



# Welcome to Winnipeg

*A Brief Settlement Guide for Newcomers to Canada*

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October 2021



**ECONOMIC  
DEVELOPMENT**  
WINNIPEG



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WINNIPEG

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BUSINESS HERE**

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## Checklists

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### Before you Arrive

#### Important documents to bring for yourself and family members accompanying you

- Birth certificates and naturalization/immigration certification

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  - Passport and identity documents (current and expired)

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  - Marriage certificate (if applicable), Divorce certificate or death certificate (of deceased spouse)

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  - Adoption records for adopted children

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  - Degree, diploma certificates, and transcripts

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  - Health or medical records including immunization records

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  - Private insurance to have coverage the first three months you will be in Canada

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  - Repeat medication prescriptions

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  - Police/criminal record checks

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  - Valid driver's license and driving records

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  - Pet documents (if applicable)

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  - Cash/credit card for initial expenses and proof of funds

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  - Offer of Employment letter

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  - Inventory of items you are bringing with you (checked luggage or carry-on bags)

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  - Inventory of household items shipped to Canada
-

## Reservations to make ahead of time and items to bring with you

Hotel/motel/Airbnb reservation

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Transfer/transportation from airport

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Change of clothes according to the weather in Winnipeg when you arrive

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## Pre-Arrival Information

Congratulations on your move to Winnipeg. We can appreciate this perhaps was a hard decision to make, and while we can imagine how excited you are to move to Canada, we also understand the process of leaving family and friends behind can be challenging.

In hopes of alleviating some of the stress we have prepared this reference guide to help highlight what you will need to do before your move, during the first two weeks after your arrival, and other resources you can keep handy at all times.

This guide will not answer all the questions you have about Canada and what it is like living here, however, it will provide preliminary information on settling in and introduce key contacts in Winnipeg, which you can reach out to as needed.

[Welcome to Winnipeg: Canada's best kept secret](#)

## Important Documents

Before leaving your country of origin, make sure you bring **original copies** of documents, such as birth certificates and passports, as well as a few copies of the original documents that you and your family might need in Canada. Please keep in mind these might take some time to receive, depending on the country you are living, so it is a good idea to apply for/request them shortly after you decide to move.

Examples of these documents include, but are not limited to:

- Birth certificate
- Passport
- Marriage certificate (if applicable)
- Divorce certificate
- Death certificate (for a deceased spouse)
- Educational diplomas, certificates, and transcripts
- Health records (including vaccination records, list of prescription medications)
- Driver's license
- Proof of permanent resident status in current country of residence (if applicable)
- Recent police check from your home country

*For a more detailed list, please refer to the Quick Checklists (Section A) at the start of this guide.*

You may need to have some of these documents translated and notarized before coming to Canada. If that is the case, make sure you bring copies of the translated and notarized documents along with the originals. However, please keep in mind that translations can also be done in Canada through translation service companies, as well as the Immigrant Centre (see more on page 37).

## [Canada Border Services Agency](#)

Before crossing the border, refer to the COVID-19 measures here: [COVID-19: Current border measures and requirements \(cbsa-asfc.gc.ca\)](#)

Deciding what to bring with you and what to send separately can be difficult. Visit the Canada Border Services Agency's website ([cbsa-asfc.gc.ca](#)) to ensure anything you decide to bring with you (either as a carry-on or in a checked bag) is allowed. There are several restrictions on what you can bring (e.g., animal products), so make sure you learn what these restrictions are before making decisions.

If you are arriving by plane, you will be asked to fill out a Declaration Form. Make sure you answer truthfully and declare everything you are bringing with you. Please remember to label/mark all the items that you have sent or shipped separately as "personal," in addition to declaring them when you arrive. It is also helpful to have a list/inventory in English or French with all the items you have shipped to provide to the customs agent when you arrive in case they ask.

Lastly, in order to avoid any unexpected fees, make sure you check your airline's baggage limits and specifications.

### ***Bringing medication into Canada***

If you have a prescription for medicine you need to take regularly, it is a good idea to bring at least a six-month supply as you might have to wait a while before you receive your Manitoba Health card.

If you do bring medicine with you, you must also bring the prescription, ideally a translated version as well, in case the customs agent does not speak your language.

Once you have your Manitoba Health card, bring your prescription to a Canadian doctor to discuss getting a new prescription.

## ***Bringing Money Through Customs<sup>1</sup>***

All travellers must be identified on a Canada Border Services Agency (CBSA) Declaration Card. You may list up to four people living at the same address on one card. Each traveller is responsible for their own declaration. Additionally, each traveller is responsible for reporting currency and/or monetary instruments totalling CAN\$10,000 or greater that are in their actual possession or baggage.

Under the law, failure to properly declare goods, currency and/or monetary instruments brought into Canada may result in seizure action, monetary penalties and/or criminal prosecution.

Information from this declaration will be used for CBSA control purposes and may be shared with other government departments to enforce Canadian laws.

Note there are no penalties or limits for monetary instruments over CAN\$10,000, but be sure to declare the full amount to avoid penalties or seizing of your money. For more information visit CBSA's website at [cbsa-asfc.gc.ca](https://cbsa-asfc.gc.ca)

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<sup>1</sup> Canada Border Services Agency. "E311-Declaration Card" [cbsa-asfc.gc.ca/publications/forms-formulaires/e311-eng.html](https://cbsa-asfc.gc.ca/publications/forms-formulaires/e311-eng.html) Accessed October 4, 2021.

## Arriving in Winnipeg

A couple of days before the move it might feel like things are happening very quickly. In the blink of an eye, you will be getting off the plane in Winnipeg. What you do from that point on will depend on how much you were able to plan ahead for your first days.

## Dressing for the Weather

One of the first things to check a few days before your trip is the weather. This will help you know what to wear the day you fly to Canada and ensure you are dressed according to how cold or hot it will be. More information on how to possibly dress for life in Winnipeg will be discussed further on.

## Temporary Housing

Whether you stay with family or friends, at a hotel, or other temporary rental when you first arrive, make sure you have the address of where you will be staying handy. You may be asked to provide this information when you arrive in Canada.

## Transportation from the Airport

Be sure to prepare your transport from the airport in advance. If you are being picked up by family or friends, try to stay in touch during your flight and give them updates so they are aware of any flight delays. They can sign up for free automatic notifications by going to the Winnipeg Airport website Passengers - Winnipeg Airports Authority ([waa.ca](http://waa.ca)), looking up your flight number (which should be listed two days prior to your arrival date), and providing a phone number or e-mail address.

Please note that most large airports in Canada now offer free Wi-Fi, including the airport in Winnipeg. This makes it easier for you to stay in touch with your family back home and anyone waiting for you in Winnipeg upon arrival. Note that Winnipeg has one commercial airport so all flights will arrive at the Winnipeg James Armstrong Richardson International Airport.

If you are not getting picked up, there are several options for you:

- **Taxi:** You will notice there are taxis right outside the airport. Any taxi at the airport should be safe to use, including:
  - Unicity Taxi 204-925-3131
  - Duffy's Taxi 204-925-0101
- **Ridesharing company:** You can book a ride with a registered rideshare driver. Rideshare drivers operate in a taxi-like manner, and are generally booked over the internet or through an app. One company in Winnipeg is TappCar, which you can access by downloading their app at [tappcar.com](http://tappcar.com).
- **Public transit:** You can take a bus from the airport that goes downtown and then connect to other routes if needed. Information on public transit in Winnipeg is explained later in this guide (page 33).
- **Hotel bus shuttle:** If you are staying at a hotel, confirm if they offer a free shuttle service from the airport to the hotel at the time you book your reservation. Make sure you have their phone number handy.

Alternatively, staff at the airport can tell you the best way to get where you plan to stay and can help you find the correct bus or order a taxi.

## Dressing for Winter in Manitoba

Depending on where you are moving from, the weather can be unfamiliar, which is why it is important for you to prepare for it before you get on a plane.

One of the things you have probably heard a lot about is winter in Manitoba. While it is true that it is cold, as long as you dress accordingly it can be a very enjoyable season.

If you are arriving in the winter, you will quickly learn it is key to layer up. You might be tempted to buy the puffiest coat you can find, but that will not be enough if you do not have an adequate number of layers. It is also very important that you make sure your extremities (e.g., fingers, toes, ears, and face) are properly covered to avoid any risks of exposure (i.e., frost bite).

**Base Layer** – This layer will be in direct contact with your skin. Try to find a fabric that is light enough so if you start sweating the fabric will dry quickly (or at least not hold the moisture).

**Mid Layer** – This layer will add insulation and help trap your body heat and keep you warm. It should be comfortable enough for you to move around but tight enough so that it does not let cold air inside. An example of this layer is a fleece sweater.

**Outer Layer** – This final layer will protect you from the elements, such as the cold air and snow. Similar to the mid layer, it should be comfortable for you to move around in it, but it should also be tight enough to protect you from the cold air.

In addition to these layers, investing in a good pair of winter boots, a scarf, a pair of gloves or mittens, and a warm hat is a good idea. Keep in mind that good quality does not necessarily mean the most expensive.

For more examples on how to dress for winter, visit [wikihow.com/Dress-for-Winter](http://www.wikihow.com/Dress-for-Winter)

## Your First Two Weeks in Canada

Welcome to Winnipeg!

We are happy you are here and understand how overwhelming it can be to move to a different country. There is an incredible amount of information available to you on the different tips and tricks of moving to Canada, things to do in Manitoba, etc. We understand it can be very hard to know where to start, which is why this section of the *Settlement Guide* gives you the step-by-step information on the documents you need to apply for during your first weeks in Manitoba.

Take your time to read this guide carefully, particularly the following sections, as well as the links provided.

Once you arrive, you will need to fill out several forms to access important services such as your Social Insurance Number (SIN), and your Manitoba Health Card. These forms are free of charge, and they are simple enough for you to fill them out on your own. However, if you feel you need help, you can get free assistance from settlement agencies such as the [Immigrant Centre](#) or [Manitoba Start](#) (see pages 37 and 43).

### Social Insurance Number (SIN)<sup>2</sup>

To apply for a Social Insurance Number (SIN), to request a confirmation of your SIN, or to amend your SIN record, you must provide a valid primary document that proves your identity and legal status in Canada.

**Your SIN is confidential.** Do not use it as identification or for job applications (your employer will ask for it once you are hired, and this is okay, but do not provide it for general applications) or rental applications. It is a good idea to memorize your SIN number and keep all the information regarding your SIN (such as the confirmation letter) in a safe place at home.

For newcomers who are not permanent residents, a valid primary document could be your work permit issued by Immigration, Refugees and Citizenship Canada (IRCC). As a work permit holder, your SIN will be temporary, and it will begin with a 9. Once you attain permanent residence, this number will change.

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<sup>2</sup> Government of Canada. "Social Insurance Number – What you need before you apply" [canada.ca/en/employment-social-development/services/sin/before-applying.html](https://canada.ca/en/employment-social-development/services/sin/before-applying.html) Accessed October 4, 2021.

To obtain a confirmation of your SIN or to amend your SIN record in person at a Service Canada Centre, you must bring one to two valid, government-issued identification documents (ID) with you.

If the name indicated on your primary document is different from the name you are currently using, you must also provide supporting documents.

If you are applying for someone else, you may need to provide additional documents.

### ***Why do you need a SIN?***

Your SIN is an additional identification document for you. You will need it to be able to work in Canada and to file your taxes every year.

### ***Where do you apply for a SIN in Winnipeg?***

There are several Service Canada Centres in Winnipeg. Please choose one from the list included on Service Canada's website, [servicecanada.gc.ca](https://servicecanada.gc.ca) (Current as of October 4, 2021)

After you apply, Service Canada stores your personal information in the Social Insurance registry.

For more information about your SIN visit [canada.ca/en/employment-social-development/services/sin.html](https://canada.ca/en/employment-social-development/services/sin.html)

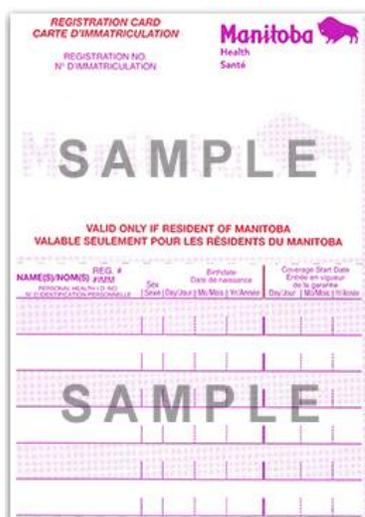
## Health Information

### **Manitoba Health Card<sup>3</sup>**

Manitoba Health, Seniors and Active Living issues a card (or registration certificate) to all Manitoba residents, which includes a nine-digit lifetime identification number for each family member.

The white paper card has purple and red print, and includes the previous six-digit family or single person's registration number, name, and address of Manitoba resident, family member's given name and alternate (if applicable), sex, birthdate, effective date of coverage, and nine-digit Personal Health Identification Number (PHIN).

Please make sure you carry your Manitoba Health card with you at all times. **You will need to present it every time you visit a doctor or access any health care services in Manitoba.**



To be eligible for Manitoba Health, Seniors and Active Living coverage you must:

- Be a Canadian citizen or have Immigration status as outlined in The Health Services Insurance Act (e.g., permanent residents or work permit holders and their spouse/dependents, noting that permit validity periods apply);
- Establish a permanent residence in Manitoba; and
- Reside (physically) in Manitoba six months in a calendar year.

<sup>3</sup> Manitoba Government. "Your Manitoba Health Card (Registration Certificate)" [gov.mb.ca/health/mhsip/mbcard.html](http://gov.mb.ca/health/mhsip/mbcard.html) Accessed October 4, 2021

## **To apply you will need to:**

- Complete a Manitoba Health registration form
- Provide a copy of your immigration documents and proof of your legal status in Canada (e.g., your work permit).

If your work permit is valid for at least 12 months in Manitoba, you and any family members listed on the work permit are eligible for coverage as of the date it was issued.

If your work permit is less than 12 months, you are not eligible until you receive an extension allowing you to stay in Manitoba for at least 12 months. You will then be covered as of the date of the extension.

**Please keep in mind that until your health coverage begins, you will need to find some coverage (e.g., international health insurance).**

## **Where can you apply for a Manitoba Health card?**

Manitoba Health, Seniors and Active Living

300 Carlton Street

Winnipeg, Manitoba R3B 3M9

Business hours: Monday to Friday 8:30 a.m. to 4:30 p.m.

For more information call: 204-786-7101

## **When does your coverage begin?**

If you are eligible (i.e., legally entitled to be in Canada and intend on living in Manitoba for at least 183 days of the year), coverage will begin on the first day of the third month after your arrival in Manitoba. For example, if you arrive on April 29, April will count as the first month, with May and June as the following two. Therefore, in this case your coverage would begin July 1.

For more information, visit Manitoba Health, Seniors and Active Living at [gov.mb.ca/health/mhsip/index.html#Q1](http://gov.mb.ca/health/mhsip/index.html#Q1)

## ***Private Insurance***

Before you look into private insurance options, make sure you check with your employer and confirm your coverage with them. If you are not immediately covered by your employer, you can look at purchasing coverage in your home country for the first three to six months after you arrive in Canada.

As explained above, it is important for you to note you will not be immediately covered by Manitoba Health when you arrive. Therefore, you will need to plan ahead and find alternate options for the time you are not covered. Do your research and investigate the plans each of these companies offer before you make a decision.

One option you can look into in Manitoba is Blue Cross. For more information, visit their website at

The following private insurance companies in Winnipeg offer top-ups and additional plans once you are covered by Manitoba Health:

- Canada Life - [canadalife.com/insurance.html](http://canadalife.com/insurance.html)
- Manulife - [manulife.ca/personal.html](http://manulife.ca/personal.html)
- Sunlife - [sunlife.ca](http://sunlife.ca)

## *Doctors and Healthcare Centres*

Although being sick is not top of mind when you are moving, it is important for you to understand where to go for appropriate healthcare. This will help you receive the healthcare you need, sooner.

There are three different types of [healthcare services available to you](#).<sup>4</sup>

### *Family Doctor or Clinic*

Your family doctor or primary care clinic is your medical home where most of your health issues can, and should, be addressed. You should always try to seek care for non-emergency issues with your family doctor or nurse practitioner first.

See your doctor or go to a walk-in clinic for things like:

- Minor illnesses, flu, rashes, or infections
- Diagnosis and specialist referral
- Ongoing management of health conditions and preventative care
- Prescriptions, vaccinations, and inoculations

#### **How to find a walk-in clinic or a doctor**

**Walk-In Clinics** - There are more than 87 walk-in clinics in Winnipeg, many located in residential neighbourhoods. Hours vary, with some clinics being open in the evenings and on weekends. For a list of clinics visit [myrightcare.ca/walk-in-clinics/](http://myrightcare.ca/walk-in-clinics/)

**Family Doctor** - Need to find a family doctor? Contact the Family Doctor Finder. Call 204-786-7111 or visit [gov.mb.ca/health/familydoctorfinder/](http://gov.mb.ca/health/familydoctorfinder/)

Still unsure of where to go? Call Health Links – Info Santé at 204-788-8200 or toll-free 1-888-315-9257.

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<sup>4</sup> Winnipeg Regional Health Authority. “My Right Care,”- <https://myrightcare.ca/> Accessed October 4, 2021

## ***Urgent Care***

Urgent care centres are open 24 hours a day, seven days a week to address urgent but not life-threatening health concerns.

See urgent care for things like:

- Illnesses or injuries that cannot wait for you to see your family doctor
- Fevers, flu symptoms, rashes, or infections
- Dehydration
- Cuts that won't stop bleeding
- Injured limb that might be broken or sprained
- Any other urgent, but not life-threatening, conditions

Urgent care centres are able to provide services not available in many doctors' offices, such as stitches and casts, but are not equivalent to emergency departments. Urgent care centres help conserve emergency department resources for more serious, life-threatening conditions. Patients are seen based on their medical need, not order of arrival.

### **Which are the urgent care centres in Winnipeg?**

#### **Concordia Hospital Urgent Care**

1095 Concordia Avenue  
Phone: 204-661-7194

#### **Seven Oaks General Hospital Urgent Care**

2300 McPhillips Street  
Phone: 204-632-7133

#### **Victoria General Hospital Urgent Care**

2340 Pembina Highway  
Phone: 204-269-3570

## ***Emergency Care***

Emergency departments in acute care hospitals are open 24 hours a day, seven days a week to address the most serious and life-threatening health issues.

Call **911** or go to emergency for issues such as:

- Stroke/facial weakness/extremity weakness
- Heart attack/chest pain or tightness
- Unable to wake/unconscious
- Sudden onset of severe headache or confusion
- Seizure and/or severe head injury
- Severe difficulty breathing or trouble speaking
- Uncontrolled or severe bleeding
- Major trauma such as loss of limb
- Severe allergic reaction
- Severe burns
- Major assault such as stabbings or shootings

If your issue is not life-threatening, you may wait longer at an emergency department because more serious cases will be given priority.

### **Which are the emergency care centres in Winnipeg?**

#### **Grace Hospital Emergency**

300 Booth Drive

Phone: 204-837-0157

#### **HSC Winnipeg Emergency**

700 William Avenue

Phone: 204-787-3167

#### **Children's Hospital Emergency**

700 William Avenue

Phone: 204-787-3167

#### **St. Boniface Hospital Emergency**

409 Taché Avenue

Phone: 204-233-8563

Patients with potentially life-threatening conditions should immediately phone 911. In case of an emergency, you can access the Winnipeg Health Regional Authority's website to check wait times at [wrha.mb.ca/wait-times](http://wrha.mb.ca/wait-times)

## Financial Information

Once you have your SIN and your Manitoba Health card applications underway, the next step is to open a bank account and get a bank card in Canada.

### ***Bank Account***

In addition to your SIN, your employer will ask you to provide your banking information, so they can pay your salary.

The five largest banks in Canada are:

- Royal Bank of Canada (RBC) - [rbccroyalbank.com/personal.html](http://rbccroyalbank.com/personal.html)
- Toronto-Dominion Bank (TD Bank) - [td.com/ca/en/personal-banking/](http://td.com/ca/en/personal-banking/)
- Bank of Nova Scotia (Scotiabank) - [scotiabank.com/ca/en/personal.html](http://scotiabank.com/ca/en/personal.html)
- Bank of Montreal (BMO) - [bmo.com/main/personal](http://bmo.com/main/personal)
- Canadian Imperial Bank of Commerce (CIBC) - [cibc.com/en/personal-banking.html](http://cibc.com/en/personal-banking.html)

Some credit unions are:

- Steinbach Credit Union - [scu.mb.ca](http://scu.mb.ca)
- Assiniboine Credit Union - [assiniboine.mb.ca](http://assiniboine.mb.ca)
- Cambrian Credit Union - [cambrian.mb.ca](http://cambrian.mb.ca)

Some online banks are:

- Tangerine - [tangerine.ca](http://tangerine.ca)
- EQ Bank - [eqbank.ca/index](http://eqbank.ca/index)

Most banks offer services to newcomers, so it is a good idea to do some research on each of them before you arrive. Make a list of what each bank offers and what the costs are for those services. For example, some might charge a monthly fee, or the interest rates would be higher than other banks.

Once you have compared all the banks, schedule an appointment with an advisor at each bank, or the one you decide to use, to go over their services. It is highly recommended that you

### ***What you need to bring to your first appointment***

Generally banks will require **two** pieces of identification. Make sure at least one of the pieces of identification has your photo (such as your passport and work permit). When you call to book an appointment, ask if there are any additional documents you need to bring with you..

schedule an appointment in advance rather than going to the bank to ensure your appointment is booked with a suitable advisor. When you call, ask if the appointment can be made with someone who speaks your native language. Most banks have advisors who speak different languages, and this could make this first appointment easier for you.

Some key questions to ask your financial advisor are:

- How does direct deposit work? Are there any hidden fees?
- How do you start developing a credit history in Canada?
- What fees should I be aware of with a chequing account?
- What is deducted from each of my paycheques (e.g., Canada Pension Plan, Employment Insurance, taxes)?
- What are the best options available to open a savings account?
- What are Registered Retirement Savings Plans (RRSP) and Tax Free Savings Accounts (TFSA)?

***Did you know?*** The Canada Deposit Insurance Corporation (CDIC) is a federal Crown corporation responsible for providing deposit insurance against the loss of eligible deposits (such as savings and chequing accounts, and Guaranteed Investment Certificates (GIC) in Canadian dollars) at member institutions, such as the banks and credit unions listed above, in the event of failure. This means your savings will be automatically protected to a limit of CAN\$100,000. For more information visit CDIC's website at [cdic.ca](http://cdic.ca)

## ***GST/HST***

In Canada, there are two types of taxes levied: the Provincial Sales Tax (PST), and the Federal Government Goods and Services Tax (GST). These taxes are used to fund government programs and services. In Manitoba, the GST is 5%, and the PST is 7%. Each province has a different PST rate and some provinces combine the federal and provincial taxes as a Harmonized Sales Tax (HST).

For more information about GST/PST visit the Manitoba Government website at [gov.mb.ca/finance/other/gst.html](http://gov.mb.ca/finance/other/gst.html)

***Did you know?*** In Canada it is common to give a “tip” to reward the person providing you a service such as servers (e.g., waiters/waitresses) and taxi drivers. It is a way to reward them for their good service. A tip is usually 10-15% of your bill.

## ***Income Taxes***

In Canada, anyone who is a resident and who has an income must report it every year by filing taxes. The Government of Canada website defines income as, money you earn through employment, self-employment, and investments you have, or benefits you receive. <sup>5</sup>

On your return, you must report income from all sources, both inside and outside Canada. This is true even if you were paid in cash, which includes money you earn as a side job or tips you have received.

The income tax year runs from January to December, and income taxes are filed for the previous year. The deadline to file income taxes is April 30 of each year (e.g., 2018 taxes should be filed by April 29, 2019). The Canada Revenue Agency can request your tax documents at any time, so it is recommended you keep all your tax files for at least for six years, although the more tax files you have available the better.

### ***Are you required to file taxes?***

If you were in Canada on December 31 of the tax year, you are considered a resident of Canada and you are required to file your taxes. You must file if you had paid employment during that

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<sup>5</sup> Government of Canada. “Doing your Taxes.” [canada.ca/en/services/taxes/income-tax/personal-income-tax/doing-your-taxes.html](http://canada.ca/en/services/taxes/income-tax/personal-income-tax/doing-your-taxes.html) Accessed October 4, 2021

time. There may be some exceptions to this, and it is important to speak with a tax professional if you believe you fall into a non-traditional circumstance.

### ***Are there any tax benefits that could apply to you?***

Yes, you could qualify for income tax credits, which means you could receive a refund. In addition, you could also apply for a GST credit. The GST/HST credit is a tax-free quarterly payment that helps individuals and families with low and modest incomes offset all or part of the GST or HST they pay. It may also include payments from provincial programs.

### ***What documents do you need to file your income taxes?***

When you file your taxes, either with a tax advisor or on your own, you will need your SIN, as well as a copy of your tax receipts. Some examples include:

- Rent statement/receipt
- T4 Statement of Remuneration Paid (Employment). Your employer will provide this to you before tax season begins.

### ***How do you file your taxes?***

There are several methods for completing your tax return:

- Electronically by software like TurboTax
- On paper
- By phone at 204-948-2115 or toll-free 1-800-782-0771
- Online at on the Government of Canada's website at [canada.ca](http://canada.ca)
- The Community Volunteer Income Tax Program. These are free tax clinics run by volunteers who can help you file your return. To find a clinic in your area, visit [apps.cra-arc.gc.ca](http://apps.cra-arc.gc.ca)
- A tax preparation company such as H&R Block
- Please keep in mind the cost for filing your taxes will differ depending on the option you choose.

After you file your taxes, the Canada Revenue Agency will send you a Notice of Assessment (NOA). You will need to request and apply for access to your online CRA account where you will find your NOA, as well as any information the CRA sends you. You can open an online CRA account by using your personal banking information. Please keep in mind getting access to an online CRA account may take several days since the government will send you a letter delivered by Canada Post which contains your temporary password. Once you get access to your NOA, please read the document(s) carefully as it may include important information such as when you can expect a refund or if there is a balance owing from you.

For more information about income taxes visit [canada.ca/en/services/taxes/income-tax/personal-income-tax/doing-your-taxes.html](https://canada.ca/en/services/taxes/income-tax/personal-income-tax/doing-your-taxes.html)

## ***Cost of Living***

A big question around your finances in Canada will be the cost of living and how much to budget for each month. It is important for you to prepare a budget to know what is affordable for you. This section highlights some of the utilities and services you might need to budget for.

## ***Rent or Mortgage***

If you are considering purchasing a home upon your arrival, make sure you do your homework before and learn more about the neighbourhoods in the city. Asking locals what they recommend is always a great idea. Your employer could also answer some of the questions you have and point you to resources you can use to inform yourself. Do not forget to add these questions to your list of things to discuss with your financial advisor as well.

### ***How do you rent an apartment in Manitoba?***

You can contact a real estate company in Winnipeg or organizations that help newcomers, such as New Journey Housing ([newjourneyhousing.com](http://newjourneyhousing.com)) or Welcome to Winnipeg ([welcometowinnipeg.ca](http://welcometowinnipeg.ca)). You can also browse for listings using online platforms such as Kijiji ([kijiji.ca](http://kijiji.ca)), Rent Board ([rentboard.ca](http://rentboard.ca)), Zumper ([zumper.com](http://zumper.com)), and others.

However, if you have decided to wait a while before buying a home, you will likely be renting an apartment, condominium, townhouse, or house in Winnipeg. If this is the case, it is very important to learn about your rights as a tenant. Everything you need to know as a first-time renter in Manitoba, including your rights and responsibilities as a tenant can be found on the Manitoba Residential Tenancies Branch website at [gov.mb.ca/cca/rtb/](http://gov.mb.ca/cca/rtb/)

Some helpful questions to ask your potential landlord are:

- How long is the lease for?
- When will rent increase?
- What is included in the rent?
- What are the apartment complex rules?
- Are pets allowed?

## ***What you need to be able to rent an apartment in Winnipeg***

Before you fill out an application, make sure you ask which documents you will need to provide. Often times renting companies or landlords might ask for a letter from your employer, a personal reference, and sometimes even a **guarantor or co-signer, which is a person who guarantees to pay a borrower's debt in the event the borrower defaults on a loan obligation**). They might also run a credit check. You might also need to pay a deposit, which could be half of the amount of rent, or the first and last month of rent.

Before signing a lease, to avoid getting charged for damages, make sure you visit the apartment, document any damages, and get the landlord to sign the document. Note that a landlord cannot charge you for damages that existed before you moved in.

Once you find an apartment you like, walk around the neighbourhood and make sure you are near a school (if you have children) and have access to stores you will likely frequent, such as grocery stores. It is also important to consider parking options if you plan on purchasing a vehicle.

***Did you know?*** Depending on what your country of origin is you might not be used to drinking water from the tap. However, tap water is drinkable in Canada. It is clean, fresh, and safe to drink. Tap water is also less wasteful (environmentally friendly) than purchasing bottled water. If you do not want to drink tap water, there are other options for you, such as buying water filters (e.g., a Brita water filter) or bottled water.

## ***Utilities***

As a tenant/renter, one of the first questions you should ask your future landlord is whether or not utilities are included in rent. Sometimes rent includes some, but not all, of the utilities that were listed above. If this is the case, it will be your responsibility to ensure the payments are made on time to avoid any negative impacts to your credit history. Adding reminders on your phone for when payment is due could be helpful. There are also options to set automated monthly payments online with many providers.

Manitoba Hydro is the provincial government owned and operated electric power and natural gas utility provider in the province of Manitoba. Your landlord will let you know if you need to pay for gas or electricity, and you will be required to open an account with Manitoba Hydro. The cost will depend on how much you use. If you have any questions, you can contact Manitoba Hydro directly ([hydro.mb.ca](http://hydro.mb.ca)) or address your questions to your landlord.

## ***Other Services***

In addition to rent and utilities, there might be additional services that are not included in your rent, such as TV cable, internet (Wi-Fi), and your personal phone.

These are some of the service providers you can contact in Winnipeg:

### **TV Cable, Home Security, Home Phone, and Internet (Wi-Fi)**

- Bell MTS - [bellmts.ca/personal](http://bellmts.ca/personal)
- Rogers - [rogers.com/consumer/home](http://rogers.com/consumer/home)
- Telus - [www.telus.com](http://www.telus.com)
- Shaw Communications - [shaw.ca](http://shaw.ca)

### **Cellphone Service Providers**

- Bell MTS - [bellmts.ca/personal](http://bellmts.ca/personal)
- Rogers - [rogers.com/consumer/home](http://rogers.com/consumer/home)
- Telus - [www.telus.com](http://www.telus.com)
- Koodo - [koodomobile.com](http://koodomobile.com)
- Fido - [fido.ca](http://fido.ca)
- Virgin Mobile - [virginmobile.ca](http://virginmobile.ca)

You can explore each of these companies' websites and compare prices. It is a good idea to ask if they have any specials, which include customizing packages based on the services you would like.

## Family Services

If you are moving to Winnipeg with your partner and children, you will need to learn about the different services available to you, as well as some of the laws around family in Canada as they may differ from your home country.

**Did you know?** Education is a provincial government responsibility in Canada. Children are required by law to attend school when they reach seven years of age, or will be reaching seven years of age by December 31 in a given calendar year. It is the responsibility of the parent or legal guardian to send their child to school.

## ***Education***

There are public and private school options throughout Winnipeg. Public education in Manitoba is free to all Canadian citizens, permanent residents, and eligible temporary residents.

English and French are the languages of instruction in Manitoba. Schools that provide French language instruction offer instruction for students who speak French as their first language, and those where French is their second language.

For more information about going to school in Manitoba visit:

[edu.gov.mb.ca/k12/schools/gts.html](http://edu.gov.mb.ca/k12/schools/gts.html)

### **Winnipeg Public School Information**

There are great public schools in our city in both English and French. You can find more information on how to select and enroll here [winnipeg.sd.ca/ourschools/Pages/default.aspx](http://winnipeg.sd.ca/ourschools/Pages/default.aspx)

### **Winnipeg Private School Information**

In addition to public schools, there are a number of excellent private schools in Winnipeg. A list of them can be accessed [here and by searching Winnipeg.](#)

### **Additional Winnipeg Language Programs:**

Certain schools in the city offer language programs in Spanish, Ukrainian, Hebrew, Cree, and Ojibwe. You can access more info on those schools here:

[Bilingual Programming \(winnipeg.ca\)](http://winnipeg.ca)

## *Daycare*

There are two types of licensed programs available for your child: **childcare centres** and **childcare homes**.<sup>6</sup>

Licensed early learning and childcare in centres include:

- Infant programs
- Full-time preschool programs
- Part-time programs or nursery schools
- School-age programs

Licensed early learning and childcare in homes include:

- Family childcare homes
- Group childcare homes

***Did you know?*** In Manitoba, children under the age of 12 are **not allowed** to stay home alone.

For more information about childcare or financial assistance for childcare fees, please contact Child Care Information Services at 204-945-0776, toll-free 1-888-213-4754, or email [cdcinfo@gov.mb.ca](mailto:cdcinfo@gov.mb.ca).

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<sup>6</sup> Manitoba Government. "A Guide to Child Care in Manitoba."

[https://www.gov.mb.ca/fs/childcare/families/guide\\_childcare/index.html#a1](https://www.gov.mb.ca/fs/childcare/families/guide_childcare/index.html#a1) Accessed October 4, 2021

## Getting Around in Manitoba

The best way to start getting to know your new home is to spend some time exploring Winnipeg and the rest of Manitoba. You can do this in a car, walking, cycling, or using public transportation.

### Driver's License<sup>7</sup>

If you plan to drive as soon as you arrive, you will need to familiarize yourself with the traffic laws in Manitoba. The information below can help you get started on where to go and what you need to do before you get behind the wheel.

Manitoba Public Insurance (MPI) is a non-profit, Crown corporation that has provided basic compulsory automobile coverage since 1971. Licensing and registration services are provided through centres in 12 communities, and at more than 300 Autopac agents across Manitoba. The corporation is committed to exceptional coverage, superior service, and rates that are stable, predictable, and among the lowest in Canada.

MPI also promotes road safety through awareness and education, to address the social and financial impact of unsafe driving behaviours.

As a new resident to Manitoba, it is your responsibility to learn the laws in Winnipeg, Manitoba, and Canada, including traffic laws.

#### ***How do you apply for a driver's license?***

There are three steps to getting your driver's license:

**Step 1:** Visit any Autopac agent or MPI Service Centre.

**Step 2:** Visit an MPI Service Centre to take the knowledge and vision tests. Once you have successfully completed your knowledge and vision tests, you can book your road test.

**Step 3:** Exchange your home country's driver's licence and take the Class 5 road test to receive your Manitoba Driver's License.

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<sup>7</sup> Manitoba Government. "Crown Services: Manitoba Public Insurance." <https://www.gov.mb.ca/cs/mpi.html>  
Accessed October 4, 2021

If you have a valid driver's license from a country other than Canada, you can drive a passenger vehicle with your valid license for up to three months. You also have up to three months to switch your valid out of province vehicle registration (plates and insurance).

For more information about getting a driver's license, as well as MPI's education programming, visit [mpi.mb.ca/Pages/new-to-manitoba.aspx](http://mpi.mb.ca/Pages/new-to-manitoba.aspx)

## Winnipeg Transit

Our public transportation is easily accessible, and it is a great option to get around in Winnipeg if you don't feel comfortable driving yet

### **How much does it cost to ride the bus?**

There are three options you can choose from to pay for your bus fare: cash, bus tickets, or a bus pass. The cost will vary depending on the option you choose. Youth, students, and seniors are eligible for reduced fares.

- **Cash** – In 2020, the cost is \$3 per person, per ride. Please note you must have **exact change** and after payment, you can ask your bus driver for a transfer, which is valid for 75 minutes.
- **Bus Ticket** – In 2020, the cost is \$2.65. Tickets are sold in sheets of five or 10 and are available at over 140 retail outlets throughout Winnipeg, which include 7-elevens, Safeway, Shoppers Drug Mart, and Winnipeg Transit locations.
- **Bus Pass** – In 2020, the cost is \$102.05 for the unlimited monthly bus pass. Bus Passes provide many fare payment options to complement your work, recreation, or vacation schedule. With the Max 5 Pass and Superpass, you'll save from 22% to 38% over cash fares using your weekly pass just twice a day. For frequent users, the convenient full fare Monthly Bus Pass saves almost 44% over cash fares, if used just twice daily.

**If paying cash or with a bus ticket, don't forget to ask for a transfer.** A transfer takes you wherever you want to go by transit for approximately 75 minutes. It is **free** with your cash or ticket fare. You can make stopovers along the way or even return trips on one fare as long as you ride within the time limit shown on your transfer. If you're unsure of the expiry time, ask your driver. Then ride all you want until the time expires.



## ***What is a Peggo card?***

The Peggo card is a reloadable, electronic bus fare card. It is a more convenient way to carry your bus fare whether you opt to add a specific amount or buy a monthly bus pass.

Peggo cards can be purchased in person (see details below), online, or by calling 311. Cards purchased online will be mailed, at no cost, within 14 days.

## ***How much does a Peggo card cost?***

A Peggo card can be purchased for \$5. A minimum of \$5 e-cash or any e-pass must be purchased with the card in order to validate your Peggo card. Please make sure you **register your Peggo card**.

Please note: If your card is lost or stolen or if it is damaged and requires replacing, a \$5 charge will be applied for all replacement Peggo cards.

## ***How do you register your Peggo card?***

Go to [winnipegtransit.com](http://winnipegtransit.com) and click on “Peggo Online.” Then click on “Register or Buy a Card Online” and follow the instructions.

If you need help, visit Winnipeg Transit’s website and follow the steps in the tutorial at - [winnipegtransit.com/en/fares/say-hello-to-peggo/how-do-i-register-my-card](http://winnipegtransit.com/en/fares/say-hello-to-peggo/how-do-i-register-my-card) or, call 311. Be patient and be prepared to wait on the phone for a bit.

## ***Why should you register your Peggo?***

It protects your balance, which means that if you lose your card, any money that you have put on the card will still be available to you. You would simply transfer the balance from your old (lost) card to a new card. If you **do not** register your card, you would lose the money you have put into it.



Navigo is a very helpful tool you can use to plan trips. It is free and accessible to anyone. Go to Winnipeg Transit's website, [winnipegtransit.com](http://winnipegtransit.com), click on "Navigo," and enter the information requested. Once you have entered an origin, a destination, and selected a date and time, you will be taken to a different page where you will be able to see the various bus routes available to you, as well as the time it will take you to get there.

You can access Winnipeg Transit via the app or online.

## **TeleBUS**

To check bus times for a specific bus stop you can also call 204-287-7433 and listen to the instructions. It will ask you to say or enter the five-digit bus stop number, which you will be able to see at the bus stop.

For more information about the Winnipeg Transit System visit [winnipegtransit.com](http://winnipegtransit.com)

## Cycling

Many Winnipeggers choose to travel by bike or foot - even in the winter. Winnipeg has several projects on the go to improve the pedestrian and cycling network in Winnipeg.

There are many cycling shops where you can get a tune-up or pick up a new bike. You can find a list of bike shops at [bikewinnipeg.ca/local-bike-shops/winnipeg-bike-shops/](http://bikewinnipeg.ca/local-bike-shops/winnipeg-bike-shops/)

Before hitting the road, familiarize yourself with the different types of bike lanes and paths. To access cycling maps, learn about bike infrastructure and cycling rules, as well as follow current projects for adding and improving paths, see the City of Winnipeg website at, [winnipeg.ca/publicworks/pedestriansCycling/default.stm](http://winnipeg.ca/publicworks/pedestriansCycling/default.stm)

## Settlement and Employment Services

Although you may have secured a job before you arrive to Winnipeg, it is important for you to be aware of the settlement services that are available to you. You might want to improve some of your language skills or simply learn more about life in Winnipeg. We are very fortunate to have several organizations across the city whose mission is to help newcomers and their families overcome any challenges they might encounter during their first couple of months.

### Immigrant Centre

#### **What is the Immigrant Centre?**

The Immigrant Centre has been delivering quality, innovative immigration and settlement services to allow immigrants to connect, integrate, and fully participate in Canadian society for over 70 years. Their mission is to help newcomers succeed through personalized settlement plans and community partnerships.

#### ***Did you know?***

The Immigrant Centre has a staff of 44, who between them speak 30 languages and have a combined 200 years of experience.

#### **How can the Immigrant Centre help you?**

Every new client at the Immigrant Centre is provided with a settlement road map strategically designed to meet their interests, identifying their needs and priorities, and taking into account their education background and English language skills. During the intake process, internal and external referrals are made, and supportive counselling is provided. In this way, clients are respectfully and positively empowered to make the best possible decisions in planning for their settlement and integration, within a reasonable period of time.

Some of their services include:

- Driver education classes
- Employment services
- Neighbourhood immigrant settlement program

- Access English Centre (AEC)
- Language bank services
- Citizenship classes
- Nutrition services
- Computer training
- Settlement services

## What do you need to bring to your appointment?

If you have one, make sure you bring your Manitoba Health card, as well as your visa and proof of citizenship, such as a passport.

## How can you contact them?

You can visit their office, located at 100 Adelaide Street, any time during these office hours:

Monday: 8:30 a.m. – 4:30 p.m.

Tuesday: 8:30 a.m. – 8:30 p.m.

Wednesday: 8:30 a.m. – 4:30 p.m.

Thursday: 8:30 a.m. – 8:30 p.m.

Friday: 8:30 a.m. – 4:30 p.m.

Saturday: 8:30 a.m. – 4:30 p.m.

If you want to learn more about the Immigrant Centre and the services they offer, please visit [icmanitoba.com](http://icmanitoba.com). It is recommended to attend in person as they take walk-ins and can better determine how to support you during an initial meeting.

## Manitoba Start

### What is Manitoba Start?

Manitoba Start connects businesses to a world-class workforce and is the leading provider of career services for newcomers to the province. They address employers' recruitment needs by matching the unique skill sets of qualified, job-ready newcomers with employers' specific job requirements. They are a not-for-profit organization with charitable status and receive core funding from Manitoba Education and Training. All newcomer and staffing services are offered at no charge.

## How can Manitoba Start help you?

Manitoba Start can help you with the following:

- Employment preparation workshops
- Qualifications recognition information
- Personalized career coaching
- Resume development
- Job search assistance
- Networking opportunities

### ***Did you know?***

Since 2010, Manitoba Start has served over 30,000 new immigrants to Manitoba.

## How are appointments scheduled?

Manitoba Start registration is a drop-in service. No appointment is needed. You can simply go to their office in downtown Winnipeg any weekday between 8:30a.m. and 5:00p.m. (Monday to Thursday), or between 8:30 a.m. and 4:30 p.m. on Fridays. Their address is 271 Portage Avenue. Noon hour is busy so you may have to wait longer if you arrive at this time.

## What do you need to bring to your appointment?

You require one of these documents for referrals to career, employment, and training services:

- Permanent Resident Card and Confirmation of Permanent Residence (CoPR) document
- Record of landing and passport
- Work/study permit and passport
- Refugee Claim Document with work permit or claim approved

For more information about Manitoba Start and the services they offer, visit [manitobastart.com](http://manitobastart.com)

## Altered Minds

### **What is Altered Minds?**

Altered Minds Inc. is an organization that welcomes refugees and immigrants to Manitoba and promotes the well-being of their families and communities by providing responsive programs and services that assist individuals in adapting to change and overcoming barriers to a good quality of life.

### **How can Altered Minds help you?**

Altered Minds can provide newcomers with information on health, employment, education, and places to go in the city. They also offer English language courses and computer classes.

#### ***Did you know?***

In addition to the services available to you when you arrive, Altered Minds can also support you before your arrival via their Settlement Online Pre-Arrival program.

### **How are appointments scheduled?**

You can visit their website to check the schedule for their programs ([Settle in Manitoba – Altered Minds Inc.](#)) and call them at 204-944-0133 to register for one of their programs. **Please note you will need to visit Manitoba Start first and apply for your Client ID before you get access to the post-arrival services Altered Minds offers.**

Alternatively, you can visit their offices on the second floor, 406 Edmonton Street, anytime between 8:00 a.m. – 8:00 p.m. Monday to Thursday, or between 8:00 a.m. – 4:00 p.m. on Friday.

### **What do you need to bring to your appointment?**

- Your Client ID number (you can visit Manitoba Start and apply for one)
- Manitoba Health Card
- Immigration documents (work visa/permit)

For more information about Altered Minds and the services they offer, visit [alteredminds.ca](http://alteredminds.ca).

## [NEEDS Inc.](#)

### **What is NEEDS Inc.?**

The Newcomers Employment and Education Development Services (NEEDS) Inc. is a non-profit, charitable organization that provides accessible services and support to immigrant and refugee children, youth, and their families.

### **How can NEEDS Inc. help you?**

Some of the programs NEEDS Inc. can offer to you and your family are:

- Psycho-social Support
- Mentorship Program
- Employment Program
- Introduction to Canadian Education Program
- Youth After School Program
- Community Connections Program

### ***Did you know?***

NEEDS Inc. was established in 1999 by immigrant and refugee women for newcomers to Canada.

### **How are appointments scheduled?**

In order to access the services NEEDS Inc. offers, you will need to fill out a registration form, which you can get from their website or by visiting their offices at 251-A Notre Dame Avenue anytime between 8:00 a.m.-9:00 p.m. Monday to Thursday. or between 8:00 a.m.-6:00 p.m. on Friday.

For more detailed information, please contact the general inquiry line at 204-940-1260.

### **What do you need to bring to your appointment?**

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- Manitoba Health Card
- Immigration Documents (Landing Paper/Permanent Resident Cards or Working Visa)
- Social Insurance Card (this is required **only** if you are applying for their Employment Skills Program)

For more information about NEEDS Inc. and the services they offer, visit [needsinc.ca/](https://needsinc.ca/)

## Opportunities for Employment (OFE)

### **What is Opportunities for Employment (OFE)?**

Opportunities for Employment (OFE) offers free employment services designed to connect job seekers and employers to create long-term, sustainable matches and grow our local labour market.

### **How can OFE help you?**

The first step will be to schedule a meeting so OFE can learn about you, such as your work experience, skill set, and your employment goals. Once they have this information, they will determine which of their programs or workshops is the best for you and direct you to these services to help you prepare. Lastly, they will help connect you with employers through networking events and special events so you can fast track your job search.

#### ***Did you know?***

On average, OFE job seekers find work in less than 50 days.

### **How are appointments scheduled?**

Interested applicants are invited to go to their offices at 294 Portage Avenue (third floor) to get started. They are open between 8:00 a.m. and 2:00 p.m., Monday to Friday. No appointment required. If you have any questions, you can call them at 204-925-3490.

### **What do you need to bring to your appointment?**

You will need to know your SIN to apply.

For more information about OFE and the services they offer, visit [ofe.ca](https://ofe.ca)

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## [Welcome to Winnipeg](#)

### **What is Welcome to Winnipeg?**

Welcome to Winnipeg assists Winnipeg businesses with the personal side of the recruitment or the relocation process. Their clients include the Health Sciences Centre, Winnipeg Clinic, University of Manitoba, and the St. Boniface Hospital.

### **How can Welcome to Winnipeg help?**

They can provide specialized information about Winnipeg which includes costs of living, residential or commercial real estate information, family interests, cultural and sporting activities, and information about the school systems.

In addition to information, they can also give you a tour of the neighbourhoods you might be interested in and, most importantly, help you find a new place of residence, including a temporary residence you may need when you arrive.

### **How can you get in touch with them?**

You can send an e-mail by filling in an online form at

[welcometowinnipeg.ca/contact.html](http://welcometowinnipeg.ca/contact.html), or by calling Karen Tereck at 204-999-8171.

If you are interested in learning more about Welcome to Winnipeg, the services they offer, and would like to read about others' experience with them, please visit their website at [welcometowinnipeg.ca](http://welcometowinnipeg.ca).

## **Community Activities**

Once you arrive in Canada, between moving and following the steps to settle in your new job and home, you might feel you need support to cope with this major change in your life. The best way to go about creating a support system in a new country is by participating in community activities. This is an opportunity for you to practice English or French, meet new people, and start building relationships in your community.

You will find there are many resources available across Winnipeg whose main purpose is to support newcomers. These are often free of charge.

## Ethno-cultural Communities

In addition to getting in touch with the settlement agencies available to you, there are cultural communities that can also be a great source of support, especially during the first months after your move. Some of these community-based associations also provide **settlement services**. For a comprehensive list of these associations please visit [icmanitoba.com/resources/ethno-cultural-organizations](http://icmanitoba.com/resources/ethno-cultural-organizations)

## Places of Worship

Canada is a multicultural society and as such there is a high level of respect towards everyone, regardless of religious beliefs, ethnicity, cultural background, or gender. Places of worship for different religions can be found across Winnipeg. For more information about places of worship, contact the Immigrant Centre and they might be able to help you find the right place of worship.

## Things to do in Winnipeg

Located right in the heart of North America, Winnipeg is the happening capital of Manitoba. The city has it all, including world-class attractions, an innovative art and entertainment scene, historic sites and exhibits, countless tantalizing local restaurants, luxurious spas, and fabulous shopping.

We are the gateway to the West, the jumping-off point for Churchill, and a four-season destination that celebrates winter and summer alike with festivals and events happening all year long. With more than 100 languages spoken, and a diverse population of ~800,000, Winnipeg provides a cosmopolitan flair.

Our Winnipeg James Armstrong Richardson International Airport, recently named one of the 10 most stylish terminals in the world, is ready to welcome you with 80 flights per day arriving into the city. With all this going on, it is little wonder that Manitoba ranks No. 8 in *Lonely Planet's* Best in Travel list for 2019.

You will have plenty of exploring to do once you are here. Here are some highlights to get you started.

### Attractions

- **Assiniboine Park and Zoo** - The perfect spot to reconnect with nature along the kilometres of trails, gardens, and greenspace, as well as getting an up-close look at northern animals including seals and polar bears at the Journey to Churchill exhibit at Assiniboine Park Zoo.
- **Canadian Museum for Human Rights** - A place of education and reflection, this national museum encourages visitors to consider the stories of human rights throughout history.
- **Exchange District** - This unique area that combines heritage buildings with the trendiest tech start-ups, art galleries, restaurants, and shops.
- **Manitoba Museum** - The nine permanent galleries in this award-winning heritage centre will enthrall kids and adults alike. Also features a Planetarium and science gallery.
- **FortWhyte Alive** - Six hundred-forty acres of pristine prairie beauty offer hiking trails, bird watching, and up close encounters with bison in the summer, skating, ice fishing, and tobogganing in the winter.

- **The Forks** - Winnipeg's biggest tourist attraction with shops, markets, global dining, playgrounds, the riverwalk, parks, entertainment, and more.
- **Royal Canadian Mint** - Get a behind-the-scenes look at the Mint's high-speed coin production which makes money for more than 75 countries around the world.
- **Unique spas** - Winnipeg Thermëa by Nordik Spa-Nature, Ten Spa and Riverstone Spa.
- **Winnipeg Art Gallery** - Canada's oldest civic art gallery featuring 25,000 pieces of Canadian and international historical and contemporary art, along with largest public collection of contemporary Inuit art.

## Family Activities

- **Children's Museum** - There's lots of hands-on fun to be had with more than 12 permanent exhibits that spark creative learning and entertain as they educate.
- **Flying Squirrel** - An indoor trampoline park that's fun for all ages.
- **Oak Hammock Marsh** - Outdoor recreational centres offering activities year-round, like canoeing, bird-watching, and hiking.
- **Fun Mountain** - Open and enclosed water slides snake up the hill allowing riders to make a big splash as they speed down.
- **Prairie Dog Central Railway** - A fully restored vintage train pulling wooden coaches along the prairie landscape.

## Events

- **Folklorama** - Celebrate Winnipeg and Manitoba's multiculturalism with dance, cuisine, art, language, stories, music, and more from over 40 cultural pavilions across the city.
- **Winnipeg Folk Festival** - Discover some of the best, most diverse folk music from North America and around the world.
- **Festival du Voyageur** - Western Canada's largest winter festival is celebrated for its live music, hilarious historical interpreters, gigantic snow sculptures, and Francophone food.
- **Winnipeg Fringe Theatre Festival** - North America's second-largest Fringe Festival showcases more than 170 local, national, and international theatre companies, offering performances of comedy, drama, improv, dance, and more.

- **Canada Day Festivities** - Join in the Canada Day festivities (July 1), where live bands, fireworks, and parties are happening all around the city.
- **Sporting Events** - Winnipeg boasts an NHL team (the Winnipeg Jets), CFL franchise (the Winnipeg Blue Bombers), soccer team (Valour FC), and many more great sporting events.

## Tours

- **Exchange District BIZ and Downtown Winnipeg BIZ tours** - Both offer historical walking tours, food tours, and other options to highlight each area.
- **Hermetic Code Tour** - This unique tour decodes all the symbols, numbers, and hieroglyphics hidden in the Manitoba Legislative Building's architecture.
- **West End BIZ Tours** - Tour the history and culture of Winnipeg's West End on mural and food tours through the neighbourhood.
- **Trolley and Bus Tours** - Explore the city from the comfort of a bus or trolley with Winnipeg Trolley Tours or Wonderful Winnipeg City Tours.
- **Splash Dash Tours** - Climb aboard a Splash Dash guided river tour and see Winnipeg from the perspective of the Assiniboine and Red Rivers.

For more information on culinary, historical, walking, and bike tours, download a copy of [Tourism Winnipeg's Winnipeg Experience Guide](#)

## Shopping

- **CF Polo Park** - The over 200 stores in this centrally located mall are anchored by a Hudson's Bay.
- **Exchange District, Academy Road, Corydon Avenue and Osborne Village** - Each of these neighbourhoods feature boutique shops, restaurants, and great local purchasing options.
- **Farmers' Markets** - Many spring and summer markets are available throughout the city, one of the biggest being the St. Norbert Farmers' Market.
- **Outlet Collection Winnipeg, and IKEA** - Outlet Collection has over 100 retailers featuring the best in brand name fashion, while IKEA is just across the street.

- **The Forks Market & Johnston Terminal** - Browse the multitude of shops with local-made products, souvenirs, and specialty items in The Forks Market, or just wander the aisles of the irresistible fresh food emporium.

For more information about what to do in Winnipeg, visit:

- **Tourism Winnipeg:** [tourismwinnipeg.com](http://tourismwinnipeg.com) which offers information about many activities and events happening throughout the city.
- **Leisure Guide:** [winnipeg.ca/cms/recreation/leisure/leisureguide.stm](http://winnipeg.ca/cms/recreation/leisure/leisureguide.stm) which offers information about many seasonal programs available for adults, kids, and the entire family.
- **Tourism Winnipeg YouTube:** [youtube.com/TourismWPG](http://youtube.com/TourismWPG) shares videos about life and activities in Winnipeg, or check out the [Welcome to Winnipeg](#) video on Economic Development Winnipeg's channel.