

Maple Leaf International School

A Canadian International Program
Alyce Heights Drive, Alyce Glen, Petit Valley. Trinidad, W.I.
Email: bhargreaves@mapleleaf-school.com

June 7, 2011

Dear Prospective Staff Member,

Maple Leaf International School is an Ontario School located in Trinidad. It offers the Ontario Curriculum, is inspected annually by the Ontario Ministry of Education, and provides graduates with the Ontario Secondary School Diploma (OSSD) which is positively recognized and accepted worldwide.

The School began 17 years ago by a group of parents who wanted to provide their children with an alternative educational experience to that which is offered locally. To that purpose they turned to one of the most respect educational systems in the world, the Ontario Educational System.

Since those beginnings, the parent community stands firmly behind the school. Parents have invested a great deal of trust in this venture. You will find that the parents expect a quality Ontario education for their children, but you will also find support for the staff in all aspects of our work. The Board of Directors is committed to providing the school with a sound foundation of policies and procedures which will drive the school's operations. The Parent Teacher Association works closely with the school to assist in its Plan for continuous improvement. As a school, we are focused on Balanced Literacy, Student Connectedness and Community Outreach.

Presently the school has a population of approximately 340 students in grades JK to grade 12. As with most schools these students exhibit a broad range of abilities, interests, goals and dreams. The student body is composed of 90% local students, while 10% are foreign to Trinidad.

Aside from the challenge of providing a true Ontario Education in Trinidad, you will find Trinidad itself an interesting country for you to explore. It is blessed with an abundance of outdoor opportunities. Hiking, golf, tennis, water activities, birding, sightseeing and travel to other islands, are but a few examples. All of this is yours to enjoy, in a country which provides an abundance of holidays.

Welcome to Maple Leaf and Trinidad

Regards



Bill Hargreaves
Principal

Welcome to Maple Leaf International School



Maple Leaf International School was established by a group of parents who wanted an alternative educational experience of the highest quality for their children in Trinidad. It approaches education in a modern child-centred, individual manner with smaller class sizes and strong student-teacher interaction. This allows for students to take an active role in the learning process. The school is a non-profit corporation, governed by a board of directors.

Maple Leaf International School follows the guidelines established by the Ontario Ministry of Education and Training, offering advanced level courses leading to university and college entrance.

Maple Leaf International School is a coeducational private school and accepts students from Junior Kindergarten (4 years of age) through to Grade 12 (university or college preparation).

Maple Leaf International School is located in Petit Valley in the northwest area of the island of Trinidad, near the capital city, Port of Spain. It is comprised of 2 sites which house over 340 children and 50 staff. It is a safe and student-friendly environment with a family atmosphere. Secondary academic programs are inspected annually by the Ministry of Education of the Government of Ontario. Graduating students are awarded the Ontario Secondary School Diploma (O.S.S.D.) which is recognized internationally.

PREPARING TO LIVE IN TRINIDAD

Trinidad is a beautiful island and very different from both Canada and the vacation hot spots in the Caribbean. Trinidad, unlike her sister island, Tobago, is not a vacation destination and does not cater to tourists. The capital, Port of Spain, is an industrialized city and like any city has areas that should be avoided.

Mall shopping is becoming more “North Americanized” every day. It is a good idea to equip yourself with any “brand name” shoes or clothes you will require as these items are imported and can be very costly. Locally made items are fairly priced but you should watch the quality of the items. House wares, small appliances and electronics can be fairly expensive.

If you have children who will be attending Maple Leaf International School, the uniforms are available at a local store. As part of the uniform the children must wear completely black closed shoes and white or black socks. It is a good idea to bring a good supply of both shoes and socks for school.

Driving can be a bit of a challenge in Trinidad if you are not used to narrow streets and the steering wheel on the right-hand side of the car. People here drive fast and park facing any direction on either side of the street but they are quite courteous. Don't worry, it's not as bad as it seems and it doesn't take long before you are driving just like the locals.

The entire island of Trinidad has the atmosphere of a very small community. A lot of people know of or are related to many local families in some way. As a result Trinidad has an extensive grapevine and word travels extremely fast. The people are friendly and families from the school may invite you to go on outings with them. **GO!** It is a great way to get a fast feel for the country and experience some of the culture first hand. You will also make some wonderful friends.

Trinidad has a way of getting into your blood and you will find it very hard to say goodbye when the time comes. Enjoy your stay.

CLIMATE

Because of Trinidad's southerly location, temperatures are hot year round. The average daily high in Port of Spain is 31 degrees Celsius (88F) in both January and July, while the low averages 22C (72F) in July and is only one degree cooler in January. December through May are the driest months with a relative humidity of 75%. June to August, the wettest months, average from 260 mm (10in) of rain and 23 rainy days each month. Many rainy days also have sunny periods. Trinidad and Tobago are also outside the hurricane belt and generally don't experience the severe storms that hit the more northerly islands.

THINGS YOU NEED TO KNOW BEFORE YOU GO

Before you go to Trinidad you should register with the Canadian High Commission.
Address: 3-3A Sweet Briar Road, Maple House, St. Clair, Port of Spain, Trinidad and Tobago

Postal Address: P.O. Box 1246, Port of Spain, Trinidad and Tobago

Tel.: 1(868)622-6232 (6-CANADA)

Fax: 1 (868) 628-2581

E-mail: pspan@international.gc.ca

Internet: <http://www.portofspain.gc.ca>

OHIP

Although you will be offered medical coverage while in Trinidad it is possible to continue your OHIP coverage while on contract here and avoid the three month wait when you return to Canada. For continuous OHIP coverage, visit your district Ministry of Health office with your I.D. e.g. Passport, driver's license, extra ID to prove residency, current OHIP card and **a copy of your contract**. The regulations permit coverage for anyone out of the country on a work permit for up to 5 years. Upon returning to Ontario, you must reapply to continue your benefits after the work permit expiry date.

Make sure that you have submitted all required information for the application of your work permit. You need this work permit prior to leaving Canada.

WORK PERMIT

The school will acquire a work permit for you. To ensure that you receive your work permit prior to traveling to Trinidad please prepare the following **immediately**:

- Fill in pages 1 and 2 of the Work Permit Form(omitting #16,#19 and #24-33)
- **Three(3) identical passport size photographs**
- A police certificate with respect to the previous five(5) years available from your local police station and
- Two(2) written character references, one(1) of which must be from your last employer
- An up-to-date copy of your resume
- Rental Accommodation form attached

Send the work permit form and the documents listed above by courier within 4 weeks of the date of your Offer of Employment to the attention of:

Mr. Albert Tatem

52 Donna Lee Trail

Stouffville, Ontario L4A 1K3

Tel: 905-640-0597 E-mail: altat@rogers.com

PASSPORT

You will require a **valid, up-to-date passport** in order to complete your work permit form. The passport should be valid for at least six months after your arrival.

OFFICIAL DOCUMENTATION

Please bring originals, if possible, or copies of the following documents:

- | | |
|---|--------------------------------------|
| 1) Birth Certificate (Long form for children) | 4) Degrees/Diplomas |
| 2) Marriage Certificate | 5) OCT Certificate of Qualifications |
| 3) Immunization Record | |

Please investigate the passport and visa requirements for your children if they will be traveling with you.

INTERNATIONAL DRIVER'S LICENSE

You are advised to get your international driver's license before you leave Canada. They are available from the **CAA**. Visitors are allowed to drive for ninety days with a valid Canadian driver's license. After this time it is expected that drivers get an international driving permit. International Driving permits may be purchased at **CAA** in Canada. They are valid for **ONE YEAR** in Trinidad. A Trinidad and Tobago license can be secured after doing a written test.

There are traffic rules in Trinidad but they are often not followed. This means that as a driver you must stay on the defensive and be prepared for anything. The letters found on license plates indicate the vehicle's intended usage.

P=Private/Non-commercial vehicle

H=Taxi

R=Rental Vehicle

T=Commercial Vehicle/Truck

CAR RENTALS/PURCHASE

Rental cars are expensive in Trinidad. An economy car costs approximately \$4000 to \$5000TTD per month which includes insurance and VAT (value added tax). Deductible of approximately \$6000TTD is the responsibility of the renter. Naturally you are free to shop around and find other prices. If you are interested in renting with the help of the school, please let our Manager, Administration know as soon as possible.

Most teachers find it to be more economical to purchase a used vehicle (approximately \$40,000-\$50,000TTD for something decent) and sell it upon contract completion. Gasoline costs less than in Ontario and you do not travel very far.

Whenever buying a car it is certainly “Buyer Beware”. It is strongly advisable to buy from a reputable dealer or to have the vehicle certified by a reliable mechanic. Cars are in high demand in Trinidad; consequently, resale values remain high

CAR INSURANCE

Driving in Trinidad can be an experience in itself. That is why it is very important to have insurance. Insurance costs anywhere from \$1200 a year for third party insurance on an older car to \$3800 for full comprehensive insurance. Make sure that the policy you choose includes collision insurance; you will understand once you get here.

DRESSING TO TEACH IN TRINIDAD (when in Rome, wear a toga!)

Each country has its unwritten guidelines on what is considered appropriate and Trinidad is no exception. One must also take into consideration the fact that you are working at a private school where the students are required to wear uniforms. Please remember that since the students are wearing uniforms and are required to maintain a dress code regarding them, staff should do the same and come to work attired for work in a place of business.

Residents consider shorts, T-shirts, tank tops and flip-flops to be “liming” attire best left for beach and poolside. Many people would take offence if you arrived anywhere else dressed like this, particularly school! Ladies, please be reminded that revealing or low cut clothing is considered “vulgar” to borrow from the local vernacular.

Suggestions for Appropriate School Attire

Female Staff	Male Staff
skirt or pantsuit	long pants
blouse with tailored pants or skirt	dress shirt-short or long sleeves
dress	tie
professional jewelry	no earrings

Please note: Athletic wear with appropriate footwear is appropriate for teachers of physical education.

Trinidadians generally dress very well; in some eyes they may appear to be slightly overdressed for the occasion. Please remember that you would cause far less offence by being overdressed than underdressed.

While there is only one season in Trinidad, it is the **occasion** that dictates the dress. Summer clothes can be professional looking and lightweight at the same time.

General Dress Expectations

- Beach/Pool: bathing suit, shorts, T-shirts and sandals. Ladies usually wear a bathing suit cover-up or wrap.
- Carnival: T-shirts and jeans or shorts and gym shoes -or join one of the bands if you dare!
- Evening: “Elegantly casual” means long pant outfits, dresses or long skirts for ladies; short sleeved, collared shirts and long pants for men.
- Parties or Shows: smart long pant outfits, classical smart dresses-long or short for evening for ladies; sport jackets and slacks or suits for men.
- Avoid wearing short-shorts in public areas except for the beach.
- Normally shorts are not worn after dark.

SAFETY AND SECURITY

The following information is not meant to alarm you unduly but to simply make you aware of the situation here in Trinidad. In any country where there is a great disparity between the rich and poor, crime becomes a problem. Theft from cars and homes is a concern, as is crime, but if you are aware of certain situations the likelihood of a problem is reduced.

There are a few things to keep in mind regarding your safety here in Trinidad. As you look around, you will see most of the homes have burglar bars to protect the doors and windows; others have vibration sensors to alert the homeowner if someone is tampering with windows or doors. If you lock all windows and doors when leaving or retiring for the night and are aware of what is happening around you at all times, there will be few problems.

It is not advisable to walk after dark by yourself. There are times of course when you cannot avoid it, just become aware of your surroundings. Some people walk around the Savannah in the early evening or morning. As long as there are people walking and jogging you should come to no harm. It would be advisable that a woman alone should avoid being around the Savannah when it is dark – exercise during the daylight or join a fitness club if you prefer to exercise later in the day.

There is no problem walking around downtown during daylight hours provided usual precautions are taken. Know in advance where you are going have a course mapped out in your mind, and leave expensive jewelry at home.

It is recommended that if it can be avoided, a woman should not drive alone late at night. While driving at night your car doors should be locked and the windows should be up. Should you run into car trouble it is best to drive directly to the nearest police station or other safe area. When turning into your driveway, if you are suspicious of a car following you, drive away from you home and see what happens. When you are in your home, keep doors and grille work locked whenever possible.

Personal Security Tips While Shopping

- Do not carry cash while shopping if it can be avoided
- Use a charge account, followed by (in order of preference) cheques, debit card, credit card, cash.
- Do not overdress, and avoid wearing jewelry.
- Shop with a friend whenever possible.
- Be wary of “bargains” offered by persons on the street.
- Avoid using ATM machines at night.

Tips for the Beach and Waterfalls

- Don't park your vehicle on the road or close to the road, unless in a secured car park
- Leave valuable possessions at home
- Don't leave belongings unattended
- Don't wander alone
- Stay in groups or crowds.

Please check for any travel advisories at the Canadian Foreign Affairs site.

<http://www.voyage.gc.ca/dest/report-en.asp?country=297000>

Please read the Maple Leaf International School leaflet entitled Personal Security Guidelines upon your arrival.

MEDICAL ISSUES

IN CASE OF EMERGENCY

- Ambulance/paramedics: Port of Spain 624-4343, San Fernando 653-4343, Tobago 639-4444
 - Coast Guard: 634-4440
 - Fire: 990
 - Police: 999

Trinidad Hospitals:

- Port of Spain General Hospital, Charlotte Street, Port of Spain: 623-2951/6, 623-7715, 625-3622/33/44
- Community Hospital of S.D.A. (Seventh Day Adventists)
 - Port of Spain: Western Main Road, Cocorite. T: 622-1191/2

- Princes Town: 116 High Street (next to Family Mart Supermarket). T: 655-8096
- Siparia: Corner Grell & High Streets. T: 649-0104
- St Clair Medical Centre, St. Clair Avenue, St Clair: 628-1451/2, 628-8615
- WestShore Medical, 239 Western Main Road, Cocorite. T: 622-9878/9670
- Eric Williams (Mount Hope) Medical Sciences Complex, Uriah Butler Highway, Champs Fleurs. T: 645-4673/645-2640/59
- Medical Associates, Corner Abercromby & Albert Streets, St Joseph. T: 662-2766/3256/3259
- San Fernando General Hospital, Independence Avenue, San Fernando. T: 652-3581/6

Tobago hospitals:

- Scarborough Regional Hospital, Fort Street, Scarborough. T: 639-2551/4

Community Hospital of S.D.A., Maritime Building, Milford Road, Scarborough.
Telephone: 639-4014

The Public Health Agency of Canada strongly recommends that your travel plans include contacting a travel medicine clinic or physician six to eight weeks before departure. Based on your individual risk assessment, a health care professional can determine your need for immunizations and/or preventive medication and advise you on precautions to avoid disease. Travellers are reminded to ensure that their routine (childhood) immunizations (e.g., tetanus, diphtheria, polio, and measles) are up to date.

Here are a few family doctors from the area. Other medical professionals can be found by using the Trinidad yellow pages site <http://tsttyellowpages.co.tt/>

Judilla Dominico Dr
26 Hollis Av
Arima
667-0178

Robinson Sonia Dr
Mc Carty & Warner Sts
Port of Spain
627-7226
645-4874

STAYING HEALTHY

- Even if you are used to the sun, be cautious: avoid direct exposure between 11 am and 3 pm, use plenty of sunblock, wear a cap or hat, and don't stay in the sun for long periods.

- When buying street food, ensure that the vendor has a valid food badge. There are plenty of good restaurants and roadside cafés, so don't settle for poor standards.
- The water in Trinidad and Tobago is safe to drink straight from the taps but there are lots of bottled water brands available. The choice is yours.
- Visitors have occasionally reported an infection known as “swimmer’s ear”. This is an infection of the ear canal which can be caused by many different types of bacteria or fungi. The infection commonly occurs in children and adults who spend a lot of time in the water. Too much moisture in the ear can irritate and break down the skin in the canal, allowing bacteria or fungi to penetrate. See the local pharmacist for suggestions on prevention and treatment.
- During the “rainy season” (June – December), another common problem is bites and irritations caused by mosquitoes, sand flies and other small insects. Mosquitoes are most active at night and are attracted to dark clothing.
- Sand flies are most active at the beach in the hour before and after sunset.
- There is some hazardous marine life you may encounter while exploring the coral reefs in Tobago and Toco. These include: jellyfish, Portuguese Man-O-War, fire coral, poisonous sponges, bristle worms, sea urchins, scorpion fish, puffer fish, moray eels, stingrays, barracudas and sharks.
- No vaccinations are required for entry, but an inoculation for Hepatitis A and B is recommended, as well as yellow fever and typhoid for those visiting rural areas and rabies for those at risk for contraction.
- While public health care is free in Trinidad & Tobago, it is basic. **A health insurance plan is available through the school that is quite comprehensive and provides coverage for treatment at private clinics.**

START UP COSTS

HOUSING

Housing will cost you anywhere from \$5,000- \$9,000 TTD. Rent can be lower if you are willing to share accommodations with another teacher. Utilities must then be added on. When planning to come down it is a good idea to put some money aside for unexpected home costs. Don't forget you will need towels, sheets, and other daily necessities that might not be included with your home. Each landlord is expected to provide tenants with an up-to-date inventory list of apartment contents. Tenants are expected to leave their unit clean when they leave. Make sure you fully understand your rental agreement.

SHIPPING

If you are interested in shipping some of your goods **to** or **home from** Trinidad you may wish to use the following shipping company:

**Aeromarine Canada Ltd.,
2740A Slough Street, Unit 9,
Mississauga, Ontario L4T 1G3
Contact: Kent Grey or Sharlene Ramlal
Tel: 905-676-8840; Fax: 905-676-8843**

CELL PHONE

Cell phones are very popular and very useful in Trinidad. Some teachers bought phones on E-bay but later regretted this decision because it would have been cheaper here. It usually will cost about \$300 for a pre-paid plan. If you keep your eyes open, **bmobile** has seasonal sales where you can purchase your cell from about \$100. There are two main phone companies in Trinidad, **bmobile** and **Digicel**. Sometimes it can be difficult being connected to someone who uses the other company but there have been efforts to remedy this problem. In general the ongoing costs (per minute) are cheaper here than in Canada. The phone bill itself depends solely on the amount that you use it.

CABLE

If you think that moving to Trinidad means that you will miss out on your favourite television programs you are in for a surprise. Trinidad has a very comprehensive cable plan which includes most of your favourite channels from the BBC to MTV. Start up can cost you about \$400 TTD. FLOW is a popular choice and it will run you about \$200 TTD a month with minimum package. There is also Direct TV, another cable provider, which is a bit more in cost. The trick with cable is to figure out whether or not it is already hooked up in your home. It usually takes around two weeks to become connected.

LANDLINE

Even though most people decide to have a cell phone many get a landline as well. Land line cost can vary according to use. TSTT the provider for telephone provides packages, which vary in cost. Some teachers use their prepaid minutes on their cell phones to do most of their long distance calling. It is important to check whether or not you have a landline in your home already. There are various packages that provide reduced cost on calls to Canada and the U.S. Some staff members have begun to use systems such as Vonage.

INTERNET

When deciding on internet it is important to shop around. TSTT has the most expensive internet of the bunch because their DSL modem is \$700 TTD. Internet costs some people around \$200 TTD a month, depending on the package (hours) you choose. If you live by a business or a house that uses wireless it is also possible to use their system, not that anyone would!

CHILDREN

If you are coming down to Trinidad with your family it is important that you budget for the cost of sending your children to school. Fees vary according to the ages of your children to come to Maple Leaf International School. In Petit Valley, there is the Happy with First Step Montessori (637-7914). This school will cost you about \$1,900 per term and has received positive reviews from teachers.

BANKING

Just because Scotiabank is in Trinidad do not expect the same banking experience here. There are some banks offering internet banking in Trinidad. Make sure that automatic deductions for student loans are arranged before you come. Credit card companies usually have an on-line access as well so keeping up-to-date on your Canadian balance is not too difficult.

When sending money home, you need the address of your branch, account number and SWIF code for international transfer. Set up a standing order (debit Memo) and then call every month to make sure it goes out on the right day. Sending money from Canada to Trinidad can take longer than you may be used to so you need to plan ahead of time if you need money from Canada. A Canadian bank card will access your Canadian accounts FROM A BANK but not from a store. Account balances will also be given to you from Canadian accounts in TTD when you use an instant teller.

The banks are usually open 6-7 hours in Trinidad, with most banks not opening till 10 am.. The hours may differ from branch to branch. You will need to wire or send money to a bank account in Canada if you are making student loan or Canadian credit card payments.

OTHER USEFUL TIDBITS

The cost of living in Trinidad is rather high. The grocery bills for 1 adult are approximately \$600.00 TTD per week. Some items are more and others are less than in Canada. Local brands are less than imported. You can find nearly everything you like to buy in Canada here in Trinidad but you may have to look for it or ask. Most apartments are equipped with basic necessities so don't feel that you should bring everything with you. Electronics are very expensive in Trinidad and it is good idea to bring those with you. Clothes and toiletries are the same cost as in Canada.

When returning to Canada don't try to bring everything home with you. Plan to sell things when you leave because it's difficult, long & tedious to ship/ mail things home when you leave.

The service industry in Trinidad is not like the service industry in Canada. Things take a long time to get done. Fast food is not really that fast. You have to be prepared to wait for things and not let the time spent waiting rattle you. Patience is a virtue after all.

NOW FOR SOME FUN!

The following items are a list of companies that teachers recommend.

Curtis Munroe (home repairs, handy person, painting) 710-7086

Rentokil (pest control) 622-1327

Mechanic: Dave/Richard Camps (Diego Martin) 637-7742 or 732-4585

Mark Kurbanali 678-1696

Sensational Tours: Mr. Nicholas 687-7832 or 387-7832

Other Tour Operators: Clint Rodriguez 768-8502 or Neville Seales 476-8427

Movietowne Entertainment Shopping Complex (good for the kids too):

62-STARs, 627-8277, 627-2002

Johnston Apartments (Tobago) 639-8915 or 631-5160, 631-5161, 631-5162, 627-1927

Kindermusik 637-9551- located by Westmall

Tots and Tumblers (gymnastics) 627-2245 -great program, bad location just off Savannah

Westkool (vehicle A/C repairs) 637-9728 Diego Martin

TRAVELING AROUND

Just because you are in Trinidad do not assume that your vacations can be planned on a moment's notice. Trips often have to be organized well in advance especially during peak times. Vacation homes and transportation can fill up fast and flights can become more expensive the closer it gets to the actual date.

Cars travel on the left. Most vehicles are right-hand drive, but left-hand drive vehicles are permitted **AS LONG AS THEY ARE MARKED**. Seat belts are mandatory for drivers and front-seat passengers. Failure to comply may lead to a fine, in theory that is. Road conditions are good on highways in Trinidad, but less so on secondary roads, especially in the mountainous northern region. Rural roads are generally narrow, in poor repair, and often congested. If possible, avoid travel outside Port of Spain or San Fernando after dark, especially the Beetham Highway. Drive with windows closed and doors locked, since theft from cars may occur at traffic lights or in slow-moving traffic. Drivers should report a traffic accident to the nearest police station. Taxi services from hotels are more expensive than public or route taxis. There is an extensive public transportation system of taxis, maxi-taxis (vans), and larger buses. Route taxis will often stop at any point along the road to pick up or drop off passengers. The airport is served by the Airport Taxi Drivers' Cooperative. Fares should be negotiated before departure. Travellers without vehicles should take only registered taxis after dark.



Secluded little beach, with anchored yachts nearby, Trinidad (Photographer: Nic Bothma)

HOW DO I GET THERE?

Several major airlines make regular and chartered flights to Trinidad and Tobago. The direct flying time from Toronto, Pearson (YYZ) to Port of Spain, Piarco Int'l (POS) is 5.5 hours; London, U.K. to Port of Spain is about 7.5 hours; and from New York City, U.S.A. is about 4.5 hours. Major airlines providing service from Canada through Toronto/Pearson to Trinidad and/or Tobago are Air Canada(www.aircanada.com), Sky Service(Titan Tours),and Caribbean Airlines(www.caribbean-airlines.com)

- Aeropostal(www.aeropostal.com)
- Air France (www.airfrance.com)
- American Airlines (www.aa.com)
- British Airways (www.ba.com)
- Condor (www.condor.de)
- Continental (www.continental.com)
- Delta Airlines (www.delta.com)
- Excel Airways (www.xl.com)
- LIAT (www.liatairline.com)
- Martin Air (www.martinair.com)
- Surinam Airways (www.slm.firm.sr)
- Tobago Express (www.tobagoexpress.com)
- Virgin Atlantic (www.virgin-atlantic.com)

BETWEEN THE ISLANDS

By Air

The Trinidad-Tobago air bridge is served by Tobago Express (627-5160, 631-8015/7), with several flights a day between Piarco International and Crown Point airports. Current cost for a return flight is \$300TTD.

By Sea

The inter-island ferries also make daily trips between Port of Spain and Scarborough. Adult return fares range from TT\$100 (Economy Class) with an extra charge for your vehicle should you decide to take it over. The crossing takes about three hours. Tickets are sold at travel agencies. Vehicles must be delivered two hours before sailing; foot passengers must check in one hour before sailing. No disembarkation is allowed after boarding. For more information, call 639-2417 or 625-4906.

LOCAL FOOD FAVOURITES

When you arrive in Trinidad you will have the chance to experience the local food. Some local favourites include the following:

- **Doubles** are made of curried **channa** (chickpeas) which are sandwiched between two **baras** (fried flour and split pea bread). They are usually eaten with hot mango **kutcheela**. Unless you can really handle hot spices, start off by asking for it **without pepper**.
- **Buljol** is made with salted codfish shredded and seasoned with peppers, onions, tomatoes, and olive oil. It is often served in coconut bake (a kind of bread)
- **Callaloo** is made from spinach-like dasheen leaves and okra. Other ingredients may include coconut and pigtail.
- **Cou-cou** is made of a mixture of cornmeal, okra, and butter, boiled and stirred till firm enough to be sliced (similar to polenta). It is usually served with steamed fish and callaloo.
- **Pelau** is made of pigeon peas and rice cooked with meat, sometimes flavoured with **coconut milk**.
- **Phulouri's** are small deep-fried balls made from a mixture of ground split peas and flour, that is served with a spicy **chutney**.
- **Roti** is a flour wrap, accompanied by curried meat or vegetables. Dhalpuri roti, made with split peas, is a thin wrap. **Paratha roti** (often called buss-up-shut) is served shredded, used to scoop up the accompanying dishes. **Sada roti** is slightly stiffer, usually served with **choka** – vegetables sautéed Indian-style.
- **Shark and Bake** is fried leavened bread (bake) filled with a well-seasoned shark fillet, dressed with a variety of spicy condiments, including pepper, garlic, and **chadon beni** (cilantro) sauces.

You may also be interested in purchasing a cookbook which features some of the local delicacies. The Naparima Girls' School Cookbook is highly recommended.

There are several restaurants which specialize in local and ethnic cuisine in Trinidad. A copy of the publication, **Ins and Outs of Trinidad and Tobago**, is worth getting to help you orient yourself to your new surroundings

NEWS THAT'S FIT TO PRINT- OR NOT

Here is a list of newspaper websites that can show what is going on in Trinidad.

www.trinidadexpress.com/

www.guardian.co.tt/

www.newsday.co.tt/

WHAT TO SEE AND DO

If you go to the official tourism site for Trinidad and Tobago you can have a brochure created that focuses on your specific interests and needs.

<http://www.visitnt.com/brochure.asp>

If you go to the site <http://www.visitnt.com/> and click on Tour Operators you will find a comprehensive list of the tour companies located in Trinidad.

There are a wide variety of festivals that are celebrated in Trinidad. Here is a short list of some of the festivals that are showcased.

Hosay is observed by Shi'a Muslims throughout the world in accordance with the Islamic lunar calendar. In Trinidad, Hosay has evolved to include participants from all races, religions and lifestyles. The largest observance is held in St. James, a suburb of Port of Spain, but you can also find Hosay processions in Curepe, Tunapuna, Couva and Cedros.

The Hindu festival of **Phagwa**, or **Holi**, involves lots of joyful singing and dancing as participants are sprayed with a variety of coloured dyes. Special folk songs, called Chowtal, are usually sung during this festival to the tune of the Dholak, a small hand drum and Majeera, percussive instruments.

The largest Hindu festival in our islands, **Divali**, called the festival of lights, is celebrated in the month of Karthik - October-November on the Hindu calendar.

Eid-Ul-Fitr, or **Eid**, is Muslim in origin. It is the holiday that follows the holy fasting month of Ramadan, celebrated by devout Muslims the world over.

Though mainly observed by Roman Catholics, **Corpus Christi** is public holiday in Trinidad and Tobago.

Easter is traditionally marked in Trinidad and Tobago with two public holidays - Good Friday and Easter Monday

The **Tobago Heritage Festival** is a major event on the national calendar, especially for the island of Tobago, which is the home of this rather unique cultural festival. The

festival, spanning a two-week period from mid July to early August, is an annual celebration of the island's heritage by way of dance, song, music and cuisine.

Carnival



The two days of Carnival, or 'making mas' in Trinidad and Tobago are not official public holidays - but they might as well be - almost everyone is out on the streets, dancing, 'jumping up', 'wining down' and basically having a ball.

Although Carnival, in the strictest sense, really comprises the Monday and Tuesday preceding Ash Wednesday, the celebrations begin right after Christmas. Almost as soon as the holy observation of Christmas Day is over, radio stations begin to blast the newest hits of the upcoming season. There are several fetes during this time where people enjoy the traditional food, music and carnival atmosphere without the costumes. The term Carnival actually came from - the Latin-Carne Vale or 'farewell to the flesh'

Today's celebrations were actually religious in origin - revelers were allowed to enjoy themselves one last time before facing the stringent deprivation of the Lenten season. The 'bacchanal' started - in homage to the god Bacchus, Lord of Wine and Revelry.

In its early days creativity sparkled, giving rise to many of the traditional Carnival characters such as Dame Lorraine (a well-endowed plantation owner's wife), Jab Jab (a devil-like creation that would threaten you jovially with horns and three-pronged fork), Pierrot Grenade (like a Greek chorus, commenting on topical issues in rhyme) and



Midnight Robber, all of which are still popular portrayals to this day.

The steelpan was coming to the forefront as a viable musical instrument - the only 'acoustic' instrument invented in the 20th Century - and the musicians and artisans of Trinidad and Tobago were its loving creators. Today, pan is not only recognized worldwide, it is main stream locally, with thousands of us flocking to the annual Panorama competition to see if our favourite steel band will reign supreme.

The official Carnival countdown begins with J'ouvert, (taken from the French Jour Ouvert, literally meaning Open Day), heralding the start of the revelry.

There are all types of music and all types of ways to "play mas". From traditional calypso and ex-tempo (songs made up on the spur of the moment) to popular soca beats, the rhythm of Carnival is pulsating and sweet, gently supporting you as you "chip" (dance) down the road on Carnival day.

Carnival is usually celebrated in the month of February.

OTHER PASTIMES



Bird watchers are flocking to Trinidad and Tobago for its international reputation as a premier location for bird watching. The Caroni Bird Sanctuary, the Asa Wright Nature Centre, a 270 acre conservatory, located along the spectacular Arima-Blanchisseuse Main Road, and the Pointe-a-Pierre Wild Fowl Trust, which can be found in South Trinidad are a few of the areas tourists visit to see the various types of wildfowl.

Hiking

In Trinidad there are several popular hiking trails, but if you are not familiar with these routes it is recommended you hire a guide.

Paria: A 90 minute walk through forest from the north coast village of Blanchisseuse will take you to Paria Beach. The Paria River, which runs from the mountains of the Northern Range to the sparkling Caribbean Sea, is a favourite with hikers because of its lovely waterfall.

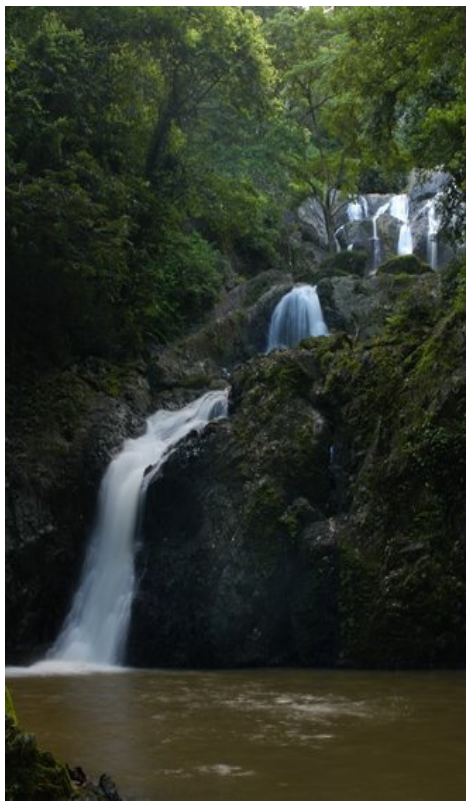
Salybia and Rio Seco

This trail winds through pathways lined by stately Mora trees along the North Eastern coast of the island to a waterfall and deep, emerald green pool called Rio Seco. There are also sulphur springs in the area.

Tobago

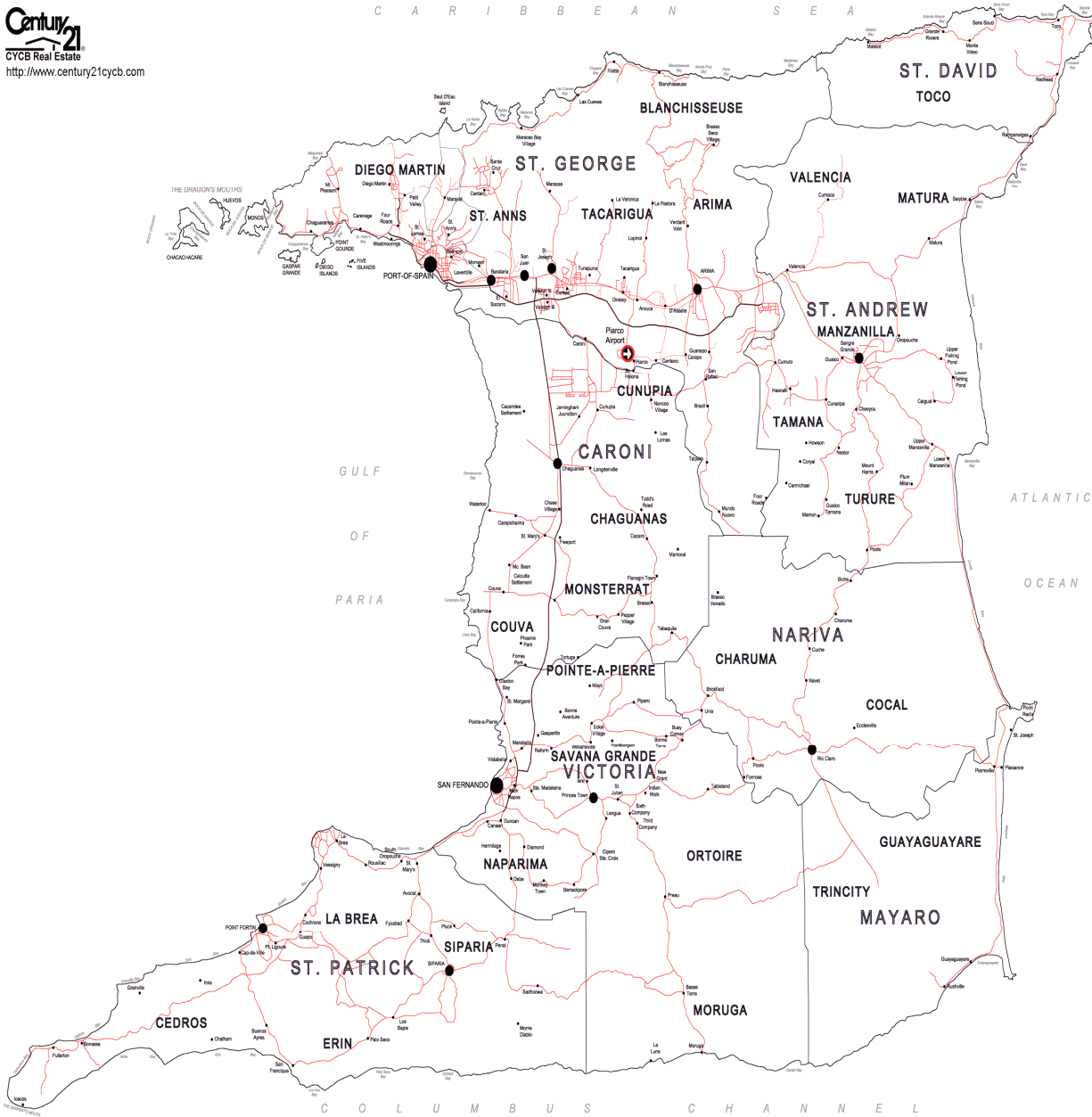
Tobago's hiking trails are just waiting to be discovered. One trail starts at the village of Castara and winds to Englishman's (about a day's worth of walking) and ends at the sleepy village of Charlotteville. the way makes it Breathtaking scenery along worth the walk!

A popular hiking visitors alike, trek that rewards waterfall. protected since trails, from Here you'll find all their



location for locals and Argyle Waterfall is an easy hikers with a beautiful Tobago's Main Forest Ridge, 1765, also offers many hiking moderate to challenging. Tobago's flora and fauna in splendour.

Don't forget to pick up a copy of **Ins and Outs of Trinidad and Tobago !**



REMEMBER: PACK YOUR SPIRIT OF ADVENTURE, YOUR SENSE OF HUMOUR AND AN OPEN MIND AND YOU'LL BE PREPARED FOR LIFE HERE IN TRINIDAD. WATCH OUT FOR SLOW HUMPS AND NO NAKED LIGHTS! GOOD LUCK AND ENJOY YOUR STAY!



View from northeast coast of Tobago, looking towards Little Tobago Island (Photographer: Michael Lawrence)



Images from Lonely Planet Images

Busy street in Port of Spain, capital city of Trinidad (Photographer: Aaron McCoy)

Please see attached pages for some important forms you need to complete and send along to us!

RENTAL ACCOMODATION

Please complete and return with your documents to Al Tatem, our manager, administration who will work with the rental agents before you arrive.

We do our best to locate accommodations that are fully furnished and equipped with dishes and linens, etc, but bringing a personal supply of linens (towels, sheets, etc.) is advised.

TYPE OF ACCOMODATION SOUGHT

NAME: _____

FAMILY() COUPLE() SINGLE() SHARE()

IF SINGLE, DO YOU PREFER TO SHARE ACCOMMODATIONS ()
OR LIVE ALONE()

TOWNHOUSE () APARTMENT ()

Approximate Costs (Shown in TTD)

2 BEDROOM	6,500 - 7,500 per month
3 BEDROOM	5,000 – 6,500 per month, if shared
Townhouses with swimming pool, guarded and gated	9,000.00 and up.

Electricity, telephone, cable television and internet are additional to the rental cost. You are welcome to use the internet at school for personal as well as school related purposes. The following options/desires will also add to the cost. Please check your preferences.

Air-conditioning () Swimming pool () Security ()
(usually bedrooms only)

WORKING AT MAPLE LEAF

TEACHER'S NAME: _____

SECONDARY ASSIGNMENT: _____

PLANNING OF NEW COURSES:

You will be expected to write a Course of Study for the following course, maintain daily lesson plans, unit plans and develop assessment instruments in keeping with the Ontario Curriculum. You should be familiar with all the relevant documents.

Some useful resources that you should be able to access:

ONTARIO MINISTRY OF EDUCATION

- Ontario Secondary Schools Grades 9 to 12, Program and Diploma Requirements 1999
- The Ontario Curriculum Grades 9 to 10, Program Planning and Assessment, 2000
- The Ontario Curriculum Grades 11 to 12, 2000 (appropriate subject document)
- Course Profiles developed by the Public School District School Board Writing Partnership: www.curriculum.org
- Ministry of Education: www.edu.gov.on.ca
- Curriculum Clearinghouse: www.curriculum.org
- Education Network of Ontario: www.enreo.on.ca
- Canada's School Net: www.schoolnet.ca/
- Can Guide: www.oise.on.ca/canguide/

FROM BOARDS OF EDUCATION

- Sample Course Guidelines for courses you will develop
- Sample assessments, assignments examinations for courses you will teach
- Recommendations for teaching materials for courses you will develop and teach

ELEMENTARY AND SECONDARY INFORMATION

SCHOOL YEAR

1. **Orientation and settling In** August 23-27, 2011
2. **Professional Development Days** August 25-27, 2011
3. **First Day of Classes** September 1, 2011
4. **School Year Calendar available on the school's website:**
www.mapleleaf-school.com

SCHOOL HOURS

6:30 A.M.	SCHOOL OPENING
7:30 A.M.	STAFF TO CLASS SUPERVISION
7:40 A.M.	ANNOUNCEMENTS/CLASSES BEGIN
1:30 P.M.	PRIMARY DISMISSAL
1:45 P.M.	JUNIOR DISMISSAL
2:00 P.M.	INTERMEDIATE/SECONDARY DISMISSAL (6 – 12)