

## Resident Wellbeing Committee (RWBC) 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://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/>
- Sabbatical Homes – <https://www.sabbaticalhomes.com/housing/university-of-alberta/>

### Getting around:

- The University of Alberta Hospital (UAH), the Royal Alexandra Hospital (RAH), and the Grey Nuns Hospital (GNH) 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 keeps a list of family physicians willing to treat residents and their immediate family members  
<https://www.albertadoctors.org/services/pfsp> or 1-877-767-4637
- University Health Centre is in the Students' Union Building  
<https://www.ualberta.ca/services/health-centre/index.html> or 780-492-2612
  - 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 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
- 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.edmonton.ca/attractions\\_events/muttart-conservatory](https://www.edmonton.ca/attractions_events/muttart-conservatory)
- 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](http://www.edmonton.ca/attractions_events/edmonton-valley-zoo.aspx)
- Edmonton Farmers' Markets – [https://www.edmonton.ca/attractions\\_events/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-river-valley)  
[https://www.edmonton.ca/activities\\_parks\\_recreation/parks\\_rivervalley/river-valley-trail-maps](https://www.edmonton.ca/activities_parks_recreation/parks_rivervalley/river-valley-trail-maps)