

# Cell phone plans and internet providers

Compared to the rest of the world, Canada has one of the most expensive phone plans. However, if you choose wisely, choosing the perfect plan can save you hundreds of dollars a year (and avoid a lot of frustration).

In Canada there are many areas with free public Wi-Fi within major cities. This means that if you plan to spend most of your time in places and establishments with free internet, you may not need as much data on your phone plan as you think.

## How to get a SIM card to activate your phone

1. Choose a network provider
2. Select a plan that fits your internet, text and call usage
3. Provide a valid ID (i.e. passport, driver's license)
4. Pay for your SIM

Note: Some plans may require a credit score check for approval. This would also require that you provide a credit card for monthly automatic payment.

You can check and compare the cell phone plans offered by the following companies:

- [Bell](#)
- [Freedom](#)
- [Fido](#)
- [Telus](#)
- [Shaw](#)
- [Rogers](#)

**Questions?** Email: [Samantha.Parchment-Andrews@norquest.ca](mailto:Samantha.Parchment-Andrews@norquest.ca) or [book an appointment](#) with a settlement advisor to discuss your options.