

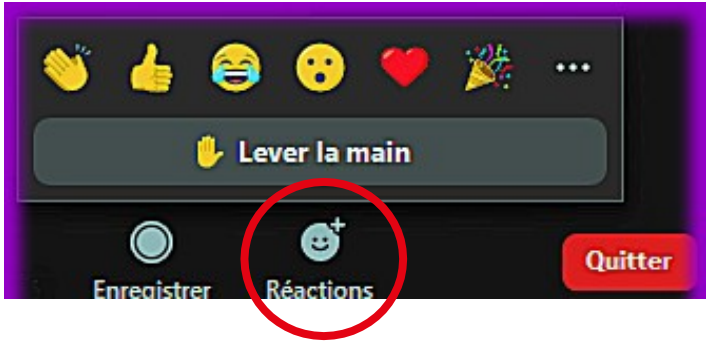
PREPARE FOR YOUR ARRIVAL: WHAT YOU NEED TO KNOW!

Presented by the Bureau de la vie étudiante

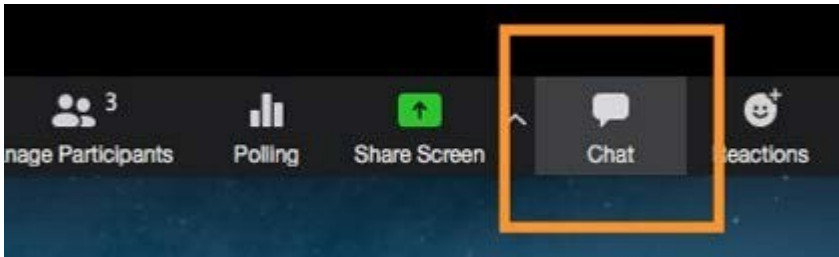




Please keep your microphone closed throughout the presentation.



Please raise your hand to ask your questions during the question period.



You can also ask your questions in the chat section.

If you haven't received your documents by the beginning of the semester

Faculty advisor

Communicate with your faculty
<https://www.ulaval.ca/etudiants-actuels/etudes/gestion-des-etudes-en-facultes>

Registrar's Office

To report your admission, contact the area indicated in your admission offer or reg@reg.ulaval.ca.

For information on obtaining the necessary immigration documents, please refer to the ULaval Immigration page:
<https://www.ulaval.ca/en/international/immigration>

Presentation outline

- Course registration
- Finance and budget
- Insurance
- Housing
- Arrival date and airline ticket
- Customs clearance
- Transport in Quebec
- The Must-Have (cellular, Internet, bank account opening, SIN)
- Welcoming activities
- Practical guide, associations and community organizations

REGISTRATION FOR COURSES

Admission and registration

Two distinct processes:

- **Offer of admission:** confirms your eligibility to study in a program and allows you to begin the process of coming to Canada.
- **Registration:** consists of choosing the training activities (courses, internships, writing and research activities) you will do during a semester.
Must be done before each new session, throughout your studies.



Your first registration

- By your **academic advisor**
- Or by **yourself** in [monPortail](#) (Authentication with your IDUL et NIP)
- To validate your choices, we recommend that you contact the person in charge of [studies](#) at your faculty.
- **Once you've accepted your offer of admission**, keep an eye on your **@ulaval.ca** e-mail inbox. Your program direction will provide you with useful information to help you prepare for the coming semester and choose the courses you want to take.
- If you have any questions about monPortail, please refer to the [digital resources website](#).

Knowledge of French

- Université Laval is a French university. Although some classes and reading can be offered in English, most of the classes and interactions are in French.
- Also, Québec city is mostly unilingual in French. You have to be able to use simple words to get around in the city.
- You may be required to take a language test or complete a course of french to obtain your diploma. Consult your academic path on [MonPortail](#) or contact your [academic advisor](#) to make sure if this is your case.

FINANCES AND BUDGET

Plan your budget and finance your project of studies



- Plan your budget [using available tools](#)
 - Tuition and materials
 - Housing, home insurance and installation costs
 - Food
 - Transport
 - Services (Internet, cellular, electricity)
 - Private insurance (family members)
 - Health
 - Weather-appropriate clothing
 - Daycare
 - Activities

Plan the cost of your studies



Droits de scolarité par crédit

	1 crédit	3 crédits	12 crédits	15 crédits
Droits de scolarité	96,03\$	288,09\$	1152,36\$	1440,45\$
Droits supplémentaires canadiens non-résidents du Québec	203,70\$	611,10\$	2444,40\$	3055,50\$
Frais de gestion	7,49\$	22,47\$	89,88\$	112,35\$
Frais afférents	14\$	42\$	168\$	168\$
Frais technologiques	6,60\$	19,80\$	79,20\$	99\$
Frais LPU	-	-	150,56\$	150,56\$
Total partiel	327,82\$	983,46\$	4084,40\$	5025,86\$

To estimate your payments, go to [the tuition fees website](#).

1- Select your student profile (international student or other.)

2- Select your study cycle

3- Select the session you wish to estimate

4- If necessary, validate which table shows the fees related to your program of study.

Plan the cost of your studies



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Frais LPU	-	-	150,56\$	150,56\$
Total partiel	124,12\$	372,36\$	1640\$	1970,36\$

Don't forget to add :association fees to the total amount. If you're a regular student, dental insurance fees will also be added.

Please note: until you submit your proof of RAMQ membership to the Registrar's Office, Desjardins health and hospitalization insurance fees will appear on your bill. If you don't submit your proof on time, you may have to pay them!

Les tarifs ci-haut sont en vigueur pour les étudiantes et étudiants inscrits à un programme conduisant à l'obtention d'un grade de doctorat.



Details on tuition and fees

Once the semester has started, you can consult the account details by semester in [Capsule](#) to find out the provisional amount you will be billed:
Renseignements sur les études -> Droits de scolarité

Droits de scolarité (détail du compte, facture et état de compte électroniques)

Le détail du compte indique au moment où vous le consultez votre solde et le sommaire de vos frais et paiements. Vous pouvez acquitter votre solde dû sans attendre l'émission d'une facture électronique. Votre numéro de client vous permet de faire votre paiement par Internet sur le site Web de votre institution financière canadienne. Pour connaître les autres modalités de paiement, [cliquez ici](#).

Une communication dans la section « Messages importants » de monPortail vous confirmera le dépôt d'une facture ou d'un état de compte électronique dans votre dossier. Un courriel sera également envoyé à votre adresse @ulaval. Aucune version papier ne vous sera transmise par la poste.

Il est de votre responsabilité de consulter régulièrement la section « Messages importants » de monPortail et votre boîte de courriel @ulaval.

Tout solde non acquitté empêche l'inscription aux cours pour la prochaine session, ainsi que la production du relevé de notes ou la délivrance du diplôme.

Pour connaître la date limite de paiement de la facture des droits de scolarité et des autres frais, [cliquez ici](#).

?

Régimes collectifs de soins de santé et dentaires de l'ASEQ (CADEUL, AELIÉS, AMREQ)

Tous les étudiants qui sont admissibles à l'un ou l'autre de ces régimes y ont été automatiquement inscrits. Ils peuvent modifier leur couverture ou se retirer du régime. Pour en savoir plus sur le sujet, [cliquez ici](#).

Des questions sur le LPU ? Consultez la page LPU - Laissez-passer universitaire.

Des questions sur vos relevés ? Communiquer avec le Bureau du registraire.

- ▶ Facture électronique
- ▶ État de compte électronique
- ▶ Détail du compte sommaire
- ▶ Détail du compte par session
- ▶ Description des droits de scolarité et autres frais



Family

Please note: Daycare in Quebec is not free! There are subsidized and private daycare centers. Spots are difficult to access. Register as soon as possible on the place0-5.com website or plan a financial or family alternative.

Rates can approach at least [\\$40/day to 80\\$/day.](#)

Primary and secondary education is free. However, fees will be charged for the purchase of mandatory materials, as well as for pre-school, lunchtime and after-school care.

INSURANCE

Régie de l'assurance maladie du Québec (RAMQ)

For citizens of countries that have signed a **reciprocity agreement** with Quebec:

- ✓ Belgium , Denmark, Finland, France, Greece, Luxembourg, Norway, Portugal, Romania and Sweden.
- ✓ check with the health organization you are registered with to see if you are covered by the reciprocity agreement. **Before you leave, you must obtain a certificate of affiliation to your country's social security system.**

- [Visit the website](#)

- Do NOT go to the RAMQ offices; registration is done online.



Send proof of eligibility to the Registrar's Office by email to assurances@reg.ulaval.ca no later than September 30, 2023.

Supplementary insurance: Alliance for student's health in Québec (ASÉQ)

- **Not for exchange students.**
- **DENTAL CARE portion automatic, but not mandatory**, withdrawal possible on request. This insurance includes the Wellness Program
- **Withdrawal:** Withdrawal can be requested from January 15 to February 15.
- **HEALTH Portion:** only available to students covered by RAMQ, enrolment is not automatic.
- Fill out the [registration form](#) on the ASEQ website.
- For more information: [Santé étudiante \(ASEQ\)](#).
- See the "[Coverage at a glance](#)" section on the page dedicated to insurance for international students.

Détail du compte par session

Le détail du compte indique au moment où vous le consultez votre solde et le sommaire de vos dépenses. Vous pouvez acquitter votre solde sans attendre l'émission d'une facture électronique. Votre numéro de compte est visible sur votre détail de compte.

Des questions sur le **LPU** ? Consultez la page [LPU - Laissez-passer universitaire](#).
Des questions sur votre compte, communiquer avec le [Service des finances](#).

Numéro de client:

Numéro d'assuré ASEQ:

Desjardins Assurances

Numéro de contrat:

Numéro de certificat personnel:

Date début de l'adhésion:

Date d'échéance de l'adhésion:

Health insurance for family members



You MUST [insure any family members](#) accompanying you to Quebec

- **CHILDREN 17 and under:**

Minor children are eligible for health and drug insurance (RAMQ, free public insurance provided if they are present in Quebec for more than 6 months a year.

- **SPOUSES and CHILDREN over 17:**

They must purchase adequate private insurance coverage for the duration of their stay in Canada. Consult the companies available here:

<https://www.bve.ulaval.ca/en/international-students/living-in-quebec-city/private-healthcare/>.

You can consult the cost of care

[Here](#) to choose the right insurance for your situation.

HOUSING

Finding accommodation



**** Caution: There is currently a housing crisis in Québec****

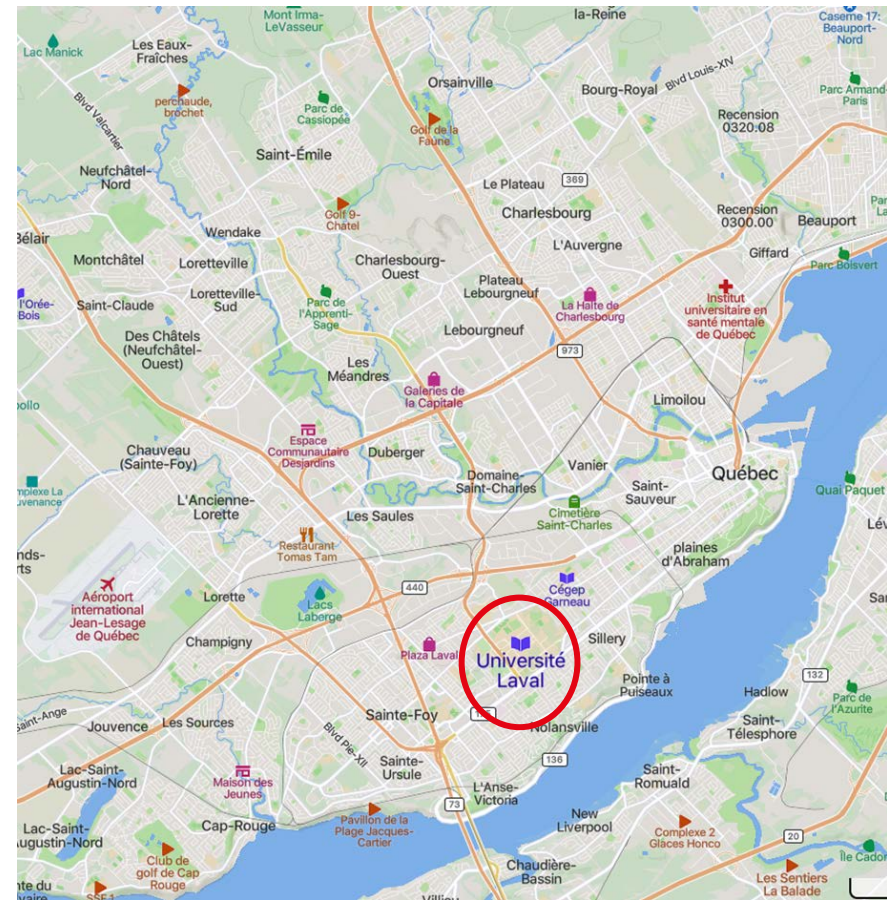
- [On-campus housing](#): You can reserve a room at Université Laval residences.
- [Off-campus housing](#): If you're arriving with your family or would like to live off-campus, check out the different housing search platforms of the city.
- [Temporary housing](#): If you arrive in Quebec City without housing you'll need to find a temporary apartment. Consult these alternatives.

[Home insurance](#): We **strongly recommend** that you take out home insurance to cover possible damage to your home or theft. Even students in university halls of residence should have it.

Find Université Laval

Look for housing near bus lines 800, 801, 804 and 807. Montcalm, Saint-Jean-Baptiste, Sainte-Foy, Saint-Roch, Saint-Sacrement and Old Québec are the areas closest to ULaval.

However, they are also among the most expensive neighborhoods. If you can't afford to live there, Saint-Sauveur, Beauport and Limoilou, as well as the South Shore of Québec City (Lévis, Saint-Romuald, Charny) are often more affordable. You'll need to plan your bus travel time accordingly.



SELECT AN
ARRIVAL DATE

Prepare for your arrival



Choose an arrival date

- ✓ We advise you to arrive at least 1 to 2 weeks before the start of classes.
- ✓ If you wish to arrive in Canada before the effective date of the your insurance, **you will need to purchase private insurance.**
- ✓ Please note that, due to insurance policies in force, We strongly recommend that you arrive in Quebec only when your [Desjardins insurance](#) takes effect.

Buy your plan tickets

- ✓ Make sure your documents are approved before buying airline tickets
- ✓ Check your airline's travel advice
- ✓ There are two main airports
Jean- Lesage airport in Quebec City
Pierre Elliott Trudeau airport, in Montreal

Service Accueil Plus



- Accueil Plus is a free service offered every year to new international students arriving at Montreal-Trudeau airport
- This service allows you to register your travel plan and study permit number in advance, reducing your waiting time at Canadian immigration services.
- Registrations already open, deadline: January 11, 2024
- To register, visit their website:
<https://www.accueilplus.ca/inscription/?lang=en>

CLEARING CANADIAN CUSTOMS

Clearing Canadian customs

- Consult [the list of documents required](#) to enter Canada to be well prepared, and keep them in your carry-on bag.
- When you arrive in Canada, at the first airport you visit, you will have to pass two identity checks. You'll go through primary inspection at automated kiosks, then secondary inspection with border services officers. Allow 3 to 4 hours if you have a connecting flight.



Your study permit (if required) will be given to you on site. **Check your study permit to make sure your information is correct, personal details are accurate,** and if you plan to work during your stay, there is a clear reference to employment regulation.

- For more information: www.ulaval.ca/en/travellingandcustoms

TRANSPORT

Your transportation from the airport to Université Laval

From Montreal's Pierre-Elliott Trudeau airport

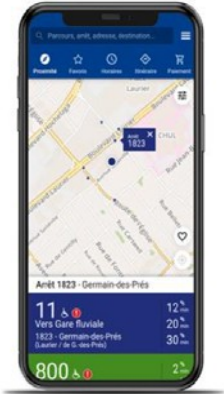
- [Orléans Express](#) buses depart from the airport and downtown Montreal several times a day. The journey takes about 3 hours.
- The [Via Rail train](#) also runs from Montreal's Central Station to Gare du Palais (Quebec City Centre- Ville) and Gare de Sainte-Foy (closer to ULaval).
- You can also take a connecting flight to Québec City's Jean-Lesage airport.

From Jean-Lesage airport in Quebec City

- You can take the number 76 bus of the [Réseau de transport de la capitale \(RTC\)](#) with a connection to the 800 or 801 to Université Laval.
- You can take RTC bus no. 80, which connects with no. 804 to Université Laval.
- You can also take a cab to your place of residence, or see [our getting around page](#).

Nomad Application a and Nomad Payment

Application mobile



Caractéristiques

- Géolocalisez-vous et obtenez les arrêts/parcours à proximité.
- Consultez l'horaire en temps réel de tous les parcours.
- Localisez la position des bus et suivez leur progression en temps réel.
- Créez des itinéraires via Google Maps.
- Créez des alarmes pour être avisé du passage de votre bus.
- Soyez informé des perturbations sur le réseau en temps réel.
- Identifiez vos parcours/arrêts favoris pour personnaliser votre application.
- Recherchez les points de vente à proximité d'un lieu.
- Recherchez les stations àVélo
- Consultez le temps réel et le temps planifié de STLévis
- Réservez un véhicule Communauto.
- Accéder rapidement à l'application RTC Nomade paiement.
- Application accessible sur Android 8.0 et + et iOS 13 et +.

- Regular students will receive an email before the start of the semester to order the bus pass (LPU). Exchange student will receive an attestation giving them access to the service.
- While waiting for your LPU card or its validity date (January 1st), you can purchase tickets via the RTC Paiement application or at an RTC point of service.
- Public transit section:
<https://www.bve.ulaval.ca/en/international-students/living-in-quebec-city/getting-around/>

[RTC Nomade](#)

[RTC Paiment](#)

[LPU](#)



THE MUST-HAVE



Mobile and Internet

Check out the various mobile and Internet services available.

To compare the mobile and Internet services available to you and find the best package for your needs, [visit our website](#).

- ✓ Internet access is available free of charge on the university campus.



Bank account

- Debit card: Once your account has been opened, you will be given a debit card. It can be used to pay for in- store purchases and withdraw cash. at ATMs. The amount is debited from your account on the same day.
- Credit card: Allows you to pay for goods and services in stores, online and over the phone.



CAUTION: When you use your credit card, you are borrowing money that you must repay. A credit card does not increase the amount of money you have available.

Opening your bank account

Banking institutions

See the "Bank account" and "Main Financial institutions" sections of our website to find the banking package that's right for you.

<https://www.bve.ulaval.ca/en/international-students/living-in-quebec-city/managing-your-money/>

Opening a campus account

The [Desjardins cooperative](#) is present on the Université Laval campus.

Obtaining a social insurance number

The [Social Insurance Number \(SIN\)](#) is a mandatory identification number if you wish to hold a job and earn a salary in Canada, both on and off campus. This number is obtained free of charge.

Your SIN is confidential, and it's important to protect it from fraud.



On campus:

Get your SIN directly on campus between January 15 and 19, 2024.

WELCOMING ACTIVITIES

Activités d'accueil

Bureau de la vie étudiante

- ✓ [Information sessions](#)
- ✓ [Guided campus tour](#)
- ✓ [Welcoming team](#)
- ✓ [Sport and social activities](#)
- ✓ [Workshops and conferences](#)
- ✓ [Buddy program](#)
- ✓ [Discover Québec activities](#)



Crédit photo: Dany Vachon/ULaval



Back-to-school activities

Faculty activities

Your faculty may invite you to a welcome session and complementary activities! Check your email @ulaval.ca to make sure you don't miss a thing!

Back to school ULaval

At the start of the school year, Université Laval invites you to its back-to-school event! Many activities and information booths await you! → [January 16, 2024](#)



Bienvenue aux étudiantes et aux étudiants nouvellement arrivés au Québec!

Facilitez votre arrivée à ULaval! [Séances d'accueil](#), [soutien de professionnels](#) dans votre adaptation, [programme de jumelage](#) avec un parrain ou une marraine pour vous familiariser avec votre nouveau milieu, ne sont que quelques exemples de ce qui vous est offert à la rentrée!

Découvrez toutes les [activités d'accueil](#) sur le site Web du Bureau de la vie étudiante.

INTERNATIONAL STUDENT'S
HANDBOOK,
STUDENT ASSOCIATIONS AND
COMMUNITY ORGANIZATIONS

Studying at ULAVAL

International Student's Handbook



[Handbook](#)

International student's handbook

Available in English and French

Information on :

- Student services
- Housing
- Health insurance
- Transport
- Essential study information
- Arrival and installation checklist



Student association on campus

There are various associations:

- International community
- Spiritual and religious associations
- Departmental associations
- Associations by study cycle
- Extracurricular associations

<https://www.bve.ulaval.ca/projets-extracurriculaires/associations-etudiants/>

Some community resources



**ÉTUDIANT
INTERNATIONAL**

Aimerais-tu vivre et travailler
à Québec pendant et après
tes études?

Visite notre site web :
quebecentete.com/fr/etudier-a-quebec

Une initiative de :

Québec   **QUÉBEC
INTERNATIONAL**
Développement économique

Consult the various organizations that can help you:

- Learning french or english
- Participate in socio-cultural activities
- Helping spouses and partners of students to find a job
- Psychosocial support
- Obtaining emergency assistance
- Getting help from the healthcare system
- [Moving to Quebec City](#)

VEQ
Voice of English-speaking Québec



Thank you

Bureau de la vie étudiante

<https://www.bve.ulaval.ca/>

<https://www.bve.ulaval.ca/en/international-students/prepare-your-stay/mandatory-pre-departure-sessions/>

<https://www.facebook.com/EtudiantsInternationalULaval>