

WELCOME TO UNIVERSITÉ LAVAL

Information session for
international students

Presented by the Bureau de la vie étudiante





COVID-19 pandemic

Remote winter semester

COVID-19 testing for air travellers

Mandatory quarantine and follow-up

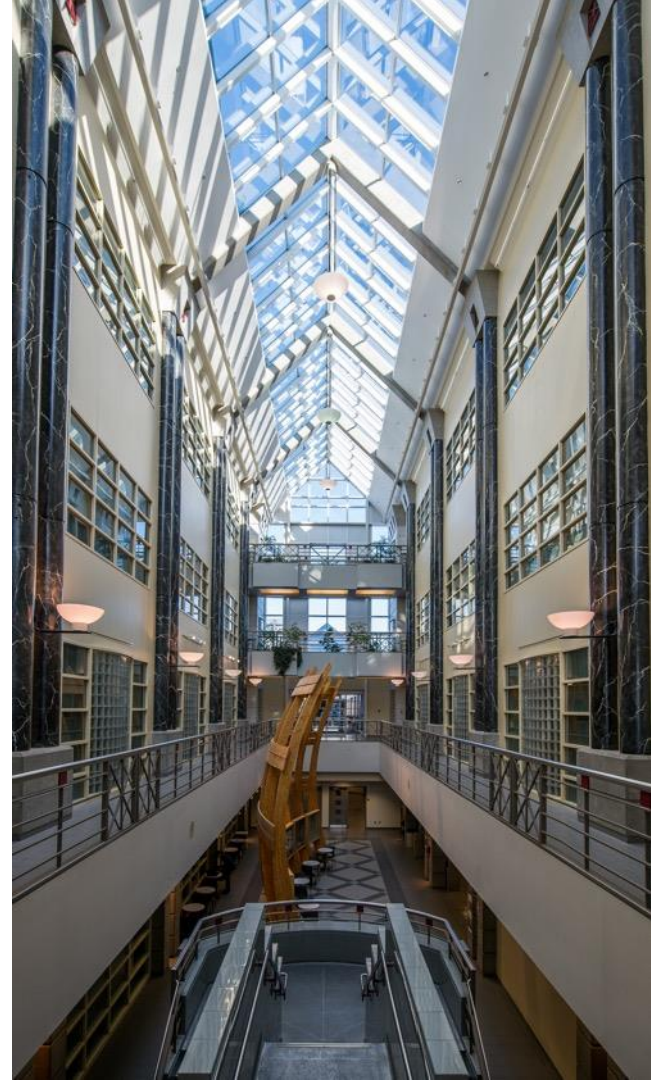
Public health guidelines

Déclaration officielle pour études hors Canada

Presentation outline

- Managing your studies
- UlaVal IT tools
- Health insurance
- UlaVal ID card and public transit
- Right to work
- Welcoming services offered at UlaVal

*Student's Handbook available online :
<https://www.bve.ulaval.ca/etudiants-etrangers/guide-pratique/>



MANAGING YOUR STUDIES

Chapters 2 and 12 of the Student's Handbook

The Registrar's Office (Bureau du registraire)

Responsibilities :

- Collecting legal documents (CAQ and study permit).
- Keeping international student's files.
- Managing group health and hospitalization insurance with Desjardins.

Declaration for distance studies outside Canada : If you are studying entirely remotely outside Canada, you must inform the University. Information regarding the procedure to do so will be sent to you by email after your registration.

International student status

As per canadian and quebecer laws, there are conditions to your stay.
As a foreign student, you must :

- **Make of your studies your main activity**, remain enrolled and make reasonable and timely progress towards completing your program.
- **Hold at all-time a valid health insurance** for yourself and the family members accompanying you.
- **Inform Immigration, Refugees and Citizenship Canada of any change** of educational institution.

International student status

- Always hold **valid immigration documents**.
- **Keep photocopies or scans** of all your immigration documents in a safe location.
- If you wish to study after the expiration of your legal documents or if you change your level of study, you must **start the renewal process of your immigration documents** 3 to 6 months before your current documents expire.
- Every time you receive a new CAQ or a new study permit, you must **show it to the Registrar's Office**.

Admission and registration

Two separate processes :

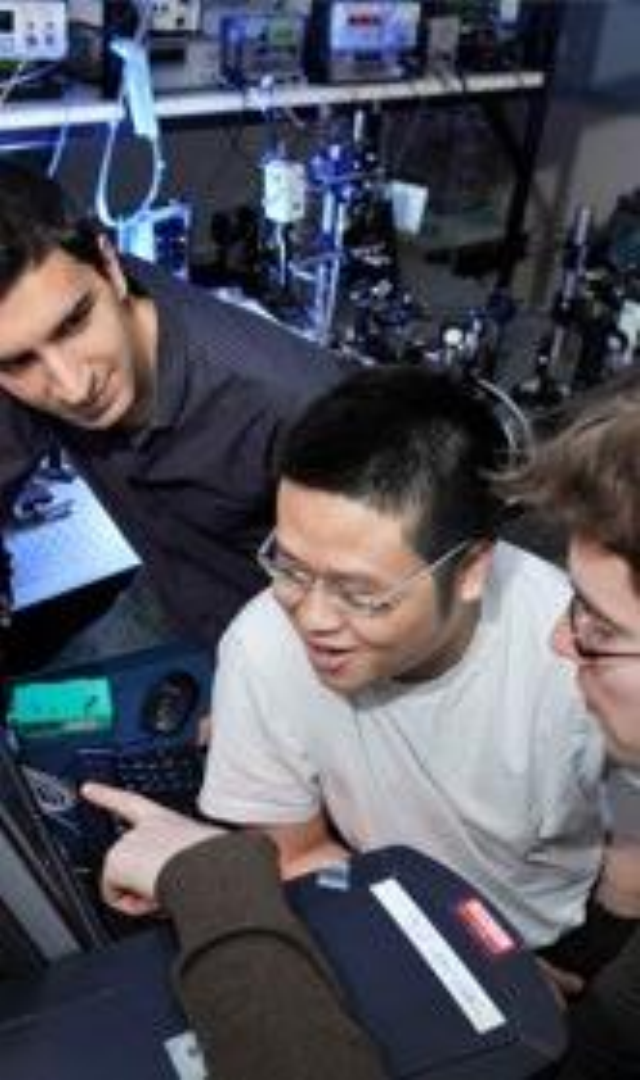
- **Admission** : confirms your eligibility to study in a specific program and allows you to begin the procedures to come to Canada. *You must accept the offer of admission!*
- **Registration** : action of choosing which training activity (courses, internship, redaction, research, etc.) you will enroll in for the upcoming semester. *This must be done before every semester.*

Your first registration

- By your **program's administration office** :
 - Exchange students, after presenting your legal documents to the Registrar's Office
 - New students in certain programs
- **Self-registration** on monPortail
- To validate your course choices, we strongly advise you to communicate with an **academic advisor at your faculty** :
 - ✓ ulaval.ca/facultes
 - ✓ Student's Handbook p. 49

Your studies at Université Laval

- **Academic year**
 - Winter 2021: Exceptionally 14 weeks
 - 3 semester per year : fall, winter and summer
- **Full-time enrollement**
 - Registration to a minimum of 12 credits for the Fall and Winter semester
- **Credits**
 - A 3 credits class = 3 hours of online or face-to-face class and 6 hours personal work per week
 - 12 credits = 36 total hours of work per week (at the undergradute level)
- **Class outline (Plan de cours)**
 - Objectives, evaluation methods, books to buy, etc.
 - Explained in details during the first class



Your studies at Université Laval

- Quick semester pace
- Autonomous learning
- Accessibility of professors
- No exam retakes
- Intellectual property
- Buying new and used text books at the Coop Zone store*

*Online orders ONLY. Possibility of international delivery.

Your studies at Université Laval

Grading system

p.11 Student's Handbook

Pass

| A+ | A | A- | B+ | B | B- | C+ | C | C- | D+ | D |
|------|------|------|------|------|------|------|------|------|------|------|
| 4,33 | 4,00 | 3,67 | 3,33 | 3,00 | 2,67 | 2,33 | 2,00 | 1,67 | 1,33 | 1,00 |

Fail

E=0

1er cycle uniquement

B- = minimal average required for graduate level

C = minimal average required for undergraduate level

Your studies at Université Laval

Important dates - p.12 of the Student's Handbook

- Semester :
 - January 15th : Welcoming and integration activities
 - January 18th to April 23rd : 14 weeks of class
- Week reserved to exams : April 26th to 30th
- Reeding week : March 1st to 5th
- Holidays :
 - April 2sd to 5th : Easter
- Tuition payment (preferably online) :
 - Bill available at the end of January
 - Payment deadline : February 15th

Your studies at Université Laval

Important dates - p.12 of the Student's Handbook

Schedule modification deadlines

- **Add a course** : January 26th
- **Withdrawal with refund** : February 1st 11h59pm*
- **Withdrawal without refund** : March 29th 11h59 pm *

***Warning** : you may lose your full-time status and the privileges that come with it.



Courses for international students

p.15-16 of the Student's Handbook

- Insertion universitaire en milieu francophone nord-américain (3 credits)*
- Découvrir le Québec : un nouveau milieu de vie (3 credits)*
- Le Québec moderne à travers sa langue (3 credits)*

*The classes are offered in French only



Perfect your french

- Classes:
 - FLS2005 : Grammaire de l'oral II
Oral grammar II.
 - FLS2004 : Rédaction de textes académiques II
Academic text redaction II.
 - Contact Mme Pascale Ruel at
gestion.flsh@flsh.ulaval.ca
- Rêver en français workshops
 - Interact in French with other students
 - Become acquainted with the French spoken in Quebec

English language requirements

- Many programs require a certain level of English to graduate
- TOEIC and VEPT tests are available at l'École de Langues to evaluate your level of English proficiency and avoid potential consequences such as :
 - Delayed graduation
 - Compromised participation in an international exchange program
 - Impact on the renewal of your legal status in Canada

ULAVAL IT TOOLS

Useful IT glossary

- **IDUL : Identifiant unique Laval**, a unique identifier with a maximum of eight characters, it is generally composed of five letters followed by zero to three digits. It gives access to a number of IT services at Université Laval.
- **PIN (or NIP in French) : Personal identification number**, it is used as a password in several Université Laval systems. For example, it is used to access monPortail.
- **NI : Numéro d'identification**, or student identification number in English, it is a nine-digit number indicated on your official documents. Your NI appears on your ULaval student card issued at the start of the semester.

Internet wireless network (Wi-Fi)

p.18 of the Student's Handbook

- All students registered at Université Laval are automatically subscribed to the wireless network **eduroam**.
- Access to the network will be available within **24 to 48 hours of registration**.
- The Wi-Fi_UL network is available without a password. However, it is better to use **eduroam**.
- To access the internet wireless network at Université Laval :
 1. Choose **eduroam** network
 2. Enter IDUL@ulaval.ca
 3. Enter your password (NIP)

monPortail

p.10 of the Student's Handbook

- monportail.ulaval.ca
- Online studies platform providing **centralized access** to services and information related to your studies.
- This platform gives you access to :
 - **registration** to your courses
 - **important messages** related to your studies
 - **communication and planning tools**
 - **websites of courses** (course outline, books to buy, submission of works, results, etc.)
- Accessible with your **username (IDUL)** and **password (PIN)**



- Tableau de bord
- Études +
- Documents officiels +
- Emplois et stages +
- Services +
- Factures et impôts

Cours

Automne 2020

Messages importants

| Titre | Indic. réussite | Nouveautés |
|--|-----------------|------------|
| Anthropologie des migrations forcées ANT-2317 <i>Aucun site n'a été créé pour ce cours.</i> | — | |
| Géographie sociale et culturelle GGR-3100 <i>Aucun site n'a été créé pour ce cours.</i> | — | |
| Initiation au travail scientifique GAD-1001 <i>Aucun site n'a été créé pour ce cours.</i> | — | |
| Russe avancé I RUS-3010 <i>Aucun site n'a été créé pour ce cours.</i> | — | |

Aucun nouveau message important à afficher

[> Tous les messages](#)

Activités de perfectionnement

| Titre | Nouveautés |
|--|------------|
| Baccalauréat en études internationales et langues modernes | |

Évaluations

Il est possible que les évaluations de certains cours ne soient pas affichées dans cette section.

[Ajouter une évaluation](#)

Aucune évaluation en provenance de vos sites de cours.

+ Ligne du temps

[> Vue d'ensemble des évaluations](#)



- Tableau de bord
- Études
- Admission
- Inscription aux cours
- Cours**
- Cheminement
- Relevé de notes
- Collation des grades
- Documents officiels
- Emplois et stages
- Services
- Factures et impôts

Cours

Automne 2020

Cours suivis

Activités de perfectionnement

Anthropologie des migrations forcées

ANT-2317, NRC : 83095 (sect. DH1)

Cours à distance-hybride

Aucun site n'a été créé pour ce cours. ⓘ

Plages horaires



Abdelwahed Mekki-Berrada
Enseignant

Géographie sociale et culturelle

GGR-3100, NRC : 85281 (sect. DH1)

Cours à distance-hybride

Aucun site n'a été créé pour ce cours. ⓘ

Plages horaires



Caroline Desbiens
Enseignante

Initiation au travail scientifique

GAD-1001, NRC : 85017 (sect. Z1)

Cours à distance

Aucun site n'a été créé pour ce cours. ⓘ

Plages horaires



Marie-Josée Allard
Enseignante

Russe avancé I

RUS-3010, NRC : 88509 (sect. DH1)

Cours à distance-hybride

Aucun site n'a été créé pour ce cours. ⓘ

Plages horaires



Alexandre Sadetsky
Enseignant



- Tableau de bord
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- Emplois et stages +
- Services +
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< Cours

Le monde aux XIXe et XXe siècles

HST-1008 (NRC: 85832)

Introduction

Plan de cours

Informations générales

Description du cours

Contenu et activités

Évaluations et résultats

Matériel didactique

Bibliographie et annexes

Plan de cours

Outils

Envoi de courriel

Forums

Questionnaires

Contenu et activités

| Titre | Date | Évaluation |
|--|--------------------|-----------------|
| Préambule du cours avec les objectifs à atteindre | | |
| Séance 1 : Les révolutions politiques (1770-1815) Les causes de la Révolution française de 1789 et son bilan ainsi que le régime de Napoléon Bonaparte. | 3 au 9 septembre | |
| Séance 2 : Les révolutions libérales et nationales (1815-1871) Le Congrès de Vienne de 1815 et l'émergence des mouvements nationaux et libéraux contre les monarques absolus en Europe et en Amérique latine. | 10 au 16 septembre | |
| Séance 3 : La révolution industrielle, la société et le socialisme (1780-1880) Les causes de la révolution industrielle, les changements sociaux qu'elle suscite et la montée du socialisme. | 17 au 23 septembre | Questionnaire 1 |
| Séance 4 : L'Europe dans le monde et la colonisation (1850-1914) Les causes et les conséquences de la constitution des empires coloniaux européens à partir de la deuxième moitié du XIXe siècle. | 24 au 30 septembre | |
| Séance 5 : Le choc des impérialismes et la Première | 1er au 7 octobre | |

- Tableau de bord
- Études +
- Documents officiels -
- Carte d'identité ←
- Attestation d'inscription** ←
- Relevé de notes ←
- Emplois et stages +
- Services +
- Factures et impôts

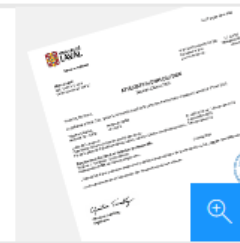
Documents officiels

[Attestation d'inscription](#)[Relevé de notes](#)

Attestation d'inscription

Qu'est-ce que c'est?

L'attestation d'inscription est un document officiel émis par le Bureau du registraire, qui fait foi de votre inscription à l'Université Laval auprès des organismes qui le demandent. ⓘ

[Voir un exemple](#)

Formats disponibles¹

Version électronique (PDF) en français -

La commande d'attestation peut viser une ou plusieurs sessions d'études au **coût fixe de 8,00 \$ CAD**. Chaque attestation d'inscription produite est conservée dans la page « Documents officiels ».

Version personnalisée ou rédigée en anglais +



- Tableau de bord
- Études +
- Documents officiels +
- Emplois et stages -
- Profil professionnel**
- Services +
- Factures et impôts

CARACTÉRISTIQUES ET EXPÉRIENCES **COMPÉTENCES** SUCCÈS ET OBJECTIFS OFFRES

Compétences

NON Visible aux employeurs

[+ Ajouter un type de compétence](#)



Aucune compétence à afficher

Perfectionnement et certifications

NON Visible aux employeurs

[+ Ajouter un perfectionnement ou une certification](#)



Aucun perfectionnement et certification à afficher

Impression libre-service

Qu'est-ce que c'est?

Les systèmes d'impression vous permettent d'acheter des crédits d'impression directement sur le Web et de profiter d'une soixantaine d'imprimantes multifonctions mises à votre disposition sur la Cité universitaire, à l'Édifce du Boulevard, à l'Édifce La Fabrique et au Vieux-Séminaire de Québec.

Sélectionner l'emplacement où vous désirez imprimer

Cité universitaire

Imprimer, numériser, photocopier sur la Cité universitaire

1. Accéder au système avec votre IDUL.
2. Acheter des crédits d'impression.
3. Télécharger votre document
4. Accéder à l'une des imprimantes multifonctions en libre-service et s'authentifier avec votre IDUL.
5. Imprimer, numériser et photocopier vos documents.

[Accéder au système Cité universitaire](#) ←

ULaval email and Capsule












- Email address **@ulaval.ca** : consult it regularly. The Student Life Office, the Registrar's Office, your program director, your teachers, etc., will contact you only at this address.
- **Capsule's** functionalities : change of address, transcripts, etc.

Office 365



UNIVERSITE LAVAL Office 365 Search

Good afternoon

| | | | | | |
|---|--|---|--|---|---|
|  Start new |  Outlook |  OneDrive |  Word |  Excel |  PowerPoint |
|  SharePoint |  Teams |  Sway |  Forms |  All apps | |

Université Laval >

Étudiants actuels

Trouvez toutes les ressources pour vous soutenir dans votre réussite et découvrez la vie sur le campus et ses nombreuses occasions d'enrichir votre expérience étudiante pour maintenir un juste équilibre.

Rentrée automne 2020, prêts pour votre réussite!

Nous avons à cœur de vous offrir la meilleure expérience d'études possible! C'est pourquoi nous avons mis en place des ressources, des services et des mesures pour vous soutenir tout au long de votre parcours et assurer votre sécurité. Consultez-les, vous aurez tout en main pour assurer votre succès!

Équipez-vous pour réussir

Familiarisez-vous avec l'environnement numérique d'études, le fonctionnement des cours et vérifiez quels sont les préparatifs essentiels pour commencer votre session du bon pied!



Votre sécurité est notre priorité

Vos cours exigent un déplacement sur le campus? Nous sommes prêts à vous accueillir de façon sécuritaire! Prenez connaissance des mesures sanitaires en place et des comportements attendus de votre part.



Réunissez les conditions gagnantes

Le Centre d'aide aux étudiants propose une trousse comprenant ressources et outils pour vous aider à maintenir l'équilibre dans votre vie personnelle, sociale et scolaire.



HEALTH INSURANCE

Chapter 9 of the Student's Handbook

Desjardins insurance

- **MANDATORY and automatic** enrolment. Possible exemptions (ex: RAMQ).
- Effective upon arrival, on **December 15th** at the earliest.
- **Invoicing** : appears on your invoice upon registration.
- **Cost** : \$900 for one year (exchange student : \$300 by semester)
- **Insurance card** : Contact the Desjardins Insurance customer services to get a certificate - **418-838-7580 Québec / 1-866-838-7580 Elsewhere**
- Visit **Desjardins secure website** for detailed information on insurance coverage.

Régie de l'assurance maladie du Québec (RAMQ)

Reciprocity agreement between the Government of Québec and the following countries :

- ✓ Belgium, Denmark, Finland, France, Greece, Luxembourg, Norway, Portugal, Romania and Sweden.
- **Contact the RAMQ offices** to get information on how to get your health insurance card and what forms to fill :
 - By phone 1-800-561-9749
 - On the RAMQ website
- **DO NOT go in person to the RAMQ offices** unless you have an appointment, you will be denied entry.
- Proof of eligibility must be sent by email to the Registrar's office at assurances@reg.ulaval.ca before **January 31st** .

Alliance pour la santé étudiante au Québec (ASÉQ)

- Not available to exchange students.
- This insurance is offered by your student associations (CADEUL for undergraduate students and AELIÉS for graduate students).
- **Automatic registration** (but not mandatory) to the **dental care** part of this insurance. Withdrawals can be done upon request.
- Students insured by the RAMQ can also enroll in the Health part of this insurance.
- Withdrawals and subscriptions from January 15th to February 15th:
www.aseq.ca.

Health insurance

- Check insurance policies in details: percentage of reimbursement, deductible, maximum amounts, etc.
- You **MUST** insure all your family members living in Québec. Opportunity to do so with Desjardins.
- See summary tables on **p.33-34 of the Student's Handbook**.
- **Medical clinic on campus** only for members of the university community.
- **COVID-19 clinics** : free for everyone, do not be afraid to consult.

UVAVAL ID CARD AND PUBLIC TRANSIT

Chapter 7 of the Student's Handbook

Université Laval ID Card



- After your registration, an important message will be sent in **monPortail** inviting you to **submit your picture** for the production of the Université Laval ID card.
- Contact the Registrar's Office if you need help taking the picture.
- To collect your ID :
 - ✓ **All cards will be virtual**
 - ✓ Once the picture is approved, you can access it on monPortail and present it on an electronic device.

Laissez-passer universitaire (LPU) (public transit pass)



- Mandatory and billed automatically for **full-time students** (12 credits) enrolled in a **degree granting program**.
- **Cost** : 132\$ per semester.
- **Illimited access** to the regular services of Québec City and Lévis, including the ferry
- Valid from **September 1st to April 30th**
- Summer semester : use your LPU to purchase reduced price monthly pass
- Available to exchange students

How to get the LPU

Full-time students

- On monPortail
 - After approval of your Ulaval ID picture, go to the Services section of monPortail and follow the steps.
- Your LPU will be delivered via postal services in 7 open days
- You can withdraw* from the LPU if :
 - ✓ You are studying fully remotely
 - ✓ You are residing outside the territories served by RTC and STLévis

*The form is available on the LPU website

How to get the LPU

Exchange students (optional)

- Optionnal
- You will receive by email from the Registrar's Office a registration certificate
- To get your LPU, go to the following location with this certificate :
 - **Chez Alphonse**, room 1114 of the Maurice-Pollack building
 - 132,66\$ payable on spot
- For more information, consult the university website : www.ulaval.ca/lpu

Other RTC transit fares

| Transit Fares | What you need | | Price 2020-2021 |
|----------------------|---|--|--------------------|
| Single fare (cash) | Exact change on all buses; drivers do not give change and do not sell tickets | | 3,50 \$ |
| Single fare (ticket) | OPUS or Occasional cards (free) | Where? Chez Alphonse convenience store | 3,10 \$ per ticket |
| Monthly Étudiant + | OPUS Card with photo (15\$) | | 59,80 \$ |
| Monthly Général | Carte OPUS sans photo (6\$) | | 89,50 \$ |

RIGHT TO WORK

Chapter 8 of the Student's Handbook

On campus work

All students with a study permit **registered full time** can work on campus.

Exclusion :

- Student without a study permit
- Student registered part time

Off campus work

All students with a study permit registered full time.

20 hours per week maximum during academic session (full time during scheduled breaks).

Exclusion when students are registered :

- In preparatory year
- In non-degree studies
- In a French language learning program (FLE, FLS)

Right to work

- If during a semester, following a withdrawal, you are no longer registered full time (less than 12 credits), **you must cease to work immediately.**
- Upon arrival, the right to work begins on the **first day of the semester.**
- Exchange students are **not allowed to work the summer following** their last semester at Université Laval.

Right to work

- The **Social Insurance Number (SIN)** obtained from Service Canada is required to work.

**Warning : your SIN is confidential!!*

- To complete one or more internship(s) as part of our studies at Université Laval, you need to have a **co-op work permit**. It is free.



Workshop : Work with a study permit

To learn more about the right to work, attend one of our workshops on this topic (French only) or meet with one of the international student advisors.

bve.ulaval.ca/etudiants-etranagers/conferences/

SERVICES

Chapter 4 of the Student's
Handbook



Student Life Office Bureau de la vie étudiante

Le Bureau de la vie étudiante (BVE) is responsible for the integration of the international students

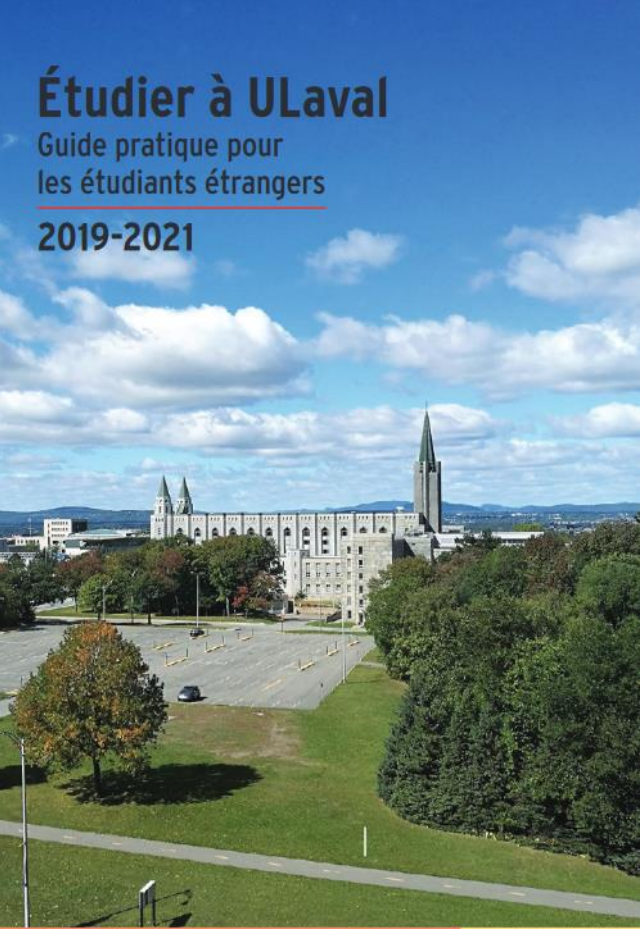
Discover our services and activities!

<https://www.bve.ulaval.ca/>

Étudier à ULaVal

Guide pratique pour
les étudiants étrangers

2019-2021



International Student's Handbook

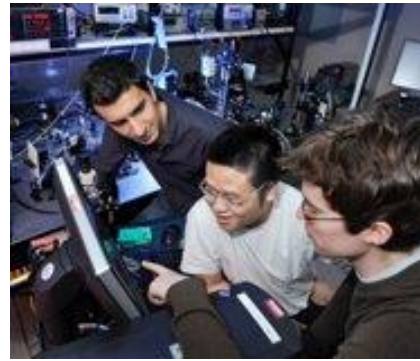
Available in English and French

Information on :

- Welcoming activities
- Student services
- Housing
- Transportation
- Health care
- Good addresses
- Glossary

Student buddy program

- A quick and fun way to meet someone in Québec City.
- Be matched with a student to **help you settle in and get to know Québec culture.**
- Have a **resource person** who can answer your questions.
- **Registration online until February 7th on the BVE website**
- Virtual meetings (in red zone)



Autoguided tours

Accessible online on the BVE website

Discover the different buildings and facilities of Université Laval through a detailed plan filled with useful information about the faculties, the services they offer and the history of the campus.

La Rentrée

- Various online activities January 15th and 18th :
<https://www.ulaval.ca/etudiants-actuels/rentree>
- Online chatting service : From January 11th to 18th
- Agenda :
 - CADEUL (undergraduates) : Pavillon Maurice-Pollack, Local 2265
 - AELIÉS (graduates) : Maison Marie-Sirois, 2320, rue de l'Université
- Discover our student associations: <https://www.bve.ulaval.ca/projets-parascolaires/associations-etudiantes/>

Bureau de la vie étudiante

Many other services :

- Bilingual Website
- Individual assistance with an International Student Advisor
- Workshops throughout the year
- Follow us on Facebook at www.facebook.com/BVEetudiantsetrangers and read our Infolettre (in French)

Autre services

Chapter 4 of the Student's Handbook

- **Le Point** kiosk (at the entrance to the Alphonse-Desjardins building)
- **Student Assistance Center** - Centre d'aide aux étudiants (CAE)
- **Placement Service** - Service de placement (SPLA)
- **Student Awards and Financial Aid Office** - Bureau des bourses et de l'aide financière (BBAF)
- **Sport Activities Service** - Pavillon de l'Éducation physique et des sports (PEPS)
- **Libraries** - Bibliothèques de l'Université Laval. Training on :
 - Research on specialized subjects
 - French writing consultation
 - Software use
 - Sofia

Some community resources



Québec international : Special activities for foreign and graduated students



Services de soutien à l'intégration des immigrants de la région de Québec : Directory of community resources in Québec

Merci

Bureau de la vie étudiante
ulaval.ca/bve