



1) WELCOME TO LONDON

F) FIRST DAYS IN LONDON



LONDON, YOUR NEW CITY!

- Welcome to London!
- The first days you might feel a little disoriented: jet lag, a new language, distance from home...
- We promise you that this is **normal** and **temporary** and that London may seem weird now, but you will end up calling it “home” one day.



LONDON, YOUR NEW CITY!

- Let us guide you through the first days in London.
- Of course, not all these steps are necessary, but you will find them very useful in the long run



1) COME TO WESTERN

- Come and visit us at Western. Drop by the department. Some of us might be away on holidays but many will be there.
- Become familiar with the university and the services it has to offer. Find the places where you will be getting coffee and lunch.
- Your WesternONE card functions as your bus pass automatically — there is no separate bus pass to pick up.



2) GET YOUR WESTERN ONECARD

- First, upload your photo and government-issued photo ID (passport or driver's license) online at westernone.uwo.ca. International students must also upload their study permit.
- Your card will be ready for pick-up at the Student Central Info Desk (Western Student Services Building) 2 business days after your submission is approved. The \$32 card fee is included in your ancillary fees for new students.
- Track your card status at westernone.uwo.ca (Pending → Submitted → Approved → Printed).



3) GET A CELL PHONE

- Having a cell phone will be very helpful in many situations.
- There are many companies available. You need to compare their plans and see which one is most suitable for your needs and budget.
 - Compare plans online at whistleout.ca or the CRTC's compare.crtc.gc.ca before you shop. Popular budget carriers for students include Freedom Mobile, Fido, and Koodo. You can also visit local malls to speak with carriers directly.



4) OPEN A BANK ACCOUNT

- You will certainly require a bank account for many reasons.
- Being a student, you are not required to pay any fees for a debit card.
- Make sure you bring two pieces of ID to open an account.
- Compare banks and decide which one is the most convenient (proximity to a branch or hours of operations for example).



Scotiabank®





5) FIND YOUR FUTURE SUPERMARKET

- London has many supermarkets to choose from. Budget options include No Frills, FreshCo, and Real Canadian Superstore. Mid-range options include Loblaws, Metro, and Walmart. For fresh and organic produce, try Farm Boy. For international ingredients, Superking Supermarket is a student favourite.
- Compare prices, proximity to campus, and what they stock before choosing your regular store.
 - Many stores offer loyalty apps (PC Optimum, Scene+) and accept price matching — useful for stretching a student budget.



6) GET YOUR LONDON PUBLIC LIBRARY CARD

- Having a London Public Library Card gives you free access to physical books, movies and magazines, plus digital services: e-books and audiobooks via the Libby app, free film streaming via Kanopy, online magazines via Flipster, and online courses via LinkedIn Learning.
- To get the card, you will need 2 pieces of ID, one with your current address (a letter with your name that is addressed to your current address is enough)



7) APPLY FOR YOUR SIN

- Once you have your study permit showing you are authorized to work in Canada, you can apply for a Social Insurance Number (SIN) — you do not need to wait until you sign a TA contract.
- You will need your passport and your study permit. Apply online at sin-nas.canada.ca (processed in 5 business days — your SIN appears in your My Service Canada Account) or apply in person:
- London Service Canada Centre (Mon–Fri 8:30 AM–4:00 PM):
 - Dominion Public Building
 - 457 Richmond Street London, Ontario
- Online applicants receive their SIN in their My Service Canada Account. In-person applicants receive it immediately. Your SIN will start with “9” as a temporary resident and will expire with your study permit.



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HUMAN RESOURCES

8) PAY FOR THE INSURANCE FOR YOUR DEPENDENTS

- Your medical insurance is included in the tuition fees.
- However, you will need to pay for the insurance for your dependent ones (children and/or spouse).
- To enrol dependents, email Janis Kramer at jkrame4@uwo.ca within 30 days of their arrival to avoid a \$500 late fee. You can also find current UHIP information at international.uwo.ca



GREAT!

- Now you have an idea how to spend your first days in London.
- But are you sure you know enough in order to handle the cultural differences while in Canada?
- No worries! Our next presentation will help you out with that

