



NAVIGATING NEW PATHS TO VANCOUVER: TRAVEL TIPS FOR THE ANNUAL EDUCATION CONFERENCE

By Jennifer Lau

AT A GLANCE

- 5 min read
- Vancouver is hosting the 2023 NALP Annual Education Conference.
- Use this checklist to help prepare your travel itinerary for the event.
- Learn more and register at www.nalp.org/events.

The 2023 NALP Annual Education Conference takes place from Tuesday, April 25 through Friday, April 28 in Vancouver, B.C., Canada. It's not too early to start preparing for your journey to Vancouver and Canada's west coast! Here are our top tips for navigating your path to Vancouver.

TIP 1: Get Your Passport Ready

To our American friends: Is your passport ready for travel in 2023? Check the expiration date on your passport and be sure it will be valid for six months after your last day of travel, which could be April 28, 2023. If you

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need an updated passport — or a new passport! — start the process now to get those necessary documents ready for travel. Visit travel.state.gov to get started!

TIP 2: Familiarize Yourself with Pre-entry COVID Requirements for Canada

Currently this includes:

- Mandatory random testing will not be conducted for travelers arriving into Canada from an international destination.
- Unvaccinated travelers will not be required to quarantine or test upon arrival into Canada.
- Masks are not mandatory in terminal and onboard aircraft. However, masks are recommended.

Of course, the landscape might look different in April 2023! We recommend checking <https://travel.gc.ca/travel-covid> and www.cdc.gov/coronavirus/2019-ncov/travelers/index.html for pre-entry COVID requirements for Canada and the U.S., respectively.

TIP 3: Book Your Flights

If you're arriving by air, you'll most likely be flying into Vancouver International Airport

(YVR). Located 25 minutes from downtown, YVR is consistently rated one of the best airports in North America. There are more than a dozen international flights in and out of YVR every day, with 22 bound for the United States. Air Canada is a great choice to Vancouver with the most non-stop flights and access from over 190 cities worldwide.

A more scenic, but much less efficient route would involve flying into Seattle-Tacoma International Airport (SEA) and either driving or taking the train or a bus to Vancouver. However, this would add more than three hours to your journey for the drive alone, with additional time required for crossing the U.S.-Canada border.

TIP 4: Get to Know Vancouver

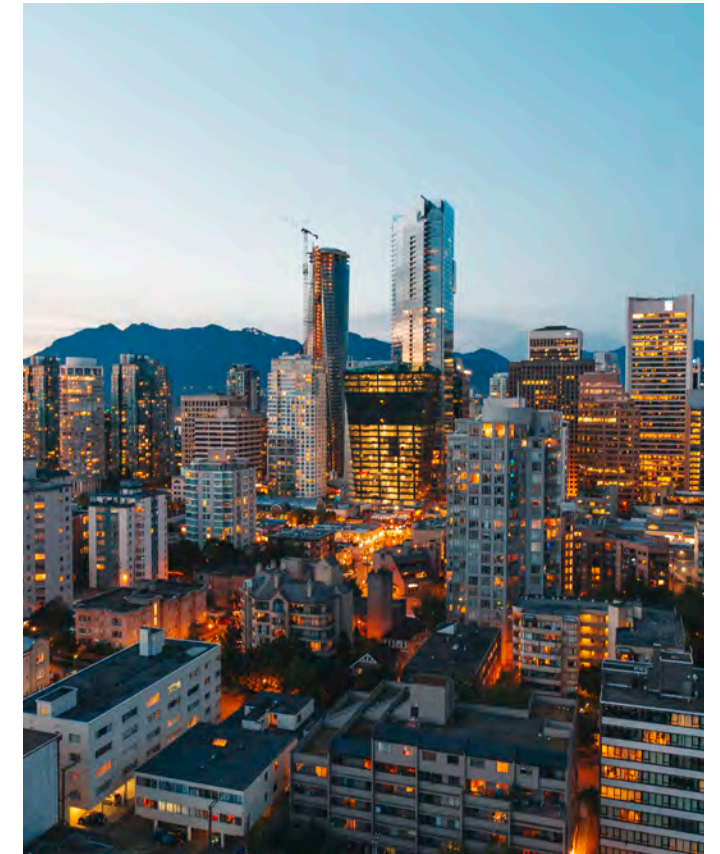
Based on the 2011 Canadian Census, the population of the City of Vancouver is estimated to be 603,502. The Vancouver metropolitan region is home to an estimated total population of 2.3 million people, representing 52.3% of British Columbia's population of 4.4 million. Vancouver is in the Pacific Time Zone and observes Daylight Savings Time from the second Sunday in March until the first Sunday in November.

TIP 5: Immerse Yourself in Vancouver's Multicultural History

While Canada is officially a bilingual country (with federal government departments providing service in English and French), most of the population in Vancouver speaks English as either a first or second language. Vancouver is quite cosmopolitan and contains a mix of many multicultural groups. Its people speak many different languages, and many follow the traditions of their native lands, sometimes moderating them with Canadian culture. After English and Chinese (both Cantonese and Mandarin), the most common languages spoken are Punjabi, German, Italian, French, Tagalog (Filipino), and Spanish. More than half of Vancouver's school-age children have been raised speaking a language other than English.

TIP 6: Show Me the Money

All visitors are encouraged to use Canadian currency (the Canadian Dollar, CAD) when traveling within Canada. Credit cards and debit cards (including contactless payment) are regularly accepted at most retailers. Visitors can exchange currency at Canadian chartered banks, trust companies, credit



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unions, or at offices of foreign exchange brokers. Some hotels, merchants, restaurants, and suppliers accept U.S. or other foreign currency at a pre-determined rate, which may differ from the daily rate posted by financial institutions.

The Canadian Dollar is made up of 100 Canadian cents. Coins are in denominations of 5 cents (nickel), 10 cents (dime), 25 cents (quarter), \$1 (loonie), and \$2 (toonie). Notes are in denominations CAD\$5, \$10, \$20, \$50, \$100, and \$1,000.

Note that Canada phased out use of the 1 cent (penny) coin in 2013. If you are paying cash, the total amount of your purchases will be rounded either up or down to the closest 5 cents. Credit card and debit card payments are not rounded.

Most purchases in British Columbia are subject to a 7% Provincial Sales Tax (PST) as well as a federal 5% Goods and Services Tax (GST), with a few exceptions including liquor (10% PST) and accommodation (8% PST plus up to 3% hotel tax). Some goods, such as food and restaurant meals, books and magazines, and children's clothing, are GST and/or PST exempt.

TIP 7: Take Note of the Workday Cadence

Vancouver, like all major cities, runs 24 hours a day, seven days a week. In general, the standard work week runs Monday to Friday from roughly 8:30 a.m. to 5:00 p.m., but hours vary for each organization or business. Retailers are usually open seven days a week, and most stores are open from 9:30 a.m. to 6:00 p.m. each day, except on Thursday and Friday, when many stores are open until 9:00 p.m. Some retail stores (e.g., some drug stores and grocery outlets), nearly every hotel and motel, and some restaurants, remain open around the clock. +



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NALP Annual Education Conference April 25-28, 2023 Vancouver, British Columbia