



# What You Should Know before your arrival

**Spring & Summer 2024**

*Version française aussi disponible sur [elul.ulaval.ca](http://elul.ulaval.ca)*



[Université Laval Français langue seconde, été 1re partie](#)

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## WHAT TO BRING (CHECK LIST)

- Health insurance card for **Canadian students. Non Canadian student** will receive an e-mail from the Registrar's Office with instructions on how to proceed.
- Everything you'll need to cook your meals in the residence's communal kitchen (pots, utensils, plate and cup<sup>1</sup>)
- Funds for personal expenses, weekend trips and excursions.
- Personal hygiene items (soap, shampoo, etc.)
- Towels
- Clothes for rain, cold and/on hot sunny days
- Clothes and shoes for outings and sports

(Swimming, baseball, volleyball, jogging, hiking, etc.)

- Nice outfit for the farewell evening
- Sandals for the shared showers
- Fan (no air conditioning in the residence rooms)
- Locks
- Musical instruments (optional)

<sup>1</sup> Can be bought in stores close to university.

### Weather in Québec city

	Average Temp.	Maximum	Minimum
Spring	May	17°C	5°C
	June	22°C	10°C
Summer	July	25°C	13°C
	August	23°C	10°C

## 2. BEFORE YOUR ARRIVAL

### 2.1 Placement test

Once your admission process has been completed, you will receive an e-mail outlining the placement test procedures. Your result on the placement test will determine in which level you will be placed for the 5-week program. You will receive an e-mail indicating your choice of course based on your test result. **N.B.** Make sure to check your junk mail folder.

Important

- Take the **test without any help** so that the **level** in which you are placed can be **as accurate as possible**.

### 2.2 Special needs

If you have a condition requiring special treatment (e.g. learning disabilities, blindness, wheelchair access, etc.), please let us know by completing and sending us this form [before your arrival](#).

In that way, we can facilitate your immersion experience.

- [Special Needs form](#)

### 2.3 Monportail.ulaval.ca

You will receive your IDUL (Identifiant Université Laval) by e-mail from the Registrar's Office. This e-mail will also invite you to create your NIP (ULaval password) ([link](#)).

With your IDUL and NIP, you'll have access to [monportail.ulaval.ca](http://monportail.ulaval.ca). On this site, you can access your course sites, get your transcript, student card and official documents.

### 2.4 Student card

You will receive a message on [monPortail](#) or on your ulaval.ca email address, inviting you to submit a photo for your [digital](#) UL student card. Go on [carte-identite](#) to complete the process. Your student card will be available on the same address. We recommend you download the application.

### 2.5 Select your mandatory workshop preferences

Each week, students must participate in a conversation workshop and in another one mandatory thematic workshop selected from a list posted online. In all, students take part in two compulsory workshops per week. Each workshop lasts between one hour and half and two hours. Students will receive their workshop schedule during first week.

Select your workshop: [HERE](#)

### 3. ARRIVAL AND DEPARTURE

Campus map: <http://bit.ly/2E2hdBJ>

On the first day of classes, you must be present at **7:45 am in the main entrance of pavillon De-Koninck** (avenue des Sciences-Humaines).

**Explore student:** You cannot arrive on the first day of the programme or thereafter. You must arrive at least one day before the course.

2024	Start	End
Summer part 1	Monday May 13 at 7:45 am	Saturday June 15 at 12 pm
Summer part 2	Monday July 8 at 7:45 am	Saturday August 10 at 12 pm

Final exams are given on the last day of the program 

You must leave after your exam.

### 4. TRANSPORTATION

#### 4.1 City transit (Réseau de transport de la Capitale - RTC)

[RTC](#), Quebec transportation system, is easy to use, safe and efficient.

You can pay for a single use (cash or with the [RTC Nomade payment application](#)) or buy a daily, weekly or monthly pass. The monthly pass applies from the first day of the month (Example: June 1 - June 30).

**Important: there is no RTC special student fare for FLE 5-week students.** [RTC rate chart.](#)

Download the Nomade application ([RTC Nomade Temps réel](#)) to track buses in real time.

#### 3.2 Taxi

Available at every terminal.

#### 4.2 Via Rail discount

Explore students have a discount at the time of booking for almost all classes on all trains operated by VIA Rail. The procedure and documents concerning this promotion will be sent by email few days after your registration.

## 5. PROGRAM & SCHEDULE

Classes are held in the mornings from Monday to Friday, with the last Saturday of the session.

### CREDIT COURSES

You will receive an e-mail to make your course selection after completing the placement test. Your schedule will be available online before classes start: [sitescours.monportail.ulaval.ca/cours](https://sitescours.monportail.ulaval.ca/cours).

Not-for-credit courses

Your schedule will be sent to you a few days before the beginning of the semester.

## 6. EXTRACURRICULAR ACTIVITIES

When not in class or in their [mandatory workshops](#), students practice French by participating in a wide variety of workshops and sociocultural activities.

Most of the workshops and activities offered are free.

### 6.1 Optional sociocultural activities

We offer more than 70 free activities and workshops each term. These free optional activities are perfect opportunities to speak French, discover Quebec area and francophone culture.

Students sign up on the day of the activity in the “Espace interculturel DKN-1211”

More details will be provided upon your arrival.

### 6.2 Special paying activities

These activities will occur during evenings and Saturdays.

We recommend that you bring around \$150 to cover expenses for such outings.

Prepayment or deposit required.

**Places are limited.** We recommend that you buy online as soon as possible.

You will find the catalog of activities on the [École de langues](#) website under the Workshops section.

- Catalogue of activities – Summer, part 1- Available from April 1<sup>st</sup>
- Catalogue of activities – Summer part 2- Available from May 27<sup>th</sup>

Two ways to buy your tickets for the special paying activities.

1. Online

Session	Période d'achat	Hyperlien
First session (May 13 to June 15, 2024)	April 1st to the first Monday of the session, 18h 00.	<a href="#">Buy your tickets online</a>
Second session (July 8 to August 10, 2024)	May 27th to the first Monday of the session, 18 h00.	<a href="#">Buy your tickets online</a>

2. In person

Students can buy the tickets that are remaining during the first week of classes.

We are taking cash only.



## 7. ON-CAMPUS UNIVERSITY RESIDENCES

The buildings are open 24/7, and some of staff members speak English.

### 7.1 Inclusion in residence's room

- 1 single bed, without air conditioning.
- Bedding (bedspread, sheets, pillows and pillowcases) that can be changed once a week.
- Desk and lamp, phone, bookshelf, desk chair, armchair, dresser, closet, and draperies.
- Refrigerator.

Note: There is no air conditioning in the room. We recommend you bring a portable fan for July and August.

### 7.2 Residence facilities

- Free Wireless internet access.
- Laundry rooms and equipment.
- Bathrooms and showers are located close to the rooms on all floors.
- Modern shared kitchens include stoves, microwaves.
- Storage lockers for student's personal cookware (**cookware not provided** by the *Université Laval's* residences)
- Security service is provided around the clock, and all rooms are equipped with fire extinguishers and smoke detectors.

Students are responsible for any damage and costs related to extra room services.

To reserve a room

Please complete and return a reservation form

- Regular student
- Explore program student

For any questions regarding the Residences, you can call at: 418 656-5632 or write to [hebergement@sres.ulaval.ca](mailto:hebergement@sres.ulaval.ca).

Additional information for Explore program students

You are expected to check in at the pavillon Alphonse-Marie-Parent (open 24/7)

Explore students have to arrive no later than the night before the first day of the program and they have to be present until the last day of the program. The bursary covers a maximum of 35 nights. The bursary recipients may choose to stay longer and pay for the additional nights (\$19,43/night\*).

## Parking

If you own a car, visit [ssp.ulaval.ca/stationnement](http://ssp.ulaval.ca/stationnement) to find out about their rates for parking passes.

## 8. FOOD

There are different options for buying food on the campus and in the area.

### 8.1 Grocery store

Three large grocery stores, *Metro*, *IGA* and *Provigo*, are within a 10-minute walk from the campus. They offer delivery to the campus, and sell a wide variety of natural and organic products, as well as prepared dishes.

### 8.2 Cafeterias

There are two main cafeterias on campus. Meal plans available.

**SAVEURS CAMPUS** (Desjardins-Pollack building)

**SODEXO** (Charles-De Koninck building)

### 8.3 Restaurants

There are several restaurants, pubs, and cafés on the campus and in the *Université Laval* surrounding neighbourhood.

Explore program meal allowance

Students from Explore program will receive a meal allowance (\$850) on first day of class.

## 9. ON-CAMPUS INTERNET ACCESS

Computer labs

Students have access to computers connected to the campus network and to the Internet. The labs are located in the De Koninck building. They are located in rooms DKN-0231, DKN-0243, DKN-0249, DKN-0251, DKN-0268, DKN-0270, DKN-0273, DKN-0275 and DKN-0285.

Wireless

All students of Université Laval have a free access to the Wireless networks

UL\_Visiteur\_Guest and Eduroam\*\*.

\*\*Eduroam: high speed network. Accessible with your IDUL@ulaval.ca and Université Laval password.



## 10. TRANSCRIPT

### 10.1 Credit courses

The number of credits awarded per session are 6 credits (90 hours) or 3 credits (45 hours)

#### 10.1.1 Transcripts

The registrar's office can also send an **official transcript** to your home institution (\$9\*). For an official transcript, please fill out the form available on the [monportail.ulaval.ca/documentsofficiels/commandedocuments/releve](https://monportail.ulaval.ca/documentsofficiels/commandedocuments/releve)

**Important:** Please wait until September 4 before filling out the form. Teachers have until this date to enter your grades.

#### 10.1.2 Credit transfer

The "Request for transcript form" is found at this link: <https://monportail.ulaval.ca/documentsofficiels/commandedocuments/releve> .

### 10.2 Not-for-credit courses

90 contact hours per session.

#### 10.2.1 Not-for-credit graded attestation

- You will receive an attestation from the Continuing Education Office.
- The grades range from A to E.
- Your attestation will be sent by email after program completion.

## 11. USEFUL INFORMATION

### 11.1 Services on campus

- Bank (Caisse Populaire Desjardins)
- Convenience store (pavillon Desjardins)
- Hairdresser

### 11.2 Sport center (Pavillon de l'éducation physique et des sports- PEPS)

PEPS is the campus sports center. Students have a free access to the **PEPS** pool, jogging tracks and sports courts (badminton, tennis, racquetball, volleyball, and squash).

**Fitness room membership:** 24,50\$/month, 10,50\$/week. On-site registration.  
**[DIGITAL STUDENT CARD REQUESTED.](#)**

### 11.3 Health care

Students must show their medical card when consulting health care services. There are several health clinics and hospitals near campus.

If you or someone you know needs immediate medical attention, go to the nearest hospital emergency clinic. However, if you can't move the person, call emergency medical services by dialing 911.

In an emergency, dial 911.

Here's the list of hospitals available for major emergencies in Quebec City:

Center hospitalier de l'Université Laval (CHUL)

2705, boulevard Laurier

418 525-4444

[www.chudequebec.ca](http://www.chudequebec.ca)

Hôpital Saint-François d'Assise

10, rue de l'Espinay

418 525-4444

[www.chudequebec.ca](http://www.chudequebec.ca)

Institut universitaire de cardiologie et de pneumologie de Québec (Laval Hospital)  
2725 chemin Sainte-Foy  
418 656-8711  
iucpq.qc.ca  
Hôtel-Dieu de Québec  
11, côte du Palais  
418 525-4444  
www.chudequebec.ca

Hôpital du Saint-Sacrement  
1050, chemin Sainte-Foy  
418 682-7511  
www.chudequebec.ca

Enfant-Jésus Hospital  
1401, 18th Street  
418 649-0252  
[www.chudequebec.ca](http://www.chudequebec.ca)

Personal counselling/Psychological Assistance  
Pavillon Maurice-Pollack, local 2121. 418-656-7987 / [aide.ulaval.ca](http://aide.ulaval.ca)  
Monday-Friday : 8 :30-12 :00, 1 :30-4 :30p.m., you must make an appointment.

Interligne-diversité sexuelle et de genre  
1 888 505-1010 / [HTTP://INTERLIGNE.CO](http://INTERLIGNE.CO)

Les services sont offerts à tous ceux et celles qui ressentent le besoin de discuter de l'orientation sexuelle ou de l'identité de genre. Service offert 24/7.

Centre de prévention du suicide de Québec  
418 683-4588

Urgence: 1 866 APPELLE (1 866 277-3553)

[www.cpsquebec.ca](http://www.cpsquebec.ca)

SOS suicide 1 866 277-3553 (1 866 APPELLE)

#### WALK-IN MEDICAL CLINICS

If you need to see a doctor, but it's not an emergency. Check the clinic's schedule before you go.

Clinique médicale de l'Université Laval (session été 1<sup>re</sup> période, seulement)

Pavillon Desjardins, 2e étage, 418 656-2943

Unité de médecine familiale Laurier

Édifice Delta 2, 2875, boul. Laurier, 4e étage / 418-654-2701

Dental Emergency

**Clinique Myrand**, 826, rue Myrand / 418 688-0109

Centre dentaire Ste-foy / (418) 683-3368.