

WINNIPEG

Manitoba



Canada 



CÉCS
CONSEIL
ÉCONOMIQUE
ET COOPÉRATIF
DE LA
SASKATCHEWAN



PHOTO CREDIT: ZYRON PAUL FELIX

WELCOME TO WINNIPEG...

Winnipeg is a city that is rich in history, architecture and neighbourhoods that reflect the character of this old prairie village.

The weather is around 26°C in the summer and -12°C in the winter. Winnipeg is the capital of Manitoba with a population of more than 782 000 people, approximately 23 000 of which are francophone!

Winnipeg is known for its friendly, welcoming atmosphere, and its vibrant art scene.

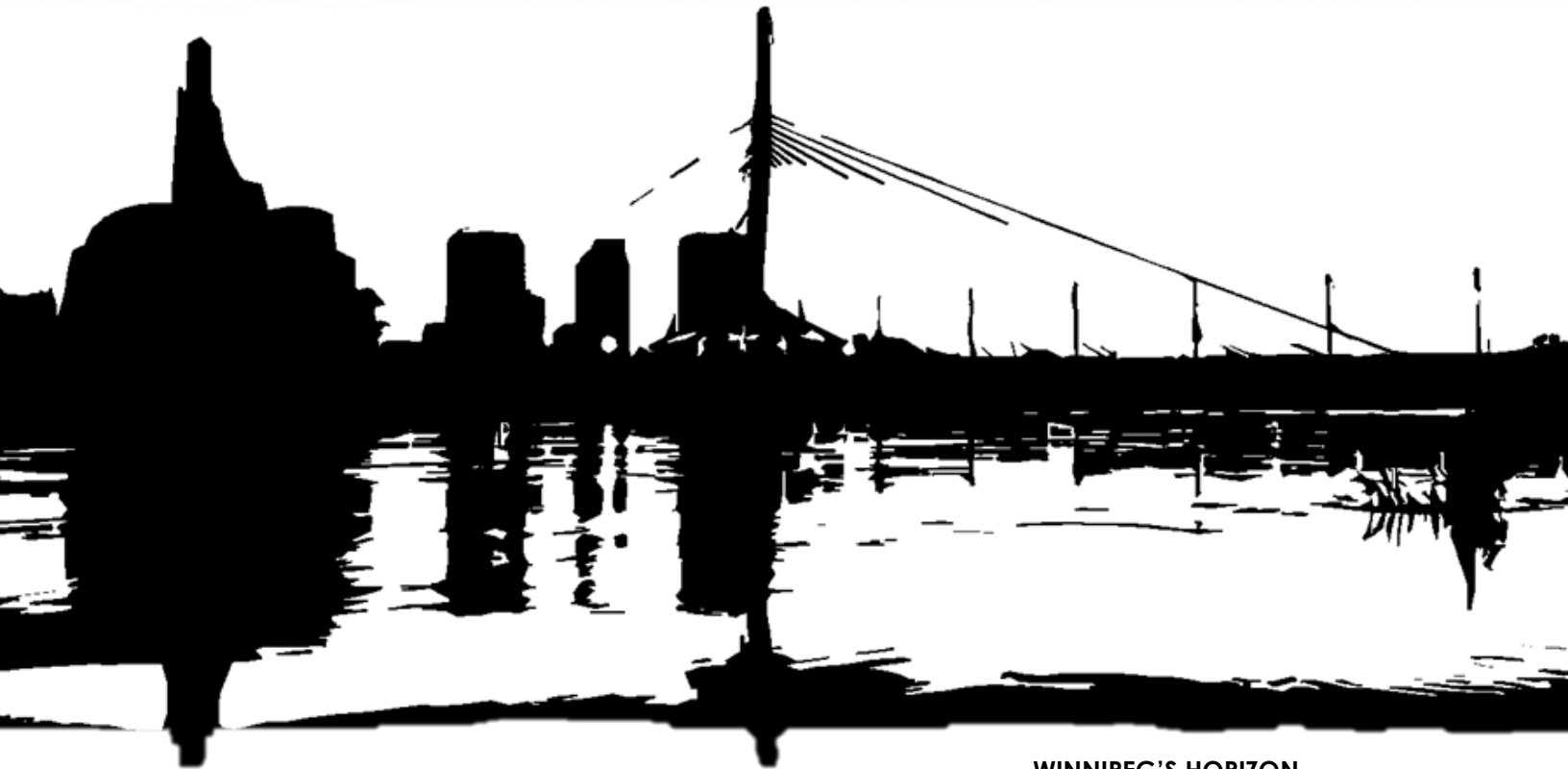
WHY WINNIPEG ?

[Visit Winnipeg](#)

[Synonym Art Consultation](#)

Did you know...

The province of Manitoba contains over 110 000 lakes?



WINNIPEG'S HORIZON


PHOTO CREDIT: ZYRON PAUL FELIX

LIVING ACCOMMODATIONS

Winnipeg has 23 neighbourhoods, one of which, Saint-Boniface, is francophone. Some neighbourhoods are safer than others so do not hesitate to contact your employer for help in your search. They are familiar with their city, the prices, transportation and can even have contacts who are looking to rent out a room. Affordable rooms are also available through l'Université de Saint-Boniface. Ask your employer or the delivery organization for the Prairies for contact information in order to make these arrangements.

Past participants of the program have suggested that the distance between work and home can have a serious impact on the overall experience. Be sure to know the location of your workplace before finalizing your living accommodations in order to avoid having to travel excessively each day. Living with roommates or a host family during your stay can contribute to avoid isolation and help you get familiar with your second language.

Finding living accommodations can take 1-2 weeks depending on your preferred location and your budget. We recommend that you start searching as soon as possible following your acceptance into the program. Many living accommodations or rooms are found in houses, which is very common in Manitoba. The North end should be avoided (especially north of Main Street) due to high crime rates. We recommend living accommodations in either Saint-Boniface or Wolsley which are more affordable neighbourhoods and are close to downtown as well as many attractions.



The cost of living is very high in western Canada especially for rent and food. Rent ranges between \$450 and \$700 per month. In Manitoba, renters usually have to pay a security deposit which will either be returned to the renter upon departure or will substitute a part of the last month's rent. The deposit is to cover any damage that may occur to the property and usually represents about half a month or a full month's rent.

For more information on housing and renting laws in Manitoba, consult the [Manitoba Rental Guide](#).

To help you with research...

[Kijiji](#) | [Craigslist](#) | [Easyroomate](#) | [Rentboard](#) | [UStBoniface](#)

**Note: You can find a map that allows you to view your neighbourhood on [PADMAPPER](#). You can also visit [NOW](#) (Neighbourhoods of Winnipeg) to help you to get more information on your chosen neighbourhoods.

TRANSPORTATION

Winnipeg has many bike paths that allow you to go wherever you may need in the city. For more information on the city's bike paths, click [HERE](#).

Winnipeg also has a city transit system with buses that run every 15-20 minutes. A monthly pass is \$90.50 or you can pay \$2.70 per ride. Please note that the student fares only apply to students attending post-secondary institutions in partnership with Winnipeg Transit.

Consult **WINNIPEG TRANSIT** for city bus schedules and fares.

From 10:30am to 3:30pm, **DOWNTOWN SPIRIT** buses offer free rides downtown between the Forks, Portage avenue and Memorial Boulevard.

The **GREYHOUND** bus system allows you to travel within Manitoba and to other provinces as well.

Another option is to rideshare or carpool. Here are some websites that help you find rideshares, which are a very affordable alternative way of travel within Manitoba or even out of province.

SHARE YOUR RIDE

KIJIJI

CARPOOLWORLD

AMIGOEXPRESS

PHOTO CREDIT: GERALD LAGGO

LAWS IN MANITOBA

The age of majority is 18 in Manitoba. Please note that alcohol can only be bought in liquor stores and off-sales.

MANITOBA HEALTH LAWS

MANITOBA LAWS ON JOBS, WORKING AND TRAINING

HEALTH INSURANCE

For Quebecois students, please note that your Quebec health card will not cover fees in other provinces. If you have to see a doctor, you will be charged, in which case there is always a possibility of being reimbursed by your health insurance later on. We recommend that you get complementary coverage to cover your expenses during your stay.

For students from other provinces, your health card will cover your health expenses in Manitoba.

LEISURE ACTIVITIES

The city of Winnipeg hosts many events and activities all year round. For information on all events, please visit: [Tourism Winnipeg](#) or [Tourisme Riel](#).

Need ideas?

FUN MOUNTAIN WATERSLIDE PARK

Manitoba's largest waterpark!

FORTWHYTE ALIVE

640 acres of pure prairie beauty!

JOURNEY TO CHURCHILL

Churchill recreated! Experience the Great North and check out the polar bears, seals, wolves and 200 other great northern species!

THE FORKS

Where the Red and Assiniboine Rivers meet, you'll find a huge indoor market, excellent food, and paths along the riverside.



MUSEUMS

For a complete list of museums in Winnipeg, click [HERE](#).
The city also offers many guided tours to share its history, for more information, click [HERE](#).

CANADIAN MUSEUM FOR HUMAN RIGHTS

The first museum solely dedicated to the evolution, celebration and future of human rights.

FORT GIBRALTAR

Discover the fascinating history of the fur trade through the eyes of the voyageurs!

THE GRAVE OF LOUIS RIEL

Visit the place where Louis Riel's body rests.

LOWER FORT GARRY NATIONAL HISTORIC SITE

The 1850's recreated at this one of the oldest stone building.

LA MAISON GABRIELLE-ROY

French-Canadian author Gabrielle Roy's home!

THE MANITOBA MUSEUM

The Manitoba Museum is the largest non-profit museum of heritage and science in the province!

MUSÉE DE SAINT-BONIFACE MUSEUM

To experience Manitoba's French-Canadian and Metis cultures.

PLACE SAINT-NORBERT

Here, Riel's followers had erected a wooden barricade which prevented access to the colony by the governor appointed by Canada.

RIEL HOUSE NATIONAL HISTORIC SITE

Get a glimpse into the life of leader of the Metis people and founder of Manitoba, Louis Riel.

ST. JOHN'S CATHEDRAL

Established in 1820, St. John's Cathedral is the oldest Anglican cathedral west of the great lakes!

THEATRE AND CINEMA

LE CERCLE MOLIÈRE

Theatre in French!

RAINBOW STAGE

Outdoor theatre showcasing Broadway shows!

THEATRE IN THE CEMETERY

Discover the stories of fascinating, historical figures while visiting their graves!

CINEMA CITY-NORTHGATE FAMOUS PLAYERS KILDONAN PLACE LANDMARK CINEMA GRANT PARK

New releases!

CINEMATHEQUE

The best in independent, Canadian and world cinema!

Click [HERE](#) for more information on movie theatres in Winnipeg.



GALLERIES

For a Complete list of art galleries in Winnipeg, click [HERE](#).

ACEARTINC.

Supports the development, production and exhibition of contemporary art by local and national artists, with a focus on emerging artists.

CRE8ERY

Discover artistic gems of all sorts.

GALLERY LACOSSE

Contemporary and traditional pieces!

GUREVICH FINE ART

The best in contemporary art by local, national and international artists!

LA MAISON DES ARTISTES VISUELS FRANCOPHONES

Contemporary artwork made by local francophone artists.

NUNAVUT GALLERY

One of North America's largest Inuit art collections.

PLATFORM: CENTRE FOR PHOTOGRAPHIC AND DIGITAL ARTS

Dedicated to digital art and photography.

PLUG IN INSTITUTE OF CONTEMPORARY ART

The first contemporary art gallery in Canada!

WAH-SA GALLERY

Devoted to First nations Canadian art!

WINNIPEG ART GALLERY

Manitoba's leading art museum!

PARKS

ASSINIBOINE PARK AND ZOO

In the city centre you'll find activities for every season!

BIRDS HILL PROVINCIAL PARK

Perfect for a nature hike!

KILDONAN PARK

Walk alongside the oldest trees in Manitoba.

KING'S PARK

On the edge of the Red river right by the University of Manitoba!

PARC LA BARRIÈRE PARK

Perfect for biking, fishing, hiking and canoeing!

PARC PROVENCHER PARK

Public swimming, hiking trails and sport terrains!

LITTLE MOUNTAIN PARK

For a nice hike!

RESTAURANTS AND PUBS

Winnipeg is renowned for its large variety of restaurants, cafés and pubs that offer unique experiences! (For a complete list of restaurants in Winnipeg, click [HERE](#))

Check out [Peg City Grub](#), a blog designed to help visitors and residents find the best food Winnipeg has to offer!

♥ *Cool discoveries :*

LA BELLE BAGUETTE

Combining traditional baking with flavours from Manitoba, *La belle baguette* offers products that reflect the province's traditions. It's a Manitoban favourite!

BODEGOES

A restaurant where creativity is limitless when it comes to offering affordable, healthy and quick food!

CAFÉ POSTAL

One of the best café mochas in town!

FALAFEL PLACE

Delicious falafels and incredible breakfasts!

LE GARAGE

Good food and live music!

LITTLE KOREA

Inexpensive, delicious and huge portions!

KING + BANNATYNE

Winnipeg's first sandwich shop dedicated to making slow roasted meat sandwiches.

KING'S HEAD PUB

A classy pub with live music!

...AND EVEN MORE!

MARION STREET EATERY

Fresh and great quality food in the French neighbourhood!

PROMENADE CAFÉ & WINE

Homemade comfort food made from fresh, local ingredients.

RUDY'S EAT AND DRINK

Everything is made from scratch with fresh ingredients!

SMOKE'S POUTINERIE

As close as it gets to poutine from Quebec!

STELLA'S

A favourite for Manitobans, always good, no matter what!

TOAD IN THE HOLE

A bar specialising in whiskey!

TIMES CHANGED HIGH AND LONESOME CLUB

THE best place for live music!

NIGHT ON ESPLANADE RIEL

PHOTO CREDIT: DAN NEUFELD

SHOPPING

Boutiques:

♥ *Cool discoveries*

OUT OF THE BLUE

Vintage inspired clothing!

PAPERDOLL

Hip style for women.

VINTAGE GLORY

Eclectic vintage boutique!

THE CLOSET CHICK

Top of the line consignment!

MAD ABOUT SYLE BOUTIQUE

Style for women.

Malls:

CITY PLACE

GARDEN CITY SHOPPING CENTRE

THE FORKS MARKET

KILDONAN PLACE SHOPPING CENTRE

CF POLO PARK SHOPPING CENTRE

PORTAGE PLACE SHOPPING CENTRE

ST-VITAL CENTRE

WINNIPEG SQUARE

For small budgets

(For more information click [HERE](#))

THE CLOTHES CLOSET

NEARLY NEW SHOP

JUST LIKE NEW TO YOU

MCC THRIFT SHOP

PK'RS THRIFT AND MORE

REDEEMED

SPENCE STREET THRIFT SHOP

VALUE VILLAGE

Recommended neighbourhoods for shopping:

ACADEMY

CORYDON

EXCHANGE DISTRICT

OSBOURNE VILLAGE

ST-BONIFACE

GROCERY

For more affordable groceries, shop at [EXTRA FOODS](#) and [SUPERSTORE](#). There are also many others to choose from. [SOBEY'S](#), [SAFEWAY](#), [COSTCO](#) and [WHOLESALERS CLUB](#) are among the most common.

If you are a vegetarian or prefer organic food, check out [ORGANIC PLANET WORKER CO-OP](#), [EAT IT](#), [VITA HEALTH](#) and [THE FRESH CARROT](#).

SPORTS AND RECREATION

[WINNIPEG BLUE BOMBERS](#)

Manitoba's CFL football team

[WINNIPEG GOLDEYES](#)

Winnipeg's baseball team

[WINNIPEG JETS](#)

Manitoba's NHL hockey team

[MANITOBA MOOSE](#)

Manitoba's AHL hockey team

[Recreation](#)

If you want to get involved in sports or join a rec team, click [HERE](#).

The [YMCA](#) also offers programs and has recreational centres in the city.

For more information on fitness, sports programs or recreational centres in Winnipeg, click [HERE](#).

WINNIPEG BLUE BOMBERS

PHOTO CREDIT: WINNIPEG BLUE BOMBERS

FESTIVALS AND EVENTS

MARCHÉ PROVENCHER MARKET

Friday from 10am to 2pm, you'll find fresh and fruits vegetables, homemade goods, art and more!

MERCREDI EN MUSIQUE

A series of free concerts by local artists on Wednesdays at noon at different cafés in St-Boniface!

MAY

THE MANITO AHBEE FESTIVAL AND INDIGENOUS MUSIC AND ARTS PROGRAM

Indigenous music, art and culture festival! One of North America's largest pow-wows.

DOORS OPEN WINNIPEG

If you love history and unique architecture, come discover the stories behind Winnipeg's oldest and most fascinating buildings for free!

JUNE

TD WINNIPEG INTERNATIONAL JAZZ FESTIVAL

11 days of the best local, national and international artists perform downtown!

RED RIVER EXHIBITION

Rides, carnival food and concerts.



MANITO AHBEE

PHOTO CREDIT: DAN HARPER

ABORIGINAL DAY LIVE & CELEBRATION

Free concerts and activities to celebrate National Aboriginal Day!

FÊTE DE LA SAINT-JEAN-BAPTISTE

French Canadian celebration! You won't want to miss their crêpe breakfast, French concerts and activities!

JULY

WINNIPEG SOCA RAGGAE FESTIVAL

Celebrate soca reggae at this Caribbean festival!

WINNIPEG FOLK FESTIVAL

The best in today's folk music, camping and local food!

WINNIPEG FRINGE THEATRE FESTIVAL

Comedy, theatre, improvisation, dancing and more!

FOLKLORAMA

2 weeks to discover over 40 different cultures!
One of the largest multicultural festivals.

AUGUST

MANITOBA ELECTRONIC MUSIC EXHIBITION

4 days of fun! The only annual event in Western Canada that highlights local and international electronic musicians at such a high profile and free public venue.

WINNIPEG BBQ & BLUES FESTIVAL

BBQ competitions and blues music!

FRANCOPHONE RESOURCES

Winnipeg has the largest francophone neighbourhood in western Canada. Just across the river from downtown, you'll find the heart of the vibrant and active francophone culture in St-Boniface.

340 PROVENCHER: The French culture hub!!

We highly recommend that you go to the [Tourisme Riel](#) centre to pick up a brochure and map of St-Boniface to check out all of the "must sees" the area has to offer!



DOWNTON WINNIPEG

PHOTO CREDIT: STAN MILOSEVIC

TIPS FROM PAST YCW STUDENTS

"The best advice I can give would be to get out and talk to people, be open to new experiences and opportunities. It's the time to try new things, to see and visit new places! My experience made for one of the best summers filled with great memories and adventures! "

"Go to a tourism office, pick up brochures and visit as many things as possible. There are festivals almost every weekend and most are free or not too expensive. There are so many different activities to do and museums to see! "

"Dating sites are really practical for meeting interesting people to show you around the city! "

"The best way to get around is by bike. Find a cheap one from someone looking to sell, because the bus system is not as convenient as the one in Montreal and sometimes things are too far to be able to walk."

"I recommend going to a pow-wow or even catching the National Aboriginal day events"

"Hanging out at the forks is always nice. There are boutiques of all sorts, multi-cultural restaurants and it's located on the edge of the river. It's the place to be when it's nice out! "

"The first thing to discover is the community. So welcoming that it's crazy! Friends multiply quickly when you take time to get to know people and listen to their stories"

THE BEST PART

- ♥ Adrenaline Adventure (Get active!)
- ♥ Fort Gibraltar
- ♥ Stella's
- ♥ Walking on the edge of the Red River
- ♥ Chocolatier Constance
- ♥ Les mercredis en musique
- ♥ Live shows at Le Garage
- ♥ The St-Norbert and Red River Farmers' Markets
- ♥ Town 8 cinema landmark
- ♥ Mon ami Louis (Try out the tarte flambée)
- ♥ The soup of the day from the Yellow Deli



AUTUMN AND WINTER IN WINNIPEG

Top 10 things to do:

1) FESTIVAL DU VOYAGEUR

Every winter since 1970, St-Boniface, Winnipeg's Francophone neighbourhood gets transformed into a winter paradise and hosts the largest winter festival in western Canada.

2) THE RED RIVER MUTUAL TRAIL

The world's longest skateable frozen river! Get your skates out.

3) CAFÉ POSTALE

Try out their delicious, creamy hot chocolate! One of the best in the city.

4) ADRENALINE ADVENTURES

Go snow tubing!

5) BIG FUN FESTIVAL

Five-day music festival showcasing all kinds of music at different venues around the city!

6) NUIT BLANCHE

No sleep, just contemporary art!

7) PRAIRIE THEATRE EXCHANGE

Live productions that reflect the reality and lives of Manitobans!

8) SPRINGHILL WINTER SPORTS PARK

For ski and snowboard fans! Only 15 minutes outside of the city.

9) CULTURE DAYS MANITOBA

3 days of art and culture, free!

10) PUBLIC PARKS

The city has paths for cross-country skiing, snow-shoeing and sledding accessible by all for free!

HAVE FUN IN WINNIPEG!

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ESPLANADE RIEL - PHOTO CREDIT: AJ BATAÇ