

## Immigration and settlement checklist

The immigration and settlement process varies from person to person. The checklist provided below includes a list of recommended activities that are beneficial to many individuals coming to Canada. Please review and consider these before leaving home.



- Contact pre-arrival services to assist with orientation to your profession in Canadian context, employment, education, health care, and other information related to settlement in Alberta. See the list of agencies here: <https://www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/new-life-canada/pre-arrival-services/prepare-live.html>
- Find out whether your profession is “regulated” or “unregulated” in Alberta. See a complete list here: <https://www.alberta.ca/foreign-qualification-recognition.aspx>
  - Contact the appropriate regulatory body and familiarize yourself with the licensure, eligibility and application requirements. If possible, research the likelihood of becoming licensed or employed in your profession.
  - Learn about and begin the process of having your academic credentials and qualifications assessed by your regulator.
- Contact your educational institution(s) and enquire/arrange for them to send certificates, transcripts and other relevant information directly to institutions in Canada including regulatory bodies, credential assessment agencies, post-secondary institutions, etc.
- Take English or French language lessons before you leave home. Communication skills are key in finding employment and successfully settling in a new country.
- Gather originals of all your academic records: degrees, diplomas and certificates, transcripts, syllabi, program descriptions and detailed course information; trade, apprenticeship or professional certificates and license; language skills test results, and accreditation.
  - Scan or photocopy all your documents in case they get damaged or go missing.
  - You will likely also need to get official certified translations of your documents if they are written in a language other than English.
- Obtain letters of reference from your past employers.
- Prepare tailored resumes for job applications in specific industries.
- Bring all official documents belonging to you and your family. You will need those for a number of purposes including: to confirm your identity and/or marital status.
- Review the career options listed on the Career Options by Bredin website.
  - Consider which career pathway is of most interest to you and best suited to your particular situation. Remember, this could be a transitional career while you are getting licensed or a permanent career option.
  - Learn how to search and apply for jobs in Alberta.
  - Learn more about Bredin Centre for Career Advancement (<https://bredin.ca/>) and be sure to connect with us after you land in Canada for assistance with Canadian resume building, evaluation of your employment options and help finding your first job in Alberta.