



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

دليل المبتعثين – من أجل ابتعاث سهل

للأطباء وطلبة الطب الكويتيين المبتعثين لاستكمال الدراسات العليا في كندا
بعد التخرج من كلية الطب

إعداد / جمعية الأطباء الكويتيين في كندا
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“The Residency Roadmap”

For Kuwaiti doctors and medical students who are sponsored
to pursue postgraduate medical education in Canada

By The Association of Kuwaiti Doctors in Canada
First Edition, June 2024.



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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

This manual is made for:

Every Kuwaiti medical student and aspiring doctor strives to become the best practitioner they can be! This manual is designed to assist them during their time abroad, facilitating their journey.



Statement of Embassy of Kuwait

Esteemed members of the Association of Kuwaiti Doctors in Canada (AKDC),

I am grateful to have received a copy of the **Residency Roadmap Manual**, which aims to provide valuable information regarding residency for graduate and post-graduate Kuwaiti doctors and medical students in Canada.

This initiative is commendable, as it strives to make the academic journey of fellow Kuwaitis as smooth as possible. I recall that the Association issued the **Canadian Cities Manual** just last year to assist newcomers in adjusting to daily life in Canada. I am certain that the new Manual will equally help users navigate the Canadian medical system and settle into life in Canada.

I would like to sincerely congratulate the Association on this noble initiative and reaffirm that the Embassy of the State of Kuwait to Canada is always ready and keen to create a conducive environment for your stay in Canada, making it a memorable experience. We will spare no effort in offering the necessary support to help you achieve your academic goals and return home to serve our nation. Our country eagerly anticipates your invaluable contribution to its development agenda, particularly in the medical sector. As the Ambassador of the State of Kuwait to Canada, I am very proud of your representation of our country in a dignified manner as you pursue your studies in Canada.

In conclusion, I take this moment to pray for continued prosperity, peace, and stability in our country under the able leadership of His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah and His Highness the Crown Prince Sheikh Mishal Al-Ahmad Al-Jaber Al-Sabah.



**H.E. Reem Mohammed Alkhaled
Ambassador of the State of Kuwait to Canada**



AKDC Statement

Dear colleagues and readers

We, The Association of Kuwaiti Doctors in Canada, are proud our Kuwaiti colleagues' representatives, striving to aid in all that relates to their professional and personal wellbeing.

From that we launch the new edition of our Canadian Cities Manual to ease the transition to newcomers and facilitate an easy and stress-free beginning. This has been cultivated from the collaboration of our representatives' knowledge and experience.

This guide is only made possible by God's aid then the huge efforts of our valued colleague Dr. Ali Shamsaldeen and all our supporters and colleagues in Canada.

May God show us the way of light and knowledge and help us in being our best to serve God and our brethren.

Best Wishes,



Dr. Salman Almtairi
President of AKDC



Preface

Hey there! Welcome to the third edition of our manual! We're back with even more helpful info to make life easier for medical folks like you studying and living in Canada. This time around, we're focusing on stuff you might face once you've landed here – like visa renewals, getting the hang of Canadian affairs, and more.

We've put our heads together at AKDC to gather up everything you need to know to navigate these new waters. Our aim is to provide you with a clear roadmap for settling in smoothly, allowing you to stay focused on excelling in your medical career.

We get how important it is to feel supported, we hope that this manual becomes a reliable companion as you navigate life in Canada. Wishing you all the best from the AKDC crew – here's to a fantastic journey ahead!



Dr. Ali Khaled Shamsaldeen
Editor-In-Chief



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Email: info@akdc.ca



YouTube Channel: [AKDCanada](#)



Twitter & Instagram: @AKDCanada



LinkTree: <https://linktr.ee/AKDCanada>

We would appreciate you following and supporting us
on our social media accounts!



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Chapter 1:

Getting Started – Your guide to Canadian residency.

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Residency Roadmap

Welcome to the comprehensive guide for Kuwaiti doctors aspiring to embark on a successful medical residency journey in Canada.

This manual aims to provide you with valuable insights, advice, and essential steps to facilitate a smooth transition into the Canadian medical system. While the information contained here is based on research and personal experiences, it is crucial to note that regulations and requirements may change over time.

Therefore, it is advisable for all readers to verify information by visiting official government websites or contacting relevant authorities for the most up-to-date and accurate details.



Agencies and institutions of the state of Kuwait abroad

Embassy of the State of Kuwait

- Current Ambassador to the Republic of Canada: Her Excellency Ambassador Reem Mohammed Al-Khaled.
- Address: 333 Sussex Drive, Ottawa, Ontario, K1N 1J9, Canada. ([Location](#))
- Phone:
 - Non urgent daily contact: +1 (613) 780-9999
 - Extension 221 for Consular Inquiries
 - Urgent contact only: +1 (613) 513-656
- Fax: +1 (613) 780-9905
- Email:
 - For Consular Inquiries: consul@kuwaitembassy.ca
 - For General Inquiries: info@kuwaitembassy.ca
- Working Hours:
 - Monday to Friday, 9:00 AM to 3:00 PM for the Embassy
 - Monday to Friday, 9:00 AM to 12:30 PM for Consular Consultations
- Access to the Consular Section is available through the side door on St. Andrew Street.
- Official Website ([Click Here](#)).
- Social Accounts:
 - Twitter: N/A
 - Instagram: [@kuwaitembassyinottawa](#)

Cultural Office in Washington:

- Current Head of Cultural office: Dr. Adel Malallah.
- Address: 3500 International Drive NW, Washington, D.C., 20008, United States of America. ([Location](#))
- Phone: +1 (202) 364-2100.
- Fax: +1 (202) 363-8394.
- Email: Refer to the work email directory ([Directory](#)).
- Working Hours: Monday to Friday, 9:30 AM to 5:00 PM.
- Official Website ([Click Here](#)).



Important Information

Key Websites:

- Embassy of Kuwait in Ottawa. ([Webpage](#))
- Cultural Culture office in Washington. ([Webpage](#))
- Kuwaiti Ministry of Foreign Affairs. ([Webpage](#))
- Kuwait Institute for Medical Specializations (KIMS). ([Webpage](#))
- Civil Service Commission (CSC). ([Webpage](#))
- Kuwait Cultural Office – DC KCOUS Website for Students. ([Webpage](#))
- Kuwait Cultural Office – DC KCOUS Students Portal. ([Webpage](#))
- Immigration, Refugees and Citizenship Canada (IRCC) Website. ([Webpage](#))
- Immigration, Refugees and Citizenship Canada (IRCC) Portal. ([Webpage](#))

Key Apps:

- Sahel App: IOS ([Here](#)) Android ([Here](#)).
- Civil Service Commission App: IOS ([Here](#)), Android ([Here](#)).

Important Phone Numbers:

- Kuwait Airways Reservations Office in New York: +1 (201) 582-9200
- Embassy of the State of Kuwait in Ottawa:
 - Non urgent daily contact: +1 (613) 780-9999
 - Urgent contact only: +1 (613) 513-656
- Kuwait Cultural Office in Washington: +1 (202) 364-2100

Important Email Addresses:

- Embassy General Inquiries. (Email: info@kuwaitembassy.ca)
- Embassy Consular Inquiries. (Email: consul@kuwaitembassy.ca)
- Email Directory for Cultural Office Staff in Washington. ([Here](#))



Travel Tips:

Every person has their own preparations before traveling, especially if the trip is long for studying or accompanying a sponsored individual. However, if you need advice, we offer the following tips:

- Create a power of attorney for at least one person from your family, if possible. It's difficult to anticipate the volume of transactions you might need to carry out during your travels, and some of them might require an official power of attorney. You can visit the Ministry of Justice and issue a power of attorney without the need for the presence of the individuals you'll authorize to handle your official affairs.
- Maintain copies of your important official documents with your family, such as the original national ID card, a copy of your passport, and others.
- Create electronic copies of all important documents and save them on a cloud storage service (such as Google Drive, iCloud, OneDrive, Dropbox, etc.). This ensures you have backups easily accessible in case of need.
- If you're planning to move and live in Canada, specifically in the province of Ontario, make sure to obtain a document from the Ministry of Interior indicating that you have a valid driving license. You'll need this document to facilitate the process of obtaining a Canadian driver's license.
- You might also need to translate some documents into English, such as salary certificates and marriage contracts. These translations will be helpful when applying to open a bank account and might assist you in renting an apartment or house.

By following these tips, you'll be able to streamline your pre-travel preparations and avoid some potential difficulties during your stay in the new location.

For further information, please refer to the AKDC Manual. ([Link](#)).



The Initial Steps

Upon your arrival in Canada, it's crucial to initiate some key steps to facilitate your arrangements and acclimatize to the new environment. Follow the steps below:

- Begin by completing the process of joining the Canadian Medical Protective Association (CMPA) to ensure reliable healthcare coverage during your stay in Canada.
- Complete your registration procedures with the College of Physicians and Surgeons in your province, to achieve recognition of your medical qualifications and commence practicing your profession legally. These include:
 - College of Physicians and Surgeons of Ontario. (CPSO)
 - Collège des médecins du Québec. (CMQ)
 - College of Physicians and Surgeons of British Columbia. (CPSBC)
 - College of Physicians and Surgeons of Alberta. (CPSA)
 - College of Physicians and Surgeons of Manitoba. (CPSM)
 - College of Physicians and Surgeons of Saskatchewan. (CPSS)
 - College of Physicians and Surgeons of Nova Scotia. (CPSNS)
- Open a Canadian bank account for you and your family. (You can find more details in the [second guide](#).)
- Obtain a Canadian mobile phone line for you and your family, as it will facilitate communication with various entities and important individuals. (You can find more details in the [second guide](#).)
- Proceed to choose suitable accommodation that meets your needs and preferences, whether it's an independent house or an apartment. (You can find more details in the [second guide](#).)
- Follow the simplified steps to obtain a Canadian driver's license, which will facilitate your mobility and enable safe driving on Canadian roads. (You can refer to the driver's license section in this guide.)

By adhering to these fundamental tips, you will have completed several necessary steps to achieve a successful start to your tenure as a medical resident in Canada.

For further information, please refer to the AKDC Manual. ([Link](#)).



Your rights & responsibilities as a sponsored resident

Rights of Kuwaiti medical doctors in Canada (From CSC/MOH)

Kuwaiti medical doctors sponsored by CSC/MOH in Canada enjoy a range of rights and benefits designed to support them throughout their training and beyond:

- Monthly Stipend:** Regular stipend payments are made in advance between the 19th and 22nd of each month, ensuring financial stability. These payments continue as long as the doctor remains actively engaged in full-time training.
- Health Insurance:** Upon arrival, doctors are enrolled in supplemental health insurance through the Embassy and Kuwait Health Office, ensuring access to necessary healthcare services during their stay in Canada.
- Book Allowances:** Starting from the second year of their scholarship, doctors are entitled to an annual book allowance of 300 KD. This allowance is disbursed twice per year, providing support for educational materials.
- General Reimbursement:** Various fees incurred during the scholarship period, such as registration fees, licensing fees, and examination expenses, are eligible for reimbursement. Doctors must provide proper documentation for these reimbursements, including receipts and explanations of charges.
- Child Tuition Reimbursement:** For children aged 3-18, the office covers 50% of tuition fees at private schools and all fees at public schools. However, certain fees like lunches and transportation are not covered.
- One-time Equipment Reimbursement:** Doctors are eligible for a one-time reimbursement of 800 KD for essential equipment such as laptops and tablets. Proper documentation, including a letter from the program director is required.
- Annual Home Leave Ticket:** After completing the first year of the scholarship, doctors become eligible for an annual home leave ticket. Requests for these tickets must be submitted in advance and are subject to certain conditions.
- Conferences and Courses:** Doctors are entitled to attend conferences and courses, with reimbursement available for registration and travel expenses. Proper documentation, including confirmation of attendance and program director approval, is required for reimbursement.
- Final One-Way Graduation Return Ticket:** Upon completion of residency or fellowship requirements, doctors are entitled to a one-way ticket back to Kuwait.
- Shipping Reimbursement upon Graduation:** Upon completing the scholarship, doctors are eligible for reimbursement of shipping costs associated with returning to Kuwait or excess luggage reimbursement.

These rights and benefits aim to support Kuwaiti medical doctors throughout their training in Canada and ensure a smooth transition back to Kuwait upon completion of their studies.



Rights of Kuwaiti medical doctors in Canada (Kuwait University scholars')

The following PDF document written by the scholarship department at Kuwait University contains the scholar's responsibilities and rights in details. ([Link](#))

Responsibilities as a Kuwaiti medical doctor in Canada?

- Serve as a commendable ambassador of our beloved country wherever you are stationed.
- To maintain professional relationships with your residency program and the cultural office representatives.
- Achieve all training goals comprehensively.
- Fulfill your scholarship commitment and return to Kuwait upon completion.



Chapter 2:

Governmental Service in Kuwait

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Governmental Services in Kuwait:

1. Civil ID Renewal:

Renewing your civil ID from outside Kuwait is easy and straightforward, and it can be done by following the following steps:

- Submit a renewal request for the civil ID through the "Sahel" application.
- Choose the option to renew the ID under the General Authority for Civil Information section.
- Pay the required fee (5 Kuwaiti Dinars).
- You can authorize a family member to collect the ID on your behalf after three working days.

You can also send the ID through an international shipping company to your address in Canada and then ask a colleague coming from Kuwait to bring it with them.

Note: Please be aware that sending the civil ID immediately after renewal is not obligatory, as other methods for proving your identity in Canada exist, such as possessing a Canadian driver's license or other Canadian government-issued document.

2. Driver's License Renewal:

The process of renewing a driver's license is similar to renewing the civil ID from outside Kuwait and includes the following steps:

- Submit a renewal request for the driver's license through the "Sahel" application.
- Choose the option to renew the license under the traffic services provided by the Ministry of Interior.
- Pay the required fee (15 Kuwaiti Dinars).
- You can authorize a family member to collect the license on your behalf after three working days.

You can also send the license through an international shipping company to your address in Canada and then ask a colleague coming from Kuwait to bring it with them.

Note: Please be aware that in the province of Ontario, you are not required to always carry your Kuwaiti driver's license with you, as the Canadian license is sufficient for driving purposes. However, in other provinces such as Quebec, you can drive using the local Kuwaiti license if you obtain permission to do so. In the case of renewing the Kuwaiti license, you should send it directly to keep it with you.



3. Bank Cards Renewal:

The best way to renew your bank card is to directly contact the bank through the international number. You can request to have the card sent directly to your address in Canada. The process may take several days depending on the shipping company, and fees may vary from one bank to another.

Note: It should be noted that in the case of renewing the bank card, no one else is entitled to obtain a bank card on your behalf, except in the presence of a general power of attorney.



Chapter 3:

Services of Embassy of Kuwait in Ottawa

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Services of Embassy of Kuwait in Ottawa

Please be advised to follow the Embassy's recommendation and opt for an alternative courier service offering express delivery. This is because there have been instances where residents' documents were lost when using Canada Post.

1. Issuing an emergency travel document for expired and lost Kuwaiti passports.

An emergency travel document can be issued for an expired Kuwaiti passport, subject to approval from Kuwait.

- One application form completed and signed ([PDF Format](#)).
- Two passport size photos.
- The original Expired Kuwait passport.
- Prove of status in Canada: Copy of study or work permit.
- A copy of civil identification.
- Cultural office up to date letter.
- A fee of \$60 Canadian dollars for issuing an Emergency Travel Document
- Prepaid FedEx waybill, UPS, DHL, or Express post envelopes and Waybill must be enclosed inside for return. The printed computer label must include your name, address, phone number, and courier account number for the return.

2. Lost Kuwaiti passport:

An emergency travel document can be issued for a lost Kuwait passport, subject to approval from Kuwait.

- One application form completed and signed ([PDF Format](#)).
- In case of lost or stolen passports: Complete Canadian police report.
- Photocopy of the lost passport if available.
- Kuwait Civil Identification.
- Prove of status in Canada.
- Cultural office up to date letter.
- A fee of \$60 Canadian dollars for issuing an Emergency Travel Document.
- Prepaid FedEx waybill, UPS, DHL, or Express post envelopes and Waybill must be enclosed inside for return. The printed computer label must include your name, address, phone number, and courier account number for the return.



3. Renewing an expired Kuwaiti passport.

Kuwaiti passports can be renewed by sending them to Kuwait through the Embassy. Processing time is approximately six weeks (depending on authorities in Kuwait).

- Application form ([click here](#)).
- The original Expired Kuwait passport.
- Four (4) photos (4 x 6) with blue background.
- Contact details for at least two family members in Kuwait that can be contacted.
- Cultural Office up to date letter.
- A copy of civil identification.
- Prepaid UPS computer prepaid label and envelope for the return.
- Prepaid FedEx waybill, UPS, DHL, or Express post envelopes and Waybill must be enclosed inside for return. The printed computer label must include your name, address, phone number, and courier account number for the return.

4. Driver's license letter of experience:

- A photocopy of the Kuwaiti driver's license front and back.
- Up to date Letter from the cultural division stating that you are a student.
- A copy of the civil identification.
- Prepaid UPS computer prepaid label and envelope for the return.
- Prepaid FedEx waybill, UPS or Express post envelopes and Waybill must be enclosed inside for return. The printed computer label must include your name, address, phone number, and courier account number for the return.

5. General power of attorney Request

You have the option to obtain a general power of attorney during the duration of your scholarship. This can be achieved by following the outlined steps below:

- Start with by sending an email to the embassy, formally expressing your intention to create a general power of attorney.
- The embassy will get in touch with you to discuss the transaction details, so be sure to provide them with your contact phone number.
- Send an email with a copy of your national ID card, a copy of your current passport, and the personal information of the individual you are appointing as your attorney. This should include a copy of their ID card and their current passport.
- Upon receiving all the required documents, the embassy will do a thorough review of your application. Following their assessment, they will get in touch with you to schedule an in-person visit to the embassy, thereby finalizing the procedure.
- A processing fee of \$30 CAD is applicable for each individual transaction.



Chapter 4:

Culture office Services in Washington D.C.

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Services of Culture office in Washington D.C.

1. Travel Ticket Request

The Civil Service Commission provides an annually funded travel ticket for each scholarship recipient and their family members. The ticket can be requested by following the following instructions:

- The resident must send an email to the Cultural office to inform them of their intention to use their annual ticket.
- Then, the resident is required to complete a Travel Authorization Form that includes their personal information and family details. The form is to be sent back to the Cultural office.
- After confirming the reservation with Kuwait Airways, the Cultural office will send a final email with instruction to directly contact the Kuwait Airways office in New York. (Phone: +1 201-582-9200)
- Subsequently, you can directly communicate with the Kuwait Airways office in New York to make the booking over the phone.
- If the scholarship recipient needs to modify or cancel the reservation, they should refer to the following offices:
 - For reservation modifications before travel: The scholarship recipient must communicate with Kuwait Airways office in New York via email or directly through phone.
 - For reservation modifications after travel: It is recommended to visit Kuwait Airways office at Al-Avenues Mall.
 - For refunds of bookings: It is recommended to visit Kuwait Airways office at Rakan Mall, in Kuwait City (Deira).
 - For refunds of reserved seats: It is advised to visit the main Kuwait Airways office in Dajeej.

2. Initiating Fee Reimbursement request

Which fee categories are eligible for refunds?

- This encompasses all payments made to the IRCC.
- Examination fees.
- Annual CMPA coverage.
- Annual fees for the College of Physicians and Surgeons in your province.
- A portion of school and daycare fees for children.



To initiate the process of refunding paid amounts, follow these steps:

- Send an email to the Cultural Office, notifying them of your intention to initiate a reimbursement process.
- Attach the relevant invoice for reimbursement along with the corresponding bank statement that verifies the payment.
- The entire process is typically completed within 3-5 business days.

For School and Day care fees The Culture Office requires the following:

- A corresponding bank statement confirming proof of payment.
- An unofficial letter from your child's school, including the following details:
 - Your name as a parent.
 - Your child's name and date of birth.
 - A detailed breakdown of the tuition and any additional fees, along with a clear explanation of what you have already paid and what is still due.
- Please send all these documents as a PDF to the Kuwait Culture Office.

3. Initiating medical equipment Reimbursement request

Please Note that throughout the entire duration of the residency (between 3-5 years), you will have the opportunity to purchase medical equipment or medical books that worth a total of 800 KWD only.

To initiate a medical reimbursement request, please follow these steps:

- Send an email to the Culture Office, indicating your intention to initiate the reimbursement process.
- Obtain an official letter from your department, stating your current status and expressing the need for medical equipment or books to effectively conduct your training activities.
- Forward this letter to the Kuwait Culture Office in Washington DC, along with your invoices and bank statements.
- The review process typically takes 3 to 5 business days.
- If you're uncertain whether the item you plan to purchase is covered, please contact the Culture Office for approval before proceeding.



Chapter 5:

Services of KIMS & Ministry of Health

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Services of KIMS and Ministry of Health (MOH)

1. Request to be promoted to Registrar

Upon entering the third academic year (PGY3), it is essential to begin the process of becoming a Registrar. You are required to do the following:

- Send an email to the Cultural Office to inform them of your intention to start the promotion procedures.
- Then, send another email to PGME requesting a certificate from the Program Director indicating the date of your promotion to PGY3. Please use the following format or a similar one:
*"Dr. ***** was appointed to PGY [level] on [date]."*
- Afterward, send the letter you received from PGME to the Cultural office; they will complete the remaining procedures and send the documents directly to Kuwait Institute for Medical Specialization (KIMS).
- You can then designate a specific person to follow these procedures on your behalf in Kuwait.
- Ensure you obtain a newly attested Ministry CV from the affiliated health region.
- Visit the scholarship office at KIMS, which is located on the sixth floor (First Sector). Obtain a copy of the documents sent by the culture office.
- Attach these documents to your recent CV from the affiliated health region and submit them yourself to the Promotions Office at KIMS, located on the sixth floor (Third Sector).
- Finally, fill out the promotion request form, and the Promotions Department will process the request. This process may take some time.



2. Promotion Request for Senior Registrar

Upon entering the fifth academic year (PGY5), it is essential to begin the process of becoming a Senior Registrar. Here are the steps you need to take:

- Obtain your specialty certificate from the training institution.
- Cultural Office:
 - Authenticate your certificate with the Cultural Office by sending it to them.
 - The Cultural Office will then liaise with the Kuwait Institute for Medical Specializations (KIMS).
- Promotion procedures summarized:
 - Start by obtaining a copy of your academic certificate from the head of the internal medicine department at your workplace.
 - Next, obtain the equivalence request letter addressed to Ministry of Health.
 - Get signatures from the head of your department, hospital director, and health district director, then submit the letter to the Ministry of Health, to the office of the ministry's undersecretary.
 - You'll be asked to attach a copy of your certificate and your civil ID with the equivalence request letter.
 - After two days, you'll receive a yellow book addressed to the Ministry of Higher Education, containing the equivalence request.
 - You'll be asked to register through the Ministry of Higher Education (MOHE) website and follow the registration steps, submitting the required documents.

For further details, we advise you to read the following paragraphs:

- Kuwait Institute for Medical Specializations (KIMS):
 - Obtain the promotion file containing the required documents.
 - Fill out the necessary information in the file and ensure it is signed by the head of your department.
 - Obtain a copy of the following:
 - Your scholarship letter from KIMS
 - The annual extension letter for each year of your scholarship
- Health District:
 - Ensure you are on leave from work in the district's system due to your scholarship and work abroad. Also, ensure you are not given annual evaluations in Kuwait.
 - It is advised to directly approach the vacation department to update your employment status and add any accumulated leave to the system.
 - Obtain a copy of your last promotion letter from your file.



- Ministry of Health:
 - First obtain the following for MOH:
 - An evaluation (تقييم مصاحب اعتباري) for the years of your scholarship. Then, include this evaluation in the system records.
 - Curriculum Vitae (كتاب السيرة الذاتية), which includes all your previous evaluations, along with a detailed statement of your employment and financial status. (بيان الحالة الوظيفية والمالية).
 - Promotion letter form the file section.
 - Then request a certificate equivalency letter from the Office of the Ministry of Health Technical Affairs Undersecretary ([Ministry of Health - 1st floor](#)).
 - Required documents include:
 - Copy of the board certificate.
 - Copy of your civil ID.
 - Copy of the scholarship letter from the Civil Service Commission or a letter from the department stating you are on scholarship.
 - Note: This process can be somewhat lengthy and may take approximately two months. During this time, there will be correspondences between the Ministry of Higher Education, the Cultural Office, the Ministry of Health, and Kuwait University.
 - You will receive a yellow book directed to the Ministry of Higher Education, containing the equivalence request.
- Ministry of Higher Education (MOHE) Website:
 - Sign an authorization form for disclosing your information on the Ministry of Higher Education website.
 - Create an account in the [Equivalency System](#) on the Ministry of Higher Education website:
 - Fill out the required information for "Board Certificate Equivalency."
 - Required documents include:
 - A copy of your civil ID.
 - A copy of your passport.
 - Certificate equivalency request letter (see the next paragraph).
 - Specialty certificate.
 - Bachelor's degree certificate (with degree equivalence if obtained outside Kuwait).
 - Latest scholarship extension letter from the Civil Service Commission.
 - Financial and employment status letter from the health region.
 - You can track this transaction by visiting the Ministry of Higher Education's website ([instructional video available](#)).



- Additional Requirements:
 - Prepare any other necessary requirements during the certificate equivalency request waiting period.
 - Medical License: You must have an electronic license for your latest title.
 - ACLS certification is not required for sponsored doctors.
 - Continuous Medical Education (CME) certificate:
 - Not required for sponsored doctors.
 - However, you must provide the following documents to the CME/CEPD department at KIMS ([5th floor](#)):
 - A copy of the latest scholarship extension letter from the Civil Service Commission.
 - Latest promotion letter from your file in the health region.
 - Copy of your civil ID.
- Follow-Up of Transactions:
 - Visit the Equivalency Department at the Ministry of Higher Education ([Sanabel Building - M3](#)) to collect the equivalency certificate.
 - Then, visit the Promotion Department at KIMS to submit the requirements and fill out the promotion form.
- Final Steps:
 - After preparing all the requirements, complete and sign your promotion file/envelope with your department head's signature.
 - The transaction will then proceed automatically (but you can expedite it if needed).
 - Your promotion file will be presented to the Promotion Committee at KIMS.
 - It will then be sent to the Ministry of Health Undersecretary's office and the Legal Consultant's office.
 - Finally, your file will be sent to the Salary Department (Ground Floor - Kuwaitis' Salaries).
 - The process will conclude with sending it to the health region that you belong to.



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Canadian Affairs

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Canadian Affairs

1. Introduction & Questions

The following table includes information on the purpose of each document, who it is issued to, whether it grants entry to Canada, the typical duration of validity, and the general requirements for obtaining each document.

Keep in mind that the information in this table is a general overview and does not cover all possible scenarios. Specific details and requirements may vary based on individual circumstances and the discretion of Canadian immigration authorities. Always refer to official Canadian government sources for the most accurate and up-to-date information.

Document	TRV (Temporary Resident Visa)	TRP (Temporary Resident Permit)	Work Permit	Visitor Record
Purpose	Temporary visits, study, work (non-visa-exempt countries)	Overcome inadmissibility under IRPA	Legal work authorization in Canada	Extend or restrict stay within Canada
Issued to	Citizens of non-visa-exempt countries	Individuals deemed inadmissible	Foreign workers with a job offer	Individuals in Canada
Entry to Canada	yes	yes	yes	No
Duration	Generally up to 6 months	Case-by-case basis	Varies based on job offer	Varies based on application
Requirements	Passport, application, biometrics (if needed), must convince CBSA officer at entry about eligibility & intention to leave Canada	Inadmissibility report, assessment of compelling need to enter Canada vs. risk to Canadians	Job-offer from a Canadian employer, Labor Market Impact Assessment (LMIA), approval from Employment and Social Development Canada	Application, proof of eligibility, may need to apply before current status expires



How can visitors enter Canada?

Upon your initial arrival to Canada as a visitor, you have the option to use one of the following documents along with your valid passport for entry:

- Visitor visa (also called temporary resident visa) – for Visa Non-Exempt Countries
- Electronic travel authorization (eTA) – for Visa-Exempt Countries

How can I extend my stay in Canada as a visitor?

- If you want to extend your stay in Canada as a visitor (stay in Canada longer), you need to apply for a visitor record.
- You must apply at least 30 days before your authorized stay in Canada expires.
- A visitor record is not a visa. If your visitor visa expired and you need to leave and return to Canada, you need to apply for a new visitor visa (not a visitor record).

What about Leaving and returning to Canada?

- A visitor record is a document that allows you to stay in Canada longer. It doesn't guarantee that you can leave and then re-enter Canada.
- If you plan to travel outside Canada, you need a valid entry document, such as a visitor visa or an eTA, to return to Canada.

What is the difference between "Visa-exempt countries" and a "Visa non-exempt countries"?

- **Visa-Exempt Countries:**
 - Citizens of those countries are allowed to enter Canada for a short period (typically up to 6 months) without needing an entry visa.
 - Citizens of these countries are required to obtain an Electronic Travel Authorization (eTA) before boarding their flight to Canada. Which is electronically linked to their passport and serves as a condition for entry.
 - Examples of visa-exempt countries include USA, UK, and most EU countries.
- **Visa Non-Exempt Countries:**
 - Citizens of visa non-exempt countries must obtain a valid entry visa to enter Canada for any purpose, including temporary visits, study, or work.
 - The visa application process for non-exempt countries typically involves submitting documentation, attending an interview, and complying with specific requirements set by the Canadian authorities.
 - Travelers from non-exempt countries must obtain a traditional visa from a Canadian consulate or embassy in their home country before travel to Canada.
 - The type of required visa (visitor, study permit, work permit) depends on the purpose of the visit.



In summary, the main difference between "visa-exempt countries" and "visa non-exempt countries" is that citizens of visa-exempt countries can enter Canada without needing a traditional visa, while citizens of visa non-exempt countries must apply for a visa before traveling to Canada. Entry requirements and visa types vary based on an individual's citizenship and purpose.

Therefore, Kuwaiti citizens are required to obtain a valid entry visa to enter Canada for various purposes, as Kuwait is not among the visa-exempt countries and is not eligible for obtaining an Electronic Travel Authorization (eTA).

What is the difference between a "Visitor Visa" and a "Visitor Record"?

- **Visitor Visa:**
 - It is an official document required by citizens of countries that need a visa to travel to Canada.
 - It allows holders to travel and enter Canada as visitors for up to 6 months.
 - The visitor visa is affixed to the passport, indicating eligibility to enter Canada and specifying the arrival date.
 - It is sometimes referred to as a "Temporary Resident Visa (TRV)".
- **Visitor Record:**
 - It is a document that can be issued by a Canadian Border Services Officer to extend or restrict a visitor's stay. It can also be applied for online through the IRCC website.
 - When do you need it?
 - If you are already in Canada and wish to extend your stay.
 - AND If you intend to stay in Canada for more than 6 months.
 - The application for a renewal must be submitted within 30 days before the authorized stay expires in Canada.
 - This record is a standalone document and is not affixed to the passport. It includes the date the stay ends, which is the day you must leave Canada, unless you have your visitor record renewed.



What is the difference between a "Temporary Resident Visa" and a "Visitor Record"?

A "Temporary Resident Visa" (TRV) and a "Visitor Visa" are terms that are often used interchangeably, but there are some nuances to be aware of:

- **Temporary Resident Visa (TRV):**
 - The term "Temporary Resident Visa" is a broader category that includes the following:
 - Visitor visas.
 - Study permits.
 - Work permits.
 - A TRV refers to the official document that is placed in your passport and allows you to enter Canada. It indicates that you have met the requirements for temporary entry.
 - TRVs are required for citizens of non-visa-exempt countries who wish to enter Canada temporarily for various purposes, including tourism, business meetings, family visits, study, or work.
- **Visitor Visa:**
 - A "Visitor Visa" specifically refers to the TRV issued for temporary visits to Canada for tourism, leisure, or visiting family and friends.
 - It falls under the category of TRVs but is often used as a shorthand term for the document that allows someone to visit Canada for short periods.

In essence, a Visitor Visa is a type of Temporary Resident Visa, but not all TRVs are visitor visas. A TRV could also be a study permit or a work permit depending on the purpose of the visit. It's important to understand the context in which these terms are used and to ensure you apply for the correct type of TRV based on your intended activities in Canada.

2. Visitor Visa Renewal

Please be aware that when it comes to visa renewal, we generally suggest to use the IRCC portal ([link](#)), while for visitor record renewal, we rely on the GCKey account via IRCC website ([link](#)).

This guide outlines the steps to renew your visitor visa:

- I. **Purpose of Visitor Visa:** A visitor visa, also known as a Temporary Resident Visa (TRV), is a document that allows you to enter Canada for a temporary stay. It's typically valid for up to 6 months and allows you to engage in various activities such as tourism, visiting family, or taking short courses.



- II. **Application Timing:** It's recommended to apply for a visitor visa well in advance, ideally apply 3 months in advance. Applying early ensures that you have enough time for processing and any potential additional steps.
- III. **Application Steps:** To apply for a visitor visa to Canada, follow these steps:
 - **Create an Online Account to the IRCC portal:**
 - Begin by obtaining the invitation code from this website ([link](#)).
 - Next, navigate to the official IRCC portal website ([link](#)) and establish your personal account.
 - In case you intend to renew both your visa and your partner's visa, you have the option to submit both applications using your account. However, if your partner is the one renewing the visa, they can create their own account.
 - **Fill Out the Application Form:**
 - When utilizing the IRCC portal, the process of submitting forms will be conducted online instead of completing PDF documents as previously done with the visitor record renewal.
 - Complete the online Visitor Visa Application Form (e.g., IMM 5257). This form gathers essential information about your purpose of travel, personal details, and travel history.
 - **Generate a Document Checklist:** After filling out the online form, you will receive a personalized document checklist. This list outlines the documents you need to submit along with your application.
 - **Required Documents:** Gather the necessary documents, including but not limited to:
 - Valid passport with at least 6 months of validity beyond your intended stay.
 - Photocopy of your passport.
 - Photocopy of your Marriage certificate (if applicable).
 - Photocopy of your Current immigration documents (e.g., Visa & visitor records).
 - Proof of means of financial support (e.g., Recent bank statement)
 - Family member proof of status (include Photocopy of your partner working permit, visa and passport as well).
 - Digital photo meeting specifications.
 - Any additional documents depend on your specific situation.
 - **Pay the Application Fee:** Pay the required application fee (CAD \$100).
 - **Submit Your Application:** Upload all the required documents and information through your online account.
- IV. **Biometrics:** After applying, you will receive an email stating the validity of your biometrics if it's already done. If required, you'll receive instructions on how to do this. Biometrics is typically valid for up to 10 years.



- V. **Processing Time:** According to The IRCC website, processing time for the mandatory online applications is indicated as 11 days. The processing time tends to fluctuate, meaning it could currently be less than two weeks, but it could also extend up to 4-6 weeks. Therefore, it's advisable to always verify the current processing time to ensure accuracy. ([Check processing times](#))
- VI. **Entry Requirements:** Once your visitor visa is approved, you can use along with your valid passport to enter Canada.
- VII. **Extensions:** If you wish to extend your stay in Canada beyond the initial 6 months granted by the visitor visa, you'll need to apply for a visitor record. The process for extending your stay is similar to the one mentioned in the previous guide for extending your stay through a visitor record.

3. Visitor Record Renewal

Please be aware that when it comes to visa renewal, we generally suggest to use the IRCC portal ([link](#)), while for visitor record renewal, we rely on the GCKey account via IRCC website ([link](#)).

- I. **Purpose of Visitor Record:** A visitor record is required if you want to extend your stay as a visitor in Canada beyond 6 months or if you wish to change your permit type from a study or work permit to a visitor record.
- II. **Application Timing:** It is recommended to apply for a visitor record at least 30 days before your current status expires. You can apply online, with benefits like faster processing times, immediate submission, and online updates.
- III. **Application Steps:**
 - **Log in to your Online IRCC Account:**
 - log in to your GCKey account, at the IRCC website ([Here](#)).
 - In case you intend to renew both your visa and your partner's visa, you have the option to submit both applications using your account.
 - However, if your partner is the one renewing the visa, they can create their own account.
 - **Fill Out the Application Form:**
 - In contrast to the visa renewal process via the IRCC portal using online form submission, when applying for visitor records, you'll need to utilize the IRCC website with your GCKey account to complete the PDF application form.
 - Complete the PDF Visitor Visa Application Form (e.g., IMM 5708). This form gathers essential information about your purpose of travel, personal details, and travel history.



- **Generate a Document Checklist:** After filling out the PDF form, you will receive a personalized document checklist. This list outlines the documents you need to submit along with your application.
- **Required Documents:** Gather the necessary documents, including but not limited to:
 - Complete the required forms (e.g., Form IMM 5708).
 - Photocopy of your passport.
 - Photocopy of your Marriage certificate (if applicable).
 - Photocopy of your Current immigration documents (e.g., Visa & visitor records).
 - Proof of means of financial support (e.g., Recent bank statement)
 - Family member proof of status (include Photocopy of your partner working permit, visa and passport as well).
 - Digital photo meeting specifications.
 - Additional documents might be necessary depending on your specific situation.
- **Pay the Application Fee:** Pay the required application fee (CAD \$100).
- **Submit Your Application:** Upload all the required documents and information through your online account.

IV. **Biometrics:** After applying, you will receive an email stating the validity of your biometrics if it's already done. If required, you'll receive instructions on how to do this. Biometrics are typically valid for up to 10 years.

V. **Processing Time:** According to The IRCC website, processing time for the mandatory online applications is indicated as 72 days. The processing time tends to fluctuate. Therefore, it's advisable to always verify the current processing time to ensure accuracy. ([Check processing times](#))

VI. **Limitations of Visitor Record:** While you can extend your stay with a visitor record, you cannot work or study with it. Separate permits are required for work or study in Canada.

VII. **Entry Requirements:** A visitor record is not a valid entry document for re-entering Canada. You need a valid visitor visa or electronic travel authorization (eTA) along with a passport or travel document.



4. Working Permit Renewal

Please be aware of the two options available for renewing your work permit.

- The first option involves an online application, which typically takes approximately 3 to 4 months for processing. However, we do not recommend this pathway due to its extended processing time.
- Alternatively, the second option is the urgent processing pathway, specifically designed for GCC residents. With this method, you must complete and print out all required documents, then send them manually to Edmonton for expedited processing. Typically, this process takes around two weeks.

We strongly advise utilizing the urgent processing pathway for your work permit renewal to ensure a faster turnaround time.

- I. **Purpose of Work Permit Renewal:** Renewing your work permit is essential if you wish to continue working in Canada after your current permit's expiration.
- II. **Application Timing:** it's recommended to start the renewal process in advance, ideally about 3 to 4 months before your current permit's expiry date.
- III. **Application Steps (Usual pathway):** follow these steps:
 - **Log in to your Online IRCC Account:** by using GCKey credential ([Here](#)).
 - **Complete the Application Form:**
 - Complete the PDF Working permit Application Form (e.g., IMM 5710). This form gathers essential information about your employment, employer, and other relevant details.
 - Additionally, complete the checklist and make sure to mark the checkbox that corresponds to the requirement: *"If your employer is exempt from securing an LMIA from ESDC, they need to furnish you with the Offer of Employment number for your work permit application."*
 - **Gather Required Documents:** Collect the necessary documents to support your work permit renewal application, which may include:
 - Valid passport with sufficient validity.
 - Updated immigration documents, including your current work permit.
 - Updated Letter of Employment from the PGME office.
 - Additional documents to support your request (e.g., letter of Eligibility from the College of Physicians and Surgeons in your province)
 - **Pay the Application Fee:** Pay the required renewal fee (CAD \$155).
 - **Submit Your Application:** Upload all the required documents and information through your online account.



IV. Urgent processing Steps (for GCC residents, highly recommended):

- **Gather Required Documents:** Collect the necessary documents to support your work permit renewal application, these are as follow:
 - Letter of Eligibility (LOE) from the College of Physicians and Surgeons in your province.
 - LMIA-Exempt employer application.
 - A receipt for the Employer Compliance Fee.
 - Include your Offer of Employment (LMIA-exempt) # in your work permit application.
 - A Letter requesting urgent processing of your work permit.
 - Complete and print the Working permit Application Form (e.g., IMM 5710). For more details see the above section.
- **Urgent Processing Mailing Instructions:**
 - Send the completed application and all supporting documents via Canada Post XpressPost courier.
 - Include a pre-paid, self-addressed return courier envelope for return correspondence.
- **Submit Your Application to:**
 - Address the envelope exactly as follows:

*Doctor working in a hospital/clinic setting with patients.
Case Processing Centre in Edmonton
Immigration Refugees and Citizenship Canada
c/o TL/CSU Station 0099700 Jasper Avenue NW, Suite 55
Edmonton, AB T5J 4C3.*

- Boldly note on top of the envelope: "Doctor working in a hospital/clinic setting with patients".

V. Biometrics (If Applicable): Certain applicants may need to provide biometrics (fingerprints and photo) as part of the application process. If applicable, follow the instructions provided for biometric submission.

VI. Processing Time:

- For usual paper & online applications: According to The IRCC website, processing time for is indicated as 101 days. The processing time tends to fluctuate. Therefore, it's advisable to always verify the current processing time to ensure accuracy. ([Check processing times](#))
- For the Urgent Processing: will take approximately 2 weeks for processing.

VII. Entry Requirements: Once your work permit renewal is approved, you can use it with your valid passport to re-enter into Canada.



5. Government Health Insurance for Canadian Provinces

Each province in Canada has its own provincial health program. Here are the names of the provincial health programs for some other provinces:

- Ontario Health Insurance Plan (OHIP) ([Official Website](#))
- British Columbia: Medical Services Plan (MSP) ([Official Website](#))
- Alberta: Alberta Health Care Insurance Plan (AHCIP) ([Official Website](#))
- Quebec: Régie de l'assurance maladie du Québec (RAMQ) ([Official Website](#))
- Manitoba: Manitoba Health Service Insurance plan (MHSIP) ([Official Website](#))
- Saskatchewan: Saskatchewan Health Card (SK Health Card) ([Official Website](#))
- Nova Scotia: Nova Scotia Medical Service Insurance (MSI) ([Official Website](#))

The steps to obtain health coverage under the provincial health programs in Canada can vary, but here's a general outline of what the process might involve for each province:

- **Eligibility Check:** Confirm your eligibility according to the Health Authority's requirements.
- **Application:** Complete the Health Services application form, with accurate details.
- **Required Documentation:** Attach supporting documents such as proof of residency and identification.
- **Application Submission:** Submit your completed application and documents to a local health services office.
- **Card Issuance:** Upon approval, you'll receive a Health Services card, which indicates your coverage.

Please note, while these steps offer detailed guidance, the actual process may vary. Always visit the official provincial health authority websites for the latest information on obtaining coverage.

Out-of-province coverage in Canada varies by province, generally including emergency medical care, hospital and physician services, diagnostics, ambulance services, and prescriptions. However, coverage may not be as comprehensive as in your home province. Some provinces may require upfront payment with reimbursement from your home province's plan.

Before traveling, check with your home province's health authority for specific out-of-province coverage details and limitations. Consider purchasing additional travel insurance for more comprehensive coverage.



6. Driving License

Introduction:

- The driving license system in Canada operates through a structured approach, encompassing various stages and classes tailored to specific vehicle types and experience levels. It is important to note that regulations and procedures may differ among provinces and territories.
- To obtain accurate and up-to-date information, individuals are advised to consult the official government websites of their respective province or territory. This ensures a comprehensive understanding of the requirements and guidelines, contributing to the overall safety and efficiency of the Canadian roadways.
- **IMPORTANT NOTE:** Please be aware that it's possible to bypass the requirement for a probationary or restricted license, along with the waiting period, by submitting a letter of driving experience from the embassy. This allows you to directly take the full license exam.
- Please make sure to confirm the present criteria and processes on the official government website of the respective province or reach out to the appropriate authorities for the most precise and current details.

Driving license system in Ontario

- **Using a Local License:** Generally, visitors to Ontario can drive with their valid local Kuwaiti driver's license for up to 60 days. After that period, you would need to obtain an Ontario driver's license to continue driving legally.
- **Classes of Licensing:** Ontario has several classes of driver's licenses, including G, G1, G2, M, M1, and M2. The G class is for most vehicles, while the M class is for motorcycles.
- **Steps to Obtain Different Classes:**
 - **G1 License:** This is the first step. You need to pass a written test about road rules, and a vision test. The holder must drive accompanied by a fully licensed driver with at least 4 years of experience.
 - **G2 License:** After holding a G1 for at least 12 months, you can take a road test to get a G2 license. This stage comes with some driving restrictions.
 - **Full G License:** After holding a G2 license for at least 12 months (8 months with driving school), you can take a final road test to get a full G license.
- **For more details:** [Click here.](#)



Driving license system in Quebec

- **Using a Local License:** If you are visiting Quebec, you can generally drive with a valid Kuwaiti driver's license for up to 6 months. After that period, you may need to obtain a Quebec driver's license.
- **Classes of Licensing:** Quebec has several classes of driver's licenses, including Class 5, Class 6A, Class 6B, and Class 6C. Class 5 is for most vehicles, while Class 6 is for motorcycles.
- **Steps to Obtain Different Classes:**
 - **Class 5 Learner's License (Learner's Permit):** You need to pass a knowledge test and a vision test to obtain a Class 5 Learner's License. You must hold this for 10 months before progressing to the next step. The holder must drive accompanied by a fully licensed driver with at least 2 years of experience.
 - **Class 5 Probationary License (Restricted License):** After holding the Learner's License for at least 10 months and completing a mandatory driving course, you can take the road test to obtain a Class 5 Probationary License. This stage comes with some driving restrictions.
 - **Full Class 5 License (Regular License):** After holding the Probationary License for 24 months (18 months if you completed a driving course), you can obtain a full Class 5 License.
- **For more details:** [Click here.](#)

Driving license system in British Columbia

- **Using a Local License:** Visitors to British Columbia can drive with a valid Kuwaiti driver's license for up to 6 months. After that period, you may need to obtain a British Columbia driver's license.
- **Classes of Licensing:** British Columbia has several classes of driver's licenses, including Class 7, Class 5, and Class 6. Class 7 is a learner's license, Class 5 is a full-privilege license for most vehicles, and Class 6 is for motorcycles.
- **Steps to Obtain Different Classes:**
 - **Class 7 Learner's License:** To obtain a Class 7 learner's license, you need to pass a written knowledge test and a vision test. The holder must drive accompanied by a fully licensed driver with at least 2 years of experience.
 - **Class 7 Novice License:** After holding the Class 7 learner's license for at least 12 months (9 months with a driver education program), you can take a road test to obtain a Class 7 novice license.
 - **Class 5 Full-Privilege License:** After holding the Class 7 novice license for at least 24 months (18 months with a driver education program), you can take a road test to obtain a Class 5 full-privilege license.
- **For more details:** [Click here.](#)



Driving license system in Alberta

- **Using a Local License:** Visitors to Alberta can drive with a valid Kuwaiti driver's license up to 12 months. After that, you need to obtain an Alberta driver's license.
- **Classes of Licensing:** Alberta has several classes of driver's licenses, including Class 7, Class 5 GDL, Class 5 Advanced, and Class 6. Class 7 is a learner's license, Class 5 GDL is a probationary license, and Class 5 Advanced is a full-privilege license for most vehicles. Class 6 is for motorcycles.
- **Steps to Obtain Different Classes:**
 - **Class 7 Learner's License:** To obtain a Class 7 learner's license, you need to pass a written knowledge test. The holder must drive accompanied by a fully licensed driver with at least 2 years of experience.
 - **Class 5 GDL Probationary License:** After holding the Class 7 learner's license for at least 12 months and passing a road test, you can obtain a Class 5 GDL probationary license. This stage comes with some restrictions.
 - **Class 5 Advanced Full-Privilege License:** After holding the Class 5 GDL probationary license for at least 2 years and passing a basic road test, you can obtain a Class 5 Advanced full-privilege license.
- **For more details:** [Click here.](#)

Driving license system in Saskatchewan

- **Using a Local License:** Visitors to Saskatchewan can drive with a Kuwaiti foreign driver's license for up to 90 days. After that period, you may need to obtain a Saskatchewan driver's license.
- **Classes of Licensing:** Saskatchewan has several classes of driver's licenses, including Class 7, Class 5, and Class 6. Class 7 is a learner's license, Class 5 is a full-privilege license for most vehicles, and Class 6 is for motorcycles.
- **Steps to Obtain Different Classes:**
 - **Class 7 Learner's License:** To obtain a Class 7 learner's license, you generally need to pass a written test. The holder must drive accompanied by a fully licensed driver with at least 4 years of experience.
 - **Class 5 Novice 1 License:** After holding the Class 7 learner's license for at least 9 months period and passing a road test, you can obtain a Class 5 Novice 1 license. This stage comes with some driving restrictions.
 - **Class 5 Novice 2 License:** After holding the Class 5 Novice 1 license for at least 9 months period and passing a road test, you can obtain a Class 5 Novice 2 license. This stage comes with some driving restrictions.
 - **Full Class 5 License:** After holding the Novice 2 stage license for at least 12 months period and meeting other requirements, you can obtain a full Class 5 license, allowing you to drive without the previous restrictions.
- **For more details:** [Click here.](#)



Driving license system in Manitoba

- **Using a Local License:** Visitors to Manitoba can drive with a Kuwaiti foreign driver's license for up to three months. After that period, you may need to obtain a Manitoba driver's license.
- **Classes of Licensing:** Manitoba has several classes of driver's licenses, including Class 5, Class 4, Class 3, and Class 6. Class 5 is a full-privilege license for most vehicles. Class 4 & 3 are for commercial vehicles, while Class 6 is specific for motorcycles.
- **Steps to Obtain Different Classes:**
 - **Class 5 Learner's License:** To obtain a Class 5 learner's license, you generally need to pass a written knowledge test. The holder must drive accompanied by a fully licensed driver with at least 5 years of experience.
 - **Class 5 Intermediate Stage License (Class 5I):** After holding the Class 5 learner's license for at least 9 months period and passing a road test, you can obtain a Class 5I license. This stage comes with some driving restrictions.
 - **Full Class 5 License:** After at least 15 months from obtaining your Class 5I license and meeting other criteria, you can obtain a full Class 5 license, which allows you to drive without the previous restrictions.
- **For more details:** [Click here.](#)

Driving license system in Nova Scotia

- **Using a Local License:** Visitors to Nova Scotia can drive with a Kuwaiti foreign driver's license for up to three months. After that period, you may need to obtain a Nova Scotia driver's license.
- **Classes of Licensing:** Nova Scotia has several classes of driver's licenses, including Class 5, Class 1, Class 2, Class 3, and Class 6. Class 5 is a full-privilege license for most vehicles. Class 1 & 2 & 3 are for commercial vehicles, while Class 6 is specific for motorcycles.
- **Steps to Obtain Different Classes:**
 - **Class 7 Learner's License:** To obtain a Class 7 learner's license, you generally need to pass a written knowledge test. The holder must drive accompanied by a fully licensed driver with at least 4 years of experience.
 - **Class 5N License (New Driver's Probationary License):** After holding the Class 7 learner's license for at least 9-12 months period and passing a road test, you can obtain a Class 5N license.
 - **Full Class 5 License:** After at least 24 months from obtaining your Class 5N license and meeting other criteria, you can obtain a full Class 5 license, which allows you to drive without previous restrictions.
- **For more details:** [Click here.](#)



Chapter 7:

Pregnancy and Birth Affairs

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Pregnancy and Birth Affairs

1. Travelling with pregnant

General Recommendations

Here are some general tips for traveling during pregnancy:

- **Consult a Healthcare Provider:** Before making any travel plans, consult your healthcare provider to ensure that it's safe for the pregnant individual to travel.
- **Timing:** The second trimester (18-24 weeks) is often considered the best time for travel, as morning sickness is usually reduced, and the risk of miscarriage is lower. However, every pregnancy is different, so consulting a doctor is essential.
- **Airline Policies:** Review the pregnancy guidelines of the particular airline you're considering. Several airlines impose limits on flying beyond a certain week.
- **Travel Insurance:** Ensure you have comprehensive travel insurance that covers pregnancy-related complications and emergencies.
- **Seat Selection:** Opt for an aisle seat to easily move around and visit the restroom.
- **Medical Records:** Carry a copy of relevant medical records and doctor's contact information.
- **Medications:** Bring necessary medications and keep them in your carry-on bag.
- **Travel Duration:** Shorter flights might be more comfortable than long journeys.

Remember, every pregnancy is unique, so tailor your travel plans to the individual's health condition and comfort. It's advisable to consult a medical professional before embarking on any journey during pregnancy.

Do pregnant travelers need to provide a medical report for Air travel?

Certain doctors and spouses of sponsored residents studying abroad travel without prior airline notification or acquiring a medical report. Nevertheless, I advise against this approach. Generally, during the initial phases of pregnancy, notifying the airline or procuring medical report might not be obligatory. Nonetheless, different airlines have specific timeframes within which a medical report confirming the safety of the pregnancy and the individual's fitness for flying is mandated.

This period varies among airlines, such as:

- Kuwait Airways (unfortunately no official policies published online)
- Qatar Airways ([Webpage](#))
- Fly Emirates ([Webpage](#))



- Turkish Airlines ([Webpage](#))
- Air Canada ([Webpage](#))
- British Airways ([Webpage](#))
- Lufthansa ([Webpage](#))

It's advisable to get a medical report based on the pregnancy stages outlined by the airline. If requested, having the report on hand will ensure you're ready. Avoid the inconvenience of having your trip canceled simply due to not having a readily available document.

How to obtain acquire documents?

Before starting, you will news to familiarize yourself with all the airline regulations pertaining to your travel. Download the designated form that needs to be completed, including Medical Information Form (MEDIF).

- For flights from Canada to Kuwait:
 - Schedule an appointment with your obstetrician for the purpose of completing the required downloaded forms.
 - Request a letter from your obstetrician affirming your fitness for travel, disclosing your current pregnancy week, and confirming that you will meet the airline's travel requirements in terms of specified cutoff point for travel on the intended travel day, and the day of return as well.
 - Request copies of all your prenatal documents from your obstetrician just in case you require them in your home country.
 - It is advisable to keep these documents as PDF files easily accessible on hand during your travels.
- For flights from Kuwait to Canada:
 - You must go through the steps mentioned earlier once again.
 - Plan a meeting with an obstetrician located in Kuwait in order to finalize the necessary downloaded forms. Obtain a travel clearance letter from them, verifying your fitness for travel and ensuring that you adhere to the airline's stipulated travel limitations for the return day.
 - Nevertheless, it might be necessary to contact your obstetrician in Canada to obtain certain forms, if required.

Based on personal experiences, some residents faced challenges acquiring documentation from government hospitals. As a solution, they obtained the required form signed and obtained the necessary letter from a private hospital. Keep this in mind and consider having a private hospital as a backup plan.



2. Obtaining a provincial health card.

For OHIP – Ontario

If your baby was born in an Ontario hospital with birthing facilities or with a registered midwife, follow these steps to apply:

- Complete the Ontario Health Coverage Infant Registration form. **It is not available online.** Hospital staff or the registered midwife will give you the form. On the form you must:
 - Give your baby's name, birthdate and mailing address.
 - Confirm your baby's primary place of residence is Ontario.
- The hospital or midwife will submit the top part of the form to us on your behalf.
- Keep the bottom section of the form until you get your baby's Ontario health card. It shows the health number assigned to your baby.
- Your baby's new health card will be mailed to you within 8 weeks of the date the Ontario Health Coverage Infant Registration form was submitted.

If hospital staff or the registered midwife do **not** give you the Ontario Health Coverage Infant Registration form, you may apply for health coverage for your child at either:

- [ServiceOntario](#)
- The Ministry of Health's OHIP Eligibility Review Committee (OERC) by:
 - Email: OERC@ontario.ca
 - Fax: 613-548-6557
 - Mail to:
 - OHIP Eligibility Review Committee, Ministry of Health
49 Place d'Armes, 5th floor. Kingston, ON K7L 5J3
- For more details ([Webpage](#))

For MSP – British Columbia

If the mother of a newborn has MSP coverage, the easiest way to enroll the newborn in MSP is by completing the Electronic Birth Registration through the Vital Statistics Agency. Health Insurance BC (HIBC) will then process the application and determine the baby's eligibility for MSP coverage.

Important Notes:

- If the newborn is a B.C. resident, he/she must be enrolled in MSP. This is true even if the hospital assigns the newborn a Personal Health Number.



- Parents who are new to the province and who are arriving with a baby should include the baby on the same form they are completing to obtain coverage.
- A BC Services Card will be issued when the baby is enrolled in MSP. Depending on the length of the baby's name, it may not be possible to include the full name on the BC Services Card.

You do have the option of not applying for MSP coverage through this Electronic Birth Registration. However, if your newborn is a B.C. resident, your child must be enrolled with MSP. For more details ([Click Here](#) & [Here](#))

For RAMQ – Québec

The procedure varies depending on the parents' situation, if at least one parent is already registered with the Health Insurance Plan as a Québec resident or temporary resident; follow these steps to apply:

- Complete the Registration with the Directeur de l'état civil, using the form obtained from the hospital or given to you by the midwife. The form **is not available online**.
- The information needed for registering your child with the Health Insurance Plan and, where applicable, for the Public Prescription Drug Insurance Plan will be sent automatically to them.
- Your baby's new health card will be mailed to you within 8 weeks of the date the Registration form was submitted.
- For more details ([Webpage](#))

For AHCIP – Alberta

In Alberta, the baby will be registered under the mom, and they'll give you a piece of paper which has the health care number on it. The paper will direct you to go online to do the official registration of the health care card/birth certificate. You would expect the following:

- Receiving a temporary plastic Alberta Health Card at the hospital. It will likely say "Baby" and your last name, rather than the baby's actual name. You can use this card until the actual card arrives when you visit your doctor or clinic for new baby checkups.
- You will also be provided with a form at the hospital to fill out to add the baby to your Alberta Health account. If you fill this out and hand it in before you leave the hospital, the new Alberta Health Card will arrive in the mail a couple of weeks after you get home from the hospital.
- If you do not receive your card within 6 weeks, please call Alberta Health at 780-427-1432 or visit Registries Plus ([Link](#)).
- For more details ([Webpage](#))



For MSI – Nova Scotia

For the newborn, often the hospital will assign a Nova Scotia Health Card number to a newborn, but the number is not active until MSI has been notified of the birth. New parents now have the option to apply to activate their newborn's Nova Scotia Health Card number when they register their baby's birth. There are few notes:

- This service is available at electronic kiosks located in each of the regional hospitals and the IWK (Izaak Walton Killam) Hospital for Children.
- If a new parent consents to this service, the necessary information will be sent directly to Medavie Blue Cross on their behalf.
- The health Card will be mailed to the address provided within 10 business days.
- If you choose not to apply at the kiosk, a form will be provided to you at the hospital, or you can contact MSI at 902-496-7008 or 1-800563-8880 (toll free in Nova Scotia) to register your newborn baby. For more details ([Webpage](#))

For MHSIP – Manitoba

To ensure that your newborn child is registered for Manitoba Health coverage and to avoid being billed directly for medical services, please be sure to notify Manitoba Health about your baby's birth. You have two options to contact Manitoba Health General:

- By Phone: You can reach them out through their general Inquiries phone line at 204-786-7101 or use their toll-free phone number is 1-800-392-1207. (Monday to Friday, 8:30 a.m. to 4:30 p.m., excluding holidays.)
- Via Email: you can send an email to (InsuredBen@gov.mb.ca) to request the addition of your child to your health card. When emailing Manitoba Health, provide your 6-digit number, child's name, date of birth, gender and address.

If Manitoba Health has received your baby's birth information, they'll issue an updated health card with your infant's name. If not, you must notify them in writing, including a photocopy of the birth certificate. Visit the webpage for further details. ([Webpage](#))

SK eHealth Card – Saskatchewan

Upon the birth of a child in a Saskatchewan healthcare facility, a member of the healthcare team will provide the parents with a Registration of Live Birth form. This form captures essential information about the newborn, including their name, date of birth, gender, and parental details. Once the Registration of Live Birth form is completed, it is submitted to eHealth Saskatchewan's Vital Statistics department. For more details ([Webpage](#)) & ([Demonstration process](#)).



3. Obtaining a Birth Certificate for the Newborn

General rules:

- Always gather the required information and documents Before you start the application process, you will need the following information and documents:
 - Full name of the person whose birth certificate you are requesting.
 - Date of birth (DOB)
 - Place of birth (city or town).
 - Parents' full names.
 - Your relationship to the person whose birth certificate you are requesting.
 - Proof of your identity (e.g., government-issued photo ID).
 - Payment method (credit & debit card, or certified cheque/money order).
- **BE AWARE:** There are different types of birth certificates, and each can be used for different purposes. The embassy will need the long-form certified birth certificates to issue the travel document. Always get both certificates.

For birth certificate In Ontario

To obtain a birth certificate for a newborn in Ontario, follow these key points:

- Birth Registration: When a child is born in Ontario, their birth must be [registered with the Government of Ontario](#).
- Types of Certificates: There are 3 types of birth certificates available:
 - Birth certificate: Contains essential information such as the child's name, date of birth and place of birth
 - Birth certificate with parental information: Includes parental details and is suitable for children under 16.
 - Certified copy of birth registration: Contains all registration details along with parental information and is used for specific purposes.
 - **BE AWARE:** *There are two types of birth certificates (with parental information [Short & Blue] or certified copy of birth registration [Long & Yellow]) and each can be used for different purposes. The embassy will need the long-form certified birth certificates to issue the travel document. Always get both certificates.*
- Eligibility: You can apply for a birth certificate for:
 - Yourself (if at least 13 years old).
 - Your child (if named on the birth registration).
 - A child you are the legal guardian of (with proper documentation).
- Application Methods: You can order a birth certificate online, in-person at specific locations, or by mail.



- Online: Visit the ([ServiceOntario website](#)) & follow the instructions to complete the online birth certificate application.
- In-person: Visit a ServiceOntario center ([in Toronto](#)) & ([in Ottawa](#)) and fill out the birth certificate application form at the location.
- Mail: Download the "[\(Birth Certificate Application\)](#)" form. Fill out the form and include a photocopy of your proof of identity. Enclose a certified cheque or money order for the applicable fee. Mail the completed application, proof of identity, and payment to the address specified on the form.
- Cost: The [cost varies](#) based on the type of certificate and service level chosen. A birth certificate that includes parental information is priced at approximately \$25, whereas obtaining a certified copy of the birth registration will incur a cost of \$35.
- Delivery: You will receive the birth certificate by mail (if applied online or by mail) or in-person (if applied in person). Typically, the processing time is approximately 5 working days.

Please keep in mind that fees, processing times, and application procedures may change over time, so it's advisable to verify the most up-to-date information on the official website of the Government of Ontario. ([For more information](#))

For birth certificate In British Columbia

To obtain a birth certificate for a newborn in British Columbia, here are the key points:

- Birth Registration: When a child is born in British Columbia, the birth must be registered with the Vital Statistics Agency (VSA) of the Province of British Columbia.
- Types of Certificates: BC offers several types of birth certificates, including:
 - Birth Certificate: Contains essential information such as the child's name, date of birth and place of birth
 - Birth Certificate with Parental Information: Includes additional details about the parents.
 - Registration Photocopy/Extract: Certified copy or extract of the birth registration.
 - ***BE AWARE: There are different types of birth certificates; the embassy will need the long-form certified birth certificates to issue the travel document. Always get them all, especially the certified certificate.***
- Eligibility: You can apply for a birth certificate for:
 - Yourself (if at least 19 years old).
 - Your child (if named on the birth registration).
 - A child you are the legal guardian of (with proper documentation).



- Application Methods: You can order a birth certificate online, in-person at specific locations, or by mail.
 - Online: Use the Vital Statistics Agency's [secure online ordering service](#), and [apply for a birth certificate](#). A credit card is required.
 - In-person: Go to any [Service BC counter](#). You do not need to fill out an application, but will need to provide the customer service representative with the same details about the birth that are requested on the [Application for Birth Certificate or Registration Photocopy](#). Payment must also be provided.
 - Mail: Send a completed [Application for Birth Certificate or Registration Photocopy](#) with payment to Vital Statistics Agency (PO Box 9657 Stn Prov Govt, Victoria, B.C. V8W 9P3)
- Cost: A Certificate of Birth costs \$27.00. If you need your certificate more quickly, you can request rush processing for an additional fee of \$33.00. This option reduces the in-office processing time to 24 working hours.
- Delivery: courier delivery time is separate and not included in the above fees.

Please keep in mind that fees, processing times, and application procedures may change over time, so it's advisable to verify the most up-to-date information on the official website of the Vital Statistics Agency of the Province of British Columbia. ([For more information](#))

For birth certificate In Quebec

To obtain a birth certificate for a newborn in Quebec, here are the key points:

- Birth Registration: When a child is born in Quebec, the birth must be registered with the Directeur de l'état civil (Director of Civil Status) of Quebec.
- Types of Certificates: There are different types of birth certificates available, including:
 - Standard Birth Certificate: Contains essential information such as Surname, given names, sex, date, time and place of birth, registration number, surnames and given names of the parents, along with nationality.
 - Copy of an Act of birth: Provides additional details, including the information contained in the act, document number and date of issue.
 - **BE AWARE:** There are different types of birth certificates; the embassy will need the long-form certified birth certificates to issue the travel document. Always get both certificates.
- Eligibility: You can apply for a birth certificate for:
 - Yourself (if you are at least 18 years old).
 - Your child (if you are a parent named on the birth registration).
 - A child for whom you have legal custody (with proper documentation).



- Application Methods: You can request a birth certificate through [various methods](#), including online, by mail, or in person at designated service locations.
 - Online: First start with declaration of birth by visiting the [Directeur de l'état civil website](#). Then you can submit an online request for birth certificate by using [DEClic online service](#). Follow the instructions to complete the online birth certificate application.
 - In-person by using DEClic: You must go to one of [Services Québec offices](#) offering services of the Directeur de l'état civil. Fill out the "[Birth Certificate Application](#)" form at the location by using a computer terminal available at the service counter.
 - Mail: [Download](#) the "[Birth Certificate Application](#)" from the Directeur de l'état civil website. Fill out the form with all the required information. Include a photocopy of your proof of identity. Enclose a certified cheque or money order for the applicable fee. Mail the completed application, proof of identity, and payment to the address specified on the form.
- Cost: The cost of obtaining a birth certificate in [Quebec varies depending on the type of certificate and processing time selected](#).
 - Submitting your application through the online DEClic! service incurs fees of \$35.75 for a certificate and \$43.25 for a copy of an act. If you opt for accelerated processing (3 business days), the cost will be \$69.50.
 - Alternatively, when using print application form or submitting by mail through DEClic, the fees are \$51.00 for a certificate and \$59.50 for a copy of an act. Accelerated processing can costs \$76.00 (~ 3 business days).
- Delivery: Delivery times also vary, with options for expedited service.

Please keep in mind that fees, processing times, and application procedures may change over time, so it's advisable to verify the most up-to-date information on the official website of the Directeur de l'état civil of Quebec. For more information ([Click here](#) & [here](#)).

For birth certificate In Alberta

To obtain a birth certificate for a newborn in Alberta, here are the key points:

- Birth Registration: When a child is born in Alberta, the birth must be registered with the Alberta Vital Statistics office.
- Types of Certificates: Alberta offers different types of birth certificates, including:
 - Birth Certificate with personal Information only: Contains essential information such as the child's name, date of birth and place of birth.
 - Birth Certificate with personal Information and parentage: Includes additional details about the parents.
 - Photocopy of a registration of birth: is generally used for genealogical, court or consulate purposes.



- **BE AWARE:** There are different types of birth certificates; the embassy will need the long-form certified birth certificates to issue the travel document.
- Eligibility: You can apply for a birth certificate for:
 - Yourself (if you are at least 12 years old).
 - Your child (if you are a parent named on the birth registration).
 - A child for whom you have legal custody (with proper documentation).
- Application Methods:
 - After your baby is born, you must register your baby's birth information using the [Online Birth Registry](#). Never register your child's birth information with Vital Statistics more than once.
 - Then [start ordering a birth document](#) by completing the [Application of birth documents](#).
 - Take the completed application form and your acceptable ID to a [registry agent](#). Applications sent directly to Vital statistics will not be processed.
- Cost: The cost of obtaining a birth certificate in Alberta [varies depending on the type of certificate](#) and processing time selected. There is a \$20 government fee for each birth document ordered. Additional service fees may be applied.
- Delivery: By mail to the address provided on the application form, no extra charge.

Please keep in mind that fees, processing times, and application procedures may change over time, so it's advisable to verify the most up-to-date information on the official website of Alberta Vital Statistics or Service Alberta. ([For more information](#))

For birth certificate In Nova Scotia

To obtain a birth certificate for a newborn in Nova Scotia, here are the key points:

- Birth Registration: When a child is born in Nova Scotia, the birth must be registered with the Vital Statistics office of Nova Scotia.
- Types of Certificates: Nova Scotia offers different types of birth certificates, including:
 - Short Form Birth Certificate: Contains essential information such as the child's name, date of birth and place of birth
 - Long Form Birth Certificate: Provides additional details, including parental information.
- Eligibility: You can apply for a birth certificate for yourself and your child (if you are a parent named on the birth registration).
- Application Methods: A Birth Certificate can only be issued for a [birth that's been registered](#). You can request a birth certificate through various methods, including online, in-person or by mail.
 - Online: Start the [Application online](#) after visiting the Official website of the government of Nova Scotia. Follow the instructions to complete the online birth certificate application.



- Mail: You can use the [Birth Certificate Application Form](#) if you're unable to apply online. Send your completed application, supporting documents and payment by mail or fax.
- In person: [Contact Vital Statistics](#) to book an appointment.
- Cost: For a Short Form Birth Certificate, the cost is \$33.00. If you need a Long Form Birth Certificate, it will be \$39.90.
- Delivery: Delivery options are available (including standard and expedited).

Please note that fees, processing times, and application procedures may change over time, so it's advisable to verify information on the official website. ([For more information](#))

For birth certificate In Manitoba

To obtain a birth certificate for a newborn in Manitoba, here are the key points:

- Birth Registration: When a child is born in Manitoba, the birth must be registered with the [Vital Statistics Agency of Manitoba](#).
- Types of Certificates: Manitoba offers [various types of birth certificates](#), including:
 - Short Form Birth Certificate: Contains essential information such as the child's name, date of birth and place of birth
 - Long Form Birth Certificate: Provides additional details, including parental information.
- Eligibility: You can apply for a birth certificate for:
 - You, if the application is for your own certificate.
 - Your child (if you are a parent named on the birth registration).
 - A child for whom you have legal custody (with proper documentation).
- Application Methods: You can request a birth certificate through [various methods](#), including online, by mail, Fax or in person at designated service locations.
 - Online: You can submit an online request for birth certificate by using [online service](#). Follow the instructions to complete the online birth certificate application.
 - In-person: You must go to the Counter service Fill out the "[Birth Certificate Application](#)" form at the location by using a computer terminal available at the service counter.
 - Mail: If you can't access the online system, you may need to submit your application by mail. [Download](#) and fill out the "[Birth Certificate Application](#)". Send the completed application form by regular mail or courier to the following address (Government of Manitoba, Vital Statistics, Branch 254, Portage Avenue, Winnipeg, MB R3C 0B6)
 - Fax: Download and fill out the "[Birth Certificate Application](#)". Then fax it to 204-948-3128.



- Cost: The cost of obtaining a birth certificate in Manitoba varies depending on the type of certificate and processing time selected. The fee for each certificate issued by the director, which includes the search, is \$30.00. Expedited delivery of a certificate, certified copy will incur a fee of \$65.00 in Canadian currency.
- Delivery: Various delivery options are available.

Please keep in mind that fees, processing times, and application procedures may change over time, so it's advisable to verify the most up-to-date information on the official website of the Vital Statistics Agency of Manitoba. ([For more information](#))

For birth certificate In Saskatchewan

To obtain a birth certificate for a newborn in Saskatchewan, here are the key points:

- Birth Registration: When a child is born in Saskatchewan, the birth must be registered with the Vital Statistics Registry of Saskatchewan.
- Types of Certificates: Saskatchewan offers different types of birth certificates, including:
 - Short Form Birth Certificate: Includes the individual's full name, date of birth, place of birth, sex, registration number and registration date but without any information about the parents.
 - Long Form Birth Certificate: The document of choice for children 16 years of age and under, as it is generally including the individual's full name, date of birth, place of birth, sex, registration number and registration date, and parents' full names and their province/state and country of birth.
 - Certified Copy: is a photocopy of the original birth registration. These are typically used to apply for citizenship.
- Eligibility: You can apply for a birth certificate for:
 - Yourself (if you are at least 15 years old).
 - Your child (if you are a parent named on the birth registration).
 - A child for whom you have legal custody (with proper documentation).
- Application Methods: You can request a birth certificate online, by mail, Fax or Email to eHealth Saskatchewan.
 - Online: You can submit an online request for birth certificate by using online service. Follow the instructions to complete the online birth certificate application. An online order must be completed in one session. If you stop typing for longer than 30 minutes, your order will time out and all of the information you entered will be lost.
 - Mail, Fax or Email: First complete and submit the following forms ([Instructions for Birth Certificate](#) & [Application for Birth Certificate](#) & [Payment information form](#)). Send the completed forms, any necessary attachments and payment to eHealth Saskatchewan for processing.



- Cost: The cost of obtaining a birth certificate in Saskatchewan varies depending on the [type of certificate](#). Short Form Birth Certificate costs \$35.00, Long Form Birth Certificate is priced at \$40.00, and the Certified Copy is available for \$55.00.
- Delivery: Delivery options are available (standard and expedited services).

Please note that fees, processing times, and application procedures may change over time, so it's advisable to verify the most up-to-date information on the official website of the Vital Statistics Registry of Saskatchewan. ([For more information](#))

4. Emergency travel document for a Kuwaiti newborn

An emergency travel document for Kuwait is designed for a single journey and remains valid for a duration of one month from the date of issue. If the baby is over 3 months old, it's essential to secure prior authorization from Kuwait, and it's recommended to allow a minimum of 6 weeks before your intended travel date.

Once the authorization is granted, you will need to agree to undergo a DNA test upon arrival to complete the required paperwork. It's important to note that this document is exclusively issued for Kuwaiti children born in Canada.

Requirements for a newborn baby are the following:

- Application forms completed and signed by the parents ([PDF Format](#)).
- Three (3) Kuwaiti passport size photographs.
- A copy of your marriage certificate.
- Up to date letter (To Whom it May concern) from Cultural office indicating your current status.
- A copy of both father's Kuwait passport along with the mother's passport.
- The original Birth certificate of the child. (See above for more details)
- Birth certificate (original long form) has to be authenticated by the Canadian Ministry of Foreign Affairs.
 - NOTE: Make sure you double check the official website before going as the situation has been constantly changing.
 - Ontario: Visit one of the following Ontario services: ([More Details](#))
 - Toronto ([Location](#)) – In person or Mail-in service.
 - Ottawa ([Location](#)) – In person only.
 - Windsor ([Location](#)) – In person only.
 - Montréal – In person or Mail-in service. ([Location](#)) ([More Details](#))
 - British Columbia – Request should be made online. ([More Details](#))
 - Edmonton – Mail or drop off service. ([Location](#)) ([More Details](#))
 - Manitoba – Mail or drop off service. ([Location](#)) ([More Details](#))



- Saskatchewan – Mail in service. ([More Details](#))
- Nova Scotia – In person or Mail-in service. ([Location](#)) ([More Details](#))
 - We recommend going in person rather than sending the paper via mail.
 - The process usually takes 1-2 days if you go in person; however, it may take up to 4 weeks if sent by mail.
 - Fees: The Authentication fees vary between the provinces.
- Embassy Fees:
 - A fee of \$60 Canadian dollars for issuing an Emergency Travel Document – only issued if you are leaving within a month periods.
 - A fee of \$30 Canadian dollars for the legalization of birth certificate.
 - You can issue one money order if you require both documents for \$90 Canadian dollars.
 - Money order payable to the "Embassy of the State of Kuwait".
- Duration: 2-3 business days.
- Prepaid FedEx waybill, Purolator, UPS, DHL, or Express post envelopes and Waybill must be enclosed inside for return. The printed computer label must include your name, address, phone number, and courier account number for the return.
- Note: Please be advised to follow the Embassy's recommendation and opt for an alternative courier service offering express delivery. This is because there have been instances where residents' documents were lost when using Canada Post.

5. Adding your newborn to the Greenshield coverage

To include your newborn in Greenshield coverage:

- Obtain an official birth certificate.
- Email a PDF copy of that certificate to the Kuwait Culture Office in Washington DC, informing them of your intention to add your newborn to the coverage.
- They will respond by enrolling your newborn in your health insurance plan, effective from the day of their birth.

6. Newborn Procedures in Kuwait

- Initially, make sure to carry all official documents with you, especially the travel document and the Canadian yellow birth certificate.
- First Step: Entry Port at Kuwait Airport
 - Submit the entry document upon arrival at Kuwait Airport. The customs officer will provide you with an entry document.
 - Take photos of the entry document after it has been stamped.
- Second Step: Ministry of Foreign Affairs



جمعية الأطباء الكويتيين في كندا

ASSOCIATION OF KUWAITI DOCTORS IN CANADA

Head to the authentication department at the Ministry of Foreign Affairs ([Location](#)).

- Authenticate the Canadian birth certificate.
- The transaction will cost you 5 Kuwaiti Dinars.
- Third Step: Births and Deaths Department
 - Go to the Births and Deaths Department in Hawally area. ([Location](#))
 - The aim is to obtain a document directed to the Citizenship and Passport Department.
 - Requirements:
 - Authenticated Canadian birth certificate.
 - Copy of the marriage certificate.
 - Entry document provided at the airport.
 - Copy of the parents' civil IDs.
 - Copy of parents' nationalities.
- Fourth Step: General Department for Citizenship and Travel Documents
 - Head to the General Department for Citizenship and Travel Documents in Shuwaikh Industrial Area. ([Location](#))
 - The goal is to obtain a no objection certificate for issuing a birth certificate.
 - Requirements:
 - Document directed from the Births and Deaths Department to the General Department for Citizenship.
 - Any document from the service council proving your study abroad.
 - Canadian birth certificate.
 - Copy of the marriage certificate.
 - Entry document provided at the airport.
 - Copy of the parents' civil IDs.
 - Copy of parents' nationalities.
- Fifth Step: Births and Deaths Department.
 - Go to the Births and Deaths Department in Maidan Hawally area. ([Location](#))
 - The aim is to obtain a Kuwaiti birth certificate.
 - Requirements:
 - No objection certificate from the General Department for Citizenship.
 - Same requirements as mentioned earlier.
- Sixth Step: General Department for Citizenship and Travel Documents
 - Head to the General Department for Citizenship and Travel Documents in Shuwaikh Industrial Area. ([Location](#))
 - The goal is to add the newborn and obtain a citizenship proof certificate for minors.
 - Requirements:
 - Similar to previous requirements.
 - Blood type of the newborn. Get tested at the nearest local clinic/Health center.
 - Three passport-sized photos of the newborn.



- Seventh Step: Easy App
 - Via Sahel App: IOS ([Here](#)) Android ([Here](#)).
 - The goal is to apply for an identity card.
 - Requirements:
 - Citizenship proof certificate for minors from the General Department for Citizenship.
 - Blood type of the newborn.
 - Fee of 5 Kuwaiti Dinars.
 - Fill out the application electronically through the official app. Choose (Completing Newborn Data), then follow the instructions.
- Eighth Step: Citizen Services Center
 - Go to the nearest Citizen Services Center specialized in passport transactions.
 - The goal is to apply for a passport.
 - Requirements:
 - Original civil ID for the newborn and the father.
 - Copy of the newborn's civil ID.
 - Copy of the Kuwaiti birth certificate.
 - Fee of 5 Kuwaiti Dinars.
- Ninth Step: Health district
 - Go to the health district assigned to you, then to the benefits department.
 - The goal is to obtain a social benefit request.
 - Requirements:
 - Original and copy of civil ID for the newborn.
 - Copy of the Kuwaiti birth certificate for the newborn.
- Tenth Step: Ministry of Health
 - Go to the Ministry of Health, then to the benefits department.
 - The goal is to submit the social benefit request book.
 - Requirements:
 - Social benefit request from the health district.
 - Copy of the father's civil ID.
 - Original and a copy of the civil ID for the newborn.
 - Copy of the Kuwaiti birth certificate for the newborn.
 - Authenticated Canadian birth certificate.
 - Copy of the marriage certificate.
 - Entry document provided at the airport.
- Eleventh Step: Subsidy Department
 - Go to the Ministry of Health, then to the benefits department.
 - The goal is to add the newborn to the benefits system.
 - Requirements:
 - Copy of the father's civil ID.
 - Original civil ID for the newborn.



Chapter 8:

After Graduation

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After Graduation

1. Moving After Canadian Residency: Key Steps

Leaving a country after finishing a residency can involve various steps. Here are some tips on what to consider:

- **Property:** If you own property, consider what you want to do with it. You could sell it, rent it out, or manage it remotely. It depends on your long-term plans.
- **Car:** If you have a car, you may want to sell it or transfer ownership before leaving. Alternatively, you can explore options for storing it.
Apartment: If you're renting an apartment, notify your landlord well in advance of your departure. Discuss the terms of your lease, notice period, and any responsibilities you have as a tenant.
- **Belongings, Furniture, and Clothing:** Decide what to do with your personal belongings, furniture, and clothing. Here are some options:
 - **Sell:** Use platforms like online classifieds (e.g., Kijiji, Craigslist), auction websites (eBay), or local Facebook groups to sell your items.
 - **Donate to Charity:** Consider donating gently used items to local charities or organizations like Goodwill or Habitat for Humanity.
 - **Consignment Shops:** For valuable items, they explore consignment shops that can sell them on your behalf.
 - **Online Marketplaces:** Besides eBay, platforms like Facebook Marketplace & local buy/sell groups can be effective for selling furniture and belongings.
 - **Recycle and Dispose:** Responsibly recycle or dispose of items that can't be sold or donated, following local waste management guidelines.
 - **Friends and Family:** Offer items to friends or family members who may want them, especially sentimental items.
- **Financial Matters:** Inform your bank and other financial institutions of your plans. Settle any outstanding bills, taxes, and close unnecessary accounts.
- **Legal Documents:** Ensure all your legal documents are in order, including your visa and residency status. Check if there are any obligations upon departure.
- **Healthcare:** Cancel or transfer your healthcare coverage to your home country if necessary. Obtain any necessary medical records and prescriptions.
- **Utilities and Services:** Cancel or transfer your utilities, internet & other services.

Remember that the specifics can vary depending on your unique circumstances and residency status, so it's crucial to plan well in advance to ensure a smooth transition.



2. Steps to conclude your sponsorship & transition to Kuwaiti System

Initially, make sure to follow these steps:

- Well in advance of ending your scholarship, contact your academic advisor to ensure that all evaluations during your training period and the training completion document from your program have been sent to the Cultural Office.
- The Cultural Office will, in turn, send the complete file to the scholarship authority and the Kuwait Institute for Medical Specializations (KIMS).
- You can inquire about your return ticket to Kuwait and shipping costs by land or air from the Cultural Office.
- Your return flight from the scholarship location should align with the dates specified in the official letter from your training program.

Steps to Complete the Scholarship Program:

- Sponsored students have one month (30 days) from the scholarship end date or their entry into Kuwait (whichever is come first) to commence work.
- On your first day of work or one to two days before, visit KIMS with a copy of your passport (with entry stamp) to finalize your scholarship and obtain the employment initiation letter.
- To obtain the work initiation letter, visit the Technical Affairs Department at the Ministry of Health with the following documents:
 - Employment initiation letter from KIMS.
 - Copies of your certificates.
 - Copy of the passport entry date.
- Take the work initiation letter to the health region and obtain an incoming number.
- The work initiation letter should be signed by:
 - The Health Region's director.
 - The hospital's head.
 - The head of the department you belong to.
- The department you belong to will create a new initiation letter.
- The new initiation letter should be signed by:
 - The unit head (if applicable).
 - The head of the department you belong to.
 - The hospital's head.
 - The Health Region's director.
- There are three steps to be taken immediately upon receiving the new initiation letter:
 - Submit a copy of the new initiation letter to KIMS.
 - Return the original initiation letter to the Technical Affairs Department at the Ministry of Health.
 - Keep copies of the work delivery and initiation letters.



- If you are transferring to a new department, make sure to follow these steps:
 - Submit a copy of the work delivery and initiation letters to the Ministry's Transfer Department (Basement) to change your workplace within the Ministry and expedite the file transfer.
 - Note that file transfers are internal, not by hand.
 - Inform your previous Health Region about the new transfer decision.
 - Your file will be transferred to the new Health Region upon confirmation of your transfer in the Ministry's system.
 - You may collect your vacation card by hand provided you have a vacation card request letter from the new Health Region.

3. Retuning back to Kuwait.

Final One-Way Graduation Return Ticket:

- You are entitled to a Final One-Way Graduation ticket from your study location to Kuwait only if you have met the following conditions:
 - Residents: completed your residency program successfully and successfully passed the Royal College Board Examination/American Board Examination.
 - Fellows: completed your fellowship successfully and successfully passed required examination, if applicable.
- If you are suspending your scholarship or have not met the above conditions, you are not entitled to a Final Ticket.

Shipping Reimbursement upon Graduation:

- Once you have completed your scholarship mission and we have received confirmation that you have graduated, you are entitled to a reimbursement of shipping costs associated with your return to Kuwait.
- This reimbursement is eligible for a maximum of 5 people (1 student + dependents).
- Please submit both the shipping receipt and bank statement showing proof of payment as well as an explanation (via email) of the charges and items shipped.
- Be sure to complete this before the end of your scholarship mission to avoid delays.
- This payment will be presented to your sponsor for their review and action.
- If you do not ship any belongings, you are eligible for 1 piece of excess luggage per person instead.



Chapter 9:

At the end

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The Manual's Conclusion

As we are reaching the end of this manual, we hope that you found everything you were looking for! We tried to list everything you would need to know to have as smooth stay while fulfilling your dream as possible. We would be pleased to hear back from you; any suggestions and feedback are welcome!

Please feel free to add/comment on/suggest anything for better manual in the future as our main goal is to help as much as we can as we recall our Holy Prophet (peace be upon him) Hadith:

سُئلَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَوْمًا .. "يَا رَسُولَ اللَّهِ أَيُّ النَّاسِ أَحَبُّ إِلَى اللَّهِ؟" قَالَ: أَحَبُّ النَّاسِ إِلَى اللَّهِ أَنْفَعُهُمْ لِلنَّاسِ، وَأَحَبُّ الْأَعْمَالِ إِلَى اللَّهِ عَزَّ وَجَلَّ، سُرُورٌ تَدْخُلُهُ عَلَى مُسْلِمٍ، تَكْشِفُ عَنْهُ كُرْبَةً، أَوْ تَقْضِيُّ عَنْهُ دِينًا، أَوْ تَطْرُدُ عَنْهُ جَوْعًا، وَلَانْ أَمْشِيَ مَعَ أَخٍ فِي حَاجَةٍ، أَحَبُّ إِلَيَّ مَنْ أَعْتَكْفُ فِي هَذَا الْمَسْجِدِ، يَعْنِي مَسْجِدَ الْمَدِينَةِ شَهْرًا".

You can reach us through our social media accounts (Instagram, YouTube, and Twitter) and the official website, or you can just contact us via E-mail.

We wish you all the best and success.

Dr. Ali Khaled Shamsaldeen
The Manual's Editor-In-Chief
Email: Ali.Shamsaldeen@gmil.com



The Manual's Feedback:

We would appreciate it if you took the time to complete this feedback survey to help us improve the future editions of this manual, Link:

<https://forms.gle/AWzAEwAkhQJ5hJaAA>



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جمعية الأطباء الكويتيين في كندا

ASSOCIATION OF KUWAITI DOCTORS IN CANADA

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