



Pre-arrival tips

Cellphone:

You can keep your cell phone that you have, you will need to purchase a SIM card.

Try to buy a SIM card from Toronto or Montreal airport.

Go to a cell phone providers' websites in Saint John, New Brunswick and ask them to mail you a SIM card (BYOD plan) to your temporary accommodation if their rules and regulations allow it.

Money:

Make sure you have a credit card that can be used in Canada.

Check with your financial institution back home if they have an option for an international use.

Grocery:

You will order your groceries online (you must have a credit card to buy items online).

Saint John Newcomers Centre can deliver your ordered grocery to your place of self-isolation.

Here is how:

Order online ----- pay online -----choose 'I will pick up' ----- email us your receipt at welcome@sjnewcomers.ca ----- we will deliver to your doorstep.

You can order hot and ready meals from local restaurants in the city. You can use the restaurant website itself, Door-to-Door, Skip The Dishes or Doordash for delivery. Please Google them for contact information.

Accommodations:

It is recommended to stay in a furnished place like AirBnB, Chipman Hill suites, Hotel, Motel, etc... where you will get:

- Free WiFi, furniture, beds, heat, kitchen supplies, cable and more.

Health:

It is recommended you have international health insurance from your health provider back home until you get your NB Medicare Card.



Important documents:

Make sure you bring all your personal documents for each family member *translated into French or English*, such as:

- Birth Certificates
- Driver License
- High-school/Post-Secondary Certificates or achievements
- Immunization records
- And any important document, bringing more is better than less!

