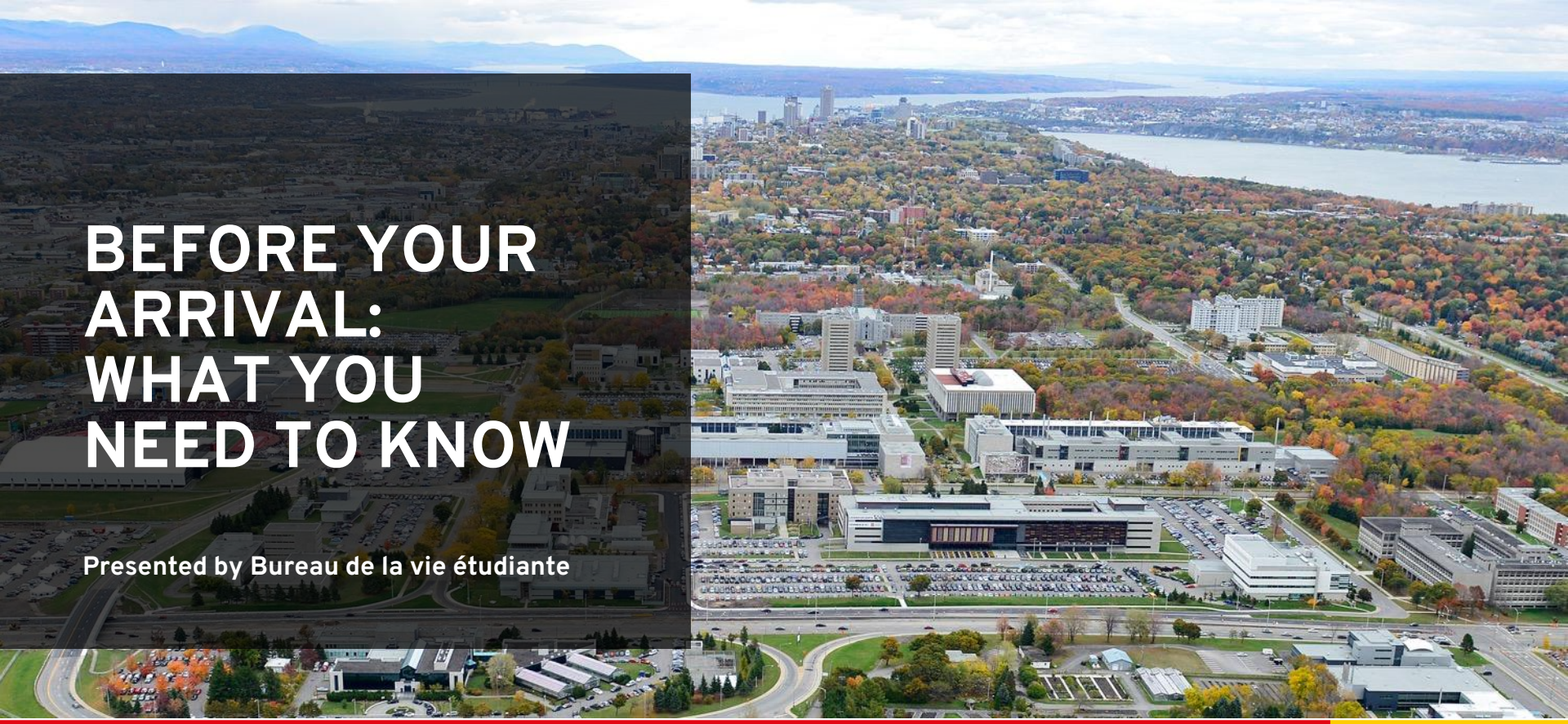


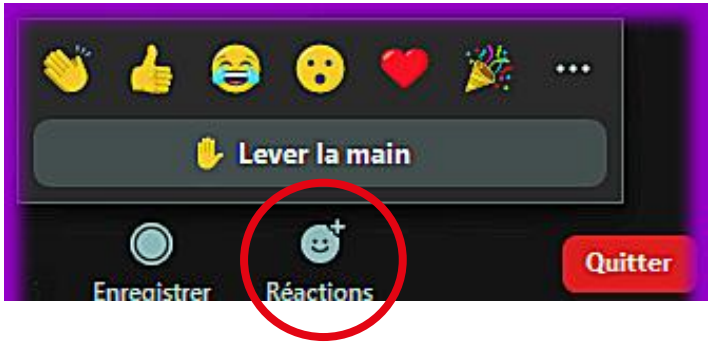
BEFORE YOUR ARRIVAL: WHAT YOU NEED TO KNOW

Presented by Bureau de la vie étudiante

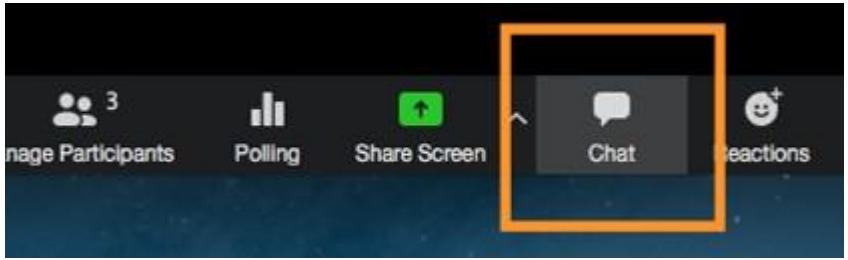
UNIVERSITÉ LAVAL



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 (December 11)

Faculty's academic advisors (gestion des études)

Contact your faculty :

https://www.ulaval.ca/espace-etudiant/gestion-des-etudes-en-facultes

Registar'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!

UNIVERSITÉ LAVAL

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



UNIVERSITÉ LAVAL

REGISTRATION AND PARTICIPATION IN COURSES

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Identification glossary

- **Identifiant Unique ULaval (IDUL) :** it consists of a maximum of 8 characters and is generally made up of five letters followed by 0 to 3 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. You will usually be asked to log in to the various platforms using your IDUL and password.
- **Numéro d'identification (NI) :** it consists of 9 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

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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.**

UNIVERSITÉ LAVAL

Your first registration

- By **yourself** in monPortail (Identification with your IDUL and password)

- By your **Faculty's academic advisor**

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, visit the website and come meet our reception team who will be at Le Point, located in the Maurice-Pollack Pavilion, room 1106, from January 4 to 9.

UNIVERSITÉ LAVAL

Knowledge of French

Université Laval is a French university. Although some classes and reading can be offerded 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 and Brio
- Fast-paced sessions from the first week of class
- Autonomy in learning
- Participation in lessons and assignments
- Accessibility of teachers
- No catch-up exams

UNIVERSITÉ LAVAL

FINANCES AND BUDGET

UNIVERSITÉ LAVAL

Understanding your yearly financial needs



Having a sound financing plan is an important part of planning your studies. To determine how much money you will need to support yourself and cover all study-related expenses, watch our short video and review the annual expense estimates for your level of study. They should give you an idea of the cost of living in Québec City.

Annual expenses

Undergraduate

$46,863–$51,103 per year*

Master's

$36,757–$45,594 per year*

Doctorate

$22,173–$39,249 per year

Breakdown of expenses and tuition fees ›

*Supplemental tuition fee exemption programs and scholarships can significantly reduce these amounts.

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

UNIVERSITÉ LAVAL

Planning your budget

Example of the cost for a year of study at the undergraduate level (international student)

Cost of one academic year	
Tuition (30 credits per year) Includes the $1000 tuition deposit paid on acceptance of the offer of admission.	$28,232.96
Health insurance (Université Laval group plan)	$900*
Student residences or Off-campus apartment with roommates **Note:** The housing cost estimate is calculated based on the price of a room in university residences or the average rent of a shared apartment off campus.	From $5,400 to $9,640
Groceries	$6,160
Public transit for Québec City and Lévis for the fall and winter semesters.	Pass included in tuition
Expenses related to your study, health care and other personal expenses	$6,170
Total annual expenses	**From $46,863 to $51,103**

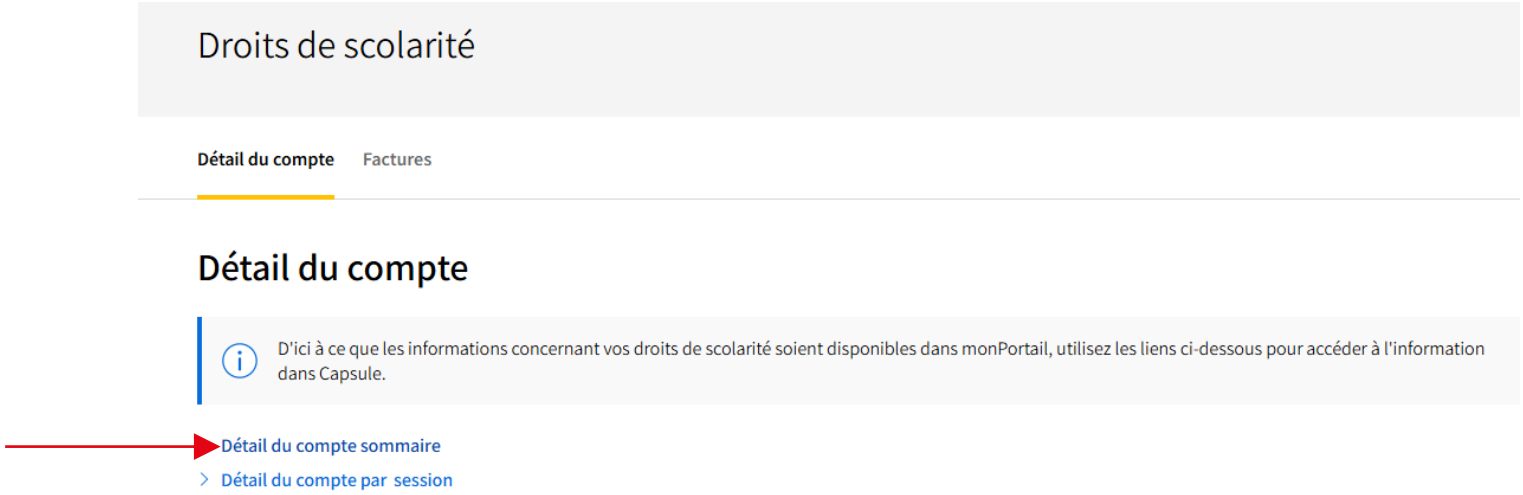


To ensure you have the financial resources you need to meet your needs, visit the personal finance section of the Student Space.

UNIVERSITÉ LAVAL

Details on tuition and fees

Once the session has begun, you can consult the account details in monPortail → Tuition Fees → Summary Account Details to find out the amount you will be billed:



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 $90/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.

UNIVERSITÉ LAVAL

Family

Note that Université Laval has a Student Parent Policy.

If your children are accompanying you, we invite you to request your parent-student certificate using the form for this purpose.

You may be eligible for certain benefits or conciliation measures.

It should be noted that international students are required to have a full-time registration for each mandatory session.

UNIVERSITÉ LAVAL

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 December 31, 2027.**

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 (ALUMO).

Consult the « **Coverage at a glance»** section of the insurance page for international students

UNIVERSITÉ LAVAL

CAPSULE

Le libre-service Web des études

Renseignements personnels | Renseignements sur les études

Détail du compte par session

Le détail du compte indique au moment où vous le consultez votre solde et le sommaire de vos

Vous pouvez acquitter votre solde sans attendre l'émission d'une facture électronique. Votre nur

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'échance de l'adhésion:

UNIVERSITÉ LAVAL

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

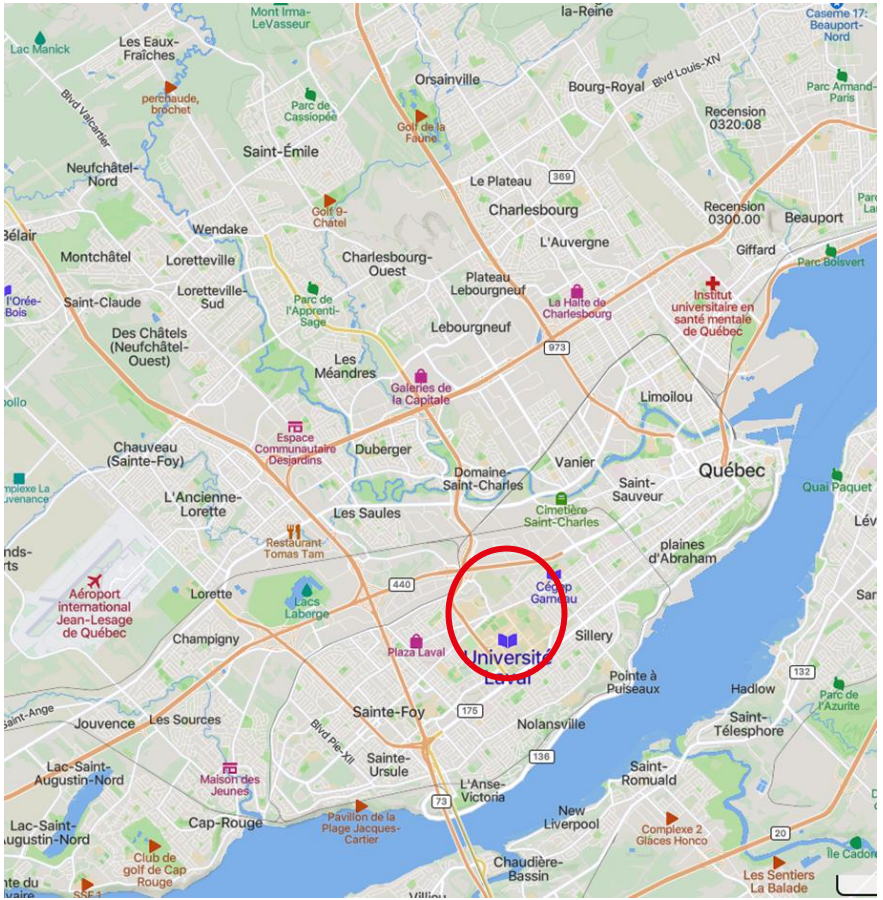
It could be hard to find affordable housing!

- 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 804, 805 and 807. Montcalm, Saint-Jean-Baptiste, Sainte-Foy, Saint-Roch, Saint-Sacrement and Old Quebec 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 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 and requirements to enter Canada.
- ✓ There are 2 main airports in Quebec: Jean-Lesage airport in Quebec City and Pierre-Elliott-Trudeau airport in Montreal.

UNIVERSITÉ LAVAL

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 flight. Download and fill out ArriveCan before you leave to speed up the process at the primary checkpoint.**



- 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 805 to Université Laval.
- You can take RTC bus no. 80, which connects with no. 804 to Université Laval.
- You can also take a taxi to your place of residence or check out our page on transportation.

UNIVERSITÉ LAVAL

Nomade and Paiement Nomade applications



- 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 (September 1), you can purchase tickets via the RTC Paiement application or at an RTC point of service.

RTC Nomade

RTC Paiement

LPU



Public transit section : Transportation and travel | Université Laval

UNIVERSITÉ LAVAL

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.

UNIVERSITÉ LAVAL

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.

Opening an account on campus

The Desjardins cooperative is present on the Université Laval campus.

https://www.ulaval.ca/espace-etudiant/communaute-etudiante-de-linternational/vie-et-culture-au-quebec/gestion-de-ses-finances-au-quebec

UNIVERSITÉ LAVAL

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.

Service Canada

Your SIN is confidential, so it's important to protect it against fraud.

UNIVERSITÉ LAVAL

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

UNIVERSITÉ LAVAL

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!



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.

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 12

UNIVERSITÉ LAVAL

CHECKLIST, BUREAU DE LA VIE ÉTUDIANTE AND ASSOCIATIONS

CHECKLIST : ORIENTATION AND INTEGRATION

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 : Orientation and integration (PDF)

French version : Checklist : Orientation and integration (PDF)



UNIVERSITÉ LAVAL

Bureau de la vie étudiante (BVE)



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

Consult our Website :

International student community | Université Laval



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

[Associations étudiantes | Espace étudiant | Université Laval]

Thank you!

Bureau de la vie étudiante

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