

FREE CALGARY ESSENTIALS RESOURCE

Your First 30 Days in Calgary

A four-week setup plan that keeps urgent tasks ahead of optional ones.

Use this as a sequence, not a race. Your immigration status, household and employment situation determine which steps apply. Confirm requirements with the responsible authority.

Week 1 - Stabilize

	Action	My note / status
☐	Confirm safe temporary housing and its end date.	
☐	Set up reliable phone/data access.	
☐	Learn the route to work, school or essential appointments.	
☐	Review SIN, health coverage and Alberta identification requirements.	
☐	Create a private folder for original documents and receipts.	
☐	Estimate cash needed for the next 30 and 90 days.	

Week 2 - Establish essentials

	Action	My note / status
☐	Choose banking based on fees, access and account terms.	
☐	Begin verified long-term housing research.	
☐	Compare rent together with utilities, insurance and commute cost.	
☐	Confirm employer payroll contact and understand expected pay dates.	
☐	Families: contact the appropriate school board or childcare resources.	
☐	Learn where to obtain non-emergency health advice.	

Weeks 3 and 4 - Make daily life work

	Action	My note / status
☐	Complete a move-in inspection report if starting a tenancy.	
☐	Set a monthly household budget using after-tax income.	
☐	Confirm utilities, tenant insurance and recurring payment dates.	
☐	Test commute reliability at actual work or school times.	
☐	Choose one community, cultural, faith, recreation or library connection.	
☐	Prepare questions and records for future tax filing.	
☐	Review unfinished tasks and choose the next three priorities.	

My 30-day priorities

Priority	Who owns it?	Target date	Status
1			
2			
3			
4			
5			

Questions to carry forward

Housing:

Employment or school:

Government services:

Money and taxes:

Family or community:

Official sources and current instructions

Use these official pages for eligibility, required documents, fees, forms and current procedures. Calgary Essentials does not replace the issuing authority.

- City of Calgary - Getting started in Calgary:**

<https://www.calgary.ca/communities/newcomers/getting-started.html>

- 211 Alberta:** <https://ab.211.ca/>

- Service Canada - Apply for a SIN:** <https://www.canada.ca/en/employment-social-development/services/sin/apply.html>

- Government of Alberta - Moving to Alberta: health coverage:**

<https://www.alberta.ca/ahcip-moving-to-alberta>

- Government of Alberta - Get a government ID card:** <https://www.alberta.ca/get-id-card>

- Calgary Transit - Rider tools:**

<https://www.calgarytransit.com/rider-information/rider-tools.html>

- Financial Consumer Agency of Canada:** <https://www.canada.ca/en/financial-consumer-agency.html>

Source review: September 2026. Re-check official instructions before acting.