

Resident Wellbeing Committee New To Edmonton Resource List

Welcome to Edmonton! Edmonton is a great place to live with so much to experience. Here are a few links to help you get to know Edmonton:

https://www.edmonton.ca/programs_services/for_new_residents/newcomers-guide

<https://exploreedmonton.com/>

Finding a place to live:

One way to find a great place is to ask existing residents, especially those that are leaving. Email the program early and ask them to pass along your message.

Overall, Edmonton is a safe place to live. Neighborhood specific crime rates can be found here:

<https://www.edmontonpolice.ca/CrimeFiles/NeighbourhoodCrimeMapping>

Some useful websites to help in renting or buying include:

- Realtor.ca <https://www.realtor.ca/en>
- Elev <https://www.elevhomes.ca/>
- PadMapper <https://www.padmapper.com/>
- Sabbatical Homes: <https://www.sabbaticalhomes.com/housing/university-of-alberta/>

Getting around:

- Currently only the University of Alberta Hospital and the Royal Alexandra Hospital are accessible by Light Rail Transit (LRT)
- All hospitals are accessible by bus. The public transit schedule can be found on the Edmonton Transit System (ETS) website: <https://www.edmonton.ca/edmonton-transit-system-ets>
- Most hospital sites have secure places to lock bikes.
- If you travel by car there is reciprocal parking available at all sites. Out of province vehicles need to be inspected and registered. <https://www.alberta.ca/out-of-province-vehicle-inspections.aspx>

If you are looking for free parking around the hospitals, please check the surrounding signage carefully to ensure you are allowed to park there. Note: "No Seasonal Parking" means you cannot park there when a seasonal parking ban is in effect (generally only when there is significant snowfall -- check the city of Edmonton website to know when the ban is in effect) – if there is no seasonal parking ban, you are able to park there

Finding a family physician:

- First, apply for an Alberta Health Care Card <https://www.alberta.ca/ahcip-apply.aspx>
- The Alberta Medical Association Physician and Family Support Program <https://www.albertadoctors.org/services/pfsp> 1-877-767-4637 keeps a list of family physicians willing to treat residents and their immediate family members
- University Health Centre 780-492-2612, <https://www.ualberta.ca/services/health-centre/index.html> is in the Students' Union Building. Postgraduate learners must 'opt-in' by paying a small special registration fee. Information for this can be found at <https://www.ualberta.ca/registrar/registration-and-courses/special-registrations/postgraduate-medical-dental-education-students.html>

Surviving the winter in Edmonton:

It's a dry cold! Here are a few survival tips:

- Check the weather report including the windchill before heading outside
- Buy a block heater for your car and use it!
- Invest in some real winter wear. Some great local stores include: MEC <https://www.mec.ca/en>; Totem Outdoor Outfitters <http://www.totemoutfitters.ca>; Breathe Outdoors <https://breatheoutdoors.ca/>
- It is definitely function before fashion – get real winter boots and check the rating to make sure they will keep your feet warm at -30°C
- Another good tip is to dress in layers. Wear wool, silk or polyester next to your skin to wick away the moisture, especially if you are exercising. Always wear a hat and keep your ears covered

Parenting in Edmonton:

- For information on how to find childcare in Edmonton, please see the RWBC Child Care Resource List: <https://www.ualberta.ca/medicine/resources/faculty-and-staff/support-wellness/postgraduate/resources.html>
- Check out your local community league – they will be hosting events where you can meet others in your neighborhood <https://efcl.org/>
- The Edmonton Public Library also has great kids' programs. They provide a welcome baby kit as well as a free library card for babies. <https://www.epl.ca/>

Enjoying Edmonton:

- Telus World of Science <https://telusworldofscienceedmonton.ca/>
- Fort Edmonton Park <https://www.fortedmontonpark.ca/>
- Muttart Conservatory <https://www.fortedmontonpark.ca/>
- Art Gallery of Alberta <https://www.youraga.ca/>
- Royal Alberta Museum <https://royalalbertamuseum.ca/>
- Whyte Avenue <https://oldstrathcona.ca/>
- West Edmonton Mall <https://www.wem.ca/>
- Edmonton Valley Zoo http://www.edmonton.ca/attractions_events/edmonton-valley-zoo.aspx
- Edmonton Farmers' Markets https://www.edmonton.ca/attractions_events/edmonton-farmers-markets
- Edmonton Folk Music Festival <https://edmontonfolkfest.org/>
- University of Alberta's Botanical Gardens <https://botanicgarden.ualberta.ca/>
- Snow Valley <https://www.snowvalley.ca/>
- Things to do in Edmonton this weekend: <http://www.todocanada.ca/things-to-do-in-edmonton-this-weekend/>
- Edmonton has approximately 460 parks and the largest expanse of urban parkland in North America! Here are a few links to help you explore Edmonton's river valley and park areas: https://www.edmonton.ca/activities_parks_recreation/parks-river-valley
https://www.edmonton.ca/activities_parks_recreation/parks_rivervalley/river-valley-trail-maps