



TOP TOQUES

INSTITUTE OF CULINARY EXCELLENCE

ABOUT KITCHENER-WATERLOO ONTARIO

Internet to Find Local Resources

The majority of the items described in this document can be found on the internet such as the websites for the local cities. Items given here are examples of resources near the College.

<https://www.kitchener.ca/en/index.aspx>

<https://www.waterloo.ca/en/index.aspx>

Food, Post Office, Shopping

Where is the closest Canada Post Office?

- **Canada Post**
250 King Street West, Kitchener ON
Monday to Friday 9 am – 6 pm, Saturday 10 am – 4 pm, and Sunday 12 pm – 4 pm

Where are the open markets in Kitchener?

- **Kitchener Market**
300 King Street East, Kitchener ON
Open Saturday 7 am - 2 am
Food Hall Open Tuesday to Friday 8 am – 3 pm
- **St. Jacob's Farmers' Market**
878 Weber Street North, Waterloo ON
Open Thursday 8 am – 3 pm, Saturday 7 am – 3:30 pm

Where are the major shopping malls in Kitchener?

- **Fairview Park Mall**
2960 Kingsway Drive, Kitchener ON
- **Conestoga Mall**
550 King Street North, Waterloo ON

BANKING

Banks, Foreign Currency

What do I need to open a bank account in Canada?

- One identification document such as a passport
- One other piece of identification such as a driver's licence
- Something that has your local address on it, such as a letter from the college

For more information on dealing with Canadian financial institutions go to www.fcac.gc.ca

What is the bank closest to the College?

- **Bank of Montreal**
1074 King Street East, Kitchener ON
519-885-9262
- **CIBC ATM**
1105 King Street East, Kitchener ON
519-800-465-2422
- **Kindred Credit Union**
50 Kent Avenue, Suite 101, Kitchener ON
519-576-7220
- **Royal Bank of Canada**
180 King Street West, Kitchener ON
519-575-2300
- **TD Canada Trust**
381 King Street West, Kitchener ON
510-579-2160

Where can I exchange foreign currency?

- **Continental Currency Exchange**
Located in CF Fairview Park Mall
2960 Kingsway Drive, Unit G003, Kitchener ON
519-746-4700

- **TD Foreign Exchange Centre**
1005 Ottawa North, Kitchener ON
519-885-8540

EDUCATION

Top Toques and Local Services

How do I apply to Top Toques?

- Intake form on the Top Toques webpage
<http://www.toptoques.ca/>

Where are the public libraries in Kitchener-Waterloo?

- **Kitchener Public Library (KPL) and Waterloo Public Library (WPL)**
Central branches
85 Queen Street, Kitchener ON
519-743-0271

35 Albert Street, Waterloo ON
519-886-1310
- The KPL library has a web-based online catalogue
<http://www.kitchenerpubliclibrary.ca/>
- The WPL library has a web-based online catalogue
<http://www.wpl.ca/browse>

HEALTH

Clinics and Hospitals

Where are the walk-in clinics closest to the College?

For general health concerns

- **Walk-in and Urgent Care Clinics**

- **Eastwood Pharmacy and Walk-in Clinic**

- 120 Ottawa Street North, Kitchener ON
519-570-2777

- **Benton Medical Centre**

- 51 Benton Street, Kitchener ON
226-240-3014

- **Telehealth Ontario, dial 866-797-0000**

- For mental health counseling, appointments and information about services
24/7, 7 days a week

- **www.wwhealthline.ca**

- For a comprehensive list of services and resources in Waterloo and throughout Ontario

- **Ontario 2-1-1, dial 2-1-1**

- For connections to community and social services
Available in 150 languages, 24/7

Where are the hospitals in Kitchener?

For emergencies only, dial 9-1-1

- **Grand River Hospital**

- 835 King Street West, Kitchener ON
519-749-4300

- **St Mary's General Hospital**

- 911 Queen's Blvd, Kitchener ON
519-744-3311

HOUSING

Housing, Homestay and Landlords

Where can I look for housing/homestay?

- **Housing**
Student housing information and listings
<https://uwaterloo.ca/off-campus-housing/>

<https://students.wlu.ca/student-life/residence-and-off-campus-housing/off-campus-initiatives/off-campus-housing.html>
- **Homestay**
The International Homestay program is coordinated by Canada Homestay Network. For more information and to apply
[#### What do I do if I have problems with my landlord?](http://canadahomestaynetwork.ca/Top>Toques.shtml</div><div data-bbox=)

- **Tenant rights**
For information on your rights as a tenant in Ontario go to the website of the Landlord and Tenant Board
<http://www.ltb.gov.on.ca/>

IMMIGRATION

Local Services

Where is the immigration office in Kitchener?

- 29 Duke Street East, 1st Floor, Kitchener ON 226-791-6656
For more information visit the website of Citizenship and Immigration Canada
<http://www.cic.gc.ca/>

Where can I contact multicultural groups?

- **Kitchener Public Library**
Various programs available for children, youth, families and seniors.
For more information go their website:
<http://www.kitchenerpubliclibrary.ca/>

SPORTS AND RECREATION

Local Facilities

What sports facilities does Kitchener and Waterloo have?

- A full listing of sports and recreation facilities in Kitchener is listed on the City of Kitchener website
<https://www.kitchener.ca/en/recreation-and-sports.aspx>
- A full listing of sports and recreation facilities in Waterloo is listed on the City of Waterloo website
<https://www.waterloo.ca/en/things-to-do/sports.aspx>
- The YMCA has a facilities and swimming pools within walking distance of the College, plus others in the region
<https://www.ymcacambridgekw.ca/en/Index.asp>

TRANSPORTATION

- **Busses: Grand River Transit Schedule and Maps**
<https://www.grt.ca/en/index.aspx>
- **Bicycle Maps**
<https://kitchenergis.maps.arcgis.com/apps/webappviewer/index.html?id=037131a0c6ce4672babb2c8d1d796928>

What public transportation services does Kitchener-Waterloo have?

- **Taxis**
City Cabs
519-747-7777
- **Air Travel**
Region of Waterloo International Airport
4881 Fountain Street North, Breslau ON
866-648-2256