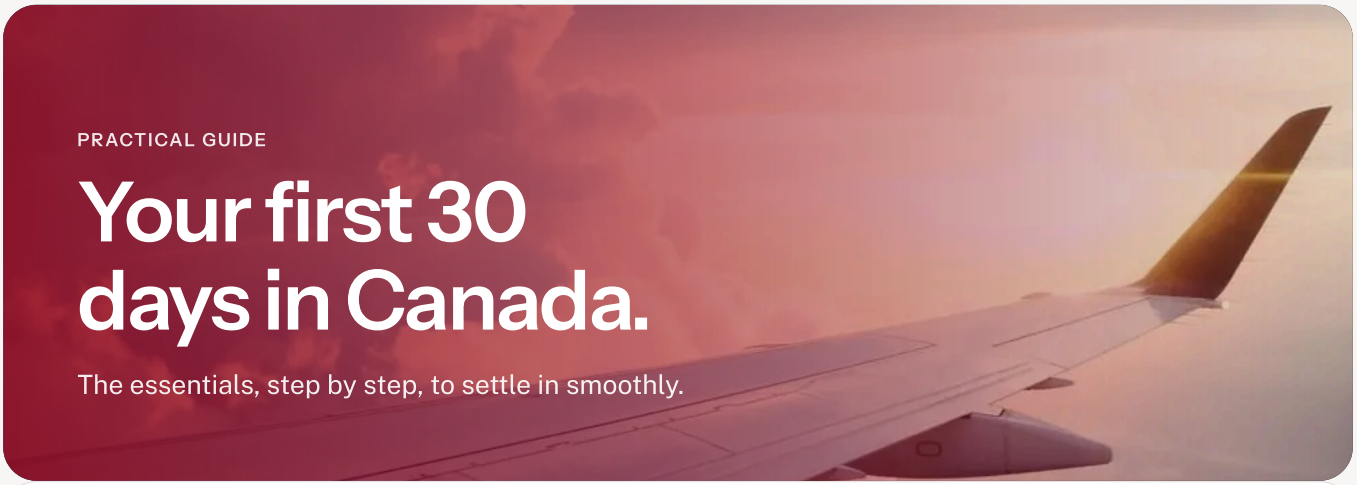


PRACTICAL GUIDE

Your first 30 days in Canada.

The essentials, step by step, to settle in smoothly.

1

BEFORE YOU LEAVE

Preparing your arrival

Your documents

Passport, immigration document, diplomas and civil status records, with their translations.

Proof of funds

Recent bank statements, useful for the bank as well as the landlord.

Health insurance

Private insurance to cover your first months.

A first home

Arriving with an address makes everything easier. That is our role.

2

FIRST WEEK

The essential steps

Social Insurance Number

Essential for working. Apply free of charge through Service Canada.

Bank account

The major banks offer packages for newcomers.

Phone

You will be asked for a Canadian number everywhere.

Public transit

OPUS card in Montréal, PRESTO in Ottawa and Toronto, Multi in Gatineau.

3

FIRST MONTH

Settling in for the long term

Health card

Register as soon as you arrive: RAMQ in Quebec, OHIP in Ontario.

Tenant insurance

Often required when you sign the lease.

Children's school

Registration is done with the school in your neighbourhood.

Driver's licence

Your foreign licence is only valid for a limited time: look into it early.

4

FINDING A HOME

Renting with confidence

A complete file

An employment letter, bank statements and references take the place of a credit history.

Visit before you commit

In person or by video, always see the home.

Never send money

No transfer before you have visited the home. ATTERRI will never ask you for money.

RESOURCES

You are not alone.

Free organizations support newcomers in every city.

Canada.ca

Quebec.ca

Ontario.ca

Settlement.Org

General guidance, for information only. Check the details on the official websites.