

The Faculty of Medicine postdoctoral fellows can be found across several institutes including:

- The University of Ottawa (uOttawa)
- The Ottawa Hospital Research Institute (OHRI)
- The Children's Hospital of Eastern Ontario (CHEO)
- The University of Ottawa Heart Institute (UOHI)
- The Royal Ottawa Mental Health Centre (ROMHC)

Contacts:

FoM Postdoctoral Association - pdfmedassociation@uottawa.ca

An executive council made up of your peers, The Faculty of Medicine Postdoctoral Association is here to represent all FoM postdocs across all institutes. If you have any questions, concerns, or if you are interested in joining our council of executives, you can contact the PDA through our email address.

Learn about, follow, and get involved with PDA:

<http://www.uottawafacultyofmedicinespostdoctoralassociation.com/>

PDA twitter <https://twitter.com/uottawapda?lang=en>

Dr. Alain Stintzi - astintzi@uottawa.ca

Dr. Alain Stintzi is the Vice-Dean of Faculty of Medicine's Graduate and Postdoctoral Studies. He is dedicated to ensuring all postdocs have a beneficial and positive experience while at the Faculty of Medicine. He has generously made available his email address to all postdocs for any issues or concerns you may have.

Patrick Lalonde - postdoc@uottawa.ca

Patrick Lalonde is the coordinator for all Faculty of Medicine postdoctoral affairs.

Get Registered

Be sure your uOttawa account is registered with the Faculty of Medicine so you do not miss out on any services or upcoming events.

Whether you need to register a new account or renew your account, you will need to fill out this attached form:

1) registration_form_postdoc_canadian_v1.4.pdf for Canadian and Permanent Resident postdocs (included in attachment)

2) registration_form_postdoc_international_1.2_0.pdf for International postdocs (included in attachment)

<https://www.uottawa.ca/graduate-studies/postdoctoral-fellows/forms>

Email your completed form to postdoc@uottawa.ca

Policy 123

As of July 1, 2019, the University of Ottawa has adopted a new policy to address the status of

Postdoctoral Fellows. This policy can be found here:

<https://www.uottawa.ca/administration-and-governance/policy-123-postdoctoral-fellows>

Human Resources Information

uOttawa: <https://hrdocrh.uottawa.ca/info/en-ca/postdoc/>

Each institute has their own separate HR department, which is accessible their respective employees.

Benefits

As of 2018, Faculty of Medicine postdocs were granted employee status. Now postdocs have access to the same benefits as uOttawa employees. A list of available insurance and additional benefits can be found here:

<https://hrdocrh.uottawa.ca/info/en-ca/postdoc/insurances.html>

<https://hrdocrh.uottawa.ca/info/en-ca/postdoc/benefits.html>

<https://hrdocrh.uottawa.ca/info/en-ca/postdoc/leaves.html>

Faculty Wellness Program

The University of Ottawa founded Canada's first Faculty Wellness Program - providing educational seminars, developed a web page, and helped hundreds of faculty members access health services. Free confidential counselling sessions remain available via video conferencing or tele conferencing.

<https://med.uottawa.ca/professional-affairs/faculty-wellness-program>

Please contact via email at wellness@uOttawa.ca to schedule an appointment with our Professional Counsellors.

Health Services

These services are available to current uOttawa employees and account holders.

ByWard Family Health Team Walk-In Clinic :

The Walk-in Clinic is open Monday to Friday from 8am to 8pm, and Saturday and Sunday from 10am to 2pm. The Walk-in Clinic is located at 100 Marie Curie Private (1st floor), at the corner of King Edward Avenue.

Until further notice, patients are not to present at the clinic without an appointment. Please call our clinic at 613-564-3950 to book a telephone appointment with one of our health care providers. If after the consultation, the provider determines that you need to be seen in person we'll schedule another appointment for you at the Walk-in clinic.

Virtual Walk-In Clinics are also available for your convenience:

<https://seethedoctor.ca/en/>

<https://www.getmaple.ca/>

<https://www.babylonhealth.com/ca/>

Mental Health:

The ByWard Family Health Team (BWFHT) offers mental health services. uOttawa accounts can also access mental health counselling services when referred by a provider at the ByWard Family Health Team Walk In Clinic (see above). A telephone Intake Assessment appointment with a Mental Health Counsellor will be scheduled upon receipt of your referral from a ByWard Family Health Team Provider. Patients are to contact our office directly at 613-564-3950 ext 497 or complete the online appointment request form to schedule this appointment:

<https://bywardfht.ca/mental-health-telephone-intake-appointment-request/>

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Health insurance

Ontario Health Insurance Plan (OHIP):

Everyone who is a resident of Ontario is eligible to get OHIP coverage. Usually, you would have to wait 3 months to before you are eligible for OHIP. However, 3 months wait period is waived due to pandemic. So, make sure to apply to OHIP as soon as you can.

Apply for OHIP card at Service Ontario here:

<https://www.ontario.ca/page/apply-ohip-and-get-health-card>

Employer's health insurance:

As an employee, you would be eligible for employer provided health insurance. Check with the HR at your institution about the employer provided health insurance coverage.

Library

As a registered postdoctoral fellow with uOttawa (see above), you would receive a separate email account from your institutional email. You can access uOttawa library using your uOttawa email:

<https://biblio.uottawa.ca/en/use-library>

Office of Equity, Diversity, and Inclusion

The Faculty of Medicine is not only committed to a climate of mutual respect, but also upholds the highest standards of ethical and professional behavior, in keeping with the values of the University of Ottawa.

<https://med.uottawa.ca/professional-affairs/office-equity-diversity-and-inclusion>

The EDI Office offers a number for mentoring programs, including a Female Postdoctoral Fellow program, which was created to address the drop in the number of female scientists between the postdoctoral fellowship and the academic stage of their careers.

<https://med.uottawa.ca/professional-affairs/office-equity-diversity-and-inclusion/mentoring/female-postdoctoral-fellows>

Parking and other means of Transportation

Parking:

Parking is available on each of the campuses to parking permit holders. Permits are available for purchase for uOttawa employees:

<https://ec.parking.uottawa.ca/>

Parking map for Main campus:

https://www.google.com/maps/d/u/0/viewer?mid=1J8fmNjkJf_FnA0MECBCQUaNSZlg&ll=45.42237504524721%2C-75.68136513233185&z=16

Parking map for 200 Lees campus:

<https://www.google.com/maps/d/u/0/viewer?mid=1THi0GsZJ0JGUuUJx8h-nOUYQ5fg&ll=45.41593093823037%2C-75.66950594362869&z=18>

Parking map for RGN/Alta Vista campus:

https://www.google.com/maps/d/u/0/viewer?mid=1LDAIUap4uSBk-pe43vhWrpUM_YM&ll=45.40325802277365%2C-75.64678609371185&z=16

Shuttle Buses:

Shuttle buses are also available for direct transportation between campuses. The timetable for these shuttle buses can be found here:

<https://www.uottawa.ca/parking/shuttle-bus#timetable>

and maps for the bus stops can be found here:

https://www.google.com/maps/d/u/0/viewer?ie=UTF8&hl=en&msa=0&t=h&ll=45.41603945826947%2C-75.6697907164474&spn=0.042177%2C0.085831&z=18&source=embed&mid=1_Mpxu4xhCfDyM2YfqzmQU2S8oTA

OC Transpo:

Information about transit maps, schedule, and fares for Ottawa's public transport system, OC Transpo, can be found here:

<https://www.octranspo.com/en/>

<https://www.octranspo.com/fr/>

Cycling:

The University provides several bicycle racks throughout the campus; these racks are available to anyone who wishes to use them. The Parking and Sustainable Transportation division also offers two secure bicycle parking facilities at Montpetit Hall and Desmarais Garage for all students, staff and faculty members. If you wish to use one of the secure bicycle parking facilities, complete the online form found here:

<https://docs.google.com/forms/d/e/1FAIpQLSczlv8MqbyyViJfeikZxiuDx3-PQYIzmEFpDFvtlcCmJ-nQSA/viewform>

There are also numerous bicycle racks located throughout campus available for use:

<https://docs.google.com/forms/d/e/1FAIpQLSczlv8MqbyyViJfeikZxiuDx3-PQYIzmEFpDFvtIcCmJ-nQSA/viewform>

More information on Bicycle sharing and Bicycle Coop can be found here:

<https://www.uottawa.ca/parking/cycling>

Alternative Transportation Options:

<https://www.uottawa.ca/parking/alternative-transportation>

Discounts

As a postdoctoral fellow, you are eligible for discounted rates on car rentals, hotel reservations, and gym memberships. You can find more information here:

<https://hrdochrh.uottawa.ca/info/en-ca/postdoc/privileges-service.html>

New to Canada or Ontario?

Social Insurance Number (SIN):

Apply for SIN at Service Canada and provide it to the Payroll/Human Resources. **You need SIN to get paid.** You can find the information on how to apply here <https://www.canada.ca/en/employment-social-development/services/sin/apply.html>

Make sure you renew your SIN every year. You need SIN for receiving paycheck, filing taxes and banking etc.

Bank account:

Apply for a personal bank account if you do not have one. You need to provide direct deposit information to payroll/HR. So, get the bank account as soon as you can.

If you are a newcomer to Canada, some banks offer 1 year no-monthly fee banking, be sure to check if your bank offers this.

Some of the major banking branches available in Canada:

<https://www.scotiabank.com/ca/en/personal.html>

<https://www.rbcroyalbank.com/personal.html>

<https://www.bmo.com/main/personal>

<https://www.td.com/ca/en/personal-banking/>

<https://www.meridiancu.ca/personal>

Housing:

If you are looking for housing, here are some apartment rental sites in Ottawa to help you get started:

<https://www.clvgroup.com/>

<https://www.districtrealty.com/>

<https://www.kijiji.ca/b-apartments-condos/ottawa/c3711700185>

Normally, rent payments are set using direct deposit from your bank account, be prepared to have the information ready (see above). Most of the rental properties will ask for 1-month deposit along with first month's rent before moving in. Make sure to check with the leasing company.

You can learn about tenant rights and responsibilities here:

<https://ottawa.ca/en/living-ottawa/rental-housing/tenants-rights-and-responsibilities>

Driver's license:

You can apply to driver's license at Service Ontario. You can find the information on how to apply to driver's license here:

<https://www.ontario.ca/page/drivers-licence>

You should know: Some active international driver's license from certain countries (e.g. United States), you do not need to sit for driver's exam, you can simply exchange your old driver's license for Ontario's driver's license.

Explore the Ottawa-Gatineau Region:

Byward market:

<http://byward-market.com/en/home/>

Parliament hill:

https://visit.parl.ca/sites/Visit/default/en_CA

Parks and Lakes:

<https://www.dowslake.com/>

<https://ncc-ccn.gc.ca/places/mud-lake>

<https://ncc-ccn.gc.ca/places/gatineau-park>

<https://ncc-ccn.gc.ca/places/meech-lake>

<https://ottawa.ca/en/recreation-and-parks/parks-and-green-space>

Museums:

<https://nature.ca/en/home>

<https://www.historymuseum.ca/>

<https://www.warmuseum.ca/>

<https://www.gallery.ca/>

<https://ingeniumcanada.org/scitech>

<https://ingeniumcanada.org/aviation>

<https://ingeniumcanada.org/agriculture>

Festivals:

<https://www.ottawafestivals.ca/>