

EVERYTHING YOU NEED TO KNOW

IF YOUR CHILD IS CONSIDERING

ATTENDING UNIVERSITY IN MONTREAL

A GUIDE FOR PARENTS



Does the idea of your child studying abroad concern you? Parents, don't worry - this guide has been designed to help you demystify the process and help you - and your child - and take the leap into an exciting new world. From housing to degree equivalencies, to the safety of the city itself, let us show you what studying in Montreal - your child's potential home for their academic career - is all about.

A WORD OF WELCOME

Students are at the heart of the Université de Montréal, which is why we work hard every day to make our resources available to them and to encourage their success. Among other things, we encourage their entrepreneurial spirit through a grant program to support them in their projects.

We are proud of our students, and proud to let them know of this fact! This is why it is important not only to stay in contact with them, but also to work with and inspire them whenever possible. We cherish them and we know that we can depend on them if need be, just as they can depend on their alma mater throughout their lives.

Students make UdeM what it is and they are always the best representatives of our educational institution. Throughout the world, our student-ambassadors highlight the best of the Université de Montréal! We hope that you will have the opportunity to meet one of them either in person or online.

We want to help you make the best choice for your child, as many UdeM alumni have already done, by guaranteeing studies that fulfill their expectations and lead to a life that suits them.

Happy reading and welcome to Montreal!

Michèle Glémaud

*Executive Director, Admissions and Recruitment Services
Université de Montréal*



TAKING THE LEAP: LETTING YOUR CHILD STUDY ABROAD

If your child is considering studying abroad, they cannot do better than to choose Montreal. In 2018, QS Best Student Cities ranked Montreal as the top student city in the world for its university experience and the fact that it encourages students to stay after graduation. This ranking considers (among other elements) the cities' employment rates, cost of living, attractiveness, and the resources available to students.

AN ELEGY TO MONTREAL, BY A FRENCH UNIVERSITÉ DE MONTRÉAL STUDENT:

The best student city in the Americas, bilingual and multicultural, Montreal is a wise choice for a change of scenery without the shock of isolation. Inspired by the American model, the Canadian university system builds on the strengths of top traditional universities. Take a quality institution such as the Université de Montréal, add a good dose of structure and autonomy and three distinct levels of study (Bachelor, Master and Doctorate), and the result is there! A unique place to pursue university studies, the Université de Montréal offers a wide range of programs: no less than 250 undergraduate programs and over 350 at the graduate levels.

HISTORICAL RECAP

Founded in 1878, the Université de Montréal is, along with its affiliated schools HEC Montréal and Polytechnique Montréal, Quebec's foremost institution of higher learning, welcoming over 66,000 students to its Montreal campus. Over 9,500 international students choose to pursue their studies here, making it the 4th most international university in Canada.





Université 
de Montréal

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1 STUDYING IN QUEBEC

THE EDUCATION SYSTEM

The Quebec university system, like other North-American higher-education systems, focuses on the development of students' abilities to analyze and synthesize, and on the integration of theory through practical applications. Being able to memorize information to fully recall it later is not, or very rarely, an objective in and of itself, but should instead serve as a support to recall and use information in concrete situations and in a variety of contexts. Another important characteristic of the Quebec university system is the high density of information presented in a short amount of time. Courses are demanding and require that students work regularly and on their own to deepen their knowledge of the concepts discussed in class.

The higher education system system is composed of four levels. The preparatory Years (CEGEP) spans two years. The undergraduate level (1st cycle) spans three or four years and leads to a Bachelor's degree. The graduate level (2nd cycle) spans one or two years and most often leads to a Master's degree. The advanced graduate level (3rd cycle) requires four or five years of study and leads to a Doctorate (PhD).

ADMISSIONS

Admission to a Quebec university is not automatic and the selection process rests primarily on an application submitted directly to the chosen establishment. The admission period usually extends from November to February 1. Beyond these dates, admission is still possible, but the university websites should be consulted to learn about the extension dates.

GOOD TO KNOW

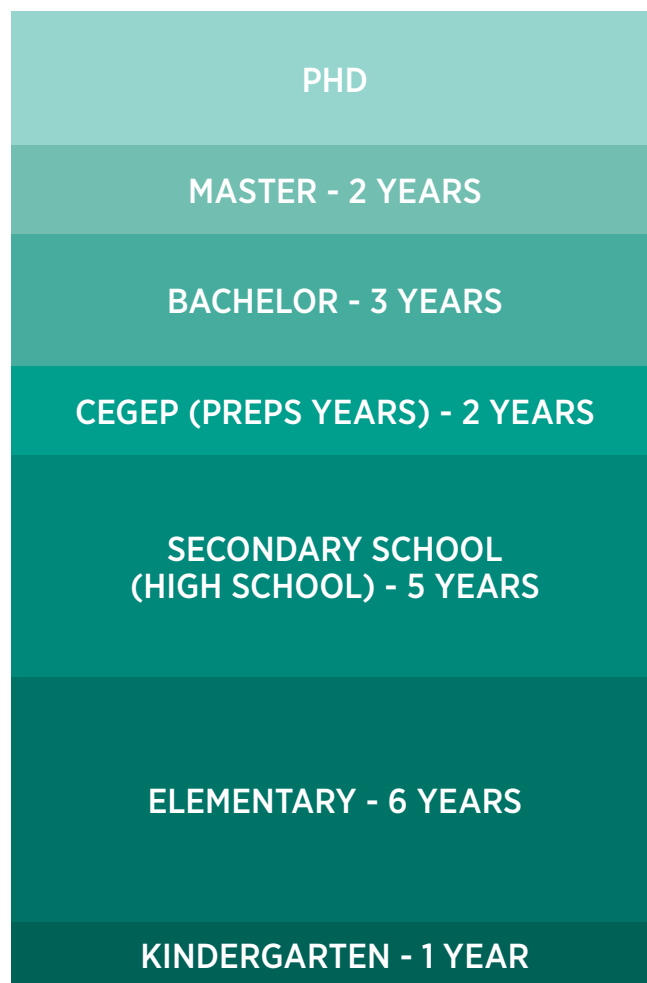
Minor: 1-year university degree, equivalent to 30 credits

Major: 2-year university degree, equivalent to 60 credits

Major + minor = Bachelor's degree

Credit: equivalent to 45 hours of work; every course usually entails 3 credits

OVERVIEW OF THE EDUCATION SYSTEM



A UNIVERSITY NETWORK THAT SUPPORTS THEIR STUDENTS

The greatest strength of Quebec universities is the accessibility of their services. The first level of support for your child will be their professors, as they place every student on equal footing. Available after class and other times, a Quebec university professor also responds by telephone or email. If young students discovering the Quebec system suddenly feel that they have more freedom, it does not mean that they are left on their own. In Quebec, university is a delicious mix of independence and responsibility!

While some universities see themselves as a strictly educational environment, in Quebec they have decided to listen to their students. Depression, fatigue, low morale? Psychological support and counseling services to help manage studies are also available to facilitate the integration of new students. Is your child sinking under a flood of paperwork?

THE INTEGRATED PATH: A PROGRAM SPECIFICALLY DESIGNED FOR INTERNATIONAL STUDENTS

The Integrated Path is a 4-year program that provides guidance and support for non-native French speaking students who wish to study in one of Université de Montréal's 35 undergraduate programs. By providing the tools needed to succeed at UdeM, the Integrated Path helps international students step outside of their comfort zone to pursue a unique and international university experience.

Depending on the undergraduate program chosen, you will have the choice of three possible streams for your preparatory year:

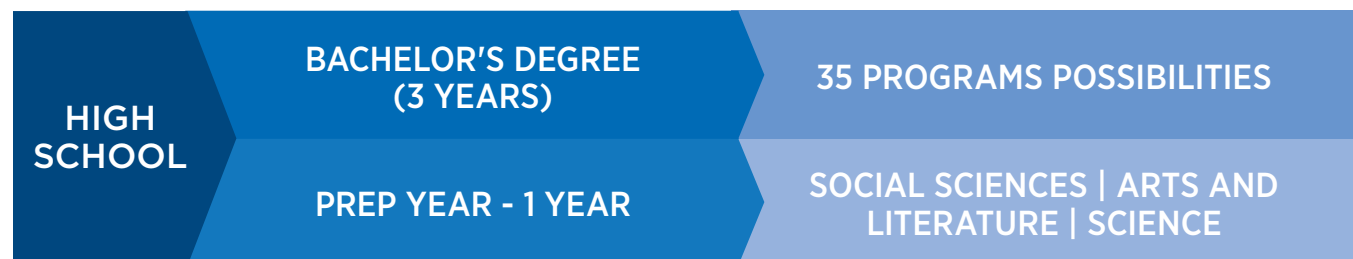
- **Social sciences**
- **Arts and literature**
- **Science**

Choosing the Integrated Path allows you to earn a Bachelor's degree in the program of your choice, with a big language advantage.

During this first year, you will complete a general education program and acquire essential skills to succeed in your undergraduate studies. You will be offered intensive French courses as well as personalized language support to help you feel at home in your new environment. You can also create your own curriculum by choosing your electives from the large list of available courses.

Your preparatory year will take place in one of two institutes of higher education that have partnered with the Université de Montréal, after which you will continue your studies at UdeM.

INTEGRATED PATH SYSTEM



FROM A MOM: MARISE



I went to visit my daughter and I fell in love with the city, as well as with the very organized public transportation which works much better than in Brazil! Montrealers are very welcoming and helpful. I had a great experience in Montreal and my daughter is happy to have accepted this challenge. Today, she has grown and learned many new skills. Thanks to this experience, I've learned that loving a child means always supporting their decisions!

Maryse



© Courtesy Marise Moraes

WHO ARE THE PRE-UNIVERSITY COLLEGES PARTNERS?

COLLÈGE DE BOIS-DE-BOULOGNE

For almost 50 years, Collège de Bois-de-Boulogne offers high-level training in a dynamic and stimulating environment, where qualified teachers make every effort to promote student success. Its graduation rate is among the highest in the Pre-University network.

There are many facilities on the campus: a library, a bookstore, multiple spaces for exchanges, a semi-Olympic swimming pool, a fitness center, student residences and more.

MORE INFORMATION:

BDEB.QC.CA

COLLÈGE DE BOIS-DE-BOULOGNE



COLLÈGE ANDRÉ-GRASSET



COLLÈGE ANDRÉ-GRASSET

Since 1927, Collège André-Grasset offers a strong intellectual training based on the acquisition of working methods and on the development of autonomy. Its graduation rate is also among the highest in the Pre-University network.

Since its creation, André-Grasset trains young people to succeed in their studies and their professional life, while thriving in their personal lives.

MORE INFORMATION:

GRASSET.QC.CA



2 WHAT IS LIVING
IN MONTREAL
REALLY LIKE?

© Courtesy Tourisme Montréal

THE PROCESS FOR STUDYING IN CANADA, A QUESTION OF ORGANIZATION

Applying for a student visa for your child may seem daunting at first but, if you are organized from the start, the process can go very smoothly. Learning about the necessary steps will also help you understand the process, even if you need to wait for the official university admissions letter to start the process.

IMMIGRATION : CHECK-LIST

☑ CAQ – QUEBEC ACCEPTANCE CERTIFICATE (CERTIFICAT D'ACCEPTATION DU QUÉBEC)

The CAQ application is required for all international students who will be spending time in Quebec. It is possible to apply online on Immigration-Québec's website.

☑ STUDY PERMIT

The study permit application is submitted only after receiving the CAQ confirmation letter. All documents for the study permit application must be in either French or English. American citizens can ask for the Study permit online or when they enter Canada.

☑ ETA – ELECTRONIC TRAVEL AUTHORIZATION

As is explained on the Canadian government website, the Electronic Travel Authorization (eTA) is a new entrance requirement for visa-exempt foreign nationals travelling to or through Canada by air. This authorisation is not necessary if you arrive via land. The eTA is an electronic document tied to your passport and remains valid for 5 years or until your passport expires, whichever occurs first.

MONTREAL IS SAFE

A blend of Paris and New York, Montreal hums with the energy and dynamism of a modern metropolis. It is also home to considerable green space- Mount Royal, for example, is known as the city's "green lung" - which bring nature into its urban heart. But Montreal's distinct charm stems primarily from its gentle approach to life and the kindness of its citizens, typical Canadian attributes.

Montreal was recently ranked second of the 25 safest cities in the world by The Economist. The Montreal Metro (the city's subway) embodies this ranking, as it too is clean and safe. And if your child happens to miss the last Metro, you can rest assured they will be also be safe taking the city's night-bus routes, which are accessible and on-schedule.

On the Université de Montréal campus, a team of security staff are present 24 hours a day. Their continuous presence ensures the safety of the nearly 67,000 university students and employees who make up the "city within a city" that forms the school. A modern system of cameras spread throughout the campus provides another layer of security to the UdeM population.

Finally, there are also special peace officers called "constables" that hold the same power as police officers, though only on campus. UdeM is in fact the only university in Quebec to have a team that is able to perform arrests, searches and confiscations, should the need ever arise.

In case of an emergency? The only number to remember is 7771, which connects you to the on-campus security team. Coming soon, students will be able to download an app linked to a "general alert system" that will allow them to receive real-time alerts on their phones.

FROM A MOM: ROSINA



© UdeM



There are extraordinary advantages to living in Montreal since it's at once both a large and small city, an international metropolis with very lively neighbourhoods, very young... In three years, she had no safety issues in Montreal.



Rosina Gellé

*on her daughter Alexandra's
experience studying Chemistry at UdeM.*

MONTREAL IS AFFORDABLE

Talking about money and the importance of managing a budget with your child is critical when it comes to preparing them for college life. While the cost of a post secondary education is high, Montreal is one of the most affordable cities to live in, making it one of the most accessible student destinations.

The cost of living in Montreal is surprisingly low compared to other cities of its size. It's possible to live in the city on a budget of about C\$950 - C\$1225 a month including transportation, food, rent (average C\$550 - utilities included.) All full-time students have access to reduced-cost transportation passes. The cost of books varies by program, but plan for an average of about C\$ 350 per year.

While it's true that studying abroad can seem expensive, tuition fees for international students are low in Canada, especially when compared to tuition in the United States. This is due in part to the fact that Canadian universities are funded in large part by the government which aims to keep programs accessible while providing top quality education. Add to this the fact that Quebec is the Canadian province with the lowest tuition fees, making an education at the University de Montreal a sound financial decision - for both parents and students.

TUITION FEES PER YEAR			
PREP YEAR	BACHELOR'S DEGREE		
1 st YEAR	2 nd YEAR	3 rd YEAR	4 th YEAR
C\$ 12 490*	C\$ 18 410 - C\$ 23 960*	C\$ 18 410 - C\$ 23 960*	C\$ 18 410 - C\$ 23 960*

* For reference only.

A TYPICAL STUDENT BUDGET IN MONTREAL:*

ARRIVAL AND SETTLING-IN COSTS

Arrival	C\$ 450
Settling in	C\$ 600
Winter clothes	C\$ 600
Total:	C\$1 650

SUBSISTENCE COSTS

Rent and utilities	C\$ 550 / month
Food	C\$ 350 / month
Transportation	C\$ 50 / month
Telephone	C\$ 45 / month
Miscellaneous	C\$ 200 /month
Total:	C\$ 1 195 / month

OTHER

School books and materials	C\$ 350 / year
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HEALTH INSURANCE (FOR REFERENCE ONLY):

Prep year:	Health insurance C\$ 685 to 950 / year
Bachelor's degree:	Health insurance C\$ 940 / year
	Dental insurance C\$ 120 / year

*These prices are in Canadian (C\$)

FROM A MOM: CHANTAL



In Montreal, French is dominant but English is spoken in several areas and almost everything is written in both languages, which facilitates learning. The Université de Montréal has a great reputation and its degrees are widely recognized. They are comparable to those from the United States, but the fees are more affordable.



Chantal Hausser-Hauw
mother of Catherine, Animal Health Sciences alum
at Udem, originally from Paris.



HOW TO FIND HOUSING

The easiest and most convenient options for housing are the residence halls. Located in the heart of campus, they allow for a quick integration. Affordable and safe, they are also an ideal place to meet other students.

If you decide to choose this option, feel free to contact us and we will provide you more information.

Another great option to consider is shared apartments, which are very common in Montreal. Apartment-sharing is not synonymous with partying, but rather associated with pleasant and affordable student cohabitation.

STUDENT HEALTH INSURANCE

All international students are automatically signed up for a collective health insurance plan. The cost of this mandatory insurance is added to the tuition fees.

The plan covers medical and hospital costs as well as prescription medication. The plan also includes a repatriation option in case of death or invalidity. It does not however cover dental care.

IS STAYING IN CANADA AFTER FINISHING UNIVERSITY STUDIES AN OPTION?

Yes it is! The post-degree work permit is a boon to those foreign nationals who fall in love with the city or Canada as a whole, as it opens the door to the Canadian job market. A springboard toward permanent residency, this permit acts as a transition for those wishing to settle either short term or long term in Canada.

IF YOUR CHILD WILL BE A MINOR WHEN THEY ARRIVE

In Canada, the age of majority is set at 18 years old. Two options are available to you if your child is under 18 when they arrive in Montreal. Designating a local guardian is often the simplest solution, but you can also submit a request to grant your child the status of an adult and the legal autonomy that it entails. A few additional documents will be necessary* when going through the student visa process.

The primary concern for an underage student upon arrival? Opening a bank account. Certain financial institutions in Montreal allow 16- or 17-year-old minors to open accounts only after a meeting to ensure that the student understands their responsibilities. A guardian must also be present if the student wants to obtain a debit card (the most common card in Canada, with which purchases are debited from the bank account on the same day).

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© Courtesy Tourisme Montréal

3 THE ADVANTAGES OF MONTREAL FOR INTERNATIONAL STUDENTS

MONTREAL IS A CULTURAL MELTING POT LIKE NO OTHER

The largest francophone city in North America, Montreal combines aspects from different cultures around the world. The French joie de vivre, an architectural style that combines European and American influences, over-the-top graduation ceremonies: so many elements make Montreal a culturally international metropolis. As a prime multicultural hub, Montreal is chock full of international students and opportunities to improve one's language skills. The Université de Montréal (UdeM) and its affiliated schools host more than 9,500 international students from 140 different countries.

GOOD TO KNOW

Doing certain assignments and projects in Shakespeare's language is also an option.

THE VALUE OF LEARNING FRENCH AT AN INTERNATIONAL LEVEL

Non-Francophone people sometimes wonder what they could possibly do in a francophone institution such as the Université de Montréal, as reputable as it may be. Nevertheless, they soon discover that a world of opportunity opens to them both while studying and after graduation.

AS A STUDENT

On a global scale, the French-speaking population is the 5th or 6th largest linguistic population (with Arabic and Hindi in the lead), while, on the Internet, French is the 4th most used language after Chinese, English and Spanish. Are you also aware that French is either the or one of the official languages in approximately 30 countries around the world? That's not nothing!

Speaking French therefore means opening oneself to a world of opportunities and possibilities that should not be missed. By studying in a Francophone university, you can study and live in French. Anglophone at UdeM? It's an advantage! It will allow you to breeze through English texts as a student (many assigned readings are in English), and you will then have the possibility to go on to graduate school in English and/or French.

By speaking English and French, you also offer yourself the opportunity to sign up for exchange programs abroad thereby opening yourself up to Francophone communities in the four corners of the world.

Speaking French is having the privilege of accessing the best scientific literature in both languages, and being able to read articles in their original versions (what a luxury). What better way to feed that scholarly spirit that craves new information every day?

We sometimes forget the considerable benefits of a bilingual and multicultural city like Montreal: living there means navigating several worlds at the same time. This perspective is shared on the UdeM campus where 140 different nationalities work and study side by side. Come see for yourself!

AFTER GRADUATION

As a French speaker, you will also multiply your chances of finding a job during your studies or once you've graduated. By being bilingual, get ready to double your chances of finding a position in a job market that values professionals with a better-than-average skill set.

It's worth noting that in Montreal, many job offers stipulate that future employees must speak French as well as English. Are you a Spanish speaker? Don't give up! This means that you're already halfway there to speaking French...



© Courtesy Carabins de Montréal

4 A STUDENT'S LIFE IN MONTREAL

MAKING NEW STUDENTS FEEL WELCOME

The loss of bearings that comes with a new city can lead to a feeling of isolation, which is why the openness of the big island that is Montreal is one of its biggest strengths. Welcome sessions, activity weeks and support workshops set the tone for new students on every university campus.

Montreal universities also all have their own sports centers. If team sports are important for your child, don't wait to check out the websites of the sports clubs, teams and activities, all on one campus! Finally, the city of Montreal offers hundreds of festivals of all kinds throughout the year...

I'M A STUDENT WITH A JOB, AND IT WORKS WELL

Just like apartment sharing, student employment is deeply anchored in Canadian student culture. Many Canadian students work part-time to pay for their studies and it is respected as a way to gain experience and demonstrate mature organization. Whether it be to make ends meet or to lighten the monthly budget, the student work culture promotes values such as merit and independence. Since 2014, a work permit is included as part of the study permit for international students who would like to work off campus, for up to 20 hours per week.

THE MONTREAL CLIMATE: WHAT TO KNOW ABOUT WINTER

Yes, it gets cold in the winters in Montreal. It's important that you plan for a winter clothes budget, especially if you live in warmer climates. But the myth of a never-ending winter full of solitude and hibernation is simply not the case. It does get cold – the average winter temperature is -10°C (14°F) and it can go down to -30°C (-22°F) on extremely cold days – but winter in Montreal is a companion that one learns to befriend. Despite the chill, it rarely rains and the sun is always out.

Montreal stays active all year, no matter the weather. Festivals take place all year long: world renowned jazz, comedy and music during the summer, a winter outdoor music festival called Igloofest, with crowds of students dressed in fluorescent ski suits!

Montreal and the UdeM campus are full of underground walkways to help avoid the chill and, of course, Montreal's heating system works amazingly well and every apartment is fully equipped! Your child won't be cold in their apartment, unless they sleep with the window open... How to dress for winter...and learn to love it

The golden rule for surviving the winter is to dress warmly, cover any exposed skin on the really cold days and make sure the extremities are bundled up! Students who do not have appropriate winter clothing can easily buy it here. Coats with thick lining, wool sweaters, waterproof boots, and wool hats and scarves are indispensable. The price of clothes varies enormously. Many stores have frequent sales. Around C\$ 300 to C\$ 600 should be sufficient to buy appropriate winter clothes.

Looking beyond winter, a raincoat, a vest or a cardigan are useful for the spring and fall. During the hot and humid summer, light clothes are best. At the university, students' clothing choices are generally relaxed.

HEALTHY EATING ON A BUDGET

The university features a variety of cafeterias and cafes that are open to students, but it is of course cheaper to pack a lunch. Visits to the grocery store are usually one of the highest costs for students. Count on around C\$ 40 to C\$ 50 per week for groceries. Your child will quickly discover the incredible outdoor markets, fruit and vegetable meccas where it's fun to get lost in the aisles before rediscovering the arduous path towards a balanced diet! For those with exotic tastes, there are numerous shops that offer products from the four corners or the world: France, Latin America and Africa, among others.



WHAT'S NEXT?

We hope this has helped inform you about the Canadian university system, life in Montreal and the daily life of a Montreal student. Even if the final choice rests with your child, having your help and support for such decisions represents a major boost for their university career. Discovering a new culture, enriching oneself and committing to internationally-renowned and high-quality education are essential to the success of a student. You now have the necessary tools at your disposal to help your student make a decision that will help them become an intentional, and particularly well-rounded, individual!

FOR MORE INFORMATION, PLEASE VISIT:

[ADMISSION.UMONTREAL.CA/EN/INTEGRATEDPATH](https://admission.umontreal.ca/en/integratedpath)

TO STAY UP TO DATE WITH UDEM'S NEWS AND TO KEEP IN CONTACT WITH YOUR CHILD, CHECK OUT:

[FACEBOOK.COM/UNIVERSITEDEMONTREAL](https://facebook.com/universitedemontreal)

[TWITTER.COM/UMONTREAL](https://twitter.com/umontreal)

[INSTAGRAM.COM/UMONTREAL](https://instagram.com/umontreal)

[YOUTUBE.COM/ETUDIERUDEM](https://youtube.com/etudierudem)

LITTLE SURVIVAL LEXICON FOR PARENTS OF STUDENTS IN MONTREAL

eTA	1.1
Electronic travel authorization (Autorisation de voyage électronique)	
BEI	3.3
International student office (Bureau des étudiant internationaux)	
CAQ	1.1
Quebec acceptance certificate (Certificat d'acceptation du Québec)	
NAS	4.2
Social security number (Numéro d'assurance sociale)	
PE	1.1
Study permit (Permis d'études)	
RAMQ	1.1
Quebec health insurance board (Régie de l'assurance maladie du Québec)	

