

# Canadian School of Osteopathy

## *Manual Practice – Vancouver*



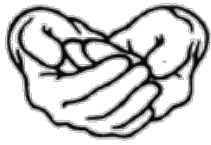
**Welcome to Vancouver:**

**A Student Guide**

*March, 2025 version*

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## Canadian School of Osteopathy *Manual Practice – Vancouver*

### WELCOME TO THE CSO,

The academic year has just started and we have the pleasure of welcoming you, our passionate new students.

*Andrew Taylor Still said that “osteopaths were engineers of the organism”. They know the workings of the mechanisms that guarantee, safeguard and preserve the balance needed to maintain health.*

You have chosen Osteopathy manual practice, which will enable you to address and respond to your patients’ needs and provide tangible solutions to resolve your patients’ health problems.

The *Collège d’Études Ostéopathiques* (C.E.O.) and the Canadian School of Osteopathy (C.S.O.) bring together renowned North American and European teachers, able to transmit their knowledge and clinical experience. The success of our programs resides in their availability and commitment to the growth of each student’s palpation skills and overall competence.

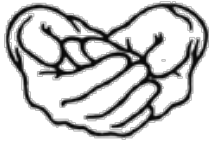
We are proud of the warm and mutually supportive environment that prevails in our schools.

Research is an important element in the training process to become an Osteopath. After completing your undergraduate studies, you will be able to meet the needs of patients. Following completion of your research, you will be able to cope with the complexity of these patients.

We wish you success in your academic endeavors. It is our pleasure to welcome all of you who are interested in pursuing a comprehensive course of study in Osteopathy and in acquiring the knowledge and “know-how” required to become a rigorous practitioner with a well-trained hand.

We look forward to meeting you in the near future.

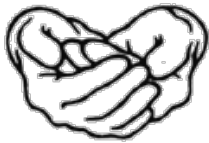
Philippe Druelle D.O.  
President and Founder



## Welcome to Vancouver

This guide provides essential information for students, covering cost of living in Vancouver (BC), housing costs and availability, daily life information, health services, tuition and financial support, crisis support 24/7 and policies.





Please note that Orientation day at CSO is held the first day.

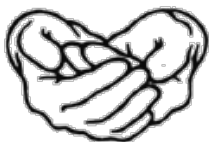


## Cost Of Living in Vancouver (BC)

The cost of living vary depending on the lifestyle and personal preferences. It is well-known that cities like Vancouver tend to have a higher living costs compared to smaller cities or other provinces across Canada.

Depending on your individual situation, your actual expenses can be higher or lower than the costs outlined in this guide and as follow:

Expenses	Estimated Cost per student
 <b>Total with rent</b>	<b>\$2488</b>
 <b>Rent &amp; Utilities</b>	<b>\$1579</b>
 <b>Food</b>	<b>\$615</b>
 <b>Transport</b>	<b>\$143</b>



## Housing Costs and Availability

There are several accommodation options available within a short cab or bus ride to our Vancouver Campus. A few suggestions are listed below and an internet search will provide a wider selection of options.

1. **Student Accommodations:**

- [Student.com](#) : [Student Housing in Vancouver](#) | [Rooms for Rent](#) | [Student.com](#)

- Ilac.com : [ILAC Vancouver Student Residences | ILAC](#)
- Casita.com : [Student accommodation Vancouver | Student Housing](#)
- VanMates Accommodation : [Vanmates Accommodation in Canada | 2025](#)

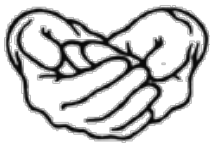
## 2. **Hotels:**

- **YWCA Hotel** - 733 Beatty Street. 5 min cab ride away. Safe and clean and well rated for reasonable accommodation. <http://ywcavan.org/hotel/about>
- **Sandman Hotel, City Center** - 180 West Georgia Street. <https://www.sandmanhotels.com/vancouver-downtown>
- **Victorian Hotel** - 514 Homer Street. Newly renovated Victorian boutique hotel. <http://www.victorianhotel.ca/index.php>

\* Please note, accommodations listed are suggestions only and hold no affiliation with the CSO.

## 3. **Apartment Rentals:**

You also have the option of renting an apartment according to your lifestyle. In this case, please go to the following website to understand tenant rights : [Tenant rights - Province of British Columbia](#)



## **Daily Life Information**

### **Transportation services**

- **Translink** is Metro Vancouver's transportation network. Trip information and schedules can be found online at <http://www.translink.ca>.
- **The Canada Line** runs from the **Vancouver International Airport** to the **Waterfront Station** in Downtown Vancouver, with many stops in between. From the Waterfront Station, you can connect on the **Expo Line**, directly to the **Main Street-Science World Station**, which is within ½ block of the CSO Vancouver Campus.

CSO's Vancouver Campus is located near the intersection of Main Street and Terminal Avenue. TransLink's bus and sky train services provide regular service to within a block of our Campus.

### **Child Care**

All City-facilitated childcare programs are managed by independent non-profit operators or community centre associations. Enrolment policies and waiting lists are established and maintained by the operator of each facility.

To help student parents choose their educational journey, you can visit the City of Vancouver website : [Getting childcare | City of Vancouver](#)

### Communications

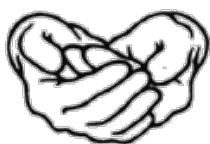
There are many services providers in Vancouver as follow:

- Bell
- Rogers
- Virgin Plus
- Fido
- Koodo
- Telus

### Banking services

There are many local banks and here is a non-exhaustive list:

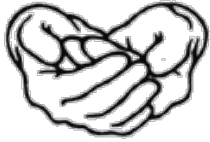
- Bank Of Montreal (BMO)
- Tangerine
- ScotiaBank
- Royal Bank of Canada (RBC)
- CIBC



### Health Services

If you find yourself in need of general health care or mental health assistance, here's a list of hospitals and clinics close to campus:

1. St Paul's Hospital: [Conditions & diseases | Providence Health Care](#)
2. Vancouver General Hospital: [Vancouver General Hospital \(VGH\) | Vancouver Coastal Health](#)
3. Mount St Joseph Hospital: [Mount Saint Joseph Hospital | Providence Health Care](#)
4. Conscious Mind Clinic: [Conscious Mind Clinic | Conscious Mind Clinic](#)  
The clinic offers mental health and addictions problem in addition to inter counselling.
5. Strathcana Community Mental Health Team : [Strathcona Mental Health Team at Heatley Community Health Centre | Vancouver Coastal Health](#)



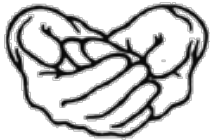
## Tuition and financial support

Here is an overview of the tuition fees which are subject to changes. You'll be provided with all the information by our Registrar:

First Year	\$ 10,469
Second Year	\$ 10,671
Third Year	\$ 9,607
Fourth year	\$ 9,143
Fifth Year	\$ 3,347
<b>Total</b>	<b>\$ 43,237</b>

If in need of financial aid, please contact your personal financial institution as CSO doesn't offer financial aid nor scholarships.

When you hand in your final essay in the fifth year, you may be awarded prizes based on the merit and quality of your work.



## Community Integration Supports

Vancouver is a city filled with many community groups depending on your religion and cultural roots. The list provided below is a non-exhaustive one:

- **Progressive Intercultural Community Service:**
  - Intercultural Volunteer HUB (IVH)...
- **Religious and Faith based groups:**
  - Vancouver Christian Fellowship
  - Buddhist Temple
  - Jewish Student Association
  - Muslim Student Association...
- **Cultural groups**



## Crisis Support 24/7

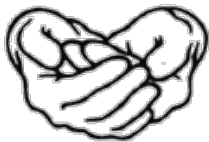
If you are in immediate danger of harming yourself or others, please call **911** or **one of visit one of the emergency room listed above.**

If you or someone you know is at risk of harm, contact a crisis responder:

- **Call 988** to reach 988 Suicide Crisis Helpline.

Non-emergency contact:

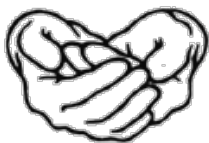
- Vancouver Police Department : 604-717-3321
- BC Ambulance Services : 604-872-5151



## Policies

Please visit our website [The Canadian School of Osteopathy - Manual Practice - Vancouver Campus students' policies](#) for policies regarding :

- Attendance
- Dispute Resolution
- Grades Appeal
- Sexual Misconduct
- Refund
- Harassment and Anti Racism



## International students

CSO Vancouver accepts a limited number of international students. Please contact our Registrar to make sure a place is available. We then submit your letter of acceptance to Immigration Services, and it's up to you to make sure you get it right.

The osteopathic program is not eligible for the Post Grad Work Permit Program.