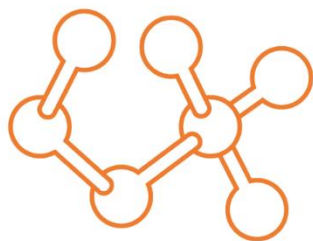
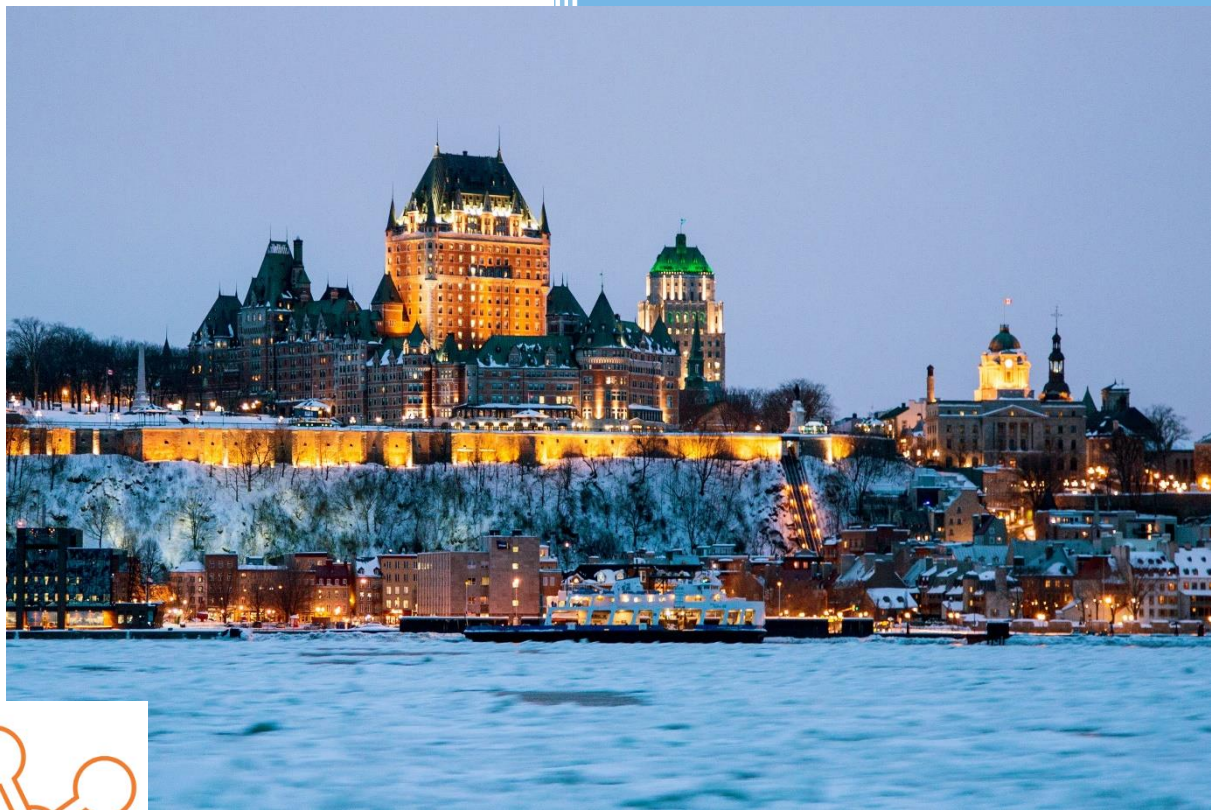


Part 2

AFTER: everything you need to know or do once you're here!



RÉAGIR

This short guide consists of two parts:
one for BEFORE your arrival (1) and
another for AFTER (2)!

Réseau RÉAGIR
Faculté de médecine
Université Laval

Foreword

This document is intended for new graduate students in the [Faculté de médecine](#) at Université Laval. It was designed by graduate students, like you. We have tried to gather all the information that we found useful/essential for your arrival, to the best of our knowledge.

This guide is available in printed format in the various research centers as well as in PDF format on the [RÉAGIR website](#).

If you want to participate in the improvement of this guide, send us your suggestions to the following address: reagir@fmed.ulaval.ca.

Participants and Authors:

Josy Baldaheani Naud
Jérémy Bernard
Imène Boudaoud
Kaoutar Ennour-Idrissi
Estelle Gouriou
Camille Illiano
Aurélié Lacouture
Camille Lafront
Marine Lambert
Delphine Masi
Victoria Massamba
Melina Papalampropoulou-Tsiridou
Windsor Ting
Emilie Wong Chong



Find RÉAGIR on social media:



Table of Contents

Foreword.....	1
Participants and Authors:	1
Table of Contents.....	1
Procedures Upon Your Arrival.....	2
Getting around Quebec	2
The <i>bureau du registraire</i>	3
Studies management service (<i>Gestion des Études</i>) of the Faculté de médecine:	4
Get your SIN (Social Insurance Number):..	4
How to get to the RAMQ (<i>Régie de l'Assurance Maladie du Québec</i>):	4
Go to your research center and formally meet your team	5
Pay your University registration on site or online.....	5
Paperwork.....	6
Banks	6
Insurance (health, dental, home, etc.).....	8
Taxes	9
Other Important Aspects.....	10
Obtain a residential internet and telephone subscription:	10
Working while studying.....	10
Medical consultations	11
Integration	13
Student associations	13
Food.....	13
Furnish yourself (at a lower cost).....	15
Equip yourself for the cold (at a lower cost):	16
Succeed in Your Studies and Research Project	17
Register for research credits (<i>Activités de recherche</i>).....	17
Collaboration plan (formerly known as “training plan”)	17
Scholarships.....	17
Campus services.....	19
Tips for graduate studies	20
Writing of the master’s and Ph.D.’s thesis (FÉSP)	20
Little Extra Tourism	21
Annex 1: Contacts for Several Student Associations of Interest to Graduate Students in the Faculty of medicine.....	25
By Study Program:	25
By Research Axis (CRCHU):	25
By research Center:.....	26

Procedures Upon Your Arrival

Welcome to the club of Université Laval students in Quebec City!

You've just arrived, you don't know where to begin? No worries... We are here!

Getting around Quebec

By bus: *Laissez-passer universitaire (LPU)*

To travel around Quebec, the easiest ways are by walking or bicycling. However, for longer distances or during the winter, the bus remains the ideal option. The drivers do not have cash, so make sure you always have the exact amount of money to take the bus (\$3.50 for a one-way trip with a possible bus connection within the hour). When paying, if you're not using an OPUS/magnetic card, claim your connection ticket from the driver to be able to make a bus connection. You can also buy tickets in advance at many pharmacies or convenience stores. Several bus passes are available and might be useful while you wait to get your LPU. You can check which buses to take by creating a route on Google Maps or with the [Transit app](#). Also, more specific to the *Réseau de Transport de la Capitale* (RTC), the [Nomad application](#) allows you to buy electronic tickets and to know in real time the location of your bus when used with an internet connection.

Regarding the LPU, this service allows unlimited use of the RTC networks and the routes of the *Société de Transport de Lévis* (STLévis), including the Quebec/Lévis ferry, from September 1st to April 30th of the current academic year. You can request your LPU through monPortail (tab "Services" on the left menu). Since 2019, the LPU is included on a mandatory basis

in the University fees for full-time students who live in an area served by the local transit network (> \$120 directly on your tuition bill for the fall and winter sessions). During the summer, you will need to buy RTC or STLévis tickets as mentioned previously, but keep your LPU card since it allows you to benefit from significant student discounts on monthly passes, for example. LPU applications must be made at the beginning of each academic year. Are you starting your graduate studies in the winter term? Don't worry, you can also apply at the start of this session. There are certain types of students who can request a refund of the automatic fee, but the conditions are very strict. For more information, please check the [Université Laval LPU's](#) web page.

By car: International driver's licence to rent a car

You may be wondering if it's possible to drive in Quebec with your foreign driver's license. On the one hand, the driver's license for students is valid throughout their studies (same validity period as the study permit/Visa); you just have to ensure that your country has a reciprocity agreement with Quebec. However, if your driver's license authorizes you to drive a specific type of vehicle (trailer truck, etc.) in the country where it was issued, you must make sure that this is also the case in Quebec. You can ask the car rental agency that will process your request (by the way, [Communauto](#) is a very affordable rental company!).

On the other hand, for accompanying persons who are in Quebec for another reason than studies, the permit is valid only for the first 6 months. After that, you have to "exchange" your driver's license. If necessary, visit the website of the [Société d'Assurance Automobile du Québec \(SAAQ\)](#) for more information on this procedure.

Uber

That's right, Quebec is also served by the [Uber service](#)! Even if this is not the most economical option, it can be advantageous for trips that cannot be done by bus (night schedules, traveling with a bulky object, etc.). To get a price estimate, you can do so directly via the Uber app, or via their website. For example, a 7 km UberX run can cost you \$14 during the day, and a little more in the evening.

Uber is also a good option if you are a group of people coming home from a party, a concert or someplace else; it is indeed possible to share the costs of the ride directly if your friends also have the application on their smartphones. Just go to "Share the price of the ride" next to the amount displayed. However, this function does not work with Uberpool.

Taxi

Like any city of a certain size, taxis are also a possible option for getting around Quebec. The most well-known companies here are [Taxi Coop](#) and [Taxi Laurier](#), both of which have apps to make it easy to book a lift without having to call. It is also possible to evaluate the cost of your route before booking. Important point, if you pay in cash, be aware that **the drivers do not have change!** But don't panic, most taxis have modernized themselves over time and now offer the possibility of paying by card.

Bike

This [interactive map](#) gives you information on all the bicycle paths in the city. If you don't have a bike, you can rent one at a cost of \$1/hr with [Coop Roue Libre](#) if you show your student ID.

The bureau du registraire

When you arrive on campus, you will have to complete your registration by going to the registrar's office (*Bureau du registraire*), especially to drop off a copy of your CAQ and your student permit. They will then provide you with a brief information sheet containing the other steps to take care of, including getting your health insurance coverage and your social insurance number (SIN), which is necessary to receive financial compensation from your research director during your studies.



Location : Second floor of the [Jean-Charles Bonenfant pavilion](#), at 2345, Allée des Bibliothèques, Local 2440. There is a bus stop relatively close to the pavilion which is served by several RTC lines (800/801, 804, 13, 16, etc.).

Do not forget to bring any missing documents for your University record, including all of your old transcripts and **original** diplomas.

→ **Our advice:** In order not to get bogged down in the administrative appointment phase, you can put together a mini-file that will follow you everywhere. Put all the necessary documents in it. Don't forget that you will often have to provide the **originals!**

→ **You don't have a computer, internet, or phone to check the schedules, websites or your emails?** There are



computers available in the main [library of Université Laval](#) (Jean-Charles Bonenfant pavilion, 2345 Allée des Bibliothèques, Québec, QC G1V 0A6) or in the [scientific library of the Alexandre Vachon pavilion](#) (Basement of the pavilion (level 0), Avenue Médecine - Avenue des Sciences Humaines, Québec, QC G1V 0A6)

At Université Laval, you have unlimited access to the Wi-Fi Internet network called **eduroam** which covers the entire campus; you can access it using your IDUL (in this format: IDUL@ulaval.ca) and student password (PIN).

Studies management service (*Gestion des Études*) of the Faculté de médecine:

If you want more details about your course choices, credits, or any class equivalences that you could validate, you can contact the study management department of your master/doctoral program, or make an appointment with them by email (consult at the end of [this page](#) to find out which email address to write to according to your program and your needs). They will be able to confirm your acceptance within the Faculty and inform you about the things you need to do: in which courses to register and ideally in which session, how to pay your tuition fees (we talk precisely about this subject in [section 1.7](#) of this guide), etc.



Location: [Ferdinand-Vandry pavilion](#), 1600 Avenue des Sciences-de-la-Vie, 4th floor, Office 4645.

Get your SIN (Social Insurance Number):

The application for a SIN is made at a [Service Canada Center](#). You can get there by taking the 800/801 bus route.



Location: 2 addresses: 3229, Chemin des Quatre-Bourgeois, 3rd floor. 2500 Boulevard Montmorency #101, Quebec, QC G1J 5C7

The creation of the SIN is done very quickly (less than 10 minutes depending on whether it's crowded or not). To do so, you will need, among other things:

- An identity document (e.g., passport);
- A document proving your legal status in Canada (study permit);
- An address in Quebec. This can be a temporary address, but you will need it to receive confirmation of your SIN;
- Your parents' full names and surnames.

Documents that are neither in French nor in English must be accompanied with:

- Their French or English translation;
- A certificate or affidavit written and signed by the person who prepared the translation.

*** Due to the COVID-19 pandemic, requests are also made online. For more information, you can refer to the [Government of Canada's website](#) on this subject.*

How to get to the [RAMQ](#) (*Régie de l'Assurance Maladie du Québec*):



Location: 787, Boulevard Lebourgneuf, Québec (Quebec), G2J 0B5.

To get there, you can take the 382/582 bus in front of the Centre hospitalier de l'Université Laval (CHUL) or choose another route. Plan to go when it opens in the morning to avoid excessive waiting in the queue.

Once here, you will take all the necessary steps to obtain your famous "**carte soleil**" (sun card). We invite you to consult and complete the information on this [RAMQ link](#); it will then take you to the page that summarizes all the documents you need to provide according to your situation (e.g., form se-401-q102 for French people [as detailed in guide 1]).

**** Due to the COVID-19 pandemic, RAMQ registrations are done online by using this [link](#).**

It is also possible to reach a [help desk](#) for any questions during this process.

Go to your research center and formally meet your team

It's best to go to your new lab and talk to your director(s) as soon as possible. They will put you in contact with the human resources department of your research center for the formalities concerning your access (magnetic card and internet code), as well as your financial compensation. It may therefore be useful to already have a SIN and deposit information for your Quebec bank account when you sign your "contract". You will then need a void check that contains your bank account information to receive your compensation directly in your account (see [section 2.1](#) for opening a bank account in Quebec). If you do not have this information yet, it's alright, it's always good to get to know your new team first.

Pay your University registration on site or online

If you wish to pay your University registration directly on site, you can do so by going to *Le Point*, located at the entrance to the [Alphonse-Desjardins](#) and [Maurice-Pollack](#) pavilions.



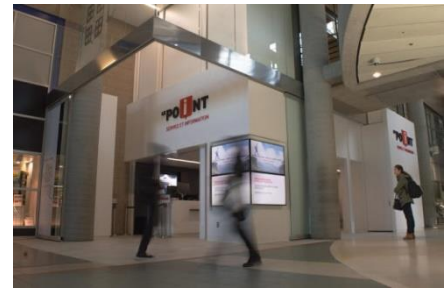
Location: 2325, Rue de l'Université, Québec (Québec), G1V 0B4.

Make sure you have your RAMQ certificate with you, otherwise you risk having to pay \$900 more than you should!

→ **Note:** it is possible to pay by **check**, **Quebec debit card**, **international or**

national transfer or cash, but foreign means of payment **will not be accepted**. For more information, we invite you to visit [this page](#).

If you prefer to pay online, it is possible to do so from your bank account by selecting Université Laval as the beneficiary and entering your customer number (written directly on your invoice).



Service *Le Point* of the Alphonse-Desjardins and Maurice-Pollack pavilions

Paperwork

Banks

Open a bank or cashier account (at Caisse Desjardins for example)

Most of the banks listed below have a branch near the University, on Boulevard Laurier (either at *Laurier Quebec*, *Place de la Cité* or *Place Sainte-Foy*). The Caisse Desjardins also has a counter at Université Laval directly in the Alphonse-Desjardins pavilion. You will need to make an appointment to open an account; it should take about 45 minutes. **Don't forget to request a void check** (otherwise, it can usually be created via your online bank account).

Here is a brief description of the advantages and disadvantages of each banking institution present in Quebec City:

Banks	Advantages	Disadvantages
Desjardins	<ul style="list-style-type: none"> - Numerous branches in Quebec, including one directly located on the Université Laval campus (Alphonse-Desjardins pavilion) - Université Laval branch is used to welcome foreign students - Good rates for students - Possibility of opening an account from certain foreign countries (e.g., France) - Offers prepaid VISA cards (instead of credit cards) - Access to certain scholarships if you are a Desjardins member 	<ul style="list-style-type: none"> - Does not provide credit cards to foreign students (unless we are able to provide them with proof of upcoming payment of a scholarship or financial compensation) - Difficult to have an English-speaking interlocutor
ScotiaBank	<ul style="list-style-type: none"> - With the <i>Scène</i> card, each time the card is used, it is possible to accumulate points to go to the movies - Part of <i>Global Alliance</i>: no fees when making withdrawals with the debit card at international partner banks 	<ul style="list-style-type: none"> - Only 2 branches in Quebec
RBC	<ul style="list-style-type: none"> - Offers a credit card even to foreign students 	<ul style="list-style-type: none"> - Not very flexible about increasing the credit limit - Expensive international transfer fees
Online banking institutions (Tangerine /ING direct)	<ul style="list-style-type: none"> - Low fees (among the cheapest) - Offers a credit card even to foreign students 	<ul style="list-style-type: none"> - Requires to already have an account in Canada - If you have a temporary SIN, it is necessary to provide them with proof - No physical branch
HSBC	<ul style="list-style-type: none"> - If you have an account with this bank both in your home country and in Canada, the fees for international transfers are low 	<ul style="list-style-type: none"> - To have a credit card, you must leave them an amount as a guarantee that they will give back only after a year if there is no payment incident until then (e.g., \$1,000 blocked to have \$500 credit)
Banque TD	<ul style="list-style-type: none"> - Unlimited plan at no cost for students - Possibility of having a credit guarantee (you'll have to pay only if you use it) - No withdrawal fees at other banks 	<ul style="list-style-type: none"> - Very few branches and counters - Not all counselors speak English
Banque Nationale	<ul style="list-style-type: none"> - Possibility of having a credit card without proof of income - 3 years of fixed monthly services at no cost - Offers a telephone support service for newcomers - 1st order of checks free - 1st year of rental of a safety deposit box free 	<ul style="list-style-type: none"> - Few counters/bank branches

Differences between a credit card and a debit card:

- The **debit card** allows you to pay directly with your bank account funds. As such, it is necessary to have funds in your account to be able to use it. It can be used in restaurants, stores and other physical businesses, but not online. You can make cash withdrawals with this card at the ATM without any problem.
- The **credit card**, on the other hand, can be used anywhere (for an electricity bill, online shopping...), but withdrawing money from an ATM often involves a fee since it's a cash advance. Depending on the banks and the conditions, it is possible to have a credit authorization of \$500 or more.

Please note that there are withdrawal fees if the debit card is used in a different banking institution than the one where your bank account comes from.

There is no immediate debit credit card (except the prepaid VISA card); therefore, you need to make sure you pay back your credit card regularly to avoid overdue charges on the date of your monthly account statement.

Insurance (health, dental, home, etc.)

- **Health insurance for foreign students:**

The [Université Laval's website](#) has all the necessary information about health insurance, but we have listed the important points here.

Quebec and Canadian immigration laws require non-Canadian students to have valid health and hospitalization insurance

for the entire duration of their stay in Canada. As a result, **all foreign students at Université Laval are automatically registered to the health and hospital insurance group plan of the Desjardins Insurance company**. The approximate annual cost of this private insurance is \$1,000; these fees will appear on your tuition bill for each new session. If you are a newly admitted student, you are covered as soon as you arrive on Canadian soil, that is, from August 15th for the fall session, from December 15th for the winter session, and April 15th for the summer session.

It is important to note that this insurance only covers Université Laval students. However, it is also possible to add your accompanying family members to this insurance; to do so, you must contact Desjardins directly by phone at +1 855 440-9884.

Finally, be aware that the Desjardins insurance card does not generally allow you to have access to consultations, treatments or medication without having to advance the costs (see the [general conditions](#) of insurance for more information). These can be very high (e.g., \$275 for a consultation at the CLSC [Centre Local de Services Communautaires]), but you can request a refund later. Moreover, know that consultations at the [Clinique médicale de l'Université Laval](#) (Université Laval medical clinic) are free!

→ **Important:** Some students can be exempted from this compulsory insurance plan and instead be registered with the RAMQ (see guide 1 for more details). In addition, if you would like to have a list of all the insurance companies that offer a “health insurance for Canada’s visitors”, we recommend that you consult the [Bureau de la Vie Étudiante](#) (BVE) website.

- **Dental care insurance:**

It should also be noted that all graduate students are automatically enrolled in **a dental care group plan**. This service is offered by AELIÉS (Association des Étudiantes et Étudiants de Laval Inscrits aux Études Supérieures), and ASEQ (Alliance pour la Santé Étudiante du Québec) in collaboration with Desjardins Insurance, in order to supplement the coverage offered by the RAMQ. Fees are automatically applied to your tuition bill for the fall and winter semesters (you must pay 1/3 in the fall and 2/3 in the winter). The total annual cost is around \$450, including \$200 for the dental insurance alone. If you keep this insurance, you are covered all year-round (including summer - the costs for the winter session are a little higher precisely to cover this session).

It is possible to unsubscribe from this insurance when paying the tuition fees, but **be careful, you usually have a period of one month to unsubscribe after the start of the session!** If you wish, you can also subscribe to a health care service which follows the same principle. To make your claims to the insurer following a medical intervention, a mobile application is available, and the process is quite user-friendly. You will find all the details of the offer available on the [ASEQ and AELIÉS websites](#).

Finally, you can also register for additional insurance in case of special personal needs.

- **Home Insurance:**

Several banks offer a home/tenant insurance service (such as the [Caisse Desjardins](#) for example) to insure the goods in your apartment. Do not hesitate to ask your bank for more information when opening your account. In order to make an informed choice in this area, there is a

[website](#) that compares insurance according to the characteristics of your accommodation. We strongly recommend that you register for such insurance, because misfortune happens so quickly... In general, the subscription fees are not very expensive, depending on the total of the goods you own.

Taxes

With the snow melting and the arrival of spring, Quebec's tax season also begins! As a foreign student who now lives in Canada, you automatically develop a residence bond, which implies that you will have to file a tax return. Indeed, your tuition fees are non-refundable tax credits that allow you to reduce your income tax. You will have until April 30th to file your tax return, or you will receive a penalty if you exceed this deadline.

Université Laval will provide you with two documents that will list the tuition fees that you have already paid: one for **provincial tax (Quebec)** and one for **federal tax (Canada)**. Your first declaration will be automatically made in paper format and specific to each member of your household (e.g., Do you live together? You must complete a declaration each). You will find more information on your situation on the [Government of Canada's website](#). If you're a little lost, Université Laval regularly offers information meetings on the subject during this period. You can also contact the [Clinique de l'impôt](#), use a software (e.g., [TurboImpôt](#)), or pay private companies or accountants who will do your taxes for you (e.g., [H&R Block](#), [monCPAenligne](#), etc.). If you don't have to pay taxes, you can carry over and use some or all the fees and amounts in a future year. Also, remember to make the transition with your home country's taxes too!

Other Important Aspects

Obtain a residential internet and telephone subscription:

- Internet:

For residential internet, if you stay on campus, rooms are already connected to the University's free Wi-Fi internet network, but you can also subscribe to a cable service. Please note that internet subscriptions can represent a certain budget here (between \$40 and \$120/month depending on whether you want to have an unlimited data subscription or not, cable TV, a landline, etc.). The market leaders are [Videotron](#) and [Bell Canada](#), but there are also new providers that operate on the networks of these two companies while offering a subscription at a lower cost, notably [Fizz](#), [Teksavvy](#) and [Oxio](#). However, it may not be possible to directly call customer service in the event of a problem, but only to be able to contact them by chat; fortunately, this does not seem to prevent great customer service.

If you are sharing or renting a room, a subscription could be already set up in the apartment. It's up to you to talk to your new roommates before moving in to find out whether this service is included in your rent or not.

Finally, to determine the amount of data and the appropriate internet speed for your household, there is this very useful [site](#) (click on "*Trouvez votre forfait*" ["Find your plan"]). It also allows you to compare the prices of different suppliers!

- Telephony:

It is strongly recommended that you compare phone operators before choosing a monthly plan or a prepaid card

offer. The companies previously mentioned also have mobile plans, but there are also the following providers: [Fido](#), [Rogers](#), [Virgin Mobile](#), [Telus](#) or [Koodo Mobile](#).

Please note: salespeople will explain this further to you, but in the subscriptions, certain services may be optional, in particular unlimited calls, voicemail, unlimited texting, data, etc. In addition, international calls are rarely included in plans (even those with unlimited calling) and are billed by the minute, which can quickly become expensive.

If the prices offered by these different companies seem too high for you, there are still lower-cost applications such as [Fongo](#). The latter allows you to have a Canadian VoIP number which requires an internet connection to work. However, when doing online transactions that require two-factor authentication with a code sent by text message, the Fongo number is not always accepted, and sometimes you can miss calls too. Alternatively, you can also use [WhatsApp](#) or [Telegram](#), two free apps that give you access to a messaging system that requires the internet to work.

→ **Note:** Telephone and internet frequencies used in North America differ from those used in other regions of the world; you must therefore check beforehand that your phone is compatible. Moreover, these frequencies also sometimes differ from one operator to another!

Working while studying

First of all, if you want to work during your studies, you should know that you will be able to do so only **after you officially start your University program**. Indeed, it is not possible to arrive in



shutterstock.com · 114239266

Canada in advance and start working while waiting for the beginning of your University session, as this requires a work permit.

In addition, to be able to work as a foreign student, your study permit must bear the mention: "Can accept a job on the campus or off the campus of the institution where they are registered if they meet the eligibility criteria provided for in R186F), V) or W)..." (check out [this link](#) which lists the regulations in points R186F), V) and W)). **Thus, your study permit type determines whether you can work while studying or not.** Note that the study permit allows you to work a maximum of 20 hours/week. Also, in addition to having a valid study permit, you will also need a SIN (see [section 1.4](#) of this guide for how to obtain it) to receive your pay.

There are several avenues to find a job. Firstly, we recommend that you visit the [Service du Développement professionnel website](#) (formerly known as the *Service de Placement de l'Université Laval* or SPLA) it publishes job postings on and off campus, but also internships, doctoral and master's project offers... in short, it is really an essential tool! You can also do your own research on external sites, such as [jobillico](#), [indeed.com](#), etc.

If you wish to work on campus, you must be registered full-time in a designated educational institution (e.g., at Université Laval). To work off campus, the same condition applies, unless you are near the end of your study program and are a part-time student. For more information on this subject, please consult the [Government of Canada website](#).

→ **Important:** Remember to agree on your working hours with your employer, and ideally with your research direction too, so that your job does not interfere with your studies and your research. Also, if you decide to work off campus, you and your

employer must make sure that the job you hold meets the criteria of your study permit.

Medical consultations

**** COVID-19 pandemic special note:** If you have symptoms similar to those of COVID-19 (fever, loss of smell and/or taste, unexplained runny nose, sore throat, cough, chest pain, prolonged fatigue), call 418 644-4545 or +1 877 644-4545. Do not go to a clinic without a doctor calling you, or to the emergency room, unless you have breathing problems.

Whatever the reason for the consultation, do not forget to always carry your health insurance card (issued by the RAMQ or by your private insurer) with you, as well as a piece of identification. Also, don't hesitate to ask for a detailed bill after the consultation - it will come in handy for refunds.

Public vs. private

On the one hand, if your major criterion is the time and duration of the consultation, it is possible that a **private clinic** is more suitable for your needs. It allows you to get an appointment within 24-48 hours at a fixed time, which also allows you to avoid having to take a day or a half-day off to go to your consultation. However, unlike the public service covered by the RAMQ, the payment of a consultation in the private sector is the responsibility of the patient. However, it is still possible that the RAMQ or your private insurance will reimburse certain medical acts (see "[How to get a refund?](#)", later in this section).

On the other hand, in **public systems**, or in private non-profit establishments, consultations are free but often without the possibility to schedule an appointment beforehand (these being reserved for patients affiliated with a family doctor in the system or of the institution in question). **In**

the case of a consultation without an appointment, we advise you to arrive as soon as possible (when the center or clinic opens) in order to wait less time...

Also, you should know that in many public medical clinics and hospitals, family physicians usually do not take on new patients as waiting lists are already very long. Furthermore, several clinics now ask you to go through this [website](#) first to schedule an appointment for the same day. Please note, the available schedules are updated at the start of the day and are booked very quickly!

You can also consult the [BVE page](#) which lists some medical clinics offering both consultations with or without an appointment. In particular, there is the Université Laval medical clinic, which offers free consultations without having to pay in advance (it is possible to fill out a form on site so that the costs are billed directly to your insurance).

Consultation without an appointment

During these consultations, it is not uncommon that a nurse will be the first person to review your symptoms before assessing whether to refer you to a doctor or not.

Be careful, doctors usually only treat one medical problem at a time and consultations go very quickly. **Make sure you have all your questions ready before your appointment by writing a short list!**

What about emergencies?

If you find yourself in a situation where your life is in danger, you can go to the nearest emergency room. [This site](#) lists the emergency services in Quebec City as well as their occupancy rate.

If you are not sure if your situation requires an urgent consultation or not, you can

always call 811; a nurse will give you sound advice and help you decide what to do next. Finally, if you need an ambulance, you can call 911, but it should be noted that the ambulance service is not free and can cost you \$600 or more... Depending on your insurance coverage, these costs can be reimbursed *a posteriori*, don't forget to inform yourself based on your enrolled insurance policy.

Do we have to advance the costs? How to get a refund?

As explained in section 2.2, your health insurance plan entitles you to the reimbursement of certain medical expenses. The [RAMQ](#) gathers all the services covered by their health insurance on their website. Here is also an [internet link](#) providing information on the costs covered by the Desjardins group insurance.

In the **private sector**, health professionals practicing outside the framework of the public plan determine their fees themselves and may not accept a health insurance card. You can request information on the status of the practitioner you want to consult when making an appointment, and whether they accept the RAMQ card or your private insurance card.

Drug purchases in pharmacies

Medications purchased with a prescription from the doctor are generally 80% covered by the Desjardins group insurance.

For people with a RAMQ card, the drug reimbursement plan is a little different: when you buy drugs covered by the public plan, you pay a portion of their cost, which corresponds to a monthly deductible and a co-insurance fee. For more information on the amount needed to spend on drugs, you can consult [this page](#) of the RAMQ. Otherwise, regarding the refund conditions

of drugs offered by the RAMQ, you can refer to [this link](#).

Finally, **this information only applies to prescribed drugs from a doctor**. Without that, you will not be able to be reimbursed and will have to cover the costs yourself.

Integration

Student associations

You'll see, Université Laval has many student associations (over 200!). You will surely hear about them during your studies, but to help you a little, we have summarized the highlights for you here.

The list of all the University associations is on the [website](#) of the *Direction des Services aux Étudiant.e.s* (DSE, Department of Student Services). Associations are classified according to the study cycle, type (faculty, departmental, program or extracurricular) and the objective of the association (culture, support, integration, advice, etc.).

For example, if you are already a parent or want to become one during your studies, there is the [APÉtUL](#) (*Association des Parents-Étudiants de l'Université Laval*, or Université Laval's Parent-Student Association) that will guide you throughout this process.



Here are some of the essential Facebook pages to follow:

- [Université Laval](#)
- [Faculté de médecine](#)
- [AELIÉS](#) (*Association des Étudiantes et des Étudiants de Laval Inscrits aux Études*

Supérieures, or Association of Students of Laval Enrolled in Higher Studies)

- [ACCEM](#) (*Association des Chercheuses et Chercheurs Étudiant à la Faculté de Médecine*, or Association of Researchers studying in the Faculty of Medicine)
- [RÉAGIR](#) Network (*Réseau d'aide des Étudiant.e.s Gradué.e.s Inscrit.e.s en Recherche*, or the Support Network for Graduate Students Registered in Research... and author of this guide!)

You can also find out about the associations within your program, your research axis according to the research center you are affiliated with, etc. (we have gathered several of them in [Annex I](#)) The important information of these groups is disseminated on their various social networks (Facebook, Twitter, Instagram and others), and some of these associations like ACCEM offer many scholarships, organize several events and are here to support you just like the REAGIR Network, so stay tuned!



Food

It is generally more economical to cook at home and bring a lunch (takeout) to the University or the lab rather than to go to a restaurant. The restaurants of the University or of the affiliated research centers (cafeterias, cafes, etc.) offer daily a few meal choices at lower prices compared to ordinary restaurants. In these venues, when you have table service and unlike some customs in other countries, you should **leave a tip of at least 15% of the bill**, an amount that you have to calculate before taxes.

In order to reduce your expenses as much as possible, Jean François Vinet, author of the book "*Étudier à Montréal sans se ruiner*" (Studying in Montreal without breaking the bank) (ULYSSE, 2010), advises to plan your diet according to the promotions present at the local supermarkets (by the way, the [Flipp](#) application is useful to know the weekly discounts). Moreover, it should be noted that from a certain amount spent, some grocery stores offer to deliver your groceries to your home free of charge (Metro, Provigo, etc.).

If you are looking for cooking inspiration, you will find some recipe ideas on websites such as [Ricardo](#), [Cuisine futée, parents pressés](#) or [Recettes du Québec](#). Note that measurements and doses are generally not provided in milliliters or grams, but in ounces (oz), pounds (lb) or cups (cup). Also, the temperature adjustments (of the oven for example) are noted in degrees Fahrenheit and not in Celsius, so you will have to get used to work with a converter!

Know that instead of having to do the grocery shopping yourself, there are also meal boxes directly delivered to your home that contain all the ingredients needed to make one or more recipes of your choice:

[GoodFood Market](#), [Hello Fresh](#), [Cook It](#), etc. Also, for the days when you don't want/can't cook, you can have meals delivered to your home via many applications such as [Uber Eats](#), [SkiptheDishes](#), [Resto Loco](#) or [Doordash](#).

Quebec Cuisine

Traditional Quebec recipes are adapted to the harsh winter climate. They mostly incorporate root vegetables (such as potatoes, carrots, beets, etc.), fish and seafood. We also enjoy good desserts made with maple, berries or apples that are found in abundance throughout the province.

Poutine is one of Quebec's best-known dishes. It is made with **fries** and **cheese curds** (fresh cheddar cheese, also called "*fromage skouik skouik*" because of the sound it makes when you chew it), covered with a **brown sauce** (made from beef or veal broth). Its precise origin is not known and many variations exist.



Another wonder of the Quebec diet is **maple syrup**. It is a naturally sweet solution, produced from maple water (a common tree found in the forests of northeastern North America) collected in early spring and subsequently concentrated by boiling. 75% of its world production comes directly from Quebec, that's something to be proud of! A common use of maple syrup is to pour it over pancakes, waffles or French toast, but it can also be used in many typical recipes such as *pouding chômeur*. After boiling the maple syrup, it can also be poured directly onto crushed snow, then rolled once cold

with a wooden pallet to eat it in the form of a soft candy: this is the famous and very popular **maple taffy**!



Finally, the best way to learn about Quebec cuisine is to discuss it directly with Quebecers! They will share with you their best spot for a good poutine and will introduce you to the pleasures of maple syrup and sugar shacks during the spring!

Furnish yourself (at a lower cost)

Buying new furniture can quickly increase your settling costs in Quebec. Here are some good places to furnish yourself second-hand.

- Kijiji :

[Kijiji](#) is a website for individuals to exchange goods and sometimes services. Many people advertise their used furniture through this site. The announcements are more numerous around July 1st when the inhabitants of Quebec typically move. It is important to be responsive in your research and to quickly contact the person that posted the ad if you are interested! We also advise you to come and look at the product in question before buying it. Do not hesitate to negotiate the price indicated on the advertisement and to ask for the said product to be delivered to you if it's difficult for you to collect it; many people are willing to do this for an additional charge (around \$10 usually) if it fits in a car!

On the same principle, you will find many advertisements on [LesPAC.com](#) or on [Marketplace](#) (Facebook).

- The Emmaüs Counter:



Located in *basse ville* ("lower city") in Old Quebec (915, Rue Saint-Vallier Est, Quebec, QC, G1K 3P9), the [Emmaüs Counter](#) is a must-see destination for students looking for used furniture. This is a large store spanning 4 floors. You will find furniture there, but also books, dishware, household appliances which are checked and repaired on site if necessary (you can have a three-month warranty on these devices), clothing, winter sports articles (ski, rackets), etc. Prices are affordable but can be negotiated, especially when you place a large order. It is also possible to have it delivered to your home for an additional cost of \$25. If you are looking for something in particular, we recommend that you visit their website regularly as their inventory changes often, especially around July 1st.

- IKEA:



Finally, if you are an [IKEA](#) fan, there is a store located in the Cap-Rouge district (3400, Avenue Blaise Pascal, Québec, QC, G1X 0E4). However, to spend hours strolling through the endless alleys, you will need to be patient, because if you do not have a car, the area is still poorly served by bus. Nevertheless, be aware that you can still have any order placed online delivered to you considering additional delivery costs. Moreover, don't hesitate to take a look on Facebook, you might find someone with a car planning the same trip as you; a great opportunity to also meet new people!



Equip yourself for the cold (at a lower cost):

- **Village des Valeurs:**

For big winter jackets, snow boots, pairs of gloves (which we often lose) and the famous toques (winter hats), the *Village des Valeurs* is the right address to find what we are looking for at a smaller cost.



There are 3 stores in Quebec, and one of them is a 25-minute bus trip from Université Laval (3355, Rue de la Périade, Quebec, QC, G1X 3V3). You can also find information about this store on its [website](#) or Facebook page.

- **On various Facebook groups/pages:**

You can find lots of good deals on the following Facebook groups (non-exhaustive list):

- « *Ma garde-robe vêtements pour femme Lévis/Québec* »;
- « *Vêtements femme Québec - vente / échange / don* »;
- « *Vêtements de marque à vendre (pas cher) Québec* »;
- « *Vide garde-robe à Québec* »;
- « *💰 les puces de facebook (Québec) 💰* » ;
- « *Les petites annonces de Québec et les alentours* »;
- « *Petites annonces des Français de la ville de Québec* »;
- And of course, the Facebook Marketplace section is always a good option to consider!

- **If you would rather invest in new clothes:**



A [Decathlon](#) is located just in front of IKEA (3390, Avenue Blaise Pascal, Québec, QC, G1X 0E4). This is the opportunity to equip yourself for the winter with new equipment but at an affordable price. More traditionally, you will also find good coats in stores like [La Baie](#), [Simons](#) or [Sports Expert](#). Don't hesitate to look out for sales so you can get great discounts early in the winter.

Succeed in Your Studies and Research Project

Obviously, we do not lose sight of the primary reason for your coming to Université Laval and Quebec City: to complete your research project and obtain your degree! Here is additional information to ensure the success of your graduate studies.

Register for research credits (*Activités de recherche*)

It is essential to remain full-time throughout your studies during each University session (fall, winter and summer). As such, even if you do not enroll in one-session courses, you must at least register for research credits (also called "*Activités de recherche*") in order to be considered full-time. This is important so you can keep your access to the LPU and also to be able to submit your master or Ph.D. thesis. The research activities for which you will have to register are defined in the description of your respective program or on monPortail → *Études* → *Inscriptions aux cours*.

If you do not complete your master's degree in 4 sessions or your Ph.D. in 8 sessions, there are credits that you can take "as an extra" to stay full-time while you finalize your experiments and/or your writing. Depending on the session you are in your syllabus, the credits to take are:

- TRE-6800: *Poursuite de la recherche - mémoire 1*: 5th session for master programs
- TRE-6801: *Poursuite de la recherche - mémoire 1*: 6th, 7th, 8th and 9th sessions MAX for master programs
- TRE-8800: *Poursuite de la recherche - thèse 1*: 9th and 10th sessions for Ph.D. programs

- TRE-8801: *Poursuite de la recherche - thèse 2*: 11th, 12th, 13th, 14th and 15th sessions MAX for Ph.D. programs

Collaboration plan (formerly known as "training plan")

The collaboration plan allows you to come to an agreement with your research director(s) on the type of supervision you want to have for the duration of your program. This is a mandatory form that allows you to find common ground directly at the start of your research project. **It is imperative to complete it by the end of your first session, and it must be renewed every new year (after 3 consecutive University sessions). For Ph.D. programs, it must also be completed in order to have access to your first progression grant on Capsule (see further).**

It must be done on the [Intranet of the Faculté de médecine](#) (IDUL and password identical to those for monPortail) → Profil → *Mes plans de collaboration* (My collaboration plans). **Please note: your research director(s) must first activate the collaboration plan on their own intranet session before you can accept it** (*Accès rapide* → *Plan de collaboration aux cycles supérieurs* (Quick access → Collaboration plan for graduate studies)). This is a good opportunity to make an appointment with your direction to discuss and finalize it together, but, if you ever want to get an idea of the format in advance, the Faculté de médecine has gathered the [points discussed](#) in the plan here. This site is also a great resource if you have any further questions on this subject!

Scholarships

First, you must distinguish a non-nominative grant from a nominative grant.

On the one hand, a **non-nominative grant** is a grant awarded by your research direction, from their own research funds. This scholarship will serve as a financial compensation for the duration of your graduate studies. The Faculté de médecine recommends a minimum of \$15,000/year for master studies and \$18,000/year for Ph.D. studies, but this is not mandatory (for more information, refer to the [graduate supervision policy of the Faculté de médecine](#)). This is one of the points on which you can come to an agreement with your research director through the collaboration plan.

At the same time, there are the Bourses de réussite ("Success Scholarships") of the FÉSP (*Faculté des études supérieures et postdoctorales*, or Faculty of Graduate and Postdoctoral Studies), which are bonuses given to graduate students to motivate them to pursue their studies. The exhaustive list of scholarships available according to the cycle, and the conditions to fulfill in order to obtain each of them, can be found on the [FÉSP website](#). If not specified otherwise, applications must be completed directly on the [Capsule portal](#) → *Renseignement sur les études et droits de scolarité* → *Activités de formation à la recherche* → *Soumettre une demande de bourse* (→ Information on studies and tuition fees → Research training activities → Submit a grant application). Watch out for the submission deadlines, specifically the one in the winter session which is at the end of March due to the end of the financial year! **At the Ph.D. level, concerning the progression grants available at each new session, it is imperative to complete the collaboration plan for the first time beforehand in order to be able to apply for these grants!**

There are also [tuition waiver scholarships](#) for some foreign students according to agreements between Quebec and various countries; don't forget to take a look, if you

can apply to any of them it will save you some money!

On the other hand, a **nominative scholarship** is a scholarship obtained in the context of a competition. This can be a research or a study grant (which can be used to increase your financial compensation) or an outreach or "travel" grant (used to finance your participation in national/international conferences or in training seminars). Your research direction will likely encourage you to apply: being a recipient of these kinds of scholarships will improve your academic CV, and the more you will receive, the greater are your chances of getting others! It is therefore very advantageous to browse the scholarships available on the [BBAF](#) (*Bureau des bourses et de l'aide financière*, or Office of Scholarships and Financial Aid) and to submit an application to one or more of them if you meet the selection criteria.

The best-known scholarships are those from the FRQ, CIHR, NSERC, [Mitacs scholarships](#), scholarships from the Faculté de médecine, scholarships from the Research Axis to which you are affiliated (including those from the *Fondation du CHU de Québec*) and doctoral/master's recruitment scholarships if you are starting a program at the Faculté de médecine. However, it is always important to check whether applications are open to foreign students because it is not always the case; the *Étudiants étrangers* (Foreign students) section on the BBAF website normally gathers scholarships where all students can apply, regardless of their nationality.

Most applications will require a Common Canadian CV, which you can complete directly on [this website](#) by creating an account (we advise you to work on it in advance if this is the first time you are doing so, as it may take some time to fully complete it!).


Finally, if you need more information on how to apply for a scholarship, the FÉSP has a very complete and practical guide on this subject (on this [page](#), go to the section *Guides utiles aux cycles supérieurs* (Useful guides for graduates studies), click the “*Guide pratique pour une demande de bourse d’études supérieures ou une bourse postdoctorale*” (Practical guide for a graduate scholarship application or a postdoctoral fellowship). We therefore invite you to consult it if necessary, and do not forget that your research direction and your future colleagues are also there to support you throughout this process!

Campus services

Université Laval offers a multitude of services for its students, the majority of which are [listed here](#). Here is also a small summary of the most popular ones:

- On campus we have two **libraries**, namely a main one (the one located in the Jean-Charles Bonenfant pavilion) and a "scientific" one (inside the Alexandre-Vachon pavilion). You can borrow books at no cost and work there in silence (which is useful while writing!). Also, it is through the [library portal](#) that you will be able to access [scientific journal articles](#) free of charge: simply go to the “Explore by discipline” tab → Medicine → Pubmed, then enter your IDUL and your PIN, and that's it!
- There is the [Student Assistance Center](#) (*Centre d'Aide aux Étudiants* - CAE) which can help you with any problems concerning your studies or your personal life. They offer lectures or workshops on various topics, and if necessary, you can contact their psychology department to seek help and support from a professional. At the

Faculté de médecine, we also have the [Department of Student Affairs](#) (*Direction des Affaires Étudiantes* - DAE) which manages issues specific to the students of the Faculty. Also, know that all the members of the [RÉAGIR](#) Network are there to listen to you and guide you to the right resources if necessary!

- The [CoopZone](#) is the perfect place to buy your course textbooks, stationery, and books at lower cost by becoming a member. In addition, they offer great student prices for electronics and software that you might find helpful. There are 2 stores: one on campus in the Alphonse-Desjardins pavilion and  the other in the city center (305, Boulevard Charest E, Québec, QC G1K 3H3).
- The University also has a **daycare center** ([CPE Centre-Jour](#)) which prioritizes welcoming [young children of parents who are teachers or students](#).
- The [PEPS](#), or the Physical Education and Sports Pavilion, is where the swimming pool, gyms and sports fields are all gathered so you can practice various sports such as badminton, tennis, soccer, basketball, hockey, ice skating, etc. As a student, you can [pay less](#) (or even [not at all!](#)) to train indoors, rent courts with friends to play together, etc. You can also sign up for lessons with a trainer to get back in shape, or simply to perfect your technique (e.g., dance lessons).
- The Alphonse-Desjardins pavilion also hosts a restaurant-bar and a coffee-pub, namely the [Pub Universitaire](#) (University Pub) (or Pub U) and the [Café Fou AELIÉS](#). Several events are organized there, and they are also ideal places for

happy hour after a day spent at the lab!

Tips for graduate studies

We're not going to hide it, this is a grand adventure that begins for you! Whether this is your first experience in graduate studies or you are already a little familiar with the subject, here is some advice that we deem relevant so that everything goes smoothly in this new chapter of your life.

- **Manage your time well:**

It seems obvious (and it is a bit), but the fact remains that having good organization skills is essential to carry out your research project and all the “extras” (courses, meetings, presentations, student associations/volunteering, etc.). Keeping an up-to-date agenda and laboratory notebook will be very useful tools so you can stay on track.

- **Maintain an acceptable pace of work:**

While your research topic is surely exciting, it's important to not overwhelm yourself. Yes, there will be rush periods (e.g., producing a lot of results just before a grant application, or finishing the revisions of a paper before the imposed deadline), but you must not maintain a hectic pace of work forever; otherwise you will end up very tired and be less and less motivated to pursue your research. Don't be ashamed to listen to yourself and slow down, we are human, not machines!

- **Do something other than the lab or classes:**

To follow up on the point above, a good way not to get too stuck in your studies is to plan other activities that are unrelated to the lab or classes. Keeping up a good social life, playing sports, and even

practicing your favorite hobbies are all great ways to take a bit of a breather from your research project. Your mind will thank you for this well-deserved break!

- **Have good communication with your research supervisor(s):**

One of the most important aspects to ensure the smooth running of your project is to communicate with your supervisor(s) throughout your graduate studies. Whether it is to be guided, to solve a problem or simply to learn more about a subject, their role is to act as mentors: they must help you to ensure your success. Obviously, this point also implies good communication with the rest of your team, whether with research professionals or with other graduate students, to have support in the laboratory and maintain a good group cohesion. If you ever have any concerns with your research direction, don't hesitate to talk to the DAE or to one of the RÉAGIR Network members, we are here to help you!

In the same vein, the FÉSP has written a practical guide on how to get the most out of your graduate studies (on this [page](#), go to the section *Guides utiles aux cycles supérieurs* (Useful guides for graduates studies), click on “*Guide de cheminement aux cycles supérieurs*” (A Guide to Graduate Studies). Be sure to check it out for more helpful tips on the subject!

Writing of the master's and Ph.D.'s thesis (FÉSP)

Congratulations, you're almost reaching the finish line! Writing your thesis is a laborious but mandatory step to complete your research project. The [FÉSP](#) is the essential resource for this matter: it acts as a bridge between the students and the judges during the evaluation process, and it gives all the guidelines for the format

(master's and Ph.D.'s thesis templates are available on their page) and the documents that must be completed for the initial deposit. Interestingly, AELIÉS frequently organizes writing retreats ([Et si on rédigeait !](#)) for graduate students from all programs to create a good writing atmosphere; indeed, it's easier to get started and stay motivated when we do it together!



Little Extra Tourism

One of the first things to visit in the city is certainly Old Quebec, which has managed to keep its old architecture and its strong European character. Along the Saint-Jean Street, you will find many shops and restaurants, then you will eventually reach the [Town Hall](#) (*Hôtel de Ville*) and the *Place d'Armes*, and finally the famous [Château Frontenac](#), which has been transformed into a luxury hotel. Even if sleeping there is expensive, it is still possible to visit the inside of the building which is beautiful. You can then continue your walk on the [Dufferin Terrace](#): the view of the St. Lawrence River is breathtaking! Moreover, during winter, it is possible to sled down the impressive [slides of the Terrace](#). Close by, there is also the grandiose [national historic site of La Citadelle](#). Finally, you can end your walk by strolling through one of the city's most peculiar and popular districts, the [Petit Champlain](#). Very close to there is the [Museum of Civilization](#), as well as the [Old Port](#), where it is nice to watch the various boats docking there. To get an

overview of the many tourist attractions in Old Quebec, you can check [this site](#).

If you want to observe one of the most beautiful landscapes in the province, we strongly suggest that you take a trip to the [Parc de la Chute Montmorency](#) (Montmorency Falls Park). It is located about 15 kilometers from the old town and can be reached by bus (800). The falls are 83 meters high, 30 meters more than the famous Niagara Falls! For those who thrive on adrenaline, there is a doubled 300-meter zipline, a via ferrata, and a cliff-top hiking trail accessible at reasonable costs. You can also climb the numerous steps to get on top and cross the suspension bridge during the summer; it's quite an experience!

A little further outside of Quebec City, there is the beautiful and magical [île d'Orléans](#). This small island is accessible by a bridge near Montmorency Falls and offers a variety of activities mainly focused on agrotourism. Notably, at the start of fall, apple and pumpkin seasons draw crowds so you can do your own picking directly in orchards or fields. In spring, it's the turn of the many sugar shacks to accommodate tourists and families to celebrate the maple sugar season by consuming lots of maple-based products. In summer, picking berries like strawberries and raspberries is in full swing. The only constraint is that unfortunately it is more difficult to get to the island without a car.

In Quebec City, there is no shortage of parks and gardens for a change of scenery. Obviously, there are the very large [Plains of Abraham](#) near Old Quebec which, in addition to their historical past, are ideal for picnicking in summer and for practicing various sports even in winter (cross-country skiing, skating, sliding). There is also the



MUSÉE DE LA
CIVILISATION
Québec

[Base Plein Air de Sainte-Foy](#) which is the perfect place to practice several outdoor activities near the city center. If it is not the flora that interests you but rather the fauna (especially aquatic), the [Aquarium de Québec](#) will know how to charm you. In summer, several shows with sea lions and walrus are organized there, and in winter there is the *Festilumières* (Lights Festival) which is absolutely magnificent. In general, you can consult the [Sépaq website](#) for information on all Quebec establishments related to the outdoors (this includes



Festilumières

national parks but also wildlife reserves)!

Of course, you will never have the full Quebec experience if you don't embrace the snow. If you are already a professional in winter sports, you will not be disappointed! There are a number of ski resorts relatively close to town (the closest being [Le Relais](#) and [Stoneham](#)) and ice rinks for skating. If you are more of a fan of sliding on "trippes" (inner tubes), the [Village Vacances Valcartier](#) is for you (in the summer, it's transformed into a water park). This company also manages the [Hôtel de Glace](#), a hotel literally made of blocks of ice that is rebuilt every winter. It is possible to visit it, but also to sleep there for the bravest! Otherwise, the [Quebec Winter Carnival](#) is a good introduction to several winter activities, which brings a festive atmosphere for 10 days in the heart of the old town.

In Quebec, there are many festivals throughout the year. The most famous of them is certainly the [Festival d'été de Québec \(FEQ\)](#); it is even currently the

largest summer festival in all Canada. With 10 full days of concerts, different stages, daytime activities and world-renowned singers, this event can be one of your best memories of your time spent in Quebec! Tickets are also very affordable and profitable, so it's worth going. Otherwise, if you like to eat well, you will be pampered by the various food-related events organized by restaurants in Quebec, where for a week some of them offer their own version of a well-known dish at an affordable price: [Burger Week](#), [Cheese Week](#) (mac and cheese and grilled cheese) and [Poutine Week](#).

Finally, to have more ideas to explore the city of Quebec but also the province of Quebec as much as possible, here are some useful links to check out: [Bonjour Québec](#), [Quebec-City](#), [Québec Tourism](#), [Quebec Vacances](#) and the [Tourism and leisure section](#) of the site of the Government of Quebec.

Final word:

We hope that this two-part guide will facilitate your arrival in Quebec! We know how difficult the start of graduate studies can be, but once you are settled down and ready to fully embark on this new adventure, you will undoubtedly live one of the most rewarding experiences of your life. The entire REAGIR Network team wishes you good luck in your research and in your school career!

Quebec language glossary to familiarize yourself with some commonly used expressions (non-exhaustive list):

5 à 7: after work, happy hour
Achalant.e: someone annoying
Asteure (« à-c't'heure »): right now
Atchoumer: to sneeze
Avoir une face à fesser dedans: an unpleasant person
Avoir un kick sur quelqu'un.e: having a crush on someone
Bibittes ou **bebittes:** bugs
Bicycle à gazoline: motorcycle
Bienvenue (in response to someone thanking you): you're welcome
Bonjour: good morning, and also goodbye (mostly at the end of a phone call)
Branleu.x.se: someone lazy
Breuvage: drink
C'est **dispendieux:** it's expensive
C'est **gossant**, ça **gosse:** it's annoying
C'est **plate**, c'est **dull:** it's boring
C'est **sur mon bras:** when you pay for a round of drinks
Ça **coûte gratuit:** it's free
Ça **fesse:** it hurts
Cannes: cans of food
Chambre de bain: bathroom
Chambreu.r.se: a guesthouse
Char: car
Charger : to recharge something
Chauffer : to drive
Chialeu.x.se: someone that complains a lot
Il.Elle m'a **choké** (« tchoké »): they stood me up
Crosseu.r.se: a crook
Cruiser (« crouzer »): to flirt
Égreier, dégreier: dress, undress
Il est **fin**, elle est **fine:** they're nice
Être **assis sur son steak:** to be lazy
Faire du pouce: hitchhike
Gougounes: flip flops
Garrocher: shoot/throw something
Icitte: here
Jaser, placoter: to chat
La **brunante**, la **noirceur:** dawn
La **reverse**, le **reculons:** reverse gear
La **slush** (« sloche »): dirty melting snow, but also a slushy
La **valise d'un char:** car's trunk
Ma **blonde:** my girlfriend (romantically)
Ma **chum** (« tcheum ») **de fille:** my girlfriend

Magasiner, faire du magasinage: to go shopping
Maringouin: mosquito
Menteries: lies
Mon **chum:** my boyfriend (romantically)
Mon **chum de gars:** my boyfriend
Niaise-moi pas: don't make fun out of me
Niaiseu.x.se: someone dumb
Pantoute: not at all
Parker son char: park your car
Pogner les nerfs: getting really angry
Présentement: presently
Rabais: discount, sale
*Quelqu'un.e qui est **chaud.e:*** drunk
*Quelqu'un.e qui est **gelé.e:*** high
Salle d'eau: toilet with a sink
Salle de quilles: bowling
Se faire passer un sapin, se faire amancher: to be fooled
Se mettre sur son 36: to be dressed up
Se tirer une bûche: to grab a seat
Sécher les dents: smile
T'as pas d'affaire à faire ça: you must not do that
Tabagie: convenience store (where they sell cigarettes)
Tabarnak, ciboire, calice, hostie, criss: cusses and swear words (literally church jargon)
Tanker/tinker son char: to refuel your car
Tannant.e: annoying
Tantôt: earlier
Tomber en amour: fall in love
Un **bec:** a kiss
Un **crayon de plomb:** a pencil
Un **dépanneur:** convenience store
Une bonne **thune** (« *toune* »): a good song
Une **congestion routière:** a traffic jam
Une **lumière:** a traffic light
Une **plume:** a pen
Une **tuque:** a toque (winter hat)
VTT: mountain bike
Y mouille: it's raining

[...and more!](#)

Image sources:

Front page: author: Nino H. Photography Getty Images (found on veranda.com)

Page 5: ulaval.ca (unknown author)

Page 10: author: h4nk (found on shutterstock.com)

Page 15: Image 1: author: Camelia boban (found on wikipedia.org) (CC BY-SA 4.0 license), Image 2: author: Ellie M/Wikimedia (found on blog.courrierinternational.com)

Page 16: ikea.com (unknown author)

Page 21: aelies.ulaval.ca (unknown author)

Page 22: sepaq.com (unknown author)

Annex 1: Contacts for Several Student Associations of Interest to Graduate Students in the Faculty of medicine

By Study Program:

Association des étudiants et des étudiantes aux maîtrises en orthophonie et en audiologie de l'Université Laval (AEMOA)

- Email address:
aemoa@asso.ulaval.ca
- Facebook group:
<https://www.facebook.com/groups/146467832190478/>
- Facebook page:
<https://www.facebook.com/AEMOA-Ulaval>

Association des étudiantes et étudiants en physiothérapie de l'Université Laval (AEPHUL)

- Email address:
aephul@rea.ulaval.ca
- Facebook page:
<http://www.facebook.com/AEPHUL/>

Comité étudiant de Médecine Moléculaire (Comité MMO)

- Email address:
comitemmo@gmail.com
- Facebook group:
<https://www.facebook.com/groups/614694402026658>

Regroupement des étudiants et étudiantes en ergothérapie de l'Université Laval (RÉEL)

- Email address:
reel@asso.ulaval.ca

- Facebook page:
<http://www.facebook.com/ergoulaval/>

Regroupement des étudiantes et étudiants gradués en kinésiologie de l'Université Laval (RÉKINUL)

- Email address:
regkinul@asso.ulaval.ca

Regroupement des étudiants de 2^e cycle en santé publique de l'Université Laval (RESPUL)

- Email address:
respul@asso.ulaval.ca
- Facebook page:
<https://www.facebook.com/santepubliqueuniversitelaval>

By Research Axis (CRCHU):

Comité Étudiant de l'Axe des Maladies Infectieuses et Immunitaires (CÉAMII)

- Email address:
ceamii@crchudequebec.ulaval.ca
- Facebook group:
<https://www.facebook.com/groups/1064645783580947>
- Instagram: @ceam.ii
- Youtube:
<https://www.youtube.com/channel/UCZHkIX4eHzlpNHgFlcy97w/video>

*The Infectious Diseases Research Centre (*Centre de recherche en infectiologie*, CRI) offers a specific guide for members of the Infectious and Immune Diseases Axis located at the CHUL: go to [this link](#), section “*Document d'accueil des nouveaux arrivants au CRI*”, click on “*guide d'intégration*”.

Comité des Étudiant.e.s de l'Axe Endocrinologie-Néphrologie (CÉÉN)

- Email address:
ceen@crchudequebec.ulaval.ca

- Facebook group:
<https://www.facebook.com/groups/1514791028815610>

Comité des Étudiant.e.s de l'Axe Neurosciences (CéNS)

- Email address:
cens@crchudequebec.ulaval.ca
- Facebook page:
<https://www.facebook.com/censchudeq>
- Instagram: @cens_chudequebec

Comité Étudiant Regroupement Cancer (CERC) / Axe Oncologie

- Email address:
ceregroupementcancer@gmail.com
- Facebook group:
<https://www.facebook.com/groups/1401835036658932>
- Discord group:
<https://discord.gg/4mRRXunuhV>

Comité Étudiant de l'Axe Médecine Régénératrice (MedReg)

- Email address:
assamedreg@asso.ulaval.ca or
assomedreg@asso.ulaval.ca
- Facebook group:
<https://www.facebook.com/groups/115860838760590/>
- Instagram: @axemedreg

Comité Étudiant de l'Axe Reproduction, santé de la mère et de l'enfant (CéRSME)

- Email address:
cersme@crchudequebec.ulaval.ca

Comité Étudiant de l'Axe Santé des populations et pratiques optimales en santé (CÉ-SPPOS)

- Email address: comite-etudiant.sppos@crchudequebec.ulaval.ca

By research Center:

CERVOLET (Association des étudiant.e.s travaillant au CERVO)

- Email address:
cervolet@asso.ulaval.ca
- Website:
<https://cervolet.asso.ulaval.ca/>
- Facebook page:
<https://www.facebook.com/CERVOLET/>
- Instagram: @cervolet_

Centre interdisciplinaire de recherche en réadaptation et intégration sociale (CÉ-CIRIS)

- Email address:
comite.etudiant@cirris.ulaval.ca
- Facebook group:
<https://www.facebook.com/groups/242872866205961/>

Comité des étudiants chercheurs du Centre de recherche de l'Institut universitaire de cardiologie et de pneumologie de Québec (CEC-CRIUCPQ)

- Email address:
comite.etudiant@criucpq.ulaval.ca
- Facebook group:
<https://www.facebook.com/groups/comiteetudiantCRIUCPQ/>

Comité étudiant et développement de carrières du Centre de recherche en santé durable (VITAM)

- Email address:
etudiants.vitam@ulaval.ca
- Facebook group:
<https://www.facebook.com/groups/1331000637242142/>