

Newcomers S E R I E S

365 TIPS FOR NEWCOMERS

Your First Year in Canada



Nick Noorani

Best-selling author
“Arrival Survival Canada”

Self-Counsel Press

(a division of)

International Self-Counsel Press Ltd.

Canada USA

Copyright © 2014 by International Self-Counsel Press Ltd.

All rights reserved.

No part of this book may be reproduced or transmitted in any form by any means — graphic, electronic, or mechanical — without permission in writing from the publisher, except by a reviewer who may quote brief passages in a review. Any request for photocopying, recording, taping, or information storage and retrieval systems of any part of this book shall be directed in writing to Access Copyright, the Canadian Copyright Licensing Agency. To contact them call 1-800-893-5777 (extension 235) or go to their website, www.accesscopyright.ca, for more information.

Self-Counsel Press acknowledges the financial support of the Government of Canada through the Canada Book Fund for our publishing activities.

First edition: 2014

Library and Archives Canada Cataloguing in Publication

Noorani, Naem, 1957–, author

365 tips for newcomers : your first year in Canada / Nick Noorani.

(Self-Counsel newcomers series)

Issued in print and electronic formats.

ISBN 978-1-77040-210-2 (pbk).—ISBN 978-1-77040-960-6 (epub).—

ISBN 978-1-77040-961-3 (kindle)

1. Immigrants—Canada—Handbooks, manuals, etc. 2. Canada—Emigration and immigration. I. Title. II. Title: Three hundred sixty five tips for newcomers. III. Series: Self-Counsel newcomers series

JV7220.N66 2014

325.71

C2014-905609-5

Foreword written by Dr. Peter Legge, OBC, LL.D (Hon), D. Tech, used with permission.

Every effort has been made to obtain permission for quoted material where necessary. If there is an omission or error, the author and publisher would be grateful to be so informed.

Self-Counsel Press

(a division of)

International Self-Counsel Press Ltd.

Bellingham, WA
USA

North Vancouver, BC
Canada



Contents

| | |
|--|------|
| Foreword | xi |
| Introduction | xiii |
| 1 Canada Is Different | 1 |
| 2 What to Know before You Go | 15 |
| 3 Have Realistic Expectations | 27 |
| 4 Understand Your Strengths and Weaknesses | 39 |
| 5 Seek Help and Advice | 49 |
| 6 Accept Rejection | 63 |
| 7 Embrace Change | 73 |

| | | |
|----|----------------------------|-----|
| 8 | Show Initiative | 89 |
| 9 | Build Your Self-Confidence | 109 |
| 10 | Be Resilient | 117 |



Notice to Readers

Laws are constantly changing. Every effort is made to keep this publication as current as possible. However, the author, the publisher, and the vendor of this book make no representations or warranties regarding the outcome or the use to which the information in this book is put and are not assuming any liability for any claims, losses, or damages arising out of the use of this book. The reader should not rely on the author or the publisher of this book for any professional advice. Please be sure that you have the most recent edition.



Dedication

This book is for the millions of immigrants the world over. The everyday people who leave everything they have in search of a dream. I feel your pain and your challenges and want you to soar! This book contains tips and quotes that will inspire you and keep you focused on self-improvement as a way to success.

Dedicated to my late father, Hafeez “Happy” Noorani, one of the most inspirational humans I have had the privilege of knowing; and to my late mother, Zubeida “Zubi” Noorani, for her dedication to our becoming good humans.

This book is also dedicated to the many who motivate me on an ongoing basis (they know who they are!) and a few people I interact with on a more frequent basis.

To “JK,” thank you for what you do for immigrants and Canada!

To my dear friend, and mentor, Praveen Varshney; and fellow author, publisher, and entrepreneur, Peter Legge.

To David Frattini, friend and business partner: Thank you for believing in me and for your friendship.

Lastly, to my wife, Sabrina, for her continuous encouragement (and redoing drafts of my books!) and my children Michelle and Daanish.



Foreword



One of the things I admire about Nick Noorani is his commitment and passion to welcoming new immigrants to Canada.

When my parents Win and Bernie Legge made a life-changing decision to emigrate from London, England, some 60 years ago, even though they had assisted passage, there wasn't very much help or guidance upon their arrival to New Westminster, British Columbia.

Some 65 years ago, setting sail from Southampton were hundreds, perhaps even thousands of immigrants from the British Isles and Europe. Optimistic new entrepreneurs and immigrants got off their ships at Pier 22 in Halifax, looking for a new life somewhere in this great country of Canada. My father came to the "Royal City" of New Westminster, and he got off a bus at the Greyhound bus depot, which is now the Royal Towers Hotel opposite the New

Westminster City Hall. My dad had no road map, no instructions, and no guidance, just his good common sense. He picked blueberries on a Fraser Valley farm, washed dishes in a Kingsway diner, did whatever he could to earn a few dollars to survive in this new country as he continued looking for a full-time position to support his wife and his one son ... me.

Almost a year went by with little to no success. Discouraged, despondent, and almost beat, he took a job in Kitimat, BC, on a six-month contract at Alcan, just to make enough money so he could sail back home to England. The day before he was to leave for Kitimat, he heard of an inside sales job at a well-established company in New Westminster — Gilley Brothers — and was hired on the spot, so Kitimat never happened. Our home was to be in New Westminster.

Sixty-five years ago, new immigrants were not provided with guidance books, or government liaison organizations to assist them. Some barely spoke any English; fortunately we did not have that problem.

Nick Noorani has spent a lifetime with a deep and passionate interest in helping immigrants get settled in Canada. His book, *365 Tips for Newcomers: Your First Year in Canada* is a *must read* for all new Canadians. The advice and counsel are essential to integrating into Canadian culture as quickly as possible. If Canada is your new home, this should be the first book you read. I wish it was available when we arrived here.

Dr. Peter Legge, OBC, LL.D. (Hon), D. Tech.
Chairman/CEO/Publisher
Canada Wide Media Limited



Introduction

What keeps the earth turning are the thousands of immigrants walking to new destinations every day, pushing the planet around and around with their millions of footsteps.

— Anonymous

Immigrants often ask me where I get my energy and inspiration. The fact is my life's goal to motivate others comes from my late father, Hafeez Noorani. He had the ability to look at the good and the opportunity in most every situation. Not surprisingly, Dad was also nicknamed "Happy"! Now when I ask my two-year-old granddaughter, "Laila, how are you?" she smiles and says, "Happy"! Life comes full circle!

Here's a fact: The first year in any new country is the most difficult. Lack of friends, family, the support network one was used to, struggling to find a job, and becoming accustomed to a new and often very different culture present some of the greatest challenges

of your life. It is therefore not surprising that a number of immigrants return home during that critical first year.

How do you avoid becoming another statistic? It's about moving out of your comfort zone and accepting that change is about more than physically moving to a different country; it's about finding greater opportunities and building a better future for yourself and your family.

How do you cope with such a transition? How do you keep yourself from becoming that dreaded statistic of failure? Don't spend a lot of time on Facebook, emailing, chatting, and Skyping friends and relatives back home. Stop watching movies and programs only in your language. You'll not only make yourself constantly homesick but you're setting yourself up to fail if you allow nostalgia to weaken your resolve to succeed in your new country!

Fear kills happiness. It breeds uncertainty, doubt, and worry. Most fears are unfounded, but we are instinctively afraid of the unknown, which in turn fuels our fear even more. Why? Sometimes, we are our own worst enemy. We obsess about failure and overthink the slightest setback. Our longing for the familiarity of the past and a comfortable routine defeat our initiative. Fight these negative influences with constructive distractions. Try new things, and step outside your door. Volunteer with local organizations to get a feel for your new community. Attend classes, refine your English skills, take up a sport, and join a gym. There are so many wonderful things to learn about your new country. Consider it a vacation with no time limit!

I wanted to write a book for the first year filled with sayings from several wise people and how I see these quotes as being relevant to an immigrant's journey. They are guidelines from others who have walked a similar path to success so learn from these words of wisdom. Several immigrants who read the initial manuscript asked me to also write my own thoughts and I have put in a few as well. For the past 16 years I have worked hard for immigrants to strengthen themselves. I believe this book will help. Believe in the power of positive affirmations. Read a quote every day to fuel the passion!

Network, vocalize, and create a circle of influential people that will empower you to greater achievements. Review, reinvent, recharge, and *succeed!*



1

Canada Is Different

How to define Canada? It's not always easy to pinpoint exactly what being Canadian means. Often, Canada is compared to its neighbour to the south. Yes, we share a border with Americans, but we are not really the same. Many immigrants who come to Canada for the first time have most of their impressions based on what they see in the movies, but Hollywood is in the United States, not Canada. While the two countries have similarities, there is something unique about Canada as a country and a people, compared not only to the United States, but also to other countries around the world.

Half of my siblings live in the United States, and I visited them several times before I migrated to Canada. After I arrived in Canada, I was expecting a similar atmosphere, but I was truly struck by how different Canadians are. Oh yes, the stereotype of the Canadian being too “nice” is true!

I remember driving on Georgia Street in Vancouver for the first time (this was before GPS) and we were hopelessly inept at

understanding a map. We paused to ask a cyclist for directions and he said, “No problem, just follow me.” We followed him to the location in the opposite direction to where he was going! This is one of so many stories I have experienced and heard from immigrants. What makes Canada different? I believe it is the people.

Sure, there are other things that seem quite “Canadian.” We do love our Tim Hortons coffee. We have access to public health care. We enjoy the vast outdoors, watch hockey, celebrate multiculturalism, and do get into the habit of saying “eh,” but the true identity of Canada is in Canadians themselves.

Having lived and worked in four countries, I am constantly amazed at the Canadian heart and often say it is as big as the very size of this great country! Sure, you will meet the occasional nasty person who may make you question what I am saying, but that oddball is a small percentage among Canadians. Canadians are by and large very kind and embracing of immigrants.

Like any other country, Canada has had a controversial history with examples of intolerance and discrimination, from the treatment of the Chinese rail workers brought in to build the Trans-Canada Railway to the treatment of its Aboriginal Peoples, and some forms of discrimination still exist. However, it’s a different country today, where you can find immigrants at the highest levels of government and industry. The last two of three Governor Generals of Canada were, in fact, immigrants! They do not reach such heights because they are or are not immigrants, but because they are good at what they do and were accepted in this great country as equals. With the right attitude, anyone can be accepted and succeed in Canada!



Tip 1

*Cause change and lead; accept change and survive;
resist change and die.*

— Ray Norda, businessperson

Your decision to move to a foreign country brought change to your life. Now you must do whatever is necessary to make it fruitful.



Tip 2

It is better to risk starving to death than surrender. If you give up on your dreams, what's left?

— Jim Carrey, actor, comedian, and producer

Don't give up your dreams in the face of adversities. You did not come to this foreign country to lead an ordinary life. Those who made it to the top toiled for hours to become what they are today.



Tip 3

The potter forms what he pleases with soft clay, so a man accomplishes his works by his own act.

— Hitopadesha, Sanskrit fables

Just as the potter gives shape to the soft clay and forms an earthen pot, we also form our own destiny through our thoughts and actions.



Tip 4

Take advantage of every opportunity to practice your communication skills so that when important occasions arise, you will have the gift, the style, the sharpness, the clarity, and the emotions to affect other people.

— Jim Rohn, entrepreneur, author, and motivational speaker

Communication skills are critical for immigrants. Read, write, and speak in English or French as much as possible to get on par with natives.



Tip 5

Language is the road map of a culture. It tells you where its people come from and where they are going.

— Rita Mae Brown, author

Learning a new language will help you to understand the culture, history, and traditions of the host country. This is very helpful to relate to people and strike up a conversation. I learned how to say “Hello” to my audiences in 17 different languages! What a difference it makes to them!



Tip 6

Behold the turtle. It makes progress only when it sticks its neck out.

— James Bryant Conant

Immigrants take the biggest risk by leaving all that they know in their home countries, and migrate to the unknown on the basis of their own self confidence and abilities, but after migrating they want to play safe! You will have to continue to take risks to succeed. Risks could be in the form of learning new skills, trusting your intuition, acting on an alternate plan, or starting your own business.



Tip 7

You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go ...

— Dr. Seuss, author and cartoonist
Oh, The Places You'll Go

Set your goal and direct your hard work and intelligence towards it.



Tip 8

If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them.

— Henry Walden David Thoreau, author and philosopher

Don't let your dream remain a dream. Start with the foundation of focus, hard work, and dedicated efforts to convert those dreams into reality.



Tip 9

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

— Mark Twain, author

The greatest regret in life is looking back and wishing you had followed your dreams. Don't let fear rob you of your goals.



Tip 10

The intensity of the pain depends on the degree of resistance to the present moment ...

— Eckhart Tolle, author and public speaker

When you embrace change, much of the pain of moving out of your comfort zone will either disappear or make it easier for you to handle.



Tip 11

The immigrant who succeeds is the one who understands that this is a different country and things are done differently here from back "home" and adapts to it.

— Nick (Naeem) Noorani, immigrant champion, author, and motivational speaker



Tip 12

You may never know what results come from your action. But if you do nothing, there will be no result.

— Mahatma Gandhi, inspired movements for civil rights and freedoms across the world

Inaction means certain failure, so why not take your chances!



Tip 13

Action may not always bring happiness; but there is no happiness without action.

— Benjamin Disraeli,
former British Prime Minister

If you do not act on your dreams, you will never be happy.



Tip 14

Without a sense of urgency, desire loses its value.

— Jim Rohn, entrepreneur, author,
and motivational speaker

Plan how are you going to reach your goals and put that plan into action. The more you delay, the more difficult it will become. Start immediately and stay determined.



Tip 15

Success comes from taking the initiative and following up ... persisting ... eloquently expressing the depth of your love. What simple action could you take today to produce a new momentum toward success in your life?

— Tony Robbins, performance coach,
author, motivational speaker, and actor

Success means taking that first step toward your dream and following each step with another. This gives you the momentum to keep going.



Tip 16

Let's make a dent in the universe.

— Steve Jobs, entrepreneur, marketer, and inventor

We all have the ability and strength inside us to make an impression on the world. It is just a matter of how much effort you make.



Tip 17

Time is neutral and does not change things. With courage and initiative, leaders change things.

— Jesse Jackson, Baptist minister and activist

You are wrong in thinking that someday things will magically change to create a brighter future. It is your determination and efforts that will bring about that change.



Tip 18

The vision must be followed by the venture. It is not enough to stare up the steps — we must step up the stairs.

— Vance Havner, minister and author

To realize your vision, you need to translate it into an action plan and start putting it into practice.



Tip 19

Those who wait until all the lights are on green before starting will never leave home.

— Zig Ziglar, author, salesman, and motivational speaker

If you keep waiting for all things to become perfect before you act, then that will never happen. You have to start now whatever be the situation.



Tip 20

Whenever you see a successful business, someone once made a courageous decision.

— Peter F. Drucker, author, professor, and management consultant

Don't hesitate to make tough decisions.



Tip 21

Have the end in mind and every day make sure you are working towards it.

— Ryan Allis, entrepreneur

Stay focused on your ultimate goal and make each day count as you progress toward it.



Tip 22

One day your life will flash before your eyes. Make sure it is worth watching.

— Author unknown

Make your life a success story that is valuable to listen to and discuss in later years.



Tip 23

I think that anybody that smiles automatically looks better.

— Diane Lane, actress

A smile not only enhances your physical appearance but also adds to your overall personality. People are more inclined to interact with people who smile and seem friendly.



Tip 24

Once you agree upon the price you and your family must pay for success, it enables you to ignore the minor hurts, the opponent's pressure, and the temporary failures.

— Vince Lombardi, football player, coach, and executive

Talk to your family and explain how important your dreams are. They will understand. Mutually prioritize what you will trade off to achieve the success. Once you do that, you will realize your family is your greatest strength that will support your dreams in the face of challenges.



Tip 25

But today, our very survival depends on our ability to stay awake, to adjust to new ideas, to remain vigilant and to face the challenge of change.

— Martin Luther King, Jr., pastor, activist, humanitarian, and leader of the African-American Civil Rights Movement

Stay current with what's happening in the world around you. Be aware of new ideas and emerging demands to create opportunities for growth.



Tip 26

Before you start some work, always ask yourself three questions — Why am I doing it, what the results might be and will I be successful? Only when you think deeply and find satisfactory answers to these questions, go ahead.

— Chanakya, teacher, philosopher, and royal advisor

Closely analyze all your actions to confirm they contribute to the long-term goal.



Tip 27

There are no constraints on the human mind, no walls around the human spirit, no barriers to our progress except those we ourselves erect.

— Ronald Reagan,
former President of the United States

As the wise Yoda from *Star Wars* said, “Do. Or do not. There is no try.” (Sorry, I had to sneak this one in!)



Tip 28

In the dim background of mind we know what we ought to be doing but somehow we cannot start.

— William James, philosopher,
psychologist, and physician

It’s not enough to always think about your dreams and desires for success. What’s stopping you from moving forward?



Tip 29

Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect.

— Alan Cohen, author

No “perfect time” is without the risks! Start acting on your dreams and your actions will change the environment in your favor.



Tip 30

There are two mistakes one can make along the road to truth ... not going all the way, and not starting.

— Buddha

Quitting halfway and never starting are the greatest mistakes people make.



Tip 31

The graveyard is the richest place on earth, because it is here that you will find all the hopes and dreams that were never fulfilled, the books that were never written, the songs that were never sung, the inventions that were never shared, the cures that were never discovered, all because someone was too afraid to take that first step, keep with the problem, or determined to carry out their dream.

— Les Brown, motivational speaker,
former politician, author, and radio DJ

My friend and mentor from early days used to say it's the things you don't do that you regret. I therefore had no problem with taking risks.



Tip 32

It is never too late to be what you might have been.

— George Eliot, author

We often make excuses for not working on our dreams. Get rid of those excuses and start now!



Tip 33

I am not afraid of storms for I am learning how to sail my ship.

— Louisa May Alcott, author

Don't let fear of the unknown hinder your goals.



Tip 34

The way to get started is to quit talking and begin doing.

— Walt Disney, entrepreneur, cartoonist,
filmmaker, philanthropist

Talk accomplishes only so much. Actions transform dreams into reality.



Tip 35

It's your place in the world; it's your life. Go on and do all you can with it, and make it the life you want to live.

— Dr. Mae Jemison, physician and NASA astronaut

Utilize all your potential, abilities, and resources to create a better quality of life for yourself and your family.



Tip 36

The best way to predict your future is to create it.

— Abraham Lincoln, lawyer and former President of the United States

You are completely in charge of your future.



Tip 37

Other people's opinion of you does not have to become your reality.

— Les Brown, motivational speaker, former politician, author, and radio DJ

Quitters will tell you that it is impossible to realize your dreams in a new country. Pay no attention to such negative thinking.



Tip 38

If you're always strict with yourself, life gets miserable. And we're supposed to enjoy life.

— Mía Maestro, actress

Don't always be tough on yourself. Take time off to appreciate the beauty of your new country. Enjoy the country where you dreamed of living.



Tip 39

If you never try, you'll never know what you are capable of.

— John Barrow, politician

The best test of your abilities is to navigate through challenging situations. You will be amazed by what you discover about yourself.