



Starting university

Your
step-by-step
roadmap
to UdeM

Need-to-know info
to be well prepared for
your arrival at UdeM

Université 
de Montréal

The University of Montreal
and of the world.

The background of the entire page is a dark blue-tinted photograph. It shows a large, leafy tree in the upper half and a multi-story building with many windows in the lower half. A dashed white line starts from the left edge, curves upwards and then downwards, ending on the right edge.

Next stop: Université de Montréal

Welcome aboard the exciting UdeM adventure for students about to embark on a journey marking a major turning point in their personal, social and professional lives. With the academic journey that has brought you here, UdeM will be an exciting destination, full of all the promise, wonder and discoveries that you have been looking for.

Use this roadmap to get a head start on a range of things related to your university experience: budget, housing, public transit, services, and activities. It also has practical information about Montreal and so much more! You'll discover everything about the Montreal university ecosystem before you even get here!

Wishing you an excellent university adventure!

Unless stated otherwise, all links in this printed version are in French and direct to documentation available exclusively in French.



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Destination: UdeM

Checklist

Considering every little detail and having a clear vision of the next steps will set you up for success in your university adventure.

To do NOW



- ☐ **Accept my offer of admission**
› umtl.ca/centre-etudiant
- ☐ **Complete the immigration process**
› See "UdeM international" section
- ☐ **Pay the CAN\$1,000 deposit to confirm my place in an undergraduate program**
› umtl.ca/deposit
- ☐ **Join the Facebook UdeM+1 group**
› umtl.ca/udem1
- ☐ **Consult the online UdeM practical guide**
› umtl.ca/mode-emploi
- ☐ **Check my email regularly**
- ☐ **Plan my budget**
› See "Plan your budget" section (p. 8)
- ☐ **Look for housing**
› See "Housing" section (p. 6)

To do THIS SPRING /THIS SUMMER



- ☐ **Register for my courses**
› See "Course registration" section (p. 10)
- ☐ **Take part in my department's meet-and-greet**

To do THIS FALL



- ☐ **Take part in orientation week**
› See "Student life" section (p. 13)
- ☐ **Get my student card**
› See "Student card" section (p. 25)
- ☐ **Pay my tuition fees**
› umtl.ca/facture
- ☐ **Buy my school supplies**

UdeM international

The perfect co-pilot to help you through each step of your immigration process.

If you are not a Canadian citizen or permanent resident, the following are required when you arrive in Canada:



A Quebec Acceptance Certificate (CAQ)



Approval of your study permit

To request these two documents, you will need your Université de Montréal letter of admission and letter of acceptance.

Make sure you start this process early, since it can take several months to obtain these documents. Note that you do not need to pay the deposit to start this process.



Watch our short videos for more information

› [umtl.ca/videos-immigration](https://umontreal.ca/videos-immigration)

You can also check out the UdeM international website

› [umtl.ca/immigration](https://umontreal.ca/immigration)

Housing

There's nothing like home sweet home!

First, an explanation of the rental vocab

In Quebec, apartment sizes are described based on the number of rooms (the famous $\frac{1}{2}$ refers to the separate bathroom).

Here are the apartment options
you will see the most often:

1 $\frac{1}{2}$

Open-concept studio with kitchenette.
Suitable for 1 person.

2 $\frac{1}{2}$

Apartment with 1 bedroom and kitchenette.
Suitable for 1 person.

3 $\frac{1}{2}$

Apartment with 1 bedroom, full kitchen and living room. **Suitable for 1 person or a couple.**

4 $\frac{1}{2}$

Apartment with 2 bedrooms, full kitchen and living room. **Perfect for 2 people** (e.g., roommates or a couple).

5 $\frac{1}{2}$

Apartment with 3 bedrooms, full kitchen and living room. **Perfect for 3 people.**

A lease

is a rental agreement entered with the owner, governing the rental terms (amount of rent, term, commitments, obligations, etc.).

A lease is normally for one year, from July 1 to June 30.

July 1st

This is the most **common moving day** in Quebec.

April

This is generally the best time to **start looking** for housing.

Residences

Located in the heart of the campus, student residences offer a limited number of spots, which fill up quickly once the reservation system opens on March 1.

Each single-occupancy studio includes a bed, desk, sink, mini fridge and multiple storage areas, all for \$450/month.

› zumresidences.ca

Off-campus housing

Resources are available to help you find housing in Montreal.

› umtl.ca/logement-hors-campus

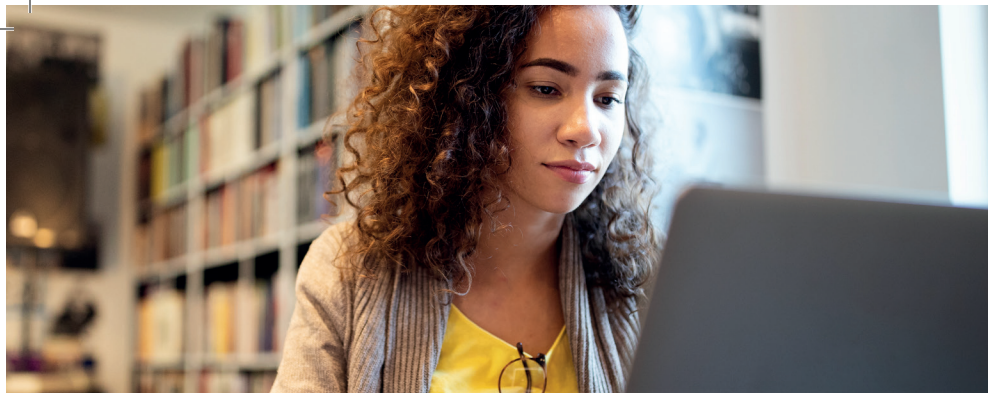
For additional information



To help with your search, check out the section about things to do before arriving on campus in the UdeM practical guide.

› umtl.ca/mode-emploi





Plan your budget*

The art of balancing your expenses and income!

When you arrive

As an example, this is a typical budget with the main living expenses for the first 3 weeks after you have arrived.

You can adjust this according to your individual needs.

Temporary housing, food, travel _____ \$3,000 – \$4,000

Moving in _____ \$500

Winter clothes _____ \$500

Other miscellaneous expenses _____ \$600 – \$1,500

TOTAL \$4,000 – \$6,000

Monthly expenses

Although Montreal is a large urban city, it is safe and more affordable than other large cities in North America.

Housing and costs

(student residences and living with roommates) _____ \$450 – \$800

Off-campus housing _____ \$800 – \$1,000

Food _____ \$410

Transportation _____ \$68 – \$335

Phone and Internet _____ \$134

Miscellaneous _____ \$200 – \$400

TOTAL \$2,000 – \$3,000

Compare the cost of living between the city you are from and Montreal.

> numbeo.com

* Amounts are in Canadian dollars.

Funding

Count on us to support you in your academic success!

The Student Life Services' socioeconomic resources team is here to help you find funding and provide advice on managing your budget.

› [umtl.ca/aide-financiere](https://umontreal.ca/aide-financiere)



Student jobs

You must have a valid study permit indicating that you are authorized to work. For off-campus work, you can work 24 hours a week during study program sessions and full time during scheduled holidays in the academic calendar. You must have started your study program to be able to work with your study permit.

› [umtl.ca/emploi-etudiant](https://umontreal.ca/emploi-etudiant)



UdeM exemption scholarship

This scholarship exempts tuition fees normally charged to international students (except students from France and francophone students from Belgium). No need to fill out a form: you become eligible simply by submitting your admission application.

› [umtl.ca/international-scholarship](https://umontreal.ca/international-scholarship)



Scholarship directory

This resource is a goldmine of information for navigating through all the available scholarships and finding the one that matches your profile.

› [umtl.ca/bourses](https://umontreal.ca/bourses)

For additional information



To plan your study funding, check out the section about things to do before arriving on campus in the UdeM practical guide.

› [umtl.ca/mode-emploi](https://umontreal.ca/mode-emploi)

Course registration

When do you register?

The dates can vary depending on the program. In general, registration can be done in the spring.

1.

Add items to your course cart

This first step allows you to go through the courses offered in the fall session as well as their times. Perfect for planning your use of time and to have an idea of your schedule! Keep in mind that adding courses to your cart is not a confirmation that you are registered.

2.

Check your registration period

As soon as your course cart is open, check your Student Centre to find out the start of the specific registration period for your program.

3.

Register

As soon as your registration period is open, register for the courses that you have already placed in your cart.

Important!

- You need to **accept your offer of admission** to be able to register for courses.
- Some programs have **registration deadlines** that you need to factor in.
- Registration for Master's and PhD courses is generally done by the **student file management technician (TGDE)**.



View our help videos
› umtl.ca/videos-inscription

DNA of a course abbreviation

What the letters and numbers stand for.

P O L

The discipline taught
(e.g., politics)

1 0 2 5

The recommended academic year to take the course
(e.g., 1st year)

Standard curriculum

What will your schedule look like? The standard response: it depends.

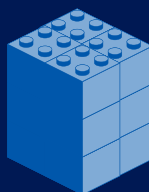
Some study programs in fields such as education, architecture, law or health sciences generally have a standard curriculum, which means that you will have little or no course choices to make. This information is provided in the program description and in the Student Centre, once available.

For programs with a more flexible curriculum, you will need to keep these important details in mind when making your choices:

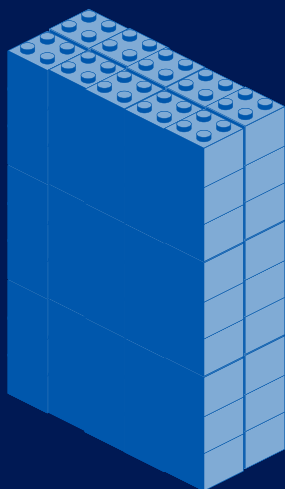
- 1 course = **3 credits***



- 1 full-time session = **15 credits (5 courses)***



- 1 Bachelor's degree =
**90 credits over
3 years***



- **Student file
management
technicians (TGDEs)**

are contact people
available to support you
in your course selections.

› umtl.ca/tgde

* Variable depending on the programs



Student life

First-year experience

Once admitted, you become a full member of the big UdeM family. You will receive a warm welcome and you'll have support from the team of ambassadors as well as a multitude of resources.

› umtl.ca/experience-etudiante

Something not to miss out on? **Orientation week** is an event marking the start of the school year that combines networking, outdoor activities and celebrations.

A vibrant student experience

Student Life Services has over 20 services with close to 200 people to help you have the fullest student experience. Explore your passions, get involved and take advantage of resources to help you in your studies, learning and future career. A guaranteed student experience as exciting and diverse as your ambitions!

› umtl.ca/soutien-etudes

Support for the international student community

As soon as you arrive and throughout your student experience, a dedicated team is here to help with your integration. Activities and meetings: be part of a tight-knit community and take advantage of the many opportunities to make connections!

› umtl.ca/scei

For additional information



Check out these sections in the UdeM practical guide:

- Welcome info
- Available resources throughout your student experience

› umtl.ca/mode-emploi

Admission lingo

Don't find yourself at a loss for words, get to know the UdeM vocab now!

Admission ≠ registration

These two terms should not be mixed up since they are two very distinct processes.

Admission

Step that involves submitting an admission application for a study program.

Registration

Step that involves registering for the courses that will make up your schedule for the intended academic session.

Grade point average

From 0 to 4.3 (sometimes is called Z score), this shows how your grade compares to the average, expressed as a standard deviation. This score can be shown as a literal mark:

4.3: A+

4.0: A

3.7: A-

3.3: B+

3.0: B

Identifiers

Student number, access code, UNIP: check out the section on academic pathways in the UdeM practical guide to make sense of your digital environment.

› umtl.ca/mode-emploi

Credit

Unit allocating a numerical value to the workload for a course. A credit represents 45 hours of work spent to achieve the course objectives.

Graduate and postgraduate studies

Not to be confused with "higher education" which can refer to all university studies.

Full time

In undergraduate studies, you are full time if your course registration totals 12 credits or more for a session.

Part time

In undergraduate studies, you are part time if your course registration totals less than 12 credits for a session.

Session (often called a semester)

Spanning the 12 months of the year, the academic year is divided into three sessions of approximately 15 weeks each:

- **Fall** (September 1 to December 31)
- **Winter** (January 1 to April 30)
- **Summer** (May 1 to August 15)

Note that official course start dates may vary.

Check out the university calendar for all dates.

› umtl.ca/calendrier-universitaire

A glossary for Quebec expressions?

Check it out here,
"par icitte"!

Learn about the French language in Quebec.



Navigating the city

Getting around

Travel from point A to point B effortlessly and without a hitch with all the transportation options the city has to offer!

Public transit

The Société de transport de Montreal (STM) is the transportation organization that operates the metro, bus, shuttle and shared taxi service that operates 7 days/week, 365 days/year. It is the 3rd largest public transit corporation in North America after New York and Toronto.

Acronym
to know:
STM

- The metro has **4 lines** that **serve 68 stations** covering 71 km of underground tunnels
- The fleet of buses includes **2,000 buses** that **cover 221 routes**

Quick bus TIPS



Before leaving, check the time the bus will arrive at your stop.

Some buses come every 10 minutes or less, while others come every 30 minutes.

Check the direction it's heading
(East, South, West, North).

Check if it is an express bus.

Express buses will be numbered in the 400's and they will have fewer stops, so the trip is faster.

Enter your destination in Google Maps or the Chrono or Transit apps to find out the best route and the bus schedule times.



Quick metro TIPS



The blue line: the "UdeM" line

Serves the main university campus and MIL campus.

The green line: the "central" line

This east-west line runs from Olympic Park to the Lachine Canal, passing through the downtown area.

The orange line: the "practical" line

Shaped like a horseshoe, it serves several key Montreal areas and is often used to transfer from one line to another.

The yellow line: the "peripheral" line

With its 3 stations, this line goes to Montreal's south shore, in the municipality of Longueuil.



The metro's hours of operation

The metro starts running at 5:30 a.m. Service ends between 12:30 a.m. and 1:30 a.m. depending on the day and line.



Are you a night owl?

The city has night buses that run from midnight to dawn. Perfect for when the metro is closed, and you need to get somewhere!



Travelling alone at night?

Use the Between Stops service available on the entire bus network so you feel safe.

Your best travel companion: the OPUS card

This is a reloadable smart card containing your transit fares. The card is scanned on the magnetic readers located at the bus entrance and in metro stations.

Full-time student = reduced fare

To take advantage of the student rate, you will need to get an OPUS card with photo, which costs \$15. The card is valid for the entire time you are a student and can be purchased online upon proof of student enrolment.

› umtl.ca/carte-opus

Once you have your OPUS card, there are various transit fares, based on your needs.

The most common fares are:

1 trip: \$3.75

Unlimited evening: \$6.25

24-hr unlimited: \$11

Monthly: \$60*

1 trip on the 747 line between the airport and downtown: \$11

*Student fare

Car- and bike-sharing service

BIXI

This is a bike-sharing system whose name comes from combining the words "bicycle" and "taxi."

It's easy to use:

1. Download the BIXI app.
2. Purchase a one-way pass (\$1.50 unlocking fee and \$0.20 per minute*) or pay \$23/month.
3. Scan the QR code to unlock a bike.
4. Go for a ride and discover the city!
5. Return the bike to one of the 900 stations.

* For regular BIXI members only.
BIXI electric bikes cost \$0.35/minute.

Not comfortable on two wheels?

Car-sharing services are also available, such as Communauto, Turo and PartageAuto.

Before you drive anywhere, go to the Société de l'assurance automobile du Québec (SAAQ) to make sure that your driver's licence is valid in Quebec.



Grocery stores

There are a number of businesses on the city's streets where you can buy food. So no need to worry! Here are few food chains that you'll come across often.

Check them out!

IGA metro  **Provigo**



• LES MARCHÉS •
Tradition



L'inter**marché**

Did you know?



- In Quebec, "**épiceries**" is the word in French for grocery stores/supermarkets.
- Only "**processed**" products are **taxed** (prepared meals, soft drinks, etc.). Basic food items, such as milk, bread, fruits, vegetables and meat are exempt from taxes.
- Most grocery stores are open between **8 a.m. and 8 p.m., 7 days a week.**

Drug stores

The services and products available at these stores are varied and unique in Quebec. Drug stores look more like big-box stores than simply a pharmacist-dispensing service.

Check them out!

PHARMAPRIX   **Brunet**



Accès **xpharma**
chez Walmart



Did you know?



Drug stores generally have 2 key areas:

- **The store.** This is where general products can be found, such as personal hygiene products (shampoo, soap, deodorant, tampons, etc.), over-the-counter medications, household cleaning products, cosmetics, paper products and even food items.
- **The pharmacy counter.** Often at the back of the store, this is where you can give your prescription to a pharmacist to be filled.



Banks

Since time is money, you should start becoming familiar with how financial institutions work in Quebec.

No need to panic if you don't have an account yet. You can go to a financial institution to open an account so you can make deposits and withdrawals. There are a number of available options.

Check them out!



Desjardins



Banque Scotia

BMO



CIBC



BANQUE
LAURENTIENNE

Debit and credit

In Quebec, when you open a bank account, you are given a debit card. This card is used to make purchases in stores and to withdraw money at a bank machine. The amount is debited right away to your current account, called a "checking account."

However, you are not able to make online purchases with this card. You will need to get a credit card to do that.

Credit cards are very widely used in Quebec. We encourage you to look into the offers available from the various financial institutions to find the product that's right for you.

Health insurance

Health insurance is mandatory if you are studying in Quebec.

There are two types of health insurance for the UdeM community:

1. Students from Belgium, Denmark, Finland, France, Greece, Luxembourg, Norway, Portugal, Romania, Serbia and Sweden **are covered by the Quebec health insurance plan (RAMQ) by following the necessary steps upon arriving in Quebec.**
2. Other international students are enrolled in the Desjardins group insurance plan. The costs will be included in the student fees.

Make sure you have proof of affiliation to your country's social security program before you leave for Quebec.

Did you know?



Students from Belgium and France can be reimbursed for prescription drugs.

Look after yourself, even on the campus

UdeM is a university focused on students and their well-being!

A veritable city within a city, the mountain campus is an ecosystem of resources offered by and for the university community. Here is an overview of the physical and psychological services available on campus:

- **Minor emergency clinic and medical consultation clinic**
- **Nutrition consultation**
- **Physiotherapy consultation**
- **Psychology consultation**
- **Kinesiology clinic**
- **Dental clinic**
- **University vision clinic**
- **Academic and career guidance**

All roads lead to UdeM

Which metro station do I get off the train?

Intent on figuring out the shortest route (since every minute counts in the morning), our student community has determined that these are the best metro stations based on the pavilion you are headed to. An empirical, student-trip tested study.

ROGER-GAUDRY PAVILION

Station: Université-de-Montréal | Walk time: 7 min.

3200, JEAN-BRILLANT PAVILION

Station: Côte-des-Neiges | Walk time: 7 min.

MARIE-VICTORIN PAVILION

Station: Édouard-Montpetit | Walk time: 2 min.

MARGUERITE-D'YOUVILLE PAVILION

Station: Édouard-Montpetit | Walk time: 10 min.

MIL CAMPUS PAVILION

Station: Acadie | Walk time: 8 min.

AMÉNAGEMENT PAVILION

Station: Université-de-Montréal | Walk time: 7 min.

J.-A.-DESÈVE PAVILION

Station: Édouard-Montpetit | Walk time: 5 min.

JEAN-COUTU PAVILION

Station: Université-de-Montréal | Walk time: 10 min.

And don't forget about the underground pathways for those winter mornings or when you are caught off guard by the cold. These pathways connect various pavilions on the mountain campus, so you don't have to go outside.

The three “UM” words

UdeM equals services!

**These important 3 “UM’s”
will quickly be part
of your vocabulary:**

StudiUM

This is a platform that will be helpful for accessing your course content, communicating with your peers and checking your grades.

CEPSUM

This is the Université de Montréal’s sports and physical education centre.

**Psst! Being a UdeM student means
that you have access to several
fitness facilities!**

FAÉCUM

This stands for Fédération des associations étudiantes de l’Université de Montréal, which is the umbrella organization for all UdeM student associations.



It's free!

Why not take advantage of it?

Student card

This unique ID card from UdeM gives you access to a range of on-campus* privileges and services, such as access to certain CEPSUM facilities and library document loans. It also allows you to obtain your official transcripts or certificate of studies.

* Off campus, various businesses may offer student card discounts.



How to get your card

- 1 Register for your courses
- 2 Make sure you have a photo of yourself, digital signature and a piece of identification
- 3 Review the email about ordering your UdeM student card that you'll receive a few weeks before the start of the session

› [umtl.ca/carte-etudiante](https://umontreal.ca/carte-etudiante)



Student planner

Available in late August at FAÉCUM counters and at various service points on campus, this must-have item will quickly become the extension of your brain and your to-do lists.



Lockers

More than 6,000 lockers are available for rent to store personal items. Reserve one right away since there is a limited number.

› [umtl.ca/casiers](https://umontreal.ca/casiers)



Free time on campus

Master the art of avoiding
between-class boredom.

1.

Go to one of the 14 campus libraries to do your work, read or relax. Whether you are active or more laid-back, there's a place for you. Relaxation areas for a quick rest and active workstations to get your body and legs moving!

2.

Take a stroll on the campus trails to take in the greenery and maybe be lucky enough to catch a glimpse of a rabbit, fox or groundhog.

3.

Pop over to the CEPSUM for a class or your favourite sport.

4.

Go to the Place publique to take in the sun and decompress!

5.

Take part in a cultural activity offered by Student Life Services (drawing, photo, language course, improv, dance, choir, etc.).



Over the lunch hour

Where to eat at lunch? At the university or off campus, that's the real question!

Top on-campus choices

AT THE UNIVERSITY (mountain campus and MIL campus)

- **La caf  t  ria Local Local**
(3200 Jean-Brillant pavilion)
- **Caf   Acquis de droit**
(Maximilien-Caron pavilion)
- **Le Caf  Kine** (CEPSUM)
- **Caf   La Planck** (MIL campus)

OFF CAMPUS (C  te-des-Neiges)

- Kinton Ramen
- Le Caravane Caf  
- Pokai
- Poulet Rouge

Did you know?



In Quebec, "d  jeuner" is breakfast, "d  ner" is lunch, and "souper" is the evening meal. We don't say "go  ter" for snack or "petit-d  jeuner" for breakfast!

In Quebec, it's common practice to tip restaurant staff. In fact, not leaving a tip can sometimes even be frowned upon. The standard tip is about 15% of the total bill (before taxes).

To figure out the cost of a restaurant menu item, always calculate the actual cost in your head by adding the 15% sales tax, which generally is not included in the posted price.



Experience Côte-des-Neiges

The main UdeM campus is firmly rooted in Côte-des-Neiges, an area known for its multicultural character, amenities and local businesses.

Here are a few places you have to visit, which will quickly become part of your route on your way to the university:

- **UdeM bookstore** to get outfitted with UdeM items and purchase your school reading material.
- For a picnic or a game of spikeball, **Jean-Brillant Park** never disappoints!
- **Bakeries**, such as Première Moisson and Au pain doré are favourites for those who love coffee, freshly prepared sandwiches and viennoiserie pastries.
- For a well-deserved cocktail hour, called **5@7**, with colleagues, the on-campus café-bar étudiant La Brunante, and La Maisonnée or McCarold's pub are the hot spots to go!
- **Saint-Joseph's Oratory** offers a spectacular view of the city and memorable sunsets.
- The **farmer's market** deserves a special mention with fresh produce sold 24/7 from March to November under a colourful booth!

Helpful resources

Once all the practical and logistical information is taken care of, you can now take some time to dream.

Discover Montreal

Websites full of ideas for inspiring activities and panoramas that take your breath away right in the heart of the city and its areas:

- **Tourisme Montreal**
- **Bonjour Quebec**
- **Narcity Canada**

Find out about the myriad of festivals in Montreal:

Osheaga, Igloofest, MUTEK, Mural, Piknic Électronik, Nuit blanche, Montréal en lumière, Lasso, POP Montréal, La semaine de la poutine, Taco Fest, Montreal RibFest, Mondial de la bière, Juste pour rire, Les Francos, Montréal complètement cirque and so much more!

An all-season adventure

If you enjoy being outdoors in the sun, here are a few suggestions to enjoy all that Montreal has to offer throughout the year:

Fall — Take in the vibrant colours of the fall trees

Winter — Try out skating, cross-country skiing or snowshoeing

Spring — Enjoy the return to patio life!

Summer — Experience everything the festival season has to offer

Fully embrace all the many activities the city has to offer that will shape your Montreal experience throughout its four seasons.

Average temperatures

FALL
(October-December):
3°C

WINTER
(January-March):
-8°C

SPRING
(April-June):
3°C

SUMMER
(July-September):
20°C



Explore the surrounding areas

Weekends and holidays are perfect opportunities to discover the different regions, with a ton of things to see and do.

- Take in the trails at **national parks**
- Kayak or canoe on our **lakes and rivers**
- Plan an outing in **Quebec's picturesque regions**
- Visit large **North American cities**, such as Toronto, New York, Boston and Philadelphia

Whatever your interests may be, the marvels of la Belle Province await!

Restaurants and local specialties

Some typical foods are part of Montreal's gourmet DNA. You have to try these at least once:

• Poutine

- Montreal's iconic **bagels**

• Beaver tails

(no need to be alarmed, this is a fried pastry!)

- A traditional bread-pudding dessert called **pouding chômeur**

- The delicacies of our amazing **sugar shacks**

What will be your go-to favourite?



Have a coffee on us!



ENJOY A FREE FILTERED COFFEE*

What better way to start the session!

* Upon presentation of this voucher at the on-campus Local Local.
Regular-size coffee. Offer valid until September 30, 2025.



To make sure you cover all the essentials

 admission.umontreal.ca

 [@umontreal.futuretudiant](https://www.facebook.com/umontreal.futuretudiant)

 [@umontreal.futuretudiant](https://www.instagram.com/umontreal.futuretudiant)

 [umtl.ca/linkedin](https://www.linkedin.com/company/umontreal.futuretudiant)

 umtl.ca/blogue