

دليل المَدُن الكَنَدِيَّة

للأطباء وطلبة الطب الكويتيين الراغبين في استكمال الدراسات العليا في كندا بعد التخرج من كلية الطب

إعداد / جمعية الأطباء الكويتيين في كندا
الإصدار الأول، فبراير 2023



“Canadian Cities Manual”

For Kuwaiti doctors and medical students who are planning to pursue postgraduate medical education in Canada

By The Association of Kuwaiti Doctors in Canada
First Edition, February 2023



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جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

This manual is made for:

Every Kuwaiti medical student and doctor who is aspiring to be the best medical doctor he or she could be! This Manual will help a broad category of resident; especially.



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

Statement of Embassy of Kuwait

Dear Members of the Association of Kuwaiti Doctors in Canada (AKDC),

With a profound sense of appreciation, I have received a copy of the “**Canadian Cities Manual**” designed for doctors and medical students aspiring to pursue graduate and postgraduate studies in Canada. I am impressed with the magnitude of the effort exerted by the Association in producing such an informative Manual because it will benefit not only members of the Association but all Kuwaiti citizens planning to visit Canada.

I, therefore, commend the Association for this noble initiative, which will mitigate some of the challenges our students might face away from home.

The State of Kuwait and Canada have always enjoyed strong bilateral ties since establishing diplomatic relations in 1965, nurtured by shared values of mutual respect and grounded in fruitful bilateral cooperation in the best interest of our two friendly countries and peoples. Cultural exchange is one of the key aspects of cooperation that enhances bilateral relations between two friendly countries. Canada has long been one of the countries reputed for its specialized academic institutions and for offering quality education.

Kuwaiti students have built a reputation for serving as the best ambassadors of their country in Canada, showcasing the rich culture and values of the people of Kuwait. The Embassy of the State of Kuwait to Canada has been steadfast in supporting all citizens resident in Canada, including the students, in order to help them achieve their academic goals and career aspirations in a conducive environment. I would like to reassure you that the Embassy will continue to support you and cater to your needs to accomplish your studies and contribute to the socio-economic development of our beloved country.

I pray for continued peace and stability in our beloved country under the able leadership of His Highness the Amir Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah and His Highness the Crown Prince Sheikh Mishal Al-Ahmad Al-Jaber Al-Sabah.



H.E. Reem Mohammed Alkhaled
Ambassador of the State of Kuwait to Canada

Cultural Office Statement

الأخوة الأعزاء:

السلام عليكم ورحمة الله وبركاته ،،،

لقد شرفني أعضاء جمعية الأطباء الكويتيين في كندا بطلب كتابة مقدمة لدليل المدن الكندية الذي تم اعداده كوسيلة لمساعدة الزملاء الأطباء للتعرف على المحيط والمدينة التي يعيشون بها، أو التي يرغبون الانتقال بها.

وأنا على ثقة بان هذا الدليل سيققق الهدف المرجو منه بلا شك! إن أساس كل عمل ناجح ومفيد هو وجود الشغف والرغبة في نقل الخبرات المكتسبة إلى الغير، وهذا بالتأكيد الهدف الذي من أجله تم اعداد هذا الدليل. فهو يحوي معلومات قيمة عن المدن الكندية: نبذة عن تاريخ المدينة، أهم معالمها، مميزاتها. لقد اجتهد أعضاء الجمعية كي يعدوا لنا دليلاً يرافقهم في دروبهم التي يخوضون بها كل يوم، وحيثما توجهوا.

إن السفر والانتقال لغرض العلم والعمل، كان ولا زال من أهم سبل اكتساب المعارف وتوسعة الأفق، خاصة في المجتمع الكندي المعروف بتنوعه الثقافي والاجتماعي. وهذا الدليل هو الخريطة التي تساعد مستخدميها على اكتشاف كافة شعاب المدن التي يعيشون فيها، ولتتعرفوا على طبيعة الحياة في المدن قبل أن خوض غمار التجربة.

تمنياتي للجميع بإقامة سعيدة أينما كنتم في ربوع المدن الكندية.

الدكتور فالح الرشيد
المستشار الثقافي ورئيس المكتب الثقافي الكويتي في كندا





جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

AKDC Statement

Dear colleagues and readers,

The Association of Kuwaiti Doctors in Canada (AKDC) was established in May 2018. This year we, in the AKDC team, have had a vision that the association will become the best resource, support and representative for all current Kuwaiti doctors in Canada. This year we were able to achieve many goals including strengthening our connection with the cultural offices in Ottawa and Washington DC, our Embassy in Ottawa, Kuwait University and KIMS and advocated for Kuwaiti physicians. Have an AKDC representative in each major Canadian city. Enhanced the AKDC Mentorship Program. Created different seminars about how to apply to Canada, introduction about different Canadian cities and residency programs and interview preparations. Created a website for the association. As well as many other goals that we are actively working on such as registering the association in Kuwait and creating the associations by-laws as well as others.

Today we are thrilled to present the Canadian Cities manual which is only made possible by the dedicated work of Dr. Ali Shamsaldeen and his team. We hope that you enjoy reading this manual and find it helpful for your day-to-day life and for your preparation coming to Canada if you are a newcomer. If you are a current or a future Kuwaiti resident or fellow in Canada, I want you to know that we are here for you, we are proud of you and we ask Allah Almighty to grant you success in your journey here, so we all go back home and serve our beautiful Kuwait. I want to conclude by one of prophet Muhammad's (PBUH) sayings: "He who follows a path in quest of knowledge, Allah will make the path of Heaven easy to him... The scholars are the heirs of the Prophets who bequeath neither dinar nor dirham but only that of knowledge; and he who acquires it, has in fact acquired an abundant portion."



Dr Ayedh Ayedh Alhajri
President of AKDC



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

Preface

This manual is meant to make lives of medical doctors studying across Canada easier. My colleagues and I tried our best to list, explain and include every possible thing you would need to know about, whether you are living individually or with your family. From essentials to entertainment, this manual would guide you through all aspects wherever you are in Canada.

We hope you find it helpful. We at the AKDC wish that reading this manual will ease your transition to different environment, in order to keep focusing on your career journey.



Dr. Ali Khaled Shamsaldeen
Editor-In-Chief



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

AKDC contact information and social media accounts



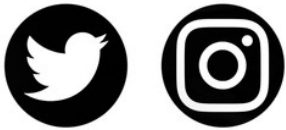
Website: www.akdc.ca



Email: info@akdc.ca



YouTube Channel: [AKDCanada](https://www.youtube.com/AKDCanada)



Twitter & Instagram: @AKDCanada



LinkTree: <https://linktr.ee/AKDCanada>

We would appreciate you following and supporting us
on our social media accounts!



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Canada

- Canada is a country located in the northern part of North America.
- Its ten provinces and three territories extend from the Atlantic to the Pacific and northward into the Arctic Ocean, covering 9.98 million square Km (3.85 million square miles), making it the world's second-largest country by total area. Canada's southern border with the United States is the world's longest land border.
- The majority of the country has a cold or severely cold winter climate, but southerly areas are warm in summer.
- Canada is sparsely populated, with the majority of its land area being dominated by forests and tundra. As a result, its population is highly urbanized, with over 80 percent of its inhabitants concentrated in large and medium-sized cities, many near the southern border.
- Its capital is Ottawa, and its three largest metropolitan areas are Toronto, Montreal, and Vancouver.
- Canada is a parliamentary democracy and a constitutional monarchy in the Westminster tradition. The country is a Commonwealth realm and is officially bilingual (English and French) at the federal level.
- It ranks among the highest in international measurements of quality of life.



Canada Provinces & Territories



- There are 10 Canadian provinces, with three territories to the north.
- The provinces are, in alphabetical order: Alberta, British Columbia, Manitoba, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, and Saskatchewan.
- The three territories are Northwest Territories, Nunavut, and Yukon.
- The difference between a province and a territory has to do with their governance. As the territories have delegated powers under the authority of the Parliament of Canada; they are grouped together and ruled by the federal government.
- The provinces, on the other hand, exercise constitutional powers in their own right. This imbalance of power is gradually being rectified, with local decision-making powers being granted to the territories.

Province of Ontario

- The province of Ontario is the most populous in Canada with major cities like Toronto, Ottawa, and Hamilton. It's also the second-largest province (excluding territories) in size after Quebec.
- The province of Ontario borders Hudson Bay to the northwest as well as the Canadian provinces of Manitoba to the west and Quebec to the northeast. Additionally, it borders the Great Lakes and the US states (Minnesota, Michigan, Ohio, Pennsylvania and New York to the south.
- Ontario holds two capital cities. First, Ottawa is the capital city of Canada where its parliament buildings are located. Secondly, Toronto is the provincial capital of Ontario and the largest city in Canada.
- Ontario was one of the four original provinces (along with New Brunswick, Nova Scotia, and Quebec (when Canada became a country in 1867.



Quebec

- Quebec is one of the ten provinces, located in the east of Canada. It's the largest province in size and second-largest in population. French is the prominent language in Quebec making it the only province where it is the dominant language.
- Quebec is famous for maple syrup, poutine, and its half a million lakes throughout the province. Quebec City is a major city and capital situated on the north side of the Saint Lawrence River. But Montreal is the most populous city in the province with over 1.7 million people.
- Quebec's northern region is part of the Canadian Shield, which contains more than one million lakes and streams.
- The province of Quebec borders Ontario to the west, New Brunswick to the southeast, and Newfoundland to the east. Additionally, it's next to the US states of Maine, New Hampshire, Vermont, and New York to the south.



British Columbia

- British Columbia is the westernmost province of Canada along the Pacific Ocean. As the license plate motto goes “Beautiful British Columbia”, it’s surrounded by lush parks, wilderness, and the Canadian Rocky Mountains.
- It borders Alberta to the east ,Yukon ,and the Northwest Territories in Canada. But it also borders the US states of Washington ,Idaho ,and Montana to the south.
- Even though Victoria is the capital of British Columbia, Vancouver is the most populous with over 2 million people. Altogether, it’s the third-largest metropolitan area in Canada. Other major cities are Victoria, Kelowna, and Abbotsford as the next largest urban areas.



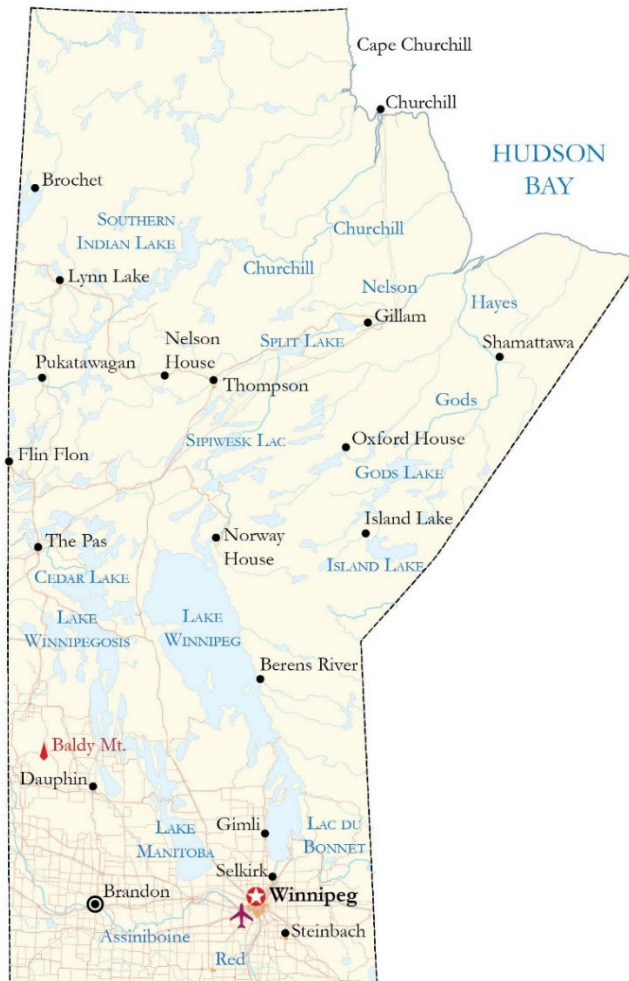
Alberta

- Alberta is a province in Western Canada and is known for being the oil and gas hub of Canada. Besides that, it is also known for cattle ranching as well. Alberta borders British Columbia to the west, Saskatchewan to the east, the Northwest Territories to the north, and Montana to the south.
- Although it's known as a prairie province, the Canadian Rockies still occupy most of the western region. The two largest cities in Alberta are Edmonton and Calgary. Even though Edmonton is the capital of Alberta, Calgary is the most populous.
- Besides these two major cities, Red Deer, Lethbridge, and Medicine Hat are all close to 100,000 in population



Manitoba

- The province of Manitoba is located in the central prairies of Canada. Agriculture, hydroelectricity, and natural resources play a major role in the economy. Because Manitoba's industry is so diverse, it experiences little negative impact during economic recessions.
- Winnipeg is the capital and most populous city in Manitoba with over 750,000 people. Other major cities are Brandon, Steinbach, and Thompson. There are over 100,000 lakes in Manitoba with Lake Winnipeg being the 10th largest lake in the world by surface area.
- Manitoba borders the Canadian provinces of Saskatchewan to the west and Ontario to the east. While North Dakota is to the south, and the territory of Nunavut borders the north. Also, it's located along the Hudson Bay coast, which has the longest shoreline of any bay in North America.



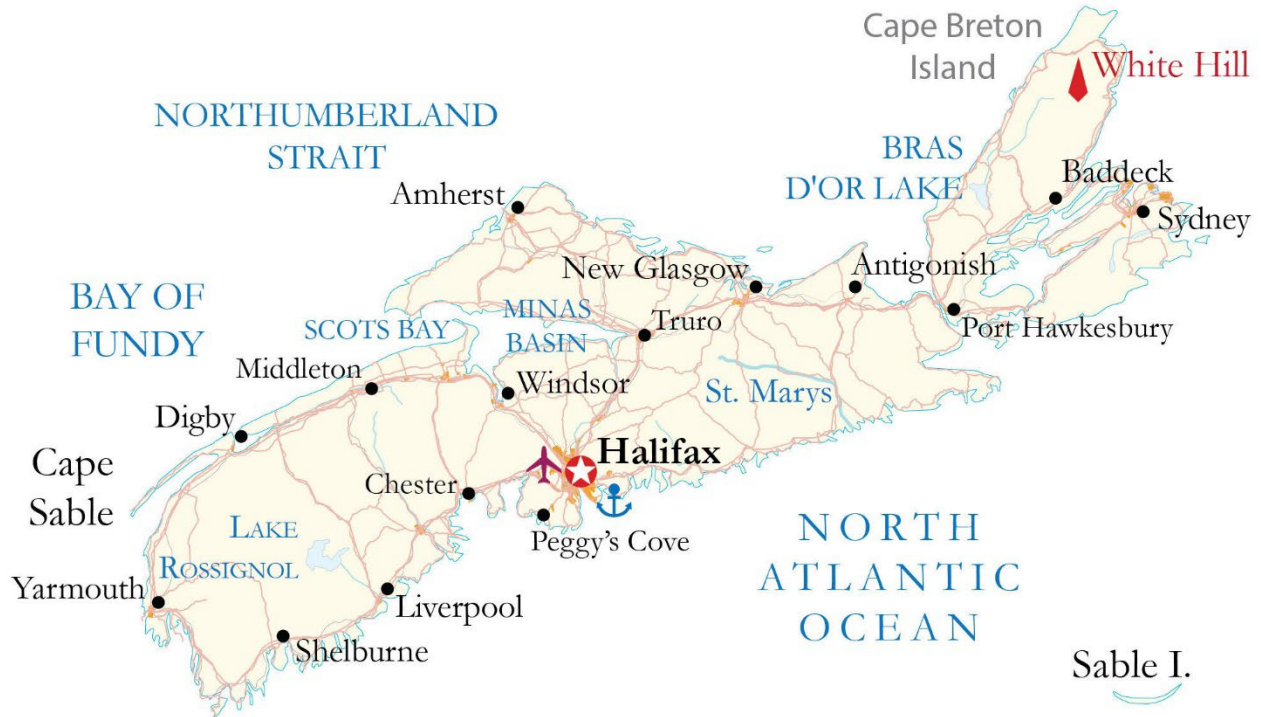
Saskatchewan

- Saskatchewan is a central prairie province known for being a hub of agriculture. The province of Saskatchewan is completely landlocked and located in the general center of Canada, where the landscape is mostly flat. Its largest cities are Regina, Saskatoon, and Prince Albert.
- The province of Saskatchewan is situated between Alberta to the west and Manitoba to the east. The Northwest Territories is located to the north and the US state of North Dakota is to the south. Even though Regina is the capital of Saskatchewan, Saskatoon is the most populous city.
- The shape of Saskatchewan resembles a trapezoid because it doesn't have any rivers or lakes as one of its borders. Saskatchewan became a province in 1905 during the same year as Alberta.



Nova Scotia

- Nova Scotia is part of the Maritimes and is almost completely surrounded by the Atlantic Ocean. The Northumberland Strait separates Nova Scotia from Prince Edward Island. Whereas the Bay of Fundy is to the northeast separating it from New Brunswick.
- Nova Scotia is Canada's second-smallest province in size but it's also Canada's second-most densely populated. The province is known for lobster fishing, lighthouses, and its 13,000 kilometers of coastline.
- Peggy's Cove is one of the most renowned lighthouses in the world. Nova Scotia was one of the four original provinces (along with New Brunswick, Ontario, and Quebec) when Canada became a country in 1867. Halifax is the capital and largest city of Nova Scotia.



New Brunswick

- New Brunswick is part of the Maritimes and is one of the four Atlantic provinces. It borders Quebec ,Nova Scotia ,and Maine with the Bay of Fundy in the south and the Gulf of St. Lawrence in the northeast. New Brunswick is the third-smallest province in size and population.
- It was one of the four original provinces (along with Nova Scotia ,Ontario ,and Quebec) when Canada became a country in 1867.
- It's the only province with both French and English as its official languages.
- Also, the highest tides in the world are from the Bay of Fundy, which is situated on the south coast of the province.
- Fredericton is the capital city, but Moncton is the most populous city.



Prince Edward Island

- Prince Edward Island is situated along the east coast of Canada in the Atlantic region. It's not only the smallest province in size in Canada, but it's also the least populous with approximately 150,000 people. Prince Edward Island is completely surrounded by the Atlantic Ocean in the Gulf of St. Lawrence.
- The Confederation Bridge connects PEI to New Brunswick to the southwest. Nova Scotia is located to the southeast, separated by the Northumberland Strait. The capital and largest city, Charlottetown, is located off the south coast of the Atlantic Ocean. The province of Prince Edward Island is one of the three maritime provinces with Nova Scotia and New Brunswick.
- It's famous for being the home of Anne of Green Gables, which is now a heritage site in Cavendish, Prince Edward Island. Additionally, it's recognized for its seafood like lobster and mussels. Although P.E.I. wasn't one of the first four provinces to join the Confederation of Canada in 1867, it shortly joined after British Columbia in 1873.



Newfoundland and Labrador

- Newfoundland and Labrador is the easternmost province and is part of the Atlantic region with New Brunswick ,Nova Scotia ,and Prince Edward Island .It's composed of the island of Newfoundland and the continental portion of Labrador that borders Quebec.
- But the majority (approximately 94%) of people live in Newfoundland instead of Labrador. The capital city is St. John's off the east coast of the Atlantic Ocean. While Labrador is situated along the Labrador Sea, Newfoundland is roughly triangular in shape and is located next to the Gulf of St. Lawrence.
- It is the youngest province and didn't join Canada until 1949. "Newfoundland English" is an accent unique to the province with influences of both British and Scottish



Nunavut

- Nunavut is the newest territory in Canada and gained legal status as early as 1999. It's the largest Canadian territory (over 2 million square kilometers) or province occupying most of the Canadian Arctic.
- The population is sparsely scattered throughout the territory with Iqaluit (Frobisher Bay), Rankin Inlet, and Arviat as the most populous. But it's the least populous of all provinces and territories. It's home to the world's northernmost permanently inhabited place, Alert.
- The territory is known for its Aurora Borealis, polar bears, and natural resources. If you go as far north as Grise Fiord, you get 24 hours of darkness in December. Iqaluit is the capital and largest city in Nunavut.
- Nunavut borders the Northwest Territories to the west, Manitoba to the south, and the Hudson Bay or Northwestern Passage to the east.



Northwest Territories

- The Northwest Territories is one of three territories that occupy the northern region of Canada. It's located in the central region between Nunavut and Yukon Territory in the northern region of Canada. It also borders British Columbia, Alberta, and Saskatchewan to the south.
- In size, it's the second-largest territory (smaller than Nunavut). But it's the most populous with just over 40,000 people.
- The Northwest Territories is known for its cold temperature, natural resources, and Aurora Borealis. Yellowknife is the capital and largest city in the Northwest Territories situated on the north shore of Great Slave Lake.



Yukon

- Yukon is one of the three territories of Canada located on the west side of Canada next to Alaska .It's situated in the northern region bordering British Columbia to the south, the Northwest Territories to the east, and the Beaufort Sea to the north.
- It's known for being the site of the Klondike Gold Rush, between 1896 and 1899. An estimated 100,000 prospectors entered the Yukon in search of gold. Dawson City emerged and became the second-largest town in the Yukon Territory.
- However, Whitehorse is the capital and largest city in the Yukon and any of the territories in Canada. The Yukon Territory is also a very rugged and mountainous region with several mountain chains and the highest mountain in Canada, Mount Logan. Yukon is shaped like a triangle and is the smallest territory in size in Canada.

BEAUFORT SEA





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جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

Halifax City





Famous Quote

- “I grew up in Nova Scotia, so there weren't a whole lot of rules.”
- **Diego Klattenhoff**, Canadian Actor.

Fun Facts / Did you know?

- Halifax is home to one of the world's longest downtown boardwalks.
- The Sambro Lighthouse is the oldest functioning lighthouse in North America.
- The Maritime Museum of the Atlantic is the oldest and largest Maritime Museum in Canada. While Halifax Transit Ferry is the oldest salt-water passenger ferry service in North America.
- The Halifax Waterfront is the most visited attraction in Nova Scotia.
- The Halifax Harbour is one of the deepest and largest natural, ice-free harbours in the world (*Port of Halifax*).

Top expressions!!

- **Timmies / Timmy's / Tim's**: In many Canadian cities, there's a Tim Horton's café at almost every corner. When Canadians are in the mood for some Timbits (doughnut holes), they make a trip to their local Tim Horton's which is lovingly called “Timmies” for short.
 - “Do you want to go to Timmies for a quick coffee break?”
- **Double-Double**: the double-double is a Timmies favourite. This is a popular coffee order that refers to a regular coffee with two creams and two sugars.
 - “Can I get a box of Timbits and a double-double?”
- **Loonies and Toonies**: A loonie is a Canadian coin worth \$1. A picture of the loon, a Canadian bird, appears on one side of the large gold coin. The Canadian coin worth \$2 was named a toonie to rhyme with the original loonie.
- “Oh no, I'm a loonie short for the bus fare. Can I get change for my toonie?”

Your starter kit to the local lingo:

- **Haligonian**: means people who live in Halifax.
- **Youse Guys**: “ya'll” of Canada: a pluralization of “you guys,” referring to a group.
- **Cur/fur**: East Coast pronunciation of Car and Far: drop the “a” for a “u” sound.
- **Bahd**: An abbreviated version of “buddy,” pronounced “bad” for brevity?
- **Goin' for a rip**: Can refer to any sort of car trip, break or general exit from chill.
- **Nize it**: Shut up. A clipping of “Recognize you're out of line and shut up.”
- **Hooooo**: When you need to react to something, or if someone is annoying you, you opt for a “hooooo” to let out all your feelings into an exaggerated reaction.
- **Eh**: “Pronounced “ay.” This word is used in everyday Canadian vernacular to indicate that you don't understand something, can't believe something is true. It's similar to “huh,” “right?” “what?” commonly used in the USA.



Climate data for Halifax (Citadel Hill) [hide]													
Climate ID: 8202220; coordinates 44°39′N 63°35′W﻿•﻿elevation: 70.1 m (230 ft) ; 1981–2010 normals, extremes 1863–present ^[a]													
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Record high °C (°F)	14.0 (57.2)	16.0 (60.8)	28.2 (82.8)	28.3 (82.9)	33.3 (91.9)	34.4 (93.9)	37.2 (99.0)	34.4 (93.9)	34.6 (94.3)	31.1 (88.0)	23.3 (73.9)	16.7 (62.1)	37.2 (99.0)
Average high °C (°F)	−0.1 (31.8)	0.4 (32.7)	3.6 (38.5)	8.7 (47.7)	14.4 (57.9)	19.6 (67.3)	23.1 (73.6)	23.1 (73.6)	19.3 (66.7)	13.4 (56.1)	8.1 (46.6)	2.8 (37.0)	11.4 (52.5)
Daily mean °C (°F)	−4.1 (24.6)	−3.6 (25.5)	−0.2 (31.6)	4.9 (40.8)	10.1 (50.2)	15.2 (59.4)	18.8 (65.8)	19.1 (66.4)	15.5 (59.9)	9.9 (49.8)	4.8 (40.6)	−0.8 (30.6)	7.5 (45.5)
Average low °C (°F)	−8.2 (17.2)	−7.5 (18.5)	−3.9 (25.0)	1.0 (33.8)	5.8 (42.4)	10.7 (51.3)	14.4 (57.9)	15.1 (59.2)	11.8 (53.2)	6.4 (43.5)	1.5 (34.7)	−4.3 (24.3)	3.6 (38.5)
Record low °C (°F)	−27.2 (−17.0)	−29.4 (−20.9)	−23.3 (−9.9)	−13.9 (7.0)	−5.0 (23.0)	0.0 (32.0)	4.4 (39.9)	3.9 (39.0)	−1.7 (28.9)	−7.2 (19.0)	−15.6 (3.9)	−25.6 (−14.1)	−29.4 (−20.9)
Average precipitation mm (inches)	139.7 (5.50)	110.1 (4.33)	132.5 (5.22)	118.3 (4.66)	119.1 (4.69)	111.8 (4.40)	110.3 (4.34)	96.4 (3.80)	108.9 (4.29)	124.3 (4.89)	151.4 (5.96)	145.1 (5.71)	1,468.1 (57.80)
Average rainfall mm (inches)	96.7 (3.81)	75.1 (2.96)	101.3 (3.99)	111.3 (4.38)	118.4 (4.66)	111.8 (4.40)	110.3 (4.34)	96.4 (3.80)	108.9 (4.29)	124.1 (4.89)	143.6 (5.65)	115.9 (4.56)	1,313.9 (51.73)
Average snowfall cm (inches)	43.1 (17.0)	35.0 (13.8)	31.2 (12.3)	7.0 (2.8)	0.8 (0.3)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.1 (0.0)	7.8 (3.1)	29.2 (11.5)	154.2 (60.7)
Average precipitation days (≥ 0.2 mm)	13.8	11.6	13.1	15.2	15.8	13.6	12.1	11.1	11.7	14.1	15.3	14.5	161.8
Average rainy days (≥ 0.2 mm)	8.5	6.5	10.2	14.1	15.7	13.6	12.1	11.1	11.7	14.1	14.5	10.8	142.7
Average snowy days (≥ 0.2 cm)	6.8	6.1	4.1	1.6	0.2	0.0	0.0	0.0	0.0	0.1	1.2	5.2	25.3
Mean monthly sunshine hours	109.5	127.2	142.8	156.6	193.3	220.7	235.2	226.6	180.5	157.8	107.4	105.2	1,962.5
Percent possible sunshine	38.2	43.3	38.7	38.8	42.1	47.5	49.9	52.1	47.9	46.2	37.2	38.2	43.3
Average ultraviolet index	1	2	3	5	6	8	8	7	5	3	2	1	4



Education:

- Halifax is home to Dalhousie University; Atlantic Canada's research-intensive University which offers many residency programs and fellowship positions.
- There are over 40 hospitals throughout Nova Scotia, but the main teaching hospitals affiliated with Dalhousie University include the QEII Health Sciences Centre and the IWK Health Centre.
- Other affiliated hospitals include Nova Scotia Hospital in Dartmouth and Saint John Region Hospital in New Brunswick.

Accommodation:

- Before choosing between renting a house or renting an appartement; you must be familiar with the responsibility that comes with house renting (For example, Snow and ice should be removed within 24 hours of accumulation. Penalties for failure to comply include a notice of violation and fines that could reach as high as \$5,000.).
- **Note:** Please make sure you rent an apartment with air conditioning. Halifax gets a lot of sunlight throughout the year, and it will get warm particularly if you choose to live in an apartment that gets a lot of sunlight.

House

- There are 2 options:
 - Townhouse: A Townhouse is attached, sharing at least one common wall with another, similar-designed home.
 - Detached House: A detached single-family home has no common wall and sits on its own parcel of land.
- Location: No specific location as it all depends on the availability.
- Leasing Websites: Kijiji ([Link](#)), Rentals.ca ([Link](#)) & Rentfaster ([Link](#)).
- Real Estate agent: You can also contact a real estate agent.
- Monthly Price: Varies depending on how many. Generally, it is between ~ 3000-3500 \$.
- Utilities (Water, Hydro, Power) Prices: ~ 100-2500 CAD \$/monthly.
- Furnishment: Houses are furnished with main appliances (oven, dishwasher, refrigerator) +/- washing machine/dryer/dishwasher (you need to make sure as they are not always provided).
- Advantages: Spacious with safe rural-like neighborhood.
- Disadvantage: Sometimes is far from Main Hospitals (10-20 min by car).

Appartement

- Location: Most of the residents would get an appartement near the main hospital at the downtown of Halifax.
- Options:
 - The George Complex ([Website](#))
 - The Trillium ([Website](#))



- The Pearl ([Website](#))
- The Maple ([Website](#))
- The Jade ([Website](#))
- The Margareta ([Website](#))
- Monthly price: average for one-bedroom apartment is 1700 to 2000 \$ CAD and a two-bedroom apartment ranging from 200 to 2400 \$ CAD.
- Other Utilities (Hydro, power) Prices: ~ 100-200 \$ CAD/monthly.
- Advantages: Closer to the downtown and hospitals as those are in the downtown area. Waterfront view and family-friendly neighborhoods.

Day care & Schools:

- There are multiple schools and daycare in Halifax. Preferably choose the one close to you if you're going to drop your child daily as it would be easier for you.
- Prices: Free for schools, while the government covers only 50% of daycare fees for children less than 3 years old. Daycare prices vary.
- Some Daycare options: KidsrKids ([website](#)), Kids & Company ([website](#)), Step Above Child Care ([website](#)).

Halal Restaurants:

- 902 Restaurant & Catering Bedford ([Location](#)): Middle Eastern Restaurant.
- Chef Abod Café and Catering ([Location](#)): Middle Eastern Restaurant.
- Mashawee Mediterranean Grill ([Location](#)): Middle Eastern Restaurant.
- Fattoush Mediterranean Grill ([Location](#)): Mediterranean Restaurant.
- Casablanca Authentic Moroccan Cuisine ([Location](#)): Moroccan Restaurant.
- Turkuaz Restaurant ([Location](#)): Turkish Restaurant.
- Efes Turkish Cuisine ([Location](#)): Turkish Restaurant.
- Turkish Delight ([Location](#)): Turkish Restaurant.
- The Bayers Lake Ray's Lebanese Cuisine ([Location](#)): Lebanese Restaurant.
- Mezza Lebanese Kitchen ([Location](#)): Lebanese Restaurant.
- Tarek's Café ([Location](#)): Lebanese Restaurant.
- 7 Peppers Grill ([Location](#)): Syrian Restaurant.
- Manoosh Flatbreads ([Location](#)).
- Shiraz Restaurant ([Location](#)): Persian Restaurant.
- Dhaba Express ([Location](#)): Indian Restaurant.
- Naan n Curry ([Location](#)): Indian Restaurant.
- Tawa Grill ([Location](#)): Indian Restaurant.
- Curry Village Indian Restaurant ([Location](#)).
- Masala Delight ([Location](#)).
- Kabab Express ([Location](#)).



Halal Supermarkets:

- Nova Mart ([Location](#)).
- Syriana Market – Halal Butcher, Restaurant and Grocery ([Location](#)).
- Al Hilal Meat Shop and Middle Eastern Cuisine ([Location](#)).
- Khan's HFX ([Location](#)).
- Kawther Market Halal Meat ([Location](#)).

Shopping malls:

- Halifax Shopping Centre ([Location](#)): largest mall in Atlantic Canada.
- SunnySide Mall ([Location](#)).
- Scotia Square ([Location](#)).
- Halifax Seaport Farmer's market ([Location](#)).
- Mic Mac Mall ([Location](#)).
- Smart Center Halifax ([Location](#)).

Top Attractions:

- Peggys Cove Lighthouse ([Location](#)): an active lighthouse and an iconic Canadian image. It is one of the busiest tourist attractions in the province and is a prime attraction on the Lighthouse Trail scenic drive.
- Halifax Waterfront ([Location](#)): the longest continuous boardwalk in North America
- Maritime Museum of the Atlantic ([Location](#)): Large maritime museum, with boatbuilding, shipwreck & naval exhibits, plus a historic vessel.
- Halifax Central Library ([Location](#)): An amazing piece of eye candy for downtown.
- Saint Mary's Cathedral Basilica ([Location](#)): Beautiful key stone piece of architecture downtown Halifax.
- Prince of Wales Tower National Historic Site ([Location](#)): oldest martello tower in North America and is located in Point Pleasant Park. It was built in 1796.

Cultural Attraction & Museums:

- Halifax City Hall ([Location](#)): A vital, interesting part of the city's history.
- Art Gallery of Nova Scotia ([Location](#)): Expansive art collection showcasing over 17,000 classic & modern works from native artists.
- St Paul's Anglican Church ([Location](#)): is the oldest building in Halifax and the oldest existing Anglican place of worship in Canada. Founded by proclamation of King George II in 1749, the building was erected in the summer of 1750.
- Army Museum Halifax Citadel ([Location](#)): Venerable multi-story space honoring the history of Canada's soldiers on & off the battlefield.
- Halifax Citadel National Historic Site ([Location](#)): Halifax's most important historical site. Founded in 1749, star-shaped hilltop fort offers guided tours, plus & gift shop.



- Eureka! The National Children's Museum ([Location](#)): Interactive Museum for kids aged from 0-11, offers learning through play, with a nursery and a café.
- Museum of Natural History ([Location](#)): Natural history & science museum, established in 1868, with live animals & interactive exhibits.
- Canadian Museum of Immigration at ([Location](#)): Family-friendly national immigration museum temporary & interactive exhibits, plus events.
- Discovery Centre ([Location](#)): Modern Museum with interactive exhibits related to science, technology, engineering, arts & math.
- Naval Museum of Halifax ([Location](#)): Naval artifacts like weapons, uniforms, art & models, plus a gift shop, in a historic building.
- HMSC Sackville Museum ([Location](#)): Small WWII-era warship, now a naval memorial & museum, open seasonally for visits & tours.
- Atlantic Canada Aviation Museum ([Location](#)): Museum tracing Canada's civilian & military aviation history with vintage planes & memorabilia.
- Cole Harbor Heritage Farm Museum ([Location](#)): is a community museum dedicated to preserving and interpreting Cole Harbour's agricultural past, and developing understanding of plants, animals and farming today.
- Old Town Clock ([Location](#)).

Parks & Conservation Areas:

- Halifax Public Gardens ([Location](#)): Historic landscaped gardens hosting a summer concert series, walking tours & flower exhibits.
- Sir Sandford Fleming Park ([Location](#)): 95-acre park with extensive walking trails, a boat launch & a 1912 tower with northwest side views.
- Hemlock Ravine Park ([Location](#)): Sloped nature park with 4 km of trails.
- Leighton Dillman Park ([Location](#)): Enjoy THE best view of Halifax beautiful tower.
- McNabs and Lawlor Islands Provincial Park ([Location](#)): the jewel in Halifax harbor.
- Belchers Marsh Park ([Location](#)): Look out for deer, cranes, ducks, and other.
- Shubie Park ([Location](#)): One of the best places to go for a walk in the Halifax area.
- Herring Cove Provincial Park Reserve ([Location](#)): Amazing views of the Atlantic within a short drive from Halifax.
- Long lake provincial park ([Location](#)): Large natural park around a lake with a 5 km man made trail, woodland & streams.
- Sullivan's Pond ([Location](#)): an artificial lake and recreation area located in Dartmouth. It formed part of the Shubenacadie Canal.



Outdoor entertainment:

- Crystal Crescent Beach Provincial Park ([Location](#)): Beautiful spot for a beach visit outside of Halifax. Coastal Park featuring 3 white-sand beaches, boardwalks & a picturesque hiking/bird-watching trail.
- Point pleasant park ([Location](#)): historic wooded area is a great spot for walking, running, biking, or just sitting on a bench contemplating the ocean.
- Lawrencetown Beach ([Location](#)): Famous for its surf.
- Fisherman's Beach ([Location](#)): Clean golden sandy beach, near Cole Harbor.
- Terence Bay Wilderness Area ([Location](#)): 11,000+ acres of scenic wilderness with a bayside area for kayaking & rugged woodlands for hiking.
- Rainbow Haven Beach ([Location](#)): large sand-and-cobble beach has boardwalks, change houses, and showers. Supervised swimming July and August and is part of the larger Cole Harbour-Lawrencetown Provincial Park.
- Blue Mountain – Birch Cove Lakes Wilderness Area ([Location](#)): Protected area featuring forests, lakes & wetlands that are home to diverse wildlife.
- Shubenacadie Provincial Wildlife Park ([Location](#)): This 40-hectare park features native wildlife, an interpretive center, a playground & more.
- J Farewell Sailing Tour ([Location](#)): Sailing, Yacht and marines Tour Operators.
- See Sight Tours ([Location](#)): High rated Tour Agency.
- Harbour Hopper Tours ([Location](#)): Sea tour around Halifax.
- Restless Pines Farm ([Location](#)): House riding Farm.

Indoor entertainment:

- Nova Tactical ([Location](#)): Shooting Range.
- Canada Game center ([Location](#)): Recreation Center.
- Trapped Halifax ([Location](#)): Escape Room Game.
- Captured Escape Room ([Location](#)): Escape Room Game.
- Tic Toc Go Escape Room and games ([Location](#)): Escape Room Game.
- Neptune Theatre ([Location](#)): Longtime performing arts venue with 2 stages for a variety of plays & musicals, with youth classes.
- Halifax Putting Edge ([Location](#)): mini-golf course.
- RJS customs Club ([Location](#)): Indoor Golf Course.
- Playdium Dartmouth ([Location](#)): Amusement center and indoor playground.
- Action Laser tag ([Location](#)): Laser tag center.
- Seven Days Boulderling ([location](#)): Rock climbing gym.
- Get Air Trampoline Park ([Location](#)): indoor bungee center.
- The Kids Fun Factory ([Location](#)): Kids amusement center.
- HaliMac Axe Throwing Halifax ([location](#)).



Banks:

- Most Canadian banks operate within Halifax. We do recommend picking one of the major five banks in Canada (TD, CIBC, BMO, RBC and Scotiabank).
- TD: Has a good service with acceptable insurance bundle (Home, car, etc.) but sometimes it's harder to get a Credit Card in comparison to other banks.
- CIBC: Easier to get Credit Card; most of the residents have an account with CIBC.
- For more details: ([Read More](#)) & ([Read More](#)).

Insurance:

- There are many insurance companies that operate in Halifax.
- You need to get insurance for your house/apartment and your car as well.
- We recommend TD insurance as they have special offers for medical residents and when you apply online.

Home Internet:

- There are currently 13 providers that offer internet service in Halifax, Nova Scotia, Xplore, MapleWifi, TravelWifi, TekSavvy, ConnectMoi and EastLink. ([Read More](#)) & ([Read More](#))
- The fastest internet provider in Nova Scotia is Xplore as it provides download speed up to 50 Mbps and pricing starting with \$84.99. ([Read More](#))

Mobile Phone:

- All three major carriers (Bell, Rogers and TELUS) are well represented throughout Halifax and Nova Scotia, with some offering better services than the others.
- The major mobile phone networks are (Bell, Rogers and TELUS) which cover nearly 100% of Nova Scotia.
- The Geographic Area covered in Nova Scotia via different mobile providers as follow (Bell 97.17%, TELUS 97.17% while Rogers 70.93%)
- Given the fact that Rogers had two outages in the last twelve months; we would recommend either Bell or TELUS. ([Read More](#))

Transportation:

- Road:
 - The urban core is linked by the Angus L. Macdonald and A. Murray MacKay suspension bridges, as well as the network of 100-series highways which function as expressways.
 - The Armdale traffic circle is an infamous choke point for vehicle movement in the western part of the urban core, especially at rush hour.



- Train: Via Rail Canada operates from the Halifax Railway Station where the *Ocean*, a passenger train equipped with sleeper cars operates three days a week to Truro, Moncton, and Montreal. ([Location](#)) The Halifax Railway Station also serves as the terminus for intercity buses.
- Bus: Public transit is provided by Halifax Transit, which operates standard bus routes, regional express bus routes, as well as Halifax-Dartmouth Ferry Service.
- Cycling & biking: In recent years, the municipality begun to place increased emphasis on developing bicycling infrastructure. Halifax has developed 100 km of bikeways, 89 km of which are dedicated bicycle lanes. ([Details](#)) ([Details](#)) ([Map](#))
- Service Provider: Uber only available to operate in Halifax.
- Ferry: Established in 1752, the municipality's ferry service is the oldest continuously running saltwater ferry service in North America. ([Location](#))
- Airport:
 - Halifax Stanfield International Airport serves Halifax and most of the province, providing scheduled flights to domestic and international destinations.
 - The airport served 4,083,188 passengers in 2017, making it Canada's eighth busiest airport by passenger traffic.
 - The most efficient route would depend on the time of year.
 - During the summer, British airways or Lufthansa will fly from Kuwait to London or Frankfurt and then to Halifax Stanfield Airport.
 - During the winter, Qatar Airways or Emirates will fly from Kuwait to Doha or Dubai to Montreal or Toronto and then to Halifax.

Mosques and Islamic Centers:

- In Halifax there is The Islamic Association of Nova Scotia (IANS) ([Location](#)).
- The main mosque that serves Halifax city is Ummah Masjid and Community Centre (UMCC); as daily prayers, Friday prayer along with Eid prayer are held in these mosques. ([Location](#)) ([Website](#))
- Also there is Nova Scotia Islamic Community Center (NSICC) ([Location](#)) ([Website](#))
- Halifax is the largest cultural hub in Atlantic Canada and is becoming more multiculturally diverse. Muslims comprise the second-largest minority.

Nearby cities & attractions worth visiting:

- Cottage renting: Use Airbnb to rent a cottage.
- Cape Breton ([Location](#)) and Prince Edward Island ([Location](#)): A 4-hour drive to enjoy the beautiful natural landscapes.



Other Tips

- Post service (Canada Post, UPS, FedEx & DHL) is easily accessible in Halifax.
- Preferably create a Canadian Apple/Google account to download smartphone applications that might help you during your residency (banks, etc.).
- For Supermarket chains there are: Walmart, Canadian Tire, Costco, Safeway, Metro, Sobeys, Loblaws, Food Basic, Fresh Co and Dollarama.
- For Office supply, Bookstores and Back-to-School stores: Indigo and Staples.
- For Furniture: Ikea, The Brick, Structube, Wayfair, Home Depot and Bed Bath.
- For Clothing Stores: H&M, Old navy, Mark's and others.
- For Department stores: Winner's, Home Sense, Marshalls and others.
- For Electronics: Best Buy, Canada Computer and The Source.
- For online General Shopping: Amazon, iHerb and others.
- For online Grocery Shopping: Instacart with Public Delivery application & websites. Every major food chain supermarket has its own application.
- For assembling your furniture, you can book an extra hand by using Handy ([Link](#))

Important Websites:

- Halifax Prayer Times ([Here](#))
- City of Halifax ([Here](#))
- Downtown of Halifax ([Here](#)) ([Maps](#)) ([PDF Map](#))
- Halifax Maps ([Here](#))
- Events in Halifax ([Here](#))
- Halifax Tourism ([Here](#)) ([Here](#))
- Things to do in Halifax ([Here](#)) ([Here](#))
- News in Halifax: CBC ([Here](#)), CTV ([Here](#)), Global news ([Here](#))
- Halifax Public Libraries ([Here](#))
- Nova Scotia Public Health unit ([Here](#))
- Halifax Weather ([Here](#))
- Halifax Recycling ([Here](#))



Useful smartphone Application:

- Via Rail: IOS ([Here](#)), Android ([Here](#))
- Canada Air: IOS ([Here](#)), Android ([Here](#))
- West Jet: IOS ([Here](#)), Android ([Here](#))
- Arrive Can: IOS ([Here](#)), Android ([Here](#))
- CTV: IOS ([Here](#)), Android ([Here](#))
- CBC: IOS ([Here](#)), Android ([Here](#))
- Global News: IOS ([Here](#)), Android ([Here](#))
- City News Halifax: IOS ([Here](#)), Android ([Here](#))
- Halifax Recycle: IOS ([Here](#)), Android ([Here](#))
- Uber eats: IOS ([Here](#)), Android ([Here](#))
- Door dash: IOS ([Here](#)), Android ([Here](#))
- Skip the dishes: IOS ([Here](#)), Android ([Here](#))
- Instacart: IOS ([Here](#)), Android ([Here](#))
- Publix Delivery: IOS ([Here](#)), Android ([Here](#))
- Uber: IOS ([Here](#)), Android ([Here](#))
- Lyft: IOS ([Here](#)), Android ([Here](#))
- Moovit Public transport tracker: IOS ([Here](#)), Android ([Here](#))
- Waze: IOS ([Here](#)), Android ([Here](#))



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

Montréal City





Famous Quotes

- “Montréal, this wonderful town....Pearl of Canada, Pearl of the world.”
- **Mikhail Gorbachev**, former Soviet President / Québec City’s Le Soleil
- “And by the way, Montréal is my favourite city in the world! It’s the only place that combines all the good things about Europe and America, with none of the bad!”
- **Holly Cole**, Canadian jazz singer and actress

Fun Facts / Did you know?

- John Lennon and Yoko Ono held their legendary Bed-In in Montréal at Fairmont the Queen Elizabeth hotel from May 26 to June 2, 1969.
- A popular local snack is “poutine” (French fries with cheese curds topped with gravy) – absolutely delicious!
- An entrée here is actually an appetizer.
- In total, 80 languages are spoken in the Montréal region, including French, English, Italian, Spanish, Arabic, Greek, Chinese, German, Portuguese, Creole and Vietnamese.
- Montreal ranks second to Halifax for the number of Titanic victims buried in its cemeteries (12 in all).
- Eye contact in Montréal differs from that in other major cities. Whereas discretion is the order of the day elsewhere, Montréalers do not shy away from making eye contact with strangers.
- Greeting a French person from Montréal can be confusing for visitors. The customary way to greet friends in Montréal is to kiss them on both cheeks, starting with the right, whereas Canadians in other provinces tend to keep their distance and simply shake hands.

Your starter kit to the local lingo:

- Hello..... Bonjour
- Goodbye..... Au revoir
- Please..... S’il vous plait
- Thank you..... Merci
- See you soon!..... À la prochaine!
- Montrealer..... Someone from Montreal .
- Quebecers/Quebeckers.....Resident from Montreal .



Introduction:

- Geography:
 - The island of Montréal is located in the Southwest of the province of Québec. Located at the confluence of the Saint Lawrence and Ottawa Rivers.
- Population:
 - As of 2021, Montréal as a city had a population of 1,762,949 and a metropolitan population of 4,291,732, making it the second-largest city and second-largest metropolitan area in Canada.
- Language:
 - French is the city's official language. In 2021, it was spoken by 66.5% of the population. Most people are bilingual, speaking both French and English.
 - The fourth most common spoken language being Arabic (3.1%).
- Safety:
 - According to the most recent data by Statistics Canada, Greater Montréal ranked No. 1 again for safest city among 20 of the largest metropolitan areas in Canada due to its low homicide rate (1.11 for every 100,000 inhabitants compared to the 4.72 average). .
 - On the other hand, just like any other major city, there are pockets of crime. Common sense safety tips such as avoiding walking alone late at night, being aware of your surroundings and considering home security devices are likely all you need to do.
- Climate:

Climate data for Montreal (Montréal–Trudeau International Airport) WMO ID: 71627; coordinates 45°28'N 73°45'W; elevation: 36 m (118 ft); 1981-2010 normals, extremes 1941–present														[hide]
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year	
Record high humidex	13.5	14.7	28.0	33.8	40.9	45.0	45.8	46.8	42.8	33.5	26.2	18.1	46.8	
Record high °C (°F)	13.9 (57.0)	15.0 (59.0)	25.8 (78.4)	30.0 (86.0)	36.6 (97.9)	35.0 (95.0)	35.6 (96.1)	37.6 (99.7)	33.5 (92.3)	28.3 (82.9)	24.3 (75.7)	18.0 (64.4)	37.6 (99.7)	
Average high °C (°F)	−5.3 (22.5)	−3.2 (26.2)	2.5 (36.5)	11.6 (52.9)	18.9 (66.0)	23.9 (75.0)	26.3 (79.3)	25.3 (77.5)	20.6 (69.1)	13.0 (55.4)	5.9 (42.6)	−1.4 (29.5)	11.5 (52.7)	
Daily mean °C (°F)	−9.7 (14.5)	−7.7 (18.1)	−2 (28)	6.4 (43.5)	13.4 (56.1)	18.6 (65.5)	21.2 (70.2)	20.1 (68.2)	15.5 (59.9)	8.5 (47.3)	2.1 (35.8)	−5.4 (22.3)	6.8 (44.2)	
Average low °C (°F)	−14.0 (6.8)	−12.2 (10.0)	−6.5 (20.3)	1.2 (34.2)	7.9 (46.2)	13.2 (55.8)	16.1 (61.0)	14.8 (58.6)	10.3 (50.5)	3.9 (39.0)	−1.7 (28.9)	−9.3 (15.3)	2.0 (35.6)	
Record low °C (°F)	−37.8 (−36.0)	−33.9 (−29.0)	−29.4 (−20.9)	−15.0 (5.0)	−4.4 (24.1)	0.0 (32.0)	6.1 (43.0)	3.3 (37.9)	−2.2 (28.0)	−7.2 (19.0)	−19.4 (−2.9)	−32.4 (−26.3)	−37.8 (−36.0)	
Record low wind chill	−49.1	−46.0	−42.9	−26.3	−9.9	0.0	0.0	0.0	−4.8	−10.9	−30.7	−46.0	−49.1	
Average precipitation mm (inches)	77.2 (3.04)	62.7 (2.47)	69.1 (2.72)	82.2 (3.24)	81.2 (3.20)	87.0 (3.43)	89.3 (3.52)	94.1 (3.70)	83.1 (3.27)	91.3 (3.59)	96.4 (3.80)	86.8 (3.42)	1,000.3 (39.38)	
Average rainfall mm (inches)	27.3 (1.07)	20.9 (0.82)	29.7 (1.17)	67.7 (2.67)	81.2 (3.20)	87.0 (3.43)	89.3 (3.52)	94.1 (3.70)	83.1 (3.27)	89.1 (3.51)	76.7 (3.02)	38.8 (1.53)	784.9 (30.90)	
Average snowfall cm (inches)	49.5 (19.5)	41.2 (16.2)	36.2 (14.3)	12.9 (5.1)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	1.8 (0.7)	19.0 (7.5)	48.9 (19.3)	209.5 (82.5)	
Average precipitation days (≥ 0.2 mm)	16.7	13.7	13.6	12.9	13.6	13.3	12.3	11.6	11.1	13.3	14.8	16.3	163.3	
Average rainy days (≥ 0.2 mm)	4.2	4.0	6.9	11.6	13.6	13.3	12.3	11.6	11.1	13.0	11.7	5.9	119.1	
Average snowy days (≥ 0.2 cm)	15.3	12.1	9.1	3.2	0.07	0.0	0.0	0.0	0.0	0.72	5.4	13.0	58.9	
Average relative humidity (%) (at 1500)	68.1	63.4	58.3	51.9	51.4	55.3	56.1	56.8	59.7	62.0	68.0	71.4	60.2	
Mean monthly sunshine hours	101.2	127.8	164.3	178.3	228.9	240.3	271.5	246.3	182.2	143.5	83.6	83.6	2,051.3	
Percent possible sunshine	35.7	43.7	44.6	44.0	49.6	51.3	57.3	56.3	48.3	42.2	29.2	30.7	44.4	
Average ultraviolet index	1	2	3	5	6	7	7	7	5	3	1	1	4	

Source: Environment and Climate Change Canada^{[95][96][97][98][99]} and Weather Atlas^[100]



Education:

- Montréal is unique that it has 2 universities that provide excellent residency and fellowship programs.
- First is McGill University, one of the best universities in the world, which offer many residency programs and fellowship positions for Kuwaiti doctors every year. The language of instruction at McGill University is English.
- The other university is the University de Montréal, at which the language of instruction is in French.
- McGill is the most internationally diverse of any medical-doctoral research university in Canada, with international students comprising over 30% of its student population and hailing from more than 150 countries. Additionally, over 41% of students are born outside of Canada.
- The University now ranks 137th among more than 1,800 institutions, joining the top 140 universities worldwide for the first time.
- There are many hospitals in Montréal serving the population of Québec including the large population of the First Nations.
 - Some of the Hospitals being affiliated with McGill University such as Royal Victoria Hospital, Jewish general hospital & Montréal Children's Hospital.
 - Other hospitals are affiliated with University de Montréal such as St. Justine Hospital and CHUM hospital.

Accommodation:

- Before choosing between renting a house or renting an appartement; you must be familiar with the responsibility that come with house renting (For example, Snow and ice should be removed within 24 hours of accumulation. Penalties for failure to comply include a notice of violation and fines that could reach as high as \$5,000.).

House

- There are 2 options:
 - Townhouses: A townhouse is attached, sharing at least one common wall with another, similar-designed home.
 - Detached House: A detached single-family home has no common walls and sits on its own parcel of land.
- Location:
 - Dorval
 - Nuns' island
- Leasing Websites: Kijiji ([Link](#)), Rentals.ca ([Link](#)) & Rentfaster ([Link](#)).
- Real Estate agent: You can also contact a real estate agent.
- Monthly price: Varies depending on how many rooms. Generally, it is between ~ 3000-4000 \$.
- Utilities (Water, Hydro, power) Prices: ~ 200-300 CAD \$/monthly.



- Furnishment: Houses are furnished with main appliances (oven, dishwasher, refrigerator) +/- washing machine/dryer/dishwasher (you need to make sure as they are not always provided).
- Advantages: Spacious with safe rural-like neighborhood.
- Disadvantage: Sometimes is far from Main Hospital.
- Extra senses. For example, grass services can cost up to 550 \$ (350 for mowing and 200 for water system). Snow removal can cost you 400 \$.

Appartement

- Location: there are many excellent condo buildings in the Downtown area.
- Options:
 - Tour des Canadiens 1,2,3 (3 complexes):
 - Website ([Here](#))
 - Locations: Complex 1 ([Location](#)), Complex 2 ([Location](#)) and Complex 3 ([Location](#))
 - YUL phase 1 and 2:
 - Website ([Here](#))
 - Location: phase 1 ([Location](#)) and phase 2 ([Location](#))
 - Rocabella ([Website](#)) ([Location](#))
- Advantages:
 - Sits in the middle of Montreal downtown. So it's Closer to main Hospitals, Many Kuwaiti doctors and their families live there.
 - It's 10 minutes driving away to the general hospital.
- Monthly price: average between 2000-3500 CAD \$:
 - 1-bedroom apartment range for 2000-2500.
 - 2-bedroom apartment ranges from 2600-3500 CAD.
- Utilities (Water, Hydro, power): it varies depends on the contracts.
- Use centris to explore all the options with an interactive map ([Website](#)).
- You would need a car to commute.

Day care & Schools:

- First sign to Montreal official website ([Here](#))
- Then choose a day care that supported by centre de la petite enfance (CPE); which is non-profit legal cooperative that provides educational childcare.
- Usually, the day care is free in Montréal. Preferably choose the one close to you if you're going to drop you child daily as it would be easier for you.
- Prices: Free for schools, while the government covers only 50% of daycare fees for children less than 3 years old. Daycare prices vary.



Halal Restaurants:

- Aye Restaurant ([Location](#)): One of the best dine-in Lebanese Restaurant.
- Garage Beirut Restaurant ([Location](#)): One of the best dine-in Lebanese restaurant.
- Shish Kabab Restaurant ([Location](#)): Lebanese restaurant.
- Boustan Crescent ([Location](#)): Lebanese restaurant.
- Shay Restaurant ([Location](#)): Lebanese restaurant.
- Saray Restaurant ([Location](#)): Lebanese restaurant.
- KazaMaza ([Location](#)): One of the best dine-in Mideastern restaurant.
- Mezmiz Restaurant ([Location](#)): One of the best dine-in Mideastern restaurant.
- Lylac Restaurant - Laval ([Location](#)): One of the best dine-in Mideastern restaurant.
- Sumac ([Location](#)): Mideastern restaurant.
- Damas Restaurant ([Location](#)): One of the best dine-in Syrian restaurant.
- Beroya Restaurant ([Location](#)): One of the best dine-in Syrian restaurant.
- Nazareth Restaurant ([Location](#)): Syrian restaurant.
- Darna Bistrot ([Location](#)): One of high rated Moroccan restaurant.
- La Cappadoce Restaurant ([Location](#)): One of high rated Turkish restaurant.
- Mr. Tantuni Restaurant ([Location](#)): One of high rated Turkish restaurant.
- Bistro Patate au Four Restaurant ([Location](#)): Turkish restaurant.
- Avesta Restaurant ([Location](#)): Turkish Restaurant.
- Antep Kabab Restaurant ([Location](#)): Turkish restaurant.
- Chelow BBQ Restaurant ([Location](#)): One of high rated Persian restaurant.
- Behesht Restaurant ([Location](#)): Persian restaurant.
- Bonab Kabab Restaurant ([Location](#)): Persian restaurant.
- Chateau Kabab West Island ([Location](#)): Persian restaurant.
- Bouza ([Location](#)): Best Ice cream (Boutha) in Montreal.
- Just Doner ([Location](#)): Halal Fast food.
- Allon's Burger ([Location](#)): Halal Burger and Fast food.
- Yumi Burger ([Location](#)): Halal Burger and Fast food.
- Shawarma Mood ([Location](#)).
- Shawarmaz ([Location](#)).
- Original Shawarma ([Location](#)).
- Abrakababra ([Location](#)): Halal grills.
- Restaurant Rayan ([Location](#)): Middle eastern fishmonger.
- Hyderabad Adda ([Location](#)): For Mandi and Biryani.
- Patisserie alsham ([Location](#)): For Syrian sweet and Patisseries.
- Yasmin Al-Cham Laval ([Location](#)): For Syrian sweet and Patisseries.
- Boulangerie Al Touras ([Location](#)): For Lebanese sweet and Patisseries.
- Fairmont Bagels ([Location](#)): One of the Best bagels in Montréal.
- St Viateur Bagels ([Location](#)): One of the Best bagels in Montréal.



Halal Supermarkets:

- Adonis Supermarket: Best in Montréal. (Many locations) ([# 1](#)) ([# 2](#)) ([# 3](#)) ([# 4](#)) ([# 5](#))
- Epicerie du bazaar ([Location](#)).
- Marche Al-Amana ([location](#)).
- Boucherie Halal Yasmine ([Location](#)).
- Marche Yasmine ([Location](#)).
- Boucherie Et Grillades Al Madina ([Location](#)).
- Boucherie La Gazelle ([Location](#)).
- Papa's Boucherie Et Kabab Grillades ([Location](#)).
- Boucherie El Farah ([Location](#)).
- Boucherie Al Khair ([Location](#)).
- Boucherie Sultan ([Location](#)).
- Marche Saada ([Location](#)).
- Boucherie Walima ([Location](#)).
- Boucherie Dary ([Location](#)).

Shopping malls:

- Centre Eaton de Montréal ([Location](#)).
- Montréal Underground City ([Location](#)).
- Les Cours Mont-Royal ([Location](#)).
- Complexe Desjardins ([Location](#)).
- Carrefour Industrielle Alliance ([Location](#)).
- CF Carrefour Laval ([Location](#)).
- Place Montréal Trust ([Location](#)).
- Premium Outlets Montréal ([Location](#)).

Top Attraction:

- Notre-Dame Basilica ([Location](#)): first Gothic Revival-style church built in Canada.
- Old Montréal ([Location](#)): it's the oldest neighbourhood in the city, and contains the site where Montréal was first established in 1642.
- Mount Royal ([Location](#)): Is Mountain located right in the heart of downtown Montréal, much of it within a large park of the same name.
- St. Joseph's Oratory of Mount Royal ([Location](#)): a big, rounded, green roof standing tall on the horizon. That roof belongs to St. Joseph's Oratory of Mount Royal, the largest church in Canada and a popular destination for visitors.
- The Montreal Museum of Fine Arts ([Location](#)): to see some of the 41,000 works in its collection. Founded in 1860, the museum is actually the most-visited art museum in Canada, attracting over one million art-lovers every year.
- Sainte Catherine Street ([Location](#)): is the shopping hub of Montréal. Whether you're after high-end designers, chain store brands, local boutiques or simple souvenirs, you'll find it on this street.



- Place des Festivals ([Location](#)): is an essential outdoor public square that built to host big festivals and big crowds, and it definitely stays true to that purpose.
- The Underground City ([Location](#)): Montréal is home to what is widely called an “underground city.” The RÉSO, as it is officially named, is a network of nearly 32 kilometres of underground paths and tunnels which connect shopping centers, subway stations, and buildings.
- Montréal’s Space for Life ([Location](#)): is a collection of four different experiences: The Biodôme, Botanical Garden, Insectarium, and Rio Tinto Alcan Planetarium.
- Pointe-à-Callière Museum ([Location](#)): was founded on Montréal in 1992, and now acts as a highlight reel of the city’s history dating back to the 14th century.

Notable famous streets & Boulevards:

- Rue Wellington ([Location](#)): came out first as per [Time Out's 33 coolest streets in the world list](#) that was released on Aug 2022.
- Saint Laurent Boulevard ([Location](#)): A commercial artery & cultural heritage site. It runs north-south through the near-centre of city and is known as The Main.
- Greene Avenue ([Location](#)): It is locally known for its upscale shops, restaurants and antique dealers.
- Rue Saint-Paul Street ([Location](#)): Saint Paul is Montréal's oldest street and for many years served as its main thoroughfare.
- Saint Jacques Street ([Location](#)): Usually used in reference to the street's historic importance as a financial district.
- Plateau de Mont-Royal ([Location](#)): The laid-back Plateau area is known as a young, student-friendly neighborhood with streets full of charming townhouses.

Cultural Attraction & Museums:

- Redpath Museum ([Location](#)): Natural history & world cultures galleries showcasing dinosaur skeletons, extinct species & mummies.
- Canadian Centre for Architecture ([Location](#)): International exhibits on architecture & urban planning, plus a historic mansion & sculpture garden.
- Musée d'art contemporain de Montréal ([Location](#)): Galleries featuring Québec visual works & cutting-edge international art, plus a sculpture garden.
- Bank of Montreal Museum ([Location](#)): City’s oldest bank building offers historical exhibits with a teller’s station & mechanical banks.
- Montreal Science Center ([Location](#)): Interactive & educational science & technology exhibits for kids of all ages, with an IMAX theatre.
- Château Ramezay ([Location](#)): 18th-century home that hosted political leaders, now home to regional history exhibits & workshops.
- McCord Stewart Museum ([Location](#)): public research and teaching museum dedicated to the preservation, study, and appreciation of Canadian history.



- Maison Saint-Gabriel ([Location](#)): The Maison Saint-Gabriel Museum is located in Montreal, Quebec and is dedicated to preserving the history, heritage and artifacts of the settlers of New France in the mid-17th century.
- Ecomusee du fier monde ([Location](#)) is a museum about the industrial and working-class people of South Central Montreal, one of the city's oldest neighborhoods.
- The Biosphere, Environment Museum ([Location](#)): Exhibits covering a range of environmental issues in a geodesic dome built for the 1967 world expo.
- Château Dufresne ([Location](#)): Museum tracing the history of Montréal, with permanent & temporary exhibits in a grand 1918 home.
- Biodome ([Location](#)): Former Olympics velodrome housing replicas of 5 ecosystems & related species of animals & plants.

Natural & Parks & Conservation Areas:

- Iles-de-Boucherville National Park ([Location](#)): Closest national park to Montréal.
- Mont-Saint-Bruno ([Location](#)): Another national park close to Montréal.
- Park national d'Oka ([Location](#)): A beautiful Park near Montréal.
- Gault Nature Reserve in Mont-Saint-Hilaire ([Location](#)): Nature Park near Montréal.
- Parc des Étangs Antoine-Charlebois ([Location](#)): National Park close to Montréal.
- Regional Park Forest ouareau ([Location](#)): Park for outdoor activities.
- Mountain Trail Ouareau (National Trail) ([Location](#)): Famous hiking trail in Montréal.
- Forêt Ouareau - secteur du Pont-Suspendu ([Location](#)): National Park.
- Ouareau Forest - Great Pier sector ([Location](#)): National Forest.
- Parc National du Mont - Tremblant ([Location](#)): National Park.
- Réserve faunique Mastigouche ([Location](#)): Hunting preserve.
- la Mauricie National Park ([Location](#)): National Park.
- Parc national de la Jacques-Cartier ([Location](#)): National Park.
- L'Île-de-la-Visitation Nature Park ([Location](#)): waterside park in Montréal.
- Avenue Park Stanley ([Location](#)): Waterside Park in Montréal.
- Parc Angrignon ([Location](#)): A 97-hectare refuge minutes from the metro with picnic tables, walking trails, a pond & playgrounds.
- Grande Baie Nature Trail ([Location](#)): Ecological Park near Montréal.

Outdoor entertainment:

- Ski Saint-Bruno ([Location](#)): Near Mont-Saint-Bruno Park.
- Montagne blanche ([Location](#)): Hiking trail.
- Sentier National Intercentre ([Location](#)): Hiking trail.
- Tyroparc ([Location](#)): Resort with outdoor activities; snowballing, skiing, and hiking.
- Groupe Plein Air Terrebonne (GPAT) ([Location](#)): Ski resort based on Terrebonne.



- Ski La Réserve ([Location](#)): Skiing resort.
- Centre De Ski De Fonds Gai-Luron ([Location](#)): Ski Resort, north of Montréal.
- Circuit Mécaglis (Location): Winter sport complex.
- Oka Beach ([Location](#)): Near Montréal.
- Clock Tower Beach ([Location](#)).
- Jean-Doré Beach ([Location](#)).
- Village Des Écluses ([Location](#)).
- Saint-Zotique Beach ([Location](#)).
- Super Aqua Club ([Location](#)): Large Water Park.
- La Ronde theme park ([Location](#)): Riverside amusement park with Six Flags rides, the International Fireworks Competition & concerts.
- Golf Exécutif Montréal ([Location](#)): Outdoor Golf range .
- Parachutisme adrenaline ([Location](#)):
- Parachute Voltige ([Location](#)): Skydiving Center.
- Parachute Montréal ([Location](#)): Skydiving Center.
- Parachute Montréal South Shore ([Location](#)): Skydiving Center.
- Centre de Plingee Nepteau ([Location](#)): Scuba diving Center.
- Recreation Marine ([Location](#)): Boat rental service.
- Adventures Wet set MTL ([Location](#)): Rental Jet ski service.
- Parc Safar ([Location](#)): Zoo with many attractions such as an area for viewing animals from cars, a water park & shows.
- Familizoo ([Location](#)): small zoo.

Indoor entertainment:

- Sport de Combats ([Location](#)): Recreational center for Original Rage Cage with largest Weapon Throwing facility in Montréal.
- Combat d'Archers ([Location](#)): Combat Archery
- Le Gold Clube ([Location](#)): one of the best indoor golf centers.
- Nakhjavani Golf Studio ([Location](#)): Golf Lessons, Coaching & Virtual Golf
- MontVR centres de jeu de réalité virtuelle (Saint-Denis) ([Location](#)): VR arcade.
- Vortex Montréal – Plateau ([Location](#)): Escape Room & VR
- BoulZeye ([Location](#)): Lasertag, Quilles, Arcades, Jeux d'évasion
- Réalité virtuelle zero latency Montréal ([Location](#)): VR arcade.
- A/Maze([Location](#)): Escape Game West Island.
- escaparium Montréal – jeu d'évasion ([Location](#)): Escape room
- Nemesis Video Game & VR Lounge ([Location](#)): Amusement Center.
- Skytag Montréal ([Location](#)): Laser Tag, Trampoline, Arcades
- Elevation Laval Amusement Center: ([Location](#)) trampoline & amusement Center,



- Action 500 ([Location](#)): Dorval Karting, Jeux d'Évasion, Laser tag, Escape Room
- Montréal action 500 ([Location](#)): Karting and paintball.
- Laser Game Evolution Marché Central ([Location](#)): Laser-Tag game center.
- Rag Axe Throwing ([Location](#))

Banks:

- Most Canadian banks operate within Ottawa. We do recommend picking one of the big major banks in Canada, which are (TD, CIBC, BMO, RBC and Scotiabank).
- TD: has a good service with as acceptable insurance bundle (Home, car and other), but it's difficult for own experience to get Credit card.
- CIBC: Easier to get credit card; most the residents have an account with CIBC.
- For more details ([Read More](#)) & ([Read More](#)).

Insurance:

- There are many insurances company that operate in Quebec.
- You need to get insurance for your house/apartment and your car as well.
- We recommend TD insurance as they have special offers for medical residents and when you apply online.

Home internet:

- Popular Internet Plans in Quebec: Bell, Altima, Videotron, VMedia and Distributel
- Fastest Internet Plans in Quebec: Bell then Altima with huge speed difference.
- In general, the best internet in Montréal is Bell Canada with its Fibe plans. Bell offers lightning-fast fiber internet service with plans that can reach 1.5Gbps download speeds and 940Mbps upload speeds. If Bell isn't available in your area, Altima is the next best Montréal ISP. ([Read More](#))

Mobile Phone:

- All three major carriers (Bell, Rogers and TELUS) are well represented throughout Quebec, some offering better service than others.
- TELUS and Bell provide the best service to Québec. Rogers and Videotron offer excellent coverage overpopulated areas, but as you go further out of urban centers service becomes spotty long before you'll lose signal on both Bell and TELUS networks.
- The Geographic Area Covered in Quebec via different mobile providers as follow (Bell 12.05%, TELUS 12.05% while Rogers 7.50% and Videotron is about 5.99 %)
- Given the fact that rogers had 2 outages in last 12 months; we would recommend Bell or TELUS. (Read More: [Here](#) & [Here](#))



Transportation:

- Roads & Highways:
 - The island of Montreal is served by multiple Autoroutes:
 - A-10: AKA the Bonaventure Expressway on the island of Montreal
 - A-15: Known as the Decarie Expressway
 - A-40: part of the Trans-Canada Highway system, and known as "The Metropolitan" or simply "The Met" in its elevated mid-town section
 - R-136: Known as the Ville-Marie Autoroute)
 - Few others such as: A-20, A-25, A-40 and A-520
 - Many of these Autoroutes are frequently congested at rush hour.
 - On highways: maximum 100 km/h. On gravel roads: maximum 70 km/h. On city and municipal streets: maximum 50 km/h.
- Train: Montréal is served by inter-city Via Rail/Go trains to other Canadian cities through Ottawa main Station. ([Location](#)) Via Rail/Go trains radiating from downtown of Ottawa to other cities as part of the Quebec City–Windsor Corridor (region extends between Quebec City in the northeast and Windsor, Ontario, in the southwest, spanning 1,150 kilometers). ([Go transit Maps](#)) ([Quebec City–Windsor Corridor Map](#))
- Bus: The bus system is operated by the Société de transport de Montréal (STM, Montréal Transit Society). The STM bus network consists of 203 daytime and 23 nighttime routes. The STM won the award of Outstanding Public Transit System in North America by the APTA in 2010. ([Website](#))
- Subway: The subway is operated by the Société de transport de Montréal (STM, Montréal Transit Society). It has expanded since its opening from 22 stations on two lines to 68 stations on four lines totaling 69.2 km in length, serving the north, east and center of the Island of Montréal with connections to Longueuil and Laval as well. The Montréal Metro is Canada's second busiest rapid transit system and North America's fourth busiest rapid transit system, behind the New York City, the Mexico City and the Toronto subway. ([Website](#)) ([PDF Lines Map](#))
- Cycling & bike share program (Bixi): The city of Montréal is world-renowned for being in the top 20 most cyclist-friendly cities around the globe. It follows that they have one of the world's most successful bike share systems in BIXI. First launched in 2009 and the bicycle-sharing scheme has since grown its fleet to include 750 docking and charging stations across the different neighborhoods with 9000 bikes available for users. ([Website](#)) ([cycling Map](#)) ([PDF Map](#))
- Airport:
 - Montréal Trudeau International Airport (YUL) is an international airport that serves many destinations, many airline options with 1 layover stop.
 - It is served by airlines including Air Canada and WestJet, along with other international airline such as Turkish airline and Qatar airways, Fly Emirates, and many other. Also provides direct flights to domestic destinations.



- In 2018, Trudeau was the 3rd busiest airport in Canada. With 63% of its passengers being on non-domestic flights it has the largest percentage of international flights of any Canadian airport.
- Airlines servicing Trudeau offer year-round non-stop flights to five continents, namely Africa, Asia, Europe, North and South America. It is one of only two airports in Canada with direct flights to five continents or more.
- Service Provider: Uber and Lyft are available to operate in Montréal.

Mosques and Islamic Centers:

- Muslim Association of Canada (MAC) office located in Montréal. There is Canadian Institute of Islamic Civilization CIIC – MAC as well. ([Location](#))
- The Islamic center of Montréal (El Markaz Al-Islami) is the main Islamic center in Montréal city. ([Location](#))
- There are many Mosques in Montréal that hold daily prayers, Friday prayer along with Eid prayer as well; those are Civilization Mosque ([Location](#)) Al Salam Masjid mosque ([Location](#)) and Al Madinah Mosque ([Location](#)). Read more ([Here](#)).

Nearby cities & attractions worth visiting:

- Cottage renting: Use Airbnb to rent a cottage.
- Gatineau city: Located cross the river of Ottawa. ([Location](#))
- Parc Omega Park: A 12 km drive-through safari trial, where you can discover the Canada's best wildlife. It is 1.5 hour away from Montréal. ([Location](#))
- Montmorency falls ([Location](#)): 2-hour drive, near Québec city
- Mont-Tremblant resort ([Location](#)): 2 hours away
- Coaticook camping: 2 hours away
- Québec City: It is ~3-4 hours away from Montréal. ([Location](#))
- One Thousand Islands: ~ 2.5 hours away from Montréal. ([Location](#))
- Ottawa city: ~ 2-2.5 hours away from Montréal. ([Location](#))
- Caverne Laflèche par Arbraska ([Location](#)): ~ 2.5 hours away from Montréal. Explore a magical cave, climb through the treetops, and zip high over a lake.
- USA cities: ~ 6-7 hours away from New York and 5-6 hours away from Boston.

Other Tips:

- Post service (Canada Post, UPS, FedEx & DHL) is easily accessible in Montréal.
- Preferably create a Canadian Apple/Google account to download smartphone applications that might help you during your residency (banks, etc.).
- For Supermarket chains there are: Walmart, Canadian Tire, Costco, Safeway, Metro, Sobeys, Loblaws, Food Basic, Fresh Co and Dollarama.
- For Office supply, Bookstores and Back-to-School stores: Indigo and Staples.



- For Furniture: Ikea, The Brick, Structube, Wayfair, Home Depot and Bed Bath.
- For Clothing Stores: H&M, Old navy, Mark's and others.
- For Department stores: Winner's, Home Sense, Marshalls and others.
- For Electronics: Best Buy, Canada Computer and The Source.
- For online General Shopping: Amazon, iHerb and others.
- For online Grocery Shopping: Instacart with Public Delivery application & websites. Every major food chain supermarket has its own application.
- For assembling your furniture, you can book an extra hand by using Handy ([Link](#))

Important website:

- Montréal Prayer Times ([Here](#))
- City of Montréal ([Here](#))
- Bonjour Quebec - Montréal ([Here](#))
- Montréal Tourism ([Here](#))
- Montréal Attraction ([Here](#))
- Montréal Interactive City Map ([Here](#))
- Top 10 Attractions in Montréal ([Here](#))
- Travel Destination – Montréal ([Here](#))
- National Parks near Montréal ([Here](#)).
- Best Montréal Hiking Trails ([Here](#))
- Best Montréal Skiing Sites ([Here](#))
- Best Montréal beaches ([Here](#)).
- News in Montréal: CBC ([Here](#)), CTV ([Here](#)), Global news ([Here](#))
- Montréal Public Library ([Here](#))
- Société de transport de Montréal (STM, Montréal Transit Society) ([Here](#))
- Montréal Transit Society Maps ([Here](#))
- Sante Montréal Public Health Unit ([Here](#))
- Montréal Routs and Maps ([Here](#))
- Montréal Weather ([Here](#))
- Montréal Recycling ([Here](#))



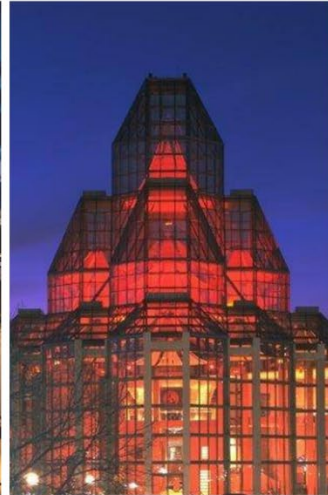
Useful smartphone Application:

- MetroMap Montréal STM Network: IOS ([Here](#)), Android ([Here](#))
- Chrono – Bus, Metro and Train: IOS ([Here](#)), Android ([Here](#))
- P Mobile Service: IOS ([Here](#)), Android ([Here](#))
- Montréal Bixi: IOS ([Here](#)), Android ([Here](#))
- Via Rail: IOS ([Here](#)), Android ([Here](#))
- Canada Air: IOS ([Here](#)), Android ([Here](#))
- West Jet: IOS ([Here](#)), Android ([Here](#))
- Arrive Can: IOS ([Here](#)), Android ([Here](#))
- CTV: IOS ([Here](#)), Android ([Here](#))
- CBC: IOS ([Here](#)), Android ([Here](#))
- Global News: IOS ([Here](#)), Android ([Here](#))
- Uber eats: IOS ([Here](#)), Android ([Here](#))
- Door dash: IOS ([Here](#)), Android ([Here](#))
- Skip the dishes: IOS ([Here](#)), Android ([Here](#))
- Instacart: IOS ([Here](#)), Android ([Here](#))
- Publix Delivery: IOS ([Here](#)), Android ([Here](#))
- Uber: IOS ([Here](#)), Android ([Here](#))
- Lyft: IOS ([Here](#)), Android ([Here](#))
- Moovit Public transport tracker: IOS ([Here](#)), Android ([Here](#))
- Waze: IOS ([Here](#)), Android ([Here](#))



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

Ottawa City





Famous Quotes

- “A sub-arctic lumber-village converted by royal mandate into a political cockpit. ”
- **Goldwin Smith**, British historian and journalist

Fun Facts / Did you know?

- **It's home to a giant, underground Cold War-era bunker:** In 1959, Prime Minister John Diefenbaker commissioned the building of his own, highly secretive underground bunker. A remote location was found in the rural region of Carp, about 30 kilometres west of downtown Ottawa.
- **You can find the largest ice-skating rink in the world in Ottawa:** When the Rideau Canal freezes over, this canal becomes the longest skating rink not only in Canada but in the world.
- **It was never planned to be the capital city:** Kingston, Ontario was the original capital of Upper Canada. Upon Canada's official confederation in 1867, several Canadian cities were in the running for the capital city. Montreal, Toronto, and Kingston were all contenders. All three cities had been more developed at the time, however, Queen Victoria surprisingly chose Ottawa to be the capital city, instead. Her reasoning was that it was somewhat between Montreal and Toronto, and on the border of English and French-speaking Canada at the time. Plus, it was farther away from the American border than Kingston, making it more strategic in case of potential attacks.
- **Ottawa's original famous tulips were a gift from the Netherlands:** There are approximately 300,000 tulips in Ottawa. At least 20,000 were originally gifted to Ottawa during World War Two when the Crown Princess Juliana of the Netherlands gave birth to her daughter. Now Ottawa has gained a reputation as being a home to many different tulips, and nowadays Ottawa hosts its annual tulip festival in the spring.
- **It's the seventh coldest capital city in the world:** Ottawa is the seventh coldest capital behind Ulaanbaatar, Mongolia; Astana, Kazakhstan; Moscow, Russia; Helsinki, Finland; Reykjavik, Iceland, and Tallin, Estonia.
- **The Rideau Canal is a UNESCO World Heritage Site:** There are 20 world heritage sites in Canada and only one in Ontario. The Canal consists of many extensive lock systems, and it connects Ottawa by water all the way to the St. Lawrence River and Lake Ontario.



Top expressions!!

- **Timmies:** In Toronto and other Canadian cities, there's a Tim Horton's café at almost every corner. When Canadians are in the mood for some Timbits (doughnut holes), they make a trip to their local Tim Horton's which is lovingly called "Timmies" for short.
 - "Do you want to go to Timmies for a quick coffee break?"
- **Double-Double:** Speaking of coffee, the double-double is a Timmies favourite. This is a popular coffee order that refers to a regular coffee with two creams and two sugars.
 - "Can I get a box of Timbits and a double-double?"
- **Loonies and Toonies:** A loonie is a Canadian coin worth \$1. A picture of the loon, a Canadian bird, appears on one side of the large gold coin. The Canadian coin worth \$2 was named a toonie to rhyme with the original loonie. It's always smart to keep a few loonies and toonies in your pocket; you never know when some spare change can come in handy.
 - "Oh no, I'm a loonie short for the bus fare. Can I get change for my toonie?"
- **Toque:** Winter may have ended, but the toque is always in. Pronounced "tuke," a toque is a hat worn in the winter or during a cold day. Outside of Canada, this type of hat is often called a beanie or simply a knitted cap. Toques are a wardrobe staple in Canada as locals are always prepared for chilly days.
 - "Did you see my toque? It's too cold to go outside without it!"

Your starter kit to the local lingo:

- **"Ottawans":** Means the resident of Ottawa.
- **"Eh":** Pronounced "ay." This word is used in everyday Canadian vernacular to indicate that you don't understand something, can't believe something is true. It's similar to "huh," "right?" "what?" commonly used in the USA.
- **"Mans":** I, we, me, us, them – but also a general plural noun.
- **"Ting":** Thing, causal relationship.
- **"Nize" it:** Shut up. A clipping of "Recognize you're out of line and shut up."
- **"That's beat":** If something is ugly, then it's "beat".
- **"Hoooooly":** When you need to react to something, or if someone is annoying you, you opt for a "hoooooly" to let out all your feelings into an exaggerated reaction.
- **"Capacity":** Ottawa is the capital of Canada. This is a blend word of capital + city.
- **"Ottawack":** Everyone has stated the words "Ottawa is so boring". In fact, Ottawa has gained such a reputation that Ottawans started referring to it as "Ottawack".
- **"Safe":** Ottawans use this term when they're securing, confirming something, or agreeing to something. For example, if you were arranging plans to meet with someone at a certain time, you could state your agreement with "safe, fam."



Introduction:

- Geography:
 - Is the capital city of Canada, located at the confluence of the Ottawa River and the Rideau River in the southern portion of the province of Ontario.
 - Ottawa is the political center of Canada and headquarters to the federal government. The city houses numerous foreign embassies, key buildings, organizations, and institutions of Canada's government.
- Population:
 - As of 2021, Ottawa had a city population of 1,017,449 and a metropolitan population of 1,488,307, making it the fourth-largest city and fourth-largest metropolitan area in Canada.
- Safety:
 - Ottawa has had the lowest rate of violent crime among Canada's six largest cities over the past decade. In addition, among Canada's Metropolitan areas, Ottawa has one of the lowest "Crime Severity Index" (CSI) values.
 - Safest neighborhoods with lowest crime rates in: West Carleton, Rideau Goulbourn, Stittsville, Kanata South and Osgoode.
 - On the other hand, just like any other major city, there are pockets of crime. Common sense safety tips such as avoiding walking alone late at night, being aware of your surroundings and considering home security devices are likely all you need to do.
- Climate:

Climate data for Ottawa (Central Experimental Farm), 1981–2010 normals, extremes 1872–present ^[a]													[hide]
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Record high °C (°F)	11.7 (53.1)	12.7 (54.9)	26.7 (80.1)	31.2 (88.2)	35.2 (95.4)	36.7 (98.1)	37.8 (100.0)	37.8 (100.0)	36.7 (98.1)	29.4 (84.9)	23.4 (74.1)	17.2 (63.0)	37.8 (100.0)
Average high °C (°F)	−5.8 (21.6)	−3.1 (26.4)	2.4 (36.3)	11.4 (52.5)	19.0 (66.2)	24.1 (75.4)	26.6 (79.9)	25.4 (77.7)	20.5 (68.9)	12.8 (55.0)	5.5 (41.9)	−2.0 (28.4)	11.4 (52.5)
Daily mean °C (°F)	−10.2 (13.6)	−7.9 (17.8)	−2.2 (28.0)	6.5 (43.7)	13.5 (56.3)	18.7 (65.7)	21.2 (70.2)	19.9 (67.8)	15.3 (59.5)	8.4 (47.1)	2.0 (35.6)	−5.6 (21.9)	6.6 (43.9)
Average low °C (°F)	−14.4 (6.1)	−12.5 (9.5)	−6.8 (19.8)	1.5 (34.7)	8.0 (46.4)	13.3 (55.9)	15.7 (60.3)	14.5 (58.1)	10.1 (50.2)	4.0 (39.2)	−1.5 (29.3)	−9.2 (15.4)	1.9 (35.4)
Record low °C (°F)	−37.8 (−36.0)	−38.3 (−36.9)	−36.7 (−34.1)	−20.6 (−5.1)	−7.2 (19.0)	0.0 (32.0)	3.3 (37.9)	1.1 (34.0)	−4.4 (24.1)	−12.8 (9.0)	−30.6 (−23.1)	−38.9 (−38.0)	−38.9 (−38.0)
Average precipitation mm (inches)	62.9 (2.48)	49.7 (1.96)	57.5 (2.26)	71.1 (2.80)	86.6 (3.41)	92.7 (3.65)	84.4 (3.32)	83.8 (3.30)	92.7 (3.65)	85.9 (3.38)	82.7 (3.26)	69.5 (2.74)	919.5 (36.20)
Average rainfall mm (inches)	23.0 (0.91)	17.9 (0.70)	28.8 (1.13)	63.2 (2.49)	86.6 (3.41)	92.7 (3.65)	84.4 (3.32)	83.8 (3.30)	92.7 (3.65)	83.1 (3.27)	67.5 (2.66)	31.9 (1.26)	755.5 (29.74)
Average snowfall cm (inches)	44.3 (17.4)	34.7 (13.7)	29.1 (11.5)	7.2 (2.8)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	2.9 (1.1)	16.0 (6.3)	41.3 (16.3)	175.4 (69.1)
Average precipitation days (≥ 0.2 mm)	16.0	11.7	11.5	13.2	14.5	12.4	11.6	11.2	12.9	14.9	15.2	15.6	160.7
Average rainy days (≥ 0.2 mm)	3.7	3.5	5.5	11.5	14.4	12.4	11.6	11.2	12.9	14.6	11.6	5.5	118.3
Average snowy days (≥ 0.2 cm)	14.1	9.7	7.4	2.7	0.08	0.0	0.0	0.0	0.0	0.81	5.1	12.2	52.0
Mean monthly sunshine hours	99.3	131.3	167.1	189.8	229.8	254.2	279.0	249.3	177.6	139.4	84.3	82.6	2,083.7
Percent possible sunshine	35.0	44.9	45.3	46.9	49.9	54.3	58.9	57.1	47.1	41.0	29.4	30.3	45.0
Average ultraviolet index	1	2	3	5	6	8	7	7	5	3	1	1	4

Source: Environment Canada^{[138][141][142][143][144][145][146][147][148]} and Weather Atlas^[149]



Education:

- Ottawa is home to the University of Ottawa, one of the best universities in the world, which offer many residency programs and fellowship positions for Kuwaiti doctors every year.
- University of Ottawa is the largest English French bilingual university in the world.
- The University now ranks 137th among more than 1,800 institutions, joining the top 140 universities worldwide for the first time.
- There are few many small community hospitals, The Ottawa hospital is comprised of two campuses (General & civic) and that's where you will spend most.
- of your time between these campuses.

Accommodation:

- Before choosing between renting a house or renting an appartement; you must be familiar with the responsibility that come with house renting (For example, Snow and ice should be removed within 24 hours of accumulation. Penalties for failure to comply include a notice of violation and fines that could reach as high as \$5,000.).
- *NOTE: most residents would suggest avoiding the downtown area it's busy and there frequent protesting always occur there.*

House:

- There are 2 options:
 - Townhouses: A townhouse is attached, sharing at least one common wall with another, similar-designed home.
 - Detached House: A detached single-family home has no common walls and sits on its own parcel of land.
- Location: No specific location as it all depends on the availability. Though Findlay Creek ([Location](#)) is one of the best neighborhoods in town.
- Leasing Websites: Kijiji ([Link](#)), Rentals.ca ([Link](#)) & Rentfaster ([Link](#)).
- Real Estate agent: You can also contact a real estate agent.
- Monthly price: Varies depending on how many rooms. Generally, it is between ~ 2200-3200 CAD \$.
- Utilities (Water, Hydro, power) Prices: Max ~ 300-500 CAD \$/monthly.
- Furnishment: Houses are furnished with main appliances (oven, dishwasher, refrigerator) +/- washing machine/dryer/dishwasher (you need to make sure as they are not always provided).
- Advantages: Spacious with safe rural-like neighborhood.
- Disadvantage: Sometimes is far from main Hospitals (20 min by car).



Appartement:

- Location: Nicest areas would be little Italy ([Here](#)), Westboro ([Here](#)) and Huntington ([Here](#)).
- Options:
 - Nuovo ([Website](#)) ([Location](#)): sits between the Civic and General campuses which are the main two hospitals in Ottawa.
 - L'avantage ([Website](#)) ([Location](#)): walking distance to the general hospital but it's an old building.
 - Adelaide ([Website](#)) ([Location](#)): 10 min away from general hospital.
 - Latitude ([Website](#)) ([Location](#)): New building Close to the metro.
 - Frontier ([Website](#)) ([Location](#)): New building Close to the metro.
- Monthly price average between 2000-2800 CAD:
 - 1-bedroom apartment range for 2000-2400 CAD.
 - 2-bedroom apartment ranges from 2600-3000 CAD.
- Utilities (Water, Hydro, power): Most included water and gas. Electricity is extra average 70\$ CAD per month.
- Advantages: Closer to the Hospitals, as it (for Nuovo).
- You would need a car to commute.

Day care & Schools:

- Preferably choose the one close to you if you're going to drop you child daily as it would be easier for you. ~ Daycare price is between 1200-1800 CAD \$.
- Prices: Free for schools, while the government covers only 50% of daycare fees for children less than 3 years old. Daycare prices vary.

Halal Restaurants:

- El Mazaj ([Location](#)): One or best dine-in Lebanese restaurant.
- Fairouz Café ([Location](#)): One or best dine-in Lebanese restaurant.
- Jericho ([Location](#)): One or best dine-in Lebanese restaurant.
- Les Grillades ([Location](#)): For Middle Eastern Cuisine.
- Saffron Kabab Restaurant ([Location](#)): One of the best Persian Restaurant.
- Silk Road Restaurant ([Location](#)): Persian Cuisine.
- Le Casablanca ([Location](#)): Moroccan Resutrant.
- Royal Rooster Restaurant ([Location](#)): Dine-in Syrian cuisine.
- Al Halabi Restaurant ([Location](#)): For Syrian Cuisine.
- House of Mandi ([Location](#)): For Khaleeji Cuisine.
- Shawarma De Roza ([Location](#)): One of the best rating Shawarma Restaurant.
- Tirweka ([Location](#)): One of the best for breakfast and Brunch.
- Phynicia Restaurant ([Location](#)): For breakfast and Brunch.



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- Supreme Kabob House ([Location](#)): for Afghani Cuisine.
- Samar Kabab House ([Location](#)): for Afghani Cuisine.
- Pelican Seafood Market and Grill ([Location](#)): Seafood Restaurant.
- Tarboush Lebanese Bakery and Cuisine ([Location](#)).
- Yalla Yalla Bakery and Lebanese food ([Location](#)).
- Subtown Lebanese Restaurant ([Location](#)).
- Shawarma Palace ([Location](#)).
- Shawarma Byte ([Location](#)).
- Ottawa Shawarma Palace ([Location](#)).
- Ottawa Kabab ([Location](#)).
- Idriss Mediterranean ([Location](#)).
- Laheeb Grill ([Location](#)).
- Zaky Grill and Broast ([Location](#)).
- Iskender Doner Kebab House ([Location](#)).
- Little Turkish Village ([Location](#)).
- Tava Turkish Kitchen ([Location](#)).
- Orient House Shawarma ([Location](#)).
- Zarzor Grill & Bakery ([Location](#)).
- Zaatar and Cheese Bakery ([Location](#)).
- Alaadin Bakery ([Location](#)).
- Malak Bakery ([Location](#)): For Syrian sweets.
- Le Roi Pastries and Bakery ([Location](#)).
- Lebanese Village Bakery ([Location](#)).
- Halal Pizza ([Location](#)).

Halal Supermarkets:

- Istanbul Food Mart ([Location](#)).
- Uncle Ali Supermarket ([Location](#)).
- Alsafeer Market ([Location](#)).
- Shirin Market ([Location](#)).
- Ottawa Halal Market ([Location](#)).
- Sultan Supermarket ([Location](#)).
- Mr. Beef Halal Meat ([Location](#)).
- Aljazeera Food and Meat Market ([Location](#)).
- Damas Supermarket ([Location](#)).



Shopping malls:

- CF Rideau Center: biggest mall in Toronto. ([Location](#)).
- Bayshore Shopping Centre ([Location](#)).
- St. Laurent Shopping Centre ([Location](#)).
- Carling wood Shopping Centre ([Location](#)).
- Southgate Shopping Centre ([Location](#)).
- Tanger Outlets Ottawa ([Location](#)).

Top Attraction:

- Parliament Hill ([Location](#)): Its Gothic revival suite of buildings, and their architectural elements of national symbolic importance, is the home of the Parliament of Canada.
- Rideau Canal ([Location](#)): Many people know the Rideau Canal as the world's largest naturally frozen skating rink (at 7.8 kilometers long). But the Canal is actually a year-round destination for outdoor entertainment.
- National Gallery of Canada ([Location](#)): It is one of the largest art museums in North America by exhibition space.
- ByWard Market Neighborhood ([Location](#)): ByWard Market is a buzzing hub of outdoor farmers' market stalls and specialty food shops selling Canadian cheese and maple-infused chocolate. It's also known for its colorful street art and hip stores filled with crafts and clothes by local designers.
- Canadian Museum of history ([Location](#)): One of the country's oldest museums, dating back to 1856, it also happens to be the most visited in Canada, with 1.2 million annual visitors.
- Haunted Walks Ottawa ([Location](#)): The spooky past of the city is covered in this guided walking tour aimed at groups.
- Diefenbunker: Canada's Cold War Museum ([Location](#)): Cold War Museum in a massive underground bunker featuring military artifacts, exhibits & events.

Cultural Attraction & Museums:

- Canada Science and Technology Museum ([Location](#)): mandate to preserve and promote the country's scientific and technological heritage.
- Canada Agriculture and Food Museum ([Location](#)): museum operates as a "working farm," and provides public programs and exhibitions on agriculture sciences, and on the history of agriculture in Canada.
- Canada War Museum ([Location](#)): museum serves as an educational facility on Canadian military history, in addition to serving as a place of remembrance.
- Bank of Canada Museum ([Location](#)): Renovated Museum presenting interactive exhibits on economy & bank's role in Canada's economy.
- Canadian Children Museum ([Location](#)): Playful Children's Museum with hand-on exhibition, costumes, artifacts and toys.



- Canada Aviation & Space Museum ([Location](#)): national aviation history museum.
- Bytown Museum ([Location](#)): Ottawa's oldest remaining stone building, the museum provides a comprehensive overview of the origins of Bytown and its development and growth into the present city of Ottawa.
- Royal Canadian Mint ([Location](#)): Castle-like 1908 Mint headquarters with guided tours & world's biggest coin & gold bars on display.
- The National Art Centre ([Location](#)): is one of the largest and most popular performing arts venues in Canada, hosting an impressive performance each year.
- Waba Cottage Museum and Gardens ([Location](#)): is an establishment dedicated to preserving the history of the Township of McNab/Braeside.
- Cumberland Heritage Village Museum ([Location](#)): provides an immersive and educational experience that showcases life in the 1920s and 30s with dozens of heritages and true-to-the-era reproduction buildings.
- Fairfield's Heritage Village Museum ([Location](#)): 19th century Gothic Revival farmhouse, represents the homestead & community building legacy of Bell family.

Natural & Parks & Conservation Areas:

- Prince of Wales Falls/ Hog's Back Fall ([Location](#)): Power fall waterfalls tumbling over rocks & ledges, with a lookout in neighboring Hog's Back Park. It is a 60-foot waterfall where the Rideau river and Rideau Canal part.
- Chapman Mills Conservation Area ([Location](#)): 23-acre park located along the Rideau River. It hosts one of the most sensitive and stunning habitats along this vast river, with wetlands, shoreline habitat, and floodplains.
- Morris Island Conservation Area ([Location](#)): 47-hectare site consists of forested woodlands and wetlands. With 6 km of trails, to enjoy Hiking, canoeing, kayaking, fishing, snowshoeing and cross-country skiing.
- Purdon Conservation Area ([Location](#)): Nature Forest to hike through uplands forest up to a breathtaking lookout. 2.5 km of trail.
- South March Highlands Conservation Forest ([Location](#)): 457-hectare forested nature preserve offers hiking, mountain biking & more.
- Mer Bleue Bog ([Location](#)): fantastic hiking area.
- Mud Lake trail ([Location](#)): A hiking trail.
- Major's Hills Park ([Location](#)): located near several museums and the Ottawa River.
- Vincent Messy Park ([Location](#)): Community Park on 71.4 acres with a bandstand, sports fields, picnic tables, BBQ pits & trails.
- Strathcona Park ([Location](#)): Riverfront Park with paths, benches, clusters of shade trees & a seasonal splash pad.
- Confederation Park ([Location](#)): City retreat with memorial monuments, sculptures & fountains, hosting festivals & national events.
- Arboretum Experimental Park ([Location](#)): Beautiful Park and nice walking/biking trail around Dow's Lake. There is an agricultural museum that you can also visit.



Outdoor entertainment:

- Mont Cascades ([Location](#)): Recreational area with a summer water park, plus skiing, snowshoe trails & a snow park in winter.
- Escape Bicycle Tour and Rental ([Location](#)): Sightseeing tour service in Ottawa.
- Jetski Ottawa ([Location](#)): Rental Jet ski service.
- Scuba Finatics Ottawa ([Location](#)): Scuba diving classes.
- Traversiers Bourbonnais ([Location](#)): Ferry service.
- Parachute GO Skydive ([Location](#)): Skydiving Center.
- Parachute Ottawa ([Location](#)): Skydiving Center.
- Rafting through multiple locations; for example, Ottawa City Rafting ([Location](#))
- Petrie Island Beach ([Location](#)): Public beach for swimming & water activities.
- O'Brien Beach ([Location](#)): Supervised public beach for swimming.
- Constance Bay Beach ([Location](#)): Supervised public beach for swimming.
- Lac Philippe - Parc de la Gatineau Beach ([Location](#)): public beach for swimming.
- Vanderlaand The Barnyard Zoo ([location](#)): Funny Petting Zoo for children.
- Amaze Outdoor Escape Room ([Location](#)): Outdoor escape room.
- Calabogie Peaks Resort ([Location](#)): tallest public ski resort in Ontario.
- Sommet Edelweiss ([Location](#)): winter resort, best for beginners.
- Mount Pakenham ([Location](#)): family-own and operated ski resort.

Indoor entertainment:

- GOLFOMAX ([Location](#)): one of the best indoor golf centers.
- VRAdventures.ZONE ([Location](#)): VR video arcade.
- Jigsaw Escape Rooms ([Location](#)): Escape Room game.
- Hideaway Adventure House ([location](#)): Escape Room game
- Lockdown Ottawa Escape Rooms ([location](#)): Escape Room game
- Funhaven Center ([Location](#)): Amusement Center.
- Smash Room Ottawa ([Location](#)): Smash amusement center.
- LaserMaxx Ottawa ([Location](#)): Laser-Tag game center.
- Bad Axe Throwing Ottawa ([Location](#)).
- Flying Squirrel Trampoline Park ([Location](#)).



Banks:

- Most Canadian banks operate within Ottawa. We do recommend picking one of the big major banks in Canada, which are (TD, CIBC, BMO, RBC and Scotiabank).
- TD: has a good service with as acceptable insurance bundle (Home, car and other), but it's difficult for own experience to get Credit card.
- CIBC: Easier to get credit card; most the residents have an account with CIBC.
- For more details ([Read More](#)) & ([Read More](#)).

Insurance:

- There are many insurances company that operate in Toronto.
- You need to get insurance for your house/apartment and your car as well.
- We recommend TD insurance as they have special offers for medical residents and when you apply online.

Home internet:

- Popular Internet Plans in Ontario: Bell, DistribuTel, Rogers, OXIO and TekSavvy.
- Fastest Internet Plans in Ontario: Bell, TELUS, then Shaw.
- The fastest internet provider in Ontario is Bell. Although it's not the only Canadian ISP with fiber optic service to your home, but it's the only one in Ontario with download speeds as high as 1.5 Gbps. ([Read More](#))

Mobile Phone:

- All three major carriers (Bell, Rogers and TELUS) are well represented throughout Ontario, some offering better service than others. Canada's fourth largest carrier by subscription is Freedom Mobile and they have their largest network in Ontario.
- Major mobile phone networks like Bell, Rogers and TELUS provide nearly 100% coverage of Southern Ontario including Ottawa.
- The Geographic Area Covered in Ontario via different mobile providers as follow (Bell 22.53%, TELUS 22.53% while Rogers 20.59%).
- Given the fact that Rogers had 2 outages in last 12 months; we would recommend Bell or TELUS. ([Read More](#))

Transportation:

- Roads:
 - The City of Ottawa has over 12,200 km (7,600 mi) lane-kilometers of road, as well as a series of freeways. The primary freeways are: ([Map](#))
 - East-West provincial Highway 417 ([Here](#)) (known as Queensway).
 - Ottawa-Carleton Highway 174 ([Here](#)) (formerly Highway 17).
 - Highway 7 ([Here](#)) and Highway 416 ([Here](#)).



- The speed limit on major highways (417, 416, 174) is 100 to 110 km/h.
- Many streets in Ottawa, especially downtown, are one-way. Be aware of signs that indicate a one-way street (a white arrow on a black background).
- Some Ottawa streets have adopted second names. For example, Preston Street runs through Little Italy and is also known as Corso Italia, and Gladstone Avenue is also called Via Marconi.
- Train: Ottawa is served by inter-city Via Rail/Go trains to other Canadian cities through Ottawa main Station. ([Location](#)) Via Rail/Go trains radiating from downtown of Ottawa to other cities as part of the Quebec City–Windsor Corridor (region extends between Quebec City in the northeast and Windsor, Ontario, in the southwest, spanning 1,150 kilometers). ([Go transit Maps](#)) ([Quebec City–Windsor Corridor Map](#))
- Bus: Ottawa has a great transit system. The buses, run by OC Transpo will get you to most places in the city rather quickly. Intercity bus services are currently provided by a number of carriers at various stops throughout the city.
- Light Metro: The O-Train is a light metro transit system in Ottawa that operated by OC Transpo. The O-Train system has two lines, the electrically operated Confederation Line (Line 1) and the diesel-operated Trillium Line (Line 2).
- Cycling & biking: Numerous paved multi-use trails, mostly operated by the National Capital Commission and the city, wind their way through much of the capital, including along the Ottawa River, Rideau River, and Rideau Canal. These pathways are used for transportation, tourism, and recreation. ([Website](#)) Because many streets either have wide curb lanes or bicycle lanes, cycling is a mode of transportation used by up to 2.5% of citizens, including in winter. This is the largest percentage of any major Canadian city. As of December 31, 2015, over 900 km of cycling facilities are found in Ottawa. ([Map 1](#)) & ([Map 2](#))
- Toronto has a major program in place to dramatically expand the network through on-road separate bike lanes. To date, only a small portion of the network has been built. ([Details](#)) & ([Details](#)) ([PDF Map](#)).
- Service Provider: Uber and Lyft are available to operate in Toronto.
- Airport:
 - The Ottawa Macdonald–Cartier International Airport is the city's principal airport, and it is Canada's seventh-busiest airport, Ontario's second-busiest airport by airline passenger traffic, with 1,170,789 passengers in 2021.
 - There are also three main regional airports Gatineau-Ottawa Executive Airport, Ottawa/Carp Airport, and Ottawa/Rockcliffe Airport.
 - It is served by airlines including Air Canada and WestJet, along with other international airline such as Turkish airline and Qatar airways. Also provides direct flights to domestic destinations.
 - Unfortunately, there is no direct flight from Ottawa to Kuwait. Though you have many options with only 2 layover stops.



Nearby cities & attractions worth visiting:

- Cottage renting: Use Airbnb to rent a cottage.
- Gatineau city: Located cross the river of Ottawa. ([Location](#))
- Parc Omega Park: A drive-through safari park, on 12 Km safari trail, where you can discover the Canada's best wildlife. It is ~1 hour away from Ottawa. ([Location](#))
- Railway Museum of Eastern Ontario: ~ 1 hour away from Ottawa. ([Location](#))
- One Thousand Islands: ~ 1.5 hours away from Ottawa. ([Location](#))
- Montreal city: ~ 2-2.5 hours away from Ottawa. ([Location](#))
- Caverne Laflèche par Arbraska ([Location](#)): Explore a magical cave, climb through the treetops, and zip high over a lake.
- Muskoka ([Location](#)): Striking lakes and landscapes, abundant wildlife and charming ice-cream communities make Muskoka one of Ontario's most cherished natural playgrounds. It's : ~ 5 hours away from Ottawa.

Mosques and Islamic Centers:

- Muslim Association of Canada (MAC) office is located in Ottawa. ([Location](#)).
- The Ottawa Mosque is the oldest mosque in the Ottawa ([Location](#)).
- Furthermore, it is the major mosque in Ottawa as daily prayers, Friday prayer along with Eid prayer are held here.

Other Tips:

- Post service (Canada Post, UPS, FedEx & DHL) is easily accessible in Ottawa.
- Preferably create a Canadian Apple/Google account to download smartphone applications that might help you during your residency (banks, etc.).
- For Supermarket chains there are: Walmart, Canadian Tire, Costco, Safeway, Metro, Sobeys, Loblaws, Food Basic, Fresh Co and Dollarama.
- For Office supply, Bookstores and Back-to-School stores: Indigo and Staples.
- For Furniture: Ikea, The Brick, Structube, Wayfair, Home Depot and Bed Bath.
- For Clothing Stores: H&M, Old navy, Mark's and others.
- For Department stores: Winner's, Home Sense, Marshalls and others.
- For Electronics: Best Buy, Canada Computer and The Source.
- For online General Shopping: Amazon, iHerb and others.
- For online Grocery Shopping: Instacart with Public Delivery application & websites. Every major food chain supermarket has its own application.
- For assembling your furniture, you can book an extra hand by using Handy ([Link](#))



Important website:

- Ottawa Prayer Times ([Here](#))
- City of Ottawa ([Here](#))
- Ottawa Tourism ([Here](#))
- Ottawa Attraction ([Here](#))
- Interactive City Map ([Here](#))
- Travel Destination – Ottawa ([Here](#))
- OC Transpo – Ottawa transit ([Here](#))
- News in Ottawa: CBC ([Here](#)), CTV ([Here](#)), Global news ([Here](#))
- Ottawa Citizens ([Here](#))
- Ottawa Public Library ([Here](#))
- Ottawa Public Health Unit ([Here](#))
- Ontario Attraction ([Here](#))
- Ottawa Routs and Maps ([Here](#))
- Ottawa Weather ([Here](#))
- Ottawa Recycling ([Here](#))

Useful smartphone Application

- OC Transpo Application: IOS ([Here](#)), Android ([Here](#))
- Ottawa Transit App: IOS ([Here](#)), Android ([Here](#))
- PayByPhone Parking: IOS ([Here](#)), Android ([Here](#))
- Via Rail: IOS ([Here](#)), Android ([Here](#))
- Canada Air: IOS ([Here](#)), Android ([Here](#))
- West Jet: IOS ([Here](#)), Android ([Here](#))
- Arrive Can: IOS ([Here](#)), Android ([Here](#))
- CTV: IOS ([Here](#)), Android ([Here](#))
- CBC: IOS ([Here](#)), Android ([Here](#))
- Global News: IOS ([Here](#)), Android ([Here](#))
- Uber eats: IOS ([Here](#)), Android ([Here](#))
- Door dash: IOS ([Here](#)), Android ([Here](#))
- Skip the dishes: IOS ([Here](#)), Android ([Here](#))
- Instacart: IOS ([Here](#)), Android ([Here](#))
- Publix Delivery: IOS ([Here](#)), Android ([Here](#))
- Uber: IOS ([Here](#)), Android ([Here](#))
- Lyft: IOS ([Here](#)), Android ([Here](#))
- Moovit Public transport tracker: IOS ([Here](#)), Android ([Here](#))
- Waze: IOS ([Here](#)), Android



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

Kingston City





Famous Quote

- “Kingston really is a small big city. It has everything many big cities have – like good restaurants, theatre and sports – but without the negative big-city features like traffic. People don’t have to travel far to enjoy all that the city has to offer.”
- **Anonymous**

Fun Facts / Did you know?

- Kingston is nicknamed the “Limestone City” because of the many heritage buildings constructed using local limestone.
- Kingston is known for its historic properties, as reflected in the city’s motto of “where history and innovation thrive”.
- Kingston was named the first capital of the United Province of Canada on February 10, 1841
- Kingston is home to four of the 11 surviving Martello towers built in British North America in the first half of the 1800s.

Top expressions!!

- **Timmies:** In many Canadian cities, there’s a Tim Horton’s café at almost every corner. When Canadians are in the mood for some Timbits (doughnut holes), they make a trip to their local Tim Horton’s which is lovingly called “Timmies” for short.
- “Do you want to go to Timmies for a quick coffee break?”
- **Double-Double:** the double-double is a Timmies favourite. This is a popular coffee order that refers to a regular coffee with two creams and two sugars.
- “Can I get a box of Timbits and a double-double?”
- **Loonies and Toonies:** A loonie is a Canadian coin worth \$1. A picture of the loon, a Canadian bird, appears on one side of the large gold coin. The Canadian coin worth \$2 was named a toonie to rhyme with the original loonie. It’s always smart to keep a few loonies and toonies in your pocket.
- “Oh no, I’m a loonie short for the bus fare. Can I get change for my toonie?”

Your starter kit to the local lingo:

- **"Kingstonian":** someone from Kingston city.
- **"K-town/Ktown":** shortening for Kingston city.
- **"Go out for a rip":** means to go out and have an easy-going, laid-back time.
- **"Respeck":** is a slang term that is a purposeful misspelling of "Respect."



Introduction:

- Geography:
 - Kingston is one of the Canadian cities in the province of Ontario. It is located on the eastern end of Lake Ontario, southeast of Toronto in the Greater Toronto and Hamilton Area (GTHA).
 - The city is midway between Toronto, Ontario, and Montreal, Quebec. It is 3-hours drive from Toronto and Montreal While it is 2-hours drive from Ottawa.
- Population:
 - Has a population of 132,485 and its census metropolitan area has a population of 172,000.
- Safety:
 - It is very safe city. Safety index is 67 with very low crime rate.
 - On the other hand, just like any other major city, there are pockets of crime. Common sense safety tips such as avoiding walking alone late at night, being aware of your surroundings and considering home security devices are likely all you need to do.
- Family-friendliness:
 - There are several safe and friendly neighborhoods with great schools for families with kids. This [link](#) includes a top 6 friendly spots in Kingston.
- Climate:

Climate data for Kingston, 1981–2010 normals, ^[a] extremes 1872–present ^[b]														[hide]
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year	
Record high °C (°F)	13.5 (56.3)	14.4 (57.9)	24.0 (75.2)	30.7 (87.3)	31.7 (89.1)	35.0 (95.0)	35.6 (96.1)	34.5 (94.1)	33.3 (91.9)	25.1 (77.2)	21.1 (70.0)	16.1 (61.0)	35.6 (96.1)	
Average high °C (°F)	−3.1 (26.4)	−2.1 (28.2)	2.9 (37.2)	10.3 (50.5)	16.4 (61.5)	21.7 (71.1)	24.9 (76.8)	24.1 (75.4)	19.5 (67.1)	13.1 (55.6)	7.0 (44.6)	0.8 (33.4)	11.3 (52.3)	
Daily mean °C (°F)	−7.6 (18.3)	−6.6 (20.1)	−1.6 (29.1)	5.7 (42.3)	11.8 (53.2)	17.0 (62.6)	20.4 (68.7)	19.6 (67.3)	15.0 (59.0)	8.9 (48.0)	3.2 (37.8)	−3.3 (26.1)	6.9 (44.4)	
Average low °C (°F)	−12 (10)	−11.1 (12.0)	−6.1 (21.0)	1.1 (34.0)	7.1 (44.8)	12.3 (54.1)	15.8 (60.4)	15.1 (59.2)	10.5 (50.9)	4.5 (40.1)	−0.6 (30.9)	−7.4 (18.7)	2.4 (36.3)	
Record low °C (°F)	−34.5 (−30.1)	−35.6 (−32.1)	−27.8 (−18.0)	−17.2 (1.0)	−6.1 (21.0)	0.6 (33.1)	6.0 (42.8)	3.3 (37.9)	−1.7 (28.9)	−7.5 (18.5)	−25.6 (−14.1)	−34.4 (−29.9)	−35.6 (−32.1)	
Average precipitation mm (inches)	65.2 (2.57)	65.1 (2.56)	69.2 (2.72)	87.1 (3.43)	76.9 (3.03)	72.0 (2.83)	64.0 (2.52)	93.7 (3.69)	89.7 (3.53)	92.4 (3.64)	100.3 (3.95)	84.1 (3.31)	959.6 (37.78)	
Average rainfall mm (inches)	29.2 (1.15)	29.0 (1.14)	41.3 (1.63)	77.5 (3.05)	76.9 (3.03)	72.0 (2.83)	64.0 (2.52)	93.7 (3.69)	89.7 (3.53)	91.0 (3.58)	92.4 (3.64)	52.2 (2.06)	808.7 (31.84)	
Average snowfall cm (inches)	39.5 (15.6)	39.1 (15.4)	25.4 (10.0)	8.1 (3.2)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	1.2 (0.5)	8.0 (3.1)	35.9 (14.1)	157.1 (61.9)	
Average precipitation days (≥ 0.2 mm)	16.1	13.9	12.8	13.5	12.9	11.4	9.3	11.1	12.3	13.7	16.2	15.8	159.1	
Average rainy days (≥ 0.2 mm)	5.4	5.1	8.2	11.9	12.9	11.4	9.3	11.1	12.3	13.6	14.0	8.1	123.4	
Average snowy days (≥ 0.2 cm)	13.2	11.1	7.3	2.6	0.0	0.0	0.0	0.0	0.0	0.40	4.3	11.5	50.4	
Mean monthly sunshine hours	93.2	113.1	144.2	161.8	218.0	243.7	279.3	238.7	164.4	139.7	89.5	73.1	1,958.8	
Percent possible sunshine	32.4	38.5	39.1	40.2	47.7	52.6	56.5	55.0	43.7	40.9	30.9	26.4	42.2	

Source: Environment Canada^{[104][105][106][107][108]}



Education:

- Queen's University is one of Ontario's oldest universities. It Ranked 10 as per QS World University Rankings 2020.
- Hospitals: There are many hospitals but the ones you rotate through are
 - Kingston general hospital.
 - Hotel Dieu Hospital (There is a free shuttle between these 2 hospitals.).
 - St. Mary of the lake Hospital.
- For Community rotations you can be allocated to Belleville hospital or Oshawa.

Accommodation:

- Before choosing between renting a house or renting an appartement; you must be familiar with the responsibility that come with house renting (For example, Snow and ice should be removed within 24 hours of accumulation. Penalties for failure to comply include a notice of violation and fines that could reach as high as \$5,000.).

House

- There are 2 options:
 - Townhouses: A townhouse is attached, sharing at least one common wall with another, similar-designed home.
 - Detached House: A detached single-family home has no common walls and sits on its own parcel of land.
- Location: No specific location as it all depends on the availability.
- Leasing Websites: Kijiji ([Link](#)), Rentals.ca ([Link](#)) & Rentfaster ([Link](#)).
- Real Estate agent: You can also contact a real estate agent.
- Monthly price: Varies depending on how many rooms. Generally, it is between ~ 3000-4000 \$.
- Utilities (Water, Hydro, power) Prices: ~ 300-500 CAD \$/monthly.
- Furnishment: Houses are furnished with main appliances (oven, dishwasher, refrigerator) +/- washing machine/dryer/dishwasher (you need to make sure as they are not always provided).
- Advantages: Spacious with safe rural-like neighborhood.
- Disadvantage: Sometimes is far from Main Hospitals (10-20 min by car).

Appartement

- Location: Most of the resident would get an appartement near the main hospital at the downtown of Kingston.
- Options:
 - Locomotive Building ([Website](#))
 - Homestead Rental ([Website](#))
 - Harbour Palace Condominium ([Website](#))
 - The Landmark ([Website](#))



- Monthly price: average between 2300-2600 CAD \$ (including water).
- Other Utilities (Hydro, power) Prices: ~ 200-400 CAD \$/monthly.
- Advantages: Closer to the downtown (7 min) and both hospital (15 min walk), Waterfront view and family-friendly neighborhoods as most of female resident live around that street.
- Disadvantage: Most of utilities are not involved, washing/drying machine not involved as well; but you may get your own machine.

Day care & Schools:

- There are multiple schools and Daycare in Kingston. Preferably choose the one close to you if you're going to drop you child daily as it would be easier for you.
- Prices: Free for schools, while the government covers only 50% of daycare fees for children less than 3 years old. Daycare prices vary.
- Daycare options: Tiny Tropers & An Apple a daycare.

Halal Restaurants:

- Ali Baba Kabab ([Location](#)).
- Shawarma Almina ([Location](#)).
- Naan Stop Express ([Location](#)).
- Limestone Kabab House ([Location](#)).
- Shawarma Damascus ([Location](#)).
- House of Donair ([Location](#)).
- Sindibad Restaurant ([Location](#)).
- Pita Land ([Location](#)).

Halal Supermarkets:

- Sham Mart ([Location](#)): one of the Best in Kingston.
- Mart Superstore ([Location](#)).

Shopping malls:

- Cataraqui Centre ([Location](#)): biggest in town.
- RioCan Centre ([Location](#)).
- Kingston Mall ([Location](#)).
- King's Crossing Fashion Outlet ([Location](#)).



Cultural Attraction & Museums:

- Museum of health care ([Location](#)): story of Canadian health and medicine tells how people have preserved health and managed disease, pain, and suffering.
- Bellevue House National Historic Site ([Location](#)): A rare and fine example in Canada of Italianate villa architecture.
- Canada's Penitentiary Museum ([Location](#)): Housed in the former Warden's residence of Kingston Penitentiary, the museum offers a wide range of exhibits of artifacts from across Canada's federal Correctional system.
- Fort Henry National Historic site ([Location](#)): it's a historic 19-century British military fortress that was built on Point Henry during the war of 1812 primarily to defend the nearby naval dockyard.
- Engine 1905 ([Location](#)): symbol of 19th century technology and industry, the continuing existence of Engine 1095 points to a significant period in Kingston and Canada's history.
- Marine Museum of the Great Lakes at Kingston ([Location](#)): Modest Museum featuring exhibits on local maritime history at the Portsmouth Olympic Harbour.
- Pump House Museum ([Location](#)): home to Kingston's original water works and pumping station.
- Murney Tower National Historic Site of Canada ([Location](#)): 19th-century defense tower featuring a canon & military barracks, plus various exhibits.

Parks & Conservation Areas:

- Rock Dunder Hiking Trail ([Location](#)): is a classic hike for those living in the area.
- Lemoine Point Conservation Area ([Location](#)): Lemoine Point is something of a hybrid between an expansive city park and a traditional conservation area.
- Bon Echo Provincial Park ([Location](#)): is a provincial park in southeastern Ontario north of Kaladar, used mostly for camping.
- Little Cataraqui conservation area ([Location](#)): great hike site close to Kingston.
- KP trail ([location](#)): recreational trail that runs along the old Kingston.
- Frontenac Provincial Park ([Location](#)): Large park that offers camping, hiking, boating & fishing in a forested area with lakes.
- Marshlands conservation area ([location](#)): is beautiful natural park in Kingston, Ontario. It combines the beauty of rushing rivers, deep lakes and open prairies.
- Big Salmon Lake ([Location](#)): lake in Frontenac Provincial Park in eastern Ontario. It lies in the Frontenac Axis and is the largest lake in the park. It is a long, narrow shaped lake, accessible by the main road into the park and by many hiking trails. Despite the name Big Salmon Lake, there are no salmon in the lake.
- Rideua Trail ([Location](#)): hiking trails between the City of Kingston and the City of Ottawa located in the general area of the Rideau Canal.



Outdoor entertainment:

- Wolfe Island ([Location](#)): accessible by ferry, the largest of the Thousand Islands offers hotels, restaurants & biking trails.
- Vanderlaand The Barnyard Zoo ([location](#)): Funny Petting Zoo for children.
- Thousand Islands ([Location](#)): accessible by ferry, a group of more than 1,800 islands in the St. Lawrence River, straddling the border of the U.S. and Canada.
- Tyendinaga Caves ([Location](#)): Ontario's largest known cavern.
- 1000 Islands Helicopter Tours ([Location](#)): Enjoy an awe-inspiring birds-eye view of the 1000 Islands on an unforgettable helicopter tour.
- Rideau Canal - Kingston Mills ([Location](#)): is a component of the Rideau Canal National Historic Site, is a World Heritage Site.
- Skydive Gan ([Location](#)): experience a sky dive.
- Dream Catcher Farm ([Location](#)): House riding school.
- Treetop Trekking 1000 Islands ([Location](#))

Indoor entertainment:

- Downtown Kingston ([Location](#)): Enjoy the downtown of one of the oldest & fastest growing cities in Ontario with top culinary entertainment, arts and historic sites.
- Sherlock Escape Room ([Location](#)): Sherlock Holmes—styled family attraction.
- The Grand Theatre ([Location](#)): is a historic theatre located in Kingston and is currently one of that city's major performing arts venue.
- Martello Alley ([location](#)): Famous Art Gallery.
- Kingston Axe Throwing ([location](#)).
- Boiler room Climbing Gym ([location](#)): Rock climbing gym.
- Extreme Trampoline Park ([Location](#)): indoor bungee center.

Banks:

- Most Canadian banks operate within Kingston. We do recommend picking one of the big major banks in Canada (TD, CIBC, BMO, RBC and Scotiabank).
- TD: has a good service with as acceptable insurance bundle (Home, car and other), but it's difficult for own experience to get Credit card.
- CIBC: Easier to get credit card; most the residents have an account with CIBC.
- For more details ([Read More](#)) & ([Read More](#)).

Insurance:

- There are many insurances company that operate in Kingston.
- You need to get insurance for your house/apartment and your car as well. We recommend TD insurance as they have special offers for medical residents and when you apply online.



Home internet:

- Popular Internet Plans in Ontario: Bell, DistribuTel, Rogers, Oxio and TekSavvy.
- Fastest Internet Plans in Ontario: Bell, TELUS, then Shaw.
- The fastest internet provider in Ontario is Bell. Although it's not the only Canadian internet service provider with fiber optic service to your home, but it's the only one in Ontario with download speeds as high as 1.5 Gbps. ([Read More](#))

Mobile phone:

- All three major carriers (Bell, Rogers and TELUS) are well represented throughout Ontario, some offering better service than others. Canada's fourth largest carrier by subscription is Freedom Mobile and they have their largest network in Ontario.
- Major mobile phone networks like Bell, Rogers and TELUS provide nearly 100% coverage of Southern Ontario including Kingston.
- The Geographic Area Covered in Ontario via different mobile providers as follow (Bell 22.53%, TELUS 22.53% while Rogers 20.59%).
- Rogers had outages last year; we would recommend Bell or TELUS. ([Read More](#))

Transportation:

- Road:
 - The primary highways serving Kingston are Highway 403 and Highway 15.
 - Highway 401 is the principal access route into Kingston and runs across the northern section of the urbanized portion of the city.
 - Highway 15 is an alternative route between Kingston and Ottawa region.
- Train: Via Rail trains connect Kingston through their station ([Location](#)) along the main line between Windsor, as part of the Quebec City–Windsor Corridor (region extends between Quebec City in the northeast and Windsor, Ontario, in the southwest, spanning 1,150 kilometers). Kingston is a regular stop on train services operating between Toronto and Ottawa and between Toronto and Montreal.
- Bus: Megabus & Coach Canada provides frequent service from the Kingston Bus Terminal ([Location](#)) to Toronto and Montreal. Megabus also operates a limited-service shuttle between Toronto Pearson Airport and Queen's University. While Kingston Transit provides local municipal bus service.
- Metro: Not available in Kingston.
- Cycling & biking: Kingston and its surrounding area is a great place for cycling. Plenty of rural roads, low traffic volumes, closely spaced towns for services, well-maintained roads and a variety of landscapes. ([Details](#)) ([Maps](#)).
- Ferry: Regular ferry service operates between downtown Kingston and Wolfe Island. There are also tourist ferries departing downtown Kingston regularly, although with greater frequency in the summer months.
- Service Provider: Uber only available to operate in Kingston.



- **Airport:**

- Kingston Norman Rogers Airport (CYGK) is the primary regional airport serving Kingston, Ontario and surrounding areas.
- There only 2 airlights that provide a location flight to Toronto (Via FlyGTA Airlines; to Toronto-Billy Bishop Airport) and Montreal (Via Pascan Aviation; to Montreal-Trudeau airport.).
- Unfortunately, there is not international flight from and to Kingston.
- How to get to/from Kuwait to/from Kingston:
 - Option 1: Drive to either Ottawa/Montreal/Toronto and leave your car in the long-term airport parking then take you international flight.
 - Option 2: start with domestic flight from Kingston to either Toronto or Montreal, then you take your international flight.

Mosques and Islamic Centers:

- In Kingston there an Islamic society of Kingston (ISK). ([Location](#)).
- Furthermore; It is the main mosque that serve Kingston city; as daily prayers, Friday prayer along with Eid prayer are held there.

Nearby cities & attractions worth visiting:

- Cottage renting: Use Airbnb to rent a cottage.
- Railway Museum of Eastern Ontario: ~ 1 hours away from Ottawa ([Location](#))
- Blue Mountains ([Location](#)): is a town in Grey County, southwestern Ontario, Canada, located where the Beaver River flows into Nottawasaga Bay.
- Muskoka ([Location](#)): Striking lakes and landscapes, abundant wildlife and charming ice-cream communities.
- Big Sandy Beach ([Location](#)): Quiet and secluded beach
- Old Front Road Shingle Beach ([Location](#)).
- Arrowhead Beach Park ([Location](#)): Scenic Bayfront area for swimming.
- Loughborough Beach ([Location](#))

Other Tips:

- Post service (Canada Post, UPS, FedEx & DHL) is easily accessible in Kingston.
- Preferably create a Canadian Apple/Google account to download smartphone applications that might help you during your residency (banks, etc.).
- For Supermarket chains there are: Walmart, Canadian Tire, Costco, Safeway, Metro, Sobeys, Loblaws, Food Basic, Fresh Co and Dollarama.
- For Office supply, Bookstores and Back-to-School stores: Indigo and Staples.
- For Furniture: Ikea, The Brick, Structube, Wayfair, Home Depot and Bed Bath.
- For Clothing Stores: H&M, Old navy, Mark's and others.



- For Department stores: Winner's, Home Sense, Marshalls and others.
- For Electronics: Best Buy, Canada Computer and The Source.
- For online General Shopping: Amazon, iHerb and others.
- For online Grocery Shopping: Instacart with Public Delivery application & websites. Every major food chain supermarket has its own application.
- For assembling your furniture, you can book an extra hand by using Handy ([Link](#))

Important website:

- Kingston Prayer Times ([Here](#))
- City of Kingston ([Here](#))
- Downtown Kingston ([Here](#)) ([Maps](#))
- Events in Kingston ([Here](#))
- Kingston Tourism ([Here](#))
- Things to do in Kingston ([Here](#))
- News in Kingston: CBC ([Here](#)), CTV ([Here](#)), Global news ([Here](#))
- Kingston Frontenac Public Library ([Here](#))
- KFL&L Public Health unit ([Here](#))
- Kingston Weather ([Here](#))
- Kingston Recycling ([Here](#))

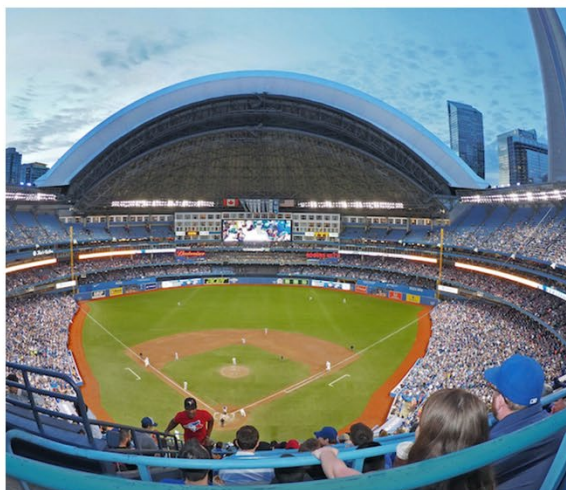
Useful smartphone Application:

- Via Rail: IOS ([Here](#)), Android ([Here](#))
- Canada Air: IOS ([Here](#)), Android ([Here](#))
- West Jet: IOS ([Here](#)), Android ([Here](#))
- Arrive Can: IOS ([Here](#)), Android ([Here](#))
- CTV: IOS ([Here](#)), Android ([Here](#))
- CBC: IOS ([Here](#)), Android ([Here](#))
- Global News: IOS ([Here](#)), Android ([Here](#))
- Kingston Transit Bus: IOS ([Here](#)), Android ([Here](#))
- Uber eats: IOS ([Here](#)), Android ([Here](#))
- Door dash: IOS ([Here](#)), Android ([Here](#))
- Skip the dishes: IOS ([Here](#)), Android ([Here](#))
- Instacart: IOS ([Here](#)), Android ([Here](#))
- Publix Delivery: IOS ([Here](#)), Android ([Here](#))
- Uber: IOS ([Here](#)), Android ([Here](#))
- Lyft: IOS ([Here](#)), Android ([Here](#))
- Moovit Public transport tracker: IOS ([Here](#)), Android ([Here](#))
- Waze: IOS ([Here](#)), Android ([Here](#))



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

Toronto City





Famous Quotes

- “I travel the world, and I can see in Toronto the cooking is very personal. These people cook with their hearts.”
 - **Alain Ducasse**, a French-born Monégasque chef. And He is Head chefs of Michelin starred restaurant.
- “A lot of people don’t know this, but Toronto is probably the most multicultural city in North America.”
 - **Stephen Adam Amell**, a Canadian actor.

Fun Facts / Did you know?

- **The Toronto Islands weren’t always islands:** Toronto Islands were once a peninsula. Two powerful storms in 1852 and 1858 separated the islands from the mainland and created the body of water now known as the Eastern Gap.
- **It’s the only city in Canada with seven major-league sports teams:** Basketball, football, hockey, baseball, rugby, soccer and lacrosse — if you’re a sports fan, this is your city.
- **There are mass graves in St. James cemetery:** Every city has its dark side. During the cholera outbreaks of 1832 and 1834, hundreds of Torontonians who perished from the disease were quickly buried in a corner of the cemetery on Parliament Street.
- **Toronto has over 10 million trees:** The oldest is believed to be a 300-year-old red oak in North York that was the subject of a recent media storm when the house whose land it sits on was put up for sale. The City of Toronto stepped in to save the tree.
- **Canada’s final hanging happened at the Don Jail:** Capital punishment was officially abolished from Canada’s Criminal Code in 1976. The last two prisoners to be executed were Ronald Turpin and Arthur Lucas, both convicted of murder. They were hanged on December 11, 1962.
- **Drake didn’t invent the term “The 6ix”:** although he did popularize it. There are two theories on the origin of the term: one is that it refers to the six boroughs that amalgamated to form Metro Toronto (Etobicoke, Scarborough, York, East York, North York, and the City of Toronto); the other is that it references the city’s area codes, 416 and 647.




Top 5 Torontonion expressions!!

- **Timmies:** In Toronto and other Canadian cities, there's a Tim Horton's café at almost every corner. When Canadians are in the mood for some Timbits (doughnut holes), they make a trip to their local Tim Horton's which is lovingly called "Timmies" for short.
 - "Do you want to go to Timmies for a quick coffee break?"
- **Double-Double:** Speaking of coffee, the double-double is a Timmies favourite. This is a popular coffee order that refers to a regular coffee with two creams and two sugars.
 - "Can I get a box of Timbits and a double-double?"
- **The 6ix:** Pronounced simply as "the six," Canadians refer to the city of Toronto as the 6ix. If you are planning to visit "Tdot" (another name for Toronto), which neighbourhood are you interested in staying at?
 - "I was running through the 6ix with my woes."
- **Loonies and Toonies:** A loonie is a Canadian coin worth \$1. A picture of the loon, a Canadian bird, appears on one side of the large gold coin. The Canadian coin worth \$2 was named a toonie to rhyme with the original loonie. It's always smart to keep a few loonies and toonies in your pocket; you never know when some spare change can come in handy.
 - "Oh no, I'm a loonie short for the bus fare. Can I get change for my toonie?"
- **Toque:** Winter may have ended, but the toque is always in. Pronounced "tuke," a toque is a hat worn in the winter or during a cold day. Outside of Canada, this type of hat is often called a beanie or simply a knitted cap. Toques are a wardrobe staple in Canada as locals are always prepared for chilly days.
 - "Did you see my toque? It's too cold to go outside without it!"

Your starter kit to the local lingo:

- **"Torontonion":** A resident of Toronto or a former resident of the Old Toronto.
- **"Mans":** I, we, me, us, them – but also a general plural noun.
- **"Ting":** Thing, causal relationship.
- **"Nize" it:** Shut up. A clipping of "Recognize you're out of line and shut up."
- **"That's beat":** If something is ugly, then it's "beat".
- **"Hooooly":** When you need to react to something, or if someone is annoying you, you opt for a "hooooly" to let out all your feelings into an exaggerated reaction.
- **"Eh":** Pronounced "ay." This word is used in everyday Canadian vernacular to indicate that you don't understand something, can't believe something is true. It's similar to "huh," "right?" "what?" commonly used in the USA.



Climate data for Toronto (The Annex)													[hide]
WMO ID: 71266; coordinates  43°40'N 79°24'W; elevation: 112.5 m (369 ft); 1981–2010 normals, extremes 1840–present ^[b]													
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Record high humidex	15.7	12.2	21.7	31.6	39.8	44.5	43.0	42.6	43.8	31.2	26.1	17.7	44.5
Record high °C (°F)	16.1 (61.0)	19.1 (66.4)	26.7 (80.1)	32.2 (90.0)	34.4 (93.9)	36.7 (98.1)	40.6 (105.1)	38.9 (102.0)	37.8 (100.0)	30.8 (87.4)	23.9 (75.0)	19.9 (67.8)	40.6 (105.1)
Average high °C (°F)	−0.7 (30.7)	0.4 (32.7)	4.7 (40.5)	11.5 (52.7)	18.4 (65.1)	23.8 (74.8)	26.6 (79.9)	25.5 (77.9)	21.0 (69.8)	14.0 (57.2)	7.5 (45.5)	2.1 (35.8)	12.9 (55.2)
Daily mean °C (°F)	−3.7 (25.3)	−2.6 (27.3)	1.4 (34.5)	7.9 (46.2)	14.1 (57.4)	19.4 (66.9)	22.3 (72.1)	21.5 (70.7)	17.2 (63.0)	10.7 (51.3)	4.9 (40.8)	−0.5 (31.1)	9.4 (48.9)
Average low °C (°F)	−6.7 (19.9)	−5.6 (21.9)	−1.9 (28.6)	4.1 (39.4)	9.9 (49.8)	14.9 (58.8)	18.0 (64.4)	17.4 (63.3)	13.4 (56.1)	7.4 (45.3)	2.3 (36.1)	−3.1 (26.4)	5.9 (42.6)
Record low °C (°F)	−32.8 (−27.0)	−31.7 (−25.1)	−26.7 (−16.1)	−15.0 (5.0)	−3.9 (25.0)	−2.2 (28.0)	3.9 (39.0)	4.4 (39.9)	−2.2 (28.0)	−8.9 (16.0)	−20.6 (−5.1)	−30.0 (−22.0)	−32.8 (−27.0)
Record low wind chill	−37	−34	−26	−17	−8	0	0	0	0	−8	−17	−34	−37
Average precipitation mm (inches)	61.5 (2.42)	55.4 (2.18)	53.7 (2.11)	68.0 (2.68)	82.0 (3.23)	70.9 (2.79)	63.9 (2.52)	81.1 (3.19)	84.7 (3.33)	64.4 (2.54)	84.1 (3.31)	61.5 (2.42)	831.1 (32.72)
Average rainfall mm (inches)	29.1 (1.15)	29.7 (1.17)	33.6 (1.32)	61.1 (2.41)	82.0 (3.23)	70.9 (2.79)	63.9 (2.52)	81.1 (3.19)	84.7 (3.33)	64.3 (2.53)	75.4 (2.97)	38.2 (1.50)	714.0 (28.11)
Average snowfall cm (inches)	37.2 (14.6)	27.0 (10.6)	19.8 (7.8)	5.0 (2.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.1 (0.0)	8.3 (3.3)	24.1 (9.5)	121.5 (47.8)
Average precipitation days (≥ 0.2 mm)	15.4	11.6	12.6	12.6	12.7	11.0	10.4	10.2	11.1	11.7	13.0	13.2	145.5
Average rainy days (≥ 0.2 mm)	5.4	4.8	7.9	11.2	12.7	11.0	10.4	10.2	11.1	11.7	10.9	7.0	114.1
Average snowy days (≥ 0.2 cm)	12.0	8.7	6.5	2.2	0.0	0.0	0.0	0.0	0.0	0.08	3.1	8.4	40.9
Mean monthly sunshine hours	85.9	111.3	161.0	180.0	227.7	259.6	279.6	245.6	194.4	154.3	88.9	78.1	2,066.3
Percent possible sunshine	29.7	37.7	43.6	44.8	50.0	56.3	59.8	56.7	51.7	45.1	30.5	28.0	44.5
Average ultraviolet index	1	2	3	5	7	8	8	7	5	3	2	1	4
Source 1: Environment Canada ^{[110][115][116]}													
Source 2: Weather Atlas (UV) ^[117]													



Education:

- Toronto is home to the University of Toronto (Also known as U of T), one of the best universities in the world, which offer many residency programs and fellowship positions for Kuwaiti doctors every year.
- University of Toronto ranks highly in all the international university ranking systems, for example it is the 1st in Canada and 3rd in the world for research impact (NTU Ranking 2021).
- There are over 40 hospitals in the Greater Toronto Area, many of which are affiliated with U of T. Most notably they include:
 - University Health Network (Which include Toronto General Hospital).
 - The Hospital for Sick Children (SickKids).
 - Mount Sinai Hospital.
 - Sunnybrook Hospital.

Accommodation:

- Before choosing between renting a house or renting an appartement; you must be familiar with the responsibility that come with house renting (For example, Snow and ice should be removed within 24 hours of accumulation. Penalties for failure to comply include a notice of violation and fines that could reach as high as \$5,000.).
- In summary, living to Toronto is a double edge sword.
 - Advantages:
 - No need for car as the inter-city transportation is great.
 - Big city with good food and great shopping center and festivals.
 - Has it own International Airport.
 - Disadvantages
 - Big city (could get noisy).
 - More expensive than other smaller cities.
 - Many options are found next to the University hospitals. Such as:
 - College Park
 - Aura
 - Livermore
 - 99 Gerard St & 77 Gerard St.
 - There are many options in Toronto, but these are close to the hospitals.
 - Personal advice from Kuwaiti residents: For any residents wanting to live somewhere close to work and only 10 minutes from big shopping malls like Eaton, the two best apartment complexes are 99 Gerrard Street west and Livmore. Otherwise look for apartments on Bay Street or Yonge Street.
 - Over all prices: 2 bedrooms ~ 3200-4250 CAD, electricity and water depends on the contract. Though it varies depending on how many rooms.
 - You can use Condos.ca ([Here](#)) or contact the building manager directly.



- 99 Gerrard Street west & 77 Gerrard Street west apartments:
 - The closest one to the main three hospitals (mount Sinai, Sick Kids, and Toronto General) is 99 Gerrard Street west. ([Location](#)) ([Website](#))
 - Location: is less than 4-minute walk from the hospitals mentioned above.
 - Price: One-bedroom apartments are around \$2400 while two-bedroom apartments could go around \$3400 (COVID prices).
 - Advantages: Amenities include a game room, BBQ rooftop, swimming pool, and gym as well as two big party rooms.
 - Disadvantages: Wi-Fi and electricity are not included.
- One Park Lane
 - Location: 6 minutes away from the main hospitals. ([Location](#)) ([Website](#))
 - Prices: After COVID pandemic; prices increased from 2600 to 3400-4000 \$.
 - Advantages: Safe family complex. Spacious apartment 1500 square feet. Wi-Fi included. Excellent amenities; gathering/party room, swimming pool, a squash and basketball court, a mini-gym room, a table tennis room, a billiards room, and bookable barbecue facilities on the roof.
 - Disadvantages: Water and electricity not included. The building in general is old but has been renovated; It contains very old apartments as well as renovated apartments.
- Livmore:
 - Location: 8-minute walk from 99 Gerrard Street. ([Location](#)) ([Website](#))
 - Most GCC residents live in this building.
 - Prices: slightly lower prices from 99 Gerrard.
 - Advantages: Similar amenities (no swimming pool) & Mini market below it.
 - Disadvantages: A larger building so has heavy traffic (i.e on elevators).
- Aura
 - Location: 8-10 minutes away from the main hospitals. ([Location](#)) ([Website](#))
 - Advantages: tallest building in Toronto with excellent views and great services below it.
 - Disadvantages: A larger building so has heavy traffic (i.e on elevators). Had some issues with their services.
- College Park North & South Tower:
 - 6 minutes away from the main hospitals. ([Location](#)) ([Website](#))



Day care & Schools:

- It is very important for the people to register as soon as possible as waiting list can be up to a year. Nurseries in Toronto are very expensive due to the increase in demand and the relatively low number of nurseries.
- Tip1: Once you know you are coming to Toronto or that you/your spouse is pregnant, register your child in a waiting list in one of Toronto's daycares. (Waiting list can take upto 9-12 months)
- Tip 2: Toronto City official website has a registry of all licensed daycares in the city with their contact information. City assesses each daycare with a Assessment for Quality Improvement (AQI) and the scores are published in their website ([Website](#))
- Hester How Early Daycare (Highly recommend) ([Website](#)).
 - Location: it is in the City Hall building at the city center. ([Location](#))
 - Advantages:
 - The best AQI score in Infant Program in the City of Toronto.
 - One of the best AQI scores for the Toddler and Preschool programs.
 - The daycare has a kindergarten.
 - Many Kuwaiti and Arabian Gulf residents/fellows have their kids enrolled in the program.
 - Excellent and safe location.
 - Has an outdoor playground as well as many outdoor activities (Farmer's Market in the Nathan Phillips square every Wednesday)
 - Has direct access to City of Toronto Public Library (Have weekly classes there)
 - Disadvantages:
 - Relatively expensive. (However, now daycare rates in Ontario have been reduced after a new provincial legislation)
 - Infant program daily rate: \$51.71 (In Jan 2023 monthly rate: \$1,137.62)
 - Toddler program daily rate: \$40.41 (In Jan 2023 monthly rate: \$889.02)
 - Preschool and Kindergarten program daily rate: \$30.20 (In Jan 2023 monthly rate: \$664.40)
 - Very long waiting list.
- Public schools from JK to grade 12 are free and depend on where you live for your public-school catchment area (Very good reviews on Orde Public school: [website](#))
- Private schools have different pricing.
 - For KU sponsored residents/fellows: for children 3 years of age and older, the university will pay up to 3000 KWD per year.
 - For CSC/MoH sponsored residents/fellows: children between the ages of 3-18 the cultural office can cover 50% for the tuition at private schools.



Tips for families (From families to families):

- Before arriving to Toronto:
 - Have an updated official vaccination record in English for yourself and your child(ren).
 - Register your child(ren) at a daycare centre waiting list, if you wish.
 - If you have a formula fed infant, you should know that common formulars in Kuwait are not available in Toronto. Common baby formulas in Toronto include Nestle and Enfamil. And in Toronto, there is an option for pre-prepared formula in liquid form.
 - If you are planning to buy a car in Toronto, you need an Ontario driving licence and the written exam dates are far away, book in advance.
 - If you will be traveling with children who use strollers, we recommend using one that fits the overhead bin (e.g Yo-Yo)
- Your first week in Toronto:
 - Settle in.
 - Get an OHIP card (public health insurance) for yourself and your children as soon as possible.
 - Once you have your OHIP card, register with a family doctor.
 - NB: Many family doctors in Toronto are not accepting new patients, so you need to start looking early and if you face challenges: connect with UofT PGME and they will help you in finding a family doctor.
 - If your child vaccine is due and you do not have a family doctor yet, you can go to any walk-in clinic and he can get it for free if the child has OHIP card. Make sure to ask for the yellow vaccination card for your records.
- Living in Toronto:
 - Toronto is an amazing city to live in as a family, it has many things to offer.
 - Child-friendly in-door and out-door activities (as examples only)
 - Playgrounds are available throughout the city. (During the summer season most playgrounds / parks will have splash pads that the kids love)
 - Toronto public libraries are available throughout the city, and many have a kids' section.
 - Each Tuesday, the City Hall Toronto Public Library has book reading activity for children. (Days might differ from time to time)
 - Allen Garden has a book reading activity each Saturday (for about 90 minutes) and other child-friendly activities (e.g bird feeding). All available for free.
 - Other attractions and activities as outlined below.
- Toronto in Winter season for the family:
 - We recommend buying a snow gear for your child(ren) from Canada. (E.g Carter's, Children Place)



- You can also buy a thermal underwear, however our recommendation that you can use the snow gear alone for winter in Toronto.
- Check the weather app every day. Look out for any weather alerts.
- There are tons of indoor playgrounds that are fun and open for the kids as well as many outdoor activities during winter.
- Toronto in Summer season for the family:
 - Stay hydrated with a water bottle for each person in your family.
 - Apply sun-protection before you go out, as Toronto's sunny days are very shiny.
 - Buy summer hats for the kids.
- Driving in Toronto for families:
 - Car seats are required for all children under the age of 8 in Ontario:
 - Baby/Infant up to 9 Kg: Rear-facing car seat.
 - Toddler 9-18 Kg: forward-facing car seat.
 - Child under the age of 8, 18-26 Kg and under 145 cm: Booster seat.
 - Vast majority of Uber drivers will not require a car seat for your child, but some will.
 - If you are planning to have a baby in Toronto, a baby car seat is a mandatory requirement by the hospital and your nurse will check the car seat while the baby is in it.

Halal Restaurants:

- Walima Restaurant ([Location](#)): For Kuwaiti and Khaleeji Cuisine.
- MONASABA ([Location](#)): Yemenite & Khaleeji Cuisine.
- East Tea Can ([Location](#)): One of the best Middle Eastern Cuisine.
- Darna Middle East Kitchen ([Location](#)): One of the best Middle Eastern Cuisine.
- Nafisa Middle Eastern cuisine ([Location](#)): Middle Eastern cuisine.
- Joummar Restaurant ([Location](#)): for Kabab and Charcoal grill.
- Amal Restaurant ([Location](#)): Lebanese cuisine.
- Agha Turkish Restaurant & Café ([Location](#)): Turkish cuisine.
- SAMAKA Mediterranean Seafood ([Location](#)): Mediterranean seafood.
- Masrawy Fine Egyptian Catering ([Location](#)): Egyptian cuisine.
- Sumaq Iraqi Charcoal Grill ([Location](#)): Iraqi Kebab and cuisine.
- Deedar Persian Restaurant ([Location](#)): Persian cuisine.
- Queen of Persia Restaurant ([Location](#)): Persian cuisine.
- Pomegranate Restaurant ([Location](#)): Persian cuisine.
- Herby Restaurant ([Location](#)): Persian cuisine.
- Takht-e Tavoos Restaurant ([Location](#)): Persian cuisine.
- Dar Band Restaurant ([Location](#)): Persian cuisine.



جمعية الأطباء الكويتيين في كندا ASSOCIATION OF KUWAITI DOCTORS IN CANADA

- Levantine Shawarma & Grill ([Location](#)): Mediterranean cuisine.
- The Sultan's Tent and Café ([Location](#)): Moroccan Restaurant.
- Morocco House ([Location](#)): Moroccan Restaurant.
- Silk Road Kabab House ([Location](#)): Afghan Cuisine.
- Badshah Restaurant ([Location](#)): Pakistani Cuisine.
- Mandi Afandi Toronto ([Location](#)) & Mississauga ([Location](#)).
- CHAR'D Grill ([Location](#)): Halal Grill.
- Trust Burger & Grill ([Location](#)): Halal Fast Food.
- Soltan Bakery and Sweets ([Location](#)): one of high rated sweets in Toronto.
- Serano Bakery ([Location](#)): bakery and sweets.
- Al'deewan Manak'eesh Bakery ([location](#)): for Manak'eesh
- CheeZaatar ([Location](#)): for Manak'eesh.
- The Captain's Boil ([Location](#)): For seafood.
- New Orleans Seafood ([Location](#)): High rated seafood restaurant.
- Shawarma Box ([Location](#)).
- Shelby's Shawarma ([Location](#)).
- Shawarma Kingdom ([Location](#)).
- Shawarma AL Zaeem ([Location](#)).
- Byblows Downtown ([Location](#)).
- Crowded House Mediterranean Restaurant ([Location](#)).
- Mooring eats Mediterranean Restaurant ([Location](#)).
- Mazaar Restaurant ([Location](#)).
- zezafoun Syrian cuisine ([Location](#)).
- Mayrik Lebanese restaurant ([Location](#)).
- Tubule Middle Eastern Cuisine ([Location](#)).
- Little Sito Lebanese restaurant ([Location](#)).
- Lebanese Garden ([Location](#)).
- Mashu Mediterranean Grill ([Location](#)).
- Ozzy's Burgers Toronto ([Location](#)).
- Olive Kabab Restaurant ([Location](#)).
- Royal Mazgouf ([Location](#)).
- La Grill Lebanese Restaurant ([Location](#)).
- Lazar Famous Deli & Bakery ([Location](#)).
- R Bakery & Sweets ([Location](#)).
- Naan Kabob ([Location](#)).



Halal Supermarkets:

- Adonis Supermarket Toronto ([Location](#)): one of the Best in Toronto.
- Adonis Supermarket Mississauga ([Location](#)) & ([Location](#)).
- Al-Taiba Supermarket Halal Meat & Grill ([Location](#)).
- Iqbal Halal Food Mississauga ([Location](#)) & Toronto ([Location](#)).
- Alnejmah Fine Foods ([Location](#)).
- Arz Fine Foods ([Location](#)).

Shopping malls:

- Yorkdale Shopping Centre: biggest mall in Toronto. ([Location](#)).
- CF Eaton Shopping Centre ([Location](#)).
- Dufferin Mall ([Location](#)).
- CF shops at don mills ([Location](#)).
- CF Fairview Mall ([Location](#)).
- Yorkville Village ([Location](#)).
- Toronto Premium outlet ([Location](#)): 20-30 minutes drive from the downtown.
- Square One Shopping Centre ([Location](#)).

Top Attractions:

- CN Tower ([Location](#)): One of Canada's greatest landmarks and one of the seven wonders of the modern world, the CN Tower has come to define the Toronto skyline. Toronto's Landmark, over 553-metre tower featuring a glass floor & a revolving eatery with panoramic views.
- Royal Ontario Museum ([Location](#)): Is the biggest museum of world cultures, arts and natural history in Canada. Located right in downtown Toronto.
- Ripley's Aquarium of Canada ([location](#)): Expansive, modern aquarium with many species & habitats on display, plus events & classes.
- Art Gallery of Ontario ([Location](#)): Large gallery with huge Canadian collection, European masterworks & a major Frank Gehry renovation. A remarkable 90,000 works of art live inside the walls of the Art Gallery of Ontario, one of the biggest and best art museums in North America.
- Distillery Historic District ([Location](#)): Restaurants, boutiques, arts & entertainment are The Distillery Historic District's claim to fame. This pedestrian-only village features more than 40 heritage buildings that now house everything a modern traveler might enjoy. New fashion can be found in restored, Victorian-era buildings; culinary inventions are hidden behind weathered red brick walls; and art galleries and performance venues host events year-round.
- Casa Loma ([Location](#)): Gothic Revival castle-style mansion and garden in midtown Toronto, that is now a historic house museum and landmark. it's the only full-sized castle in North America.



- The Toronto Islands ([Location](#)): You only need to travel 10 minutes from the city of Toronto to enter a completely different world. Hop on a ferry and embark on a journey to an attraction-filled destination to get some relaxation, as Toronto Islands offer a great contrast to the busy city while still enjoying the view of the skyline!
- Rouge National Urban Park ([Location](#)): Is Toronto's own slice of paradise and Canada's only urban National Park. It is an ecologically protected zone in the Greater Toronto area that straddles cities including Toronto, Markham, Pickering and the Township of Uxbridge.
- Hockey Hall of Fame ([Location](#)): you may want to pay a visit to the Hockey Hall of Fame to get up to speed with Canada's favorite sport.
- Yonge-Dundas Square ([Location](#)): public square at the southeast corner of the intersection of Yonge Street and Dundas.
- Nathan Philips Square ([Location](#)): Lively public space in front of city hall hosting events year-round & a busy ice rink in the winter.

Notable famous streets & Boulevards:

- Ossington Avenue ([Location](#)): placed 14th in [Time Out's 33 coolest streets in the world list](#) that was released on Aug 2022.
- Rosedale Valley Road ([Location](#)): most dazzling in the fall when the tree canopy blazes with bright colors. It's a joy to drive or bike down.
- Palmerston Blvd ([Location](#)): noteworthy for its huge trees, Victorian houses, and old school streetlamps, which make it feel like no other street in Toronto.
- Danforth ([Location](#)): is the home to Greek community, also known as Greektown.
- College street for Little Italy ([Location](#)): Set on a strip of College Street, buzzy Little Italy's main draw is its classic pizzerias, trattorias and gelato shops.

Cultural Attraction & Museums:

- Aga Khan Museum ([Location](#)): museum of Islamic art and Muslim culture.
- Gardiner Museum ([Location](#)): Art Museum with ceramics art.
- Ontario Science Center ([Location](#)): An iconic cultural attraction as it is one of the first interactive science museums in the world.
- Spadina House Museum ([Location](#)): historic 1866 restored mansion and beautiful gardens. Often called "Toronto's Downton Abbey,".
- Black Creek Pioneer Village ([Location](#)): Open-air heritage museum that offers one of the richest heritage experiences in the Toronto.
- Pickering Museum Village ([Location](#)): largest living history museum in Durham Region.



Parks & Conservation Areas:

- High Park ([Location](#)): Sprawling Park with hiking trails, a zoo, sports fields & a large children's playground.
- Scarborough Bluffs Park ([Location](#)): family-friendly area is made up of 11 natural parks, one of which has its own white sand beach.
- Evergreen Brick Works ([Location](#)): Eco-oriented complex with a weekend farmer's market, a gardening store, event space & nature trails.
- Toronto Botanical Garden ([Location](#)): 17 award-winning themed gardens.
- Riverdale Farm ([Location](#)): is a historic working farm with 7.5 scenic acres including wooded areas, ponds, and butterfly-herb-flower-vegetable gardens.
- Grange Park ([Location](#))
- Centreville Amusement Park ([Location](#))
- Riverdale Park East ([Location](#))
- Sherwood Park ([Location](#))

Outdoor entertainment:

- Canada's Wonderland ([location](#)): country's premier amusement park with more than 200 attractions, featuring 17 roller coasters including the world record-breaking dive coaster Yukon Striker.
- Toronto Skyline ([Location](#)): Best Views and Locations to See and Capture the Toronto Skyline.
- Toronto Island Ferry ([Location](#)): Ferries connect the Toronto Islands in Lake Ontario to the mainland of Toronto.
- Scotia Back Arena ([location](#)): Large arena hosting pro hockey, basketball & lacrosse, plus many visiting big-name music acts.
- Rogers Center ([location](#)): Home of baseball's Toronto Blue Jays.
- North York Ski Center ([Location](#)): Ski Rental Center
- Mount Chinguacousy ([Location](#)): for Tube slides in winter.
- Toronto & Scarborough Jet Ski Center ([Location](#)): for Jet Ski renting.
- Toronto Marine Rentals ([Location](#)): Water sport equipment rental service.
- Port Credit Adventure Rentals ([Location](#)): Water sport equipment rental service.
- GTA Lake rentals ([Location](#)): Water sport equipment rental service.
- Skydive SWOOP ([Location](#)): Skydiving Center.
- Skydiving Ontario ([Location](#)): Skydiving Center.
- Toronto Zoo ([location](#)): Immense Zoo with outdoor pavilions housing hundreds of species, plus a large botanical collection.
- Woodbine Beach ([Location](#)): largest of the four beaches in in Toronto.
- Cherry Beach ([Location](#)): lakeside beach park.
- Centre Island & Ward's Island beach ([Location](#)): both located at Centre Island.



- Treetop Trekking Stouffville ([Location](#)): Climb from tree house to tree house through 8 ft tall hammocks, nets, and wood bridges!
- White Water Canyon ([Location](#)): Amusement Park ride

Indoor entertainment:

- iFLY Toronto Indoor Skydiving Mississauga ([Location](#)) & Oshawa ([Location](#)): Indoor place offering the feel of skydiving with enclosed space & observation deck.
- The Ezone ([Location](#)): Center that offers a range of activities including whirlyball, laser tag and indoor golf.
- K1 Speed Toronto ([Location](#)): indoor racing centers featuring electric go-karting.
- Sky Zone trampoline Park ([Location](#)): Indoor trampoline parks featuring freestyle bouncing, dodgeball, fitness programs & more.
- Joe Rockhead's Indoor Rock Climbing ([Location](#)): Lofty warehouse space with climbing walls of varying difficulty, plus bouldering & classes.
- Nerf Wars Toronto ([Location](#)): Indoor paint ball games.
- Mirage VR ([Location](#)): VR video arcade.
- Virtual Sting Arcade – Vaughan Mills ([Location](#)): VR video arcade.
- The Rec Room ([Location](#)): Amusement center.
- Escape Manor Toronto ([Location](#)): Escape Room games
- Happy Kingdom Playground and Arcade ([Location](#)): playground for children.
- GolfWing Virtual Golf ([Location](#)): For indoor Golfing.
- Birdies Indoor Golf ([Location](#)): For indoor Golfing.
- Swing Golf lounge ([Location](#)): For indoor Golfing.
- GlowZone 360 ([Location](#)): Laser Tag Center.

Training Center for Fun:

- Snowboarding lesson Toronto ([Location](#)).
- Alpine Indoor Ski and Snow training center ([Location](#)).
- Aquarius Scuba Diving Center ([Location](#)).

Banks:

- Most Canadian banks operate within Toronto. We do recommend picking one of the major banks in Canada, which are (TD, CIBC, BMO, RBC and Scotiabank).
- TD: has a good service with as acceptable insurance bundle (Home, car and other), but it's difficult for own experience to get Credit card.
- CIBC: Easier to get credit card; most the residents have an account with CIBC.
- For more details ([Read More](#)) & ([Read More](#)).



Insurance:

- There are many insurances company that operate in Toronto.
- You need to get insurance for your house/apartment and your car as well.
- We recommend TD insurance as they have special offers for medical residents and when you apply online.

Home internet:

- Popular Internet Plans in Ontario: Bell, DistribuTel, Rogers, OXIO and TekSavvy
- Fastest Internet Plans in Ontario: Bell, TELUS, then Shaw
- The fastest internet provider in Ontario is Bell. Although it's not the only Canadian ISP with fiber optic service to your home, but it's the only one in Ontario with download speeds as high as 1.5 Gbps. ([Read More](#)).

Mobile Phone:

- All three major carriers (Bell, Rogers and TELUS) are well represented throughout Ontario, some offering better service than others. Canada's fourth largest carrier by subscription is Freedom Mobile and they have their largest network in Ontario.
- Major mobile phone networks like Bell, Rogers and TELUS provide nearly 100% coverage of Southern Ontario including Toronto.
- The Geographic Area Covered in Ontario via different mobile providers as follow (Bell 22.53%, TELUS 22.53% while Rogers 20.59%).
- Rogers had 2 outages last year; we would recommend Bell or Telus. ([Read More](#))

Transportation:

- Road: Toronto's traffic congestion is one of the highest in North America, and is the second highest in Canada after Vancouver There are a number of municipal expressways and provincial highways that that serve Toronto and the Greater Toronto Area: ([PDF Map](#))
 - Highway 401: bisects the city from west to east, bypassing the downtown core. It is the busiest road in North America, and one of the busiest highways in the world.
 - Highway 400: connects the city with Northern Ontario and beyond.
 - Highway 404: an extension of the Don Valley Parkway into the northern suburbs.
 - Queen Elizabeth Way (QEW): North America's first divided intercity highway, terminates at Toronto's western boundary and connects Toronto to Niagara Falls and Buffalo.
- Bus: The city is primarily served by a network of about 150 bus routes, many of them forming a grid along main streets, and all of them (except for the #99 and #171 routes) connecting to one or more subway stations. ([Details](#)) & ([PDF Map](#))



- Train: Toronto is served by inter-city Via Rail/Go trains to other Canadian cities through Union Station, a grand neoclassical structure in the heart of the city's downtown, which is shared with GO Transit's commuter trains. Via Rail/Go trains radiating from Downtown Toronto to other city as part of the Quebec City–Windsor Corridor (region extends between Quebec City in the northeast and Windsor, Ontario, in the southwest, spanning 1,150 kilometers). ([Go transit Maps](#)) ([Quebec City–Windsor Corridor Map](#))
- Streetcar: is a network of nine streetcar routes in Toronto. It is the busiest light-rail system in North America. The network is concentrated primarily in Downtown Toronto and in proximity to the city's waterfront. ([PDF Map](#))
- Subway: The backbone of the TTC is a subway system with different lines ([Line 1](#), [Line 2](#), [Line 3](#) & [Line 4](#)), running along principal streets and connecting Toronto's outlying areas with its downtown core. ([Details](#)) & ([PDF Map](#)) & ([Subway travel time calculator](#)).
- Cycling & biking: Toronto has a major program in place to dramatically expand the network through on-road separate bike lanes. To date, only a small portion of the network has been built. ([Details](#)) & ([Details](#)) ([PDF Map](#)).
- Service Provider: Uber and Lyft are available to operate in Toronto.
- Airport:
 - Toronto Pearson International Airport (YYZ) is the Canada's busiest passenger airport.
 - Prior to the COVID-19 pandemic that began in 2020, it was the second-busiest international air passenger gateway in the Americas (behind John F. Kennedy International Airport) and the 30th-busiest airport in the world by passenger traffic.
 - It is served by airlines including Air Canada and WestJet, along with other international airline such as Turkish airline. Also provides direct flights to domestic destinations.
 - As Toronto International Airport is the largest in Canada, you have many options with only 1 layover stop. Many Kuwaiti doctors travel via: Turkish Airlines, British Airways, Qatar Airways and KLM. Total travel time is usually around 18-22 hours.

Mosques and Islamic Centers:

- Muslim Association of Canada (MAC) office is located in Mississauga. ([Location](#)).
- Jumaa Mosque in Downtown of Toronto is the major mosque in Toronto ([Location](#)), as daily prayers, Friday prayer along with Eid prayer are held there.
- There also other Mosque that hold daily prayers, Friday prayer along with Eid prayer as well, such as Masjid Toronto ([Location](#)).
- There is a big Arab and Muslim community in Mississauga, and you should be able to find small mosques around town.



Nearby cities & attractions worth visiting:

- Cottage renting: Use Airbnb to rent a cottage.
- Lakeridge Ski Resort ([Location](#)): best in winter for snow events such as skiing, snowboarding, and snow tubing.
- The ROC ([Location](#)): Ski resort near Barrie, almost 1 hour away from Toronto.
- Blue Mountains ([Location](#)): a town in Grey County, southwestern Ontario, Canada, located where the Beaver River flows into Nottawasaga Bay.
- Muskoka ([Location](#)): Striking lakes and landscapes, abundant wildlife and charming ice-cream communities.
- Tobermory ([Location](#)): is a harbor town surrounded by crystal clear water, the majestic Niagara Escarpment, is home to Flowerpot Island and two national parks
- Niagara Falls: ~2 hours away from Toronto. ([Location](#))
- One Thousand Islands: ~2 hours away from Toronto. ([Location](#))
- Parc Omega ([Location](#)): A safari park in Quebec. Aboard your vehicle on a 12-kilometre nature route are lakes, meadows, small valleys, forests, and rocky hills. You can meet more than 400 wild animals.
- Mont Tremblant ([Location](#)): located within the Laurentian Mountains, northwest of Montréal. It is a Ski Resort, on the shores of Lake Tremblant, features acclaimed winter sports, golf courses and a pedestrian shopping village.

Other Tips:

- Post service (Canada Post, UPS, FedEx & DHL) is easily accessible in Toronto.
- Preferably create a Canadian Apple/Google account to download smartphone applications that might help you during your residency (banks, etc.).
- For Supermarket chains there are: Walmart, Canadian Tire, Costco, Safeway, Metro, Sobeys, Loblaws, Food Basic, Fresh Co and Dollarama.
- For Office supply, Bookstores and Back-to-School stores: Indigo and Staples.
- For Furniture: Ikea, The Brick, Structube, Wayfair, Home Depot and Bed Bath.
- For Clothing Stores: H&M, Old navy, Mark's and others.
- For Department stores: Winner's, Home Sense, Marshalls and others.
- For Electronics: Best Buy, Canada Computer and The Source.
- For online General Shopping: Amazon, iHerb and others.
- For online Grocery Shopping: Instacart with Public Delivery application & websites. Every major food chain supermarket has its own application.
- For assembling your furniture, you can book an extra hand by using Handy ([Link](#))



Important website:

- Toronto Prayer Times ([Here](#))
- City of Toronto ([Here](#))
- Toronto Tourism ([Here](#))
- Toronto Attraction ([Here](#))
- Top 10 Attraction in Toronto ([Here](#))
- Interactive City Map ([Here](#))
- Toronto Metro (TTC) ([Here](#))
- News in Toronto: CBC ([Here](#)), CTV ([Here](#)), Global news ([Here](#))
- Toronto Public Library ([Here](#))
- Toronto Public Health Unit ([Here](#))
- Ontario Attraction ([Here](#))
- Toronto Weather ([Here](#))
- Toronto Recycling ([Here](#))

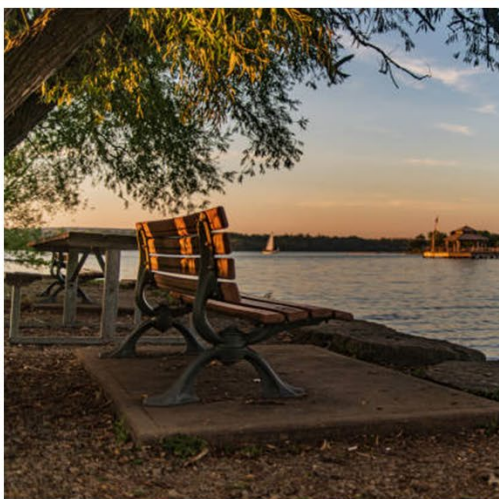
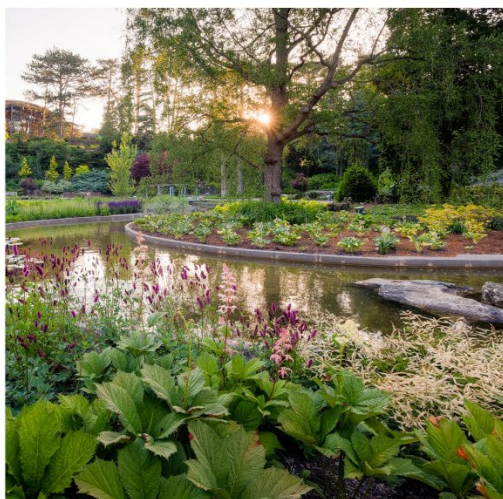
Useful smartphone Application:

- Masjid Toronto: IOS ([Here](#)), Android ([Here](#))
- Toronto Islamic Center: IOS ([Here](#)), Android ([Here](#))
- TTC Application: IOS ([Here](#)), Android ([Here](#))
- Find Parking Toronto: IOS ([Here](#)), Android ([Here](#))
- Best Toronto Trans App: IOS ([Here](#)), Android ([Here](#))
- Via Rail: IOS ([Here](#)), Android ([Here](#))
- Canada Air: IOS ([Here](#)), Android ([Here](#))
- West Jet: IOS ([Here](#)), Android ([Here](#))
- Arrive Can: IOS ([Here](#)), Android ([Here](#))
- CTV: IOS ([Here](#)), Android ([Here](#))
- CBC: IOS ([Here](#)), Android ([Here](#))
- Global News: IOS ([Here](#)), Android ([Here](#))
- Uber eats: IOS ([Here](#)), Android ([Here](#))
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- Moovit Public transport tracker: IOS ([Here](#)), Android ([Here](#))
- Waze: IOS ([Here](#)), Android ([Here](#))



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

Hamilton City





Famous Quote

- "Hamilton: "A City of Many Communities." ... - **Anonymous**

Fun Facts / Did you know?

- **The first Tim Hortons opens in Hamilton:** The Canadian restaurant chain, Tim Hortons, is known for its coffee, doughnuts and connection to Canada's national identity. It was founded in 1964 in Hamilton.
- **Hamilton is the waterfall Capital of the world:** Hamilton is home to more than one hundred waterfalls, as well as one of the highest in any urban area of its size. Hamilton's waterfalls are small, quiet and serene, and there is a huge variety in them.
- **Hamilton has the biggest botanical garden in Canada:** With 2,700 acres, Royal Botanical Gardens in Hamilton is the largest botanical garden in Canada and one of the largest in the world.

Top expressions!!

- **Timmies:** In many Canadian cities, there's a Tim Horton's café at almost every corner. When Canadians are in the mood for some Timbits (doughnut holes), they make a trip to their local Tim Horton's which is lovingly called "Timmies" for short.
 - "Do you want to go to Timmies for a quick coffee break?"
- **Double-Double:** the double-double is a Timmies favourite. This is a popular coffee order that refers to a regular coffee with two creams and two sugars.
 - "Can I get a box of Timbits and a double-double?"
- **Loonies and Toonies:** A loonie is a Canadian coin worth \$1. A picture of the loon, a Canadian bird, appears on one side of the large gold coin. The Canadian coin worth \$2 was named a toonie to rhyme with the original loonie.
 - "Oh no, I'm a loonie short for the bus fare. Can I get change for my toonie?"

Your starter kit to the local lingo:

- **"Hamiltonians":** Means the resident of Hamilton.
- **"Ting":** Thing, causal relationship.
- **"Nize" it:** Shut up. A clipping of "Recognize you're out of line and shut up."
- **"Hooooly":** When you need to react to something, or if someone is annoying you, you opt for a "hooooly" to let out all your feelings into an exaggerated reaction.
- **"Eh":** Pronounced "ay." This word is used in everyday Canadian vernacular to indicate that you don't understand something, can't believe something is true. It's similar to "huh," "right?" "what?" commonly used in the USA.

[illegible]



Education:

- One of the biggest and most well-known universities in Hamilton is McMaster. McMaster University, is ranked in Best Global Universities and 6th in Canada rank, surely is one of Canada top teaching and research universities.
- Hospitals: There are 3 main hospitals that you will likely be working in, all of them are within 10-minutes drive from each other.
 - Hamilton General Hospital.
 - Juravinski Hospital.
 - St. Joseph's Healthcare Hamilton.
 - Other Hospitals:
 - St Peter, West Lincoln Memorial Hospitals.
 - For Pediatrics subspecialties: McMaster Children's Hospital, McMaster University.

Accommodation:

- Before choosing between renting a house or renting an appartement; you must be familiar with the responsibility that come with house renting (For example, Snow and ice should be removed within 24 hours of accumulation. Penalties for failure to comply include a notice of violation and fines that could reach as high as \$5,000.).

House

- There are 2 options:
 - Townhouses: A townhouse is attached, sharing at least one common wall with another, similar-designed home.
 - Detached House: A detached single-family home has no common walls and sits on its own parcel of land.
- Location: Ancaster ([Location](#)).
- There are two neighborhoods: old Ancaster & new Ancaster.
- Leasing Websites: Kijiji ([Link](#)), Rentals.ca ([Link](#)) & Rentfaster ([Link](#)).
- Real Estate agent: You can also contact a real estate agent.
- Monthly price: Varies depending on how many rooms. Generally, it is ~ 3200-4500 \$ (Detached House), and 2800-3200 \$ (Town House).
- Utilities (Water, Hydro, power) Prices: ~ 300-500 CAD \$/monthly.
- Furnishment: Houses are furnished with main appliances (oven, dishwasher, refrigerator) +/- washing machine/dryer/dishwasher (you need to make sure as they are not always provided).
- Advantages: Close to University Hospital, safe rural-like neighborhood. Most of GCC residents are living there. Large Arabic & Islamic community.
- Disadvantage: Sometimes is far from Main Hospitals (10-20 min by car).

Appartement

- Burlington:
 - Location: North shore of Burlington ([Here](#)).



جمعية الأطباء الكويتيين في كندا ASSOCIATION OF KUWAITI DOCTORS IN CANADA

- Monthly price: average between 2850-3250 CAD \$.
- Utilities (Water, Hydro, power) Prices: ~ 300-400 CAD \$/monthly.
- Advantages: Waterfront city that offer Luxurious apartment, family-friendly neighborhoods, and a wide array of recreational activities.
- Disadvantage: Need 20-25 min to Hamilton downtown/Hospital.
- Downtown of Hamilton:
 - Location: Hamilton Downtown ([Here](#)) .
 - Monthly price: average between 2200-2600 CAD \$.
 - Utilities (Water, Hydro, power) Prices: ~ 300 CAD \$/monthly.
 - Advantages: Closer to the Hospitals.
 - Disadvantage: UNSAFE, most residents suggest not to rent there.

Day care & Schools:

- There are multiple schools and Daycare in Ancaster. Preferably choose the one close to you if you're going to drop you child daily as it would be easier for you.
- Prices: Free for schools, while the government covers only 50% of daycare fees for children less than 3 years old. Daycare prices vary.
- Daycare options: Meadowlands Preschool and Daycare ([Link](#)) & Ancaster Small Fry Co-Op Preschool Inc ([Link](#)).

Halal Restaurants:

- Paramount Middle Eastern Kitchen ([Location](#)).
- La Luna Downtown ([Location](#)) & La Luna Mountain ([Location](#)): Lebanese Cuisine.
- Cedar Falafel and Shawarma ([Location](#)).
- Sameer Kabab House ([Location](#)).
- Halal Rezaq ([Location](#)).
- Avesta Pizza and Grill ([Location](#)).
- Zesty Halal Shawarma & Grill ([Location](#)).
- La Pita Halal Shawarma & Grill ([Location](#)) .
- CheeZatar ([Location](#)).
- Rayhoon Persian Eatery ([Location](#)).
- Nanna Persian Eatery ([Location](#)).

Halal Supermarkets

- Sarai Fresh Food & Halal Meet ([Location](#)): one of the Best in Hamilton.
- Samir Supermarket ([Location](#)).
- Halal Mart ([Location](#)).
- Al-Amin Grocery & Halal Mart ([Location](#)).
- Mouneh House ([Location](#)).



Shopping malls:

- Maple View Shopping Center ([Location](#)): biggest in town, located in Burlington.
- CF Lime Ridge ([Location](#)): one of the biggest in town, located in Hamilton.
- Mountain Shopping Plaza ([Location](#)).

Cultural Attraction & Museums:

- Joseph Brant Museum ([Location](#)): dedicated to the preservation, promotion, and presentation of the heritage of Burlington.
- Ireland House Museum ([Location](#)): Former homestead of the Ireland family, now preserved & hosting tours & interactive programming.
- Dundurn Castle ([Location](#)): Italianate-style villa built in 1830's on Burlington heights, site for former fortified military encampment established by British in 1813.
- Hamilton Museum of Steam & Technology ([Location](#)): Exhibits on Canada's industrial revolution in an old waterworks, including 2 steam pump engines.
- Dundas Museum & Archives ([Location](#)): When in Dundas town, it's a must-see attraction. Best of all, it's a free attraction.

Parks & Conservation Areas:

- RBG Cootes Paradise Sanctuary ([Location](#)): Established in 1927 for its significance as a migratory bird stopover, Cootes Paradise is Royal Botanical Garden's largest and most diverse sanctuary at over 600 hectares. The area features a 320-hectare river-mouth marsh, 16 creeks and 25 Km of shoreline.
- RBG Hendrie Valley Sanctuary ([Location](#)): Trails & boardwalks run through this serene, wildlife-filled nature preserve with marshes & creeks.
- Borer's Falls Conservation Area ([Location](#)): Hiking trails in this scenic nature preserve lead to a waterfall once used to power a sawmill.
- Felker's Falls Conservation Area ([Location](#)): Forested nature preserve featuring a 22-m. terraced waterfall, a playground & walking trails.
- Bayfront Park ([Location](#)): one of the major parks located Burlington Bay.

Outdoor entertainment:

- Westfield Heritage Village ([Location](#)): one of the major centers of community events in Hamilton.
- Ancaster Fairgrounds ([Location](#)): Great space for events.
- Sherman Falls ([Location](#)).
- Safari Trails ([Location](#)): you can drive your care among varieties of animals.
- Grimsby Beach ([Location](#)): Popular lakefront beach.
- Oakville Park Public Beach ([Location](#)): Nice place for picnic and scenic views.
- Casablanca Beach ([Location](#)).



Indoor entertainment:

- iFLY Toronto (Oakville) Indoor Skydiving ([Location](#)): Indoor skydiving.
- Flying Squirrel Trampoline Park ([Location](#)): indoor bungee center.
- The Rec Room ([Location](#)): Amusement center.
- Gravity Climbing Gym ([location](#)): Rock climbing gym.
- KeyMasters Escape Rooms ([location](#)): 4 escape Room games.
- Confundrum Escape Rooms ([location](#)): escape Room games.
- BATL Axe Throwing ([location](#)).

Banks:

- Most Canadian banks operate within Hamilton. We do recommend picking one of the big major banks in Canada (TD, CIBC, BMO, RBC and Scotiabank).
- CIBC: Easier to get credit card; most the residents have an account with CIBC.
- TD: has a good service with as acceptable insurance bundle (Home, car and other), but it's difficult for own experience to get Credit card.
- For more details ([Read More](#)) & ([Read More](#)).

Insurance:

- There are many insurances company that operate in Hamilton.
- You need to get insurance for your house/apartment and your car as well.
- We recommend TD insurance as they have special offers for medical residents and when you apply online.

Home internet:

- Popular Internet Plans in Ontario: Bell, DistribuTel, Rogers, OXIO and TekSavvy.
- Fastest Internet Plans in Ontario: Bell, TELUS, then Shaw.
- The fastest internet provider in Ontario is Bell. Although it's not the only Canadian ISP with fiber optic service to your home, but it's the only one in Ontario with download speeds as high as 1.5 Gbps. ([Read More](#))

Mobile Phone:

- All three major carriers (Bell, Rogers and TELUS) are well represented throughout Ontario, some offering better service than others.
- Major mobile phone networks like Bell, Rogers and TELUS provide nearly 100% coverage of Southern Ontario including Hamilton.
- The Geographic Area Covered in Ontario via different mobile providers as follow (Bell 22.53%, TELUS 22.53% while Rogers 20.59%).
- Rogers had 2 outages last year; we would recommend Bell or telus. ([Read More](#)).



Transportation:

- Road: The primary highways serving Hamilton are Highway 403 and the Queen Elizabeth Way. Other highways connecting Hamilton include Highway 5, Highway 6 and Highway 8.
- Train: GO trains radiating from Downtown Toronto to Hamilton. Also, Via rail serve Hamilton through Aldershot station in Burlington ([Location](#)), as part of the Quebec City–Windsor Corridor (region extends between Quebec City in the northeast and Windsor, Ontario, in the southwest, spanning 1,150 kilometers).
- Bus: Hamilton has good bus connections with cities in southern Ontario. GO Transit offers frequent and reliable express bus service to Toronto.
- Metro: Not available in Hamilton but was proposed.
- Cycling & biking: Hamilton is a cycling-friendly community offering a vast selection of scenic bicycle routes and trails that combine off-road, multi-use paths and on-street dedicated bike lanes, with varying terrain, hills and degrees of difficulty. ([Details](#)) ([Maps](#))
- Service Provider: Uber and Lyft are available to operate in Hamilton.
- Airport:
 - John C. Munro Hamilton International Airport (YHM) is the 12th busiest passenger airport in Canada and the 18th busiest airport in Canada by take-offs and landings.
 - It is served by airlines including Lynx Air and WestJet, that provides direct flights to domestic destinations including Winnipeg, Calgary and Halifax.
 - How to get to/from Kuwait to/from Hamilton:
 - Option 1: Drive to Toronto and leave your car in the long-term airport parking then take you international flight.
 - Option 2: start with domestic flight from Hamilton to Halifax/Calgary, then you can take you international flight.

Mosques and Islamic Centers:

- In Hamilton there is Muslim Association of Canada (MAC) office. ([Location](#))
- Mountain Mosque ([Location](#)) and Hamilton Downtown Mosque ([Location](#)) are the major mosques in Hamilton as daily prayers, Friday prayer along with Eid prayer are held in these mosques.
- You will find people of all ethnic and racial backgrounds throughout Hamilton, Ontario. There is a sizeable Arab and Muslim community in Hamilton, and you should be able to find small mosques around town.



Nearby cities & attractions worth visiting:

- Cottage renting: Use Airbnb to rent a cottage at Lake St. Clair or Lake Huron.
- Niagara Falls: 40 min hours away from Hamilton. ([Here](#))
- Blue Mountains ([Location](#)): is a town in Grey County, southwestern Ontario, Canada, located where the Beaver River flows into Nottawasaga Bay.
- Muskoka ([Location](#)): Striking lakes and landscapes, abundant wildlife and charming ice-cream communities make Muskoka one of Ontario's most cherished natural playgrounds.

Other Tips:

- Post service (Canada Post, UPS, FedEx & DHL) is easily accessible in Hamilton.
- Preferably create a Canadian Apple/Google account to download smartphone applications that might help you during your residency (banks, etc.).
- For Supermarket chains there are: Walmart, Canadian Tire, Costco, Safeway, Metro, Sobeys, Loblaws, Food Basic, Fresh Co and Dollarama.
- For Office supply, Bookstores and Back-to-School stores: Indigo and Staples.
- For Furniture: Ikea, The Brick, Structube, Wayfair, Home Depot and Bed Bath.
- For Clothing Stores: H&M, Old navy, Mark's and others.
- For Department stores: Winner's, Home Sense, Marshalls and others.
- For Electronics: Best Buy, Canada Computer and The Source.
- For online General Shopping: Amazon, iHerb and others.
- For online Grocery Shopping: Instacart with Public Delivery application & websites. Every major food chain supermarket has its own application.
- For assembling your furniture, you can book an extra hand by using Handy ([Link](#)).

Important website:

- Hamilton Prayer Times ([Here](#))
- City of Hamilton ([Here](#))
- Hamilton Tourism ([Here](#))
- News in Hamilton: CBC ([Here](#)), CTV ([Here](#)), Global news ([Here](#))
- Hamilton Public Library ([Here](#))
- City of Hamilton Health unit ([Here](#))
- Hamilton Spectator News ([Here](#))
- Mountain Mosque ([Link](#))
- Downtown Mosque ([Link](#))
- Hamilton Weather ([Here](#))
- Hamilton Recycling ([Here](#))



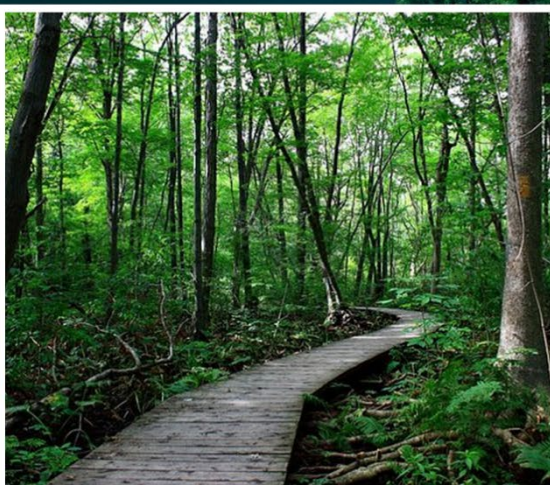
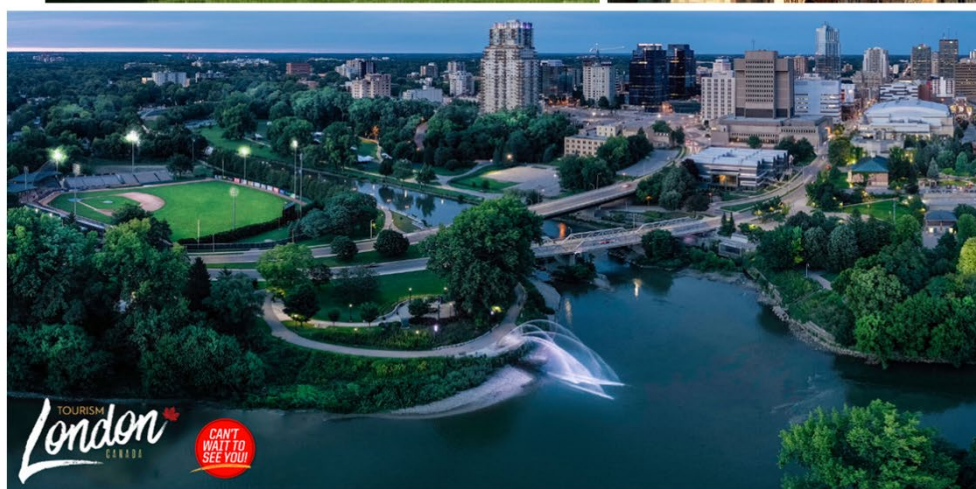
Useful smartphone Application:

- Hamilton Downtown Mosque: IOS ([Here](#)), Android ([Here](#))
- Via Rail: IOS ([Here](#)), Android ([Here](#))
- Canada Air: IOS ([Here](#)), Android ([Here](#))
- West Jet: IOS ([Here](#)), Android ([Here](#))
- Arrive Can: IOS ([Here](#)), Android ([Here](#))
- CTV: IOS ([Here](#)), Android ([Here](#))
- CBC: IOS ([Here](#)), Android ([Here](#))
- Global News: IOS ([Here](#)), Android ([Here](#))
- Hamilton Spectator News: IOS ([Here](#)), Android ([Here](#))
- Hamilton HRS Bus: IOS ([Here](#)), Android ([Here](#))
- Uber eats: IOS ([Here](#)), Android ([Here](#))
- Door dash: IOS ([Here](#)), Android ([Here](#))
- Skip the dishes: IOS ([Here](#)), Android ([Here](#))
- Instacart: IOS ([Here](#)), Android ([Here](#))
- Publix Delivery: IOS ([Here](#)), Android ([Here](#))
- Uber: IOS ([Here](#)), Android ([Here](#))
- Lyft: IOS ([Here](#)), Android ([Here](#))
- Moovit Public transport tracker: IOS ([Here](#)), Android ([Here](#))
- Waze: IOS ([Here](#)), Android ([Here](#))



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

The City of London





Famous Quote

- "London is known as the city of forest." ... - **Anonymous**

Fun Facts / Did you know?

- London, Ontario was founded before Canada was. It founded as a village in 1826 and became a city officially in 1855. Canada was founded as a country in 1867.
- In 1845 a large fire broke out which destroyed one building out of the village's five buildings. That building was St. Paul Cathedral. It was rebuilt one year later.
- London was home to Dr. Earl Plunkett, who was prominent in the development of the first birth control pill back in 1960. London was home to Sir Frederick Banting, who discovered the therapeutic properties of Insulin in 1921.
- Maple trees account for over 30% of the trees in London, making them the city's most populous tree.

Top expressions!!

- **Timmies:** In many Canadian cities, there's a Tim Horton's café at almost every corner. When Canadians are in the mood for some Timbits (doughnut holes), they make a trip to their local Tim Horton's which is lovingly called "Timmies" for short.
 - "Do you want to go to Timmies for a quick coffee break?"
- **Double-Double:** the double-double is a Timmies favourite. This is a popular coffee order that refers to a regular coffee with two creams and two sugars.
 - "Can I get a box of Timbits and a double-double?"
- **Loonies and Toonies:** A loonie is a Canadian coin worth \$1. A picture of the loon, a Canadian bird, appears on one side of the large gold coin. The Canadian coin worth \$2 was named a toonie to rhyme with the original loonie.
 - "Oh no, I'm a loonie short for the bus fare. Can I get change for my toonie?"

Your starter kit to the local lingo:

- **"Londoners":** Means the resident of London, Ontario.
- **"Nize" it:** Shut up. A clipping of "Recognize you're out of line and shut up."
- **"Hooooo":** When you need to react to something, or if someone is annoying you, you opt for a "hooooo" to let out all your feelings into an exaggerated reaction.
- **"Eh":** Pronounced "ay." This word is used in everyday Canadian vernacular to indicate that you don't understand something, can't believe something is true. It's similar to "huh," "right?" "what?" commonly used in the USA.



Introduction:

- Geography:
 - London is in Southwestern Ontario in between 2 hours away from each Windsor in the west and Toronto in the east.
 - Windsor also borders Detroit, Michigan so you would also be 2 hours away from a land border with the USA.
- Population:
 - The population of London's census metropolitan area, which includes Strathroy and St. Thomas, is projected at 545,441 as of July 2019.
- Safety:
 - London ranks 81 out of 237 communities on Canada's Safest Places list in 2020, with a CSI (Crime severity Index) of 84 higher than the national average of 75.
 - On the other hand, just like any other major city, there are pockets of crime. Common sense safety tips such as avoiding walking alone late at night, being aware of your surroundings and considering home security devices are likely all you need to do.
- Family-friendliness:
 - There are several safe and family friend neighborhoods with great schools for families with kids. This ([link](#)) includes a map created by JM (a security company in London) of the popular neighborhoods in London for families.
- Climate:

Climate data for London, Ontario (London International Airport), 1981–2010 normals, extremes 1871–present ^[a]													[hide]
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Record high °C (°F)	16.7 (62.1)	18.3 (64.9)	27.5 (81.5)	30.6 (87.1)	34.4 (93.9)	38.2 (100.8)	38.9 (102.0)	41.1 (106.0)	36.7 (98.1)	30.3 (86.5)	24.4 (75.9)	22.2 (72.0)	41.1 (106.0)
Average high °C (°F)	−1.9 (28.6)	−0.5 (31.1)	4.4 (39.9)	12.1 (53.8)	19.0 (66.2)	24.0 (75.2)	26.4 (79.5)	25.3 (77.5)	21.1 (70.0)	14.2 (57.6)	7.2 (45.0)	0.9 (33.6)	12.7 (54.9)
Daily mean °C (°F)	−5.6 (21.9)	−4.5 (23.9)	−0.1 (31.8)	6.8 (44.2)	13.1 (55.6)	18.3 (64.9)	20.8 (69.4)	19.7 (67.5)	15.5 (59.9)	9.2 (48.6)	3.4 (38.1)	−2.6 (27.3)	7.9 (46.2)
Average low °C (°F)	−9.2 (15.4)	−8.6 (16.5)	−4.5 (23.9)	1.5 (34.7)	7.2 (45.0)	12.6 (54.7)	15.1 (59.2)	14.0 (57.2)	9.9 (49.8)	4.3 (39.7)	−0.4 (31.3)	−6.1 (21.0)	3.0 (37.4)
Record low °C (°F)	−32.2 (−26.0)	−32.8 (−27.0)	−28.3 (−18.9)	−17.8 (0.0)	−6.7 (19.9)	−1.1 (30.0)	2.2 (36.0)	1.1 (34.0)	−3.3 (26.1)	−12.2 (10.0)	−22.2 (−8.0)	−30.0 (−22.0)	−32.8 (−27.0)
Average precipitation mm (inches)	74.2 (2.92)	65.5 (2.58)	71.5 (2.81)	83.4 (3.28)	89.8 (3.54)	91.7 (3.61)	82.7 (3.26)	82.9 (3.26)	103.0 (4.06)	81.3 (3.20)	98.0 (3.86)	87.5 (3.44)	1,011.5 (39.82)
Average rainfall mm (inches)	33.4 (1.31)	33.6 (1.32)	46.3 (1.82)	74.7 (2.94)	89.4 (3.52)	91.7 (3.61)	82.7 (3.26)	82.9 (3.26)	103.0 (4.06)	78.1 (3.07)	83.2 (3.28)	46.9 (1.85)	845.9 (33.30)
Average snowfall cm (inches)	49.3 (19.4)	38.4 (15.1)	29.4 (11.6)	9.4 (3.7)	0.4 (0.2)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	3.2 (1.3)	16.6 (6.5)	47.6 (18.7)	194.3 (76.5)
Average precipitation days (≥ 0.2 mm)	18.8	15.1	15.3	14.1	12.7	11.6	11.2	10.4	12.1	13.1	15.8	18.0	168.0
Average rainy days (≥ 0.2 mm)	6.3	5.4	8.3	12.0	12.7	11.6	11.3	10.4	12.1	13.0	11.6	7.8	122.4
Average snowy days (≥ 0.2 cm)	15.3	12.1	9.1	3.5	0.18	0.0	0.0	0.0	0.0	1.2	5.7	13.2	60.3
Average relative humidity (%)	75.9	71.9	65.0	56.9	54.8	57.0	57.6	59.7	59.9	63.1	72.0	76.9	64.2
Mean monthly sunshine hours	64.4	89.9	124.0	158.0	219.6	244.3	261.6	217.7	165.1	128.7	67.4	52.1	1,792.6
Percent possible sunshine	22.1	30.4	33.6	39.4	48.4	53.2	56.2	50.4	43.9	37.5	23.0	18.5	38.1

Source: Environment Canada^{[61][66][64]}



Education:

- One of the biggest and most well-known universities in London is the University of Western Ontario (also known as Western). It's ranked in top 10 medical schools in Canada.
- Notable alumni include Frederick Banting, who invented insulin.
- Hospitals: There are several hospitals of varying sizes in London, Ontario. The main 3 hospitals that you will likely be working in are:
 - University Hospital
 - Victoria Hospital.
 - St. Joseph's is a hospital that you may rotate in as well and it includes mostly outpatient clinics and procedures.

Accommodation:

- Before choosing between renting a house or renting an appartement; you must be familiar with the responsibility that come with house renting (For example, Snow and ice should be removed within 24 hours of accumulation. Penalties for failure to comply include a notice of violation and fines that could reach as high as \$5,000.).

House

- There are 2 options:
 - Town houses: A townhouse is attached, sharing at least one common wall with another, similar-designed home.
 - Detached House: A detached single-family home has no common walls and sits on its own parcel of land.
- Location: North of London – North of Richmond Street ([Here](#)).
- Best neighborhoods are: Sunningdale ([Here](#)), North Crest ([Here](#)), Masonville ([Here](#)).
- Leasing Websites: Kijiji ([Link](#)), Rentals.ca ([Link](#)) & Rentfaster ([Link](#)).
- Real Estate agent: You can also contact a real estate agent.
- Monthly price: Varies depending on how many rooms; ~ 2800-3500 CAD \$.
- Utilities (Water, Hydro, power) Prices: ~ 300-500 CAD \$/monthly.
- Furnishment: Houses are furnished with main appliances (oven, dishwasher, refrigerator) +/- washing machine/dryer/dishwasher (you need to make sure as they are not always provided).
- Advantages: Close to University Hospital, safe neighborhood.
- Disadvantage: Sometimes is far from Main Hospitals (15-20 min by car).

Apartment

- Alto Tower 1 & 2 ([Website](#)):
 - Location: North of London ([Here](#)).
 - Website ([Website](#)).



- Monthly price: average between 2100 – 2400 CAD \$.
- Advantages: Close to University Hospital, the tower is well known to be occupied with Kuwaiti and other GCC residents.
- Disadvantage: far from Victoria Hospital (17-20 min).
- Mosaics Appartement ([Website](#)):
 - Location: West of London ([Here](#)).
 - Monthly price: average between 1900 – 2300 CAD \$.
 - Advantages: in the middle between University Hospital & Victoria Hospital, Close to the downtown.
 - Disadvantage: few GCC resident lives there.
- Azure Appartement ([Website](#)):
 - Location: London Downtown ([Here](#)).
 - Monthly price: average between 1800 – 2300 CAD \$, and for 2 bedrooms between 2300 – 2800 CAD \$.
 - Advantages: right in the Downton. Closer to all major hospitals.
 - Disadvantage: few GCC resident lives there. Some safety issues as you will be living in the downtown area.

Day care & Schools:

- FIRST STEP: Register to London and Middlesex Region Child Care Waitlist One application (One list) ([Link](#)). As it is the main waiting list for day care in London.
- Preferably choose the one close to you if you're going to drop you child daily as it would be easier for you.
- Price: Free for Schools, While the government will only cover 50% of daycare fees for babies less than 3 years old. ~ Daycare price is between 1200-1400 CAD \$.

Halal Supermarkets:

- Berries Market ([Location](#)): Best in London.
- Mona's Fine Meats ([Location](#)): One of best supermarket for Meat and poultry.
- Viola Gourmet ([Location](#)): famous for his Middle Eastern products.
- Ghadir meat & Restaurant ([Location](#)).

Halal Restaurants:

- Yasmine's-Authentic Lebanese Cuisine ([Location](#)): Best Lebanese Restaurant.
- Karoon Restaurant ([Location](#)): Iranian Restaurant.
- Mandi Guys Restaurant ([Location](#)): Famous of his Mandi and Machboos.
- Ghadir meat & Restaurant ([Location](#)): Lebanese Restaurant. Famous for his Grills.
- Cedar Restaurant ([Location](#)): Lebanese Restaurant.
- East Taste ([Location](#)): Mediterranean Restaurant.



- Damascus House ([Location](#)): Famous for his Grills, Middle eastern food (Mansaf).
- Maison Istanbul ([Location](#)): Turkish restaurant.
- Koshari Express Food Truck ([instagram page](#)): As the name implies; for Koshari.
- Bamyar Afghan Cuisine ([Location](#)): Famous for his Bukhari Rice.
- Shelby's Shawarma ([Location](#)) & Shelby's Downtown ([Location](#)): For Shawarma.
- CHICKPZ ([Location](#)): for chicken meals and Shawarma.
- Beladi's Bakery ([Location](#)): Famous for his Arabic/Middle eastern products.
- Babaz Shawarma ([Location](#)).
- Sultan Shawarma ([Location](#)).
- Tahini's Shawarma ([Location](#)).
- Barakat Restaurant ([Location](#)).
- Shawarma House North ([Location](#)).
- Zaatarz Bakery & Sweets - North ([Location](#)), South ([Location](#)).
- Shawarma Guys ([Location](#)).
- Hadis Shawarma ([Location](#)).
- Pita Pita Plus ([Location](#)).
- Shawarma Pita Place ([Location](#)).

Shopping malls:

- CF Masonville Place ([Location](#)).
- White Oaks Mall ([Location](#)).

Cultural Attraction & Museums:

- Banting House ([Location](#)): House Museum celebrating Sir Frederick Banting, the inventor of insulin, with his artifacts & art.
- Fanshawe Pioneer Village ([Location](#)): Recreation of a pioneer village with costumed interpreters, hands-on activities & a general store to resemble 1800s.
- Eldon House ([Location](#)): Historic residence features period decor, furnishings & colorful gardens.
- Museum London ([Location](#)): Exhibits focused on regional art, history & culture.
- London Children's Museum ([Location](#)): interactive exhibits for children, such as a dinosaur zone & cave crawling.
- Museum of Ontario Archaeology ([Location](#)): interpretation of over 11,000 years of human history in Ontario.
- The Royal Canadian Regiment Museum ([Location](#)): exhibits relating to the first infantry regiment established in Canada.
- Canadian Medical Hall of Fame ([Location](#)).
- Grand Theatre ([Location](#)): Performing arts theater.



Festivals:

- Sunfest: an annual Canadian festival of food, culture, art, and music that takes place in July. It's second largest in Canada after Toronto Caribbean Carnival (*Caribana*) and is among the top 100 summer destinations in North America.
- Western Fair: annual fair held annually in early September.
- London International Hot Air Balloon Festival.
- Home County Music & Art Festival: is a festival held the third weekend of July.

Parks & Conservation Areas:

- Victoria Park ([Location](#)): one of the major centers of community events in London
- Spring Bank Park ([Location](#)): contains 30 km (19 mi) of trails.
- Gibbons Park ([Location](#)): Green space on the Thames River with 2 playgrounds, a splash pad, tennis courts & an outdoor pool.
- Fanshawe Conservation ([Location](#)): Best in London with 3.4 km of trails for hikers & 20 km of biking/hiking trails. Small village for children to drive in small roads.
- Westminster Ponds/Pond Mills Conservation Area ([Location](#)): sprawling nature preserve has 5 ponds, 10 km. of walking trails & 200+ species of birds.
- Sharon Creek Conservation Area ([Location](#)): Picnicking, birdwatching, hiking, fishing and canoeing are enjoyed by many visitors.

Indoor entertainment:

- Western Fair Sports Centre ([Location](#)): Sport Center.
- The Rec Room ([Location](#)): Amusement center.
- The Factory ([Location](#)): Adventure sports center.
- Junction Climbing Centre ([Location](#)): Rock climbing gym.
- BATL Axe Throwing ([Location](#)).
- Pleased South ([Location](#)): Laser tag center.
- The Next Level ([Location](#)): Video Arcade.
- Trapdoor London Escape Rooms ([Location](#)): Escape Room Game.
- Escapology Escape Rooms ([Location](#)): Escape Room Game.
- Aerosports Trampoline Park London ([Location](#)): Trampoline Center.
- Flying Squirrel Trampoline Park ([Location](#)): Trampoline Park.
- Funvilla London ([Location](#)): Indoor Playground.
- Just Golf – Golf Stimulator ([Location](#)): Indoor Golf Center.
- The Club House ([Location](#)): Indoor Golf course.
- Fleetway ([Location](#)) : Bowelling Alley.
- Junction Climbing center ([location](#)): Rock climbing gym.
- J2 Bouldering ([location](#)): Rock climbing gym.



Outdoor entertainment:

- Western Fair District Agriplex ([Location](#)): biggest Fair District for showrooms.
- East Park London ([Location](#)): Indoor/outdoor recreational park featuring water slides, golf, go-karts, a climbing wall & arcade.
- Boler Mountain ([Location](#)): used for skiing, snowboarding and snow tubing in the winter and for biking, hiking, zip lining, and beach volleyball in the summer.
- Storybook Gardens ([Location](#)): Theme Park for children.

Banks:

- Most Canadian banks operate within London. We do recommend picking one of the big major banks in Canada (TD, CIBC, BMO, RBC and Scotiabank)
- TD: has a good service with as acceptable insurance bundle (Home, car and other), but it's difficult for own experience to get Credit card.
- CIBC: Easier to get credit card; most the residents have an account with CIBC.
- For more details ([Read More](#)).

Insurance:

- There are many insurances company that operate in London.
- You need to get insurance for your house/apartment and your car as well.
- We recommend TD insurance as they have special offers for medical residents and when you apply online.

Home internet:

- Popular Internet Plans in Ontario: Bell, DistribuTel, Rogers, Oxio and TekSavvy.
- Fastest Internet Plans in Ontario: Bell, TELUS, then Shaw.
- The fastest internet provider in Ontario is Bell. Although it's not the only Canadian ISP with fiber optic service to your home, but it's the only one in Ontario with download speeds as high as 1.5 Gbps. ([Read More](#)).

Mobile Phone:

- All three major carriers (Bell, Rogers and TELUS) are well represented throughout Ontario, some offering better service than others. Canada's fourth largest carrier by subscription is Freedom Mobile and they have their largest network in Ontario.
- Major mobile Phone networks like Bell, Rogers and TELUS provide nearly 100% coverage of Southern Ontario including Toronto.
- The Geographic Area Covered in Ontario via different mobile providers as follow (Bell 22.53%, TELUS 22.53% while Rogers 20.59%).
- Rogers had 2 outages last year; we would recommend Bell or Telus. ([Read More](#))



Transportation:

- Road: London is at the junction of Highway 401 that connects the city to Toronto and Windsor, and Highway 402 to Sarnia.
- Train: Via Rail operates regional passenger service through London station ([Location](#)) as part of the Quebec City–Windsor Corridor (region extends between Quebec City in the northeast and Windsor, Ontario, in the southwest, spanning 1,150 kilometers).
- Bus: London's public transit system is run by the London Transit Commission, which has 44 bus routes throughout the city. Though it not a reliable way for transportation in London.
- Metro: Not available in London.
- Cycling: London has 330 km (205 mi) of cycling paths throughout the whole city. ([PDF Map](#)) ([Details](#)) ([Bike Routes](#)) ([Map Rides](#))
- Service Provider: Uber operates in London; unlike Lyft which is not yet.
- Airport:
 - London International Airport (YXU) is the 12th busiest passenger airport in Canada and the 11th busiest airport in Canada by take-offs and landings.
 - It is served by airlines including Air Canada Express, and WestJet, and provides direct flights to both domestic and international destinations, including Toronto, Ottawa, Winnipeg, Calgary, and Vancouver.
 - How to get to/from Kuwait to/from London:
 - Option 1: Drive to Toronto and leave your car in the long-term airport parking, then take you international flight.
 - Option 2: start with domestic flight from London to Toronto/Montreal, then you can take you international flight.
 - International Airlines are Kuwait Airway, Canada Air, Qatar airways and Turkish Airway.

Mosques and Islamic Centers:

- In London there is a Muslim Association of Canada (MAC) office. ([Location](#))
- London Muslim Mosque is the major mosque in London ([Location](#)), as daily prayers, Friday prayer along with Eid prayer are held here.
- You will find people of all ethnic and racial backgrounds throughout London, Ontario. There is a sizeable Arab and Muslim community in London, and you should be able to find small mosques around town.



Nearby cities & attractions worth visiting:

- Cottage renting: Use Airbnb to rent a cottage at Lake St. Clair or Lake Huron.
- Niagara Falls: 2 hours away from London. ([Here](#))
- Beaches:
 - Long Beach at Port Stanley. Popular lakefront beach. ([Here](#))
 - Port Burwell Beach: Less than an hour from London. ([Here](#))
 - Goderich Main Beach. ([Here](#))
- Farms:
 - Kustermans Adventure Farms ([Here](#)): small farm for children, provides an outdoor fun as can pick your own fruit.
 - Clovermead Adventure Farm & Honey Shop: ([Here](#)): regionally famous farm where families explore, touch animals and enjoying wagon rides.
- Trails & Conservation areas:
 - Ausable River Valley & Mystery Falls Trails ([Here](#)).
 - Rock Glen Conservation Area ([Here](#)).
 - Morrison Dam Conservation Area ([Here](#)).
 - Longwoods Road Conservation Area & Museum ([Here](#)).

Other Tips:

- Unfortunately, IKEA store is not available in London; but you can order online.
- Same thing with Samsung & Microsoft store, which are not -unfortunately- available here, but you can order online if you want to.
- Post service (Canada Post, UPS, FedEx & DHL) is easily accessible in London.
- Preferably create a Canadian Apple/Google account to download smartphone applications that might help you during your residency (banks, etc.).
- For Supermarket chains there are: Walmart, Canadian Tire, Costco, Safeway, Metro, Sobeys, Loblaws, Food Basic, Fresh Co and Dollarama.
- For Office supply, Bookstores and Back-to-School stores: Indigo and Staples.
- For Furniture: Ikea, The Brick, Structube, Wayfair, Home Depot and Bed Bath.
- For Clothing Stores: H&M, Old navy, Mark's and others.
- For Department stores: Winner's, Home Sense, Marshalls and others.
- For Electronics: Best Buy, Canada Computer and The Source.
- For online General Shopping: Amazon, iHerb and others.
- For online Grocery Shopping: Instacart with Public Delivery application & websites. Every major food chain supermarket has its own application.
- For assembling your furniture, you can book an extra hand by using Handy ([Link](#))



Important website:

- London Prayer Times ([Here](#))
- City of London ([Here](#)) ([Here](#))
- Downtown London ([Here](#))
- London Map ([Here](#))
- London Tourism ([Here](#))
- Festivals and Events in London ([Here](#)) & ([Here](#))
- News in London: CBC ([Here](#)), CTV ([Here](#)), Global news ([Here](#)), LFP ([Here](#))
- London Public Library ([Here](#))
- Middlesex-London health unit ([Here](#))
- London Weather ([Here](#))
- London Recycling ([Here](#))

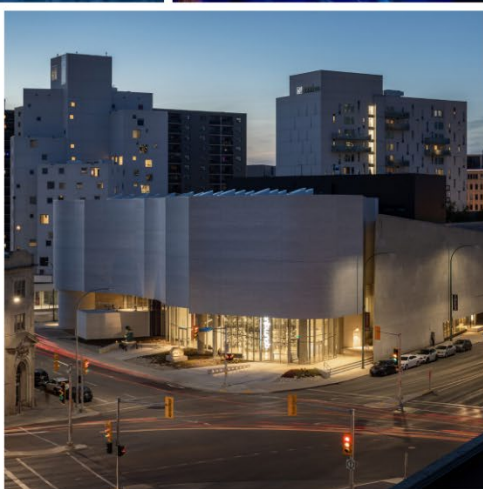
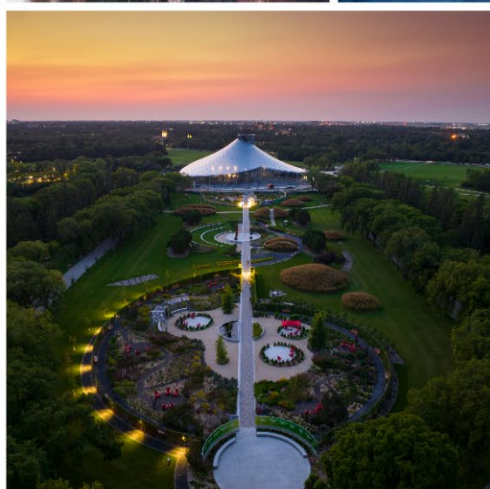
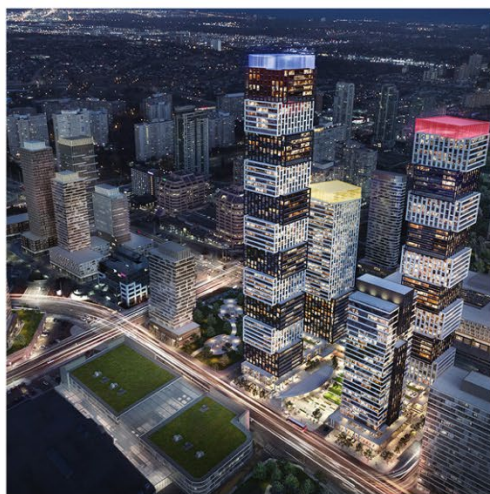
Useful smartphone Application:

- London Muslim Mosque: IOS ([Here](#)), Android ([Here](#))
- Via Rail: IOS ([Here](#)), Android ([Here](#))
- Canada Air: IOS ([Here](#)), Android ([Here](#))
- West Jet: IOS ([Here](#)), Android ([Here](#))
- Arrive Can: IOS ([Here](#)), Android ([Here](#))
- CTV: IOS ([Here](#)), Android ([Here](#))
- CBC: IOS ([Here](#)), Android ([Here](#))
- Global News: IOS ([Here](#)), Android ([Here](#))
- London Free Press: IOS ([Here](#)), Android ([Here](#))
- London Bus LTC: IOS ([Here](#)), Android ([Here](#))
- Uber eats: IOS ([Here](#)), Android ([Here](#))
- Door dash: IOS ([Here](#)), Android ([Here](#))
- Skip the dishes: IOS ([Here](#)), Android ([Here](#))
- Instacart: IOS ([Here](#)), Android ([Here](#))
- Publix Delivery: IOS ([Here](#)), Android ([Here](#))
- Uber: IOS ([Here](#)), Android ([Here](#))
- Lyft: IOS ([Here](#)), Android ([Here](#))
- Moovit Public transport tracker: IOS ([Here](#)), Android ([Here](#))
- Waze: IOS ([Here](#)), Android ([Here](#))



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

Winnipeg City





Famous Quote:

- “Actually, loved Winnipeg. Everyone told me I was going to hate it, but it was great.”
- **Liev Schreiber**, American Actor and Director.

Fun Facts about Manitoba and Winnipeg / Did you know?

- The city is named after the nearby Lake Winnipeg; the name comes from the Western Cree words for "muddy water" - “winipīhk”.
- The region was a trading centre for Indigenous peoples long before the arrival of Europeans as French traders built the first fort on the site in 1738.
- One of the most notable places in Winnipeg is St. Boniface, which is known as the largest French-speaking community in Western Canada.
- Winnipeg Art Gallery has been recognized and made its way to the list of 2021 World's Greatest Places according to TIME Magazine
- Winnipeg was the first city in North America to have a central emergency phone line. At first it was 999, but later changed to 911 in 1975.
- Churchill, Manitoba, on Hudson's Bay, is considered the best place in all of Canada to see polar bears and often called the “Polar bear capital of the world.”
- The famous companies A&W, Skip the Dishes, Old Dutch, Hudson's Bay Company, and Ben Moss Jewelers started in Manitoba.

Top expressions!!

- **Timmies / Timmy's / Tim's:** In many Canadian cities, there's a Tim Horton's café at almost every corner. When Canadians are in the mood for some Timbits (doughnut holes), they make a trip to their local Tim Horton's which is lovingly called “Timmies” for short.
 - “Do you want to go to Timmies for a quick coffee break?”
- **Double-Double:** the double-double is a Timmies favourite. This is a popular coffee order that refers to a regular coffee with two creams and two sugars.
 - “Can I get a box of Timbits and a double-double?”
- **Loonies and Toonies:** A loonie is a Canadian coin worth \$1. A picture of the loon, a Canadian bird, appears on one side of the large gold coin. The Canadian coin worth \$2 was named a toonie to rhyme with the original loonie.
 - “Oh no, I'm a loonie short for the bus fare. Can I get change for my toonie?”
- **Buddy/Bud:** On the east coast predominantly (but also heard nationwide), buddy is a way to talk about a person without using a name.
 - “Buddy over there?”



Common phrases/Words you may encounter:

- **“Pickerel”**
 - A species of freshwater fish commonly caught in Lake Winnipeg. Truth: they are technically walleye, which is a completely separate species from pickerel. For whatever reason, local anglers have been calling ‘em pickerel for generations and, well, we’re slow to change in Manitoba.
- **“May Long”**
 - Formally known as Victoria Day, the statutory holiday during the third weekend of May. Ask any Manitoban what they have planned for Victoria Day and you will get a blank stare. Ask them what they have got planned for May long and they’ll tell you all about their camping plans or (if they’re older than 29) their gardening plans.
- **“Heading to the Cabin”**
 - Many families in Manitoba own a cabin on one of the thousands of lakes I mentioned earlier. In our short summer season, you’ll often hear people comment they’re heading to the cabin for the weekend. Out east, people refer to cabins as cottages. To them cabins are a basic shed, often without indoor plumbing.
- **“Manitoba Driver”**
 - One who alternates driving 20km/h over and 20km/h under the speed limit, prior to making a U-turn from the right lane, usually because they forgot which side of the road Wal-Mart is on.

Your starter kit to the local lingo:

- **Manitobans:** People from Manitoba are called Manitobans.
- **Winnipegger:** Means the resident of Winnipeg.
- **Winnifamous:** A person who is considered famous within the city of Winnipeg.
- **Bunny Hug:** Another word for the sweater known as a hoodie.
- **Gotch:** men’s underwear in Manitoba lingo.
- **Lovers Lane:** The nickname for Douglas Park Hill because that’s where everyone goes to sit in their car and make out.
- **Tims:** short for Tim Hortons.
- **Bro:** referring to your friend and not necessarily your blood brother.
- **Eh?:** prompt or response to what someone said, spoken primarily by Canadians. Short for “huh” or “right.”



Introduction:

- Geography:
 - Winnipeg Is the largest city in the province of Manitoba. It is centred on the confluence of the Red and Assiniboine rivers, near the longitudinal centre of North America.
- Population:
 - As of the 2021 Census, Saskatoon had a city population of 749,607 making it largest city in the province and the 6th-largest metropolitan area in Canada with a census population of 834,678.
- Safety:
 - It is very safe city. Safety index is 63.31 with low crime rate.
 - On the other hand, just like any other major city, there are pockets of crime. Common sense safety tips such as avoiding walking alone late at night, being aware of your surroundings and considering home security devices are likely all you need to do.
- Weather:
 - Winnipeg experiences a cold semi-arid climate, with typically warm summers and long, cold winters.
 - The coldest temperature ever recorded in Winnipeg was -47.8°C in December 1879. Winnipeg is covered in snow 132 days of the year.
 - Winnipeg has an average of 27 thunderstorms per year.
 - There is measurable sunshine on an average of 318 days of the year.
 - The hottest temperature ever recorded in Winnipeg was 42.2°C on 1936.

Climate data for Winnipeg (Winnipeg James Armstrong Richardson International Airport)														[hide]
WMO ID: 71852; coordinates 49°55′N 97°14′W ; elevation: 238.7 m (783 ft); 1981–2010 normals, extremes 1872–present ^[a]														
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year	
Record high humidex	6.3	11.1	28.0	34.1	40.2	46.1	47.3	45.5	45.9	34.3	23.9	9.3	47.3	
Record high °C (°F)	7.8 (46.0)	11.7 (53.1)	23.7 (74.7)	34.3 (93.7)	37.8 (100.0)	38.3 (100.9)	42.2 (108.0)	40.6 (105.1)	38.8 (101.8)	31.1 (88.0)	23.9 (75.0)	11.7 (53.1)	42.2 (108.0)	
Average high °C (°F)	−11.3 (11.7)	−8.1 (17.4)	−0.8 (30.6)	10.9 (51.6)	18.6 (65.5)	23.2 (73.8)	25.9 (78.6)	25.4 (77.7)	19.0 (66.2)	10.5 (50.9)	−0.5 (31.1)	−8.5 (16.7)	8.7 (47.7)	
Daily mean °C (°F)	−16.4 (2.5)	−13.2 (8.2)	−5.8 (21.6)	4.4 (39.9)	11.6 (52.9)	17.0 (62.6)	19.7 (67.5)	18.8 (65.8)	12.7 (54.9)	5.0 (41.0)	−4.9 (23.2)	−13.2 (8.2)	3.0 (37.4)	
Average low °C (°F)	−21.4 (−6.5)	−18.3 (−0.9)	−10.7 (12.7)	−2.0 (28.4)	4.5 (40.1)	10.7 (51.3)	13.5 (56.3)	12.1 (53.8)	6.4 (43.5)	−0.5 (31.1)	−9.2 (15.4)	−17.8 (0.0)	−2.7 (27.1)	
Record low °C (°F)	−44.4 (−47.9)	−45.0 (−49.0)	−38.9 (−38.0)	−27.8 (−18.0)	−11.7 (10.9)	−6.1 (21.0)	1.1 (34.0)	−1.1 (30.0)	−8.3 (17.1)	−20.6 (−5.1)	−36.7 (−34.1)	−47.8 (−54.0)	−47.8 (−54.0)	
Record low wind chill	−56.4	−57.1	−49.6	−35.8	−20.8	−7.9	0.0	0.0	−11.5	−24.2	−48.1	−50.6	−57.1	
Average precipitation mm (inches)	19.9 (0.78)	13.8 (0.54)	24.5 (0.96)	30.0 (1.18)	56.7 (2.23)	90.0 (3.54)	79.5 (3.13)	77.0 (3.03)	45.8 (1.80)	37.5 (1.48)	25.0 (0.98)	21.5 (0.85)	521.1 (20.52)	
Average rainfall mm (inches)	0.2 (0.01)	2.7 (0.11)	9.7 (0.38)	19.2 (0.76)	54.1 (2.13)	90.0 (3.54)	79.5 (3.13)	77.0 (3.03)	45.5 (1.79)	32.7 (1.29)	6.9 (0.27)	1.5 (0.06)	418.9 (16.49)	
Average snowfall cm (inches)	23.7 (9.3)	12.5 (4.9)	16.5 (6.5)	10.6 (4.2)	2.6 (1.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.3 (0.1)	4.8 (1.9)	19.9 (7.8)	23.0 (9.1)	113.7 (44.8)	
Average precipitation days (≥ 0.2 mm)	12.2	8.0	9.2	7.2	11.5	13.3	11.4	10.7	10.4	9.4	10.3	11.8	125.3	
Average rainy days (≥ 0.2 mm)	0.67	0.93	2.9	5.1	11.3	13.3	11.4	10.7	10.3	7.9	3.0	0.84	78.3	
Average snowy days (≥ 0.2 cm)	12.4	7.7	7.4	2.9	0.56	0.0	0.0	0.0	0.11	2.3	8.6	11.5	53.5	
Average relative humidity (%)	72.7	71.7	68.5	49.1	46.7	54.5	55.6	52.4	54.8	60.1	72.0	75.1	61.1	
Mean monthly sunshine hours	114.7	133.9	181.9	241.4	285.2	276.3	308.3	281.4	189.0	147.4	93.9	99.5	2,352.9	
Mean daily sunshine hours	3.7	4.8	5.9	8.0	9.2	9.2	9.9	9.1	6.3	4.8	3.1	3.2	6.4	
Percent possible sunshine	42.9	47.2	49.5	58.6	59.8	56.6	62.6	62.8	49.8	44.1	34.4	39.2	50.6	
Average ultraviolet index	1	1	2	4	6	7	7	6	4	2	1	1	4	

Source: Environment and Climate Change Canada^{[70][71][72]} and Weather Atlas (daily sunshine hours and UV index)^[73]



Education:

- University of Winnipeg (UW) is one member of the U15 leading research-intensive universities. It is ranked one of the top 15 universities in Canada.
- Hospitals: There are many hospitals in Winnipeg that are affiliated with UW that provide postgraduate residency and Fellowships programs. Hospitals affiliated with UW includes:
 - Health Science Centre (HSC).
 - Victoria General Hospital.
 - Winnipeg General Hospital.
 - The Children Hospital of Winnipeg.
 - Saint Boniface Hospital.
 - HSC Women's Hospital.

Accommodation:

- Before choosing between renting a house or renting an appartement; you must be familiar with the responsibility that comes with house renting (For example, Snow and ice should be shoveled within 24 hours. Penalties for failure to comply include a notice of violation and fines that could reach as high as 5,000 \$ CAD.)

House

- There are 2 options:
 - Townhouses: A townhouse is attached, sharing at least one common wall with another, similar-designed home.
 - Detached House: A detached single-family home has no common walls and sits on its own parcel of land.
- Location:
 - River Park South, Sargent Park and Saint Vital rank as the top three.
 - Stay away from Central, Polo Park, Elmwood, north-end which consists of Lord Selkirk, Point Douglas (anything between Portage and Inkster Blvd), East Kildonan (still ok but slowly blending into Elmwood as it ages)
- Leasing Websites: Kijiji ([Link](#)), Rentals.ca ([Link](#)) & Rentfaster ([Link](#)).
- Real Estate agent: You can also contact a real estate agent.
- Monthly price: depends on many aspects like the size of the house (the number of rooms) and its location. Generally, it is between ~ 1800-2400 \$.
- Utilities (Water, Hydro, power) Prices: ~ 100-200 CAD \$/monthly.
- Furnishment: Houses are furnished with main appliances (oven, dishwasher, refrigerator) +/- washing machine/dryer/dishwasher (you need to make sure as they are not always provided).
- Advantages: Spacious with safe rural-like neighborhood.
- Disadvantage: More responsibility.



Appartement

- 300 Assiniboine avenue ([Website](#)) (Location)
 - Location: In downtown. Almost 10 mins away from HSC and 8 mins away from St. Boniface hospital.
 - Advantages: Many residents and medical students live in the building. Indoor parking, 24/7 security, gym and lounge.
 - Prices: Rent range from 150-2500 CAD. Parking is 200/month. If you want a specific parking spot, then it would be 250/month.
- 225 Carlton ([Location](#)) ([Website](#)).
 - Location: In downtown. Almost 15 mins to HSC and 12 mins to St. Boniface hospital.
 - Advantages: New building and attached to Hargrave's marketplace. Indoor parking, 24/7 security, gym and lounge.
 - Prices: Rent range from 1500-2200 CAD. Parking is 100-200/month.
- 180 Roslyn ([Location](#)) ([Website](#))
 - Location: Located in Osborne village. It's 15 mins to HSC and 12 mins to St. Boniface hospital.
 - Advantages: Many residents and medical students live in the building. Walking distance from a Safeway grocery store and the area has a lot of restaurants. Indoor parking, 24/7 security and gym.
 - Prices: Rent range from 1500-2500 CAD. Underground Parking is 175/month.

Day care & Schools:

- Preferably choose the one close to you if you're going to drop you child daily as it would be easier for you.
- Prices: Free for schools, while the government covers only 50% of daycare fees for children less than 3 years old. Daycare prices vary.
- There are multiple schools and Daycare in Saskatoon. Such as; Lakewood Children's Centre ([Location](#)), Advantage Child Care Academy ([Location](#)) and Little Star private Daycare ([Location](#)), along with many others.

Halal Restaurants:

- Zaytoon Restaurant ([Location](#)): Lebanese Restaurant.
- Beaurivage Bistro Restaurant ([Location](#)): Lebanese Restaurant.
- Ramallah Café ([Location](#)): Palestinian Restaurant.
- Yafa café ([Location](#)): Palestinian Restaurant.
- Habibiz Café ([Location](#)): Middle Eastern Restaurant.
- Kings Restaurant ([Location](#)): Middle Eastern Restaurant.
- Les Saj Restaurant ([Location](#)): Middle Eastern Restaurant.



- Al Basha Café and Restaurant ([Location](#)): Middle Eastern Restaurant.
- Ashur Restaurant ([Location](#)): Middle Eastern Restaurant.
- Taste of Mediterranean. ([Location](#)): Middle Eastern Restaurant.
- House of taste ([Location](#)): Egyptian Restaurant.
- Spice Circle Restaurant ([Location](#)): Indian Restaurant.
- Shashi Flames ([Location](#)): Indian Restaurant.
- My indigo Indian Street Food ([Location](#)): Indian Restaurant.
- Tehran Café ([Location](#)): Persian Restaurant.
- Aladdin's Pizzeria & Shawarma Place ([Location](#)).
- Friend's Donair and Shawarma ([Location](#)).
- Medina Shawarma ([Location](#)).
- Shawarma Express ([Location](#)).

Halal Supermarkets:

- Halal Meat Centre ([Location](#)).
- Blady Middle Eastern Grocery ([Location](#)).
- Makka Halal Meat & grocery ([Location](#)).
- Milad's Supermarket ([Location](#)).
- Every Day Grocery & Halal Meat ([Location](#)).
- Blue Castle Market – Halal Store ([Location](#)).
- Madina Supermarket & Halal Meat ([Location](#)).

Shopping malls:

- CF Polo Park ([Location](#)).
- Tuxedo Park Shopping Centre ([Location](#)).
- Outlet Collection Winnipeg ([Location](#)).
- St.Vital Centre ([Location](#)).
- Grant Park Shopping Centre ([Location](#)).
- Kildonan Place ([Location](#)).

Top Attractions in Manitoba:

- The Manitoba Museum ([Location](#)): is the largest museum in Winnipeg, and its scope is as big as its collection. Nine permanent galleries showcase everything from a recreation of early bison hunts to a full-size replica 17th century ship built in England in 1970 to commemorate the 300th anniversary of the Hudson's Bay Company. The planetarium shows off the current night sky with panoramic view.



- The Manitoba Legislative Building ([Location](#)): The building has all the qualities of a beautiful government building, from a grand staircase to impressive statues and all the classic trappings. But hidden throughout this building are hieroglyphics, masonic symbols, numeric codes and secrets that will leave you stumped.
- FortWhyte Alive ([Location](#)): is a 640-acre urban wilderness oasis located in the heart of Manitoba's capital city. The park has all the trappings of an outdoor hub: activities galore (fishing, paddling, snowshoeing, ice skating, skiing, and tobogganing), a variety of wildlife (bison, whitetail deer, reptiles, muskrats, and over 160 bird species), with cultural and historical exhibits, a farm and much more.
- Winnipeg Art Gallery ([Location](#)): Over 27,000 pieces make up the collection of the Winnipeg Art Gallery (WAG), the oldest civic gallery in the country dating back to 1912. The gallery also features some of the most significant Canadian art, and includes the world's largest collection of contemporary Inuit art.
- Thermæa by Nordik Spa-Nature ([Location](#)): Scandinavian-style spa is the perfect place to unwind and de-stress. Go for a long soak in the thermal pools, sweat it out in the Finnish saunas, and treat yourself to a massage.
- The Royal Canadian Mint ([Location](#)): is an absolute architectural gem. The building sits alongside the water, its glass exterior shooting up from the ground like a big, reflective pyramid. Every single coin in Canada, representing billions every year, is made at this facility, as are coins for over 70 other countries.
- Assiniboine Park Zoo ([Location](#)): The Assiniboine Park Zoo hosts about 1,500 of different creatures, in an 80-acre park that's yours to explore. Only minutes from downtown Winnipeg, the zoo will take you from continent to continent through the wide variety of species housed there.
- The Exchange District ([Location](#)): Winnipeg's 20-block Exchange District is a time capsule of around 150 incredibly preserved heritage buildings from the turn-of-the-century. This National Historic Site dates back to the 1880s when Winnipeg was booming, and the terra cotta and cut stone buildings used to contain banks and warehouses. Today, those same buildings are home to art galleries, boutiques, design, and architecture firms, studios, and plenty of restaurants.

Cultural Attraction & Museums:

- Prairie Dog Central Railway Museum ([Location](#)): is a short line railway owned and operated by The Vintage Locomotive Society Inc. (VLS) and it is one of the oldest, regularly scheduled operating locomotives in North America.
- Children's Museum ([Location](#)): Themed, interactive exhibits for children, along with a dedicated space for toddlers.
- Le Musée de Saint – Boniface Museum ([Location](#)): Artifacts relating to French-speaking & Métis societies, housed in a historic former convent.
- Winnipeg Police Museum ([Location](#)): Discover the history of Winnipeg Police.



- Canadian Museum of Human Rights ([Location](#)): Striking, early 21st-century museum focusing on Canadian & international human rights issues.
- Winnipeg Fire Fighter Museum ([Location](#)): Discover the history of the fire fighter's society the was formed in 1982.
- Cre8ery Gallery ([Location](#)): Art Gallery.
- C2 Center ([Location](#)): Art Gallery dedicated to presenting the best of contemporary and traditional craft in Manitoba.

Parks & Conservation Areas:

- Birds Hill Provincial Park ([Location](#)): Large Park protects areas representative of Aspen/Oak parkland, as well as provides opportunities for recreation.
- The Fork National Historic Park ([Location](#)): 9-acre park on the Red River with local history exhibits & art, plus a playground & Amphitheatre.
- Buhler Recreation Park ([Location](#)): Biggest Recreation Park in Winnipeg.
- English Garden ([Location](#)): Large botanical garden.
- Bois-des-Esprits ([Location](#)): Hiking trail.
- Seine River Greenway's Trail ([Location](#)): Hiking trail.
- Harte Trail ([Location](#)): Hiking trail.
- Nestaweya River Trail ([Location](#)): Hiking trail.
- Beaudry Provincial Park ([Location](#)): Public Park with hiking trail.
- Bunn's Creek Parkway ([Location](#)): Public Park with hiking trail.
- Transcona Bioreserve ([Location](#)): Public Park with hiking trail.
- Sturgeon Creek Park ([Location](#)): Public Park with hiking trail.
- Crescent Drive Park ([Location](#)): Public Park with hiking trail.
- Lagimodière-Gaboury Park ([Location](#)): Public Park with hiking trail.

Outdoor entertainment:

- Pegcity Marina ([Location](#)): Good spot to rent a Jet Ski during summer.
- Springhill Winter Park ([Location](#)): Ski Resort.
- Sargant Park Beach ([Location](#)): Public Beach.
- Birds Hill Provincial Park Beach ([Location](#)): Public Beach.
- Winnipeg Beach Provincial Park ([Location](#)): Public Beach.
- Skydive Manitoba ([Location](#)): Skydive Center.
- Larters Golf Club ([Location](#)): Gold Club.
- Shooter's Family Golf Center ([Location](#)): Gold Club.
- Transcona Aquatic Park ([Location](#)): Water Park.
- Tinkertown Amusement ([Location](#)): Amusement Park.
- Thunder Rapids Amusement Park ([Location](#)): Amusement Park.



Indoor entertainment:

- Rec Room ([Location](#)): Amusement Center, VR arcades for both Children & Adults.
- Seven Oaks Pool ([Location](#)): Indoor swimming pool.
- Speedworld Indoor Kart ([Location](#)): Indoor Go-Karting.
- Seven Oaks Arena ([Location](#)): Ice-skating Centre.
- Max Bell Centre ([Location](#)): Ice-skating Centre.
- Bad Axe Throwing Winnipeg ([Location](#)): Axe throwing center.
- Axe Throwing Winnipeg ([Location](#)): Axe throwing center.
- Laser Topia ([Location](#)): Laser tag Centre.
- Uptown Alley ([Location](#)): Laser tag Centre.
- Magic 9D VR outlet ([Location](#)) & ([Location](#)): VR arcade Centre.
- Time Lapse Escape Room ([Location](#)): Escape room Game.
- Killer Noob Escapes ([Location](#)): Escape room Game.
- Enigma Escapes ([Location](#)): Escape room Game.
- The Hive Climbing ([Location](#)): Rock climbing gym.
- Vertical Adventure ([Location](#)): Rock climbing gym.
- Golfzon Winnipeg ([Location](#)): Miniature Indoor Golf Course.
- Avid Golf ([Location](#)): Miniature Indoor Golf Course.
- Bubble Soccer ([Location](#)): In-door Bubble Soccer Centre.
- Firing Line Gun Club 1986 ([Location](#)): Indoor Shooting Range.
- Flying Squirrel Trampoline Park ([Location](#)): Trampoline Center.
- Kid City Archibald ([Location](#)): Children amusement park.
- Fun Park Amusement Centre ([Location](#)): Children amusement Centre.
- Hide n Seek Winnipeg ([Location](#)): Indoor Playground for Children.
- My Fun Land ([Location](#)): Indoor Playground for Children.

Banks:

- Most Canadian banks operate within Winnipeg. We do recommend picking one of the major five banks in Canada (TD, CIBC, BMO, RBC and Scotiabank).
- TD: Has a good service with as acceptable insurance bundle (Home, car and other), but it's difficult sometime to get a Credit card.
- CIBC: Easier to get credit card; most the residents have an account with CIBC.
- For more details ([Read More](#)) & ([Read More](#)).

Insurance:

- There are many insurances company that operate in Winnipeg.
- You need to get insurance for your house/apartment and your car as well.
- We recommend TD insurance as they have special offers for medical residents and when you apply online.



Home internet:

- There are multiple home internet providers that offer internet service in Winnipeg. Bell, Vmedia, Altima and Xplore offer internet service. ([Read more](#))
- The best internet service provider in Winnipeg is Bell with their fiber network's strong performance and reliable connectivity.

Mobile Phone:

- All three major carriers (Bell, Rogers and TELUS) are well represented throughout Manitoba. Major networks provide nearly 100% coverage of Manitoba.
- The Geographic Area Covered in Manitoba via different mobile providers as follow (Bell 19.4%, TELUS 19.4% while Rogers 19.13%). ([Read More](#))
- Given the fact that Rogers had 2 outages in last 12 months; we would recommend either Bell/TELUS for their reliable connectivity.

Transportation:

- **Note:** It is highly recommended to own a car while living in Manitoba.
- Road: Winnipeg is highways leading in all directions from the city. To the south, Winnipeg is connected to the United States via Provincial Trunk Highway 75. The highway runs 107 km to Emerson and is the busiest Canada-US border crossing on the Prairies. The Perimeter Highway serves as a Ring Road, with at-grade intersections and a few interchanges. It allows travelers on the Trans-Canada Highway to bypass the city. The Trans-Canada Highway runs east to west through the city (city route), or circles around the city on the Perimeter Highway (beltway).
- Train/Rail: Winnipeg is a railway hub and is served by Via Rail at Union Station for passenger rail, and Canadian National Railway, Canadian Pacific Railway with many other Railways. It is the only major city between Vancouver and Thunder Bay with direct US connections by rail.
- Bus: Transit operations in Winnipeg are provided by Winnipeg Transit. The route system has 85 bus routes in the city with 5167 bus stops. It would cover an area from the North with a stop at Eastbound Templeton at Strasbourg to the South with a stop at Westbound Des Trappistes at Villeneuve. ([Website](#)) ([Map](#))
- Service Provider: Both Uber and Lyft are available to operate in Winnipeg.
- Cycling & biking: In recent years, the municipality began to place increased emphasis on developing cycling infrastructure. The city has a network of multi-use (bicycle, walking, etc.) paths all over the city. ([Details](#)) ([Details](#)) ([PDF Map](#))



- **Airport:**

The Winnipeg James Armstrong Richardson International Airport (YWG), It is the seventh busiest airport in Canada by passenger traffic, serving 3,031,113 passengers in 2022.

- There are some Non-stop scheduled destinations include Calgary, Edmonton, Ottawa, Prince Albert, Regina, Toronto, Vancouver, and Regina.
- Few options are available to travel between Kuwait and Saskatoon. As there is no direct flight to Kuwait; you should fly first to either Toronto or other international airport.

Nearby cities & attractions worth visiting:

- Cottage renting: Use Airbnb to rent a cottage.
- Regina ([Location](#)): almost 6 hours drive to the capital of Saskatchewan.
- Churchill ([Location](#)): About 2.5 hours flight to the capital city of aurora in Canada.

Mosques and Islamic Centers:

- In Winnipeg, there is Manitoba Islamic Association (MIA) ([Website](#)).
- The main mosque that serves Winnipeg city is the Winnipeg Central Mosque along with Manitoba Grand Mosque ([Location](#)); as daily prayers, Friday prayer along with Eid prayer are held in these mosques. ([Website](#)) ([Location](#))

Other Tips:

- Post service (Canada Post, UPS, FedEx & DHL) is easily accessible in Winnipeg.
- Preferably create a Canadian Apple/Google account to download smartphone applications that might help you during your residency (banks, etc.).
- For Supermarket chains there are: Walmart, Canadian Tire, Costco, Safeway, Metro, Sobeys, Loblaws, Food Basic, Fresh Co and Dollarama.
- For Office supply, Bookstores and Back-to-School stores: Indigo and Staples.
- For Furniture: Ikea, The Brick, Structube, Wayfair, Home Depot and Bed Bath.
- For Clothing Stores: H&M, Old navy, Mark's and others.
- For Department stores: Winner's, Home Sense, Marshalls and others.
- For Electronics: Best Buy, Canada Computer and The Source.
- For online General Shopping: Amazon, iHerb and others.
- For online Grocery Shopping: Instacart with Public Delivery application & websites. Every major food chain supermarket has its own application.
- For assembling your furniture, you can book an extra hand by using Handy ([Link](#)).



Important website:

- Winnipeg Prayer Times ([Here](#)) ([Here](#))
- Winnipeg City ([Here](#))
- Downtown of Winnipeg ([Here](#)) ([PDF File](#)) ([PDF Map](#))
- Tourism in Winnipeg ([Here](#))
- Winnipeg Maps ([Here](#))
- Events in Winnipeg ([Here](#))
- News in Winnipeg: CBC ([Here](#)), CTV ([Here](#)), Global news ([Here](#))
- Winnipeg Public Library ([Here](#))
- Winnipeg Health Region Authority ([Here](#))
- Winnipeg Weather ([Here](#))
- Winnipeg Recycling ([Here](#))
- Winnipeg Public Transit Service ([Here](#))

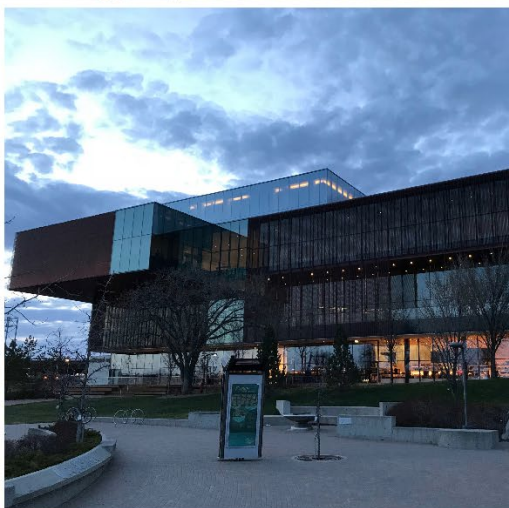
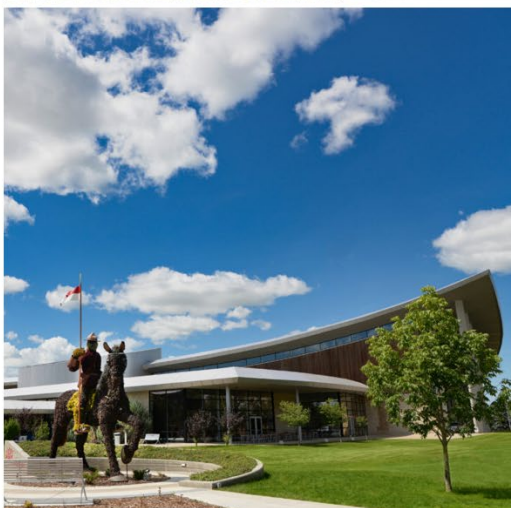
Useful smartphone Application:

- Via Rail: IOS ([Here](#)), Android ([Here](#))
- Canada Air: IOS ([Here](#)), Android ([Here](#))
- West Jet: IOS ([Here](#)), Android ([Here](#))
- Arrive Can: IOS ([Here](#)), Android ([Here](#))
- CTV: IOS ([Here](#)), Android ([Here](#))
- CBC: IOS ([Here](#)), Android ([Here](#))
- Global News: IOS ([Here](#)), Android ([Here](#))
- Transit Bus & Train Times: IOS ([Here](#)), Android ([Here](#))
- Transit Go: IOS ([Here](#)), Android ([Here](#)).
- Winnipeg Public Library – WPL: IOS ([Here](#)), Android ([Here](#))
- Winnipeg Transit: IOS ([Here](#)), Android ([Here](#)).
- Winnipeg – Know your zone: IOS ([Here](#)), Android ([Here](#)).
- Uber Eats: IOS ([Here](#)), Android ([Here](#))
- Door Dash: IOS ([Here](#)), Android ([Here](#))
- Skip the dishes: IOS ([Here](#)), Android ([Here](#))
- Instacart: IOS ([Here](#)), Android ([Here](#))
- Publix Delivery: IOS ([Here](#)), Android ([Here](#))
- Uber: IOS ([Here](#)), Android ([Here](#))
- Lyft: IOS ([Here](#)), Android ([Here](#))
- Moovit Public transport tracker: IOS ([Here](#)), Android ([Here](#))
- Waze: IOS ([Here](#)), Android ([Here](#))



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

City of Saskatoon





Famous Quote:

- “Saskatchewan is much like Texas - except it's more friendly to the United States.”
- **Adlai Stevenson**, American Politician and Diplomat.

Fun Facts / Did you know?

- Saskatoon is named after berry known as (mis-sask-quah-toomina). It is the Cree Indian name for the local Saskatoon berry – a sweet, violet colored berry that grows wild.
- The city of Saskatoon was established in 1883. It was incorporated in 1906.
- The Saskatoon area has been inhabited for between 5,000 and 8,000 years. There is evidence of buffalo kill sites, and teepee rings. Today approximately 9% of the city's population is native.
- Saskatoon lies on the South Saskatchewan River. That explains why there are seven bridges in the city. Hence, she got the nickname, The Paris of the Prairies.
- The Meewasin Valley Trail – listed by Reader's Digest as one of the top 10 greatest hikes in Canada in the fall – extends for 60 kilometers along the east and west banks of the South Saskatchewan River.

Top expressions!!

- **Timmies / Timmy's / Tim's:** In many Canadian cities, there's a Tim Horton's café at almost every corner. When Canadians are in the mood for some Timbits (doughnut holes), they make a trip to their local Tim Horton's which is lovingly called “Timmies” for short.
 - “Do you want to go to Timmies for a quick coffee break?”
- **Double-Double:** the double-double is a Timmies favourite. This is a popular coffee order that refers to a regular coffee with two creams and two sugars.
 - “Can I get a box of Timbits and a double-double?”
- **Loonies and Toonies:** A loonie is a Canadian coin worth \$1. A picture of the loon, a Canadian bird, appears on one side of the large gold coin. The Canadian coin worth \$2 was named a toonie to rhyme with the original loonie.
 - “Oh no, I'm a loonie short for the bus fare. Can I get change for my toonie?”
- **Buddy/Bud:** On the east coast predominantly (but also heard nationwide), buddy is a way to talk about a person without using a name.
 - “Buddy over there? ”



Common phrases/Words you may encounter:

- **“Taking the Grids”**
 - We’ve a lot of land, and not too many people to fill it. That’s why you’ll find roads of varying construction around Saskatchewan. It simply means is that you need to drive on graveled, unpaved or unsealed roads designed in grids to get to where you’re going.
- **“Sloughs”**
 - In Saskatchewan, they’re the equivalent of a small wetland, swamp or pond. Considering the province has over 100,000 lakes and rivers, you’ll find quite a few sloughs, especially on farmland.
- **“Heading to the Cabin”**
 - Many families in Saskatchewan own a cabin on one of the thousands of lakes I mentioned earlier. In our short summer season, you’ll often hear people comment they’re heading to the cabin for the weekend. Out east, people refer to cabins as cottages. To them cabins are a basic shed, often without indoor plumbing.

Your starter kit to the local lingo:

- **Stoon:** Short for Saskatoon if you don't feel like saying the extra syllable.
- **Saskatchewanians or Saskatchewaners (less often):** Means the resident of Saskatchewan.
- **Bunny Hug:** Another word for the sweater known as a hoodie.
- **Gotch:** men’s underwear in Saskatchewan lingo.
- **Lovers Lane:** The nickname for Douglas Park Hill because that’s where everyone goes to sit in their car and make out.
- **Tims:** short for Tim Hortons.
- **Bro:** referring to your friend and not necessarily your blood brother.
- **Eh?:** prompt or response to what someone said, spoken primarily by Canadians. Short for "huh" or "right."



Introduction:

- Geography:
 - Saskatoon Is the largest city in the province of Saskatchewan. It straddles a bend in the South Saskatchewan River in the central region of the province.
- Population:
 - As of the 2021 Census, Saskatoon had a city population of 266,141 making it largest city in the province and the 17th-largest metropolitan area in Canada with a census population of 317,480.
- Safety:
 - It is very safe city. Safety index is 50.55 with low crime rate.
 - On the other hand, just like any other major city, there are pockets of crime. Common sense safety tips such as avoiding walking alone late at night, being aware of your surroundings and considering home security devices are likely all you need to do.
- Weather:
 - Saskatoon experiences a cold semi-arid climate, with typically warm summers and long, cold winters.
 - The lowest temperature ever recorded in Saskatoon was -50°C in 1893. The coldest temperature with wind chill ever recorded was -60.9°C. The highest temperature ever recorded was 40.6°C (105.1 F) on June 5, 1988.
 - Saskatoon averages 2,380.8 hours of sunshine per year.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Record high °C (°F)	8.9 (48.0)	12.8 (55.0)	20.0 (68.0)	33.3 (91.9)	36.7 (98.1)	41.0 (105.8)	40.0 (104.0)	39.7 (103.5)	35.7 (96.3)	32.2 (90.0)	20.0 (68.0)	13.3 (55.9)	41.0 (105.8)
Average high °C (°F)	-8.8 (16.2)	-6.5 (20.3)	-0.1 (31.8)	11.5 (52.7)	18.5 (65.3)	22.6 (72.7)	25.7 (78.3)	25.2 (77.4)	18.4 (65.1)	10.3 (50.5)	-0.8 (30.6)	-7.5 (18.5)	9.0 (48.2)
Daily mean °C (°F)	-13.9 (7.0)	-11.4 (11.5)	-4.9 (23.2)	5.2 (41.4)	11.8 (53.2)	16.1 (61.0)	19.0 (66.2)	18.2 (64.8)	12.0 (53.6)	4.4 (39.9)	-5.2 (22.6)	-12.4 (9.7)	3.3 (37.9)
Average low °C (°F)	-18.9 (-2.0)	-16.3 (2.7)	-9.7 (14.5)	-1.2 (29.8)	5.1 (41.2)	9.6 (49.3)	12.3 (54.1)	11.1 (52.0)	5.5 (41.9)	-1.4 (29.5)	-9.5 (14.9)	-17.1 (1.2)	-2.5 (27.5)
Record low °C (°F)	-46.1 (-51.0)	-45.0 (-49.0)	-38.9 (-38.0)	-27.8 (-18.0)	-10.0 (14.0)	-3.9 (25.0)	0.0 (32.0)	-2.8 (27.0)	-10.6 (12.9)	-25.6 (-14.1)	-33.9 (-29.0)	-42.2 (-44.0)	-46.1 (-51.0)
Average precipitation mm (inches)	14.6 (0.57)	9.1 (0.36)	14.5 (0.57)	21.8 (0.86)	36.5 (1.44)	63.6 (2.50)	53.8 (2.12)	44.4 (1.75)	38.1 (1.50)	18.8 (0.74)	12.4 (0.49)	12.8 (0.50)	340.4 (13.40)
Average rainfall mm (inches)	0.4 (0.02)	0.2 (0.01)	2.4 (0.09)	16.2 (0.64)	34.4 (1.35)	63.6 (2.50)	53.8 (2.12)	44.4 (1.75)	36.8 (1.45)	9.7 (0.38)	1.1 (0.04)	0.9 (0.04)	263.8 (10.39)
Average snowfall cm (inches)	14.2 (5.6)	8.9 (3.5)	12.1 (4.8)	5.6 (2.2)	2.1 (0.8)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	1.3 (0.5)	9.1 (3.6)	11.3 (4.4)	11.9 (4.7)	76.6 (30.2)
Average precipitation days (≥ 0.2 mm)	9.4	7.3	8.5	8.2	9.7	12.2	10.5	9.5	9.0	7.8	7.1	9.6	108.7
Average rainy days (≥ 0.2 mm)	0.5	0.2	1.9	5.7	9.5	12.2	10.5	9.5	8.8	5.3	1.1	0.4	65.5
Average snowy days (≥ 0.2 cm)	9.1	7.1	6.9	2.6	0.5	0.0	0.0	0.0	0.3	2.9	6.2	9.3	44.9
Mean monthly sunshine hours	106.2	131.1	173.1	222.0	263.0	266.8	308.8	269.6	192.5	157.0	91.3	86.5	2,267.8
Percent possible sunshine	41.2	46.9	47.1	53.3	54.1	53.4	61.4	59.3	50.5	47.4	34.4	35.6	48.7
Average ultraviolet index	1	1	2	4	5	6	7	6	4	2	1	0	3

Source: Environment Canada,^[26] Extremes 1915–1966,^[27] Extremes 1966–present^[26] and Weather Atlas^{[28][29]}



Education:

- University of Saskatchewan (U of S or USac) is one member of the U15 leading research-intensive universities and is one of Canada's top research universities (based on the number of Canada Research Chairs). It is ranked one of the top 20 universities in Canada.
- Hospitals: There are many hospitals in Saskatoon that are affiliated with U of S that provide postgraduate residency and Fellowships programs. Hospitals affiliated with U of C includes:
 - Royal University Hospital.
 - Saskatoon City Hospital.
 - St. Paul's Hospital.

Accommodation:

- Before choosing between renting a house or renting an appartement; you must be familiar with the responsibility that come with house renting (For example, Snow and ice should be removed within 24 hours of accumulation. Penalties for failure to comply include a notice of violation and fines that could reach as high as \$5,000.)
- **Note:** The best areas to live in Saskatoon is Stonebridge or any neighborhood that is located east to the Saskatchewan River.

House

- There are 2 options:
 - Townhouses: A townhouse is attached, sharing at least one common wall with another, similar-designed home.
 - Detached House: A detached single-family home has no common walls and sits on its own parcel of land.
- Location: The best areas to live in Saskatoon is Stonebridge or any neighborhood that is located east to the Saskatchewan river.
- Leasing Websites: Kijiji ([Link](#)), Rentals.ca ([Link](#)), Rentfaster ([Link](#)).
- State agent: You can also contact a real state agent.
- Monthly price: depends on many aspects like the size of the house (the number of rooms) and its location. Generally, it is between ~ 1400-2400 \$.
- Utilities (Water, Hydro, power) Prices: ~ 100-200 CAD \$/monthly.
- Furnishment: Houses are furnished with main appliances (oven, dishwasher, refrigerator) +/- washing machine/dryer/dishwasher (you need to make sure as they are not always provided).
- Advantages: Spacious with safe rural-like neighborhood.
- Disadvantage: More responsibility.

Appartement

- Location: Preferably at Stonebridge or any neighborhood that is located east to the famous Saskatchewan River.



- Prices: Varies depending on how many rooms. Generally, 1500-1800 CAD.
- Options:
 - Bridgerock Terrance ([Location](#)) ([Website](#)).
 - Regal Tower I & II ([Location](#)) ([Website](#)).
 - Saskatoon Tower ([Location](#)) ([Website](#)).
 - Dorchester Tower ([Location](#)) ([Website](#)).
- Other Utilities (water, Hydro, power) Prices: ~ 100-200 CAD \$/monthly.
- Closer to the downtown & both hospitals, family-friendly neighborhoods.

Day care & Schools:

- Preferably choose the one close to you if you're going to drop your child daily as it would be easier for you.
- Prices: Free for schools, while the government covers only 50% of daycare fees for children less than 3 years old. Daycare prices vary.
- There are multiple schools and Daycare in Saskatoon. Such as; little Patch ([Location](#)), Aspen Ridge ([Location](#)) and Kara Daycare ([Location](#)).

Halal Restaurants:

- Ishtar Restaurant ([Location](#)): Middle Eastern Restaurant.
- Lebanese Kitchen ([Location](#)): Lebanese Restaurant.
- Taste of Syria ([Location](#)): Syrian Restaurant.
- Shawarma Donair ([Location](#)): Middle Eastern Restaurant.
- Sami's Sunrise Grill ([Location](#)): Middle Eastern Restaurant.
- Nebo's Falafel and Donair ([Location](#)): Middle Eastern Restaurant.
- Bottee Persian Kitchen & Takeout ([Location](#)): Persian Restaurant.
- Shiraz Kabob and Sandwiches ([Location](#)): Persian Restaurant.
- Marhaba Restaurant ([Location](#)): Indian Restaurant.
- Tamarind Saskatoon ([Location](#)): Indian Restaurant.
- Saskatoon Kashmere ([Location](#)): Indian Restaurant.
- Aalif Halal Restaurant ([Location](#)): Halal Fast Food.
- East Taste Shawarma ([Location](#)).
- h67 Donair and Pizza ([Location](#)).
- Baghdad Restaurant ([Location](#)).
- New York Gyro Halal ([Location](#)).
- Mary Brown's Chicken ([Location](#)).
- The Biryani Box ([Location](#)).
- 786 Shawarma ([Location](#)).
- Casper's Shawarma ([Location](#)).
- Super Donair ([Location](#)).



Halal Supermarkets:

- Save-On-Foods ([Location](#)): One of the best Supermarket in saskatoon.
- Petra Market & Bakery ([Location](#)): One of the best Supermarket in saskatoon.
- First Choice Halal Meat ([Location](#)): One of the best Supermarket in saskatoon.
- Makah Halal Meat & Grocery ([Location](#)).
- Saskatoon Halal Meat & Grocery ([Location](#)).
- Savor Supermarket and Halal Meat ([Location](#)).
- Al-Noor Supermarket ([Location](#)).
- Swadesh Supermarket ([Location](#)).
- Saskatoon Deshi Supermarket ([Location](#)).

Shopping malls:

- Midtown Mall ([Location](#)).
- The Centre Mall ([Location](#)).
- Lawson Heights Mall ([Location](#)).
- University Heights Square ([Location](#)).

Top Attractions in Saskatchewan:

- The RCMP Heritage Centre – Home of the Mounties ([Location](#)): The Royal Canadian Mounted Police is Canada's well-respected national police force, which has helped shape Canadian identity and protect its citizens since 1873. This legacy is put on display at the RCMP Heritage Centre, located near the historic RCMP Depot Division where all Mounties are trained. The center uses art exhibits, multimedia, and more to highlight the rich story of the RCMP.
- Cypress Hills Interprovincial Park ([Location](#)): Is a must-visit attraction for outdoor lovers. The park is located in the southwest corner of Saskatchewan and is named for the Cypress Hills that rise 580 meters above the surrounding terrain. Cliffs, lookout points, and forest trails are all there to be enjoyed and explored. The area is a Dark Sky Preserve, which means almost no unnatural light will impede your incredible view of the stars, planets and satellites in the night sky.
- The Churchill River ([Location](#)): For centuries, the Churchill River was used by local First Nations as a travel and trade route. Today, the Churchill is where adventurers can ride the whitewater and make memories of a lifetime. The river connects several major lakes and natural landmarks, including the Nistowiak Falls, the tallest waterfall in Saskatchewan.
- Grasslands National Park ([Location](#)): One of two national parks in Saskatchewan, Grasslands is a great place to experience preserved prairie land and find your home from home on the range. Take a prairie safari that will bring you close to bison, burrowing owls, eagles, antelope and black-tailed prairie dogs.



- Little Manitou Lake ([Location](#)): This unique lake is filled with briny water that possesses natural skin and body care properties. Go for a float to relax and rejuvenate your body.
- Prince Albert National Park ([Location](#)): Named one of Canada's "50 Places of a Lifetime" by National Geographic, Prince Albert National Park is one of the most popular parks in Canada. At nearly 3,975 square kilometers, you're not going to see it all in one go, but several scenic driving tours will allow you to experience many of the highlights.
- Wanuskewin Heritage Park ([Location](#)): For over 6,000 years, Wanuskewin Heritage Park was a meeting place for indigenous peoples of the Northern Plains. Long before the pyramids, the Pantheon or the Great Wall of China, Saskatchewan's First Nations gathered here to hunt buffalo, worship, and celebrate. Now, the park is a place to learn about that culture and history.
- Milton Lake Lodge ([Location](#)): Milton Lake Lodge is a fly-in fishing destination (with a lodge and outpost camps) in the remote wilds of Saskatchewan. The lakes in this area of Northern Saskatchewan are known for their huge fish.
- Sundogs Excursions ([Location](#)): Explore the million-acre wilderness of Northern Saskatchewan's boreal forest in winter by dogsled, with Sundog Excursions. Learn to harness and mush Alaskan husky sled dogs as you take in the beautiful terrain. Spot lynx, owls, and moose. Strap on snowshoes and follow Arctic fox tracks. Listen to wolves howl in the serene, silent woodlands.
- Remai Modern Art Gallery of Saskatchewan ([Location](#)): The gallery that was opened in 2017; is architecturally striking, having won an award from Canadian Architect magazine before construction even started. The museum's collection should be equally impressive and feature the world's most comprehensive collection of Picasso linocuts as well as 23 of his ceramic works.

Cultural Attraction & Museums:

- Diefenbaker Canada Center ([Location](#)): is a prime ministerial museum and archives, honoring Canada's 13th prime minister John G. Diefenbaker.
- Museum of Natural Science ([Location](#)): Explore the history of Earth and the evolution of life on it through exhibits and displays that include dinosaur skeleton replicas, fossils, live animals and plants, rocks, and minerals.
- Museum of Antiquities ([Location](#)): Replicas of ancient art & sculptures, plus some original pieces, at the University of Saskatchewan.
- Saskatoon Railway Museum ([Location](#)): Railroad history is represented by a collection of buildings, railcars, memorabilia & a gift shop.
- Western Development Museum ([Location](#)): is the largest human history museum in Saskatchewan. With a collection of over 75,000 artifacts.



- Saskatchewan Aviation Museum ([Location](#)): Discover a wealth of history in our aircraft hangar, displays and flight simulators.
- Children's Discovery Museum ([Location](#)): time to have fun experiences that educate and entertain kids and adults alike.

Parks & Conservation Areas:

- Off-Leash Recreation Area ([Location](#)): This off-leash dog park by the river provides lots of open space, plus trails for walking & biking.
- River Landing ([Location](#)): Over 36 acres of riverfront park, pathways, amenities, residential development, farmers' market, restaurants, and special events.
- Patterson Botanical Garden ([Location](#)): Large botanical garden under the affiliation of university of Saskatchewan.
- Meewasin Park ([Location](#)): Natural parkland offering hiking trails, sculptures, grassy areas & picnic facilities by the river.
- Forestry Farm Park and Zoo ([Location](#)): Bucolic Park & zoo featuring mammals, reptiles, birds & insects, plus gardens & a playground.
- Kiwanis Memorial Park ([Location](#)).
- Kinsmen Park ([Location](#)).
- Cranberry Flats Conversation area ([Location](#)): Naturalistic recreation area offering walking trails to the valley lookout as well as sandy beaches.
- Cosmopolitan Park ([Location](#)): Beautiful trails all up and down the riverbank.
- Beaver Creek Conservation Area ([Location](#)).

Outdoor entertainment:

- Mount Blackstrap ([Location](#)): also known as Blackstrap Ski Hill, is a man-made skiing and snowboarding hill located approximately 51 km south of Saskatoon.
- Gabriel Domont Park Trail ([Location](#)): Hiking trail.
- Petursson's Ravine Trail ([Location](#)): Hiking trail.
- Pike Lake Nature Trails ([Location](#)): Hiking trail.
- River Ridge Trails ([Location](#)): Hiking trail.
- Skydive Saskatoon ([Location](#)): Skydive Center.
- Prairie Oasis Petting Zoo ([Location](#)): Small Petting Zoo.
- Poplar Beach ([Location](#)): Swimming Lake and a public beach.
- Pike Lake Main Beach ([Location](#)): Public Beach.
- Fred Heal Canoe Launch ([Location](#)): Public Beach.
- Paradise Beach ([Location](#)): Public Beach.
- Saskatoon Golf Club ([Location](#)): Gold Club.
- The Legends Golf Club ([Location](#)): Gold Club.
- Delisle Golf Club ([Location](#)): Gold Club.
- Martensville Speedway ([Location](#)): Outdoor Go-Karting.



Indoor entertainment:

- Apex Timberline Park ([Location](#)): Indoor amusement park.
- Aqua Adventure Water Park ([Location](#)): Indoor Water Park center for children.
- The Fun Factory ([Location](#)): Children amusement park.
- Rucker's Amusement Centre ([Location](#)): Children amusement Centre.
- Stocked Centre ([Location](#)): For indoor Go-Karting.
- HMT entertainment ([Location](#)): VR arcade.
- Prairie Jurassic Laser Tag & Arcade ([Location](#)): Laser tag Centre.
- Breakout Escape Room ([Location](#)): Escape room Game.
- Escape Manor Saskatoon ([Location](#)): Escape Room Game.
- Escape City XYE ([Location](#)): Escape Room Game.
- The Park XYE ([Location](#)): Indoor Playground.
- Timberjaxe Throwing Sport ([location](#)): Axe throwing center.
- Saskatoon Gunworks ([Location](#)): Indoor Shooting Range.
- Grip it Climbing ([location](#)): Rock climbing gym.
- Skate Saskatoon ([Location](#)): Ice-skating Center.
- Empire Parkour ([Location](#)): Indoor Parkour Center.
- Market Mall Mini Golf ([Location](#)): Miniature Indoor Golf Course.
- XYE Golf Lounge ([Location](#)): Indoor Golf Course.
- Flynn's Forest Indoor Playground ([Location](#)): Indoor Playground.
- Kidz Castle ([Location](#)): Indoor Playground.
- CJ's Climb and Play ([Location](#)): Indoor Playground.

Banks:

- Most Canadian banks operate within Saskatoon. We do recommend pick one of the major five banks in Canada (TD, CIBC, BMO, RBC and Scotiabank).
- TD: have a good service with as acceptable insurance bundle (Home, car and other), but it's difficult for own experience to get Credit card.
- CIBC: easier to get credit card; most the residents have an account with CIBC.
- For more details ([Read More](#)) & ([Read More](#)).

Insurance:

- There are many insurances company that operate in Saskatchewan.
- You need to get insurance for your house/apartment and your car as well.
- We recommend TD insurance as they have special offers for medical residents and when you apply online.



Home internet:

- There are multiple home internet providers that offer internet service in Saskatoon. SaskTel, Vmedia and Xplore offer internet service. ([Read more](#))
The best internet service provider in Saskatoon is SaskTel with their fiber network's strong performance and reliable connectivity.

Mobile Phone:

- All three major carriers (Bell, Rogers and TELUS) along with SaskTel (local network company), are well represented throughout Saskatoon.
- Major mobile phone networks like Bell, Rogers, TELUS along with SaskTel provide nearly 100% coverage of Saskatchewan.
- The Geographic Area Covered in Saskatchewan via different mobile providers as follow (Bell & TELUS 53.27%, SaskTel 57%, while Rogers 21.97%). ([Read More](#))
- Given the fact that Rogers had 2 outages in last 12 months; we would recommend either Bell/TELUS for their reliable connectivity, or even SaskTel given that you may get a contract for both your mobile and internet plan.

Transportation:

- **Note:** It is highly recommended to own a car while living in Saskatoon.
- Road: Saskatoon is on the Yellowhead Highway spur of the Trans-Canada Highway system, also known as Highway 16, which connects Saskatchewan, Manitoba, Alberta, and British Columbia. Highways 5, 7, 11, 12, 14, 41, 219, 684 and 762 all meet at Saskatoon, with Highway 60 terminating just outside the southwestern city limits.
- Train/Rail: The Canadian Pacific Railway and the Canadian National Railway have connections to Saskatoon. Both railways operate intermodal facilities and trans-load centres; while Canadian National Railway also operates an automotive transfer facility. Saskatoon is a stop on The Canadian passenger transcontinental rail route operated by Via Rail.
- Bus: Transit operations in Saskatoon are provided by Saskatoon Transit. The route system was revamped in 2018, creating high-frequency corridors on 22nd Street, 8th Street, and College Drive. ([Website](#)) ([Map](#)) ([Map](#))
- Service Provider: Both Uber and Lyft are available to operate in Saskatoon.
- Cycling & biking: In recent years, the municipality began to place increased emphasis on developing cycling infrastructure. The city has a network of multi-use (bicycle, walking, rollerblading, etc.) paths spanning over 935 km. The Peace Bridge provides pedestrians and cyclists, access to the downtown core from the north side of the Bow River. ([Details](#)) ([Details](#)) ([Map](#)) ([PDF Map](#))



- **Airport:**
 - Saskatoon/John G. Diefenbaker International Airport (YXE), located in the city's northwest, is a major transportation airline service for the city, and is a significant hub for mining and remote locations in Northern Saskatchewan.
 - Non-stop scheduled destinations include Calgary, Edmonton, Ottawa, Prince Albert, Regina, Toronto, Vancouver, and Winnipeg.
 - Few options are available to travel between Kuwait and Saskatoon. As there is no direct flight to Kuwait; you should fly first to either Toronto or other international airport.

Nearby cities & attractions worth visiting:

- Cottage renting: Use Airbnb to rent a cottage.
- Regina ([Location](#)): almost 3 hours drive to the capital of Saskatchewan.
- Edmonton ([Location](#)): Just Five hours drive to enjoy the city life.
- Calgary ([Location](#)): Within 6.5 hours drive west of the city.

Mosques and Islamic Centers:

- In Saskatoon; there is an Islamic Association of Saskatchewan (IAS) ([Website](#)).
- The main mosque that serves Saskatoon city is the mosque of the Islamic Association of Saskatchewan ([Location](#)), as daily prayers, Friday prayer along with Eid prayer are held there. Also, other Mosques can hold Friday prayer such as Saskatoon Dawa and Community Mosque. ([Location](#)).

Other Tips:

- Post service (Canada Post, UPS, FedEx & DHL) is easily accessible in Saskatoon.
- Preferably create a Canadian Apple/Google account to download smartphone applications that might help you during your residency (banks, etc.).
- For Supermarket chains there are: Walmart, Canadian Tire, Costco, Safeway, Metro, Sobeys, Loblaws, Food Basic, Fresh Co and Dollarama.
- For Office supply, Bookstores and Back-to-School stores: Indigo and Staples.
- For Furniture: Ikea, The Brick, Structube, Wayfair, Home Depot and Bed Bath.
- For Clothing Stores: H&M, Old navy, Mark's and others.
- For Department stores: Winner's, Home Sense, Marshalls and others.
- For Electronics: Best Buy, Canada Computer and The Source.
- For online General Shopping: Amazon, iHerb and others.
- For online Grocery Shopping: Instacart with Public Delivery application & websites. Every major food chain supermarket has its own application.
- For assembling your furniture, you can book an extra hand by using Handy ([Link](#)).



Important website:

- Saskatoon Prayer Times ([Here](#))
- Saskatoon City ([Here](#))
- Downtown of Saskatoon ([Here](#)) ([Here](#)) ([PDF Map](#)) ([PDF Map](#))
- Saskatoon Tourism ([Here](#))
- Saskatoon Maps ([Here](#))
- Events in Saskatoon ([Here](#))
- News in Saskatoon: CBC ([Here](#)), CTV ([Here](#)), Global news ([Here](#))
- Saskatoon Public Library ([Here](#))
- Saskatchewan Health Region ([Here](#))
- Saskatoon Weather ([Here](#))
- Saskatoon Recycling ([Here](#))
- Saskatoon Public Transit Service ([Here](#))

Useful smartphone Application:

- Islamic Association of Saskatchewan: IOS ([Here](#)), Android ([Here](#))
- Via Rail: IOS ([Here](#)), Android ([Here](#))
- Canada Air: IOS ([Here](#)), Android ([Here](#))
- West Jet: IOS ([Here](#)), Android ([Here](#))
- Arrive Can: IOS ([Here](#)), Android ([Here](#))
- CTV: IOS ([Here](#)), Android ([Here](#))
- CBC: IOS ([Here](#)), Android ([Here](#))
- Global News: IOS ([Here](#)), Android ([Here](#))
- Transit Bus & Train Times: IOS ([Here](#)), Android ([Here](#))
- Transit Go: IOS ([Here](#)), Android ([Here](#))
- Saskatoon Public Library – SILS: IOS ([Here](#)), Android ([Here](#))
- Saskatoon Waste Wizard: IOS ([Here](#)), Android ([Here](#))
- Way to Park: IOS ([Here](#)), Android ([Here](#))
- Uber Eats: IOS ([Here](#)), Android ([Here](#))
- Door Dash: IOS ([Here](#)), Android ([Here](#))
- Skip the dishes: IOS ([Here](#)), Android ([Here](#))
- Instacart: IOS ([Here](#)), Android ([Here](#))
- Publix Delivery: IOS ([Here](#)), Android ([Here](#))
- Uber: IOS ([Here](#)), Android ([Here](#))
- Lyft: IOS ([Here](#)), Android ([Here](#))
- Moovit Public transport tracker: IOS ([Here](#)), Android ([Here](#))
- Waze: IOS ([Here](#)), Android ([Here](#))



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

Edmonton City





Famous Quote

- “ Always in Alberta there is a fresh wind blowing. ”
 - **Nellie McClung**, Canadian author, politician, and social activist

Fun Facts / Did you know?

- In the winter, the Aurora Borealis/Northern Lights can be seen on regular basis.
- On average Edmonton receives 2,299 hours of bright sunshine per year and is one of Canada's sunniest cities. During the summer, Edmonton can have up to 17 hours of daylight!
- Edmonton's River Valley is 22 times the size of New York's Central Park.
- The Edmonton River Valley is the largest urban green space in North America. It's larger than all of Manhattan in New York City, or 18 times larger than Stanley Park in Vancouver.
- Edmonton is also known as the City of Festivals because it hosts so many annual festivals. These include Edmonton International Fringe Festival, the largest fringe festival outside of Edinburgh.
- West Edmonton Mall was the world's largest mall from 1981 to 2004. The mall has numerous other records and facts which I've covered in this post.
- The lowest temperature ever recorded in Edmonton was -49.4°C , in January 1886. The highest was 37.2°C in June 1937. That's a difference of 86.6°C !
- Telus World of Science is in Edmonton. (And, from Gallagher Park, where the August folk fest is held, you can see real stars after dark, in the city.)

Top expressions!!

- **Timmies / Timmy's / Tim's:** In many Canadian cities, there's a Tim Horton's café at almost every corner. When Canadians are in the mood for some Timbits (doughnut holes), they make a trip to their local Tim Horton's which is lovingly called "Timmies" for short.
 - “Do you want to go to Timmies for a quick coffee break?”
- **Double-Double:** the double-double is a Timmies favourite. This is a popular coffee order that refers to a regular coffee with two creams and two sugars.
 - “Can I get a box of Timbits and a double-double?”
- **Loonies and Toonies:** A loonie is a Canadian coin worth \$1. A picture of the loon, a Canadian bird, appears on one side of the large gold coin. The Canadian coin worth \$2 was named a toonie to rhyme with the original loonie.
 - “Oh no, I'm a loonie short for the bus fare. Can I get change for my toonie?”



Common phrases you may encounter:

- **"Our winters may be cold, but it's a dry-cold...so it's not so bad."**
 - When it's -40 degrees, you gotta say anything that makes you feel better.
- **"There's nothing to do in the city."**
 - If you don't leave your house, then it certainly might seem like that.
- **"Do you remember what it was like when we didn't have snow?"**
 - We pretty much have snow more often than we'd like.
- **"I couldn't fall asleep last night; it was just too bright in my room!"**
 - Summer days = long daylight hours.
- **"I never see the sun anymore, it's dark when I head to work, and dark when I get off work."**
 - Winter days = very little daylight hours.
- **"Is it Summer yet?"**
 - Another thing Alberta is infamous for is our ever-changing weather.
- **"Nobody in Alberta knows how to drive."**
 - Edmontonians hate the highways in Calgary, and Calgarians just can't understand how Edmonton works.
- **"Calgary/Edmonton traffic is insane; I would never be able to live there."**
 - Chances are you'll hear this one in any small-town Alberta city.

Your starter kit to the local lingo:

- **"Edmontonians"**: Means the resident of Edmonton city.
- **"Bert"**: short for Alberta if you don't feel like saying the extra syllable.
- **"E-Town"**: obviously the contracted version of Edmonton.
- **"The Fort"**: Fort Saskatchewan, a town north of Edmonton
- **"The U"**: short for the University of Alberta. NOT u as a person.
- **"The Mud"**: better known as the Whitemud Freeway in Edmonton aka the busiest freeway during rush hour in Edmonton.
- **"YEG"**: acronym for the Edmonton's International Airport.
- **"Tims"**: short for Tim Hortons
- **"Bro"**: referring to your friend and not necessarily your blood brother.
- **"WEM"**: acronym for West Edmonton Mall.
- **"Eh?"**: prompt or response to what someone said, spoken primarily by Canadians. Short for "huh" or "right."



Introduction:

- Geography:
 - Edmonton is the capital of the Canadian province of Alberta. It lies along the North Saskatchewan River in the center of Alberta. It is North America's northernmost metropolitan area. The city anchors the north end of what Statistics Canada defines as the "Calgary–Edmonton Corridor".
- Population:
 - As of the 2021 Census, Edmonton had a city population of 1,010,899 and a metropolitan population of 1,418,118, making it the fifth-largest city and sixth-largest metropolitan area in Canada.
- Safety:
 - It is very safe city. Safety index is 52.99 with low crime rate.
 - Edmonton is a city that is supportive of its many culturally and socially diverse communities. It is welcoming, inclusive, and cohesive.
 - On the other hand, just like any other major city, there are pockets of crime. Common sense safety tips such as avoiding walking alone late at night, being aware of your surroundings and considering home security devices are likely all you need to do.
- Weather:
 - Edmonton has four distinct seasons, and the temperature can vary considerably from 35° at the peak of summer to -40° Celsius in winter.
 - Edmonton experiences an average of 325 sunny days and 2,345 bright sunshine hours per year.

Climate data for Edmonton (Edmonton City Centre Airport)														[hide]
Climate ID: 3012208; coordinates 53°34′24″N 113°31′06″W; elevation: 670.6 m (2,200 ft); 1981–2010 normals, extremes 1880–present														
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year	
Record high humidity	10.6	13.8	23.5	29.2	33.4	35.9	44.0	39.6	34.1	28.3	18.9	16.0	44.0	
Record high °C (°F)	13.9 (57.0)	16.7 (62.1)	23.9 (75.0)	32.2 (90.0)	34.4 (93.9)	37.2 (99.0)	36.7 (98.1)	35.6 (96.1)	33.9 (93.0)	28.6 (83.5)	23.3 (73.9)	16.7 (62.1)	37.2 (99.0)	
Average high °C (°F)	−6.0 (21.2)	−2.7 (27.1)	2.2 (36.0)	11.2 (52.2)	17.5 (63.5)	21.0 (69.8)	23.1 (73.6)	22.6 (72.7)	17.1 (62.8)	10.4 (50.7)	0.0 (32.0)	−4.5 (23.9)	9.3 (48.7)	
Daily mean °C (°F)	−10.4 (13.3)	−7.6 (18.3)	−2.5 (27.5)	5.4 (41.7)	11.5 (52.7)	15.5 (59.9)	17.7 (63.9)	16.9 (62.4)	11.4 (52.5)	5.1 (41.2)	−4.1 (24.6)	−8.8 (16.2)	4.2 (39.6)	
Average low °C (°F)	−14.8 (5.4)	−12.5 (9.5)	−7.2 (19.0)	−0.5 (31.1)	5.4 (41.7)	9.9 (49.8)	12.3 (54.1)	11.3 (52.3)	5.8 (42.4)	−0.2 (31.6)	−8.2 (17.2)	−13.1 (8.4)	−1.0 (30.2)	
Record low °C (°F)	−49.4 (−56.9)	−49.4 (−56.9)	−40.0 (−40.0)	−26.1 (−15.0)	−12.2 (10.0)	−3.9 (25.0)	−1.7 (28.9)	−3.3 (26.1)	−11.7 (10.9)	−26.1 (−15.0)	−42.2 (−44.0)	−48.3 (−54.9)	−49.4 (−56.9)	
Record low wind chill	−52.8	−50.7	−44.6	−37.5	−14.5	0.0	0.0	−3.7	−13.3	−34.3	−50.2	−55.5	−55.5	
Average precipitation mm (inches)	21.7 (0.85)	12.0 (0.47)	15.8 (0.62)	28.8 (1.13)	46.1 (1.81)	77.5 (3.05)	93.8 (3.69)	61.9 (2.44)	43.5 (1.71)	21.7 (0.85)	18.0 (0.71)	15.0 (0.59)	455.7 (17.94)	
Average rainfall mm (inches)	1.3 (0.05)	0.8 (0.03)	1.7 (0.07)	14.5 (0.57)	40.7 (1.60)	77.5 (3.05)	93.8 (3.69)	61.8 (2.43)	42.4 (1.67)	10.9 (0.43)	1.6 (0.06)	0.7 (0.03)	347.8 (13.69)	
Average snowfall cm (inches)	24.5 (9.6)	13.4 (5.3)	17.4 (6.9)	15.3 (6.0)	4.9 (1.9)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	1.0 (0.4)	11.6 (4.6)	19.1 (7.5)	16.4 (6.5)	123.5 (48.6)	
Average precipitation days (≥ 0.2 mm)	11.0	7.9	8.3	8.8	11.0	14.2	14.6	11.1	9.8	8.0	8.8	9.4	122.9	
Average rainy days (≥ 0.2 mm)	1.1	0.8	1.4	5.9	10.5	14.2	14.6	11.1	9.6	5.6	1.5	0.8	77.3	
Average snowy days (≥ 0.2 cm)	10.7	7.7	7.7	4.2	1.2	0.0	0.0	0.0	0.5	3.2	7.9	9.3	52.4	
Average relative humidity (%)	65.2	61.2	56.5	42.9	40.4	48.2	52.6	51.4	50.1	50.5	64.7	65.4	54.1	
Mean monthly sunshine hours	100.8	121.7	176.3	244.2	279.9	285.9	307.5	282.3	192.7	170.8	98.4	84.5	2,344.8	
Mean daily sunshine hours	3.3	4.3	5.7	8.1	9.0	9.5	9.9	9.1	6.4	5.5	3.3	2.7	6.4	
Percent possible sunshine	40.2	44.1	48.1	58.2	56.8	56.2	60.2	61.5	50.4	52.0	37.8	36.0	50.1	
Average ultraviolet index	0.0	1.0	2.0	4.0	5.0	6.0	6.0	5.0	4.0	2.0	1.0	0.0	3.0	

Source: Environment and Climate Change Canada,^[79] (July record high humidity),^[105] Extremes (1880–1943)^[106] and Weather Atlas^[107]
Note: climate data was collected near downtown Edmonton from July 1880 to June 1943, and at Edmonton City Centre Airport (Blatchford Field) from October 1937 to present.



Education:

- Edmonton has one of Canada's top teaching and research universities, the University of Alberta (U of A) which has an international reputation for excellence across several disciplines.
- The U of A is ranked 4th in Canada and 81st in the world for research impact (NTU Ranking 2019), with several of its subjects ranking very highly.
- Edmonton has more than 10 hospitals.
 - The University of Alberta Hospital along with the Royal Alexandra hospital are two large hospitals with great academic centers.
 - The Stollery children's hospital is for pediatrics.
 - Edmonton hospitals have a great patient exposure.
 -

Accommodation:

General Rule of Thumb:

- Before choosing between renting a house or renting an appartement; you must be familiar with the responsibility that comes with house renting (For example, Snow and ice should be removed within 24 hours of accumulation. Penalties for failure to comply include a notice of violation and fines that could reach as high as \$5,000.)
- Do not go beyond ICE district. Although ICE district is a nicer area (i.e. Marriot, etc) there's homeless shelters across the street.
- If you're thinking about getting a house, stay South to the North-Saskatchewan River.
- There are a lot of nice accommodations, you do not have to stay in the ones we recommend but usually this is where people choose to live.
- Avoid living in the more northern or eastern parts of the Greater Edmonton Area.
- Common benefits of apartments
 - Usually more expensive apartments have water and heat covered, and potentially a parking space.
 - Cheaper apartments don't, and rates for parking spaces can vary \$50-150. Some buildings might also make you pay for bike parking as well
- Prices in General:

Type	Studio	1 bed	2 beds	3 beds
Apartment	\$916	\$1,081	\$1,343	\$1,471
Condo	\$1,263	\$1,424	\$1,791	\$2,057
House	\$1,263	\$1,424	\$1,424	\$2,214

- **Note:** Please make sure you rent an apartment with air conditioning. Edmonton gets a lot of sunlight throughout the year, and it may get warm even in sub-zero weather, particularly if you choose to live in an apartment that gets a lot of sunlight.



House

- There are 2 options:
 - Townhouses: A townhouse is attached, sharing at least one common wall with another, similar-designed home.
 - Detached House: A detached single-family home has no common walls and sits on its own parcel of land.
- Location:
 - Belgravia, Strathcona area (near White Ave).
 - Ritchie
 - Glenora
 - Stony Plaine Road
- Leasing Websites: Rent faster ([Link](#)) is the main leasing website.
- Real Estate agent: You can also contact a real estate agent.
- Monthly price: Varies depending on how many rooms. Generally, it is between ~ 2000-2750 \$.
- Utilities (Water, Hydro, power) Prices: ~ 300 CAD \$/monthly.
- Furnishment: Houses are furnished with main appliances (oven, dishwasher, refrigerator) +/- washing machine/dryer/dishwasher (you need to make sure as they are not always provided).
- Advantages: Spacious with safe rural-like neighborhood.
- Disadvantage: Far from downtown/Main Hospital & More responsibility.

Appartement

- Location: Around these streets:
 - Downtown: Around 124 St, 102-104 St. Don't go more east than that.
 - White Avenue: multiple apartment locations throughout, but try to stay between 102 and 105 st.
 - Saskatchewan Drive.
- Complexes Options:
 - The Oliver apartments ([Website](#))
 - Encore ([Website](#))
 - Symphony tower ([Website](#))
 - Icon apartments ([Website](#))
 - Fox Tower ([Website](#))
 - Ultima ([Website](#))
 - The Pearl ([Website](#))
- Monthly price: average between 1200-2000 CAD \$ (including water).
- Other Utilities (Hydro, power) Prices: ~ 100-200 CAD \$/monthly.
- Closer to the downtown and both hospitals, and a family-friendly neighborhoods.



Day care & Schools:

- There are multiple schools and Daycare in Edmonton. Daycare options:
 - Kepler: with varies branches all over the city ([Website](#)).
 - The Kids and Company: with varies branches all over the city ([Website](#)).
 - University Tender Loving Daycare ([Location](#)).
- Preferably choose the one close to you if you're going to drop you child daily.
- Prices: Free for schools, while the government covers only 50% of daycare fees for children less than 3 years old. Daycare prices vary.

Halal Restaurants:

- Kabsa ([Location](#)): Khaleeji Cuisine.
- The Bedouins Restaurant ([Location](#)): Yemeni Cuisine.
- Paramount Fine Foods ([Location](#)): Middle Eastern Restaurant.
- Elfino Kabab and Shawarma ([Location](#)): Middle Eastern Restaurant.
- Kababji Mediterranean & Cuisine ([Location](#)): Middle Eastern Restaurant.
- Best Kabab Restaurant ([Location](#)): Middle Eastern Restaurant.
- Turquaz Kebab House ([Location](#)): Lebanese Restaurant.
- Root of Beirut ([Location](#)): Lebanese Restaurant.
- Sahara Mediterranean Restaurant ([Location](#)): Lebanese Restaurant.
- Taste of Lebanon ([Location](#)): Lebanese Restaurant.
- Safartas Mediterranean Restaurant ([Location](#)): Syrian Restaurant.
- Lotus Cafe & Grocery ([Location](#)): Persian Restaurant.
- Taste Of Persia Restaurant ([Location](#)): Persian Restaurant.
- Sofra Turkish Restaurant ([Location](#)): Turkish Restaurant.
- Turkish Coffee House ([Location](#)): Turkish Restaurant.
- Istanbul Kabab and Donair ([Location](#)): Turkish Restaurant.
- Khazana – Downtown ([Location](#)): Indian Restaurant.
- Tiffin India's Fresh Kitchen ([Location](#)): Indian Restaurant.
- Little India ([Location](#)): Indian Restaurant.
- Liwan Shawarma ([Location](#)): one of the top-rated shawarmas.
- Donair and Shawarma House – West ([Location](#)), East ([Location](#)).
- Jerusalem Shawarma – South ([Location](#)), North ([Location](#)).
- D-spot ([Location](#)): For Halal Sweets.
- Cedar tree ([Location](#)): For Halal Sweets.
- YEG Berger ([Location](#)).
- Castel Bake Pita ([Location](#)).
- Al Salam bakery ([Location](#)).
- Shish shawarma ([Location](#)).
- Basha Donair & shawarma ([Location](#)).



Halal Supermarkets:

- Elsafadi Supermarket ([Location](#)): one of the best/biggest in Edmonton.
- WestGate Halal Meat & Mediterranean food ([Location](#)) & ([Location](#)): one of the best/biggest in Edmonton.
- Cappadocia Turkish Foods Wholesale ([Location](#)).
- Baba Halal Grocery & Bakery ([Location](#)).
- Alif Halal Meat & Groceries ([Location](#)).
- Rayan Grocery & Halal Meat ([Location](#)).
- Kareem meats ([Location](#)).
- Asya Halal Meat & Grocery ([Location](#)).
- Al-Taibah Halal Meat & Groceries ([Location](#)).
- Al-Madina Halal Meat & Deli ([Location](#)).
- Londonderry Halal Meats ([Location](#)).

Shopping malls:

- West Edmonton mall ([Location](#)): It is the second most visited mall in Canada, and largest shopping mall in Canada.
- Kingsway mall ([Location](#)): one of the best malls In Edmonton.
- Southgate mall ([Location](#)): High-end mall housing designer fashion boutiques, electronics & home goods stores, plus eateries.
- Edmonton City Centre ([Location](#)).

Top Attractions:

- North Saskatchewan River Valley ([Location](#)): A vast collection of scenic parks is 22 times bigger than New York City's Central Park. Over 150 km of trails, pathways, where locals and visitors picnic, bike, run, kayak, canoe, stand-up paddleboard, take a paddle boat or Segway, and, in winter, snowshoe and ski.
- West Edmonton mall ([Location](#)): It is the second most visited mall in Canada, after the Toronto Eaton Centre in Toronto. It is currently the second largest shopping mall, by square footage, in North America behind the Mall of America. It is nearly 500,000-square-metre mall is the largest in North America, with 800+ stores, 100 dining venues, a massive indoor wave pool with 17 water slides and a lake, amusement park, and ice-skating rink.
- Elk Island National Park ([Location](#)): Canada's largest fully enclosed park is a refuge for moose, elk, lynx, black bears, gray wolves, 250 species of birds, and herds of plains bison imported from Montana and rescued from extinction.
- The Art Gallery of Alberta ([Location](#)): Striking architectural landmark reminiscent of Bilbao's Guggenheim, downtown's Art Gallery of Alberta is one of the province's prominent cultural venues.



- Alberta Legislature ([Location](#)): Is a marvel of marble pillars and carved oak.
- Rogers Place and the Edmonton Oilers ([Location](#)): Home to young phenom Connor McDavid and the Edmonton Oilers hockey team, the arena features state of the art technology in the National Hockey League (NHL).
- University of Alberta Botanic Garden ([Location](#)): You will be amazed by the wealth and diversity of nature at the stunning University of Alberta Botanic Gardens – a must-visit for lovers of flora, fauna and beautiful things.
- Festivals galore ([Location](#)): The Edmonton Folk Music Festival, International Fringe Theatre Festival, Flying Canoe Volant Festival and Boardwalk Ice on Whyte are just the beginning of the multiple Festivals that Edmonton have,
- Fort Edmonton Park ([Location](#)): is an 1800s-era Fort Edmonton Park, where actors dressed in period costume barter for beads at the fur trading post and socialize at the train station. Learn about four time periods: the 1846 fort, 1885 community, 1905 railway boom, and 1920 commerce hay day.

Notable famous streets & Boulevards:

- 124 St ([Location](#)): is an arterial road in north-central Edmonton. It is known for being one Edmonton's main shopping districts and historical commercial corridor for the original west of Edmonton; home to independent restaurants, art galleries, and boutiques, as well as 19th-century heritage houses.
- Whyte Avenue ([Location](#)): also known as 82 Avenue, is another arterial road in south-central Edmonton. It became the main street of the City of Strathcona as it formed, and now runs through Old Strathcona. Now is a heritage area at the heart of this district, housing many shops, cafes and restaurants.
- Unity square brewery district ([Location](#)): Edmonton Brewery District accommodates an urban lifestyle with its unique blend of products and services – all conveniently located within a short distance.
- Waltherdale Bridge ([Location](#)): famous bridge that runs over the North Saskatchewan River.
- River Valley Rd Walk ([Location](#))

Cultural Attraction & Museums:

- Royal Alberta Museum ([Location](#)): is a museum of human and natural history, and it is the largest in western Canada. You can Exhibits on Alberta's geological & human history, including First Peoples, plus fossils & wildlife.
- Alberta Aviation Museum ([Location](#)): Old airfield hangar with displays on local flight history & pioneers plus over 40 vintage airplanes.



- Alberta Railway Museum ([Location](#)): tells you the story of the work of railroaders, the story of train travel in Canada, the impact of Canadian Pacific Railway on settlement, and the importance of railway to Western Canada.
- John Walter Museum ([Location](#)): Late-1800s site featuring period houses, hands-on experiences for kids & a park with picnic areas.
- Paleontology Museum ([Location](#)): it belongs to University of Alberta.
- Historic McKay Avenue School Archives & Museum ([Location](#)): The site is a Provincial and Municipal Historic Resource, and home to the Edmonton Public School Board's archives and museum.
- TELUS World of Science ([Location](#)): Science Center with hands-on exhibits on robots, the human body & more, plus a separate observatory.
- Indigenous Peoples Experience ([Location](#)): award-winning Indigenous Peoples Experience.

Parks & Conservation Areas:

- Victoria Park ([Location](#)): Riverfront Park with a playground, picnic areas, summer baseball field & ice-skating trails.
- St albert Botanic Park ([Location](#)): Botanical Garden.
- Fort Edmonton Park ([Location](#)): Heritage Park with recreated architecture from 1885, 1905 & 1920 Edmonton, plus a fort & streetcars.
- Coronation Park ([Location](#)): multi-use park with sports facilities, a science center, IMAX theater & 3 covered picnic sites.
- Borden Park ([Location](#)): Leafy community park with flower gardens, playing fields, tennis courts, play areas & picnic areas.
- Rundle Park ([Location](#)): Expansive Park with a variety of recreational amenities, multi-use trails, green spaces & lakes.
- Louise McKinney Riverfront Park ([Location](#)): Waterfront area with walking & cycling trails, benches & a garden with a Chinese pagoda.
- Broadmoor Lake Park ([Location](#)): Park offering a covered picnic shelter, large playground & spray park & skating in the winter.
- Gold Bar Park ([Location](#)): Large urban park featuring off-leash dog walking along the river, plus seasonal ski trails.
- Sir Wilfrid Laurier Park ([Location](#)): Riverside green space offering picnic areas, a playground, a dog park, trails & a boat launch.
- Whitemud Park ([Location](#)): Trails for walking & running traverse this scenic, serene park with a creek & picnic area.
- Big Bear Park ([Location](#)).
- Coates Creek Conservation Area ([Location](#)).
- Bunchberry Meadows Conservation Area ([Location](#)).
- Glory Hills Conservation Area ([Location](#)).
- Larch Sanctuary ([Location](#)).



Outdoor entertainment:

- Hawrelak Park Pond Ice ([Location](#)): Ice skating rink located in Edmonton downtown, nearby Royal Mayfair Golf Club at the river of North Saskatchewan.
- Snow Valley Ski Club ([Location](#)): Long-running resort & aerial park with beginner ski/snowboard slopes & an aerial adventure park.
- Riverside Nature Trail ([Location](#)): Hiking trail.
- Beaver Hills Biodiversity Trail ([Location](#)): Hiking trail.
- Blarney Stone Farm ([Location](#)): Horse riding Farm.
- Alberta Skydive Central ([Location](#)): Skydive Center
- Edmonton Skydive ([Location](#)): Skydive Center.
- Summerside Beach Club ([Location](#)).
- Elk Island Beach ([Location](#)).
- Ma-Me O beach ([Location](#)).

Indoor entertainment:

- Speeders Edmonton ([Location](#)): for indoor Karting.
- The Rec Room ([Location](#)) ([Location](#)): Amusement center.
- Axe Monkeys Edmonton ([location](#)): Axe throwing center.
- Wild West Shooting Center ([Location](#)): Indoor Shooting Range.
- Phoenix Indoor Range and Gun Shop([Location](#)): Indoor Shooting Range.
- Laser City Laser tag ([Location](#)): Laser tag center.
- Planet Laser ([Location](#)): Laser tag center.
- On Par Golf Club ([Location](#)): Indoor Golf Course.
- Golfzon ([Location](#)): Indoor Golf Center.
- Evolution Golf ([Location](#)): Indoor Golf Center.
- Factory Climbing ([location](#)): Rock climbing gym.
- Boulders Climbing ([location](#)): Rock climbing gym.
- Launchpad Trampoline Park ([Location](#)) ([Location](#)): Trampoline Center.
- Allstars Indoor Playground ([Location](#)): Indoor Playground.
- Hide N seek Indoor Playground ([Location](#)): Indoor Playground.
- Amazone Playzone ([Location](#)): Indoor Playground.
- Game OVR ([Location](#)): Video Arcade.
- Escape Hour ([Location](#)): Escape Room Game.
- Trapped Escape Room ([Location](#)): Escape Room Game.
- Escape City ([Location](#)): Escape Room Game.
- GTFO Escape Entertainment ([Location](#)): Escape Room Game.
- World Waterpark ([Location](#)): Indoor water amusement park.
- Galaxyland ([Location](#)): Amusement center.
- Kinsmen Sport center ([Location](#)): Sport center with Olympic pool.



Banks:

- Most Canadian banks operate within Edmonton. We do recommend picking one of the major five banks in Canada (TD, CIBC, BMO, RBC and Scotiabank).
- TD: has a good service with as acceptable insurance bundle (Home, car and other), but it's difficult for own experience to get Credit card.
- CIBC: Easier to get credit card; most the residents have an account with CIBC.
- For more details ([Read More](#)) & ([Read More](#)).

Insurance:

- There are many insurances company that operate in Edmonton.
- You need to get insurance for your house/apartment and your car as well.
- We recommend TD insurance as they have special offers for medical residents and when you apply online.

Home internet:

- There are multiple home internet providers that offer internet service in Edmonton. TELUS, Shaw, AEBC and TekSavvy offer internet service. ([Read more](#))
- The best internet service provider in Edmonton is Telus, with their fibre network's strong performance and reliable connectivity. ([Read More](#))

Mobile Phone:

- All three major carriers (Bell, Rogers and TELUS) are well represented throughout Edmonton Alberta, some offering better service than others.
- Major mobile phone networks like Bell, Rogers and TELUS provide nearly 100% coverage of Alberta.
- The Geographic Area Covered in Alberta via different mobile providers as follow (Bell 69.11%, TELUS 69.11% while Rogers 60.61%). ([Read more](#))
- Given the fact that rogers had 2 outages in last 12 months; we would recommend either Bell or TELUS. ([Read More](#))

Transportation:

- Road:
 - A largely gridded system forms most of Edmonton's street and road network. The address system is mostly numbered, with streets running south to north and avenues running east to west.
 - In built-up areas built since the 1950s, local streets and major roadways generally do not conform to the grid system.



- Major roadways include Kingsway, Yellowhead Trail (Highway 16), Whitemud Drive and Anthony Henday Drive.
- The major roads connecting to other communities elsewhere in Alberta, British Columbia, and Saskatchewan are the Yellowhead Highway to the west and east and Highway 2 (Queen Elizabeth II Highway) to the south.
- Train: Edmonton serves as a major transportation hub for Canadian National Railway, whose North American operations management centre is located at their Edmonton offices. Inter-city rail passenger rail service is provided by Via Rail's train, the *Canadian*, as it travels between Vancouver and Toronto. ([Location](#))
- Bus: Edmonton Transit Service (ETS) is the city's public transit agency, operating the Edmonton Light Rail Transit (LRT) network and a fleet of buses. The LRT project along with its future extension is the development of a modern, globally competitive city with a transportation system that meets the needs of a diverse, dynamic, and growing population. It is reliable, accessible and connects people to where they want and need to go — here, there and way over there. ([Website](#))
- Cycling & biking: In recent years, the municipality begun to place increased emphasis on developing cycling infrastructure. E-scooters and bikes are excellent ways to commute in summer. ([Details](#)) ([Details](#)) ([Map](#)) ([PDF Map](#))
- Service Provider: Uber only available to operate in Edmonton.
- Airport:
 - Edmonton is a major air transportation gateway to northern Alberta and northern Canada. The Edmonton International Airport (EIA) is the main airport serving the city. The airport provides passenger service to destinations in the United States, Europe, Mexico, and the Caribbean.
 - Usually, Kuwaiti doctors would need 2 transits to arrive to Kuwait from Edmonton. KLM currently has one transit to Kuwait via Amsterdam.

Nearby cities & attractions worth visiting:

- Cottage renting: Use Airbnb to rent a cottage.
- Calgary ([Location](#)): just three-four hours drive to enjoy the city life.
- Banff National Park ([Location](#)): Just four hours drive South of the city.
- Jasper National Park ([Location](#)): Just three hours drive west of the city.
- Sylvan Lake Park and Beach ([Location](#)): Two hours drive south of the city.
- Mount Robson Provincial Park ([Location](#)): Three hours drive west of the city.
- Meadow Lake Provincial Park ([Location](#)): Four hours drive East of the city.
- Vancouver ([Location](#)): 2-hour flight or 12-hour drive.
- US cities: 3-hour and a half flight to Los Angeles ([Location](#)), 3-hour flight to San Francisco ([Location](#)), less than a 2-hour flight to Seattle ([Location](#)).



Mosques and Islamic Centers:

- In Edmonton there is a Muslim Association of Canada (MAC) ([Location](#)).
- The Al-Rashid Mosque was the first mosque built in Canada. It was constructed in Edmonton, Alberta in the late 1930s. ([Location](#)) ([Website](#))
- The main mosque that serves Edmonton city is Masjid Quba; as daily prayers, Friday prayer along with Eid prayer are held in these mosques ([Location](#)) ([Website](#)).

Other Tips:

- Post service (Canada Post, UPS, FedEx & DHL) is easily accessible in Edmonton.
- Preferably create a Canadian Apple/Google account to download smartphone applications that might help you during your residency (banks, etc.).
- For Supermarket chains there are: Walmart, Canadian Tire, Costco, Safeway, Metro, Sobeys, Loblaws, Food Basic, Fresh Co and Dollarama.
- For Office supply, Bookstores and Back-to-School stores: Indigo and Staples.
- For Furniture: Ikea, The Brick, Structube, Wayfair, Home Depot and Bed Bath.
- For Clothing Stores: H&M, Old navy, Mark's and others.
- For Department stores: Winner's, Home Sense, Marshalls and others.
- For Electronics: Best Buy, Canada Computer and The Source.
- For online General Shopping: Amazon, iHerb and others.
- For online Grocery Shopping: Instacart with Public Delivery application & websites. Every major food chain supermarket has its own application.
- For assembling your furniture, you can book an extra hand by using Handy ([Link](#)).

Important website:

- Edmonton Prayer Times ([Here](#))
- City of Edmonton ([Here](#))
- Downtown of Edmonton ([Here](#)) ([Maps](#)) ([PDF Map](#))
- Explore Edmonton ([Here](#))
- Edmonton Maps ([Here](#))
- Events in Edmonton ([Here](#)) ([Here](#))
- Top 10 attractions in Edmonton ([Here](#))
- News in Edmonton: CBC ([Here](#)), CTV ([Here](#)), Global news ([Here](#)), Journal ([Here](#))
- Edmonton Public Library ([Here](#))
- Alberta Health Service ([Here](#))
- Edmonton Transit Service ([Here](#))
- Edmonton Weather ([Here](#))
- Edmonton Recycling ([Here](#))



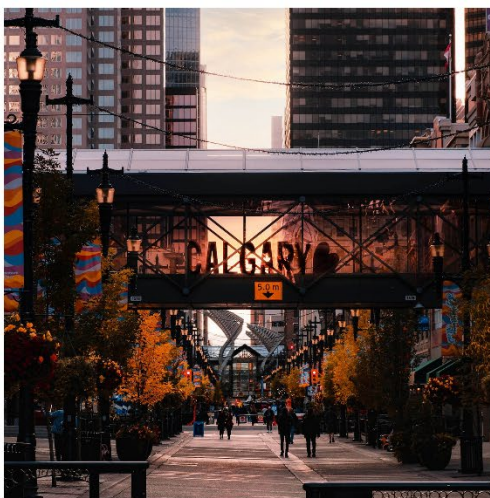
Useful smartphone Application:

- Al-Rashid Mosque: IOS ([Here](#)), Android ([Here](#))
- Quba Mosque: IOS ([Here](#)), Android ([Here](#))
- Via Rail: IOS ([Here](#)), Android ([Here](#))
- Canada Air: IOS ([Here](#)), Android ([Here](#))
- West Jet: IOS ([Here](#)), Android ([Here](#))
- Arrive Can: IOS ([Here](#)), Android ([Here](#))
- CTV: IOS ([Here](#)), Android ([Here](#))
- CBC: IOS ([Here](#)), Android ([Here](#))
- Global News: IOS ([Here](#)), Android ([Here](#))
- ETS live: IOS ([Here](#)), Android ([Here](#))
- Edmonton ETS Next Bus: IOS ([Here](#)), Android ([Here](#))
- Transit Bus & Train Times: IOS ([Here](#)), Android ([Here](#))
- Edmonton Journal: IOS ([Here](#)), Android ([Here](#))
- Edmonton Sun: IOS ([Here](#)), Android ([Here](#))
- Edmonton Waste Wise: IOS ([Here](#)), Android ([Here](#))
- Edmonton 311: IOS ([Here](#)), Android ([Here](#))
- Uber eats: IOS ([Here](#)), Android ([Here](#))
- Door dash: IOS ([Here](#)), Android ([Here](#))
- Skip the dishes: IOS ([Here](#)), Android ([Here](#))
- Instacart: IOS ([Here](#)), Android ([Here](#))
- Publix Delivery: IOS ([Here](#)), Android ([Here](#))
- Uber: IOS ([Here](#)), Android ([Here](#))
- Lyft: IOS ([Here](#)), Android ([Here](#))
- Moovit Public transport tracker: IOS ([Here](#)), Android ([Here](#))
- Waze: IOS ([Here](#)), Android ([Here](#))



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

Calgary City





Famous Quote:

- “Vancouver is a beautiful area; I don't care what time of the year you're there. Vancouver and Calgary. Great places in Canada.”
- **Jamie Farr**, American Comedian and Actor.

Fun Facts / Did you know?

- The Calgary Stampede features the largest rodeo in the world.
- Fish Creek Park is the second-largest urban park in Canada.
- Calgary was named the 4th most livable city in the world in 2018.
- The coldest temperature ever recorded in Calgary was a bone chilling -45 °C.
- The median age in Calgary is a sprightly 36 years, making it a very young city.
- Almost a quarter of Calgary's population is foreign-born.
- According to Clearwater, Calgary is the cleanest city in the world.
- Calgary is Canada's sunniest city, with 333 average sunshine days per year.
- On summer solstice, Calgary gets almost 17 hours of sunlight. Yay!
- On winter solstice, Calgary gets a little less than 8 hours of sunlight. Boo!

Top expressions!!

- **Timmies / Timmy's / Tim's:** In many Canadian cities, there's a Tim Horton's café at almost every corner. When Canadians are in the mood for some Timbits (doughnut holes), they make a trip to their local Tim Horton's which is lovingly called “Timmies” for short.
 - “Do you want to go to Timmies for a quick coffee break?”
- **Double-Double:** the double-double is a Timmies favourite. This is a popular coffee order that refers to a regular coffee with two creams and two sugars.
 - “Can I get a box of Timbits and a double-double?”
- **Loonies and Toonies:** A loonie is a Canadian coin worth \$1. A picture of the loon, a Canadian bird, appears on one side of the large gold coin. The Canadian coin worth \$2 was named a toonie to rhyme with the original loonie.
 - “Oh no, I'm a loonie short for the bus fare. Can I get change for my toonie?”
- **Buddy/Bud:** On the east coast predominantly (but also heard nationwide), buddy is a way to talk about a person without using a name.
 - “Buddy over there? ”



Common phrases you may encounter:

- **"Our winters may be cold, but it's a dry-cold...so it's not so bad."**
 - When it's -40 degrees, you gotta say anything that makes you feel better.
- **"There's nothing to do in the city."**
 - If you don't leave your house, then it certainly might seem like that.
- **"Do you remember what it was like when we didn't have snow?"**
 - We pretty much have snow more often than we'd like.
- **"I couldn't fall asleep last night; it was just too bright in my room!"**
 - Summer days = long daylight hours.
- **"I never see the sun anymore, it's dark when I head to work, and dark when I get off work."**
 - Winter days = very little daylight hours.
- **"Is it Summer yet?"**
 - Another thing Alberta is infamous for is our ever-changing weather.
- **"Nobody in Alberta knows how to drive."**
 - Edmontonians hate the highways in Calgary, and Calgarians just can't understand how Edmonton works.
- **"Calgary/Edmonton traffic is insane; I would never be able to live there."**
 - Chances are you'll hear this one in any small-town Alberta city.

Your starter kit to the local lingo:

- **"Calgarians":** Means the resident of Calgary.
- **"Bert":** short for Alberta if you don't feel like saying the extra syllable.
- **"Cow Town":** Nickname for Calgary is it known for its Old Western heritage.
- **the contracted version of Edmonton.**
- **"The Mud":** better known as the Whitemud Freeway in Edmonton aka the busiest freeway during rush hour in Edmonton.
- **"YEG":** acronym for the Edmonton's International Airport.
- **"Tims":** short for Tim Hortons
- **"Bro":** referring to your friend and not necessarily your blood brother.
- **"WEM":** acronym for West Edmonton Mall.
- **"Eh? ":** prompt or response to what someone said, spoken primarily by Canadians. Short for "huh" or "right."



Introduction:

- Geography:
 - Calgary is the business capital of the province of Alberta. It is the largest city in the western Canadian province of Alberta. The city anchors the north end of what Statistics Canada defines as the "Calgary-Edmonton Corridor".
- Population:
 - As of the 2021 Census, Edmonton had a city population of 1,306,784 and a metropolitan population of 1,481,806 making it the third-largest city and fifth-largest metropolitan area in Canada.
- Safety:
 - It is very safe city. Safety index is 63.18 with low crime rate.
 - Calgary is a city that is supportive of its many culturally and socially diverse communities. It is welcoming, inclusive, and cohesive.
 - On the other hand, just like any other major city, there are pockets of crime. Common sense safety tips such as avoiding walking alone late at night, being aware of your surroundings and considering home security devices are likely all you need to do.
- Weather:
 - Calgary has four seasons each year. Following the dry and windy fall, the winter is considered extreme, and the lowest it gets is around -20 to -35 C.
 - While the snow season starting month is changing every year from October to December, the snow usually melts in late April to early May.
 - June to August is the summer month, with daily temperature ranging between 33 to 15 C. Carrying and extra light coat is recommended.

Climate data for Calgary (Calgary International Airport)														[hide]
WMO ID: 71877; coordinates 51°06′50″N 114°01′13″W ; elevation: 1,084.1 m (3,557 ft); 1981-2010 normals, extremes 1881-present														
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year	
Record high humidex	17.3	21.9	25.2	27.2	31.6	37.0	36.9	36.0	32.9	28.7	22.2	19.4	37.0	
Record high °C (°F)	17.6 (63.7)	22.6 (72.7)	25.4 (77.7)	29.4 (84.9)	32.4 (90.3)	36.3 (97.3)	36.3 (97.3)	36.7 (98.1)	33.3 (91.9)	29.4 (84.9)	23.1 (73.6)	19.5 (67.1)	36.7 (98.1)	
Average high °C (°F)	−0.9 (30.4)	0.7 (33.3)	4.4 (39.9)	11.2 (52.2)	16.3 (61.3)	19.8 (67.6)	23.2 (73.8)	22.8 (73.0)	17.8 (64.0)	11.7 (53.1)	3.4 (38.1)	−0.8 (30.6)	10.8 (51.4)	
Daily mean °C (°F)	−7.1 (19.2)	−5.4 (22.3)	−1.6 (29.1)	4.6 (40.3)	9.7 (49.5)	13.7 (56.7)	16.5 (61.7)	15.8 (60.4)	11.0 (51.8)	5.2 (41.4)	−2.4 (27.7)	−6.8 (19.8)	4.4 (39.9)	
Average low °C (°F)	−13.2 (8.2)	−11.4 (11.5)	−7.5 (18.5)	−2 (28)	3.1 (37.6)	7.5 (45.5)	9.8 (49.6)	8.8 (47.8)	4.1 (39.4)	−1.4 (29.5)	−8.2 (17.2)	−12.8 (9.0)	−1.9 (28.6)	
Record low °C (°F)	−44.4 (−47.9)	−45 (−49)	−37.2 (−35.0)	−30 (−22)	−16.7 (1.9)	−3.3 (26.1)	−0.6 (30.9)	−3.2 (26.2)	−13.3 (8.1)	−25.7 (−14.3)	−35 (−31)	−42.8 (−45.0)	−45 (−49)	
Record low wind chill	−52	−53	−45	−37	−24	−6	0	−4	−12	−34	−48	−55	−55	
Average precipitation mm (inches)	9.4 (0.37)	9.4 (0.37)	17.8 (0.70)	25.2 (0.99)	56.8 (2.24)	94.0 (3.70)	65.5 (2.58)	57.0 (2.24)	45.1 (1.78)	15.3 (0.60)	13.1 (0.52)	10.2 (0.40)	418.8 (16.49)	
Average rainfall mm (inches)	0.1 (0.00)	0.1 (0.00)	2.2 (0.09)	10.8 (0.43)	46.1 (1.81)	93.9 (3.70)	65.5 (2.58)	57.0 (2.24)	41.7 (1.64)	7.5 (0.30)	1.5 (0.06)	0.3 (0.01)	326.7 (12.86)	
Average snowfall cm (inches)	15.3 (6.0)	14.5 (5.7)	22.7 (8.9)	18.8 (7.4)	11.9 (4.7)	0.1 (0.0)	0.0 (0.0)	0.0 (0.0)	3.9 (1.5)	10.0 (3.9)	16.6 (6.5)	15.0 (5.9)	128.8 (50.5)	
Average precipitation days (≥ 0.2 mm)	7.3	6.8	9.2	9.0	11.2	13.8	13.0	10.6	9.1	7.2	7.6	6.9	111.7	
Average rainy days (≥ 0.2 mm)	0.27	0.20	1.3	4.1	10.1	13.8	13.0	10.5	8.7	4.2	1.4	0.40	67.97	
Average snowy days (≥ 0.2 cm)	7.7	7.4	9.5	6.4	2.6	0.07	0.0	0.10	1.3	4.1	7.4	7.7	54.2	
Average relative humidity (%)	54.5	53.2	50.3	40.7	43.5	48.6	46.8	44.6	44.3	44.3	54.0	55.3	48.3	
Mean monthly sunshine hours	119.5	144.6	177.2	220.2	249.4	269.9	314.1	284.0	207.0	175.4	121.1	114.0	2,396.3	
Percent possible sunshine	45.6	51.3	48.2	53.1	51.8	54.6	63.1	62.9	54.4	52.7	45.0	46.0	52.4	
Average ultraviolet index	1	1	2	4	6	7	7	6	4	2	1	0	3	

Source: Environment and Climate Change Canada^[173] and Weather Atlas^[182]



Education:

- University of Calgary (U of C) is one member of the U15 leading research-intensive universities. It is ranked one of the top 10 universities in Canada, in fact, the youngest university that ranked as top five research university (Research info source Ranking 2021).
- Hospitals: There are more than 15 hospitals in Calgary, five acute care hospitals of which is affiliated with U of C that provide 63 postgraduate residency programs or more than 90 Fellowships. Hospitals affiliated with U of C includes:
 - Foothills Medical Centre (Cumming School of Medicine Campus, One of Canada's largest hospitals).
 - Peter Lougheed Centre.
 - Rockyview General Hospital (Becoming the leader for urological care in Canada).
 - Alberta Children's Hospital (Tertiary Pediatric Hospital).
 - South Health Campus.

Accommodation:

- Before choosing between renting a house or renting an appartement; you must be familiar with the responsibility that come with house renting (For example, Snow and ice should be removed within 24 hours of accumulation. Penalties for failure to comply include a notice of violation and fines that could reach as high as \$5,000.)
- **Note:** The best areas to live in Calgary is either the South of SW for families, while the downtown is the best for singles and small families. The other places in Calgary are not bad except for the NE which is not recommended.
- **Note:** Please make sure you rent an apartment with air conditioning. Calgary gets a lot of sunlight throughout the year, and it may get warm even in sub-zero weather, particularly if you choose to live in an apartment with a lot of sunlight.

House

- There are 2 options:
 - Townhouses: A townhouse is attached, sharing at least one common wall with another, similar-designed home.
 - Detached House: A detached single-family home has no common walls and sits on its own parcel of land.
- Location: No specific location, through best areas to live in Calgary is either the South of SW for families, while the downtown is the best for singles and small families.
- Leasing Websites: Rentfaster ([Link](#)) is the main leasing website. Others are Kijiji ([Link](#)) & Rentals.ca ([Link](#)).
- Real Estate agent: You can also contact a real estate agent.
- Monthly price: Varies depending on how many rooms. Generally, it is between ~ 2200-2300 \$.



- Utilities (Water, Hydro, power) Prices: ~ 200-300 CAD \$/monthly.
- Furnishment: Houses are furnished with main appliances (oven, dishwasher, refrigerator) +/- washing machine/dryer/dishwasher (you need to make sure as they are not always provided).
- The main things to be considered when leasing a place in Calgary:
 - AC and heating system.
 - Covered parking (garage or underground).
 - Utilities inclusion/exclusion. Appliances age.
 - Snow removal contracting for the winter season (in case of house leasing and could cost about \$200/month).
- Advantages: Spacious with safe rural-like neighborhood.
- Disadvantage: More responsibility.

Appartement

- Location:
 - Depends on what program you are in, options:
 - Downtown Area.
 - University District.
 - Beltline Area.
 - For Pediatrics residency, and as there is only one hospital (Alberta Children's Hospital). Therefore, preferably to live around the university district, but you can live in downtown as it's only 15 minutes away from the Children hospital.
 - For Surgery, Internal Medicine, Obs/Gyne and other specialties; somehow in the middle between 2 major hospitals (Foothills Hospital and Peter Lougheed). Preferably to live around downtown or beltline.
- Prices: Varies depending on how many rooms.
 - One-Bedroom apartment: average 1600-1900 CAD.
 - Two-Bedroom apartment: average 1900-2200 CAD.
 - Three-bedroom apartment: average 2200-2600 CAD.
- Options:
 - Downtown and Beltline area:
 - SODO Complex ([Location](#)) ([Website](#)).
 - Versus ([Location](#)) ([Website](#)).
 - The Oliver ([Location](#)) ([Website](#)).
 - The Metropolitan ([Location](#)) ([Website](#)).
 - Evolution ([Location](#)) ([Website](#)).
 - BLVD ([Location](#)) ([Website](#)).
 - Eleven ([Location](#)) ([Website](#)).
 - University District:
 - Esquire ([Location](#)) ([Website](#)): 8 min walk to Pediatric hospital.



- Other options: Rent faster ([Link](#)) is main leasing website.
- Other Utilities (water, Hydro, power) Prices: ~ 100-200 CAD \$/monthly.
- Closer to the downtown and both hospitals, and a family-friendly neighborhoods.

Day care & Schools:

- There are multiple schools and Daycare in Edmonton. Daycare options:
 - Webber Academy: for Grades JK to 12 ([Location](#)).
 - Rundle Academy: for Grades K to 12 ([Location](#)).
 - River Valley School: for Grades PS to 6 ([Location](#)).
- Preferably choose the one close to you if you're going to drop you child daily as it would be easier for you.
- Prices: Free for schools, while the government covers only 50% of daycare fees for children less than 3 years old. Daycare prices vary.

Halal Restaurants:

- Cedars Deli ([Location](#)): Lebanese Restaurant.
- Aida's Bistro ([Location](#)): Lebanese Restaurant.
- Aladdin's Casbah ([Location](#)): Lebanese Restaurant.
- Ishtar Restaurant ([Location](#)): Middle Eastern Restaurant.
- Saaj Grill ([Location](#)): Middle Eastern Restaurant.
- Trio Restaurant and Café ([Location](#)): Middle Eastern Restaurant.
- The Casbah ([Location](#)): Moroccan Restaurant.
- Sultan's Tent ([Location](#)): Moroccan Restaurant.
- Shawarma Cairo and Pizza ([Location](#)): Egyptian Restaurant.
- Yemeni Village Restaurant ([Location](#)): Yemeni Restaurant.
- House of Mandi ([Location](#)): Yemeni Restaurant.
- Anatolia Turkish Restaurant ([Location](#)): Turkish Restaurant
- Anatolia Turkish Food ([Location](#)): Turkish Restaurant
- Anatolia Turkish Cuisine ([Location](#)): Turkish Restaurant
- Kebab House ([Location](#)): Turkish Restaurant
- Khabob House ([Location](#)): Turkish Restaurant
- Turca Turkish Café and Restaurant ([Location](#)): Turkish Restaurant.
- Daawat Restaurant ([Location](#)): Indian Restaurant.
- Marhaba Restaurant ([Location](#)): Indian Restaurant.
- Tandoori Grill ([Location](#)): Indian Restaurant.
- Lebanese Fusion Cuisine ([Location](#)): Lebanese Restaurant.
- El-Rouhaa Pita Bakery & Restaurant ([Location](#)): Lebanese Restaurant.
- Pita Basket Shawarma and Donair – Crowfoot ([Location](#)) & Sunridge ([Location](#)).
- Empire Shawarma – Donair & Falafel ([Location](#)).



- Jerusalem Shawarma ([Location](#)).
- Shawarma Station ([Location](#)).
- Shawarma Factory ([Location](#)).
- FalaFel King ([Location](#)).
- Shawarma House Calgary ([Location](#)).
- Little Lebanon Pita Pies & Donair ([Location](#)).
- Shawarma Ave ([Location](#)).
- Aleppo Shawarma and Donair ([Location](#)).

Halal Supermarkets:

- Mostafa Madani & Halal Meat & Grocery ([Location](#)).
- Madina Halal Meat & Groceries ([Location](#)).
- Savor Supermarket & Halal Meat NW ([Location](#)).
- Savanna Grocery & Halal Meat ([Location](#)).
- Indian Aroma Halal Meat ([Location](#)).
- Tebyan Supermarket & Halal Meat ([Location](#)).
- Khaled Halal Meat & Groceries ([Location](#)).
- Calgary Produce Market – Halal Meat & Grocery ([Location](#)).

Shopping malls:

- CF Chinook Centre ([Location](#)).
- CF Marker Mall ([Location](#)).
- CORE Shopping Centre ([Location](#)).
- Sunridge Mall ([Location](#)).
- Stephen Avenue Walk ([Location](#)).
- CrossIron Mills – Outlet Shopping Mall ([Location](#)).

Top Attractions:

- Calgary Stampede ([Location](#)): They don't call Calgary Cowntown for nothing. The same applies to "the greatest outdoor show on earth," a nickname well-earned by the Calgary Stampede. This annual citywide phenomenon is a huge part of Calgary's identity and is not to be missed each July.
- Calgary Olympic Park ([Location](#)): WinSport runs Calgary Olympic Park, the site of the 1988 Winter Games. Today, you can get into it as you will be able to ski, skate, snowboard, and bobsleigh in winter; luge, zipline, mountain bike, mini-golf, and the summer bobsleigh or Challenge Course in summer.
- Nose Hill Park ([Location](#)): Is a delightfully wild open area northwest of town and one of North America's largest urban parks. Hike or bike extensive trails covering the 11 square Km and pause for a picnic with a view.



- Dinosaur Provincial Park ([Location](#)): Is a UNESCO World Heritage Site, about two-and-a-half hours outside Calgary near Brooks. Archaeologists have unearthed some 300 fossils here, making it the world's biggest source of Cretaceous fossils. Hike, camp, or tour an active dig site and take it all in.
- Prince's Island Park ([Location](#)): On an island in the Bow River you'll find a green, urban oasis where you can stroll, cycle, paddle, ski, or take in an outdoor play or concert. Popular celebrations happen in the park, including the Calgary Folk Festival and Canada Day events.
- Heritage Park ([Location](#)): Canada's largest of its kind, Heritage Park Historical Village is a spot to learn about 1860s to 1950s Western Canadian history. Tour preserved heritage buildings and homesteads, look at antique vehicles, see nearly 200 exhibits, tour by steam train or paddleboat, shop, and dine year-round.
- Calgary Tower ([Location](#)): Get a 360-degree view of the skyline, foothills, plains, Rocky Mountains, and beyond from the glass floor and observation deck of Calgary's signature Tower 191 meters up. Two restaurants offer elevated dining: the rotating SKY360 and high-end Ruth's Chris Steakhouse.
- Glenbow Museum ([Location](#)): High-profile international exhibitions show here, and permanent collections include rare cultural artefacts, photographs, historical documents, and artwork of all kinds.
- Western-wear shopping ([Location](#)): You will have the time to pick up some stylish boots, jeans, and a Stetson. Calgary sports some of the best Western-apparel retail therapy there is.
- Rocky Mountaineer ([Location](#)): ride in style from Vancouver, British Columbia, all the way to Calgary on the white linen-and-china-style Rocky Mountaineer. This luxurious train line follows the historic Canadian Pacific Railway route.

Notable famous streets & Boulevards:

- Stephen Avenue Walk ([Location](#)): Calgary's only pedestrian mall, Stephen Avenue features a year-round pedestrian experience featuring shopping, restaurants and entertainment venues.
- 17th Ave. S.W. ([Location](#)): Is one of the best streets in the country, according to a Canadian travel website. From mom and pop-owned bakeries to award winning restaurants and everything in between, 17th Ave is truly one of the most diverse dining sectors in Calgary.

Cultural Attraction & Museums:

- Fort Calgary ([Location](#)): Wooden fort, built in 1875 by the Northwest Mounted Police, with history displays & offering tours.
- Lougheed House National & Provincial Historic Site ([Location](#)): Historic 19th-century mansion & museum with tours, public gardens, a restaurant & a gift shop.



- Okotoks Erratic ([Location](#)): Big Rock that is made up of quartzite that ranges in color from light grey to pink to purplish.
- TELUS Spark Science Centre ([Location](#)): Science centre with interactive museum exhibits, a children's play area & an HD planetarium theatre.
- Bow Habitat Station & Sam Livingston Fish Hatchery ([Location](#)): aquariums & immersive exhibits on Alberta fish species, plus tours of a trout hatchery.
- YouthLink Calgary Police interpretive Center ([Location](#)): Modern center featuring exhibits on true crime & police work, plus an interactive forensic lab.
- Avro Museum ([Location](#)): is a charitable non-profit volunteer organization building a 60% scale piloted replica of the Avro Arrow which is at Spring bank Airport.
- Chinkiki Cultural Centre ([Location](#)): The heart of the Chiniki Cultural Centre are the exhibits, a unique presentation of Chiniki culture, history, and way of life.
- Hudson's Bay Company Fur trading Fort c.1860 ([Location](#)): Many artifacts reflect the legacy of fur trade employees whose daily activities bring to life the drama and history of Canada's fur trade.
- Gasoline Alley Museum ([Location](#)): Site in Heritage Park Historical Village with pre-1950s cars, old-timey gas pumps & vintage signage.
- Nickel Gallery ([Location](#)): Sleek, modern university galleries offering a selection of contemporary artwork by Canadian artists.

Parks & Conservation Areas:

- Fish Creek Provincial Park ([Location](#)): Expansive outdoor park featuring miles of hiking & biking trails, a manmade lake & wildlife. native birds can be spotted during the day, while owls can be spotted during sunset time.
- Edworthy park ([Location](#)): Natural parklands offering trails, fire & BBQ pits, playgrounds & off-leash dog areas. Also, is a great option for close-by hiking option as well as biking all the way to Princes Island Park.
- Carburn Park ([Location](#)): Verdant Park offering abundant outdoor activities, such as ice skating, fishing & bird watching.
- Bowness Park ([Location](#)): Serene spot with a lagoon, boat rentals, winter ice skating, a playground & picnic area.
- Bowmont Park ([Location](#)): Park featuring hiking trails, picnic tables, playgrounds, sports fields & off-leash areas for dogs. Famous with native bird species.
- Riley Park ([Location](#)): Easygoing, family-friendly green with a wading pool, a rock garden, a cricket pitch & a playground.
- Weaselhead Flat ([Location](#)): Natural River delta park spanning 585.6-acres with spruce forest, hiking trails, bears & birdlife.
- Sentinel Day Use Park ([Location](#)): Country Park.
- Frank Lake – Ducks Unlimited Conservation ([Location](#)): Wildlife refuge for ducks.
- Ann & Sandy Cross Conservation Area ([Location](#)): Nature Preserve.
- Sandy Beach Park ([Location](#)): 33 hectares along the Elbow River, with a playground, dog park, rafting access & picnic shelters.



Outdoor entertainment:

- Grassi Lake Trail ([Location](#)): one of the top trails outside Calgary.
- Troll Falls Trail ([Location](#)): Hiking trial.
- Johnston Canyon ([Location](#)): Impressive Hiking trail.
- Ha Ling Peak ([Location](#)): Popular hiking trail.
- Douglas Fir Trail ([Location](#)): Hiking trial in Calgary.
- Silver Springs Boardwalk ([Location](#)): Hiking trial in Calgary.
- Nakiska Ski Area ([Location](#)): Ski resort.
- Nipika Mountain Resort ([Location](#)): Ski resort & Hotel.
- Sunshine Village ([Location](#)): Ski resort.
- Panorama Mountain Resort ([Location](#)): Outdoor resort and Hotel.
- Calaway Park ([Location](#)): Amusement Park.
- Discovering the Horse ([Location](#)): Horse riding School.
- Calgary Skydive ([Location](#)): Skydive Center
- Skydive Extreme Calgary ([Location](#)): Skydive Center.
- Sikome beach ([Location](#)): gorgeous beach that only publicly accessible in Calgary.
- Sandy Beach Park ([Location](#)): Public Beach.
- Aubrun Bay Beach ([Location](#)): Public Beach.
- Calgary Zoo ([Location](#)): Zoo featuring a huge variety of animals & a park filled with models of dinosaurs.
- Valleu Ridge Golf Club ([Location](#)): Club featuring an 18-hole golf course along Bow River, plus a driving range & a restaurant.
- Launchpad Gold Mickelson National ([Location](#)): Golf Driving Range.

Indoor entertainment:

- iFLY Calgary Indoor Skydiving ([Location](#)): Indoor Skydiving Center.
- Village Square Leisure Center ([Location](#)): Indoor Water Park center.
- Speeders Calgary ([Location](#)): For indoor Karting.
- The Rec Room ([Location](#)): Amusement center.
- Axe Throwing Calgary ([location](#)): Axe throwing center.
- Axe Games ([location](#)): Axe throwing center.
- BATL Axe Throwing ([location](#)): Axe throwing center.
- Calgary Shooting Center ([Location](#)): Indoor Shooting Range.
- The Shooting Edge ([Location](#)): Indoor Shooting Range.
- Straight shooters indoor range ([Location](#)): Indoor Shooting Range.
- Laser City Laser teg ([Location](#)): Laser tag center.
- Tactical Laser Tag Classified YYC ([Location](#)): Laser tag center.
- Laser City Laser teg ([Location](#)): Laser tag center.
- Zero Latency OnTilt Calgary ([Location](#)): Laser tag center.
- VRCore SE ([Location](#)): VR arcade.



- VRCore NE ([Location](#)): VR Arcade
- VmeRision Virtual Realty Center ([Location](#)): VR arcade.
- Monster Mini Golf Calgary ([Location](#)): Mini Golf Course.
- Escape Ops ([Location](#)): Escape Room Game.
- Arcadia Adventure ([Location](#)): Escape Room Game.
- Exit Calgary ([Location](#)): Escape Room Game.
- Escape60 ([Location](#)): Escape Room Game.
- Escape Hour ([Location](#)): Escape Room Game.
- Trapped Escape Room ([Location](#)): Escape Room Game.
- Calgary Climbing center: Hanger ([location](#)), Rocky Mountain ([Location](#))
- SoCal Boulders ([location](#)): Rock climbing gym.
- Victor indoor Golf and fitting ([Location](#)): Indoor Golf Center.
- GTR Golf Calgary ([Location](#)): Indoor Golf Course.
- Go Go Golf ([Location](#)): Indoor Golf Center.
- Launchpad Trampoline Park ([Location](#)) ([Location](#)): Trampoline Center.
- Kinsmen Sport center ([Location](#)): Sport center with Olympic pool.
- Vortex Action Sport (Location): Indoor Skate Center.
- Breathe Parkour ([Location](#)): Indoor Parkour Center.
- Altitude Flight Simulation ([Location](#)): Amusement center.
- The Big Box – Family Entertainment Hub ([Location](#)): Indoor playground.
- Flying Squirrel North ([Location](#)) & South ([Location](#)): Indoor trampoline park.
- Big Fun Inflatable Park ([Location](#)): Indoor Playground.
- Tree House Indoor Playground ([Location](#)): Indoor Playground.
- KidzGo ([Location](#)): Indoor Playground.

Banks:

- Most Canadian banks operate within Calgary. We do recommend picking one of the major five banks in Canada (TD, CIBC, BMO, RBC and Scotiabank).
- TD: has a good service with as acceptable insurance bundle (Home, car and other), but it's difficult for own experience to get Credit card.
- CIBC: Easier to get credit card; most the residents have an account with CIBC.
- For more details ([Read More](#)) & ([Read More](#)).

Insurance:

- There are many insurances company that operate in Calgary.
- You need to get insurance for your house/apartment and your car as well.
- We recommend TD insurance as they have special offers for medical residents and when you apply online.



Home internet:

- There are multiple home internet providers that offer internet service in Calgary. TELUS, Shaw, AEBC and TekSavvy offer internet service. ([Read more](#))
- The best internet service provider in Calgary is TELUS, with their fiber network's strong performance and reliable connectivity. ([Read More](#))

Mobile Phone:

- All three major carriers (Bell, Rogers and TELUS) are well represented throughout Calgary, some offering better service than others.
- Major mobile phone networks like Bell, Rogers and TELUS provide nearly 100% coverage of Alberta.
- The Geographic Area Covered in Alberta via different mobile providers as follow (Bell 69.11%, TELUS 69.11% while Rogers 60.61%). ([Read more](#))
- Given the fact that rogers had 2 outages in last 12 months; we would recommend either Bell or TELUS. ([Read More](#))

Transportation:

- **Note:** It highly recommended to own a car while living in the province of Alberta.
- Road:
 - Calgary lies at the crossroads of Highway 2 and the Trans-Canada Highway, making it an important hub for the transit of goods across Canada and along the CANAMEX Corridor.
 - Stoney Trail forms a nearly completed ring road around the city that will be fully finished by 2024 when the final section opens in west Calgary.
 - Freeways and expressways are mostly called "trails". Highway 2, named Deerfoot Trail, is the main north–south route through Calgary and one of the busiest highways in Canada.
- Train: There is no inter-city or regional passenger rail serving the city. In June 2020, the Canada Infrastructure Bank signed a memorandum of understanding with the Government of Alberta to build a 130-Km inter-city rail line from downtown Calgary to Banff, and an express line from Calgary International Airport to downtown Calgary. A 350–400 km/h high-speed rail line running from Downtown Calgary to Downtown Edmonton is planned as well. It is expected to open sometime between 2030 and 2032.
- Bus: Reliable public transportation system exists in Calgary Downtown and the surrounded areas, such as C-Train (LRT) and local buses. The public transportation is free in a specific mapped zone in the downtown. ([Website](#)) ([Map](#))
- Service Provider: Both Uber and Lyft are available to operate in Calgary.



- **Cycling & biking:** In recent years, the municipality begun to place increased emphasis on developing cycling infrastructure. The city has a network of multi-use (bicycle, walking, rollerblading, etc.) paths spanning over 935 km. The Peace Bridge provides pedestrians and cyclists, access to the downtown core from the north side of the Bow River. ([Details](#)) ([Details](#)) ([Map](#)) ([PDF Map](#))
- **Airport:**
 - Calgary International Airport (YYC), in the city's northeast, is a major transportation and cargo hub for much of central and western Canada. It is Canada's fourth busiest airport, serving 18 million passengers in 2019.
 - Non-stop destinations include cities throughout Canada, the United States, Europe, Central America, and Asia.
 - Few options are available to travel between Kuwait and Calgary. Lufthansa itinerary is the less travel duration option, while Qatar Airway and KLM have the same duration option which is 24 hours.

Nearby cities & attractions worth visiting:

- Cottage renting: Use Airbnb to rent a cottage.
- Edmonton ([Location](#)): just three-four hours drive to enjoy the city life.
- Banff National Park ([Location](#)): within 1.5 hours drive west of the city.
- Lake Louise ([Location](#)): within 2 hours drive
- Drumheller ([Location](#)): The dinosaur capital in the world, it's within 2 hours drive.
- Jasper National Park ([Location](#)): within 5 hours.
- Waterton Lakes National Park ([Location](#)): within 3.5 hours, north of Calgary.
- Canmore hiking trails ([Location](#)): within 1.5 hour, west of Calgary.
- Sylvan Lake Park and Beach ([Location](#)): Two hours drive North of the city.

Mosques and Islamic Centers:

- A large Muslim community are living in Calgary, in which they have multiple Muslim Associations in the city:
 - Islamic information society of Calgary (IISC) ([Location](#)) ([Website](#))
 - Islamic Association of Northwest of Calgary (IANWC) ([Website](#)) ([Location](#)).
 - Calgary Islamic Center ([Location](#)) ([Website](#))
- The main mosques that serve Calgary city are The Calgary Islamic Centre SW and Islamic Association of NW Calgary ([Location](#)); as daily prayers, Friday prayer along with Eid prayer are held there. ([Location](#)).
- There is also In-home private tutoring for Arabic/ Islamic studies.



Other Tips:

- Post service (Canada Post, UPS, FedEx & DHL) is easily accessible in Calgary.
- Preferably create a Canadian Apple/Google account to download smartphone applications that might help you during your residency (banks, etc.).
- For Supermarket chains there are: Walmart, Canadian Tire, Costco, Safeway, Metro, Sobeys, Loblaws, Food Basic, Fresh Co and Dollarama.
- For Office supply, Bookstores and Back-to-School stores: Indigo and Staples.
- For Furniture: Ikea, The Brick, Structube, Wayfair, Home Depot and Bed Bath.
- For Clothing Stores: H&M, Old navy, Mark's and others.
- For Department stores: Winner's, Home Sense, Marshalls and others.
- For Electronics: Best Buy, Canada Computer and The Source.
- For online General Shopping: Amazon, iHerb and others.
- For online Grocery Shopping: Instacart with Public Delivery application & websites. Every major food chain supermarket has its own application.
- For assembling your furniture, you can book an extra hand by using Handy ([Link](#)).

Important website:

- Calgary Prayer Times ([Here](#)) ([Here](#))
- City of Calgary ([Here](#))
- Downtown of Calgary ([Here](#)) ([PDF Map](#))
- Visit Calgary ([Here](#))
- Calgary Maps ([Here](#))
- Events in Calgary ([Here](#))
- Top 10 attractions in Calgary ([Here](#))
- Top 10 winter thing to do in Calgary ([Here](#))
- Top 15 Hiking sites near Calgary ([Here](#))
- News in Calgary: CBC ([Here](#)), CTV ([Here](#)), Global news ([Here](#))
- Calgary Public Library ([Here](#))
- Alberta Health Service ([Here](#))
- Calgary Weather ([Here](#))
- Calgary Recycling ([Here](#))
- Calgary Public Transit Service ([Here](#))



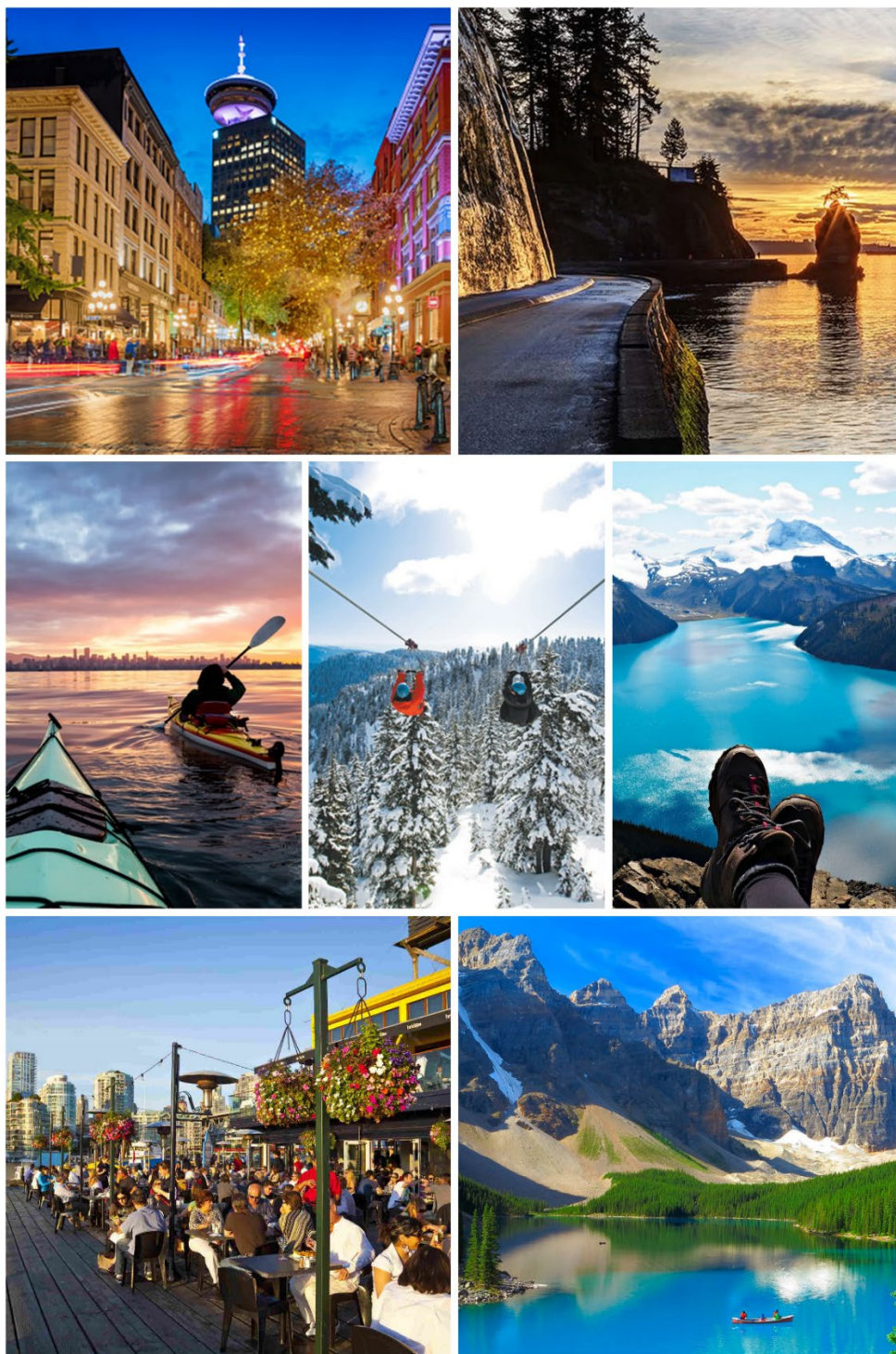
Useful smartphone Application:

- Calgary Islamic Centre SW: IOS ([Here](#)), Android ([Here](#))
- Via Rail: IOS ([Here](#)), Android ([Here](#))
- Canada Air: IOS ([Here](#)), Android ([Here](#))
- West Jet: IOS ([Here](#)), Android ([Here](#))
- Arrive Can: IOS ([Here](#)), Android ([Here](#))
- CTV: IOS ([Here](#)), Android ([Here](#))
- CBC: IOS ([Here](#)), Android ([Here](#))
- Global News: IOS ([Here](#)), Android ([Here](#))
- Transit Bus & Train Times: IOS ([Here](#)), Android ([Here](#))
- Calgary Transit on Demand: IOS ([Here](#)), Android ([Here](#))
- Calgary Public Library: IOS ([Here](#)), Android ([Here](#))
- Calgary Garbage Day: IOS ([Here](#)), Android ([Here](#))
- Calgary 311: IOS ([Here](#)), Android ([Here](#))
- MyFare: IOS ([Here](#)), Android ([Here](#))
- My Parking: IOS ([Here](#)), Android ([Here](#))
- Uber Eats: IOS ([Here](#)), Android ([Here](#))
- Door Dash: IOS ([Here](#)), Android ([Here](#))
- Skip the dishes: IOS ([Here](#)), Android ([Here](#))
- Instacart: IOS ([Here](#)), Android ([Here](#))
- Publix Delivery: IOS ([Here](#)), Android ([Here](#))
- Uber: IOS ([Here](#)), Android ([Here](#))
- Lyft: IOS ([Here](#)), Android ([Here](#))
- Moovit Public transport tracker: IOS ([Here](#)), Android ([Here](#))
- Waze: IOS ([Here](#)), Android ([Here](#))



جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

Vancouver City





Famous Quote

- “I love just how beautiful Vancouver is. I mean, everywhere you look it's just mountains and ocean. ”
- **Emma Bell**, American Actress.
- “I'm living in L.A. but my heart's in Vancouver. ”
- **Nicholas Lea**, Canadian Actor.

Fun Facts / Did you know?

- Vancouver is NOT the capital of Canada (that would be Ottawa), nor is it the capital of British Columbia (that's Victoria). Another common misconception: Vancouver is NOT located on Vancouver Island. BC's capital, Victoria, is.
- Vancouver has the 4th largest cruise ship terminal in the world.
- Home to Canada's longest pool. Measuring 137.5 meters, it is nearly the size of three Olympic pools.
- Vancouver has the highest real estate prices in Canada. In 2011, the average price of a detached home was a staggering \$1,204,587. Some say this is close to rivaling New York City and London.
- Vancouver is the largest film production center in North America after Los Angeles and New York City, hence it called “Hollywood of the North”.
- Stanley Park, an urban oasis, is 10% larger than New York City's Central Park.
- The Vancouver Aquarium ranks in the top 5 worldwide.
- Downtown Vancouver is 65% residential. Don't be surprised to see a lot of high-rise condominiums.
- “The Eye of The Wind” on top of Grouse Mountain is the only working wind turbine in the world that has a viewing platform.

Top expressions!!

- **Timmies / Timmy's / Tim's:** In many Canadian cities, there's a Tim Horton's café at almost every corner. When Canadians are in the mood for some Timbits (doughnut holes), they make a trip to their local Tim Horton's which is lovingly called “Timmies” for short.
 - “Do you want to go to Timmies for a quick coffee break?”
- **Double-Double:** the double-double is a Timmies favourite. This is a popular coffee order that refers to a regular coffee with two creams and two sugars.
 - “Can I get a box of Timbits and a double-double?”
- **Loonies and Toonies:** A loonie is a Canadian coin worth \$1. A picture of the loon, a Canadian bird, appears on one side of the large gold coin. The Canadian coin worth \$2 was named a toonie to rhyme with the original loonie.
 - “Oh no, I'm a loonie short for the bus fare. Can I get change for my toonie?”



Common phrases you may encounter:

- **"We should get sushi for lunch."**
 - You never really notice how often people ask you to go out for sushi until someone brings it to your attention. Once you're aware of it, you'll realize that this is literally every Vancouverite's go to plan.
- **"I just don't really know how to feel about bike lanes, man."**
 - Everyone has strong opinions about bike lanes. It's better to just avoid the topic at all costs, otherwise you're almost guaranteed to get into a fight. Unless you're trying to start a fight on purpose, then this is the perfect line.
- **"Oh my god it's sooooo hot outside."**
 - This is usually said anytime the sun is even remotely visible, or when it hits 20 degrees outside.
- **"At least it's not raining."**
 - The beauty of this line is that it can be said in response to almost everything because it's the ultimate Vancouver pick-me-up.

Your starter kit to the local lingo:

- **"Vancouverite"**: Someone from Vancouver city.
- **"Eh/Hey"**: Most versatile of the Canadian slang words, used typically at the end of a sentence meaning 'right/correct/do you agree?'. 'Hey' is used more commonly than 'eh' in BC. "It has been such a cold winter this year, hey?"
- **"The grind"**: Short for Grouse Grind, a super popular hike on Grouse Mountain.
- **"The island"**: Short for Vancouver Island an island off the coast of West Vancouver.
- **"Raincouver"**: The affectionate nickname for Vancouver due to the copious amounts of rain we get.
- **"Vancity"**: Affectionate nickname for Vancouver because it sounds a little cooler.
- **"Straight fire"**: Awesome, very good, very awesome, you get the point.
- **"Killin' it"**: To do something very well. To do something much better than other people that you "kill the competition".
- **"Low key"**: got a few meanings. 1) To keep something discrete or secret, 2) To keep something modest and not showy, 3) Synonymous with "slightly" or "kind of".
- **"Buddy"**: A friend, or just a person in general. Also used to signal attention, synonymous with "yo" or "hey".
- **"Hactic/Hectic/Heckity-hectic"**: Used to describe something that is crazy.



Introduction:

- **Geography:**
 - Vancouver is located in the Pacific Northwest, and it is the largest city of the Canadian province of British Columbia.
- **Population:**
 - As of 2021 Canadian census, Vancouver had a city population of 662. The Greater Vancouver area had a population of 2.6 million in 2021, making it the third-largest metropolitan area in Canada.
 - Vancouver has the highest population density in Canada, with over 5,700 people per square kilometer, and fourth highest in North America.
- **Community:**
 - Vancouver was recently ranked as the third most "livable place in the world" for its high standard of living and quality of life. While it is ranked as the 10th cleanest city in the world. Vancouver is a very diverse and multicultural city. It has been called a "city of neighborhoods". Each neighborhood in Vancouver has a distinct character and ethnic mix.
- **Safety:**
 - It is very safe city. Safety index is 52.99 with low crime rate.
 - On the other hand, just like any other major city, there are pockets of crime. Common sense safety tips such as avoiding walking alone late at night, being aware of your surroundings and considering home security devices are likely all you need to do.
- **Weather:**

Climate data for Richmond (Vancouver International Airport)														[hide]
Climate ID: 1108447; coordinates 49°11'42"N 123°10'55"W ; elevation: 4.3 m (14 ft); 1981-2010 normals, extremes 1898–present ^[a]														
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year	
Record high humidex	17.2	18.0	20.3	23.9	33.7	38.4	38.3	35.9	33.0	27.2	21.1	16.1	38.4	
Record high °C (°F)	15.3 (59.5)	18.4 (65.1)	20.0 (68.0)	26.1 (79.0)	30.4 (86.7)	33.3 (91.9)	34.4 (93.9)	33.3 (91.9)	30.0 (86.0)	25.0 (77.0)	23.3 (73.9)	15.0 (59.0)	34.4 (93.9)	
Average high °C (°F)	6.9 (44.4)	8.2 (46.8)	10.3 (50.5)	13.2 (55.8)	16.7 (62.1)	19.6 (67.3)	22.2 (72.0)	22.2 (72.0)	18.9 (66.0)	13.5 (56.3)	9.2 (48.6)	6.3 (43.3)	13.9 (57.0)	
Daily mean °C (°F)	4.1 (39.4)	4.9 (40.8)	6.9 (44.4)	9.4 (48.9)	12.8 (55.0)	15.7 (60.3)	18.0 (64.4)	18.0 (64.4)	14.9 (58.8)	10.3 (50.5)	6.3 (43.3)	3.6 (38.5)	10.4 (50.7)	
Average low °C (°F)	1.4 (34.5)	1.6 (34.9)	3.4 (38.1)	5.6 (42.1)	8.8 (47.8)	11.7 (53.1)	13.7 (56.7)	13.8 (56.8)	10.8 (51.4)	7.0 (44.6)	3.5 (38.3)	0.8 (33.4)	6.8 (44.2)	
Record low °C (°F)	−17.8 (0.0)	−16.1 (3.0)	−9.4 (15.1)	−3.3 (26.1)	0.6 (33.1)	3.9 (39.0)	6.1 (43.0)	3.9 (39.0)	−1.1 (30.0)	−6.1 (21.0)	−14.3 (6.3)	−17.8 (0.0)	−17.8 (0.0)	
Record low wind chill	−22.6	−21.2	−14.5	−5.4	0.0	0.0	0.0	0.0	0.0	−11.4	−21.3	−27.8	−27.8	
Average precipitation mm (inches)	168.4 (6.63)	104.6 (4.12)	113.9 (4.48)	88.5 (3.48)	65.0 (2.56)	53.8 (2.12)	35.6 (1.40)	36.7 (1.44)	50.9 (2.00)	120.8 (4.76)	188.9 (7.44)	161.9 (6.37)	1,189 (46.81)	
Average rainfall mm (inches)	157.5 (6.20)	98.9 (3.89)	111.8 (4.40)	88.1 (3.47)	65.0 (2.56)	53.8 (2.12)	35.6 (1.40)	36.7 (1.44)	50.9 (2.00)	120.7 (4.75)	185.8 (7.31)	148.3 (5.84)	1,153.1 (45.38)	
Average snowfall cm (inches)	11.1 (4.4)	6.3 (2.5)	2.3 (0.9)	0.3 (0.1)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.1 (0.0)	3.2 (1.3)	14.8 (5.8)	38.1 (15.0)	
Average precipitation days (≥ 0.2 mm)	19.5	15.4	17.7	14.8	13.2	11.5	6.3	6.7	8.3	15.4	20.4	19.7	168.9	
Average rainy days (≥ 0.2 mm)	18.4	14.7	17.5	14.8	13.2	11.5	6.3	6.8	8.3	15.4	19.9	18.4	165.2	
Average snowy days (≥ 0.2 cm)	2.6	1.4	0.9	0.2	0.0	0.0	0.0	0.0	0.0	0.03	0.8	2.8	8.73	
Average relative humidity (%)	81.2	74.5	70.1	65.4	63.5	62.2	61.4	61.8	67.2	75.6	79.5	80.9	70.3	
Mean monthly sunshine hours	60.2	91.0	134.8	185.0	222.5	226.9	289.8	277.1	212.8	120.7	60.4	56.5	1,937.5	
Percent possible sunshine	22.3	31.8	36.6	45.0	46.9	46.8	59.3	62.1	56.1	36.0	21.9	22.0	40.6	
Average ultraviolet index	1	1	3	4	6	6	7	6	4	2	1	1	4	

Source 1: Environment and Climate Change Canada^[a]^[b]^[c]^[d]^[e]^[f]^[g]^[h]^[i]^[j]^[k]^[l]^[m]^[n]^[o]^[p]^[q]^[r]^[s]^[t]^[u]^[v]^[w]^[x]^[y]^[z]

Source 2: Weather Atlas(UV)^[97]



Education:

- Vancouver is home to the University of British Columbia, one of the most prestigious universities in Canada, which offer many residency programs and fellowship positions for Kuwaiti doctors.
- The UBC is ranked 2nd in Canada and 40th in the world as per Times Higher Education World University Rankings in 2023.
- There are many hospitals in the Vancouver Metro Area, many of which are affiliated with UBC. Most notably they include: Vancouver General Hospital, St Paul's Hospital, Royal Columbian Hospital, Lions Gate Hospital, Surrey Memorial Hospital and BC Children's and Women's Hospital.

Accommodation:

- Before choosing between renting a house or renting an appartement; you must be familiar with the responsibility that come with house renting (For example, Snow and ice should be removed within 24 hours of accumulation. Penalties for failure to comply include a notice of violation and fines that could reach as high as \$5,000.)
- **Note:** Please make sure you rent an apartment with air conditioning. Vancouver gets a lot of sunlight throughout the year, and it will get warm particularly if you choose to live in an apartment that gets a lot of sunlight.

House

- There are 2 options:
 - Townhouses: A townhouse is attached, sharing at least one common wall with another, similar-designed home.
 - Detached House: A detached single-family home has no common walls and sits on its own parcel of land.
- Location: No specific location as it all depends on the availability.
- Leasing Websites: Kijiji ([Link](#)), Rentals.ca ([Link](#)) & Rentfaster ([Link](#)).
- Real Estate agent: You can also contact a real estate agent.
- Monthly price: Varies depending on how many rooms. Generally, detached house with 2 bedrooms will range between 3500-4500 CAD, while a detached house with 2 bedrooms will range between 5000-6000 CAD.
- Utilities (Water, Hydro, power) Prices: ~ 300-500 CAD \$/monthly
- Furnishment: Houses are furnished with main appliances (oven, dishwasher, refrigerator) +/- washing machine/dryer/dishwasher (you need to make sure as they are not always provided).
- Advantages: Spacious with safe rural-like neighborhood.
- Disadvantage: Sometimes is far from Downtown/Main Hospital.

Appartement

- Location: Most of the resident would get an appartement near the main hospital at the downtown of Vancouver. Mainly at Yaletown.



- Options (For example):
 - Vancouver Apartment Rental ([Website](#))
 - Barafeld Rental Apartments ([Website](#))
 - Wesley Place ([Website](#))
 - Shoreline West End Appartement ([Website](#))
- Monthly price:
 - As as of January 2023 the average rent for a 1-bedroom apartment is 2,3000-2600 CAD and the average rent for a 2-bedroom apartment is 2600-3000 CAD.
 - Though the rent can reach up to 3500-4000 CAD \$ sometime based on the location and unit features. For example, 2 bedrooms in downtown with air conditioner can reach 4000-4500 CAD \$.
- Other Utilities (Hydro, power, water) Prices: ~ 100-300 CAD \$/monthly
- Advantages: Closer to the downtown (15 min) and to St Paul hospital (Max 10-15 min walk), family-friendly neighborhoods as most of female resident live around that street.
- Disadvantage: Pricey as Vancouver is one of the most expensive cities in North America. British Columbia has one of the highest tax rates in Canada.

Day care & Schools:

- There are multiple schools and Daycare in Vancouver. Preferably choose the one close to you if you're going to drop you child daily as it would be easier for you.
- Prices: Free for schools, while the government covers only 50% of daycare fees for children less than 3 years old. Daycare prices vary.
- Daycare options: Blackbird, Echelon, Metrotown, Burnaby, Betty's and others.

Halal Restaurants:

- Mazahr Lebanese Kitchen ([Location](#)): Lebanese Restaurant.
- Wild Thyme ([Location](#)): Lebanese Restaurant.
- Nuba in Yaletown ([Location](#)): Lebanese Brunch restaurant.
- Nuba in Gastown ([Location](#)): Lebanese Brunch restaurant
- Jamjar Canteen ([Location](#)): Lebanese Restaurant.
- Paramount Fine Foods ([Location](#)): Middle Eastern Restaurant.
- ZamZam Grill ([Location](#)): Middle Eastern Restaurant.
- Zaki Cusine ([Location](#)): Middle Eastern Restaurant.
- Main street Bistro Restaurant ([Location](#)): Mediterranean Restaurant.
- Zaatar w Zeit ([Location](#)): Mediterranean Restaurant.
- Daddy's Grill ([Location](#)): Mediterranean Restaurant.
- Nuba Cafe & Catering ([Location](#)): Mediterranean Restaurant.
- Tamam Restaurant ([Location](#)): Palestinian Cuisine.



- Manoush'eh ([Location](#)): Syrian restaurant for Mana'eesh.
- Saba Food Yemeni Restaurant ([Location](#)): Yemeni Cuisine.
- VanKoshary Eats ([Location](#)): Egyptian Cuisine.
- Moltaqa Moroccan Restaurant ([Location](#)): Moroccan Restaurant
- Celeshmet Restaurant ([Location](#)): Persian Restaurant.
- Anatolia Express ([Location](#)): Turkish Restaurant.
- Anatolia'a Gate Restaurant ([Location](#)): Turkish Restaurant.
- The Golden Horn Turkish Bakery and Café ([Location](#)) ([Location](#)): Turkish Bakery.
- Simit Bakery ([Location](#)) ([Location](#)): For famous simit.
- Silkway Halal Cuisine ([Location](#)): Chinese Halal Restaurant.
- Jambo Grill Tandoor and Paan House ([Location](#)): Indian Restaurant.
- Tandoori Oven ([Location](#)): Indian Restaurant.
- East is East ([Location](#)): Afghan Restaurant.
- Afghan Horsemen Restaurant ([Location](#)): Afghan Restaurant.
- PiCaDo ([Location](#)): Donair Halal Restaurant.
- Vonna ([Location](#)): Halal Burgers.
- Dawood's Meat and Pizza ([Location](#)): Halal Pizza.
- Alhadbah Donair ([Location](#)).
- Einstein Wrap House ([Location](#)).
- Donair Kabab and Extreme Shawarma ([Location](#)).
- Mr. Shawarma Food Truck ([Location](#)).
- German Doner Kabab ([Location](#)).
- Basha Shawarma ([Location](#)).
- Koshari Zoooba ([Location](#)).
- Donair Dude ([Location](#)).
- Donair Albasha Express shawarma ([Location](#)).

Halal Supermarkets:

- Zad Halal Market ([Location](#)).
- Al fares Halal Meat and Grocery ([Location](#)).
- Al Baraka Specialty Food & Bakery ([Location](#)).
- Mediterranean Specialty Food ([Location](#)).
- Habib Market ([Location](#)).
- Shiraz Farm Market & Halal Meats ([Location](#)).
- Persian Halal Meat & Mediterranean food market ([Location](#)).
- Mostafa Supermarket ([Location](#)).
- Alsalam Halal Meat & Grocery ([Location](#)).
- RNZ Grocery, Meat & Restaurant ([Location](#)).



- Dhaka Bazar Plus ([Location](#)).
- Jasmine Halal Meat & Mediterranean food ([Location](#)).
- Foodness ([Location](#)).

Shopping malls:

- CF Pacific Center ([Location](#)).
- Metropolis at Metrotown ([Location](#)).
- Oakridge Centre ([Location](#)).
- Park Royal Shopping Centre ([Location](#)).
- City Square Shopping Centre ([Location](#)).
- Aberdeen Centre ([Location](#)).
- Chinatown Vancouver ([Location](#)).
- Burrard Landing ([Location](#)).
- McArthurGlen Designer Outlet Vancouver ([Location](#)).

Top Attractions:

- Stanley Park ([Location](#)): Stanley Park is the icing on the metaphorical cake of downtown Vancouver. The park provides a green escape from the urban setting and is brimming with activities that you can take in year-round. Stanley Park has been a star attraction for over 125 years.
- Granville Island ([Location](#)): Granville Island is a buzzing community full of artisans creating unique gifts, passionate foodies sharing the fruits of their labour, and aspiring musicians perfecting their craft. is home to a variety of local foods.
- Capilano Suspension Bridge Park ([Location](#)): Capilano Suspension Bridge Park is full of adrenaline-pumping attractions that immerse you in the beautiful outdoors. You can overcome your fear of heights in style, with the help of the almost 140-metre Capilano Suspension Bridge, hangs 70 meters above the Capilano River.
- Vancouver Aquarium ([Location](#)): It's home to over 50,000 creatures. From friendly sea otters to bright jellyfish, get up close with wildlife from across the globe.
- The Seawall ([Location](#)): longest uninterrupted waterfront path in the world with 22 Km in length. The seawall is a massively popular recreational route for walkers, joggers, and cyclists. Along the path you'll get beautiful views of English Bay and the mountain ranges that lie beyond Vancouver.
- Grouse Mountain ([Location](#)): is just 15 minutes from downtown Vancouver but offers everything you could want from a mountain. In the winter, hit the slopes for a few hours before enjoying a mountain-top après-ski. In the summer, hike or take the gondola up, watch a lumberjack show and say hi to Grinder and Coola, the two rescued orphan grizzly bears who live in a fenced-in wildlife reserve.



- VanDusen Botanical Garden ([Location](#)): is considered one of the 10 best public gardens in North America. More of a work of art than a garden, VanDusen displays 255,000 individual plants from across the globe in a gorgeous setting.
- FlyOver Canada ([Location](#)): flight simulation ride that brings you across BC, from Prairies to the Atlantic Ocean and back to Vancouver—all in less than 10 minutes.
- Harbour Air ([Location](#)): is part of the world's largest all-seaplane airline and offers a number of different sightseeing options.
- Vancouver Lookout ([Location](#)): Sightseers ascend this tower in a glass elevator to an observation deck with 360° views of the city.
- The Museum of Anthropology ([Location](#)): It contains one of the finest displays of First Nations art in the world. Over 10,000 culturally significant objects from around the world are on display in the museum's galleries, and touring exhibits help bring fresh perspectives to the rich permanent collection.

Notable famous streets & Boulevards:

- The Main Street ([Location](#)): came out to be one of the [15 Coolest Streets in North America](#) that was released on Aug 2022. With Consignment shops, vintage wear and local designers have set up boutiques alongside charming coffee shops, making it the perfect place for a day's worth of shopping and caffeination.
- Commercial Drive ([Location](#)): a melting pot of foods and culture as Once upon a time, Commercial Drive was the heart of Little Italy and Little Portugal. Its impressive diversity is evident not only in the different languages you'll hear walking down the street but also the mix of cuisines available.
- Pender Street ([Location](#)): where east meets west, and where you can watch the largest Chinese New Year celebration in Canada. Also, Asian grocers, Chinese herbalists and tea shops offering traditional tea ceremonies line the streets along with dragon-topped lampposts.
- 4th Avenue ([Location](#)): a serene escape in the city. It is full of health-conscious options from grocers such as Whole Foods to yoga studios and naturopaths. 4th Avenue is also a fantastic place to vibe out to Vancouver's local music scene.
- Lonsdale Avenue ([Location](#)): a complete view of Vancouver. Fridays from May to October, stroll the dockyard boardwalk at the Shipyards Night Market, located just east of the seabus station. Food trucks, buskers and vendors from Vancouver and beyond bring the best wares of the area to the port. The heart of Vancouver has plenty to offer but one of these unique streets may steal yours.
- Robson Street ([Location](#)): is a shopper's paradise. Whether a window shopper or a serious trendsetter, the crowd of independent boutiques, quirky one-off shops, and well-known luxury brands on Robson Street have something to cater for every itch in your wallet. In between the clothing shops both high-street and budget-friendly are a number of cafes to lay down your load, as well as numerous specialty stores ranging in their wares from music, to art, to city souvenirs. Known as "Vancouver's Runway," if a new trend is on the rise, you'd spot it here first.



Cultural Attraction & Museums:

- Museum of Vancouver ([Location](#)): Museum focused on city issues & history, with a strong collection of First Nations art & artifacts.
- Science world ([Location](#)): Interactive science displays & films for kids from toddlers to early teens, inside a geodesic dome.
- Vancouver Maritime Museum ([Location](#)): Museum charting the story of Pacific & Arctic waterways, with exhibits & an Arctic exploration ship.
- Cahli-Rosso Art Gallery ([Location](#)): Refined gallery featuring works of masters such as Picasso, Rembrandt Dali & Matisse.
- Beaty Biodiversity Museum ([Location](#)): Natural history exhibits with over 2 million specimens, plus Canada's largest blue whale skeleton.
- Pacific Museum of earth ([Location](#)): Vancouver's premier Earth Science Museum. Located in the at the University of British Columbia.
- BC sport Hall of Fame ([Location](#)): Interactive exhibits & a hall of fame for BC's celebrated athletes, teams & national heroes.
- Vancouver Art Gallery ([Location](#)): Gallery known for its touring exhibits, work by local artists (like Emily Carr) & photo collection.
- Naval Museum at H.M.C.S Discovery ([Location](#)): The HMCS Discovery Naval Reserve is an active naval training base on Deadman's Island in Coal Harbor.
- Burnaby Village Museum ([Location](#)): Period costumed townsfolk & a carousel are highlights of this living museum of a 1920s village.
- Roedde House Museum ([Location](#)): restored, late-Victorian home with tours depicts life at the turn of the 19th century.
- Old Hastings Mill Store Museum ([Location](#)): Historical mill store with photos & artifacts depicting Vancouver's pioneer past, plus a gift shop.
- Totem Poles ([Location](#)): Popular site with a collection of nine totem poles sourced from remote areas in British Columbia.
- Olympic Cauldron ([Location](#)): Massive, modern Olympic torch built for the 2010 Winter Games, occasionally lit for special events.
- Siwash Rock ([Location](#)): This storied rock formation rising out the sea can be viewed from a hiking trail on close by cliffs.

Top Mountains & Falls & Canyons and Trial routes:

- Garibaldi Lake ([Location](#)): top of any 10 best hiking list for British Columbia. With its turquoise-coloured water nestled between alpine mountains and a spectacular glacier, it is one of the most scenic destinations around Vancouver.
- Panorama Ridge ([Location](#)): The views from Panorama Ridge are some of the most scenic in the Garibaldi Provincial Park area with views over Garibaldi Lake, Black Tusk and Helm Lake.
- Black Tusk ([Location](#)): The jagged edges of the Black Tusk make it an easily identifiable mountain peak near Whistler, making it the perfect landmark to be hiked.



- Joffre Lakes ([Location](#)): Located north of Pemberton, this hike with three stunning, glacier fed lakes makes the 10 kilometre round trip trek one with lots of pay off.
- Deiz Vistas Trial ([Location](#)): Head east to Buntzen Lake in Port Moody for this top 10 hike near Vancouver. Named for its ten views, this hike offers beautiful scenery overlooking Indian Arm as you make your way around the Buntzen Lake area.
- Elfin Lakes ([Location](#)): Looking for a longer hike to work out your legs on? Try the 22 kilometer round trip trek to Elfin Lakes and back. It's a longer distance than many of the hikes on our site, however the elevation gain is gradual making it less challenging than some of the shorter, steeper hikes listed here.
- Tunnel Bluffs ([Location](#)): Incredible views over Howe Sound await on this trail that starts from the Sea to Sky Highway.
- St. Marks Summit ([Location](#)): Park of the Howe Sound Crest Trail, save this hike for a sunny day for spectacular views over Howe Sound.
- Wedgemount Lake ([Location](#)): It may be one of the most difficult hikes in Garibaldi Provincial Park, but the spectacular alpine scenery and less busy trail make the grueling trek well worth it.
- Mount Cheam ([Location](#)): The highest peak in Chilliwack, Mount Cheam offers a 360-degree panoramic view of the region, the Fraser River, and the surrounding Cascade Mountains as far south as Mount Baker.
- Della Falls ([Location](#)): The highest waterfall in Canada is Della Falls, which is on Vancouver Island. According to Planet Ware, it's a massive 440 meters in height. It's located in the stunning Strathcona Provincial Park
- Takakkaw Falls Trail ([Location](#)): It might be the second tallest in Canada, but it is definitely still incredible! It's located in the stunning Yoho National Park
- Shannon Falls: ([Location](#)): BC's 3rd highest waterfall, plunging 335 m. over cliffs, with hiking trails to viewing areas.
- 30 Foot Pool ([Location](#)): a great swimming hole; where a narrow section of bedrock canyon opens up into a boulder garden, resulting in a deep beautiful pool with cold clean water and fantastic swimming at low water levels.
- Coquihalla Canyon Provincial Park ([Location](#)): Park/walking spot boasting historic railway tunnels & picturesque canyon & river views.
- Myra Canyon Park ([Location](#)): Woodland Park with zip lining, tree-top courses & climbing routes, plus team-building games.
- Norvan Falls ([Location](#)): Scenic spot.
- Cypress Waterfall ([Location](#)): Scenic spot.
- Ashlu Falls ([Location](#)).
- Alexander Falls ([Location](#)).
- Fraser Heights Vistas Nature Trail ([Location](#)).
- Marble Canyon ([Location](#)).
- Canyon Falls ([Location](#)).
- For more information ([Read more](#)).



Parks & Conservation Areas:

- UBC Botanical Garden ([Location](#)): A vast botanical garden with plant life from local rainforests, Asia & global alpine regions.
- Dr. Sun Yat Sen Classical Chinese Garden ([Location](#)): Step back in time to Ming Dynasty at the world famous which features hundred-year-old bonsai trees.
- Seawall Water Park ([Location](#)): Long, paved walkway along the water for jogging & cycling with scenic mountain views.
- Queen Elizabeth Park ([Location](#)): Urban landmark on a hill featuring manicured gardens, a conservatory, sculptures & sports courts.
- Jericho Beach Park ([Location](#)): Sandy beach & grassy picnic fields on English Bay, with sports courts & the Jericho Sailing Centre.
- New Brighton Park ([Location](#)): Oceanside gardens with an off-leash dog enclosure, a small beach & an outdoor swimming pool.
- Deer Lake Park ([Location](#)): Scenic picnic areas & lakeside trails leading to the Burnaby Art Gallery & other attractions.
- Central Park ([Location](#)): Large city green space with walking trails, a golf course, a swimming pool & sports facility.
- Burnaby Lake Regional Park ([Location](#)): Nature reserve in the heart of the city with walking trails, picnic sites & a rowing pavilion.
- Burnaby Mountain Park ([Location](#)): Green space offering a rose garden, playground & picnic sites, plus sculptures, city views & trails.
- Colony Farm Regional Park ([Location](#)): Lush preserve with trails through fields & wetlands, plus river views & numerous bird species.

Outdoor entertainment:

- Vancouver Skydive ([Location](#)): Skydive Center.
- Whytecliff Scuba Diving Site ([Location](#)): Scuba diving site.
- Eco Pacific Diving ([Location](#)): Scuba Diving Training center.
- Coal Harbour Boat rental ([Location](#)): Boat rental location.
- Vancouver Boat rental ([Location](#)): Water-bike Rental location.
- Vancouver Boat Tours ([Location](#)): Boat rental location.
- Vancouver Water Ski Club ([Location](#)): Water Skiing Club.
- Comox Valley Water Sport ([Location](#)): equipment (jet ski) Rental service.
- Vancouver water adventure ([Location](#)): Water sport equipment Rental service.
- Vandica Boating service ([Location](#)): Boat rental location.
- Sasquatch Mountain Resort ([Location](#)): Low-key Ski resort with tubing and slopes.
- Mount Washington Skiing Resort ([Location](#)): Downhill & Cross-country ski spot.
- Cypress Mountain ([Location](#)): destination for Snowboarding, tubing, and hiking.
- Grouse Mountain Skating Rink ([Location](#)): Famous Ice-skating Rink.



- Whistler Olympic Plaza ([Location](#)): Famous Ice-skating Rink.
- Robson Square Ice Rink ([Location](#)): Ice skating Rink.
- Blackcomb Ice Cave ([Location](#)): Scenic Spot for skating.
- Glen Valley Stables ([Location](#)): Horseback riding service.
- Leghorn Ranch Horseback Trail Rides ([Location](#)): Horseback riding service.
- Kitsilano Beach ([Location](#)): Popular urban beach offering sandy shores, a playground, volleyball courts & a huge saltwater pool.
- Spanish Bank Beach ([Location](#)): Bustling sandy beach offering tidal flats for skimboarders & kitesurfers, plus volleyball courts.
- Third Beach ([Location](#)): Backed by trees & the Stanley Park Seawall, a sandy beach popular for sunset views & picnics.
- Second Beach ([Location](#)): Sandy beach with a heated outdoor pool, waterside cycle & jogging paths, BBQ spots & sunset views.
- English Bay Beach ([Location](#)).
- Savage Creek Golf Course ([Location](#)).
- Gleneagles Golf Course ([Location](#)).

Indoor entertainment:

- Fast Track Indoor Karting ([Location](#)): for indoor Karting.
- TBC indoor Racing ([Location](#)): Go-Kart Track.
- Speeders Vancouver ([Location](#)): Go-Kart Track.
- The Rec Room ([Location](#)): Amusement center and Video arcade.
- Extreme Air Park ([Location](#)): Amusement center.
- Zero Latency BC ([Location](#)): Amusement center with laser-tag games.
- Nu-Zone Entertainment – Tactical Laser tag ([Location](#)): Laser tag center.
- Planet Laser ([Location](#)): Laser tag center.
- Vancouver Gun Range ([Location](#)): Indoor Shooting Range.
- High Score ([Location](#)): Video Arcade.
- Industry Arcade ([Location](#)): Video Arcade.
- Capital City Classical Arcade ([Location](#)): Video Arcade.
- The Hive Bouldering Gym ([location](#)): Rock climbing gym.
- Climb 5 ([location](#)): Rock climbing gym.
- Laserdome Plus ([location](#)): Rock climbing gym.
- Bamboozled Escape Games ([Location](#)): Escape Room Game.
- i-Exit Vancouver ([Location](#)): Escape Room Game.
- Trapped Coquitlam ([Location](#)): Escape Room Game.
- Time Escape Vancouver ([Location](#)): Escape Room Game.
- Central Fun City Park ([Location](#)): Amusement center.
- 365 Funday Theme Park ([Location](#)): Children Amusement center.
- Castle Fun Park ([Location](#)): Children center with rides, mini golf & batting cages.



- Otter Co-Op Outdoor Experience ([Location](#)): water amusement park.
- Seymour Creek Golf center ([Location](#)): Golf driving Range.
- 3D golf performance ([Location](#)): Indoor Golf Course.
- OK Screen Golf ([Location](#)): Indoor Golf Course.
- Axewood Axe Throwing ([location](#)): Axe and Archery Range.
- Bad Axe Throwing Surrey ([Location](#)): Axe Throwing Range

Banks:

- Most Canadian banks operate within Vancouver. We do recommend picking one of the major five banks in Canada (TD, CIBC, BMO, RBC and Scotiabank).
- TD: has a good service with as acceptable insurance bundle (Home, car and other), but it's difficult for own experience to get Credit card.
- CIBC: Easier to get credit card; most the residents have an account with CIBC.
- For more details ([Read More](#)) & ([Read More](#)).

Insurance:

- There are many insurances company that operate in Vancouver.
- You need to get insurance for your house/apartment and your car as well.
- We recommend TD insurance as they have special offers for medical residents and when you apply online.

Home internet:

- There are multiple home internet providers that offer internet service in Vancouver. TELUS, Shaw, AEBC and TekSavvy offer internet service. ([Read more](#))
- The best internet service provider in Vancouver is TELUS, with their fibre network's strong performance and reliable connectivity. TELUS' offer is a brand-new plan that features 2.5 Gbps download and upload speeds along with excellent Monthly plans. ([Read More](#))

Mobile Phone:

- All three major carriers (Bell, Rogers and TELUS) are well represented throughout British Columbia, some offering better service than others.
- Major mobile phone networks (Bell, Rogers and TELUS) which cover almost 100% coverage of British Columbia.
- The Geographic Area Covered in Vancouver via different mobile providers as follow (Rogers 55.07% Bell 48.45%, TELUS 48.45%). ([Read more](#)) ([Read More](#))
- Given the fact that Rogers had two outages in the last twelve months; we would recommend either Bell or TELUS. ([Read More](#))



Transportation:

- Road: Municipal bylaws and geography have protected Vancouver from the spread of urban freeways, and the only freeway within city limits is Highway 1, which passes through the eastern edge of the city. All other limited-access routes entering the city (Highway 99, Knight Street, Grant McConachie Way), cease being freeways before they enter Vancouver's city limits. From Highway 1, Hastings Street is the primary route to Downtown. Other freeways in the region include Highways 1A, 7, 10, 15, 17, and 91.
- Train: Vancouver serves as a major transportation hub for Canadian National Railway. Inter-city passenger rail service is operated by Via Rail to the interior and Eastern Canada, Toronto and other regions. Inter-city passenger rail service operated by Amtrak Cascades to Seattle and Portland in US. ([Location](#))
- Bus: Bus service operates throughout most of the region under a subsidiary of Translink, known as Coast Mountain Bus Company. TransLink was established by the provincial government as a way to divorce itself from the responsibilities of roads, bridges and transit service. Service in West Vancouver and Lions Bay is contracted through West Vancouver Blue Bus. ([Website](#)) ([Maps](#))
- Metro: The SkyTrain is an advanced rapid metro system operating fully automated trains on three lines. Built for the Expo 86 World's Fair, it has since become the world's second longest automated light rapid transit system utilizing the world's longest transit-only bridge, the SkyBridge. The Expo Line and Millennium Line link downtown to the suburbs of Burnaby, New Westminister, Surrey, and Coquitlam. A third rapid transit line connecting downtown Vancouver to central Richmond and the Vancouver International Airport, known as the Canada Line, started operation on August 17, 2009. ([Maps](#)) ([Details](#)) ([PDF Map](#)) ([Other Maps](#))
- Cycling & biking: With more than 450 lane-kilometers of bike routes in Vancouver, it's no wonder that cycling is the city's fastest growing travel method. In recent years, the municipality begun to place increased emphasis on developing cycling infrastructure. ([Details](#)) ([Details](#)) ([Details](#)) ([Map](#)) ([PDF Map](#)). In 2016, a bicycle sharing system known as Mobi launched in the City of Vancouver. ([Website](#))
- Service Provider: Uber and Lyft are available to operate in Vancouver.
- Airport:
 - Vancouver is served by Vancouver International Airport (YVR), located on Sea Island in the City of Richmond, immediately south of Vancouver. YVR is the second busiest airport in Canada and one of the busiest international airports on the west coast of North America.
 - The airport provides passenger service to destinations in the United States, Europe, Mexico, and the Caribbean.
 - Usually, Kuwaiti doctors would need 2 transits to arrive to Kuwait from Vancouver. Wither with KLM, British airway or sometime Lufthansa.



Mosques and Islamic Centers:

- Vancouver metropolitan Area (specifically Surrey) is home to a large Arab and Muslim community. There are many mosques in the area.
- In Vancouver there is a Muslim Association of Canada (MAC) ([Location](#)) along with the BC Muslim Association ([Location](#)). ([Website](#))
- The main mosque that serves Vancouver city is Masjid Al Jamia; as daily prayers, Friday prayer along with Eid prayer are held there. ([Location](#))

Nearby cities & attractions worth visiting:

- Cottage renting: Use Airbnb to rent a cottage.
- Victoria ([Location](#)): 30-minutes flight or 3-hour drive from Vancouver.
- Squamish ([Location](#)): 1 hour drive & Whistler ([Location](#)) 2 hours drive to enjoy the beautiful hikes, scenery and winter sports.
- Calgary ([Location](#)): Just 1.5 hours flight or 11-hour driving to enjoy the city life.
- Edmonton ([Location](#)): Just 1.5-2 hours flight or 12-hour driving.
- Banff National Park ([Location](#)): Few hours away from Calgary.
- Jasper National Park ([Location](#)): Few hours away from Edmonton.
- Mount Robson Provincial Park ([Location](#)): 3 hours driver west of Edmonton.
- Meadow Lake Provincial Park ([Location](#)): 4 hours driver East Edmonton.
- US cities: 1-hour flight or 3-hour drive to Seattle ([Location](#)), 3-hour flight to Los Angeles ([Location](#)), 2.5-hour flight to San Francisco. ([Location](#))

Other Tips:

- Post service (Canada Post, UPS, FedEx, DHL) is easily accessible in Vancouver.
- Preferably create a Canadian Apple/Google account to download smartphone applications that might help you during your residency (banks, etc.).
- For Supermarket chains there are: Walmart, Canadian Tire, Costco, Safeway, Metro, Sobeys, Loblaws, Food Basic, Fresh Co and Dollarama.
- For Office supply, Bookstores and Back-to-School stores: Indigo and Staples.
- For Furniture: Ikea, The Brick, Structube, Wayfair, Home Depot and Bed Bath.
- For Clothing Stores: H&M, Old navy, Mark's and others.
- For Department stores: Winner's, Home Sense, Marshalls and others.
- For Electronics: Best Buy, Canada Computer and The Source.
- For online General Shopping: Amazon, iHerb and others.
- For online Grocery Shopping: Instacart with Public Delivery application & websites. Every major food chain supermarket has its own application.
- For assembling your furniture, you can book an extra hand by using Handy ([Link](#))



Important website:

- Vancouver Prayer Times ([Here](#))
- City of Vancouver ([Here](#)) ([Maps](#))
- Downtown of Vancouver ([Here](#)) ([Map](#)) ([PDF Map](#))
- Explore Vancouver ([Here](#))
- Events in Vancouver ([Here](#)) ([Here](#))
- Vancouver Tourism ([Here](#))
- Top 10 attractions in Vancouver ([Here](#))
- Top 10 scenic spots in Vancouver ([Here](#))
- News in Vancouver: CBC ([Here](#)), CTV ([Here](#)), Global news ([Here](#))
- Vancouver Magazine ([Here](#))
- Vancouver Public Library ([Here](#))
- Vancouver Coastal Health – Public health Service ([Here](#))
- Metro Vancouver ([Here](#))
- Vancouver Weather ([Here](#))
- Vancouver Recycling ([Here](#))

Useful smartphone Application:

- B.C. Muslim Association (BCMA): IOS ([Here](#)), Android ([Here](#))
- Via Rail: IOS ([Here](#)), Android ([Here](#))
- Canada Air: IOS ([Here](#)), Android ([Here](#))
- West Jet: IOS ([Here](#)), Android ([Here](#))
- Arrive Can: IOS ([Here](#)), Android ([Here](#))
- CTV: IOS ([Here](#)), Android ([Here](#))
- CBC: IOS ([Here](#)), Android ([Here](#))
- Global News: IOS ([Here](#)), Android ([Here](#))
- Uber eats: IOS ([Here](#)), Android ([Here](#))
- Door dash: IOS ([Here](#)), Android ([Here](#))
- Skip the dishes: IOS ([Here](#)), Android ([Here](#))
- Instacart: IOS ([Here](#)), Android ([Here](#))
- Publix Delivery: IOS ([Here](#)), Android ([Here](#))
- Uber: IOS ([Here](#)), Android ([Here](#))
- Lyft: IOS ([Here](#)), Android ([Here](#))
- Moovit Public transport tracker: IOS ([Here](#)), Android ([Here](#))
- Waze: IOS ([Here](#)), Android ([Here](#))

The Manual's Conclusion

As we are reaching the end of this manual, we hope that you found everything you were looking for! We tried to list everything you would need to know to have as smooth stay while fulfilling your dream as possible. We would be pleased to hear back from you; any suggestions and feedback are welcome!

Please feel free to add/comment on/suggest anything for better manual in the future as our main goal is to help as much as we can as we recall our Holy Prophet (peace be upon him) Hadith:

سئل ﷺ يوماً .. "يا رسول الله! أيُّ الناس أحبُّ إلى الله؟ فقال: أحبُّ الناس إلى الله أنفعهم للناس، وأحبُّ الأعمال إلى الله عز وجل، سرور تدخله على مسلم، تكشف عنه كربة، أو تقضي عنه ديناً، أو تطرد عنه جوعاً، ولأن أمشي مع أخ في حاجة، أحبُّ إليَّ من أن أعتكف في هذا المسجد، يعني مسجد المدينة شهراً."

You can reach us through our social media accounts (Instagram, YouTube and Twitter) and the official website, or you can just contact us via E-mail. We wish you all the best and success.

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جمعية الأطباء الكويتيين في كندا
ASSOCIATION OF KUWAITI DOCTORS IN CANADA

The Manual's Feedback:

We would appreciate it if you took the time to complete this feedback survey to help us improve the future editions of this manual, Link: <https://forms.gle/enb53zR6XfrjQo6n8>

