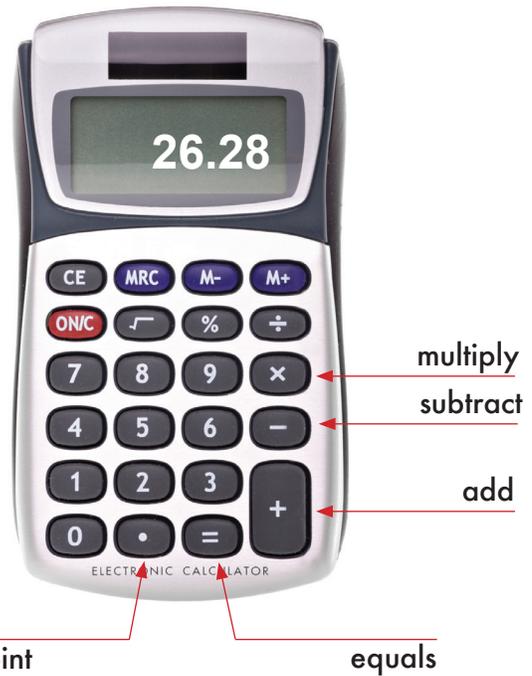
<i>Fashion Outlet</i>	
socks.....	\$3.39
tie.....	\$22.89
subtotal.....	\$26.28
tax.....	\$3.42
Total \$29.70	



Calculating the subtotal

Add the prices (3.39 + 22.89). Use a calculator.
The subtotal is \$26.28.

3 . 3 9 + 2 2 . 8 9 =



Calculating Sales Tax

Fashion Outlet

socks.....\$3.39

tie.....\$22.89

subtotal.....\$26.28

tax.....\$3.42

Total \$29.70

sales tax

total

Calculating the tax

Multiply the subtotal by the tax rate ($26.28 \times 13\%$).

The tax is \$3.42.

2 6 . 2 8 x 1 3 % =

Use the sales tax rate for your province or territory.



Calculating the total

Add the subtotal and the tax ($26.28 + 3.42$).

The total is \$29.70.

2 6 . 2 8 + 3 . 4 2 =



I want to buy the tie and the socks.
How much will they cost with tax?

I have a calculator. Let's see.

The total with tax will be \$29.70.



Calculating Sale Prices

A 20% Discount



Step 1: Multiply the price by the discount rate ($3.39 \times 20\%$).
The discount is 80 cents.

3 . 3 9 x 2 0 % =



Step 2: Subtract the discount from the price ($3.39 - .80$).
The sale price is \$2.59.

3 . 3 9 - . 8 0 =

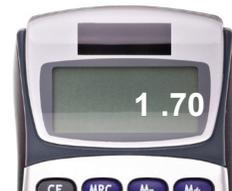


A 50% Discount



Step 1: Multiply the price by the discount rate ($3.39 \times 50\%$).
The discount is \$1.70.

3 . 3 9 x 5 0 % =



Step 2: Subtract the discount from the price ($3.39 - 1.70$).
The sale price is \$1.69.

3 . 3 9 - 1 . 7 0 =



Immediate Family



This is my family. I have one brother. I don't have any sisters.

boy

son

brother

child

girl

daughter

sister

child

woman

wife

mother

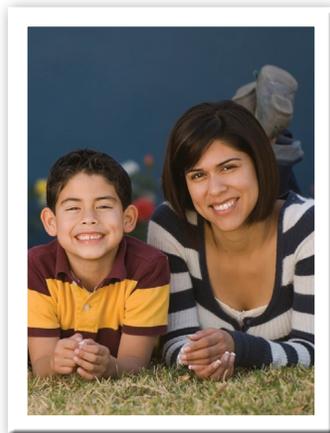
parent

man

husband

father

parent



This is my family. I am an only child. My mother is a single parent.

Do you have any brothers or sisters?

Yes, I have one brother.



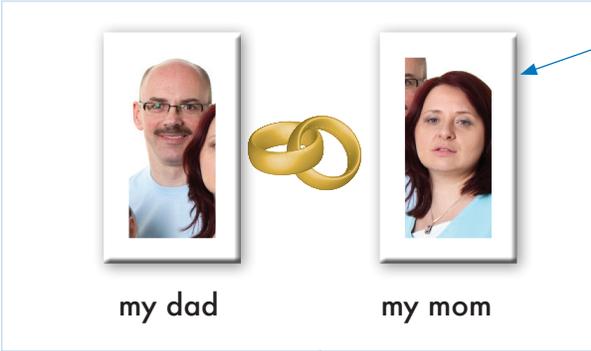
Extended Family



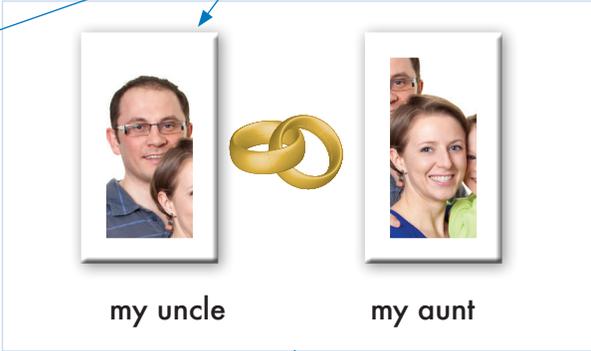
This is my family.



my grandmother my grandfather



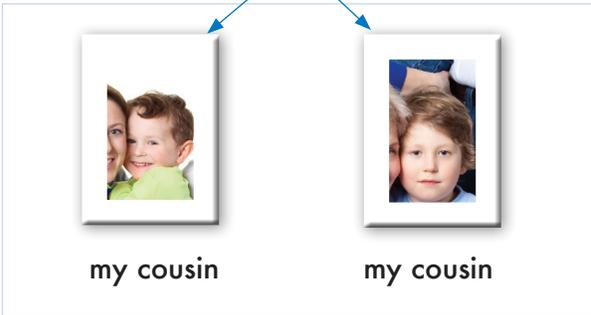
my dad my mom



my uncle my aunt



me

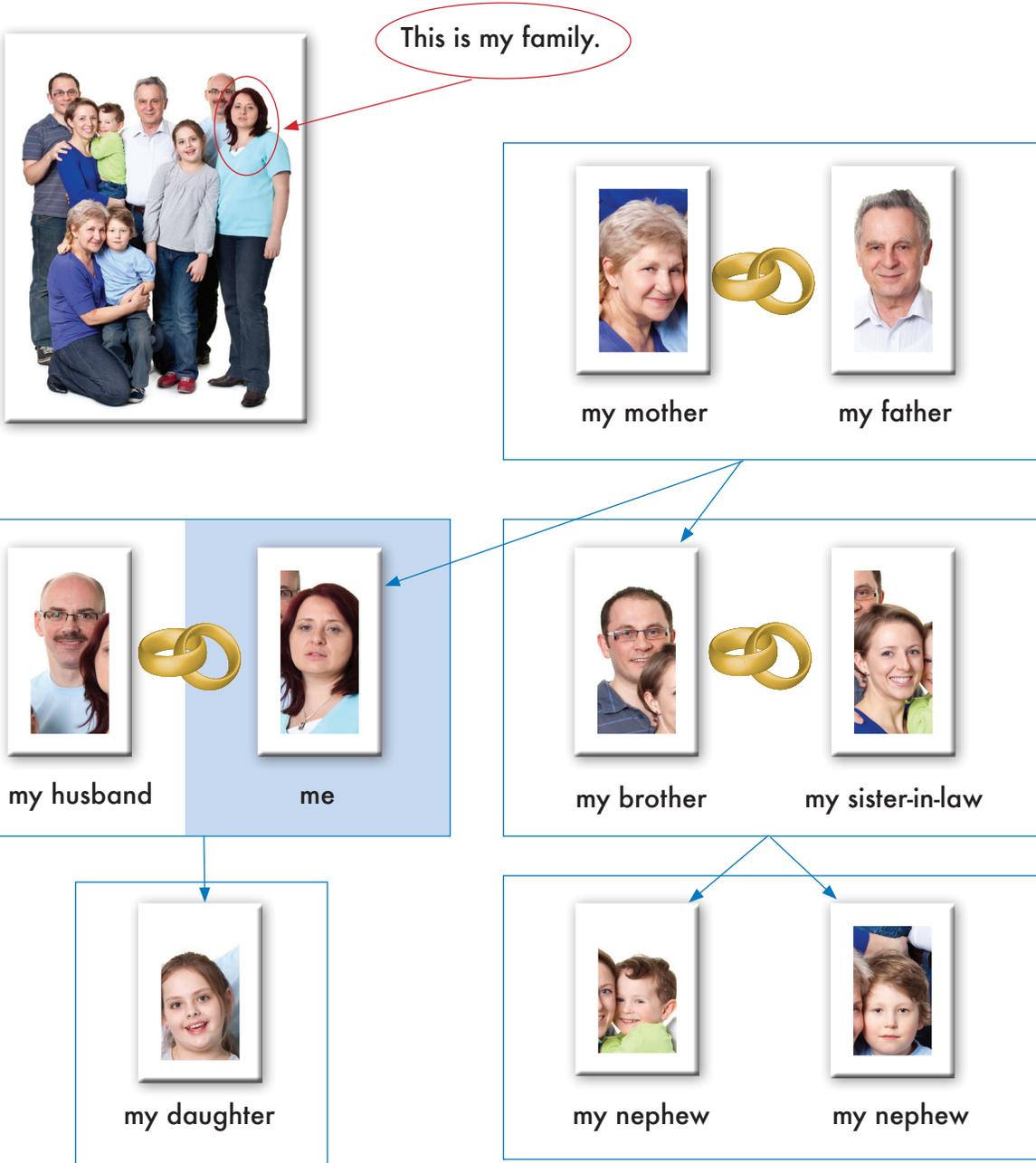


my cousin my cousin

Do you have any grandchildren?
Yes, I have three grandchildren.
I have one granddaughter and two grandsons.



Extended Family



Do you have any nieces or nephews?
My brother has two sons, so I have two nephews.
I do not have a niece.



Parts of the Body



hand



chest



finger



abdomen



thumb



hip



palm



leg



wrist



thigh



arm



ankle



shoulder



foot



elbow



toe

Raise your arms.
Point your fingers at the sky.
Bend your right knee.
Stretch your left leg behind you.

The Face



hair



mouth



forehead



teeth



eyebrow



lips



eye



chin



cheek



neck



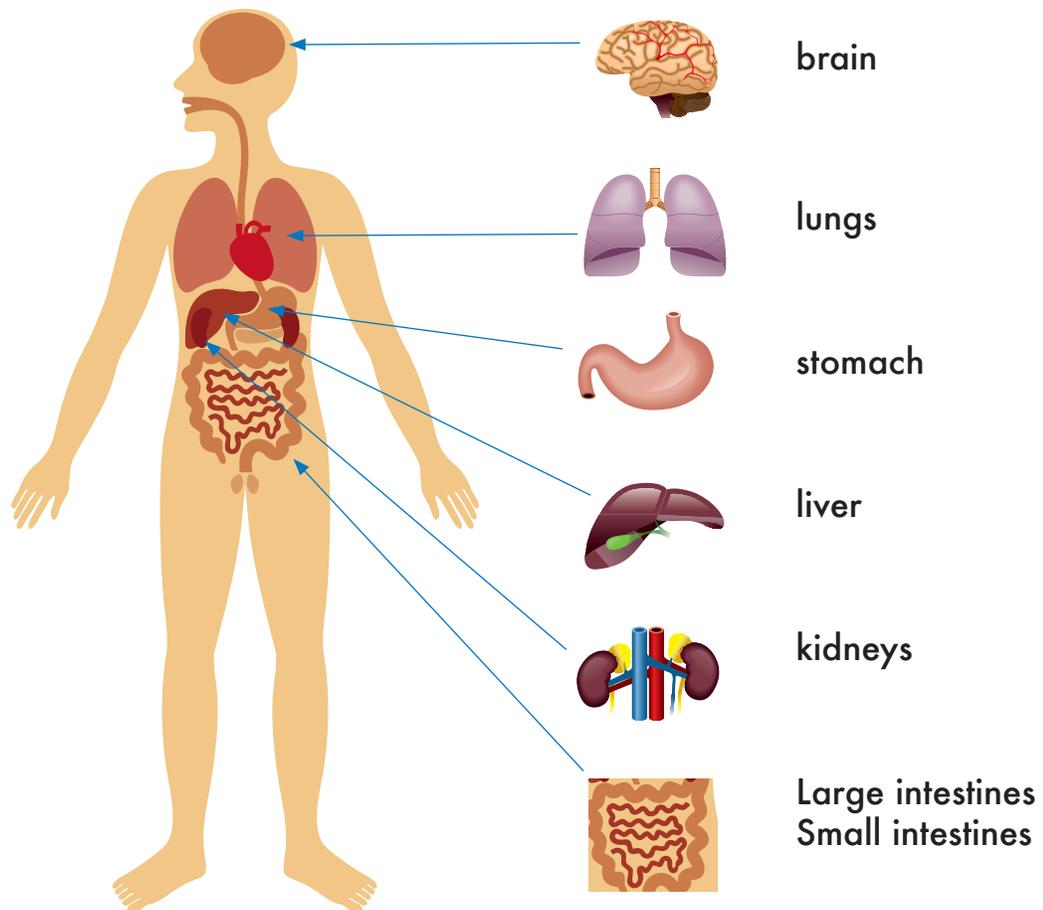
nose



nostrils

My name is Anna.
I have wavy black hair.
My friends tell me I have nice teeth.
I laugh a lot.

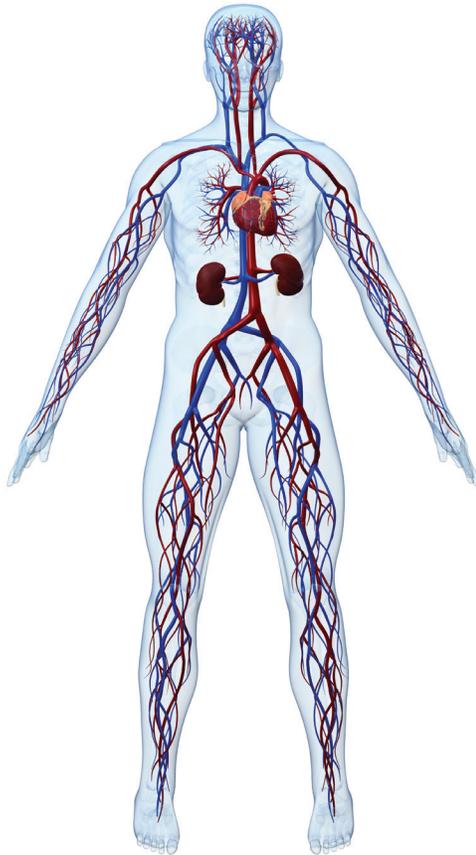
Inside the Body



I have a cough. It hurts when I breathe.
Let me check your lungs.
Breathe in. Hold your breath. Breathe out.



Inside the Body



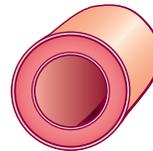
heart



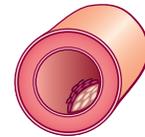
Veins (carry blood to the heart)



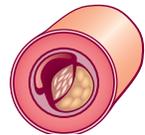
Arteries (carry blood away from the heart)



Healthy artery



Partly blocked artery



Blocked artery



Blood pressure cuff



Your blood pressure is too high.

Is that dangerous?

It can be. People with high blood pressure can have a heart attack or a stroke.

Fruit



papaya



grape



apple



orange



cherry



peach



blueberry



banana



pear



watermelon



strawberry



lemon



What do you like in your fruit salad?

*I like green and red grapes, peaches, and watermelon.
I don't like bananas or oranges in my fruit salad.*



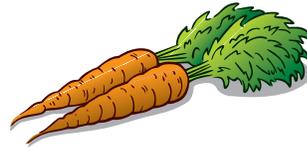
Vegetables



broccoli



cauliflower



carrots



pepper



corn



peas



cabbage



garlic



onion



potato



tomato



zucchini

Do you have a recipe for a vegetable stir fry?

Let's look in the cook book. Here's one.

We need broccoli, onion, peas, garlic, ginger and oyster sauce.



Where is it?



The red pepper is *next to* the yellow pepper.



The red pepper is *between* the yellow pepper and the green pepper.



The red pepper is *behind* the yellow pepper.



The red pepper is *on top of* the yellow pepper.



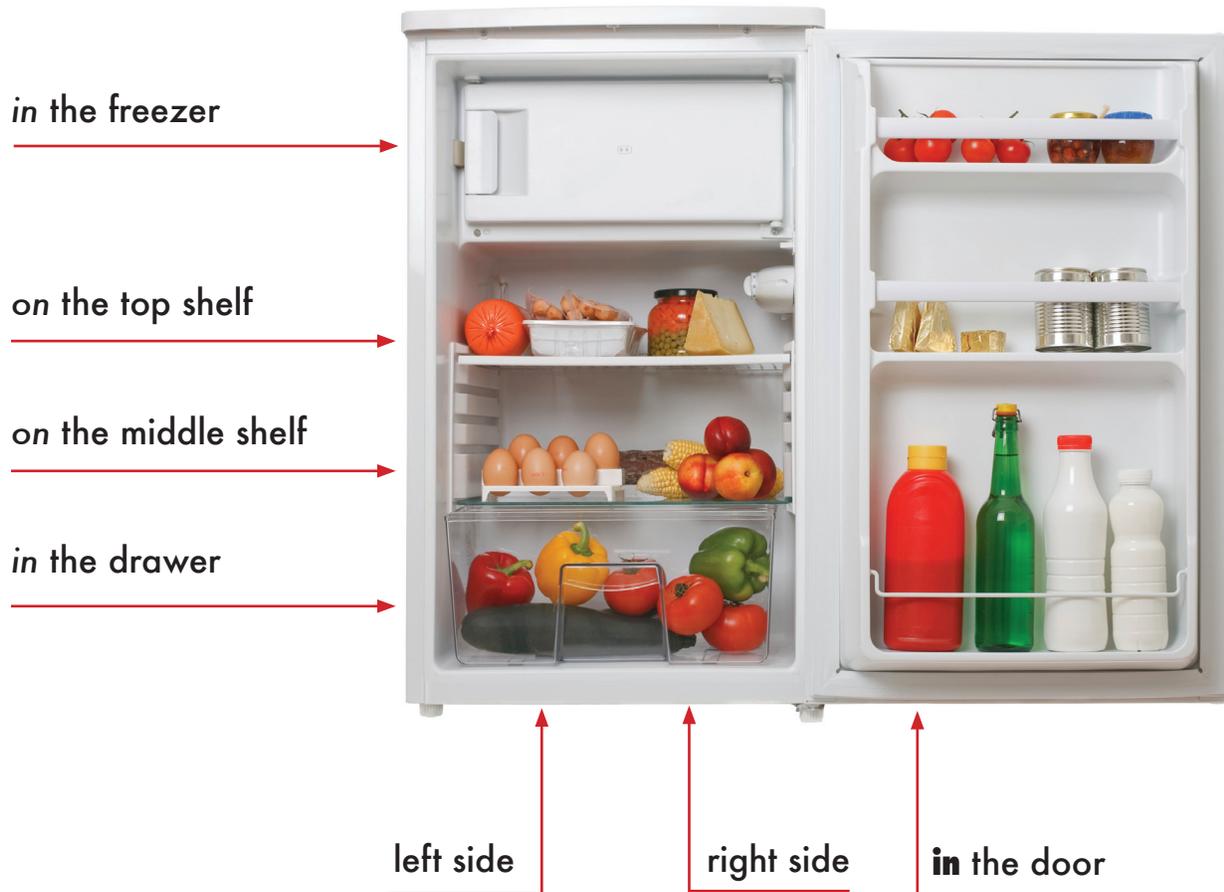
The red pepper is *under* the yellow pepper.



The red pepper is *in* the drawer.

Where is it?

refrigerator
fridge



Where is the red pepper?

*The red pepper is in the fridge.
It is in the drawer on the left side.*



At the Deli



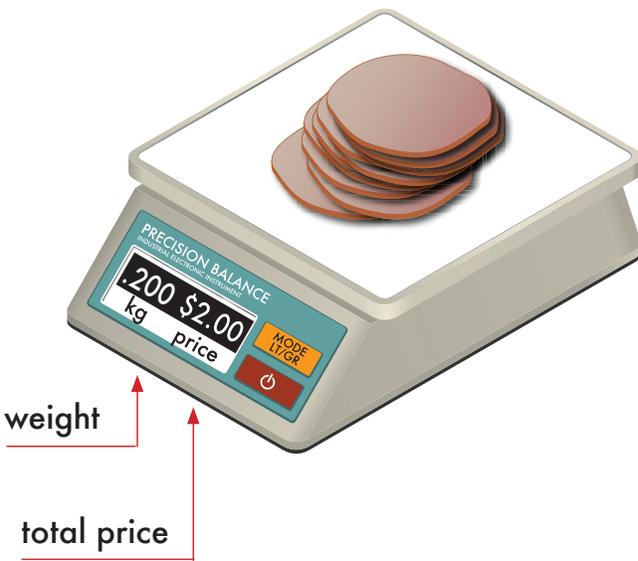
salami



roast beef



turkey



10 slices of meat is about 200 grams.



One slice of meat is about 20 grams.



A whole chicken is about 2 kilograms (or 2000 grams).



Can I have some meat, please?
Sure, how much meat do you want?
About 200 grams please.

\$1.00 / 100 grams



Preparing Food



peel
peeler

Peel the potato with a vegetable peeler.



grate
grater

Grate the carrot with the grater.



cut
knife

Cut the onion with a sharp knife.



measure
measuring cup

Measure the water with a measuring cup.



slice

Slice the carrot with a sharp knife.



chop

Chop the meat into small pieces.



stir
wooden spoon

Stir the soup with a wooden spoon.



beat
whisk

Beat the eggs with a whisk.

Best Before Dates

January	JA
February	FE
March	MR
April	AL
May	MA
June	JN
July	JL
August	AU
September	SE
October	OC
November	NO
December	DE



Is the bread fresh?
I don't know. Check the date.

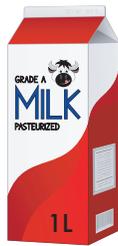


Measuring Liquid

Millilitres (mL)

 <p>3 millilitres</p>	 <p>50 millilitres</p>	 <p>125 millilitres</p>
 <p>250 millilitres</p>	 <p>355 millilitres</p>	 <p>750 millilitres</p>

Litres (L)



1 litre



2 litres



18 litres

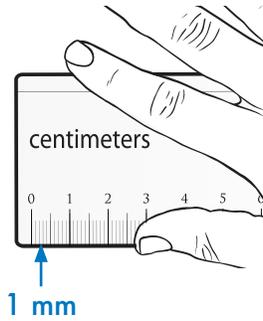
How much water do you drink a day?

I drink about 8 cups.

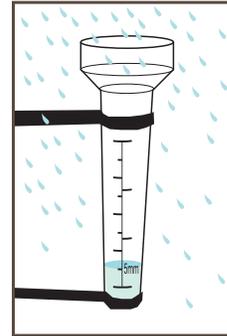
Wow! That's 2 litres a day!



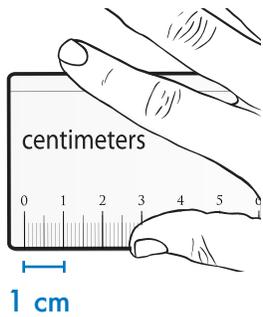
Measuring Length



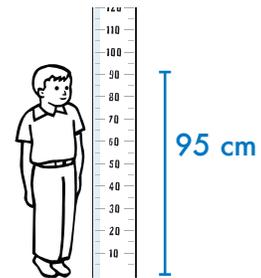
1 millimetre
1 mm



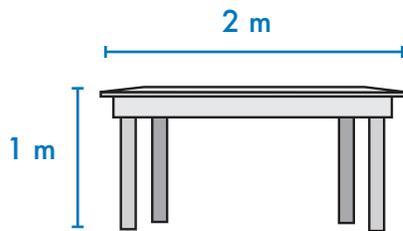
About 5 millimetres of rain falls during a rain shower.



1 centimetre
1 cm



He is 95 centimetres tall.



1 metre
1 m

The table is one metre high and two metres wide.



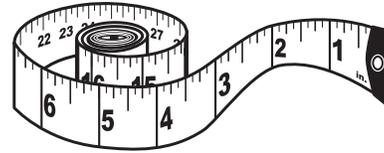
1 kilometre
1 km

It takes about 15 minutes to walk one kilometre.

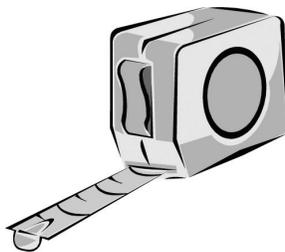
Tools for Measuring Length



Ruler



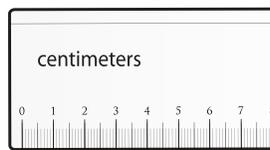
Tape measure



Tape measure



Speedometer and odometer



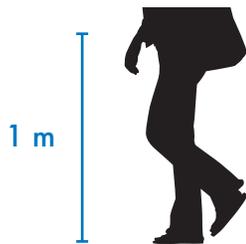
1 cm



Finger tip (about 1 centimetre)



Hand span (about 20 centimetres)



Waist height (about 1 metre)



Large step (about 1 metre)

Everyday Signs



Washrooms



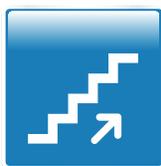
Walk Don't Walk



Don't walk on the grass



BUSINESS HOURS		
	A.M.	P.M.
MONDAY	9: 30	6: 00
TUESDAY	9: 30	6: 00
WEDNESDAY	9: 30	6: 00
THURSDAY	9: 30	7: 00
FRIDAY	9: 30	6: 00
SATURDAY	9: 00	6: 00
SUNDAY	CLOSED	



Stairs



Escalator up



Escalator down



Information

Today is Sunday. The store is closed on Sundays.
What are the store hours tomorrow?

The store opens at 9:30. The store closes at 6:00.
The store is open from 9:30 a.m. to 6:00 p.m.

BUSINESS HOURS		
	A.M.	P.M.
MONDAY	9: 30	6: 00
TUESDAY	9: 30	6: 00
WEDNESDAY	9: 30	6: 00
THURSDAY	9: 30	7: 00
FRIDAY	9: 30	6: 00
SATURDAY	9: 00	6: 00
SUNDAY	CLOSED	



Road Signs

A green circle sign means you can do something.



You can ride a bicycle here.



Park here between
9 a.m and 6 p.m.

A red circle with a line through it means you cannot do something.



Do not ride a bicycle.



Do not turn left.



Do not pass.



Do not walk.



Do not park.



Do not enter.



Do not make a U-turn.



Do not stop here.



Do not turn right on a red light.

Road Signs

A yellow diamond sign means caution. Drive slowly and be careful.



Slippery when wet



Rocks may fall



Slight bend ahead



Stop sign ahead



Bump ahead



Sharp bend ahead



Right lane ends



Intersection ahead



School crossing ahead

Rectangular signs usually give information or directions.



One way traffic



The speed limit is 50 km/h ahead.



Kitchener is 72 kilometres from here.



Is this the exit for Burnaby?
No, it isn't. Go straight ahead.



Hazard Symbols



Corrosive

This can burn your skin or eyes.



Flammable

This can catch fire easily.



Explosive

This can explode.



Poison

Eating this can make you very sick.



9-1-1, what's the problem?

Help! My son drank furniture polish. The label says it is poisonous.

Okay. What is your address?

24 Jones Avenue. Please hurry.

An ambulance is on the way.



Activities Around the House



wash the clothes



iron the clothes



do the dishes



sweep the floor



cook the meals



wipe the counter



vacuum the floor



wash the floor



rake the yard



water the garden



take out the garbage



shop for groceries

Who cooks the meals in your family?

I cook lunch. My husband cooks dinner.

Who does the dishes?

My children do the dishes.



Leisure Activities



playing cards



watching TV



chatting online



going out with friends



bicycling in the park



shopping at the mall



going fishing



reading



exercising at the gym

What do you like doing in your free time?

I like shopping at the mall and going out with friends. At home, I like reading and watching TV. What about you?

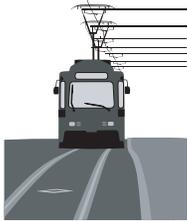
I like watching TV and chatting online. I like going out with friends. I don't like shopping at the mall!



Transportation in the City

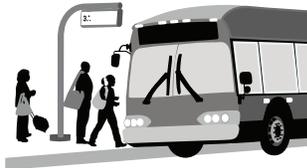
How do you get to class?

streetcar



I take a streetcar.

bus



I take a bus.

taxi



I take a taxi.

walk



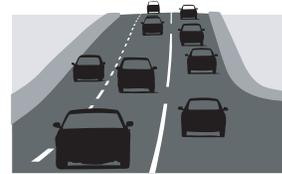
I walk to class.

bike



I ride a bike.

car



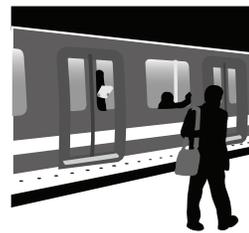
I drive my car.

scooter



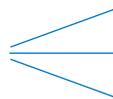
I use my scooter.

subway



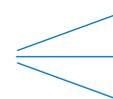
I take a subway.

I take



a bus.
a taxi.
a subway.

She takes



a bus.
a taxi.
a subway.

Directions



Turn left.



Turn right.



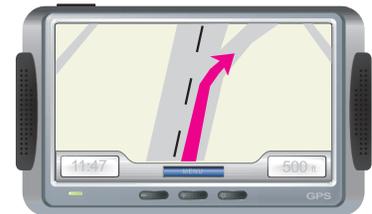
Go straight.
Continue.



Turn right in 300 metres.



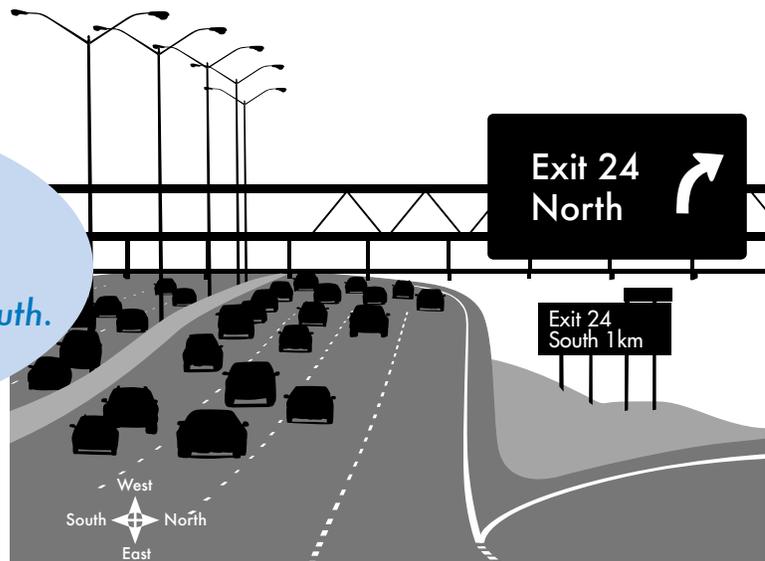
Continue.
Then, turn right at Elm
Street.



Take the next exit.

Should I take exit 24 north?

No. We need to go south.
Take the next exit. It's 24 south.



Making an Appointment

At the Doctor's Office



appointment book

Dr. L. Chen, M.D. FRCP(C)
7318 Main Street, Suite 312

Maria Gomez has an appointment on
March 16 at 9:15 a.m.

appointment card



marking the date on a calendar



making an appointment on the telephone

Hi. I need to see Dr. Chen again. Can I make an appointment for next month?

Let me check her appointment book. Okay Maria, Dr. Chen can see you on Friday March 16 at 9:15. Here is an appointment card.

Thank you.



↑
patient

↑
receptionist

Study Tips

Speaking and Listening

- Talk to classmates who don't speak your language.
- Talk to neighbours.
- Talk to people at the bus stops or at stores.



Reading and Writing

- Read signs in the neighbourhood and copy them.
- Go to the library. Borrow short books that come with a CD. Listen to the story and follow along in the book.
- Copy important words and read them (like names of friends or my address.)
- Copy words you want to learn in a notebook.
- Write a couple of short sentences every day.
- Use a picture dictionary.
- Use helpful websites.

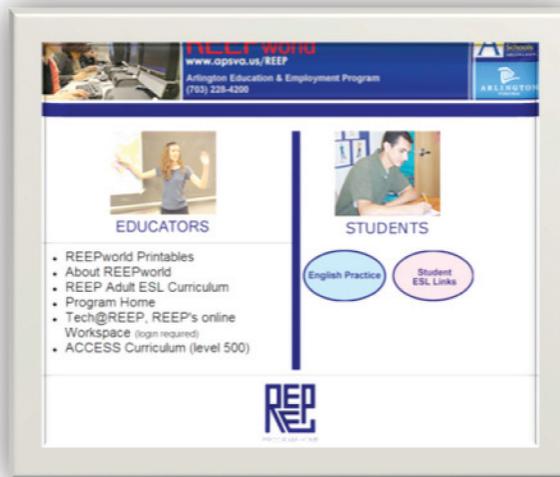


Helpful Websites to Practice English

REEPworld

On this website you can listen to English, read English and practice English.

There are also word cards and pictures that you (or your teacher) can print and use in class.



Follow these steps:

step 1

Go to www.reepworld.org

step 2

Click on [English Practice](#).

[English Practice](#)

step 3

Click on a picture to select [Work English](#), [Family English](#) or [Health English](#).

Helpful Websites to Practice English

Language Guide

This website is like a picture dictionary. You can hear the word, see the picture and read the word.



Follow these steps:

step 1

Go to www.languageguide.org

step 2

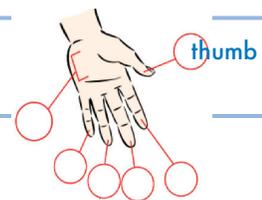
Click on [English](#).

step 3

Click on one of the underlined words in a topic.

step 4

Click on a picture. You will see and hear the word.



There are many pictures about the following topics.

- Numbers
- Clothing
- Food
- Transportation
- The Body
- The house
- Animals
- Telling Time