



What You Should Know before your arrival

Summer 2019
5 weeks

Version française aussi disponible sur elul.ulaval.ca



Université Laval- FLE Été 1^{re} période- 2019

Université Laval- FLE Été 2^e période- 2019

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

WHAT TO BRING (CHECK LIST)

- Health insurance card for Canadian students and some money in case you need to see a doctor (Approx. \$100)
- Everything you'll need to cook your meals in the residence's communal kitchen (pots, utensils, plate and cup¹)
- Fan (no air conditioning in the residence rooms)
- Personal hygiene items (soap, shampoo, etc.)
- Towels
- Funds for personal expenses, weekend trips, and excursions
- Clothes for rain, cold and 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
- Musical instruments (optional)
- Lock
- English/French dictionary and French grammar (also available at the *Université Laval* book store)
- Université Laval* student card (if attended ULaVal in the past)

Weather in Québec city

	Average Temp.	Maximum	Minimum
Summer 1st period	May	17°C	5°C
	June	22°C	10°C
Summer 2nd period	July	25°C	13°C
	August	23°C	10°C

¹ Can be bought in stores close to the university.

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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 (instructions, link, username and password required to access the test).

Your test result will determine the level in which you will be placed. It is important to 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.

N.B. Messages have been filtered as junk in the past. Make sure to check your junk mail folder.

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.

Form

- Explore program
- Non-credit and credit programs

1.3 Student card

Once you receive your IDUL from *Bureau du registraire*, you have to generate your PIN and download a photo for your UL student card (**See document**).

You will receive your student card during the first week of the program.

If you have already studied at *Université Laval* you must bring your UL student card. A misplaced or forgotten card can be replaced at an approximate cost of \$10.

1.4 Select your mandatory workshop preferences

Each week, students must participate in two mandatory workshops: a conversation workshop, and one selected from the list posted online. Each workshop lasts between one hour and a half and two hours. Students will receive their workshop schedule during the first week. **Select your workshop: HERE**

1.5 Reserve your room at university's residence

See section 6.

1.6 Absences and schedule conflicts

Read the [Policies on absences and schedule conflicts](#) related to exams if you have to be absent during the program. If you know you will be absent for an exam, you must submit your request to reschedule no later than Wednesday of the first week of classes.

2. ARRIVAL AND DEPARTURE

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

On the first day of classes, you must be present at **8:00 am in the main entrance of pavillon Charles-De Koninck** (avenue des Sciences-Humaines).

Explore students: We expect you to arrive on the Saturday or Sunday prior to the beginning of the program. You cannot arrive on the first day of the program or thereafter.

2019	Start	End
Summer 1 st period	Monday May 13 at 8:00 am	Friday June 14 at 4:00 pm
Summer 2 nd period	Monday July 8 at 8:00 am	Friday August 9 at 4:00 pm

👉 **Final exams are given on the last day of the program** 👈

3. TRANSPORTATION

3.1 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.

3.2 City transit (Réseau de transport de la Capitale - RTC)

RTC, the Québec transportation system, is easy to use, safe and efficient. You can pay for a single fare (cash) on the bus or buy individual tickets or a pass (daily, weekly, and monthly) in a convenient store. **More info on rtcquebec.ca** .

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

Tip: download the app **Nomade** to get all buses in real time.

3.2.1 City transit (RTC) between terminals and Université Laval (itineraries suggested)

- Sainte-Foy Orléans Express bus station: <https://goo.gl/maps/aATBMxUKJpB2>
- Gare du palais train and bus station : <https://goo.gl/maps/QLkYdnGa9aUJ>
- Sainte-Foy train station : <https://goo.gl/maps/8dV7vhd1UGx>
- Quebec international airport (available from July 2019)

3.3 Taxi

Available at all terminals and stations.

3.4 Free shuttle service (May only)

On **May 11th and 12th 2019, between 12:30 p.m. and 8:00 p.m.**, the École de langues will provide a **free** shuttle between the Québec City airport and the *Université Laval residences*.

No registration required. Watch for *Université Laval* staff in the airport terminal.

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4. PROGRAM & SCHEDULE

Courses are usually given in the morning, Monday through Friday inclusively. Some classes may take place in the afternoon and the mandatory workshops occur in the afternoon. Follow this link for an example of a class schedule: <http://bit.ly/Q9reDF>

5. EXTRACURRICULAR ACTIVITIES

When not in class or in a mandatory workshop, students have the opportunity to practice what they have learned by participating in a wide variety of socio-cultural activities organized by a well-trained team of dynamic and dedicated monitors.

Most workshops and activities offered during the week are free. Some others, scheduled during the evenings and on Saturdays (e.g. rafting, Via Ferrata, Bubble football, ghost tour), are offered at a very affordable price. We recommend that you bring around \$200 to cover expenses for such outings.

5.1 Optional sociocultural activities (free)

These activities will occur outside of courses.

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

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

More details will be provided upon your arrival.

5.2 Special paying activities

These activities will occur outside of courses and mandatory workshops. Please note that there are **limited spaces**.

- [Catalogue of activities – Summer, part 1 \(May-June\)- 2019](#)
- [Catalogue of activities – Summer part 2 \(July-August\)- 2019](#)

Two ways to buy your tickets for the special paying activities

1. Online:

- Summer, part 1 : from April 1st to May 13th at 6 PM.
Buy your tickets online by clicking [HERE](#)
- Summer, part 2 : from May 20th to July 8th at 6 PM.
Buy your tickets online by clicking [HERE](#)

2. In person, at Université Laval, during the first week of classes.

6. ON-CAMPUS UNIVERSITY RESIDENCES

The pavilions are open 24/7, and most of the staff members speak English.

Included in each residence room

- 1 single bed
- Bedding (bedspread, sheets, pillows and pillowcases) that can be changed once a week
- Desk, lamp, phone, bookshelf, desk chair, arm chair, dresser, closet, and draperies
- Refrigerator
- Smoke detector.

Note: there is **no air conditioning** in the room.

Residence facilities

- Free Wireless internet access
- Laundry rooms and equipment
- Large communal bathroom(s) located on each floor
- Modern shared kitchens include stoves, and microwaves
- Storage lockers for student's personal cookware A 24h security service
- Fire extinguishers at every floor.

Note: **cookware not provided** by the *Université Laval*'s residences

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

Additional information for Explore program students

You are expected to check in at the pavilion 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 (\$15,98/night).

Parking

If you own a car, visit ssp.ulaval.ca/stationnement, to find out about their rates for parking passes.

To reserve a room

Please complete and return a reservation form

- [Regular student](#)
- [Explore student](#)

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

7. FOOD

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

Explore program meal allowance

Students from Explore program will receive a meal allowance (\$700) on the first day of class.

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.

SAVEURS CAMPUS (pavilion Desjardins-Pollack)

Meal plans available at the cafeteria.

SODEXO (pavilion Charles-De Koninck)

10th meal is free with Sodexo card provided by École de langues on first day of class.

7.3 Restaurants

There are several restaurants in the campus neighbourhood.

8. ON-CAMPUS INTERNET ACCESS

Computer labs

Students have access to computer labs located in the pavilion Charles De-Koninck.

Wireless

All Université Laval students have a free access to the campus's wireless network.

9. ACADEMIC INFORMATION

9.1 Credit courses

The number of credits awarded per 5-week semester is 6 credits.

9.2 Transcripts

At the end of each session, you can print out your transcript on [Capsule](#).

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 [Registrar's web site](#). The official transcripts are sent in the beginning of September.

9.3 Credit transfer

To have your credits transferred to another institution, please contact them about how to proceed.

The "Request for transcript form" is found at this link: <http://bit.ly/19xYKwS>.

9.4 Non-credit courses (5-week program)

- 90 contact hours

9.5 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 mail after program completion.

10. OTHER INFORMATION

10.1 Services on campus

- Bank (Caisse Populaire Desjardins, pavilion Desjardins)
- Convenience store (pavilion Desjardins)
- Bike rental « Coop Roue-Libre » (pavilion Desjardins's parking lot)
- Sport center (PEPS)
Université Laval's sports centre, **PEPS**, offers free access to a pool, jogging tracks, and sports courts (badminton, tennis, racquetball, volleyball, and squash).

10.2 Health care

Students must show their medical card when consulting health care services. There are several health clinics and hospitals near campus. A list of certain clinics and hospitals will be available upon student's arrival.

MENTAL HEALTH

Personal counselling/Psychological Assistance

Pavilion Desjardins, local 2121. 418-656-7987 / aide.ulaval.ca

Monday-Friday: 8:30-12:00, 1:30-4:30p.m., by appointment only.

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, and offered every day, 24/7.

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

WALK-IN MEDICAL CLINICS

If it is not a medical emergency, visit one of the following medical clinics for an appointment. See the clinic schedules before your visit.

Clinique médicale de l'Université Laval

Pavillon Desjardins, 2nd floor, 418 656-2943

Unité de médecine familiale Laurier

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

24/7 MEDICAL EMERGENCY

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

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

DENTAL EMERGENCY

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

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