



# What You Should Know before your arrival

Spring & Summer 2022

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[Université Laval Français langue étrangère, été 1<sup>re</sup> partie](#)  
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# Table des matières

|   |                                    |
|---|------------------------------------|
| <b>WHAT TO BRING (CHECK LIST)</b>                           | 3                                  |
| <b>1. BEFORE YOUR ARRIVAL</b>                               | 4                                  |
| 1.1 PLACEMENT TEST  | 4                                  |
| 1.2 SPECIAL NEEDS   | 4                                  |
| 1.3 MONPORTAIL.ULAAVAL.CA                                   | <b>ERREUR ! SIGNET NON DEFINI.</b> |
| 1.4 STUDENT CARD  | 4                                  |
| 1.5 SELECT YOUR MANDATORY WORKSHOP PREFERENCES              | 4                                  |
| <b>2. ARRIVAL AND DEPARTURE</b>                             | 5                                  |
| <b>3. TRANSPORTATION</b>                                    | 5                                  |
| 3.1 CITY TRANSIT (RÉSEAU DE TRANSPORT DE LA CAPITALE - RTC) | 5                                  |
| 3.2 TAXI  | 5                                  |
| 3.3 RABAIS VIA RAIL   | 5                                  |
| <b>4. PROGRAM &amp; SCHEDULE</b>                            | 5                                  |
| <b>5. EXTRACURRICULAR ACTIVITIES</b>                        | 6                                  |
| <b>6. ON-CAMPUS RESIDENCES</b>                              | 7                                  |
| <b>7. FOOD</b>  | 8                                  |
| 7.1 GROCERY STORE   | 8                                  |
| 7.2 CAFETERIAS  | 8                                  |
| 7.3 RESTAURANTS   | 8                                  |
| <b>8. ON-CAMPUS INTERNET ACCESS</b>                         | 8                                  |
| <b>9. TRANSCRIPT</b>  | 9                                  |
| 9.1 CREDIT COURSES  | 9                                  |
| 9.1.1 TRANSCRIPTS   | 9                                  |
| 9.1.2 CREDIT TRANSFER                                       | 9                                  |
| 9.2 NON-CREDIT COURSES                                      | 9                                  |
| 9.2.1 GRADED ATTESTATION                                    | 9                                  |
| <b>10. USEFULL INFORMATION (BANK, DOCTOR, SPORT CENTER)</b> | 10                                 |

\* Prices indicated in this document can  
changed without notice.

## WHAT TO BRING (CHECK LIST)

- Health insurance card for **Canadian students**. **Non Canadian student** will receive their **digital Health insurance card** by email.
- Everything you'll need to cook your meals in the residence's communal kitchen (pots, utensils, plate and cup\*)
- 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)

\* **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    |

## 1. BEFORE YOUR ARRIVAL

### 1.1 Placement test

Once your admission process has been completed, you will receive an e-mail outlining the placement test procedures. **N.B.** Make sure to check your junk mail folder.

Your test result will determine the level in which you will be placed for the duration of the program.

#### Important

- Take the **test without any help** so that the **level** in which you are placed can be **as accurate as possible**.
- Results of your placement test will not be given to you until the first day of classes.

### 1.2 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](#)

### 1.3 Monportail.ulaval.ca

Once you receive your **IDUL** (Université Laval personal identification) from **Bureau du registraire**, you have to generate your PIN ([link](#)).

With you IDUL and PIN you could reach [monportail.ulaval.com](http://monportail.ulaval.com). On this site, you have access to your course pages, transcript, official documents, student card and more.

### 1.4 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.

### 1.5 Select your mandatory workshop preferences

Each week, students must participate in a thematic conversation workshop and in another one selected from a list posted online.

So they must attend two 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](#)

## 2. ARRIVAL AND DEPARTURE

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

We are expecting you on the Saturday or Sunday prior to the beginning of the program.

On the first day of classes, you must be present at **8:15 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.

| 2022          | Start                    | End                        |
|---------------|--------------------------|----------------------------|
| Summer part 1 | Monday May 16 at 8:15 am | Saturday June 18 at 12 pm  |
| Summer part 2 | Monday July 4 at 8:15 am | Saturday August 6 at 12 pm |

**Final exams are given on the last day of the program** 📍

## 3. TRANSPORTATION

### 3.1 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 fare (cash) on the bus or buy your tickets and your pass (daily, weekly, monthly) in a convenient store.

*Important:* **there is no RTC special student fare for FLE 5-week students.**

Download apps Nomade to get all buses in real time.

### 3.2 Taxi

Available at every terminal.

### 3.3 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.

## 4. PROGRAM & SCHEDULE

Courses are usually given in the morning, Monday through Friday inclusively.

### CREDIT COURSES

Your schedule will be available once registered:  
[sitescours.monportail.ulaval.ca/cours](http://sitescours.monportail.ulaval.ca/cours)

### NOT-FOR-CREDIT COURSES

Your schedule will be sent by email once registered.

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## 5. EXTRACURRICULAR ACTIVITIES

When not in class, students practice what they have learned by participating in a wide variety of workshops and socio-cultural activities.

Most workshops and activities offered during the week are free.

Some special activities are offered at a very affordable price.

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

### 5.1 Optional sociocultural activities

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

Students sign up on the day of the activity in the "local d'animation".

These activities will occur outside of courses and [mandatory workshops](#). More details will be provided upon your arrival.

### 5.2 Special paying activities

These activities will occur during evenings and Saturdays.

Prepayment or deposit required.

- Catalogue of activities – [Summer, part 1- 2022](#)

- Catalogue of activities – [Summer part 2- 2022](#)

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

1. Online:

- Summer, part 1 : from APRIL 1<sup>st</sup> To MAY 16, 11:59 PM.  
Buy your tickets online by clicking [HERE](#)
- Summer, part 2 : from APRIL 1<sup>st</sup> to July 4<sup>th</sup> at 11:59 PM.  
Buy your tickets online by clicking [HERE](#)

2. In person during the first week of classes. Cash only.

## 6. ON-CAMPUS UNIVERSITY RESIDENCES

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

### 6.1 Inclusion in residence's room

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

### 6.2 Residence facilities

- Free Wireless internet access.
- Laundry rooms and equipment.
- Large communal bathroom(s) located on each floor.
- 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 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 (\$18,50/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.

\* Prices indicated in this document can be changed without notice.

## 7. FOOD

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

### 7.1 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.

### 7.2 Cafeterias

There are two main cafeterias on campus. Meal plans available

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

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

### 7.3 Restaurants

There are several restaurants in the *Université Laval* surrounding neighbourhood and in near-by shopping centers.

### Explore program meal allowance

Students from Explore program will receive a meal allowance (\$750) on first day of class.

## 8. 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.

### Wireless

*All students of Université Laval have a free access to a Wireless network.*



## 9. TRANSCRIPT

### 9.1 CREDIT COURSES

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

#### 9.1.1 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 5 before filling out the form. Teachers have until this date to enter your grades.

#### 9.1.2 Credit transfer

The "Request for transcript form" is found at this link:

<https://monportail.ulaval.ca/documentsofficiels/commandedocuments/releve> .

### 9.2 NOT-FOR-CREDIT COURSES

90 contact hours per session.

#### 9.2.1 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.

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## 10 USEFUL INFORMATION

### 10.1 Services on campus

- Bank (Caisse Populaire Desjardins)
- Convenience store (pavillon Desjardins)
- Hair dresser

### **Sport center (PEPS)**

University's sports centre, the **PEPS**, which offers free access to a pool, jogging tracks and sports courts (badminton, tennis, racquetball, volleyball, and squash).

**DIGITAL STUDENT CARD REQUESTED.**

### 10.2 Health care

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

### **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.

### **Medical Clinics**

If it is not a medical emergency, visit one of the following medical clinics for an appointment.

### **Unité de médecine familiale Laurier**

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

See schedule on

### **Interligne-diversité sexuelle et de genre**

1 888 505-1010 / <http://interligne.co>

Services are available to all those concerned with sexual orientation and gender identity. Their services are free, confidential, professional, offered every day, 24/7.

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

### **Dental Emergency**

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

### **24/24 Medical Emergency**

**Jeffrey Hale**, 1250, chemin Sainte-Foy (Service in English)

**CHUL** (Centre hospitalier de l'Université), 2705, boul. Laurier

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