Resident Wellbeing Committee
New To Edmonton Resource List

Finding a place to live:
Overall, Edmonton is a very safe place to live. Neighborhood specific crime rates can be found here: http://crimemapping.edmontonpolice.ca
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.
Some useful websites to help in renting or buying include:
- PARA website (http://www.para-ab.ca/external/looking-for-a-place-to-live)
- University of Alberta Housing Registry (http://www.rentingspaces.ca/search.htm?ref=2)
- Kijiji.ca (http://edmonton.kijiji.ca/f-housing-apartments-for-rent-W0QQCatIdZ37)
- Alberta Apartment and House Rental Classifieds (http://www.homerent.ca/)
- Rent Spot (http://edmonton.rentspot.com/)
- Multiple Listing Service (http://mls.ca/splash.aspx)
- Windsor Park Plaza (http://www.westcorp.net/p_res_windsor_plaza/index.html)
- PadMapper (https://www.padmapper.com/)

Getting around:
Only the University of Alberta Hospital and the Royal Alexandra Hospital are accessible by Light Rail Transit (LRT). All the other hospitals are accessible by bus. The public transit schedule can be found on the Edmonton Transit System (ETS) website: http://www.edmonton.ca/edmonton-transit-system-ets.aspx
If you choose to travel by car there is reciprocal parking available at all sites. Most sites also secure places to lock bikes as well. Out of province vehicles need to be registered (http://www.insuranceab.com/how-to-get-car-insurance-quotes-in-alberta.html).

Best bets for free parking around the hospitals:
Note: "No Seasonal Parking" means you can't park there when there is a seasonal parking ban in effect (generally only when there is significant snowfall -- check the city of Edmonton website to know when the ban is in effect) -- the rest of the time it is fine to park in these areas.
1) RAH -- 109 Ave NW & 106 St NW around Central McDougall Park have no time limit; 110 Ave NW between 109 St NW and 105 St NW has a 2-hour time limit on weekdays
2) UAH -- very scarce; some of the streets east of the University don't have a time limit (e.g. 110 St NW); but most of the avenues have a 2-hour time limit on weekdays (e.g. 86 Ave NW, Cavenue NW) or are residential parking only
3) MCH -- several streets around the hospital (165 St NW, 88 Ave NW, 89 Ave NW, etc.) have no time limit
4) GNCH -- Youville Drive W NW (winds around the hospital) or Youville Drive E NW (by the police station) have no time limit

Getting to and from the airport: take the LRT to Century Park then bus 747 OR take the SkyShuttle (http://edmontonskyshuttle.com).
Finding a family physician:

First, apply for an Alberta Health Care Card (http://www.health.alberta.ca/AHCIP/register-for-AHCIP.html).

The Alberta Medical Association Physician and Family Support Program (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) 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

Surviving the winter in Edmonton:
It’s a dry cold! Here are a few survival tips:

- Buy a block heater for your car and use it!
- Invest in some real winter wear. Some great local stores include: MEC (http://www.mec.ca/Main/home.jsp); Totem Outdoor Outfitters (http://www.totemoutfitters.ca)
- It is definitely function before fashion – get real winter boots and check to 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/programs/support-wellness/postgraduate/resources

Check out your local community league – they will be hosting events where you can meet others in your neighborhood (http://efcl.org).

The Edmonton Public Library also has great kids programs (http://www.epl.ca). They provide a welcome baby kit as well as a free library card for babies.

Edmonton has 460 parks and the largest expanse of urban parkland in North America! Here is a link to find the ones closest to where you live: http://www.edmonton.ca/activities_parks_recreation/parks_rivervalley/parks-locations.aspx

Enjoying Edmonton:

- Telus World of Science (http://telusworldofscienceedmonton.ca)
- Fort Edmonton Park (https://www.fortedmontonpark.ca)
- Muttart Conservatory (http://www.edmonton.ca/attractions_events/muttart-conservatory.aspx)
- River Valley trails (http://www.edmonton.ca/activities_parks_recreation/parks_rivervalley/river-valley-trail-maps.aspx)
- Whyte Avenue (http://www.oldstrathcona.ca)
- West Edmonton Mall (http://www.wem.ca)
- Edmonton Valley Zoo (http://www.edmonton.ca/attractions_events/edmonton-valley-zoo.aspx)
- Edmonton Folk Music Festival (http://www.edmontonfolkfest.org)
- Things to do in Edmonton this weekend: http://www.todocanada.ca/things-to-do-in-edmonton-this-weekend/