



# Getting Started: Where to Get the Essentials in Winnipeg

We know that your first few weeks on campus and in Winnipeg can be overwhelming! There is so much to be done when you arrive. To help you with this initial transition, we have put together a list of things you will likely want to get done over the next few days or weeks along with information on how to get started.

	Cell Phone	Bank Account	Internet/TV	Shopping (Groceries, clothing, and household items)	Finding Food (Restaurants)
<b>Campus Options</b>	<ul style="list-style-type: none"> <li>Rogers Airsource: 1<sup>st</sup> Floor, University Centre (UC)</li> </ul>	<ul style="list-style-type: none"> <li>Canadian Imperial Bank of Commerce (CIBC): Automated Teller Machine (ATM) located on the 1<sup>st</sup> Floor, University Centre (UC)</li> </ul>	There are no Internet/TV retailers located on either of the U of M campuses	<ul style="list-style-type: none"> <li>U of M Bookstore: 1<sup>st</sup> Floor, University Centre (UC)</li> <li>G.P.A's: 1<sup>st</sup> Floor, University Centre</li> <li>University Centre Pharmacy: 1<sup>st</sup> Floor, University Centre</li> </ul>	<ul style="list-style-type: none"> <li>CAMPO Food Court: 1st Floor, University Centre (UC)</li> <li>Degrees: 3<sup>rd</sup> Floor, UC</li> <li>The Hub Pub: 3<sup>rd</sup> Floor, UC</li> <li>Daily Bread Café: St. John's College</li> <li>Greenhouse Café: Dafoe Tunnel - Arts Complex</li> </ul>
<b>Off-Campus Options</b>	<ul style="list-style-type: none"> <li>MTS: <a href="http://www.mts.ca">www.mts.ca</a></li> <li>Rogers: <a href="http://www.rogers.com">www.rogers.com</a></li> <li>TELUS: <a href="http://www.telus.com">www.telus.com</a></li> <li>FIDO: <a href="http://www.fido.ca">www.fido.ca</a></li> <li>Koodo: <a href="http://www.koodomobile.com">www.koodomobile.com</a></li> <li>Bell: <a href="http://www.bell.ca">www.bell.ca</a></li> </ul>	<ul style="list-style-type: none"> <li>CIBC: Fort Richmond Square, 2866 Pembina Hwy</li> <li>RBC Royal Bank: 2855 Pembina Hwy</li> <li>TD Canada Trust: 1305 Pembina Hwy</li> <li>BMO Bank of Montreal: 2785 Pembina Hwy</li> <li>Scotiabank: 1220 Pembina Hwy</li> </ul>	<ul style="list-style-type: none"> <li>MTS: <a href="http://www.mts.ca">www.mts.ca</a></li> <li>Shaw: <a href="http://www.shaw.ca">www.shaw.ca</a></li> </ul>	<ul style="list-style-type: none"> <li>Real Canadian Superstore: 80 Bison Dr</li> <li>Giant Tiger: 2195 Pembina Hwy</li> <li>Jysk: 2089 Pembina Hwy</li> <li>St. Vital Centre: 1225 St. Mary's Rd</li> <li>Polo Park Shopping Centre: 1485 Portage Ave</li> </ul>	<ul style="list-style-type: none"> <li>The Pita Pit: 1-33 University Crescent</li> <li>IGI BBQ Grill &amp; Sushi Bistro: 10-1875 Pembina Hwy</li> <li>North Garden: 6 - 33 University Crescent</li> <li>Sun Fortune Restaurant: 2077 Pembina Hwy</li> <li>Best Pizza &amp; Donair: 1469 Pembina Hwy</li> <li>Delicious Vegetarian Restaurant: 1467 Pembina Hwy</li> </ul>
<b>Estimated Cost <sup>1</sup></b>	<ul style="list-style-type: none"> <li>Prepaid plans start at \$15/month</li> <li>Monthly plans range from \$25 - \$80 depending on chosen features <sup>2</sup></li> <li>The price of phones will depend on whether you have a prepaid or monthly plan</li> </ul>	<ul style="list-style-type: none"> <li>There will be a monthly fee for having a bank account at either a credit union or bank</li> <li>There will be fees to transfer money to international individuals or bank accounts</li> <li>Be sure you fully understand <b>all costs</b> related to your bank account before you open one</li> </ul>	<ul style="list-style-type: none"> <li>Internet: Plans range from \$55 - \$180/month</li> <li>TV: Plans range from \$40 - \$90/month</li> <li>TV + Internet: If you combine (or "bundle") your TV &amp; Internet, you can get packages that range from \$70 - \$150/month</li> <li>Providers may offer student discounts</li> </ul>	<ul style="list-style-type: none"> <li>A great way to get cheaper clothing and household items is to go to second hand (or used) stores:               <ol style="list-style-type: none"> <li>Value Village: 1729 Pembina Hwy</li> <li>Goodwill: 1540 Pembina Hwy</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>Food prices at restaurants, both on and off campus, will vary greatly depending on the restaurant</li> <li>The following websites have great information about off-campus food options, including a price scale and consumer reviews:               <ol style="list-style-type: none"> <li><a href="https://www.zomato.com/winnipeg-mb">https://www.zomato.com/winnipeg-mb</a></li> <li><a href="http://www.yelp.ca/winnipeg">http://www.yelp.ca/winnipeg</a></li> </ol> </li> </ul>
<b>Where to Find Additional Information <sup>3</sup></b>	<ul style="list-style-type: none"> <li>International Centre: <i>Getting Settled in Winnipeg</i> brochure</li> </ul>	<ul style="list-style-type: none"> <li>International Centre: <i>Opening a Bank Account</i> information sheet</li> </ul>	<ul style="list-style-type: none"> <li>Please get additional information from the MTS and Shaw websites listed above</li> </ul>	<ul style="list-style-type: none"> <li>International Centre: <i>Specialty Food Stores in Winnipeg</i> information sheet</li> <li>International Centre: <i>Where to Buy Winter Clothing</i> information sheet</li> </ul>	<ul style="list-style-type: none"> <li>For additional campus food options, visit: <a href="http://campusdish.com">http://campusdish.com</a> (type 'University of Manitoba' in the search field)</li> </ul>

<sup>1</sup> Please note that these prices are **estimates** and they do not include any applicable **provincial or federal sales taxes**.

<sup>2</sup> Please note that some monthly plans only apply to Canadian citizens and permanent residents. Contact individual providers for additional information.

<sup>3</sup> Plan your transportation to the various service providers, stores, and restaurants listed above by visiting: [winnipegtransit.com/en/navigo](http://winnipegtransit.com/en/navigo).