

# NORTH BAY FIRST DAYS' CHECKLIST

Settling into a new city can be at times overwhelming. This checklist will help you identify and prioritize the resources and needs prior to and arriving in the City of North Bay:

## PRIOR TO YOUR ARRIVAL

- Check the Immigration, Refugees and Citizenship Canada (IRCC) website for all important documents required prior to moving to Canada – [www.cic.gc.ca/english/department](http://www.cic.gc.ca/english/department)
- Have all your **essential documents**:
  - A Canadian Immigrant Visa (if applicable) and a Confirmation of Permanent Residence for each family member travelling with you.
  - A valid passport or other travel document for each family member travelling with you.
  - Two copies of a detailed list of all goods (personal or household items) you intend to bring into Canada as settler's effects (showing the value, make, model and serial number if the item has one). Divide the list into two sections: the goods you are bringing with you and the goods to follow.
  - Two copies of a list of items that are arriving later and their money value.
  - Do not pack these documents in your luggage. Keep them with you at all times.
- Research and secure temporary accommodations for your first nights in North Bay (as needed).
- Improve your language skills in at least one of Canada's official languages: English and/or French.
- Research the weather trends and seasons. Depending on the season that you will be arriving, pack appropriate clothing.

**NOTE:** It is highly recommended that you save enough money to cover all living expenses, such as rent, food, transportation and clothing for up to six months.

## YOUR FIRST DAYS

Once you have arrived in North Bay, you should consider the following in “**Your First Days**”:

- Visit or contact the local immigrant-serving organization, the North Bay & District Multicultural Centre (NBDMC). This is where newcomers (immigrants) to North Bay and area can access free support and guidance – [www.nbdmc.ca](http://www.nbdmc.ca)
- Apply for a Social Insurance Number (SIN). **NOTE:** this will allow you to work in Canada.
- Apply for an Ontario Health Insurance Plan (OHIP) card. **NOTE:** this will allow you to receive health care services.
- Apply for the Interim Federal Health (IFH) Program. **ONLY** protected persons or refugee claimants are eligible for this program.

# YOUR FIRST WEEKS

Once the above items have been completed, you should consider the following in “Your First Weeks”:

- Research Canadian Financial Institutions and determine where you would like to open a Canadian bank account. **NOTE:** if you need help understanding how to use your money responsibly in Canada, check out the Financial Literacy guide at [www.northbayimmigration.ca](http://www.northbayimmigration.ca)
- Research and secure permanent housing (home purchase or rental options). Keep in mind that you may need references to rent an apartment.
  - Learn about your rights as a tenant.
  - Purchase home owners or renters/content insurance.
  - Arrange to have basic utility services set up in your home. Example: heat, electricity and telephone.
- If you have children then you should consider the following:
  - School-age children (6-18 years of age) need to be registered for school.
  - Children under the age of 4 can be registered for daycare.
  - Children must be vaccinated prior to attending school or daycare.
  - Apply for the Canada Child Tax Benefit if your children are under the age of 18.
- Research and secure a family physician, dentist and optometrist.
- Become familiar with the location of the hospital, the North Bay Regional Health Centre.
- If you will be using public transit (bus), pick up a copy of the schedule and spend time familiarizing yourself with the routes.
- If you will be driving a vehicle you will need to:
  - Apply for an Ontario driver’s license.
  - Purchase or lease a vehicle.
  - Obtain a license plate and registration/ownership for your vehicle.
  - Purchase vehicle insurance.
- Look for employment. There are local employment services that can help you.
- Learn about your legal rights as an employee.
- If needed, start language training to improve your skills in English and/or French.
- Find the shopping centres closest to your home (groceries, clothing, etc.).
- Visit the **North Bay Public Library** for access to computers, internet, books and much more.
- Research community faith/religious groups.
- Research community volunteer opportunities.
- Join a local club and/or sports team.