2.54 Net internal migration and net migration for the population 5 years and over, for provinces and territories, 1976-811

Province or territory	In-migration	Out-migration	Total net internal migration	Immigration ²	Net migration ³
Newfoundland	18,430	38,265	-19,835	2,560	- 17,275
Prince Edward Island	9,945	9,950	-5	1,230	1,225
Nova Scotia	54,455	62,875	-8,420	8,405	-15
New Brunswick	41,460	49,965	-8,505	7,405	-1,100
Quebec	61,310	203,035	-141,725	84,700	- 57,025
Ontario	250,575	328,640	- 78,065	245,265	167,200
Manitoba	54,030	97,620	-43,590	24,410	-19,180
Saskatchewan	63,395	69,220	-5,825	11,275	5,450
Alberta	336,830	139,180	197,650	75,485	273,135
British Columbia	234,550	123,620	110,930	94,450	205,380
Yukon	6,675	7,220	- 545	445	-100
Northwest Territories	8,885	10,940	-2,055	580	-1,475

¹Excludes inmates in collective dwellings and persons stationed outside Canada in the armed forces or in diplomatic service.
²Includes return migrants.

³Excludes emigrants.