



Saaptahik

When School Starts in a New Country

For international students, “back to school” is also a first step into a new life in Canada

Starting school in a new country isn’t just a new semester — it’s the beginning of a new chapter in Canada.

For international students, it can feel like stepping into unfamiliar territory. A new classroom, new ways of learning, and a new rhythm of daily life. Even simple things — transit, groceries, budgeting in Canadian dollars — become part of settling in.

And if you've arrived with your family, remember that you're not the only one starting over. Your spouse may be adjusting to work, your children may be entering a new school and everyone is building a new routine together.

A few habits can make the transition smoother: keep track of important dates and documents, understand your everyday expenses, stay alert to scams, and explore campus supports early so you know what’s available when you need it.

Settling into a new country takes time. Every day adds a little more confidence, and slowly, the unfamiliar starts to feel like yours. Give yourself time to build that sense of belonging.



Turning new into familiar — one step, one conversation at a time.

THIS WEEK

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Pick Your Own Apples02

*Never picked your own apples? We’re heading out to the orchard this fall — come along and give it a try. **Join Us.***
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Did You Know?02

National Flag of Canada Day Turned 30 This Year
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Share with Saaptahik02

*Have a story, idea or discovery you’d like to share with our readers? **We’d love to hear it.***



◆ Community

The Pleasure of Picking Your Own Apples 🍏

Do apples taste better when you pick them yourself? 😊

There's something satisfying about picking fruit straight from the tree.

Walking through an orchard, choosing the ones that catch your eye and filling a basket yourself is more than buying fruit. It's an experience.

You're outdoors, surrounded by rows of trees, taking your time instead of rushing through a produce aisle. You get to see where the fruit grows, choose it for yourself and bring home a harvest you had a hand in collecting.

And apple picking is rarely a solo grocery run. Friends wander the rows together, families make an afternoon of it, and everyone comes home with a basket of apples — and usually a few stories to go with them.



This year, we're planning our own apple-picking outing as a Meetup group. Never tried it? Love doing it every fall? Or simply feel like coming along for no particular reason? You're welcome.

Come wander the orchard, pick a few apples and enjoy the day with us. 🍏

Check out the details and RSVP here: [MeetUp](#)

◆ Did you Know?

National Flag of Canada Day Turned 30 This Year



It's been 30 years since Canadians began celebrating **National Flag of Canada Day** every February 15. The date marks the anniversary of the first raising of Canada's red-and-white flag in 1965. 🍁

◆ Share with Saaptahik

Have something you'd like us to share?

Have a story, an interesting idea or something you think our readers might enjoy?



Tell us about it. **We'd love to hear from you.**

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