

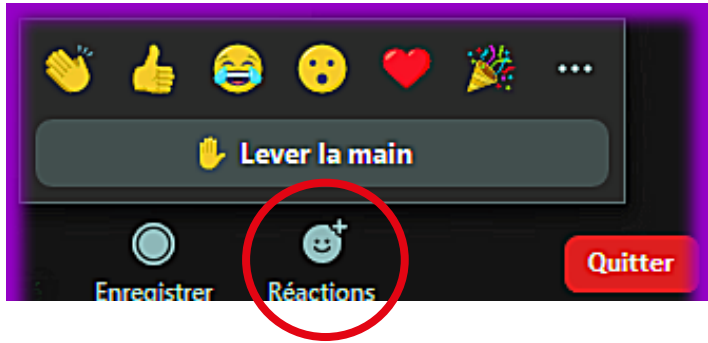
BEFORE YOUR ARRIVAL: WHAT YOU NEED TO KNOW

Presented by Bureau de la vie étudiante

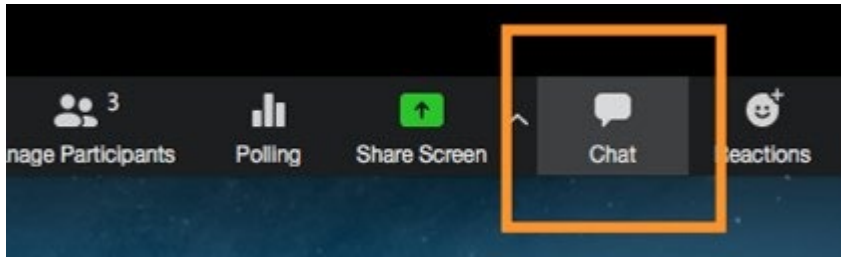




Please keep your microphone closed throughout the presentation.



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



You can also ask your questions in the chat section.

If you have not obtained your immigration documents by the start of the session (January 12)

**Faculty's academic advisors
(gestion des études)**

Contact your faculty:

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

**Registrar's Office (Bureau du
registraire)**

To find out about your options, contact the sector indicated on your admission offer or at reg@reg.ulaval.ca

For information on obtaining the necessary immigration documents, please refer to the ULaval Immigration page:

[Immigration | Université Laval \(ulaval.ca\)](#)



It is never a good idea to arrive after the session has started!

Presentation outline

- Registration and participation in courses
- Finances and budget
- Insurance
- Housing
- Arrival date and flight ticket
- Customs clearance
- Transportation in Quebec
- Essentials (cell phone, Internet, bank account opening, SIN)
- Welcome activities
- Checklist, Bureau de la vie étudiante and associations

Quebec City

Geographic location

3,5 h from Laval

3 h from Montréal

5 h from Ottawa

8 h from Boston, É.-U.

8 h from Toronto



REGISTRATION AND PARTICIPATION IN COURSES

Identification glossary

- **IDUL: Identifiant Unique ULaval**, it consists of a maximum of eight characters and is generally made up of five letters followed by zero to three digits. It is used to access many of Université Laval's IT services.
- **Password (NIP)**: it is used as a password in several Université Laval systems. In particular, it is used to access monPortail.
- **NI: Numéro d'identification**, it consists of nine digits and is indicated on your official documents. The NI appears on the Université Laval identity card issued at the beginning of the session.

For more information: <https://www.ulaval.ca/technologies-de-linformation/identifiants-et-mot-de-passe>

Admission and registration

Two distinct processes:

Admission offer: confirms your eligibility to study in a program and allows you to begin the process of coming to Canada.



Registration: consists of choosing the academic activities (courses, internships, writing and research activities) you will engage in during a semester. **Must be completed before each new session, throughout your studies.**

Your first registration

- By your Faculty's academic advisor
- By **yourself** in [monPortail](#) (*Identification with your IDUL and password*)
- To validate your choices, we recommend that you contact your [Faculty's academic advisor](#).
- Once you've accepted your admission offer, keep an eye on your **@ulaval.ca e-mail inbox**. Your program director will provide you with useful information to help you prepare for the upcoming session and choose the courses you will take.
- If you have any questions about MonPortail, meet our welcoming team at Pavillon Maurice-Pollack, room 1106, on January 3 to 12

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.



How courses work

- How MonPortail works
- Fast-paced sessions from the first week of class
- Autonomy in learning
- Participation in lessons and assignments
- Accessibility of teachers
- **No catch-up exams**

FINANCES AND BUDGET

Planning your budget and financing your studies



Plan your budget using the [available tools](#):

- Tuition and material costs
- Housing, home insurance and installation costs
- Food
- Transportation
- Utilities (Internet, cell phone, electricity)
- Private insurance (family members)
- Health
- Weather-appropriate clothing
- Daycare
- Hobbies

Planning your budget



Fees

Proper planning is essential to ensure you have the financial resources necessary to meet your needs and pay for your studies. Be sure to review the detailed information available about your tuition and other fees.

FEES

Sample expenses

Here are examples of essential expenses to plan for your study project, according to your student profile, in order to know the income that will be necessary to balance your budget throughout your academic career. These examples are intended to inform you about the cost of living in Quebec City, employment income and savings to plan. Ask your faculty, national government and grant agencies about funding opportunities.

INTERNATIONAL STUDENTS*	CANADIAN CITIZENS AND PERMANENT RESIDENTS
Sample expenses – Undergraduate studies	Sample expenses – Undergraduate studies
Sample expenses – Master’s studies	Sample expenses – Master’s studies
Sample expenses – Doctoral studies	Sample expenses – Doctoral studies

To make sure you have the financial resources to meet your needs, consult the [Cost of studies and sample expenses section](#) of the Bureau des bourses et de l'aide financière (BBAF) Website.

*Visit the [Managing your money](#) page on the Bureau de la vie étudiante de l'Université Laval Website to get information about: Bank account, Cost of living, Transferring money, Main financial institutions, Debit and credit cards.

Details on tuition and fees



Once the session has started, you can consult the account details in Capsule to find out the provisional amount that will be billed to you:
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 centers in Quebec are not free! There are both subsidized and private daycare centers. Places are hard to find.

Register as soon as possible at the [Childcare Services Registration portal](#) or plan a financial or family alternative.

Rates can run from \$45 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 reciprocal agreement with Quebec:

- ✓ Belgium, Denmark, Finland, France, Greece, Luxembourg, Norway, Portugal, Romania, Serbia and Sweden.
- ✓ Contact your health organization to find out if you are covered by the reciprocal agreement. Before you leave, you need to obtain a certificate of affiliation to your country's social security plan.
- Consult the [Web site](#) for more information
- Do NOT go to the RAMQ offices; registration is done online, once you have arrived in Quebec.



Send proof of eligibility to the Registrar's Office by e-mail to assurances@reg.ulaval.ca no later than January 31, 2026.

If you plan to arrive in Canada before RAMQ comes into effect, you'll need to take out **private** insurance. See our [page on this subject](#).

Complementary insurance: ALUMO (ASÉQ)

- Not for exchange students.
- DENTAL and HEALTH CARE 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.
- For more informations: [Santé étudiante \(ASEQ\)](#).

Consult the « Coverage at a glance» section of the [insurance page 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](#).

- **CHILD less than 17 years old:**

Minor children are eligible for health and medical insurance (RAMQ, free public plan) if they are present in Quebec for more than 6 months per year.

- **Other family members:**

May also be eligible for RAMQ if they have authorization to stay in Canada (work permit, study permit or visitor record) and are listed on your reciprocal agreement form (with the exception of spouses of students from Greece). Dependent children between the ages of 18 and 25 may also be eligible if conditions are met. Registration is online at <https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/register>.

- An application form must be completed for each family member.

HOUSING

Finding an accomodation



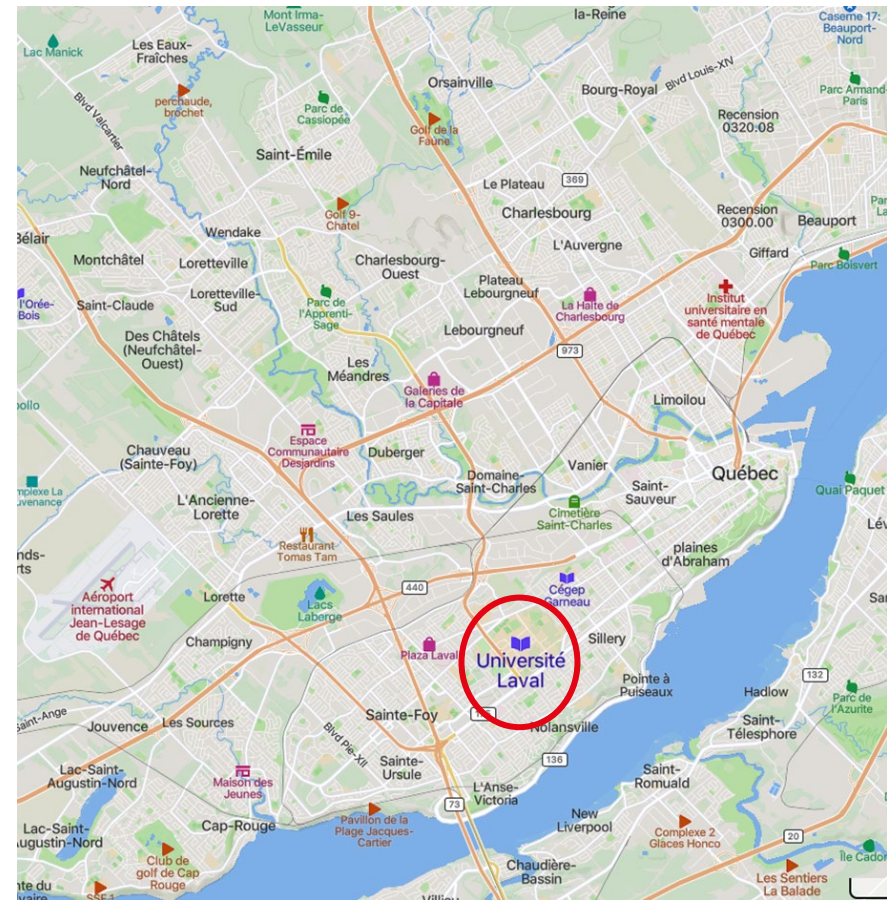
****Warning: There is currently a housing crisis in Quebec**.**

- 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, take a look at the various housing search platforms in Quebec City.
- Temporary stay at your arrival: If you arrive in Quebec City without accommodation, you'll need to find a temporary alternative. Check out these alternatives.
- Home insurance: We **strongly recommend** that you take out home insurance to cover possible damage to your home or theft. Even students living in university residences should take out such insurance.

Locate Université Laval

Look for housing near bus routes 800, 801, 804 and 807. Montcalm, Saint-Jean-Baptiste, Sainte-Foy, Saint-Roch, Saint-Sacrement and Old Quebec are the areas closest to U Laval.

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 Quebec City (Lévis, Saint-Romuald, Charny) are often more affordable. You'll need to plan your bus travel time accordingly.



CHOOSING YOUR ARRIVAL DATE

Prepare for your stay



Choosing your arrival date


- ✓ We recommend that you arrive at least 1 to 2 weeks before the start of the class.
- ✓ If you wish to arrive in Canada before the effective date of your insurance or in another province, you will need to take out **private insurance that will be in effect from the moment you travel to Canada.**

Booking a flight

- ✓ Make sure your immigration documents are approved before you buy a plane ticket.
- ✓ Check your airline's travel advice.
- ✓ There are two main airports in Quebec: Jean-Lesage airport in Quebec City and Pierre-Elliott-Trudeau airport in Montreal.

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'll 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**
 **light.**
- Your study permit (if required) will be issued on site. Check your study permit to ensure that your personal information is correct and that it clearly states your right to work.
- For more information: [Travelling to Canada and clearing Canadian customs](#) and come to our sessions « [Clearing Canadian customs and issuance of your study permit](#) »

TRANSPORTATION

Your transportation from the airport to Université Laval

From Montreal's Pierre-Elliott-Trudeau airport

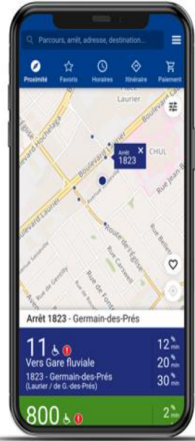
- [Orléans Express](#) buses have departures from the airport and downtown Montreal, several times a day. The journey takes about 3 hours.
- [VIA Rail](#) trains also run from Gare Centrale de Montréal to Gare du Palais (Quebec City Centre-Ville) and Gare de Sainte-Foy (closer to ULaval).
- You can also take a connecting flight to Québec City's Jean-Lesage airport.

From Jean-Lesage airport in Quebec City

- You can take bus number 76 from [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](#).

Nomade and Paiement Nomade applications

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 à Vélo
- Consultez le temps réel et le temps planifié de STLévis
- Réservez un véhicule Communauto.
- Accédez rapidement à l'application RTC Nomade paiement.
- Application accessible sur Android 8.0 et + et iOS 13 et +.

[RTC Nomade](#)

[RTC Paiement](#)

[LPU](#)



- Regular students will receive an e-mail before the start of the session to order their bus pass (LPU). Exchange students will receive a certificate giving them access to the service.
- While waiting for your LPU card or its validity date (January 1), 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/>

ESSENTIALS



Cell phone and Internet

Check out the different cell phone and Internet packages available right now.

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

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

Opening a bank account

Banking institutions directory

Consult the “Main financial institutions” and “Bank account” 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 an account on campus

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 can be obtained free of charge.

Your SIN is confidential, so it's important to protect it against [fraud](#).



WELCOMING ACTIVITIES

Welcoming activities of the Bureau de la vie étudiante

- ✓ Other predeparture information session
- ✓ Mandatory information session
- ✓ Welcoming team
- ✓ Sports and social activities
- ✓ Workshops and presentations
- ✓ Buddy program
- ✓ Discover Quebec activities



Crédit photo: Dany Vachon/ULaval

Back-to-school activities

Faculty's activities

Your faculty may invite you to a welcome session and complementary activities! Check your @ulaval.ca e-mail so you don't miss a thing!

Journées d'accueil - 3 et 4 septembre de 9h à 16h



Lors des Journées d'accueil tous les partenaires de la Rentrée ULaval seront sur le Grand Axe pour vous rencontrer!

- Stands des associations étudiantes parascolaires
- Stands des unités et services de l'ULaval
- Présence des partenaires externes (popcorn, slush, etc.)
- Animation sportive, espaces détente, prestations musicales et encore plus

Tentes des associations étudiantes de campus (CADEUL et ÆLIÉS)

- Information générale
- Distribution d'agendas
- Hot-dogs offerts aux étudiantes et étudiants

Back-to-school event

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 13, 2026

CHECKLIST, BUREAU DE LA VIE ÉTUDIANTE AND ASSOCIATIONS

CHECKLIST: PREPARING FOR YOUR ARRIVAL

The Bureau de la vie étudiante provides you with a checklist containing all the steps you need to take to prepare for your arrival in Quebec City! This information and advice will help you adapt to your new environment.

English version: [Checklist: Preparing for Your Arrival](#) (PDF)

French version: [Aide-mémoire: préparez votre arrivée](#) (PDF)



Bureau de la vie étudiante



The BVE is responsible for welcoming and integrating international students, supporting them throughout their studies, and much more!

Consult our Web site:
www.bve.ulaval.ca, such as the [Living in Quebec section](#) giving you essential informations!



Student associations on campus

There are a number of different student associations:

- International Student Community
- Spiritual and religious associations
- Departmental associations
- Associations by cycle of study
- Extracurricular associations

<https://www.bve.ulaval.ca/projets-parascolaires/associations-etudiantes/>

Thank you!

Bureau de la vie étudiante

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

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

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