

coast  
mountain  
college

# International Lifestyle Book



# Where are we?

The Coast Mountain College region is within the traditional territories of six distinct First Nations: Nisga'a, Ts'msyen, Gitksan, Wetsuwet'en, Haisla, and Haida. Within the six nations are 21 Indigenous communities with separate governing bodies.

Coast Mountain College also acknowledges our close neighbours, the Tahltan Nation, as well as the Inuit and Métis peoples in Canada.

Our campuses are part of or near the Great Bear Rainforest and are surrounded by coastal mountain ranges, rivers, and forests. This means we experience all four seasons.



## Travel Distances

- Vancouver to Northwest BC:**  
🚗 1,378 km (16 hours) / ✈️ 90 minutes
- Terrace to Prince Rupert:**  
🚗 144 km (1.5 hours)
- Terrace to Smithers:**  
🚗 200 km (2.5 hours)

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## How's the weather?

### Terrace

Winter:	❄️ -4°C	☀️ 4°C
Spring:	❄️ 0°C	☀️ 13°C
Summer:	❄️ 11°C	☀️ 20°C
Fall:	❄️ 2°C	☀️ 15°C
Precipitation:	☁️ 2060mm annually	
Sunshine:	☀️ 3.2 hours per day	

### Prince Rupert

Winter:	❄️ 1°C	☀️ 5°C
Spring:	❄️ 8°C	☀️ 13°C
Summer:	❄️ 15°C	☀️ 17°C
Fall:	❄️ 6°C	☀️ 14°C
Precipitation:	☁️ 2979mm annually	
Sunshine:	☀️ 3.1 hours per day	

### Smithers

Winter:	❄️ -12°C	☀️ -4°C
Spring:	❄️ -7°C	☀️ 13°C
Summer:	❄️ 5°C	☀️ 18°C
Fall:	❄️ -6°C	☀️ 13°C
Precipitation:	☁️ 1064mm annually	
Sunshine:	☀️ 2.8 hours per day	

CMTN campuses are in areas with considerable rainfall, high humidity, mild summers, and cold, wet winters. Be sure to pack sensible clothing for the climate. ➡ ➡ ➡

### Sensible Clothing

- ➡ a wind- and water-proof coat lined with fleece, down, wool, or polyester
- ➡ warm sweaters
- ➡ wool or wool-blend base-layers and socks
- ➡ insulated boots with good traction for ice and snow



# Why choose CMTN?

## Affordability

Achieving your academic goals doesn't have to be expensive. CMTN offers high-quality Canadian education at affordable rates compared to other institutions in British Columbia.

## Learning by doing - the CMTN way

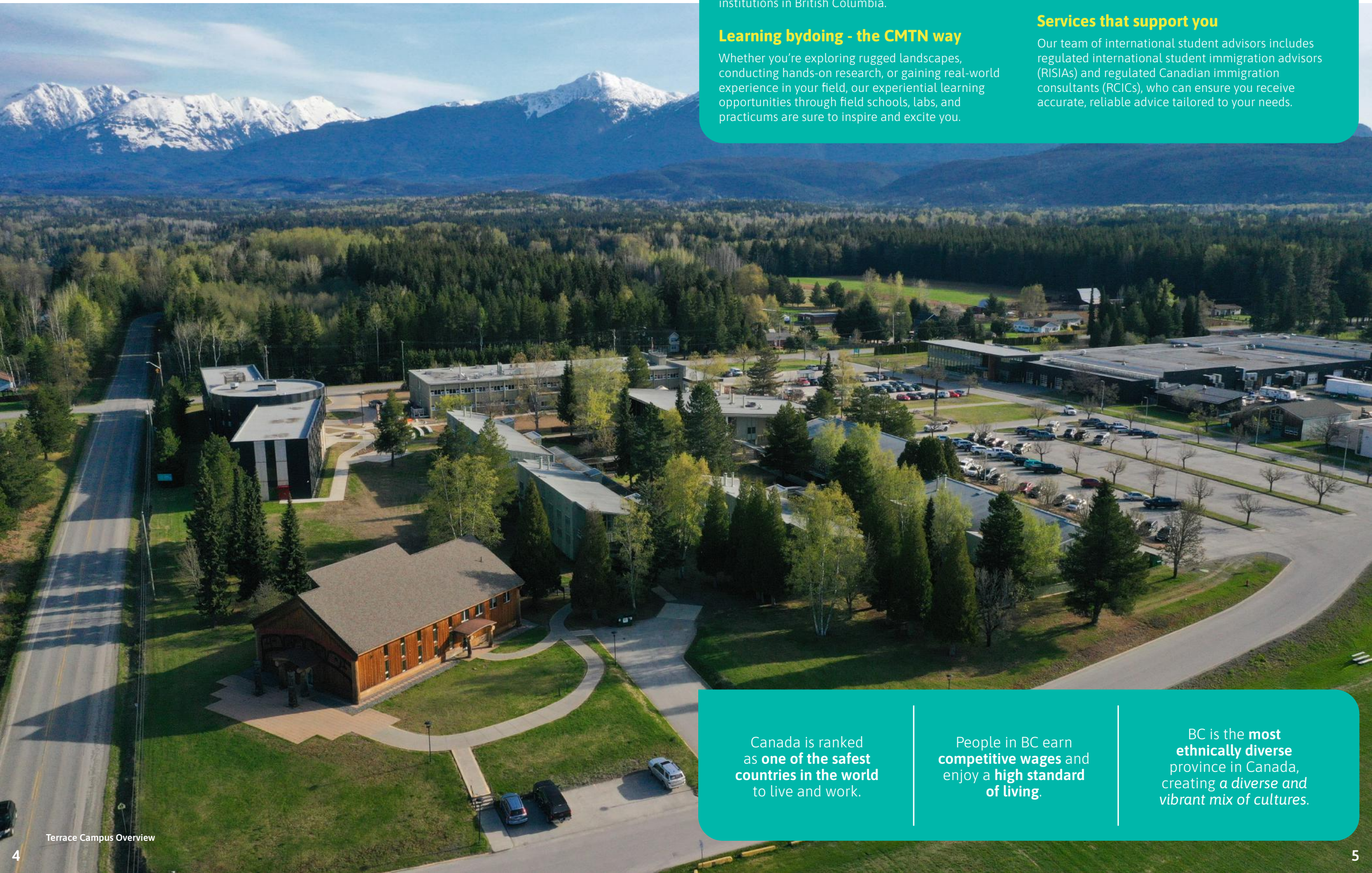
Whether you're exploring rugged landscapes, conducting hands-on research, or gaining real-world experience in your field, our experiential learning opportunities through field schools, labs, and practicums are sure to inspire and excite you.

## High engagement with Faculty

Experience the distinct advantage of small class sizes, where you can make meaningful connections with all your teachers.

## Services that support you

Our team of international student advisors includes regulated international student immigration advisors (RISIAs) and regulated Canadian immigration consultants (RCICs), who can ensure you receive accurate, reliable advice tailored to your needs.



Canada is ranked as **one of the safest countries in the world** to live and work.

People in BC earn **competitive wages** and enjoy a **high standard of living**.

BC is the **most ethnically diverse** province in Canada, creating a *diverse and vibrant mix of cultures*.



# How to Apply

You've chosen a program at CMTN, reviewed the requirements for admission, and decided to apply. We think you've made a great choice. Here are the steps to follow when applying for admission.

1

**English Language Proficiency**  
You must meet the English language proficiency requirements for your program. If you do not meet the requirements with previous education, you can submit acceptable English proficiency test results such as TOEFL, Duolingo, IELTS. Check the list of listening, speaking, reading, and writing alternatives on our website.

2

**Apply to your program**  
Apply using [www.educationplannerbc.ca](http://www.educationplannerbc.ca) and pay the \$100 CAD application fee (non-refundable). If an international education agency is helping with your application, don't forget to include the name of the agent on your online application.

3

**Submit supporting Documents**  
Submit your supporting documentation, including your English proficiency test report, if needed. Be sure to include your CMTN student ID in the email subject title and send the relevant documents to [admissions@coastmountaincollege.ca](mailto:admissions@coastmountaincollege.ca). Official transcripts must be mailed in a sealed envelope or faxed directly by the institution to Coast Mountain College. A notarized translation must accompany any transcripts that are not in English.

4

**Conditional Qualification and Tuition Deposit**  
Once you have met the program requirements, you will be conditionally qualified for your program. The tuition deposit amount will be confirmed in your conditional qualification letter, depending on your program of choice. Your official acceptance letter cannot be sent until your tuition deposit payment is received.

5

**Acceptance Letter and PAL**  
Congratulations! Once you have your official Acceptance Letter from CMTN and your Provincial Attestation Letter (PAL), you can apply for a study permit.

6

**Apply for study permit**  
Complete your study permit application with Immigration, Refugees, and Citizenship Canada (IRCC). Be sure to submit all required documents with your application. Your study permit is the document that allows you to enter Canada to study.

7

**Study Permit Approval**  
Once your study permit is approved, please email a copy of your Letter of Introduction (issued by IRCC) to [international@coastmountaincollege.ca](mailto:international@coastmountaincollege.ca). This letter is NOT your study permit. You will need to show it at the Port of Entry when entering Canada to receive your actual study permit.

8

**Register for your courses**  
Contact the International Advising Team to register for your courses at [international@coastmountaincollege.ca](mailto:international@coastmountaincollege.ca). They will assist you with selecting the right classes for your first year.

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**Make your travel plans**  
Once you've completed ALL previous steps, you can proceed with booking your travel! Be sure to send a copy of your itinerary and arrival details to [international@coastmountaincollege.ca](mailto:international@coastmountaincollege.ca).

# What does it cost?

It's important to know how much you need to budget for studying at CMTN. Below you'll find a breakdown of estimated costs to help you plan for your studies.

## International Student Fees

### Study Costs (per year)

Tuition and program fees for 10 courses <small>(Includes health &amp; dental plan, student union fees, etc.)</small>	\$14,000 - \$19,000
Textbooks and supplies	\$2,000

### Living Costs (per year)

Housing (\$630 per month)*	\$7,560
Meals	\$5,400

**Total expenses for one year** **\$28,960 - \$33,960**

All fees above are given in Canadian dollars (CAD) and are estimates only. Fees may vary by student and are subject to change at any time. On-campus housing is only available at the Terrace campus.

*\*This cost represents housing on campus. While living off campus, costs can vary from \$600 to \$1800 per month, depending on community.*

### Study Permit Fees

Additional costs are associated with your study permit application through Canadian Immigration. To learn more about study permit fees and the application process, please scan the QR code below.



For more information on the costs of living off campus, follow the QR Code below.

Campus Store | Terrace Campus

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# Entrance Awards

CMTN supports new international students from different countries, all of whom enrich our campus with their diverse perspectives. The selected recipients of the \$5,000 CAD International Entrance Award (ISEA) grants can use the funds to offset their tuition fees and expenses.



## Eligible Countries of Citizenship

Africa	Asia	Latin America and the Caribbean	Middle East
All countries on the African continent	China, Hong Kong, Indonesia, Japan, Malaysia, South Korea, Taiwan, Thailand, Vietnam, Nepal, Sri Lanka	All countries within the Latin American and Caribbean regions	Iran, Turkey, UAE



*"This recognition is more than just financial assistance; it is a vote of confidence in my potential, and it inspires me to strive for excellence."*

**Arlen Arellano**  
Post-Degree Diploma in Business and CMTN International Student Entrance Awardee from Mexico



*"[The award] is a great kickstart in my educational journey in Canada; more like ten steps in the right direction."*

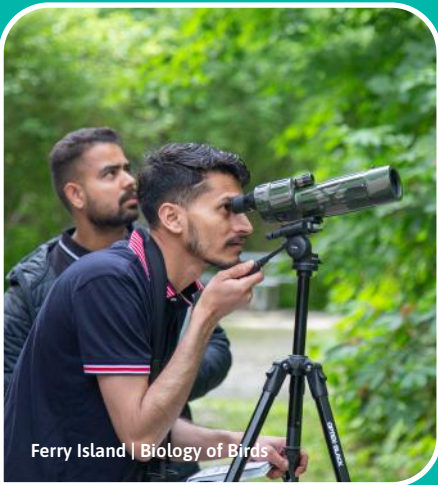
**Efemena Ighere**  
Post-Degree Diploma in Business and CMTN International Student Entrance Awardee from Nigeria

# Education Unbound

At Coast Mountain College you'll study, work, and play in one of the most spectacular places on Earth. Your classroom is connected to place - to rich cultures, rugged landscapes, and breathtaking vistas.

Our intensive spring and summer field schools combine a full semester of learning into just a few weeks where you'll experience Northwest BC's incredible history, culture, and environment.

This is education unbound.





# Student Support and Services

## Advising

Whether you are navigating academic challenges or planning your professional journey, our CMTN Educational Advisors (EAs) are here to provide invaluable support. They can help you understand program requirements, select courses, and explore the various program pathways and partnerships available to you.

## Learning Assistance

Whether you're seeking to enhance study skills or overcome difficult subjects, the Learning Assistance Specialist (LAS) Team provides one-on-one support for you to thrive in your studies. Throughout the year, student success workshops on such topics as writing proficiency, time management techniques, and strategies for avoiding plagiarism, are held.

## English as an Additional Language (EAL) Support

CMTN wants you to succeed academically and integrate socially in Canada so you can have a well-rounded Canadian experience. We have EAL support opportunities through personalized guidance and resources for those who wish to enhance their English language speaking skills.

In addition to the supports provided by CMTN, external social service providers regularly visit campuses to keep students informed of the many community services that are available to them off campus. Some organizations that periodically set up information tables and share information include Skeena Diversity and other settlement organizations, Foundry and other youth wellness organizations, Service Canada, RCMP, Elections Canada, Elections BC, Work BC, and BC Transit.

## Information Sources

The CMTN website carries up-to-date information for international students. This is where students can find housing options, both on and off campus, as well information about the region, transportation options, typical costs of rental accommodation, residential tenancy rights, and other important information for staying in Canada.

## Financial Aid

Finances can be a challenge for all students. The CMTN Foundation and the College's financial aid office work hard to support students who need extra funds to complete their training. As of 2025, the CMTN Foundation offers eight awards and bursaries that are open to international students each year, totalling more than \$13,000.

In addition, CMTN offers up to 12 international entrance awards per year (\$5,000 CAD per award) for new international students from a diverse range of countries starting their first term of study.

For a full list of available services at CMTN, follow the QR Code below.





# Living on-Campus

## Wii Gyemsiga Siwilaawksat

Discover the right blend of convenience and comfort at our award-winning student housing on the Terrace campus. Wii Gyemsiga Siwilaawksat comes from a Sm'algyax phrase meaning where learners are content or comfortable. With its three-storey, 108-student accommodation, our residence is carefully designed to enhance your academic journey.

Maximize its six communal kitchens for shared culinary adventures and take advantage of its secure bicycle storage for easy on- and off-campus exploration. Dive into your studies in our computer lab. There are also two spacious suites to accommodate visiting families.

Beyond its striking architecture and traditional Indigenous-inspired design, the building's wide, welcoming interiors on all levels promote a sense of community. Whether you're studying on your own or collaborating with classmates, you'll find the perfect spot to thrive.

All-inclusive monthly rent.

New, fully-furnished units.

Spacious study areas.

Two-piece bathroom per suite.

Secure ID card tap facility.

5-minute walk to classes.



Wii Gyemsiga Siwilaawksat | Terrace Campus Student Housing

# Living off-Campus

## In the Local Community

Moving from the comfort of your home to a brand-new country can be intimidating, but finding the perfect place to live can significantly enhance your college experience. Whether it's renting a basement suite on your own or buddying up with friends in a three-bedroom house, housing options are available for you in Terrace, Prince Rupert, and Smithers.

You may join home rental groups on Facebook, search for available homes in kijiji.com, one of Canada's rentals marketplaces, or connect with current CMTN students who may help.

What's important is that you create a comfortable space for you that provides a positive experience and serves your personal needs.

### Resources

- ➔ Regional Facebook rental groups
- ➔ Facebook marketplace
- ➔ Kijiji.com



Overlooking the City of Terrace | Tanya Huether



# Things to do

Here are some of the best ways for you to enjoy your time off-campus and explore what makes your college town special.

## Terrace and area

### Local Culture

Shop local art and produce, visit a gallery, or enjoy a show.

- ★ Skeena Valley Farmers' Market
- ★ Terrace Art Gallery
- ★ R.E.M. Lee Theatre

### Hiking and Walking

- ★ Ferry Island  
3.5 km - Easy
- ★ Terrace Mountain  
5.6 km - Moderate
- ★ Gunsight Lake  
12.9 km - Hard

### Winter Fun

Go skiing, snowboarding, or tobogganing.

- ★ Shames Mountain
- ★ Onion Lake Ski Trails
- ★ Northern Escape Heli-Skiing
- ★ White Wilderness Heli-skiing

## Prince Rupert and area

### Local Culture

Shop for local art, visit a museum, or enjoy a show.

- ★ The Ice House Gallery
- ★ Museum of Northern BC
- ★ North Pacific Cannery
- ★ Lester Centre of the Arts

### Hiking and Walking

- ★ Butze Rapids  
5.1 km - Easy
- ★ Rushbrook Trail  
2.9 km - Moderate
- ★ Tall Trees Trail  
7.7 km - Hard

### Wildlife and Fishing

Get out on the ocean and explore.

- ★ Prince Rupert Adventure Tours
- ★ Northwest BC Fishing Charters
- ★ Skeena Kayaking
- ★ BC Ferries to Haida Gwaii



## Smithers and area

### Local Culture

Shop local art and produce, or visit a museum.

- ★ Bulkley Valley Farmers' Market
- ★ Widzin Kwah Canyon House Museum

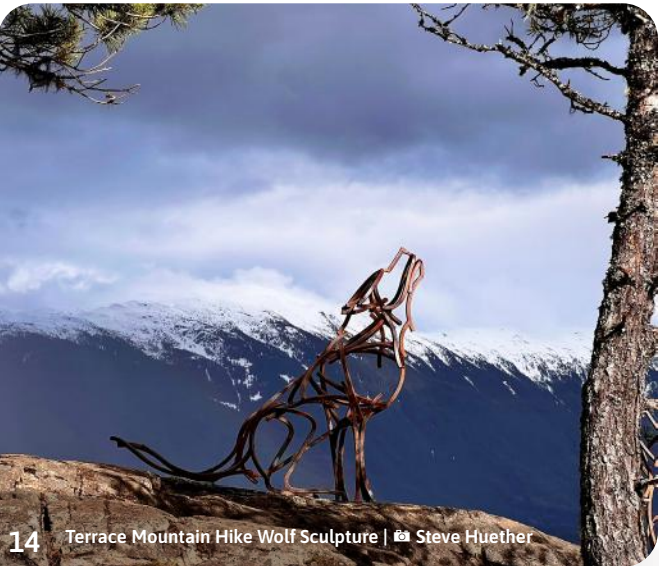
### Hiking and Walking

- ★ Riverside Park Short Loop  
2.3 km - Easy
- ★ Crater Lake  
5.8 km - Moderate
- ★ Harvey Mountain  
9.2 km - Hard

### Winter Fun

Go skiing, snowboarding or enjoy a horse-drawn sleigh ride.

- ★ Hudson Bay Mountain
- ★ Skeena Cat Skiing
- ★ Bulkley Valley Nordic Centre
- ★ B & T Adventures



14 Terrace Mountain Hike Wolf Sculpture | 📷 Steve Huether



Shames Mountain | 📷 Tanya Huether



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# Navigating Life

Northwest BC is your new home away from home! Below are some options for getting around once you arrive along with a list of some local grocery stores and pharmacies where you can find the things you need for daily life\*. You can expect to spend \$300-500 per month on groceries (or more if you plan to eat take-away or out in restaurants frequently; eating a meal out generally costs \$20-50 per person.)

## Getting Around Town

### Prince Rupert

- BC Transit
- Skeena Taxi  
+1.250.624.2185

### Terrace

- BC Transit
- Kalum Kab Taxi  
+1.250.635.7177

### SMITHERS

- BC Transit
- Kaiser Taxi  
+1.250.917.8882



BC Transit Website

### Terrace Shops

- Save-On-Foods  
4731 Lakelse Ave
- Safeway  
4655 Lakelse Ave
- Real Canadian Wholesale  
4524 Feeney Ave
- Walmart  
4427 Hwy 16 W
- Pharmasave  
103-4741 Lakelse Ave
- Shoppers Drug Mart  
4647 Lakesle Ave
- Cafenara  
4716 Lazelle Ave
- The Fairlie Cafe  
3100 Kalum St



Skeena Bridge | © Surya Saroch



Welcome to Terrace sign | © William Matheson



### Smithers Shops

- No Frills  
3752 4th Ave S
- Safeway  
3664 Hwy 16 W
- Walmart  
4427 Hwy 16 W
- Pharmasave - Bulkley Village Mall  
3752 4th Ave S
- Pharmasave - Main Street  
1211 Main St
- Shoppers Drug Mart  
1235 Main St
- Bugwood Coffee  
1206 Main St
- Two Sisters Cafe  
3763 4th Ave



### Prince Rupert Shops

- Save-On-Foods  
841 3rd Ave W
- Safeway  
200 2nd Ave W
- Walmart  
1143-500 2nd Ave W
- Pharmasave  
344 2nd Ave W
- Shoppers Drug Mart  
249-500 2nd Ave W
- Cowpuccino's  
25 Cow Bay Rd
- Javadotcup  
516 3rd Ave W



\*Details provided on this page were current at time of publication, but CMTN cannot guarantee the operating status of any of the businesses listed.



# Meet Our Graduates

## Bushra Ansari

India | Class of 2024  
Post-Degree Applied Coastal Ecology Diploma

Bushra Ansari fondly recalled her life as a student in her speech to the 2024 graduating class at Coast Mountain College (CMTN), emphasizing how her experience in Canada has shaped the way she finds courage in the face of fear and uncertainty.

She shared the highs and lows of this transformative phase of her life – an experience her fellow international students could resonate with. Bushra arrived in Canada in August 2022 and immediately felt a wave of panic, homesickness, and loneliness as the fear of failure and the unknown set in. “From being with my parents to now seeing them only through video calls..., you name it and I experienced it,” she reflected.

There is no one-size-fits-all process in navigating international student life, but Bushra has found the College to be a pillar of strength and refuge. She credits the support she received from the faculty and staff in overcoming her self-doubt. “The always ready-to-help staff, the education advisors offering solutions to academic problems, and the instructors taking time to listen and assist were incredible.”

CMTN is also where Bushra found her career calling. As the organizer for the Coast Mountain Student Union (CMSU), she regularly finds solutions to students’ needs, a role she takes on enthusiastically as the people she works for are her fellow students. “What I like best... is the opportunity to advocate for students and contribute towards improving their college experience. Organizing events, providing support, and seeing the positive impact on my peers is very fulfilling.

“The world needs us, our perspectives, our solutions, and our commitment,” she concluded. “Let’s step out with courage.” She then turned and left the stage, embodying the very courage she had called upon, ready to face the world and make a lasting impact as one of CMTN’s own.



Convocation 2024 | Smithers Campus



*“You must prepare yourself for all possibilities, embrace the opportunity with an open mind, be ready to experience new cultures and remain patient and resilient as you settle into a new environment.”*

**Monica Barro**  
Philippines  
Post-Degree Diploma in Business - Class of 2024



*“Make very good use of the resources on campus as they are there for students’ use, such as learning assistance, library books, as well as student health and wellness programs.”*

**Emmanuel Ifejo**  
Nigeria  
Associate of Arts Criminology Specialization - Class of 2024



Convocation 2024 | Terrace Campus





International student in lab class at Waap Sa'mn (House of Spruce) | Terrace Campus

## Let's keep in touch!



@coastmountaincollege

@coastmountaincollege\_intl

Coast Mountain College can help you decide on the best program or course for you. We are here to guide you before you apply. Email [international@coastmountaincollege.ca](mailto:international@coastmountaincollege.ca) to connect with our educational advisors.

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