

Checklist : Preparing for Your Arrival

STEP 1 - NOW

Respond to your offer of admission (except if you are an exchange student)

STEP 2 - BEFORE YOU LEAVE

Make a budget to plan your expenses in Canada

Get your immigration documents : passport, Certificat d'acceptation du Québec – CAQ (Québec acceptance certificate), and study permit (if needed)

Determine when you'll arrive

Take part in the session [Before your arrival : what you need to know](#)

Take part in the session [Cost of studies in Canada : Get prepared!](#)

Buy your plane tickets

Find housing

! It can be difficult to find housing in Québec. Make sure you have a place to stay when you arrive in Canada !

Get a home insurance

Gather documents and items to have when arriving in Canada

Take out :

- health insurance for family members coming with you
- or request an [attestation of affiliation to your country's social security system for RAMQ members](#)

Check your Université Laval [email inbox](#) frequently

Check the [university calendar](#) and note the important dates

Find out how [to register for classes](#), and register if you can

Inform yourself about the [Québec school system](#) and the [English](#) or [French language](#) requirements that may apply to your program of study

Pack your suitcases [with appropriate seasonal clothing](#)

STEP 3 - WHEN YOU ARRIVE IN CANADA

Identity checks at the first Canadian airport you arrive

Plan your transportation to Université Laval or to your place of residence

STEP 4 - WHEN YOU COME TO CAMPUS

Submit your [legal documents to the Registrar's Office](#) (CAQ, study permit and passport)

Participate in a **mandatory** [orientation session](#)

! Find out everything you need to know and start your semester off on the right foot !

Create your virtual [student ID card](#)

Order your [LPU](#) on monPortail

Make sure you are actively registered for courses, and check your [course outlines](#) when they become available !

! Remember that you must register full time for the fall and winter semesters !

Connect your devices to the [Eduroam](#) Wi-Fi network

Take part in welcoming activities for [your faculty](#), the [ULaval Rentrée](#) and the [Bureau de la vie étudiante \(BVE\)](#)

STEP 5 - WHEN YOU GET SET UP IN QUÉBEC CITY

Get a [Social Insurance Number \(SIN\)](#) if you wish and are authorized to work

[Open a bank account](#) if you are staying in Quebec for more than 6 months

Get set up with [electricity](#), [Internet](#) and [phone](#)

Take the necessary [steps for enrolling in the RAMQ](#) (Québec Health Insurance Plan) if you're covered under a reciprocal agreement

[Learn more about healthcare in Québec](#)

Update your address in [Capsule](#)

STEP 6 - INTERNATIONAL STUDENT SERVICES

Learn about the services available at the [Bureau de la vie étudiante \(BVE\)](#) :

- [Buddy Program](#)
- [Discover Québec Activity](#)
- [Workshops and conferences](#)
- [Student advising](#)

Familiarize yourself with the [resources and services available in Québec City](#)

Subscribe to the [Étudiantes et étudiants de l'international](#) et [Vie étudiante et aide financière](#) Facebook pages

Familiarize yourself with the [other resources and services available at Université Laval](#) and the [IT services offered in your faculty](#)

