



Newcomer Navigator NL is a practical, easy-to-use platform designed to support newcomers as they settle in Newfoundland and Labrador. It offers step-by-step guidance, essential local information, and helpful tools to make your transition smoother and more informed.

Created by **Collective Interchange**, and funded by the **Office of Immigration and Multiculturalism of Newfoundland and Labrador**. Visit: www.newcomernavigatornl.ca



Newcomer Navigator NL - Arrival Checklist

Welcome to Newfoundland and Labrador!

Starting a new life in a new country can feel overwhelming—but you're not alone. This Arrival Checklist is designed to help you take your first steps with confidence. From getting essential documents to finding housing, healthcare, and community support, this checklist walks you through what to do in your first days and weeks in Newfoundland and Labrador. Let's make your arrival smoother, safer, and more informed—one step at a time.

1. Apply for Social Insurance Number (SIN)

- Apply for your SIN:** This is crucial and should be done immediately after arriving, as it is required for working and accessing government services in Canada. You can apply at a Service Canada office or online. **Read or [Social Insurance Number Guide](#).**

2. Find Housing

- Secure Temporary Housing:** Ensure you have temporary accommodation arranged before arriving in Newfoundland and Labrador (e.g., hotel, short-term rental).
- Search for Long-Term Housing:** Once you've settled in, start searching for long-term housing. Research neighborhoods and housing options that suit your budget and needs.
- Review Rental Agreements:** Before signing a rental agreement, ensure you



fully understand the terms and conditions.

- Find more Information in our [Arrival Map / Housing](#)

3. Apply for Health Insurance

- Enroll in the Medical Care Plan (MCP) (if eligible):** Apply for MCP coverage immediately. There may be a 2-3 month waiting period, so arrange for private health insurance to cover this period.
- Obtain Private Health Insurance (if not eligible for MCP coverage):** Ensure you have private insurance to cover medical costs during the waiting period for MCP. Read more in our [Medical Care Plan \(MCP\) Guide](#)

4. Open a Bank or Credit Union Account

- Set up a Canadian Bank or Credit Union Account:** Open a bank account as soon as possible with a local Canadian bank. This will help you manage finances, including receiving payments and paying bills.
- Apply for a Credit Card (optional):** Consider applying for a Canadian credit card to start building your credit history.
- Set Up Automatic Bill Payments:** Set up automatic payments for rent, utilities, and other bills to avoid missed payments.
- Find more Information in our [Arrival Map / Bank and Finances](#)

5. Cellphone and Internet Service

- Get a SIM Card and Plan:** Set up local cellphone service with a Canadian provider to stay connected for work, services, and personal communication.
- Set Up Internet at Home:** If you've secured long-term housing, ensure your internet connection is established as part of your household services.
- Find more Information in our [Arrival Map / Establish communication](#)

6. Understand Transportation

- Explore Public Transit:** Familiarize yourself with public transportation in your area, especially in urban areas like St. John's, where Metrobus operates. Download transit apps or schedules. Read our [Arrival Map / Transportation](#).
- Purchase a Transportation Pass** (if available): If public transit is your



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primary mode of travel, look into purchasing a monthly pass.

- Consider sharing a taxi or Uber services
- Convert Your Driver's License:** If you have a driver's license from another country, check if it can be transferred to a Newfoundland and Labrador license. Apply for a local license if necessary.

7. Enroll Your Kids in School

- Register Your Children for School (English, French and French-immersion options):** If you have school-aged children, contact your local school board or nearby schools to enroll them. Research any necessary documentation for enrollment. Read more in [Arrival Map / Child Education](#)
- Look into Childcare Options (if applicable):** If you have younger children, explore childcare options, including Family daycare services or after-school programs.

8. Contact Newcomer-Serving Organizations and Local Community groups

- Connect with Local Organizations:** Reach out to newcomer and settlement organizations (see [Partner Organizations](#)) for support services, language classes, and community integration help.
- Join or Reach Out to Local Community Groups:** Engage with community groups and cultural associations that align with your background or interests. This will help you build connections, make new friends, and integrate into your local community. (see [Arrival Map / Community & Connections](#))
- Attend Orientation Programs:** Participate in any newcomer orientation sessions or community meetings hosted by local organizations.

9. Research Your Area

- Explore Your Community:** Get to know your neighborhood, including local amenities, parks, grocery stores, healthcare centers, and recreational facilities.
- Locate Important Services:** Find nearby hospitals, clinics, schools, community centers, and police stations. (see [Arrival Map /Health & Wellness](#))

10. Connect with the Community

- Join Local Groups and Events:** Learn about local events, join cultural and



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recreational groups, and volunteer in the community to build a social network and integrate into Newfoundland and Labrador's vibrant community.

- Look for Language Support (if necessary):** If you're not fluent in English, look for free language training programs or conversation groups to improve your communication skills. Read more in our [Arrival Map / Language](#)

11. Get Your Finances in Order

- Set Up Automatic Bill Payments:** Set up automatic payments for rent, utilities, and other bills to avoid missed payments.
- Review Canadian Tax Information:** Familiarize yourself with the Canadian tax system, including income tax filing requirements and deadlines.

12. Emergency Preparedness

- Know Emergency Contacts:** Save important numbers like **911** for police, fire, or medical emergencies and **811** for all health concerns. Familiarize yourself with local non-emergency services as well.
- Learn About Local Weather Conditions:** Newfoundland and Labrador weather changes often: temperature, wind, snow or rain. Prepare for cold winters by acquiring winter gear and understanding weather warnings.
- Prepare an Emergency Kit:** Create a basic emergency kit with items such as non-perishable food, water, flashlights, and batteries in case of power outages or severe weather conditions.

This checklist should help you get started after your move to Newfoundland and Labrador.
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