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LIVING IN MONTRÉAL & AREA

North Shore - Laval South Shore - Longueuil

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In this guide, the masculine gender is used as a generic to facilitate readability.



More than ever, immigration contributes to our city's development. For the past 20 years, new immigrants have been the driving force behind our city's demographic growth, and today more than 70% of international immigrants to Québec settle in Montréal.

This diversity is a point of pride to us, and we're more than pleased to welcome people from all over the world, as they lend each of our neighbourhoods its unique character.

New immigrants, regardless of their status, make an undeniable contribution to Montréal's stature in the world, and it's by working together that we will meet the current and future challenges facing our community. For this reason, we're deploying major efforts to facilitate the integration of new citizens into the social, economic and cultural fabric of our city.

In this regard, the Bureau d'intégration des nouveaux arrivants à Montréal (BINAM) has designed a Web site geared specifically to immigrants. The ***Montréal, a new beginning*** platform gives users easy access to a wide variety of useful information meant to simplify integration into the Montréal community. This includes information on housing and employment resources, entrepreneurship and French language instruction, as well as information about the city and its municipal services.

To all those who recently settled in Montréal, I wish you the warmest of welcomes. Someday, I hope we have the pleasure of crossing paths in one of the many neighbourhoods that make Montréal such a wonderful city!

A stylized, handwritten signature in black ink, consisting of a series of loops and a long horizontal stroke.

Valérie Plante
Mayor of Montréal



I am proud to present this first edition of the guide for skilled foreign workers and international students who want to work or study in Greater Montréal and thereby start a new chapter in their life.

Our city is without question a prime destination for everyone. Montréal is a city of culture and food, a festival capital, as well as being both cosmopolitan and safe, warm and refreshing, green and multicultural, and peaceful yet lively. Let's not forget that Montrealers enjoy a purchasing power that is among the highest in the world as a result of the low cost of living. It holds true for housing, health, education and day-to-day expenses.

With its world-class educational institutions and its unmatched quality of life, the city – which receives close to 35,000 international students – stands out in the 2018 QS Best Student Cities ranking, earning top spot among the best student cities in the Americas and was ranked first in the world for university experience.

Moreover, Greater Montréal is experiencing an unprecedented economic boom, with strong growth in employment, particularly in the high-tech sectors. Today, the city is one of the global hubs for aerospace, video games, visual effects, artificial intelligence, and life sciences and health technology. This vibrant economy translates into many employment and career advancement opportunities for workers. It's up to you to seize the opportunity...

In the meantime, this guide provides crucial information on day-to-day life in Montréal, and is an excellent reference tool to help you smoothly settle into your new home. Be sure to keep this guide in a safe place.

Happy reading and welcome to Greater Montréal!

A handwritten signature in black ink, appearing to read 'Hubert Bolduc', written over a vertical line.

Hubert Bolduc

President and CEO

Montréal International



As the world's second largest French-speaking city, after Paris, Montréal has been cultivating its difference for more than 375 years and enjoys an enviable reputation around the globe.

More than an island in the heart of the St. Lawrence River, surrounded by a region with thousands of treasures, Québec's metropolis offers the perfect compromise between identity and diversity, vitality and quality of life, so it comes as no surprise that the city draws so many foreigners, whether students, workers or immigrants.

Almost half of Québec's population lives in "Greater Montréal," and each year, more than 80 percent of newcomers choose to settle here, enriching the province with their energy and multiple talents. It therefore was quite natural for us to partner with Montréal International in creating this guide packed with relevant information and practical advice for settling here, from the moment you consider this move until you put down new roots.

Our organization has a mission to guide and support the initiatives of future and new Quebecers, and we hope to make your experience easier through this guide and the others in the same collection, available for free download at www.immigrantquebec.com.

Regardless of your plans, you will discover all you need to carry them out, through reliable, accurate information.

Immigrant Québec is convinced that immigration makes a significant contribution to addressing Québec's demographic, economic and social issues, and we enjoy working each day for better integration of foreigners who settle here.

To those of you considering Montréal the next stage in your life, I extend a very warm welcome.

I look forward to greeting you here soon!

A handwritten signature in black ink, appearing to read "Jonathan Chodjaï".

Jonathan Chodjaï
Chair, Board of Directors
Immigrant Québec

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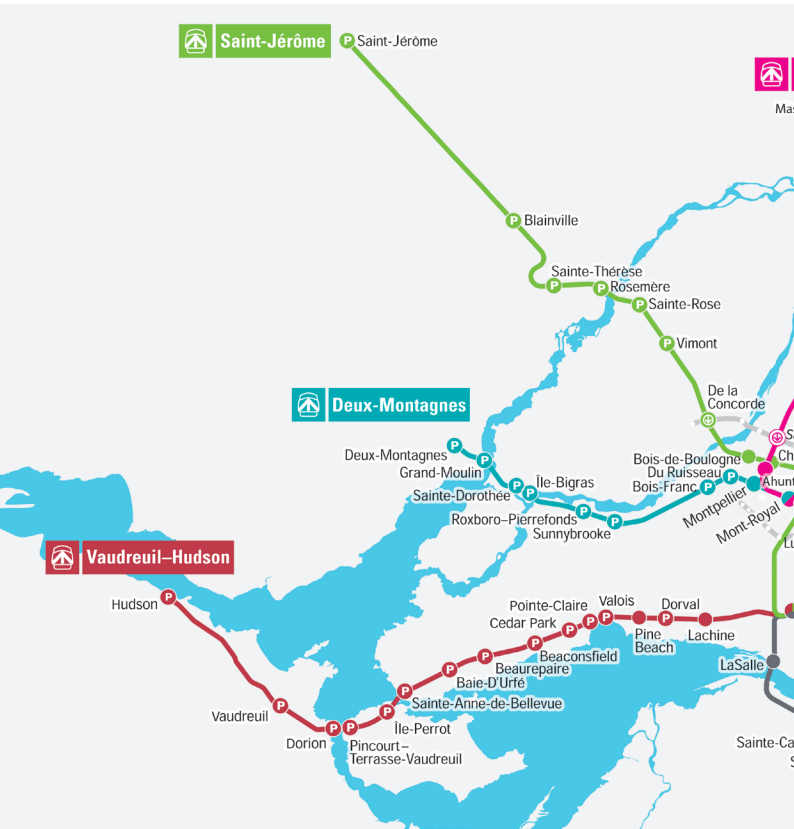
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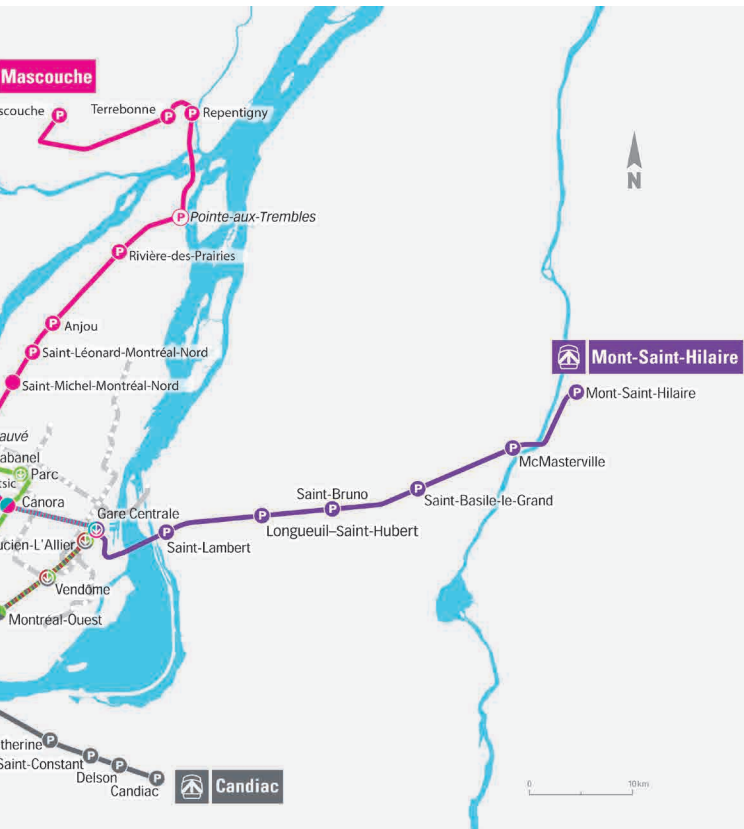
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The Greater Montréal

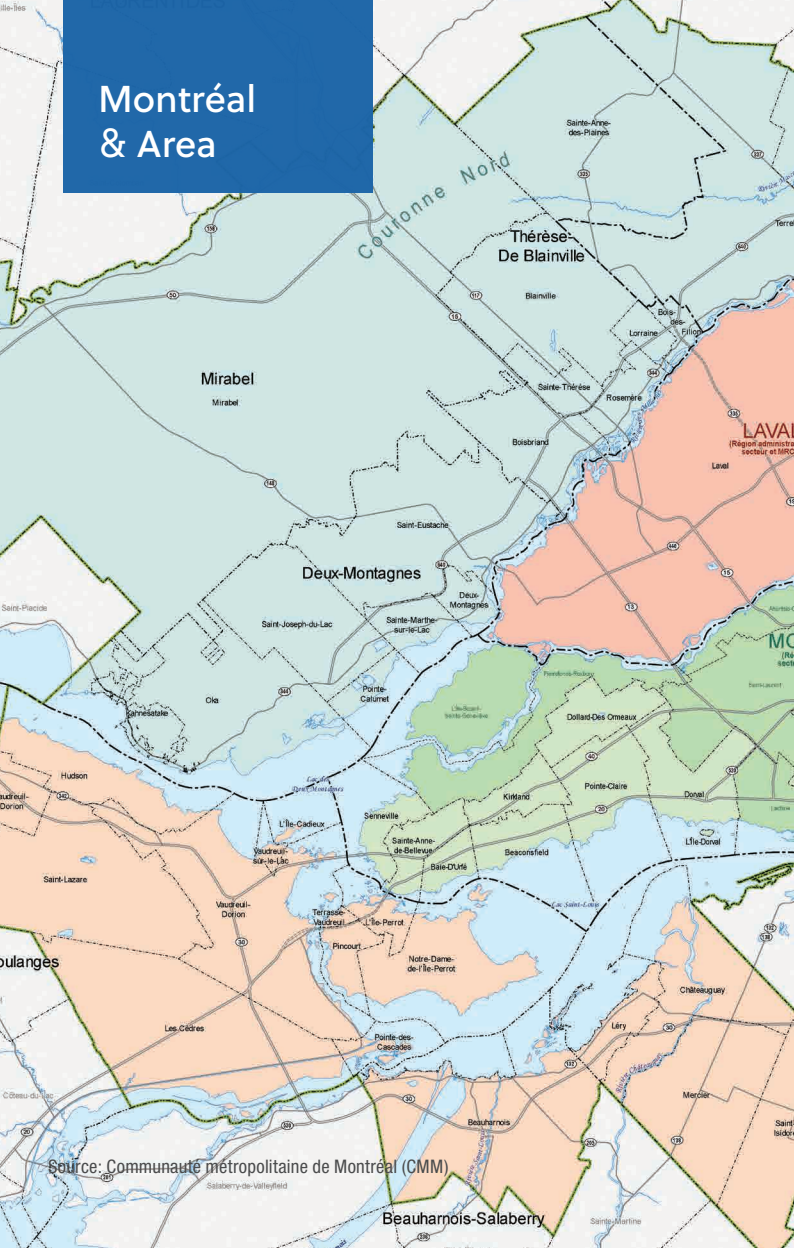


The Greater Montréal

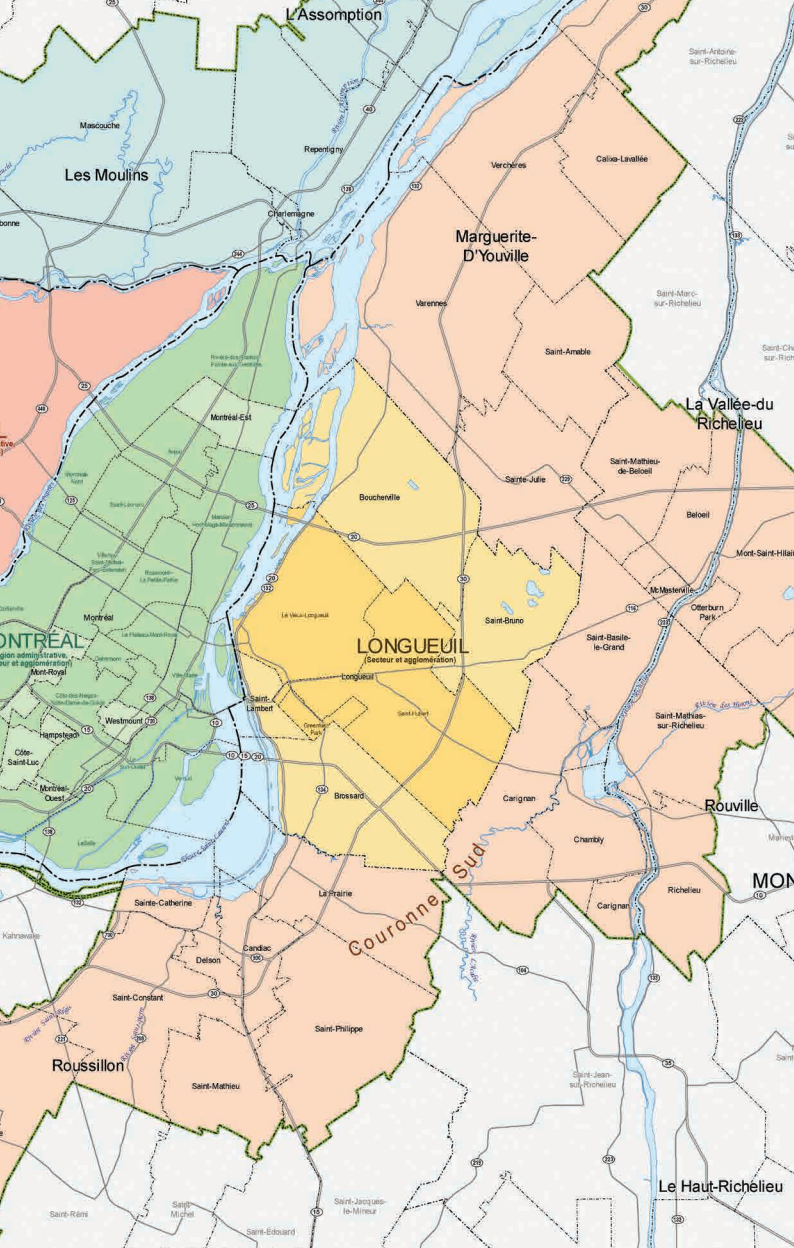




Montréal & Area



Source: Communauté métropolitaine de Montréal (CMM)



L'Assomption

Les Moulins

Marguerite-D'Youville

La Vallée-du-Richelieu

LONGUEUIL
(Secteur et agglomération)

Rouville

MONTRÉAL

Roussillon

Le Haut-Richelieu



DISCOVERING GREATER MONTRÉAL

Montréal is one of North America's oldest historic cities. Canada's second-largest city (19th in North America), the metropolitan region's charm and cosmopolitan mix, boundless creativity, rich cultural fabric and unmatched art of living make it easy to forget one is living in an urban area with more than four million people.

Beyond the postcard images, Montréal and its region offer a rich history and fertile grounds for inhabitants and their projects, whether to study in a world-renowned university, find a job, start their own business or create a peaceful, happy family life in an international metropolis open to nature and the world.

You are here.

Welcome to Montréal!

INTRODUCTION TO GREATER MONTRÉAL

Milestones in the making of Montréal

1535 > French explorer Jacques Cartier discovers the Iroquois village of Hochelaga, at the foot of a mountain he named Mount Royal.

May 17, 1642 > Paul de Chomedey de Maisonneuve founds Ville-Marie, which becomes Montréal in 1705.

1645 > Jeanne Mance opens Hôtel-Dieu, one of North America's first hospitals, in Old Montréal. In 1659, it relocates close to Mount Royal.

1658 > Marguerite Bourgeoys, a native of Troyes, founds the colony's first girls' school on April 30, in a stone stable bequeathed to her by de Maisonneuve.

August 4, 1701 > The Great Peace of Montréal brokers the peace between the French and the First Nations.

1760 > The capitulation of New France to England is signed in Montréal, transferring the French colony to the British crown.

December 4, 1909 > The Montréal Canadiens hockey team is formed. This is the oldest and most winning team in the National Hockey League (NHL), with 24 Stanley Cups

October 14, 1966 > Montréal's metro opens. It now has 68 stations spread along four lines.

April 27, 1967 > Expo 67, the International and Universal Exposition, opens its doors and ultimately draws 50 million visitors. The event leaves a lasting impression on people and expands Montréal's international outreach.

July 17, 1976 > Montréal becomes the first Canadian city to host the Summer Olympic Games. Ninety-two nations take part in this world event watched by a billion television viewers.

2017 > Montréal celebrates its 375th anniversary with more than 200 events throughout the year, drawing more than six million attendees.

Territory and geography

Greater Montréal consists of 82 municipalities covering an area of 4,360 km², spread over five regions: the urban agglomerations of Montréal, Longueuil and Laval, as well as the North and South shores, consisting of some forty suburban municipalities. Its prime geographic location on the banks of the St. Lawrence River, which connects the Atlantic Ocean and the Great Lakes, enables trade and contributes to its dynamic economy. The metropolitan region is also close to major Canadian and American cities, such as:

- | | | | |
|-----------|--------|------------|----------|
| ▪ Ottawa | 202 km | ▪ New York | 610 km |
| ▪ Québec | 255 km | ▪ Buffalo | 640 km |
| ▪ Boston | 495 km | ▪ Détroit | 900 km |
| ▪ Toronto | 545 km | ▪ Chicago | 1,365 km |

Some twenty bridges link the Island of Montréal with the North and South shores. The most important connections to the South Shore, over the St. Lawrence River, are the Jacques-Cartier, Champlain and Honoré-Mercier bridges as well as the Louis-Hippolyte-La Fontaine Bridge-Tunnel. To reach the North Shore, and Laval in particular, you can take the Charles-de-Gaulle, Pie-IX, Viau, Lachapelle or Papineau-Leblanc bridges over Rivière des Prairies. The island can also be reached from the west by the Île-aux-Tourtes, Galipeault and Taschereau bridges, which cross Lac des Deux-Montagnes and the Ottawa River.

Demographics

Population: Approximately four million, almost half the province's population. The Island of Montréal accounts for half the metropolitan population. North of Montréal, Laval, with 430,000 inhabitants, is the third largest city in Québec, while Longueuil, to the south, ranks fifth with 247,000 inhabitants. Note that the municipalities of Brossard, Saint-Bruno-de-Montarville, and Saint-Lambert are linked to the City of Longueuil within the amalgamation of Longueuil, home to a total of 425,000 residents. The North Shore in turn has 590,000 residents, slightly more than the 505,000 on the South Shore.

Official language: French. However, many mother tongues (more than 100) are spoken in homes, including English, Italian, Arabic, Chinese and even Creole, reflecting the city's cosmopolitan mix. In 2016, out of a total of 1,704,694 residents, 833,280 in Montréal declared French as their mother tongue; 208,140 spoke English and 559,030 another language. **Note** that more than 55 percent of residents are bilingual and 20 percent are trilingual.

Crossroads

Greater Montréal enjoys a strategic position in North America. A genuine hub for the movement of goods, the region relies on a dense, efficient infrastructure network that encompasses all four transportation modes (air, sea, road and rail).

The Port of Montréal, Canada's second largest for containers, handles more than 38 million tonnes of goods every year. The cruise industry is not far behind, welcoming more than 115,000 passengers and crew members in 2017.

The region also has two international airports. The first, Pierre-Elliott Trudeau, handled almost 18 million passengers in 2017, with many flights to Europe, the Americas and Asia. The second, Mirabel, is reserved for air cargo. The two airports handled a total of 192,000 tonnes of goods in 2016.

The highway system links Montréal to the major economic centres of North America, while the Canadian Pacific and Canadian National railways, which stretch to Vancouver and Mexico, also contribute to the accessibility and vitality of Montréal and its region.

Administrative division in 2006

Greater Montréal consists of an archipelago of more than 200 islands of every size, including the well-known Island of Montréal. First, there are 19 boroughs (covering many neighbourhoods), managed by a municipal council and holding certain powers and their own budget. They are responsible for cultural and sports activities, plus road management and maintenance. Then, there are 15 independent suburban municipalities that were de-amalgamated following a referendum in 2006. These are located in the west (Beaconsfield, Kirkland, Senneville), centre (Mont-Royal, Côte-Saint-Luc) and east (Montréal-Est) of the island.

Although its demographic and economic weight is very large, the Island of Montréal forms just one component of Greater Montréal, which also includes the North Shore, the South Shore, as well as the City of Laval and the amalgamation of Longueuil. The 82 municipalities that make up Greater Montréal also form part of regional county municipalities (RCM).

For example, Deux-Montagnes RCM on the North Shore includes six communities: Deux-Montagnes, Oka, Saint-Eustache, Pointe-Calumet, Saint-Joseph-du-Lac and Sainte-Marthe-sur-le-Lac.

GREATER MONTRÉAL'S ASSETS

A dynamic economy

With an unemployment rate of 6.0 percent in the second quarter of 2018, Greater Montréal has a strong economy. The service sector remains the driving force for jobs, in areas ranging from health

to insurance, finance, real estate and food services. Recognized for its innovation and creativity, the metropolitan region has also made its mark in leading-edge industries such as aerospace and video games, as well as information and communications technologies, life sciences and health technology, artificial intelligence, virtual reality and visual effects.

The francophone and anglophone communities

In Québec, French became the official language in 1977 with the passage of Bill 101, also known as the *Charter of the French Language*. However, English is very widely spoken in Montréal, especially in the business world. Almost 60 percent of Greater Montréal residents speak both languages, the highest rate anywhere in Canada. The use of English is justified by proximity to the United States, Canada's leading trade partner, as well as the globalization of trade.

A cosmopolitan city

You can almost take a trip around the world without leaving Montréal. With 120 cultural communities listed within the municipal limits, the city well deserves its cosmopolitan reputation. In fact, more than 85 percent of immigrants to Québec have chosen to settle in the Montréal area, where they account for about 23 percent of the population. In the city of Montréal, immigrants represented 34 percent of the total population in 2016. The main countries of origin are Haiti, France, Algeria, Morocco, Italy, China, Lebanon, the Philippines and Vietnam.

Close to the United States border

Montréal's geographic location is definitely a strategic asset. Its proximity to the United States, with the border less than an hour south of the city, promotes exchanges, thanks to trade treaties such as the North American Free Trade Agreement (NAFTA), signed in 1994 by Canada, the United States and Mexico, which generated a sharp rise in Québec's exports to its southern neighbour. Québec's main trade with the United States is in lumber, electricity, aluminum and aeronautics.

Safety

It is totally safe to walk at any time of the day in Montréal, where residents have a reputation for courtesy and respect. The metropolis takes pride in having one of the lowest crime rates in North America and even the lowest in Canada. In 2016, there were only 23 murders in the city proper, the lowest level in 40 years. Across the metropolitan region, the homicide rate was 42, down from 47 in 2015, a far cry from New York City, with 335 murders reported in 2016, and well behind Chicago (760 crimes).

The art of living

Culture aficionados will find plenty of attractions to enjoy, in a city with more than 120 festivals and 38 museums (see Section 6), including the Museum of Fine Arts, Musée d'art contemporain and the Biodôme. Montréal's art of living is also reflected in its food—in its creative fusion cuisine. With some 6,000 restaurants, there is no shortage of opportunities to savour this epicurean centre considered one of the world's leading gourmet destinations, according to *Food & Wine* et *Gourmet* magazines.

Accessible housing

Montréal remains an attractive city in terms of rent, despite rising real estate values. Of course, these are based on many criteria, such as the neighbourhood or size of the unit.

For example, a two-bedroom apartment, depending on its year of construction, from 1940 to 1959, from 1990 to 2004, and since 2005, rents respectively for:

ISLAND OF MONTRÉAL: CAN\$740 - CAN\$816 - CAN\$1,306

LAVAL: CAN\$646 - CAN\$793 - CAN\$974

SOUTH SHORE: CAN\$666 - CAN\$796 - CAN\$937

Source: Rental Market Survey, Montréal CMA, Canada Mortgage and Housing Corporation, Fall 2017.

Lively neighbourhoods

Si Montréal est souvent citée comme une ville où il fait bon vivre, Montréal is often described as a city where life is good in part due to the vitality and richness of its neighbourhoods, as each possesses its own personality. The Quartier des spectacles—with 80 cultural venues, including some thirty performance halls within one square

kilometre—has no peer in North America. Areas of the central district such as the Plateau, Latin Quarter or the Village will please night owls, while Rosemont, Outremont, Mile End, Villeray or even Verdun are more suited to families with their quiet streets and rural feeling in the heart of the city.

In Laval on the North Shore, the Saint-Vincent-de-Paul neighbourhood, one of the city's oldest along with Sainte-Rose, is especially popular for its heritage (Labelle house, former Sœurs de la Providence convent, Saint-Vincent-de-Paul penitentiary, etc.). This neighbourhood on the banks of the Rivière des Prairies includes attractions such as the Centre de la nature, a vast family park of more than 50 hectares.

On the South Shore, Old Longueuil is a must-see with century-old houses and a lively cultural scene. Many bars and restaurants are located in this quiet area that breathes history, overlooking the St. Lawrence River and the Island of Montréal.

Universities and student life

In 2018, Montréal was named the best university city in the Americas and first in the world for the “student experience,” in the Quacquarelli Symonds (QS) Institute ranking. Recognized for its quality of life and the friendliness of Montrealers, Québec's largest city also owes this honour to the reputation of its 11 university institutions, some of which, such as McGill University, Université de Montréal (UdeM), Polytechnique or HEC Montréal, are world class. Each year, employers from the metropolitan area can draw on a pool of very highly qualified new graduates, in the sciences as well as technology and commerce. The city of Longueuil is home to an affiliated campus of Université de Sherbrooke, while on the North Shore, Laval is home to a campus of Université de Montréal attended by 5,000 students each term.

Student life is particularly pleasant in Québec's universities. Campuses offer many services to make student life easier (residences, computer labs, shops, bookstores, restaurants, Wi-Fi, etc.), usually at discounted prices. There is even free bicycle repair at Université du Québec à Montréal (UQAM), and a natural foods store at Concordia University. Sports enthusiasts have a host of options, as most universities are well provided with infrastructure and equipment: swimming pool, fitness centre, soccer and/or football field, etc.

Nature ever present

Montréal's quality of life owes much to its environment. With 19 large parks spread over almost 2,000 hectares, plus some 1,200 neighbourhood parks (including a hundred or so in the city centre), not to mention green laneways in full growth and mini-vegetable gardens adorning sidewalks, the city takes full advantage of its natural side. Relaxation and recreation are also available at ski resorts less than an hour's drive from the city. The North and South shores also have their share of parks and natural areas suited to all types of summer and winter activities. For example, you can go hiking up Mont Saint-Hilaire (South Shore), Canada's first biosphere reserve, or explore the cross-country ski trails in winter at Parc national d'Oka (North Shore).

GREATER MONTRÉAL'S CITIES AND NEIGHBOURHOODS

La métropole québécoise doit sa vitalité à une vie de quartier riche et animée, où chacun trouve son compte. Pour en savoir plus sur les arrondissements et nombreux quartiers qui composent la métropole, vous pouvez vous rendre sur le site Habiter Montréal, un outil utile pour déterminer le secteur qui répondra le mieux à vos besoins.

→ habitermontreal.com

Downtown

This sector, which forms part of the Ville-Marie Borough (which has some nine neighbourhoods), is a buzzing area of sharp contrasts. A mix of business and culture, environment and heritage, old and modern. It includes Montréal's busiest shopping street (Sainte-Catherine), the business district, many educational institutions, a large number of museums and abundant culture in the Quartier des Spectacles, including Place des Arts. The downtown area also offers a host of green spaces, including Parc Jean-Drapeau, consisting of Sainte-Hélène and Notre-Dame islands, home of the Biosphere, Gilles Villeneuve racetrack and the Casino de Montréal. In all of Canada, this is the downtown area with the largest number of residents.

The area is served by several metro stations on the Orange, Green and Yellow lines.

Old Montréal

The historic lungs of the city, this neighbourhood adjacent to downtown and on the banks of the St. Lawrence is very popular with tourists, who love to stroll its cobblestone streets. Place d'Armes and Place Jacques-Cartier, very lively in summer, should not be missed, along with Notre-Dame Basilica, Château Ramezay and Pointe-à-Callière Museum, built on the city's original foundations. Housing options in Old Montréal include many very luxurious lofts.

Old Montréal is served by the Champ-de-Mars and Place-d'Armes metro stations (Orange Line).

Latin Quarter

Well known by students of Université du Québec à Montréal (UQAM), this district between Sherbrooke Street and De Maisonneuve Boulevard, just steps from the Grande Bibliothèque, reveals a character steeped in history. Its lively cultural scene has built its reputation, along with an endless selection of bars, restaurants and craft breweries. There is also a cinema and several performance halls, including Théâtre Saint-Denis. Summer evenings are especially

East or West?

Montréal's orientation is one of its distinctive characteristics. To understand the subtleties, start at Saint-Laurent Boulevard. The streets perpendicular to this arterial are divided into East and West segments, and the street numbers start from the boulevard, so don't be surprised to find a 250 Rachel East and a 250 Rachel West. These do not indicate points on the compass, but rather their relationship to Boulevard Saint-Laurent. If you have an appointment, be sure to check whether your destination is east or west, so you don't arrive late!

Useful to know: Street numbers are always the same in corresponding blocks of parallel streets. Thus, "400 Rachel West" will be in line with 400 Sherbrooke West. Street numbers on north-south streets begin at the St. Lawrence River.

lively. Probably not the neighbourhood to visit if you prefer peace and quiet!

The area is served by the Berri-UQAM metro station (Green, Orange and Yellow lines), one of the busiest in the system.

The Village

Stretching eastward along Sainte-Catherine Street, between the Berri-UQAM and Papineau metro stations, this downtown neighbourhood is the home of the Gay Village, one of the world's largest. This very festive place where bars, restaurants and boutiques rub elbows, is the setting in particular for the Mtl en Arts and Montréal Pride international festivals. Note that the street is closed to traffic from May to September. The area has a few famous performance venues such as the Lion d'Or, Théâtre National and Olympia. The major Québec radio and television studios of Radio-Canada and TVA are located here, while Télé-Québec's studio is nearby, as well as the Jacques-Cartier Bridge, where huge crowds turn out each July for the Loto-Québec fireworks festival, one of the world's most prestigious pyrotechnics competitions.

The Village can be accessed from the Beaudry and Papineau metro stations (Green Line).

Le Plateau-Mont-Royal

"The Plateau," as it is affectionately known, is Montréal's most populated borough, very popular with people originally from France, many of whom have settled here. This is also one of the youngest districts in the city, with more than 40 percent of its 100,000 residents under 35 years of age. Its famous streets are named Duluth, Mont-Royal, Rachel, Saint-Denis, and Parc. They offer a vast range of stores, bars and restaurants that contribute to the Plateau's reputation as a trendy destination. The families living here like the many green spaces, including the large La Fontaine and Jeanne-Mance parks, not to mention Mount Royal, a veritable oasis in the heart of the city. The district includes some twenty primary and secondary schools. The vast majority of residents are tenants (80 percent).

The Sherbrooke, Mont-Royal and Laurier metro stations (Orange Line) are the closest to this area.

Mile End

With its bohemian vibe and strong artistic bent, Mile End is often described as a place where life is good. A vibrant mix characterizes this neighbourhood where francophones and anglophones rub elbows. Within the limits of Van Horne, Parc Avenue, Mont-Royal and Henri-Julien, it is home to a large Jewish community, with a lot of families choosing this area, known for its creativity. The area comes alive in summer and features a wonderful range of independent boutiques, as well as trendy cafés and restaurants. This section of the Plateau-Mont-Royal Borough is also home to the video games giant Ubisoft, and many start-ups.

No metro station serves Mile End, but access is easy by bus.

Rosemont–La-Petite-Patrie

Beaubien and Saint-Hubert streets (the latter famous for its Plaza), as well as Promenade Masson, are a few of the commercial districts that make this borough so authentic, each with a hundred or so stores in close proximity. In Little Italy, typical shops and cafés, as well as Jean-Talon Market, the city's largest food market and one of the largest in North America, rank among the icons of this area with a very authentic personality. It is also home to the Beaubien cinema, an old-fashioned movie house that screens documentaries and repertory films, and is complemented by many parks and green spaces. Some 31,000 families live in this neighbourhood, with a wide selection of properties (single family, duplex or triplex).

The Rosemont, Beaubien (Orange Line) and Jean-Talon (Orange and Blue lines) metro stations provide easy access.

Côte-des-Neiges–Notre-Dame-de-Grâce

Many immigrants choose to settle in this very lively, diverse neighbourhood with a large student population as well as the most families. It offers affordable housing as well as charming heritage homes. Notre-Dame-de-Grâce (NDG) is more residential than Côte-des-Neiges, with homes that reflect the fairly prosperous nature of this neighbourhood that is home to an English-speaking majority. Here you will find a few highly rated educational institutions such as HEC Montréal, Université de Montréal and its École Polytechnique, as well as two private schools, Collège Jean-de-Brébeuf and Collège

international Marie-de-France. The main attractions are St. Joseph's Oratory, Notre-Dame-des-Neiges Cemetery and Mount Royal.

Close to the highway system, this neighbourhood is served by the Édouard-Montpetit, Université-de-Montréal and Côte-des-Neiges metro stations (Blue Line) as well as the Snowdon (Blue and Orange lines) and Villa-Maria stations (Orange Line).

Villeray–Saint-Michel–Parc-Extension

Like Côte-des-Neiges, Villeray–Saint-Michel–Parc-Extension presents a multi-ethnic profile. This thriving neighbourhood extends around Parc Jarry, one of the city's largest parks, in the shadows of the IGA Stadium that hosts the Rogers Cup (tennis). The section of De Castelnau Street between Saint-Denis Street and Saint-Laurent Boulevard is redolent of pleasant neighbourhood life with its cafés, small shops and colourful sidewalks. With 155 green spaces, including 61 parks and seven community gardens, this borough is ideal for nature lovers. Families especially like the presence of many educational institutions (39) and sports or recreational facilities, not to mention lower rents than in the downtown. Almost 40 percent of households here include children. Hydro-Québec and Cirque du Soleil, two stalwarts of Québec's economy, also call this area home.

The closest metro stations are Beaubien and Jarry (Orange Line), as well as De Castelnau and Parc (Blue Line).

Outremont

Chic and residential, with impressive, elegant homes, Outremont is also very family-oriented, as reflected in the many parks and playgrounds. Some 40 percent of households have children, and more than half own their home. There is also a large selection of very popular, refined restaurants and boutiques, especially along Bernard and Van Horne avenues as well as Laurier West. The private French school Collège Stanislas, Théâtre Outremont and Vincent d'Indy music school have also chosen to locate in this area, which has a large Orthodox Jewish community. Yiddish is even the unofficial language most spoken at home. France and the United States, with 1,300 and 740 people respectively in 2016, lead the countries of origin of immigrants, who account for 25 percent of the borough's population.

Access is via the Outremont metro station (Blue Line).

Westmount

This city with an English-speaking majority is distinguished by its high concentration of posh homes. Rents are high in this neighbourhood on the western flank of Mount Royal, home to one of Canada's wealthiest populations. Many parks and playgrounds are located within this city of about 21,000 residents (in 2017). It is also home to Dawson College, the province's largest English-language CEGEP.

Close to downtown Montréal, Westmount is accessible via the Atwater metro station (Green Line).

Southwest and West

The Sud-Ouest sector is drawing growing numbers of young people due to its proximity to the river and affordable rents. The Verdun neighbourhood, with its Promenade Wellington of many stores, and Saint-Henri, near the Atwater market, symbolize this new growth. Griffintown, one of the city's oldest neighbourhoods, is also in full revival, as its old factories give way to a wide range of new homes, especially lofts and large family complexes. Montréal's west end consists of independent municipalities with an English-speaking majority, such as Dorval, Pointe-Claire and Pierrefonds.

The Lionel-Groulx (Orange/Green Line) and De l'Église (Green Line) metro stations provide access to the Sud-Ouest Borough.

Mercier–Hochelaga-Maisonneuve

In the city's east end, this rapidly changing old blue-collar neighbourhood houses many Montréal landmarks, especially the vast Parc Maisonneuve, the Jardin botanique and the Olympic Park. There is a wide variety of stores, especially along Ontario Street, a major artery, as well as many cultural and recreational facilities and infrastructure. The cost of housing is generally more affordable than in other areas of the city, although revitalization of this lower-class neighbourhood has pushed rents higher. In 2011, of the 65,660 households surveyed, more than a quarter (18,225) had children.

Located less than 15 km from the city centre, it is served by nine metro stations on the Green Line, including Pie-IX Station.

North Shore

The North Shore consists of some twenty municipalities spread over two regions (Laurentians and Lanaudière).

- **Laurentians:** Mirabel, Deux-Montagnes, Oka, Saint-Eustache, Pointe-Calumet, Saint-Joseph-du-Lac, Sainte-Marthe-sur-le-Lac, Blainville, Boisbriand, Bois-des-Filion, Lorraine, Rosemère, Sainte-Anne-des-Plaines, Sainte-Thérèse
- **Lanaudière:** Mascouche, Terrebonne, Charlemagne, L'Assomption, Repentigny, Saint-Sulpice, L'Épiphanie

The northern suburbs draw many young families in quest of more spacious, less expensive housing than in Montréal. Couples with children account for the majority of households in this vast area also known for its business sector. Houses generally have a yard and/or swimming pool. Average monthly rent is about CAN\$740.

Quality of life is another asset of these quiet, safe communities close to an economic centre as well as major natural and tourist attractions. Most residents drive to work (about 45 minutes to downtown Montréal), take the train or use ride sharing.

South Shore

The South Shore includes the following municipalities.

- Beauharnois, Beloeil, Calixa-Lavallée, Candiac, Carignan, Chambly, Châteauguay, Contrecoeur, Delson, Hudson, Île-Cadieux, Île Perrot, La Prairie, Léry, Les Cèdres, McMasterville, Mercier, Mont-Saint-Hilaire, Notre-Dame-de-l'île-Perrot, Otterburn Park, Pincourt, Pointe-des-Cascades, Richelieu, Saint-Amable, Saint-Basile-le-Grand, Saint-Constant, Saint-Isidore, Saint-Jean-Baptiste, Saint-Lazare, Saint-Mathias-sur-Richelieu, Saint-Mathieu, Saint-Mathieu-de-Beloeil, Saint-Philippe, Sainte-Catherine, Sainte-Julie, Terrasse-Vaudreuil, Varennes, Vaudreuil-Dorion, Vaudreuil-sur-le-Lac and Verchères.

As on the North Shore, quality of life, more reasonable rent and more spacious housing persuade many families to live here. The average tenant pays CAN\$740 month in rent. There is a wide variety of housing for every budget, from single-family homes to condos and multiple-unit buildings. The family car is the preferred mode of travel to work, surpassing the train and bicycles.

ORGANIZING AN EXPLORATORY TRIP

An exploratory trip does carry a cost (airfare, accommodation, local transportation, etc.) but pays big benefits. Even if you are well informed about Montréal and its region in advance, it is important to experience the city firsthand and get your bearings. This is a good way to discover the city and its neighbourhoods as well as the local culture, to be sure you want to immigrate.

Carefully planning your trip

Start by determining which events might help you gather information (in your occupational field or about Québec in general) and schedule meetings once you are here, such as networking activities, which are quite common in Montréal. You can time your trip to coincide with a specialized trade show, such as the Salon de l'immigration et de l'intégration au Québec, held each spring by Immigrant Québec (read our sidebar). We also strongly recommend attending preparatory meetings in your country of origin, or meeting with an international mobility expert for advice and guidance on your initiatives.

Use the opportunity as well to schedule information meetings in advance with professionals or companies that interest you, so you do not lose time but make the most of your stay here. If you already have friends living here, arrange to meet them, as their experience will be valuable in guiding your own approach.

Finally, do not overlook the Internet and social networks for gathering information or contacting people who might help you.

The following three sites will help you prepare for departure and organize the best exploratory trip possible.

- The Immigrant Québec organization, which provides reliable, documented information: immigrantquebec.com
- The *Montréal, a new beginning* portal on the City of Montréal's website, which lets you conduct a personalized search: ville.montreal.qc.ca/nouveaudepart
- *I choose Montréal*, piloted by Montréal International, specifically designed for international students: ichoosemontreal.com

Taking the city's pulse

To understand Montréal, it's not a bad idea to trace back those who have shaped its identity and economy. The emblematic Saint-Laurent Boulevard (also called *The Main*), a veritable boundary between the city's east and west ends, lets you take the pulse of this diverse community by discovering some of the waves of immigrants who arrived here in the 20th century. Here is a suggested tour on foot or bicycle.

Start from Little Italy near the famous Jean-Talon market. You can travel back in time at Café Italia, opened in 1956, where Montréal's first Italians used to gather. To soak in and taste the authentic Italy, you can also make a few purchases at the famous Milano grocery store, savour great Italian classic dishes at Pizzéria Napoletana, or indulge in the temptations of the Alati-Caerta pastry shop, renowned for its cannoli and *code d'aragosta* (lobster tails).

Not far from Little Italy, wander around the multi-ethnic Parc-Extension neighbourhood, which has many Indian shops. But before the Indians arrived, the Greeks made this their neighbourhood, as reflected in the presence of several orthodox buildings, including the Koimisis Tis Theotokou and St. Mark's churches. The Hellenic community's institutions include the Tripoli restaurant (very good and affordable) or the Afroditi pastry shop, whose baklava never fails to please.

Salon de l'immigration et de l'intégration au Québec

This trade show is a must for newcomers, as it provides a host of information and advice on such wide-ranging topics as searching for a job, daily living, housing, starting your own business, or education. The event includes talks, workshops, speed hiring, and much more. Held each spring by Immigrant Québec, the Salon de l'immigration et de l'intégration au Québec (SIIQ) features some 200 professionals and draws 10,000 visitors a year to the Palais des congrès de Montréal. Admission is free.

salonimmigration.com

Heading south on Saint-Laurent Boulevard toward downtown, you will touch on the Mile End neighbourhood where a large Hassidic Jewish community lives. This area is home to two of Montréal's most famous bagel shops: Bagel Saint-Viateur (1957) and Fairmount (1949), located on the streets of the same name. The family ambience of these traditional businesses adds to their authenticity. Schwartz's Jewish delicatessen is another emblem of the Jewish culture. A veritable sanctuary of smoked meat, this fast-service restaurant attracts tourists and celebrities, as evidenced by many newspaper clippings papering its walls.

Once you pass Mont-Royal Avenue, you are entering Portuguese territory. There are many restaurants in this area, such as Ma Poule Mouillée on Rachel East, across from La Banquise, famous for its grilled dishes and its poutine. To soak in the habits and customs of this culture, you can visit Santa Cruz church at the corner of Rachel and Saint-Urbain streets, which hosts various events throughout the year, including the religious celebration of *Senhor Santo Cristo dos Milagres* each spring, with lots of colour and festivity!

To conclude this cultural and historical odyssey, we suggest the Pointe-à-Callière Museum in the Old Port, where everything began. A new hall in this building, opened in 2017 as part of Montréal's 375th anniversary, houses the remains of Fort Ville-Marie, dating back to 1642, the first permanent settlement of colonists on the island.



WORKING IN GREATER MONTRÉAL

Accounting for almost 66 percent of jobs and more than 400 corporate head offices, Greater Montréal deserves its title as an economic hub. Services dominate the labour market and represent 85 percent of all employment. The metropolis also plays a predominant role in the finance, aerospace, information and communications technology sectors, as well as life sciences and health technology. The multimedia sector is also growing fast, as this region is recognized around the world for its expertise in the manufacturing, software, data services, and interactive digital media segments.

STEPS FOR FINDING PERMANENT OR TEMPORARY EMPLOYMENT

Settling and working permanently in Québec

CHECK YOUR ELIGIBILITY

Permanent immigration to Québec involves two stages: at the provincial level (Québec) and federal level (Canada). Québec has jurisdiction over selection of its immigrants, who must complete specific procedures and meet certain criteria, linked in particular to their education or training and occupational experience. Knowledge of French and English, age, presence of children accompanying the applicant, or family already settled in Québec, as well as financial independence to cover the first months are all factors given consideration. Points are awarded based on a scale for various criteria.

Québec also holds information sessions on immigration procedures that you can attend in some of Québec's offices abroad, or online.

→ immigration-quebec.gouv.qc.ca/en/electronic-services/information-session.html

THE CERTIFICAT DE SÉLECTION DU QUÉBEC (CSQ)

The first step to immigrate to Québec is to obtain your Québec selection certificate (CSQ - *certificat de sélection du Québec*).

The Regular Skilled Worker Program (RSWP) applies by default. It requires applicants to create an account on the Arrima portal and submit an expression of interest form. If you are invited by the Ministère to submit an immigration application, you will then be invited to complete your permanent selection application form.

Note: there is a cap on the number of applications, set each year for the various worker categories. Check the website of the Ministère de l'Immigration, de la Diversité et de l'Inclusion (MIDI) regularly for the opening date of these procedures to avoid missing your opportunity.

→ immigration-quebec.gouv.qc.ca/en/immigrate-settle/permanent-workers/index.html

Aside from the RSWP, some temporary residents may take advantage of the Québec experience program (PEQ). This is a simpler and faster procedure for obtaining a CSQ. The Ministère de l'Immigration, de la Diversité et de l'Inclusion (MIDI) announces a period of 20 days to make a decision following your submission. There are two types of PEQ.

→ For students who have graduated in Québec:
immigration-quebec.gouv.qc.ca/en/immigrate-settle/students/stay-quebec/application-csq/students-peq/index.html

→ For specialized temporary foreign workers:
immigration-quebec.gouv.qc.ca/en/immigrate-settle/temporary-workers/stay-quebec/application-csq/workers-peq/index.html

PERMANENT RESIDENCY

Once you have obtained your CSQ, you may submit a permanent residency application to the Government of Canada. The assessments required at this stage include, in particular, a criminal background check and your medical condition (as well as that of your family).

→ canada.ca/en/immigration-refugees-citizenship/services/application.html

FEES AND PROCESSING TIMES

Note that the administrative fees for these procedures (CSQ and permanent residency) are high and are revised each year. For all these procedures, you should expect to spend about CAN\$2,000 for a single person and CAN\$4,000 for a couple with two children. These fees are not refunded if your immigration application is rejected.

To obtain the CSQ, the file processing times vary depending on the order of priority indicated on the Immigration rules and procedures page. By contrast, processing times at the federal level are the same for everyone.

- Provincial: immigration-quebec.gouv.qc.ca/en/informations/mon-projet-quebec/steps-times.html
- Federal: canada.ca/en/immigration-refugees-citizenship/services/application/check-processing-times.html

From temporary residency to permanent residency through the PEQ

In effect since 2010, the Québec experience program (PEQ) is an expedited, non-quota selection program for workers already in Québec, under which the holder can include a legal or common-law spouse and dependent children, provided they are included in the main CSQ application.

The PEQ only simplifies the procedures and shortens the time for obtaining the CSQ. Once that has been obtained, the holder may then start permanent residency procedures at the federal level, subject to prevailing delays at the time the application is submitted. Finally, note that the CSQ does not grant legal status or residency: to legally remain in Québec and hold a job, the holder must also have a valid work permit.

In August 2018, a Government of Québec regulation took effect that immediately made extensive changes to the conditions for temporary residents to obtain a PEQ. Legal or common-law spouses of international students and temporary workers who meet the required conditions are now eligible under the program as principal applicant. In addition, admission to the program is now open to all categories of workers, not just specialized workers in categories o, A and B.

Finding a job before departure (temporary workers)

Depending on your qualifications, you may be able to find a temporary job in Québec even before you arrive. Some companies are actually willing to travel abroad to recruit candidates, especially in sectors with strong growth. One example is the Journées Québec held each year in Paris. They provide a wonderful opportunity for applicants to pitch their skills to Québec employers.

→ journeesquebec.gouv.qc.ca

Note as well that once you obtain your Québec selection certificate (CSQ), you may create an occupational profile on Emploi-Québec's Online Placement page. This recruiting site will let you browse and apply for job openings.

→ quebec.ca

Once you receive a job offer, you must start the process to obtain a work permit.

Some jobs are exempt, though. See the list on the Immigration, Refugees and Citizenship Canada (IRCC) website:

→ canada.ca/en/immigration-refugees-citizenship/services/work-canada/permit/temporary/need-work-permit-work.html

If the job sought is not among the exceptions, your very first step is to obtain a Québec Acceptance Certificate (CAQ). Some procedures are the responsibility of the employer, who in particular must request a Labour Market Impact Assessment (LMIA) for the job in question. The employer may be exempted from this obligation in some cases, especially when the foreign applicant already holds a CSQ and is residing in Canada.

If your application is accepted, you must finalize the overall procedure by applying for a work permit from Immigration, Refugees and Citizenship Canada (IRCC).

For any information about the status of a temporary worker and accompanying persons:

→ Procedures to be completed by the employer: immigration-quebec.gouv.qc.ca/fr/employeurs/embaucher-temporaire/recrutement-temporaire.html

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International

Procedures to be completed by the foreign national:

- Provincial: immigration-quebec.gouv.qc.ca/en/immigrate-settle/temporary-workers/obtaining-authorizations/index.html
- Federal: canada.ca/en/immigration-refugees-citizenship/services/work-canada/permit/temporary.html
- Employers portal and LMIA exemption: canada.ca/en/immigration-refugees-citizenship/corporate/partners-service-providers/employer-portal.html

Programs for people under 36 years old

Several arrangements allow young people 18 to no more than 35 years old to discover Canada and acquire work experience here. Note: These programs are subject to quotas. Do not miss the opening of online registration as space is limited and in high demand.

INTERNATIONAL EXPERIENCE CANADA (IEC)

This initiative applies to young people 18 to 29, 30 or 35 years old, depending on the agreement signed by Canada with their country of origin (Germany, Australia, France, Belgium, Italy, Mexico, Ukraine, Sweden, etc.). Authorization to live and work in Canada is temporary. Check the Government of Canada's site to see if your country is included.

- canada.ca/en/immigration-refugees-citizenship/services/work-canada/iec.html

The initiative has three categories.

1. Working Holiday: This is an open permit that allows the holder to travel anywhere in Canada and also to work for any employer. It is valid for one or two years, depending on the holder's country of origin and is not linked to a prior offer of employment. This permit's great accessibility and flexibility explain its popularity.

2. Young Professionals: Ideal for professional development in your field, provided you have a pre-arranged job in Canada. You may only be linked to a single company during the term of your contract, which may not exceed 24 months. You will be paid and your weekly salary must at least match the minimum wage for the province or territory where you are employed, calculated on the basis of full-time work. Your application will be rejected if you apply for a job unrelated to your education or experience.

3. International Co-op Internship: This arrangement for no more than 12 months, except a few countries such as Australia (24 months) and Austria (6 months), applies to people wanting to complete an internship in Canada as part of their studies or occupational training. An employer-specific work permit is mandatory to complete a paid or unpaid internship in Canada, regardless of duration.

→ To determine whether you are eligible for IEC:

cic.gc.ca/english/work/iec/eligibility.asp

FRENCH INTERNATIONAL INTERNSHIP PROGRAM (VIE - VOLONTARIAT INTERNATIONAL EN ENTREPRISE)

France's international internship program is open to young nationals from the European Economic Area under 28 years of age, seeking an internship abroad with a company from their country of origin. This paid mission can cover 6 to 24 months and may be renewed once. To find a suitable internship, visit the CIVI (Centre d'information sur le volontariat international) website or submit an unsolicited application to the companies involved.

→ civiweb.com

LES OFFICES JEUNESSE INTERNATIONAUX DU QUÉBEC (LOJIQ)

LOJIQ consists of four organizations: Office franco-québécois pour la jeunesse, Office Québec-Amériques pour la jeunesse, Office Québec-Monde pour la jeunesse, and Office Québec Wallonie Bruxelles pour la jeunesse. They give young people the opportunity to gain work experience in Québec, especially through professional development internships and temporary jobs.

→ Information about the role and mission of these organizations: lojiq.org

Obtaining a SIN

After you arrive in Canada, one of the first things you must do is obtain a Social Insurance Number (SIN). This nine-digit number is required to be able to work (employers will ask you for it). To obtain a SIN, you must visit a Service Canada office. The SCC website provides extensive information, especially about the documents required, based on your status.

→ canada.ca/en/employment-social-development/services/sin/reports/apply.html

Useful to know: SINs starting with a 9 are reserved for temporary workers who are neither permanent residents nor Canadian citizens.

SECTORS THAT ARE RECRUITING

Greater Montréal has a very diversified economy, globally recognized for its knowledge, innovation and creativity. This open, cosmopolitan city is envied and continues to attract a wide range of talent and foreign investors, drawn by its quality of life and development potential, especially in key sectors such as artificial intelligence, video games, visual effects, aerospace or life sciences and health technology. The year 2017, marked by more than 3.5 percent growth in employment and real GDP, confirmed the metropolitan region's drawing power, as new international organizations chose to locate here, in particular, the International Association of Students in Economic and Commercial Sciences (AIESEC), one of the largest associations in the world.

Based on Emploi-Québec estimates, almost 362,000 positions must be filled between 2015 and 2019, and 100,000 jobs should be created over this period. Lots of opportunities to grab, provided you do your homework, as a job search is never something to be improvised.

Areas of excellence

Aerospace: The Montréal metropolitan region accounts for almost this entire industry in Québec. This cutting-edge sector has posted job growth of five to six percent over the past 25 years. Today, more than 40,000 people work in over 190 specialized companies, including Bombardier, Bell Helicopter Textron, CAE and Pratt & Whitney. Greater Montréal has become a major world hub, along with Seattle and Toulouse.

Montréal, fertile ground for subsidiaries of foreign companies

More than 2,200 subsidiaries of foreign corporations are located in the city and region, representing some 200,000 direct jobs and 100,000 indirect jobs. Close to half these entities are in aerospace, life sciences and health technology, as well as information and communications technologies. The United States accounts for the largest share, with more than half the subsidiaries tallied, ahead of France (13 percent) and the United Kingdom (6 percent).

Information and communications technology (ICT): Enthusiastic young workers are in high demand in this industry, which employs some 107,500 people in the Greater Montréal area, spread over almost 5,000 organizations. More than 35,000 jobs are provided by some 400 foreign subsidiaries present in Montréal, also the home of local stars such as Bell, Telus and Vidéotron.

Video games: As the world's fifth-largest video game pole, Greater Montréal posts phenomenal growth of companies in this sector, up 42 percent since 2015. The 140 studios present in the metropolis obviously include big players in the video games industry such as France's Ubisoft, Japan's Eidos Interactive and American companies Electronic Arts and Warner Brothers. But the metropolitan region increasingly is attracting ever more independent studios. Employment has grown steadily in this sector in recent years, reaching 10,000 full-time positions in 2017.

Artificial intelligence (AI): Among the world's artificial intelligence hubs, Montréal has attracted specialized international companies, including Microsoft, Google and Facebook. The Brookfield Institute reports that the Montréal area has the highest concentration of jobs in the high-technology sector (220,000). Future establishment of a global centre of AI excellence will help the city consolidate its position as a market leader. A symbol of this reputation, the MILA (Montreal Institute for Learning Algorithms) brings together 250 researchers from Université de Montréal and McGill University, the largest concentration in the world.

Life sciences and health technology: LSHT represents more than 56,000 jobs in Québec, of which 80 percent are located in Greater Montréal among more than 650 companies. Very competitive operating costs and the number of qualified students (10,000 each year) partly explain this sector's success, with first-rate infrastructure, such as the major hospitals of McGill University (MUHC) and Université de Montréal (CHUM). Prime areas of specialization include oncology, neuroscience and mental health, ageing, and cell therapy.

Visual effects and animation: This major economic sector is centred on local production, coproduction and foreign production. More than 500 companies employ some 33,000 people, including more than 3,000 2D-3D animation and visual effects specialists. Special

effects have earned Greater Montréal an international reputation with industry leaders such as Framestore, Hybride, MPC, Digital Dimension, Rodeo FX and Digital District.

Green technology: This dynamic industry relies on a solid educational network of seven university institutions and three pre-university colleges offering some fifty training programs adapted to the environmental sector. In a province accustomed to non-polluting energy, starting with hydroelectricity, the flagship of our economy, green technology has a definite role to play. This sector represents 28,000 jobs in 4,500 companies and 200 public research groups. Leaders in the sector are SNC-Lavalin, Dessau-Soprin, CIMA+, Genivar and BRP, to name just a few.

Other sectors in high demand

Transportation and logistics: Greater Montréal accounts for the major share of the 122,000 jobs linked to this sector, in almost 6,300 establishments. The sector includes a few Canadian international leaders such as Air Canada, CP (Canadian Pacific), Purolator and CN (Canadian National). Foreign leaders are also present in Montréal, including UPS, FedEx and Hapag-Lloyd. Greater Montréal is Québec's air, sea, road and rail freight shipping hub.

Finance: This key economic sector accounts for more than 110,000 workers in 3,000 organizations. In addition to a favourable business environment, it relies on a vast skilled workforce and many (more than 1,000) new graduates each year.

Other sectors with strong employment forecasts include:

- manufacturing: 470,000 direct jobs in Québec;
- agrifood: 42,000 jobs in Greater Montréal;
- fashion: 50,000 jobs in Québec;
- land transportation: 32,000 jobs in Québec.

THE SPECIFIC FIELD OF REGULATED PROFESSIONS AND OCCUPATIONS

In Québec, many professions and occupations are governed by a professional association or other regulatory body. The process to acquire the right to practise can sometimes prove lengthy and involved. Patience and courage will be your best allies!

Contacting your professional association

In Québec, there are 46 professional associations governing 54 regulated professions or occupations (almost 400,000 people), such as dentist, architect, attorney, engineer, nurse or pharmacist. These jobs are accessible subject to holding a licence to practise from the regulatory body in question, except in some professions with only a reserved title. You should also become a member by registering with the relevant association. These bodies, whose mission is to protect the public, set conditions for access and standards of practice, assess degrees and qualifications, and issue competency certificates or licences to practise to qualified candidates. Sanctions can be applied to those who fail to follow the rules, including the code of ethics.

Important detail: Becoming a member of a professional association does not guarantee a job. You must take the initiative to find the position you desire.

USEFUL LINKS

- Office des professions du Québec (OPQ): opq.gouv.qc.ca
- Conseil interprofessionnel du Québec: professions-quebec.org
- Ministère de l'Immigration, de la Diversité et de l'Inclusion (MIDI): immigration-quebec.gouv.qc.ca/publications/en/professions/guide-practise-profession.pdf

It therefore is very important to determine whether the occupation or profession you wish to practise is governed by a professional association. If applicable, ask the relevant association about admission procedures. These can be lengthy and complex, and involve costly fees.

You must also have adequate knowledge of the French language for admission to an association and to practise your profession.

Otherwise, you can prepare for the examinations of the Service de l'évaluation du français for professional associations, under the Office québécois de la langue française (OQLF).

→ oqlf.gouv.qc.ca/francisation/ordres_prof/ordres.html

CONSTRUCTION

The construction industry is also highly regulated. A total of 26 trades are governed by regulations, including roofer, carpenter-joiner, boilermaker, heavy equipment mechanic, crane operator, etc. All require a competency certificate issued by the Commission de la construction du Québec (CCQ).

→ ccq.org

FINANCE AND INSURANCE

The same applies to the finance and insurance sector, where certain professions are regulated by the Autorité des marchés financiers (AMF), from which workers must request a representative certificate. These include insurance brokers, claims adjusters, financial planners, and securities representatives.

→ lautorite.qc.ca

EDUCATION

Education is also a regulated sector. To teach in a school (preschool, primary, secondary) in Greater Montréal or elsewhere in Québec, you must hold a teacher's certificate issued by the Ministère de l'Éducation et de l'Enseignement supérieur.

→ education.gouv.qc.ca/en/teachers/teaching-in-quebec/teaching-authorizations

OTHER

Finally, some trades requiring operation of equipment (fixed plant, pressure vessels) or handling of hazardous materials (natural gas and propane, for example), especially in the construction sector, require a qualification certificate to perform certain regulated work. These are issued by Emploi-Québec.

→ For a list of the trade requiring a qualification certificate, visit the Emploi-Québec website:

quebec.ca/emploi/metiers-et-professions/savoir-si-un-metier-est-reglemente/qualification-professionnelle

Tips for finding your first job

Once you have obtained a licence to practise, you can turn to the IPOP project, managed by Emploi-Québec in cooperation with the Ministère de l'Immigration, de la Diversité et de l'Inclusion (MIDI) and certain professional associations. Contact your professional association to see if you qualify. The IPOP project is intended for people educated abroad who seek to practise a regulated profession in Québec. It pursues two goals: facilitate the hiring and job market entry of a person educated abroad; and financially support the employer hiring this person who holds a legal licence to practise issued by one of the participating professional associations.

For information about the procedures and conditions for admission (in French):

→ midi.gouv.qc.ca/publications/fr/dossiers/Depliant-IPOP.pdf

→ midi.gouv.qc.ca/fr/dossiers/professions-metiers.html

FINDING A JOB

Before you start your job search, it is best to prepare! You must learn about the labour market conditions in your field. Strong growth in one sector does not necessarily apply to all sectors. Workforce requirements also differ between occupations.

Know the labour market

You can get a fairly accurate idea of Québec's labour market by visiting the IMT (Information sur le marché du travail) website. This online tool managed by Emploi-Québec provides you with extensive information about such topics as popular occupations and professions, employment outlook, and pay scales.

→ imt.emploi Quebec.gouv.qc.ca/mtg/inter/noncache/contenu/asp

Labour force sector committees (CSMO) in turn provide information on each sector's specific needs.

→ cpmt.gouv.qc.ca

Determine your profession or occupation's name

Similar occupations or professions may not always have the same name in every country, and an occupation or profession with the same name in your country of origin may have different characteristics in Québec. To avoid any misunderstandings, visit the National Occupation Classification (NOC) website.

→ canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/express-entry/eligibility/find-national-occupation-code.html

Try out Québec methods for seeking a job

Aside from the traditional method of looking for a job in the classified ads of newspapers, specialized magazines or on the Internet, there are many other ways in Québec to find a job suited to your résumé

PLACEMENT AGENCIES

This is one solution for gaining your first work experience in Québec. Do not be surprised if the agency keeps a percentage of your pay once it has helped you find a job, as compensation for its services. Some may require you to sign a contract with them for a specified period. Ask the agencies you contact about this. Aside from the stalwarts Adecco and Manpower, there are many general or specialized agencies. All are included in the directory of placement agencies:

→ agences-de-placement.ca

NETWORKING

If there is one ubiquitous word in Québec society, this would be it. It cannot be ignored in a province where many positions are staffed through informal sources. To access what is called here the “hidden job market” requires a large dose of patience and determination. Perseverance and resourcefulness will also be precious allies for expanding your circle of connections. You can achieve this by attending networking events and activities that provide an opportunity to meet professionals in your field, or whose own network may include people likely to be interested in your profile. You can also join associations or private clubs (but this carries a cost), or socializing and integration groups such as InterNations

or Meetup, which bring together people with common interests. Nor should you overlook your own neighbourhood. Social, cultural or sports activities will also introduce you to new faces. Don't be afraid to initiate gatherings!

→ internations.org

→ meetup.com

A few approaches to expanding your network:

The Chamber of Commerce of Metropolitan Montréal (CCMM) organizes free networking activities through its Interconnection program, in partnership with Emploi-Québec, to link Montréal businesses with qualified immigrants (permanent residents).

→ acclr.ccmm.ca/en/services/workforce/interconnection-program

CreativeMornings presents a lecture at 8:00 a.m. on the last Friday of every month, followed by discussions. You must register online to attend.

→ creativemornings.com

The *I choose Montréal* website, run by Montréal International, offers various networking events for international students..

→ ichoosemontreal.com

You can also register on the Eventbrite calendar, which lists various employment-related events, or check the list of recruiting events on the Emploi-Québec site.

→ eventbrite.ca

→ emploi Quebec.gouv.qc.ca/evenements

REQUEST AN INFORMATION MEETING WITH AN EMPLOYER

You will be surprised by the openness of Québec employers. You can call or email them to request an informal meeting. After making contact, tell them that you would like to tap into their expertise to learn about the workings of their economic sector. During this discussion, show curiosity by asking questions! No need to specify that you should prepare in advance by learning about the company you have contacted, for example. This spirit of initiative is a quality greatly appreciated by employers. You should, of course, take advantage of this relaxed encounter to mention that you are looking for a job, and there is no reason not to leave a résumé with your contact person.

VOLUNTEER

The practice of volunteering, very common in Québec, has several benefits: you become familiar with the Québec environment, practise your skills and learn new ones, etc. It is common in Québec to add a volunteer activity to your résumé. Employers may consider this “work” experience and will likely appreciate your involvement in your host society.

→ Centre d'action bénévole de Montréal:

cabm.net

HAND OUT YOUR BUSINESS CARD

This miniature résumé highlighting a few key points of your qualifications will prove very useful. You should never be without some of your cards and should never hesitate to give some to your network of contacts, as well as to future employers you meet or resource people at various networking events or information sessions. Be sure to include the following points:

- Your first and last name and contact information (email address and phone number)
- Title of the job you are seeking
- A few highlights of your qualifications, abilities and skills

Advice on your résumé and job interview

In Québec, it is standard practice not to indicate your age or marital status on your résumé, or include any other information that might result in discrimination. That also means no photograph! As a rule, this document consists of no more than two or perhaps three pages, all numbered in a footer on each page that also includes your first and last name, and email address, for the recruiter's convenience. Pay attention to the format as well: “US letter” paper size (8.5 x 11 inches).

A Québec-style résumé should highlight the following characteristics.

- Your skills and experience or expertise: your knowledge of techniques, methodology, the economic sector, etc.
- Your abilities or know-how: leadership, organizational skills, tact, etc.
- Your capabilities: languages spoken and written, familiarity with software, etc.

Your résumé must focus on your achievements, in other words, the contributions in which you take pride. This is particularly important in Québec since employers often place more value on these than on your education. For each achievement, specify the outcome or impact your work had on the organization. Use of active verbs is also strongly recommended.

Three ways to obtain mentoring

1. **Information sessions:** If you are a permanent resident, you can attend free Objectif Intégration information sessions organized by the Ministère de l'Intégration, de la Diversité et de l'Inclusion (MIDI). Specifically, you will attend sessions broken down into eight modules of 24 hours. This program provides a better understanding of Québec's labour market and will give you many resources to facilitate your job search. Objectif Intégration is available in particular in Montréal, Laval and Longueuil.

immigration-quebec.gouv.qc.ca/en/settle/information-sessions/objectif-integration.html

2. **Occupational sponsorship:** This is a specific program of the City of Montréal. Occupational sponsorship is intended for people encountering obstacles in their job search. They can complete paid internships of six months in their economic sector, during which they will be supervised by a sponsor, to provide the benefit of their expertise.

ville.montreal.qc.ca

3. **Online integration service (SIEL):** This tool created by the Ministère de l'Intégration, de la Diversité et de l'Inclusion (MIDI) expedites the social, economic and occupational integration of immigrants. It is intended for people who hold a CSQ (certificat de sélection du Québec). Capsules accessible from abroad or within Québec provide a range of free content to facilitate integration into Québec society. Applicants can train themselves or request a coach. .

For more information:

immigration-quebec.gouv.qc.ca/electronic-services/siel/index.html

It can be useful to indicate the equivalency between your degrees and those granted in Québec, to make your résumé more accessible for the recruiter.

In some cases, if you apply for a position in the public service, for example, an employer may ask you to obtain a comparative assessment of education completed outside Québec. This opinion is issued by the Ministère de l'Immigration, de la Diversité et de l'Inclusion (MIDI).

→ immigration-quebec.gouv.qc.ca/en/working-quebec/comparative-evaluation/index.html

A few useful links online for résumé formats:

→ Emploi-Québec: quebec.ca/emploi/conseils-en-recherche-demploi/preparer-et-diffuser-sa-candidature/rediger-son-curriculum-vitae

→ Government of Canada
canada.ca/en/services/youth.html

Recognition of credentials and qualifications

Official recognition of qualifications acquired in past work experience, both paid and volunteer, both in Québec and abroad, can be obtained provided they are relevant to the occupation you are seeking.

Two options are available, depending on your career objective, needs and economic sector.

1. The Recognition of Acquired Competencies (RAC) is issued directly by educational institutions and allows you to obtain a vocational diploma (secondary) or technical diploma (post-secondary) without having to repeat the coursework.
2. The Workforce Skills Recognition (WSR), issued by the Ministère du Travail, de l'Emploi et de la Solidarité sociale, provides a certificate of occupational qualification, which attests that you possess the level of qualifications established by the industry.

For more information about the RAC: ceracfp.ca

To learn more about the organizations providing free information on the RAC and WSR: qualificationsquebec.com/reconnaissance-competences

If your résumé results in a job interview, keep in mind that the first impression is crucial. The recruiter will seek to put you at ease during this discussion, which lets him check how well your profile matches the position advertised, and the alignment of your values with those of the company.

Job search assistance services

In Québec and Greater Montréal, specialized job search services are available to Canadian citizens and permanent residents, and sometimes to people holding a temporary permit. Local employment centres (CLEs), employability organizations and youth employment centres (*carrefours jeunesse-emploi* - CJE), for those 18 to 35 years old (with some exceptions), can guide your efforts. They provide a lot of information on job assistance measures and mentoring programs. You may also be referred to other organizations specializing in employability or to companies with openings in your field. They will also connect you with other people in the same situation as you, so you can all help each other.

- To find the CLE closest to you, the online locator is useful:
mtess.gouv.qc.ca/services-en-ligne/centres-locaux-emploi/localisateur/services_en.asp
- Alliance des centres-conseils en emploi: axtra.ca
- Réseau des carrefours jeunesse-emploi: rcjeq.org
- Réseau des services spécialisés de main-d'œuvre (RSSMO):
rssmo.qc.ca
- The Emploi-Québec site also provides many online tools accessible to everyone. For example, you can view the directory of organizations specializing in employability: quebec.ca/emploi/conseils-en-recherche-demploi/aide-a-lemploi/organismes-daide

If you have no experience in your occupational field, you may be eligible for the Employment Integration Program for Immigrants and Visible Minorities (PRIIME). The eligibility criteria include having permanent resident status for less than five years. However, subject to certain conditions, the employer receives support for the wages paid to you.

- quebec.ca/emploi/programme-daide-a-lintegration-des-immigrants-et-des-minorites-visibles-en-emploi-priime

Organizing your job search

To ensure an effective job search, you can visit the “Organize Your Job Search” page on the Emploi-Québec platform. The menu lists a wide range of resources, information and advice.

→ quebec.ca/emploi/conseils-en-recherche-demploi

You can also maximize your visibility on social networks closely tracked by recruiters, especially LinkedIn, which is very popular in Québec. It therefore is vital that you fine-tune your professional profile, update it regularly, and detail your work experience. You should also take a proactive approach to generate opportunities and hone your search for a job. For example, you could join groups in your economic sector, follow new developments in companies that interest you, or expand your list of contacts.

View job offers

Although a certain proportion of jobs are filled through networking, never underestimate the value of websites. And in this area, there is no shortage of options!

Here is just a partial list.

- Eluta Canada: eluta.ca
- Jobboom: jobbillico.com
- Jobbillico: jobbillico.com
- Monster Canada: monster.ca
- Neuvo: neuvo.ca
- SimplyHired: simplyhired.ca
- Workland.ca: workland.com
- Workopolis: workopolis.com

Search engines

- Indeed.ca: ca.indeed.com
- Jobs.ca: emplois.ca
- Jobs Kebek: kebekjobs.com

For a more targeted job search, check out specialized sites such as the following.

→ Communications, marketing and the web:

grenier.qc.ca
emplois.isarta.com/jobs/offers.shtml
infopressejobs.com

→ Information technology:

espresso-jobs.com
abacustalent.com
meeti.ca

→ Engineering:

lemarche.co

→ Environment and sustainable development:

enviroemplois.org

Labour market integration: A directory of employment resources and initiatives in Montréal, enriched with testimonials from immigrants.

→ travailimmigrants.com

Emploi-Québec's public site in turn provides a directory of useful websites for seeking a job. It lists 350 general sites dedicated to employment or specialized sites by sector. Its *Your Complete Job Search Guide* is also a valuable tool.

→ quebec.ca/emploi/offres-d-emploi

"Montréal, a new beginning": a personalized tool to help you get settled

This is the essential platform that the City of Montréal makes available to newcomers seeking to settle in Québec's largest city. Regardless of your status and family situation, enter your search criteria and obtain reliable answers to all your questions: housing, jobs, health, children's education.

ville.montreal.qc.ca/nouveaudepart

THE WORLD OF WORK

You have just been hired. Beyond this initial success, you must face another challenge: successful integration into your work environment. This entails a vital first step: understanding the milieu in which you work, where the codes and culture may be very different from those you have known to date.

Labour standards

Here are a few answers to questions you may have.

In labour matters, what is the reference organization?

The Commission des normes, de l'équité, de la santé et de la sécurité au travail (CNESST) oversees enforcement of the *Act respecting labour standards* (ALS): wages, breaks, dismissal, sick leave, etc. Some workers, especially self-employed people and students, are not covered by the Act.

How much is the minimum wage?

Reviewed each year, it was raised to CAN\$12/hour on May 1, 2018, and to CAN\$9.80 for workers who receive gratuities. Emploi-Québec's online LMI tool provides information on wage scales for occupations and professions in Québec.

→ emploi.quebec.gouv.qc.ca/mtg/inter/noncache/contenu/asp

How long is the work week?

The normal work week is 40 hours but many companies use a work week between 35 and 40 hours. A job is deemed "full time" at 30 hours a week. The work day usually starts at 8:30 a.m. and ends at 4:30 p.m., leaving time for family and recreation.

Are there many paid holidays in Québec?

You usually will start with 10 days of vacation a year, based on the cumulative number of months you have worked. You are entitled to request an additional week, but without pay. Your employer is not allowed to deny this. To these are added eight statutory holidays a year on the calendar, as well as sick leave, which varies between companies.

A pregnant woman can take maternity leave of 18 weeks, and a man can take paternity leave of five weeks. Both are entitled to a maximum of one year of parental leave.

Do I have to sign a work contract?

Not necessarily. In Québec, a work contract may also be verbal, especially in small businesses. It may be temporary or indeterminate.

Will I be paid at the end of each month?

Yes, if you are under contract or in management. Otherwise, you usually will be paid every 15 days.

In what language must I work?

French is the language of public institutions and the normal language of work, teaching, communications, trade and business. To integrate into their new living environment, immigrants not fluent in French will be advised to learn or upgrade their knowledge of French before moving to Québec and upon arrival.

Job search assistance for common-law spouses

To hold a job in Québec, the common-law spouse of a full-time foreign student, seconded worker or specialized temporary worker in Canada for more than six months must personally hold a valid work permit issued by Immigration, Refugees and Citizenship Canada (IRCC).

While there is a wide variety of organizations dedicated to helping immigrants and newcomers, the majority serve only citizens (including naturalized citizens), permanent residents, students and temporary workers with a CSQ, applicants for asylum, and refugees. Spouses who do not meet this criterion can find information and a sympathetic ear in a few specialized structures, such as the FRJ. frj.qc.ca

In addition, Montréal International offers assistance services to spouses of temporary workers employed by one of the companies that are members of the organization. Aware of the strategic importance of welcoming, coaching and retaining these valuable specialized workers, MI provides them with workshops and advice to facilitate their integration into their new living and working environment.

montrealinternational.com/en/strategic-talents/workers/support-service-for-spouses

However, English is widely spoken and knowledge of this language is an indispensable asset in Greater Montréal, especially in some job sectors such as ICT, trade, finance and marketing.

→ To learn all about the rules governing the work world:

cnesst.gouv.qc.ca

Work culture

Know-how is a cornerstone of Québec's work culture. Here are a few principles/rules to keep in mind.

You shall advocate equality: This is a constant concern in Québec, especially in relationships between men and women. Many women hold senior positions and salaries must be the same for equivalent skills.

Upgrading your French once you're in Québec

Many solutions are available to non-francophone immigrants and newcomers who want to learn or improve their French, especially comprehension and speaking skills.

Francisation en ligne (FEL) has free online courses provided by the Ministère de l'Immigration, de la Diversité et de l'Inclusion (MIDI), which you can take before and after you arrive in Québec.

For programs and admission conditions

immigration-quebec.gouv.qc.ca/en/french-language/learning-online/index.html

MIDI and its partners (non-profit organizations, school boards, universities, CEGEPs, etc.) also offer many French courses, full or part time and free of charge.

For information about these programs, locations and course schedules:

immigration-quebec.gouv.qc.ca/en/french-language/learning-quebec/index.html

You can also contact one of the many language schools in Montréal directly, where you can learn French as well as other languages (English, Spanish, etc.). These courses incur a cost.

Finally, subject to certain conditions, MIDI offers various course packages to business for francization of their immigrant employees who speak little or no French.

More information: carrefourfrancisation.com

You shall adopt local culture: You do not have to know everything about Québec's history, but you should show at least some interest in its culture and specificities. Reducing Québec to poutine, hockey and winter will not facilitate your integration with coworkers.

You shall respect your coworkers' private life: In Québec, private and work life tend not to mix. If you expect a coworker to invite you to dinner at his home, you may wait a very long time! However, informal gatherings after work—such as the famous “5 à 7”—can be a good way to make yourself better known in a relaxed atmosphere. Lunch break can also provide a good time to develop your relationship with them.

You shall forget about pecking order: It does exist, but relations with superiors are less hierarchical in Québec than in other countries. It is easy to speak directly to your boss and fairly common to use the informal “tu.” Just be careful not to confuse use of the “tu” with familiarity!

You shall respect consensus: Another very important word in relations among coworkers. Political correctness is the basic rule in Québec, where conflicts are rarely expressed directly in cases of disagreement. Compromise and constructive criticism will often be preferred. Always avoid a negative attitude and airing your problems in public!

You shall value your achievements: As a rule, employers will always be attentive to your achievements. Taking initiative will also be greatly appreciated.

Income tax and source deductions

Don't be surprised if you have to report your income twice, first at the provincial (Québec) level and then at the federal (Canada) level. Employers generally deduct income tax and various contributions (Employment Insurance, Québec Pension Plan, etc.) at source, directly from your pay, as in most European countries as well as the United States and Australia. Although income tax and contributions are deducted from your pay, you must file an annual income tax return. This allows you to request a refund of any overpayments, to pay any balance that may be due. Self-employed workers may pay by instalments, based on taxable income.

If you do not file a tax return, you may incur fines or substantial fees. This return must be submitted to both governments no later than April 30 of the calendar year following the taxation year (from January 1 to December 31 of each year). Self-employed workers, however, have until June 15.

Note that Canada has signed tax treaties with a total of 93 countries, specifically to avoid double taxation.

To learn about the terms and the countries that have signed treaties, visit the Canada Revenue Agency's (CRA) website. You can also download the New Residents and Income Tax guide on Revenu Québec's website (in Forms and Publications), a useful tool for understanding the tax system and accessing the main assistance programs available to low-income individuals and families.

→ Canada Revenue Agency: canada.ca/en/revenue-agency.html

→ Revenu Québec: revenuquebec.ca

Employment insurance

Employment insurance, also known as unemployment insurance, is paid by the Government of Canada for a specified period. To be eligible, you must meet certain conditions, the first being loss of your job for reasons beyond your control. You must have accumulated between 420 and 700 hours of insurable employment over the reference period (usually 52 weeks) to qualify for regular benefits.

→ Visit the Service Canada website:

canada.ca/en/services/benefits/ei/ei-apply-online.html

Retirement

Legal retirement age in Québec is 65 years if you wish to receive the full financial benefits to which you are entitled. You will then receive a government pension: Old Age Security and the Canada Pension Plan (provided you have lived at least 10 years in Canada); and from the provincial government's Régie des rentes du Québec. The latter is equivalent to 25 percent of your average monthly income on which your contributions were based. You may also receive a surviving spouse's pension if your spouse has died.

As a rule, the amount of these pensions is modest, which explains why retirement in Québec is planned throughout one's working life. Quebecers also contribute to private pension plans, especially through their employer.

You will also often see these four letters in Québec: RRSP, for Registered Retirement Savings Plan. Money invested in the plan to save for retirement is tax-exempt as long as it remains in this account, accessible up to age 71.

Useful to know: Québec has signed a social security agreement with 32 countries. Check whether the country where you contributed is on this list

→ Old Age Security:

[canada.ca/en/services/benefits/publicpensions/
cpp/old-age-security.html](https://canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html)

→ Canada Pension Plan:

canada.ca/en/services/benefits/publicpensions/cpp.html

→ Régime de rentes du Québec:

retraitequebec.gouv.qc.ca



ENTREPRENEURSHIP IN GREATER MONTRÉAL

Greater Montréal has no shortage of advantages for those wanting to start a business. These include direct access to the North American market and skill labour, as well as an attractive tax regime and the lowest operating costs among large cities on the continent. Whether to move your existing company, create a new business, or acquire an existing operation, the Montréal region offers a host of partners ready to advise you on starting or expanding a business.

An indispensable contact for investors and entrepreneurs, Montréal International provides free personalized coaching so you can access strategic information, meet key players in your sector, and ensure the success of your business.

A DIVERSIFIED, DYNAMIC BUSINESS ENVIRONMENT

Economic vitality

With 83 percent of new jobs created in Québec in 2016, Greater Montréal merits its reputation as the province's economic driving force. As a sure sign of this, foreign investment facilitated by Montréal International broke a record in 2017 with more than \$2 billion injected into the metropolitan region, a jump of 50 percent over 2016... and 100 percent compared with 2015! Some fifty foreign companies decided to locate or expand in the metropolis. Greater Montréal's economic vitality has positive repercussions on the unemployment rate, reported at 6.4 percent in February

2018 (Source: Statistics Canada), its lowest level in about thirty years. Leading sectors, starting with artificial intelligence (see the sidebar), video games and computer services, are especially strong, with many jobs available, often very well paid.

Leading sectors

The metropolitan Montréal area has made its mark in leading economic sectors such as aerospace, artificial intelligence, virtual reality and enhanced reality, life sciences and health technology, ICT (video games, visual effects, etc.), as well as transportation and logistics. There are many job opportunities in these key sectors, which are boosting Montréal's drawing power and contributing to its global outreach. In terms of growth, the ICT sector stands out with a rate approaching 40 percent in 10 years. This sector alone accounts for 400 subsidiaries of foreign companies and more than 100,000 jobs in the metropolis, or 8 percent of the workforce. The strongest job creation in this flourishing industry is concentrated in IT and video games.

Source: Chamber of Commerce of Metropolitan Montréal

The artificial intelligence boom

In artificial intelligence (AI), the sector of the future, Montréal has witnessed a meteoric rise, embodied by famous names such as Jean-François Gagné, Joëlle Pineau, Hugo Larochelle and researcher Yoshua Bengio of Université de Montréal, a global leader in AI, named scientist of the year in 2017 by Radio-Canada. It is no accident that the giants Google, Facebook and Microsoft decided to set up laboratories in Montréal, recognized as a leader in this sector. The French multinational Thales followed suit by announcing the opening of a specialized AI research and technology centre named cortAIx. And that's not all, since a centre of excellence in artificial intelligence will also be established in the Mile Ex district on the Island of Montréal. In particular, this complex will house the Institute for Data Valorization (IVADO) and the Montréal Institute for Learning Algorithms (MILA), under the direction of Yoshua Bengio.

Many international head offices

With 65 international organizations located in its region, Montréal ranks third in North America, after New York City and Washington, D.C. This strong presence contributes not only to the metropolitan community's international reputation but also to its economic vitality, with benefits of about \$350 million a year. Access to markets, competitive operating costs, and more than half the population able to speak two languages are among Montréal's assets. A few examples of international organizations headquartered in Montréal: the World Anti-Doping Agency (which has extended its presence in the city until 2031), the International Civil Aviation Organization (ICAO), UNESCO's Institute for Statistics, the International Air Transport Association (IATA), the International Secretariat for Water, and the World Federation of Hemophilia.

Montréal also ranks second in Canada in number of corporate head offices, after Toronto, with almost 400, which employ more than 42,000 people, including the stars of Québec's economy such as Rio Tinto Alcan, Air Transat, Cirque du Soleil, Québecor, Saputo, SNC-Lavalin, Hydro-Québec and Bombardier.

In addition, more than 2,200 foreign subsidiaries are present in Greater Montréal, for a total of some 200,000 direct jobs. Most of these are from the United States, Europe and Canada (outside Québec).

University research

As Canada's leading university research pole, Greater Montréal is home to more than 200,000 students and the largest number of academic researchers. A study conducted in 2016 by the Chamber of Commerce of Metropolitan Montréal (CCMM), entitled *The Contribution of Greater Montréal Universities to the Québec Economy*, almost 40 percent of research and development spending in the province was made in universities, with a large contribution (69 percent) by universities and university hospitals in the Montréal region. In 2014–2015, the amounts allocated to research in university institutions totalled CAN\$1.2 billion, once again placing Greater Montréal on the top rung in grant-funded university research. This is a commitment to knowledge and innovation, closely tied to a region's drawing power and economic development, that should continue in future. The federal government has

decided to invest almost \$4 billion to stimulate basic research in Canada over the next five years.

A skilled labour force

With 11 university institutions and many pre-university colleges and training centres, the metropolitan area provides a large pool of skilled labour. Recognized for its enthusiasm, creativity and multilingualism, this workforce is in high demand in the high technology sector, which requires specialized skills. The university capital of Canada can count on prestigious institutions to support its international reputation and attract new talent. Note that between 2000 and 2015, job growth was especially steady for university graduates (39 percent increase). In 2015, almost 74 percent of this cohort held a position in the province.

A favourable tax system

Greater Montréal has lower tax rates than the top American states and offers some of the most competitive incentives in North America, especially for technology companies.

The main tax credits granted to companies to promote their establishment and investments linked to their growth include the following.

- Film production services (up to 38 percent)
- Multimedia title production (up to 37.5 percent)
- Electronic business development (30 percent)
- International financial centres (24 percent)
- Scientific research and experimental development (up to 30 percent)

Other financial assistance measures encourage workforce hiring and training, and attract foreign experts and researchers, who are exempted from Québec income tax for a continuous period of five years.

A metropolis focused on the world

In a global context increasingly tending toward isolation and protectionism, Montréal remains very open. The undeniable role played by the international component in its economic growth favours this policy. The rise in the number of international students, from 39,000 in 2016 to 42,000 in 2017, confirms the

city's drawing power, based in part on the quality of its university system. The city's economic performance has been confirmed by Montréal International: this organization dedicated to promoting the metropolitan area assisted a record number of international companies and workers in 2017, in sectors with high added value.

This openness to the world is also reflected in the multiculturalism of a city that welcomes 40,000 new immigrants each year, speaks more than 100 languages and where more than half the population is bilingual (French and English). This diversity also contributes to the city's vitality and creativity.

The social economy

The social economy contributes greatly to the development of Québec and Greater Montréal in particular, which accounts for almost half the province's jobs in this sector. The Conseil d'économie sociale de l'île de Montréal (CESIM) represents more than 65,000 jobs in the metropolitan area and each year generates income exceeding \$2 billion. More than 3,500 establishments are involved, in which two thirds of the positions are paid. In 2016, Montréal also became the first city in North America to host the Global Social Economy Forum. Since 2017, it has also been the home of the International Centre for Innovation and Knowledge Transfer on the Social and Solidarity Economy (CITIES).

In Québec as a whole, the social economy provides work for more than 150,000 people, with sales approaching \$34 billion in 2016 (up from \$17 billion in 2002).

Some of the world's most dynamic startups

The metropolitan region provides fertile ground for an ever-expanding ecosystem of start-up companies. The 2018 report of the Global Startup Ecosystem ranks it among the most active in the world, especially in the artificial intelligence, video games, and robotics sectors.

As a vital lever for innovation and economic growth in Greater Montréal, startups here capitalize on two benefits that ensure their prosperity: a large pool of skilled workers and simplified access to financing and grants.

Greater Montréal leads Canada in venture capital investment (2017), up 64 percent since 2016. Montréal startup companies

received more than \$800 million in 2017.

In addition to Startupfest, an international gathering of entrepreneurs, investors and mentors held each year in Montréal (startupfestival.com), here are a few key contacts.

- Montréal International: startupmontreal.io
- Quartier de l'innovation: quartierinnovationmontreal.com
- MontrealNewTech: montrealnewtech.com
- Built in MTL: builtinmtl.com

There is one last factor in the vitality of startups in Greater Montréal, but not the least: the support, coaching and synergy network. The metropolitan area has more than 30 incubators and accelerators, more than 45 collaborative work spaces, as well as some ten technological fabrication workshops ("fab labs"), some of which are located in pre-university colleges and municipal libraries.

FAB LABS

- Communautique: communautique.quebec
- District 3: d3center.ca
- ÉchoFab: echofab.quebec
- Fab Lab du PEC: fablabdupec.com
- FormFintech: formfintech.com
- Groupe 3737: groupe3737.com
- Helios: heliosmakerspace.ca
- PolyFab: polyfab.polymtl.ca

BUSINESS INCUBATORS

- 150:00: 150-00.ca
- Centech: centech.co
- Centre d'entreprises et d'innovation de Montréal: ceim.org
- CIAMIL: mobiliteintelligente.com
- Diagram: diagram.ca
- Fondation Montréal Inc.: montrealinc.ca
- Incubateur J-Armand Bombardier: polymtl.ca/incubateur-jab

BUSINESS ACCELERATORS

- Accélérateur HEC Banque Nationale: iebn.hec.ca/accelerateur
- Creative Destruction Lab: creativestructionlab.com
- Ecofuel: ecofuelaccelerate.com

- FounderFuel: founderfuel.com
- Founder Institute: fi.co
- Holt: holtaccelerator.ai
- La Piscine: lapiscine.co
- McGill Dobson Centre for Entrepreneurship: mcgill.ca/dobson
- Next AI: nextcanada.com/next-ai
- Techstars: techstars.com

Opening of work spaces!

The phenomenon of collaborative work spaces has taken off in Montréal, especially among young companies and self-employed workers who consider this a way to grow their business in a stimulating, safe and equipped environment, and also to expand their networks. Montréal CoWork, which targets professionals and companies with up to 10 employees, offers open or closed spaces, as well as a program of events and conferences open to all.

- montrealcowork.com

Notman Campus is a technological hub that rents out offices, event rooms and a meeting space for startups, investors, technological partners and community groups. By bringing together companies and community builders, Notman serves as a catalyst for collaboration and exchange, the foundation for a prosperous entrepreneurial ecosystem.

- notman.org

In turn, Spaces recently launched its first shared workspace in Québec, following its Canadian debut in Vancouver. Almost 3,000 m² developed in an old textile mill in the heart of Mile End welcome creative workers and entrepreneurs. The Dutch company, already present in 25 countries, plans to open five more spaces in Greater Montréal by 2020.

- spacesworks.com/montreal/mile-end

Also located in Mile End, La Gare is a welcoming collaborative space for entrepreneurs, designers, creators, artists, self-employed workers, social entrepreneurs, small teams and employees with an entrepreneurial spirit. The space features regular activities such as training and events, allowing members to share their knowledge.

- garemtl.com

In the video games sector, Game Play Space brings together a collaborative community of developers who support and draw inspiration from each other. In addition to shared work space, mentoring and training are also available.

→ gameplayspace.com

Startups in the social innovation sector can also turn to l'Esplanade, an accelerator and collaborative space dedicated to social entrepreneurship and innovation, to tackle today's social, environmental and economic challenges. It features 50 work stations as well as a program of activities and events to equip each entrepreneur for a successful project.

→ esplanademtl.org

Some establishments are deliberately playing on the trend of opening and reappropriating common spaces by offering entrepreneurs and SMEs certain reception and service conveniences. These include access to open work spaces, rental of private rooms and printing services. The Temps Libre café and Café Parvis are good examples of this.

→ tempslibre.coop

→ cafeparvis.com

Other locations target even greater integration and interconnection of networks of entrepreneurs that are nomadic, international, and composed of a wide diversity of profiles. WeWork, founded in 2010 in New York City, is now present in 65 cities throughout the world, including Montréal. Aside from accommodation and all the basic services you can imagine, the space includes mail management, technical assistance, office supplies and even microbrewery craft beer.

→ wework.com

Crew Collective & Café goes a step further. The company has set up shop in the elegant lobby of the Royal Bank of Canada's former head office in Old Montréal. Beyond the hosting services available on site, such as meeting rooms open to all clients, the company also has private spaces reserved for its members. Its mission: link up carefully selected self-employed workers with clients in the digital products sector.

→ crewcollectivecafe.com

A SOLID NETWORK TO ENSURE ENTREPRENEURIAL SUCCESS

In Québec and especially Greater Montréal, entrepreneurs are not left to their own devices—quite the contrary! Whether to find your first coach (often vital to start a business), grow your company or seek financing, you will not lack resources and advice, usually at no cost.

Greater Montréal has 10 industrial clusters that serve as bodies providing entrepreneurship information and stimulating growth, focused on shared objectives and concerted action. These clusters, which represent more than 20 percent of jobs in the metropolitan region and form the core of the 2015–2020 metropolitan economic development plan, are as follows.

- Aerospace: aeromontreal.ca
- Aluminum: aluquebec.com
- Film and television: qftc.ca
- Logistics and transport: cargo-montreal.ca
- Fashion: mmode.ca
- Life sciences: montreal-invivo.com
- Financial services: finance-montreal.com
- ICT: technomontreal.com
- Green technology: ecotechquebec.com
- Electric and smart transportation: propulsionquebec.com
- More information here: grappesmontreal.ca

Greater Montréal's entrepreneurial ecosystem

Greater Montréal stands out for the extraordinary integration of its entrepreneurial ecosystem, especially its ability to foster synergy, connect stakeholders and link up needs with solutions, with a view to development and outreach.

Entrepreneurship information

- Business and industry Canada: canada.ca/en/services/business
- Business Development Bank of Canada (BDC): bdc.ca
- Canadian Federation of Independent Business (CFIB): cfib-fcei.ca

- Chamber of Commerce of Metropolitan Montréal: ccmm.ca
- Chambre de commerce et d'industrie de la Rive Sud (CCIRS): ccirs.qc.ca
- Chambre de commerce et d'industrie de Laval: ccilaval.qc.ca
- City of Montréal (Business and economy): ville.montreal.qc.ca
- Entreprises Québec: www2.gouv.qc.ca
- Montréal International: ville.montreal.qc.ca
- Ressources Entreprises: ressourcesentreprises.org

“Starting a business” and “Managing my business” training

- Entrepreneuriat Québec: entrepreneuriat-quebec.com

Business ventures coaching

- ACEM - Fonds communautaire d'emprunts de Montréal: acemfinancement.ca
- Coopérative de développement régional Montréal - Laval: cdr.coop
- École des entrepreneurs du Québec: formation-entrepreneurs.com
- Info Entrepreneurs: infoentrepreneurs.org
- Futurpreneur Canada: futurpreneur.ca
- Junior Chamber of Commerce of Montréal: jccm.org/en/the-jccm
- Les carrefours jeunesse-emploi (CJE): rcjeq.org
- Les sociétés d'aide au développement des collectivités (SADC) et centres d'aide aux entreprises (CAE): sadc-cae.ca
- PME MTL: pmemtl.com
- YES Montréal: yesmontreal.ca

Montréal International, customized services for investors and entrepreneurs

Montréal International offers a full range of services and consulting at every stage in the life of an investment or entrepreneurial project in Greater Montréal: strategic and operational information, general and sector economic analyses, fiscal and financial expertise and international mobility.

One of its great advantages is full integration into the heart of the local, provincial and national fabrics: political and economic, business, academic and research networks. It provides preferred access of inestimable value for key players..

montrealinternational.com/en/foreign-investments/services

Dedicated services for immigrant entrepreneurs

- CERF (Cercle des entrepreneurs et réseauteurs français): lecerf.ca
- Chantier d'Afrique du Canada (CHAFRIC): chafric.ca
- Réseau des entrepreneurs et professionnels africains (REPAF): repaf.org

Dedicated services for women entrepreneurs

- Centre d'encadrement pour jeunes femmes immigrantes (CEJFI) à Montréal: cejfi.org
- Cercles d'entraides de la Rive Sud: caerivesud.ca
- Compagnie-F (Montréal): compagnie-f.org
- FEM International: pmemtl.com
- Femmessor: femmessor.com
- LORI.biz: lori.biz
- Réseau des femmes d'affaires du Québec (RFAQ): rfaq.ca

Business venture financing

- Adopte inc.: adopte-inc.com
- Anges Québec: angesquebec.com
- Business Development Bank of Canada: bdc.ca
- Femmessor: femmessor.com
- Fondation Montréal inc.: montrealinc.ca
- Futurpreneur: futurpreneur.ca

"Entreprendre ici"

By 2022, Québec plans to invest \$15 million to support projects of immigrant entrepreneurs, good news for immigrants seeking to start a business.

In February 2018, the provincial government announced the creation of an agency dedicated to coaching and assisting immigrants in their entrepreneurial initiatives, especially through the granting of "Entreprendre ici" bursaries.

The government also plans to create an investment fund. Private and public contributions will fund loans of up to \$50,000 for projects with high potential for international success.

entreprendreici.org

- Investissement Québec: investquebec.com
- Ministère de l'Économie, de la Science et de l'Innovation: economie.gouv.qc.ca
- MITACS: mitacs.ca
- NRC: nrc-cnrc.gc.ca
- PME MTL: pmemtl.com
- Réseau d'investissement social du Québec: fonds-risq.qc.ca

If you do not have access to conventional credit, you can approach Microentreprendre (formerly Réseau québécois du crédit communautaire), which provides microcredit services to fund the startup or consolidation of a business.

- microentreprendre.ca

Under certain conditions, individual entrepreneurs can benefit from Soutien au travail autonome (STA). In addition to technical assistance, they can obtain financial assistance for a maximum of 52 weeks. For more information, contact the Centre local d'emploi (CLE) in your region.

- quebec.ca/emploi/soutien-au-travail-autonome

For young people 16 to 29 years old, the Jeunes volontaires program can also serve as a launchpad for starting a business. Applicants can carry out a project they have developed themselves, with the support of a mentor and Emploi-Québec, which grants them financial assistance to offset expenses linked to their project.

- quebec.ca/emploi/jeunes-volontaires

You should also note two vital annual meetings in Montréal for entrepreneurs as well as investors.

- Expo Entrepreneurs: expoentrepreneurs.com
- C2 Montréal: c2montreal.com

Business mentoring

For those who want to create a business and then work to make it grow, mentoring is a valuable resource. There is nothing like an entrepreneur who has already acquired solid experience in your field to give you personalized advice and help you bring your project to fruition. Reliance on a mentor will help you develop or upgrade your entrepreneurial skills, especially by becoming a better negotiator. Working with this person, you will hone your

business acumen, make better decisions, and especially sharpen your personal skills and savoir-faire. This valuable partner can also connect you with his network of contacts.

Several organizations that provide coaching on starting a business offer mentoring services in Greater Montréal, such as Réseau M (a program of the Fondation de l'entrepreneurship), one of the benchmarks in this area, which works in particular with the Chambre de commerce et d'industrie Thérèse-de-Blainville, on the South Shore.

→ reseaum.com

The Chambre de commerce et d'industrie de la Rive-Sud (CCIRS) also offers various types of services, especially mentoring for self-employed workers or people taking over or withdrawing from a business.

→ ccirs.qc.ca/mentorat-2/mentorat/

The Junior Chamber of Commerce of Montréal (JCCM) is a group of executives, professionals, students, entrepreneurs and self-employed workers 18 to 40 years old. A range of events organized each year make JCCM a prime place for developing the next generation of business people in Montréal.

→ jccm.org

Les Offices jeunesse internationaux du Québec (LOJIQ) are another option. They offer international business mentoring activities that pair young graduates with business leaders, to accompany them on a trade mission abroad.

→ Entrepreneur section: lojiq.org

You can visit the Entreprises Québec site, which details the programs for very specific groups such as women, immigrants, farmers and young people 18 to 39 years old. There are also a few instructive videos on mentoring.

→ entreprises.gouv.qc.ca

THE KEY STEPS IN STARTING A BUSINESS

While it is fairly easy to start your own business in Québec, it is still very important to identify the legal form best suited to your business plan and financial resources. It can be useful to contact a professional specializing in business (lawyer, accountant or notary) to learn about the benefits and drawbacks of each legal form so you can make the right decisions. *The Business Start-up Guide*, offered by the Young Bar of Montréal (YBM), is required reading.

→ ajbm.qc.ca

The following sites can also provide you with valuable advice and guide you in choosing a structure tailored to your needs.

- The government site Québec-Entreprises:
www2.gouv.qc.ca/entreprises/portail/quebec
- Éducaloi: educaloi.qc.ca/en/capsules/introduction-legal-structures-businesses
- Ministère de l'Économie, de la Science et de l'Innovation, section "S'informer sur l'entrepreneuriat": economie.gouv.qc.ca
- Registraire des entreprises du Québec
(rubrique Démarrer votre entreprise): registreentreprises.gouv.qc.ca
- The Quebec Law Network: avocat.qc.ca
- Fondation du Barreau du Québec: fondationdubarreau.qc.ca

Choosing the legal structure of your business

Sole proprietorship: This single-person business is reserved for self-employed workers. This simple, low-cost solution is used by about 15 percent of the labour force and is often preferred by immigrants. It is the only legal form exempt from registration, if created in your own name. Otherwise, you must pay a registration fee (CAN\$34) to the office of the business registrar or to an office of Revenu Québec. Choosing a sole proprietorship carries risks because in addition to the business' profits, you are also liable for its losses and debts, which could result in personal bankruptcy if matters take a turn for the worse. You must also register for Goods and Services Tax (GST) and Québec Sales Tax (QST) if your sales exceed CAN\$30,000 over four consecutive quarters.

Corporation (or company): This is a separate legal entity—referred to as a legal person—from its shareholder(s), who is (are) liable only for the funds invested. Consisting of a board of directors elected by the shareholders, to whom the profits earned are distributed, this type of company is more expensive and complex in its operations. However, the tax rate on its profits is lower than for an individual operating as a sole proprietorship.

General partnership (société en nom collectif - S.E.N.C.): There must be at least two partners to create this entity, by a written or verbal contract. The partners share both the profits and losses of their business, as well as any debts owing. Similar to a self-employed worker, the operation of an S.E.N.C. is fairly simple and entails few costs. It also resembles a corporation since it has its own rights and obligations.

Starting or buying a business

HEC Montréal's Chaire de développement et de la relève de la PME reports that one in three Québec companies will not find a buyer for their business by 2020. This perspective opens the door to a large number of opportunities to go into business without having to start it from the ground up and take on the risks inherent in starting an operation. fromsuccessstosuccession.com

However, it is best to be informed about the issues involved in taking over an existing business, to ensure the best chances for success. Do not hesitate to seek advice from any contacts available (banker, lawyer, accountant). You can also contact one of Québec's Centres de transfert d'entreprises, which will guide you through the process and inform you about potential vendors in your region.

Centre de transfert d'entreprises du Québec: ctequebec.com

Sommet international du repreneuriat: sommetrepreneuriat.com

To find the company of your dreams, do not overlook the classified advertisements on specialized sites.

Acquization.biz: acquization.biz/prod

Carrefour Capital: carrefour-capital.com

Relation Canada: relationcanada.com

Limited partnership (société en commandite): This form consists of one or more general partners, and one or more limited partners. The general partner represents and handles management of the business, while the other partners provide the capital (in cash or assets) needed for its operations. Their liability is limited to the amount they have invested. A limited partnership is not a distinct legal person, so the partners are liable for any debts that may result.

Cooperative: Similar to a corporation, this is a legal person in the eyes of the law that brings together people pursuing a common interest. Its internal structure is based on a democratic operation. There are five forms of cooperatives: of producers, labour, shareholder-workers, solidarity and consumers.

Not-for-profit organization (NPO): This is a legal person that does not pay dividends. It may employ paid staff and its profits are reinvested in the services it provides to the community.

Social economy enterprise: As its name indicates, it conducts its (non-profit) activity for social purposes. It may take the form of a cooperative, mutual or not-for-profit organization.

Registering your business

Registration is a mandatory step except for self-employed workers who carry on their activity under their own identity. You must register your company with Québec's Enterprise Registrar, who will assign you a Québec Enterprise Number (NEQ) that you will then use in all your dealings with provincial government authorities, whether reporting your taxes or hiring an employee. Note that this registration entails a renewal fee each year. You have the option of registering online through the "Démarrer une entreprise" (starting a business) service, on the government's Entreprises Québec website. This tool lets you track all your procedures in a single place. Simple, fast and efficient!

→ www2.gouv.qc.ca/entreprises/portail/quebec/deg/presentationSide

The Canada Revenue Agency also issues a Business Number (BN). Visit the "Starting a business" section on the CRA website to determine whether you need to obtain a BN.

→ cra-arc.gc.ca

Choosing Montréal: A smart move that pays off

Calculate your purchasing power
and see the difference!

comparemontreal.com





STUDYING IN GREATER MONTRÉAL

Each year, several thousand students from around the world register in educational institutions in Greater Montréal, drawn by the quality of education provided by renowned universities and a typically North American campus life. Montréal has also been ranked among the best student cities in the Americas and one of the world's best for the student experience, in the QS Best Student Cities 2018 ranking. At that time, Montréal had 33,000 international students just in its universities, a 10 percent increase over 2016.

The Montréal region, now with a high profile on the international student scene, also stands out for its ability to retain its graduates by providing them with support to facilitate their long-term settlement, and with many career opportunities in a safe community within a cosmopolitan urban centre.

STEPS FOR OBTAINING A STUDY PERMIT

At the provincial level: Québec Acceptance Certificate (CAQ)

Once you have been accepted by an institution recognized by the Ministère de l'Éducation et de l'Enseignement supérieur (MEES), you must obtain a Québec Acceptance Certificate (CAQ). The application is available on the website of the Ministère de l'Immigration, de la Diversité et de l'Inclusion (MIDI).

→ immigration-quebec.gouv.qc.ca/en/electronic-services/caq-electronic

Obtaining this document is conditional on certain criteria, including your financial capability, with supporting documents, to pay the tuition fees and living expenses (rent, food, transportation, etc.) during your studies. The calculation specifically includes a round-trip ticket from/to your country of origin, but not the tuition fees, which are considered separately. In 2017, a single international student required slightly more than CAN\$12,000 for living expenses, compared with CAN\$18,388 for a married student and his/her spouse.

The application fee for a CAQ is CAN\$112 (2018) and is not refundable if your application is rejected..

At the federal level: the study permit

With your CAQ in hand, you can submit your study permit application to the federal government online or by mail. With this permit, international students registered full time in certain institutions are authorized to work, subject to certain conditions (see section 5, *Working during and after your studies*).

Useful to know: For a study period of less than six months, a CAQ and study permit are not required. In this case, however, you are not allowed to work.

- For more information about applying for a study permit, visit the Government of Canada website:
canada.ca/en/immigration-refugees-citizenship/services/study-canada/study-permit.html

21 economic sectors for vocational or technical training

Administration, commerce and information technology; agriculture and fisheries; food services and tourism; art; wood and related materials; chemistry and biology; construction and public works; environment and land-use planning; electrical technology; motorized equipment maintenance; mechanical manufacturing; forestry and paper; communications and documentation; mechanical maintenance; mining and construction site work; metallurgy; transportation; leather, textiles and apparel; healthcare; social, educational and legal services; esthetic care.

STUDYING IN VOCATIONAL TRAINING

In a Québec job market accustomed to growth for several years, in which certain sectors have an urgent need for skilled labour, such as healthcare, transportation or metallurgy, vocational training has a crucial role to play. This training is short (one to two years) and jobs are abundant, with placement rates ranging between 70 and 90 percent depending on the sector. Practical experience accounts for a large part (80 percent) of the teaching provided, and specifically includes business internships. Training is usually provided in training centres run by school boards. Québec has 200, delivering more than 140 programs grouped in 21 sectors (see sidebar). These establishments issue a Diploma of Vocational Studies (DVS) or an Attestation of Vocational Specialization (AVS). You can also take training for fewer than 800 hours validated by an Attestation of Vocational Studies.

Note that vocational training is subject to highly variable tuition fees, between CAN\$7,000 and CAN\$25,000 depending on the program, except for students from France, who are exempted under an agreement between France and Québec. Vocational training is intended for international students who hold a valid study permit, permanent residents, as well as citizens seeking to complete training or change careers.

Following is a list of institutions providing vocational training in Greater Montréal.

IN MONTRÉAL

Commission scolaire de Montréal

→ csdm.ca

École des métiers de l'aérospatiale de Montréal

École des métiers de l'équipement motorisé de Montréal

École des métiers de l'horticulture de Montréal

École des métiers de l'informatique, du commerce et de l'administration de Montréal (ÉMICA)

École des métiers de la construction de Montréal

École des métiers de la restauration et du tourisme de Montréal

École des métiers des Faubourgs-de-Montréal

École des métiers du meuble de Montréal

École des métiers du Sud-Ouest-de-Montréal

Centre des ressources éducatives et pédagogiques (CREP)
(insertion socioprofessionnelle)

Centre Champagnat (socio-professional integration)

Commission scolaire Marguerite-Bourgeoys

→ formationcontinue.servicescsmb.com

Centre de formation professionnelle de Verdun

Centre de formation professionnelle Léonard-De Vinci,
Saint-Laurent (anciennement le CFP Émile-Legault)

Centre de formation professionnelle des métiers de la santé

Centre de formation professionnelle de l'Ouest-de-l'Île,
Pavillon Saint-Laurent

Centre de formation professionnelle de Lachine, Pavillon Dalbé-Viau

Centre de formation professionnelle de Lachine, Pavillon des Rives

Centre intégré de la mécanique, de métallurgie
et d'électricité (CIMME), LaSalle

Collège d'informatique et d'administration de Verdun-LaSalle

Vocational and technical training resources

Whether you are an international student or an adult interested in vocational and technical training, you will find extensive information about the variety of programs, admissions criteria, registration procedures and tuition fees on the following sites:

- accesetudesquebec.ca
- education-internationale.com
- inforoutefpt.org
- quebecmetiersdavenir.com
- emploi.quebec.gouv.qc.ca/emploi-davenir

Commission scolaire de la Pointe-de-l'Île

→ cspi.qc.ca

Centre de formation professionnelle Anjou

Centre de formation professionnelle Antoine-de-Saint-Exupéry,
Saint-Léonard

Centre de formation professionnelle Calixa-Lavallée,
Montréal-Nord

Centre de formation professionnelle Daniel-Johnson, Montréal (PAT)

Centre de formation professionnelle des métiers de l'acier, Anjou

Centres d'éducation aux adultes FAR, Anjou, Saint-Léonard
et Montréal-Nord (socio-professional integration)

The Montez de niveau online tool

If you work or live on the Island of Montréal and want to take vocational and technical training to develop your skills, stay employed or advance in your career, the Montezdeniveau.ca platform provided by the Direction régionale de Services Québec de l'Île-de-Montréal may prove useful. This search engine helps you find all the part-time courses available near you, which form part of Emploi-Québec's Manpower Training Measure.

These courses are funded by the Government of Québec and also available at a cost of \$2 per hour, regardless of the institution providing them, unless a course requires the purchase of materials or reference works. Training is primarily intended for people already working and must always be linked to the student's education, job or work experience. Sessions usually take place in the evening or on weekends.

For more information, especially on conditions of eligibility:

montezdeniveau.ca

For more information on Emploi-Québec's Manpower Training Measure:

quebec.ca/emploi/formation-de-la-main-doeuvre

English Montreal School Board (training provided in English)→ www.emsb.qc.ca

John F. Kennedy Adult Education Centre, Montréal

Laurier-Macdonald Vocational Center, Saint-Léonard

Rosemount Technology Center, Montréal

Shadd Health and Business Center, Montréal

Pius Culinary & Business Centre, Montréal

Lester B. Pearson School Board (training provided in English)→ lbpsb.qc.ca

Gordon Robertson Beauty Academy, Beaconsfield

PACC Career Centre, LaSalle

Pearson Electrotechnology Centre, LaSalle

West Island Career Centre, Pierrefonds

IN LAVAL:**Commission scolaire de Laval**→ macarrieresedessine.com

Centre de formation professionnelle Le Chantier

Centre de formation professionnelle Paul-Émile-Dufresne

Centre de formation professionnelle Compétences-2000

Centre de formation en métallurgie de Laval

Centre de formation horticole de Laval

École hôtelière de Laval

École Polymécanique de Laval

Institut de protection des incendies du Québec (IPIQ)

Centre d'éducation aux adultes L'Impulsion
(insertion socioprofessionnelle)**Sir Wilfried-Laurier School Board**→ swlauriersb.qc.caLaurier-Pont-Viau Competency Development Centre
(training provided in English)

IN LONGUEUIL:**Commission scolaire Marie-Victorin**→ csmv.qc.ca

Centre de formation professionnelle Jacques-Rousseau

Centre de formation professionnelle Pierre-Dupuy

Centre de formation professionnelle Gérard-Fillion

New Frontiers School Board→ nfsb.qc.ca

Châteauguay Valley Career Centre, Châteauguay

Nova Career Centre, Châteauguay

Riverside School Board→ rsb.qc.ca

ACCESS Adult Education Career Training Center, Saint-Lambert

STUDYING IN SECONDARY OR PRE-UNIVERSITY GENERAL EDUCATION

Adult education centres, also managed by school boards, offer general secondary education. Check the sites above for institutions in Greater Montréal.

School boards also provide reception, referral, counselling and support services (SARCA), with the mission of providing personalized assistance to adults in their efforts to return to school. They can help you draw up a list of your skills and prior experience, and direct you toward the training available.

The courses offered by these institutions are identical to those in high school and lead to the same diploma, the secondary school diploma (DES). You can also take francization, literacy and socio-professional integration courses.

CEGEPs also provide post-secondary and pre-university education, which leads to a DCS (diploma of college studies). The only condition for access is permanent resident or Canadian citizen status. It is possible to acquire knowledge and skills in a wide range of disciplines, from art to philosophy, French, English, history, geography, mathematics, communication or information technology.

Francization courses are also provided by these pre-university colleges. You can find extensive information on the Les cégeps du Québec or Fédération des cégeps du Québec websites.

→ cegepsquebec.ca

→ fedecgeps.qc.ca/english/what-is-the-federations-des-cegeps

The Springboard to a DCS Path for immigrants or allophones in turn provides French upgrading courses to help you access higher education or the job market. This program, intended for non-French speakers, also teaches basic skills for better integration into Québec society.

For more information, visit the Ministère de l'Éducation et de l'Enseignement supérieur website:

→ education.gouv.qc.ca/en/ministere-de-leducation-et-de-lenseignement-superieur

HIGHER EDUCATION

In Québec, higher education includes both pre-university (college) and university studies.

Post-secondary education: pre-university education or technical training

Post-secondary college education is one of the special features of Québec and forms the bridge between secondary school and university. It is provided in the province's 200 colleges of general and vocational education—commonly called CEGEPs after the French acronym. Aside from these public institutions, you can also access private institutions, often called colleges. Their students are usually 17 years old. Pre-university education is usually for two or three years, in the case of technical training leading to the Diploma of College Studies (DCS), required for admission to university.

→ For all information about CEGEPs: cegepsquebec.ca

Post-secondary education also offers adults the option to return to school. They can take short technical training, from a few months to a year, leading to an Attestation of Collegial Studies (ACS). Permanent residency or citizenship is required for admission.

→ To learn about the opportunities open to you: backtocegep.com

CEGEPS AND PRE-UNIVERSITY COLLEGES IN GREATER MONTRÉAL

French-language public colleges (CEGEPs)

- Collège Ahuntsic: collegeahuntsic.qc.ca
- Cégep André-Laurendeau: clairendeau.qc.ca
- Collège de Bois-de-Boulogne: bdeb.qc.ca
- École nationale du meuble et de l'ébénisterie à Montréal: montreal.ecolenationaledumeuble.ca/formation-collegiale
- Cégep Gérard-Godin: cgodin.qc.ca
- Collège de Maisonneuve: cmaisonneuve.qc.ca
- Cégep Marie-Victorin: collegemv.qc.ca
- Collège de Rosemont: crosemont.qc.ca
- Cégep de Saint-Laurent: web.cegepsl.qc.ca
- Cégep du Vieux-Montréal: cvm.qc.ca
- Institut de tourisme et d'hôtellerie du Québec (ITHQ): ithq.qc.ca
- Collège Montmorency (Laval): cmontmorency.ca
- Cégep Édouard-Montpetit (Longueuil): cegepmontpetit.ca
- École nationale d'aéronautique (Longueuil): cegepmontpetit.ca/ena

English-language public colleges (CEGEPs)

- Dawson College (the largest English-language CEGEP in Québec): dawsoncollege.qc.ca
- Vanier College: vaniercollege.qc.ca
- John Abbott College: johnabbott.qc.ca
- Champlain College – Saint-Lambert (Longueuil): champlainonline.com/champlainweb

Private French-language colleges

- Collège Jean-de-Brébeuf: brebeuf.qc.ca
- Collège Ellis (Longueuil): ellis.qc.ca/accueil

Private English-language colleges

- Marianopolis College: marianopolis.edu
- Centennial College: college.centennial.qc.ca

Bilingual private colleges (English and French)

- LaSalle College: collegelasalle.com
- O'Sullivan College: osullivan.edu

Colleges under the Agence pour l'enseignement français à l'étranger (AEFE)

→ Collège Stanislas: stanislas.qc.ca/montreal

→ Collège Marie de France: cimf.ca

If you are an international student, admission to CEGEP is based on application. Submit your application to the Service régional d'admission du Montréal métropolitain (SRAM), or directly to the public institution in question if it is not a SRAM member. The tuition fees (CAN\$10,000 - CAN\$17,000 a year) apply to international students, except French nationals, who are exempt under an agreement between France and Québec.

Note that you must apply several months in advance to be able to register. Contact the relevant service to determine the deadlines.

→ sram.qc.ca

Overview of universities in Greater Montréal

With more than 170,000 students attending its universities, Montréal ranks as one of the largest student cities in North America. The city's universities are open to young students as well as adults interested in a university course, through a student curriculum or a program designed for working adults.

Université de Montréal (UdeM): Nestled into the flank of Mount Royal, this university founded in 1878 consists of 15 faculties and schools covering disciplines ranging from healthcare, humanities, law, and music to knowledge. The HEC Montréal business school and Polytechnique Montréal, one of Canada's leading institutions of engineering education and research, are affiliated with UdeM. A total of more than 66,000 students attend UdeM, including more than 9,000 from abroad, making this the fifth most international university in Canada, according to *Times Higher Education*.

UdeM is served by three metro stations: Édouard-Montpetit, Université-de-Montréal and Côte-des-Neiges (Blue Line).

→ umontreal.ca

Université du Québec à Montréal (UQAM): Located in the heart of the Latin Quarter, this French-language public institution founded in 1969 has six faculties (arts, communication, education, political science – law, science, and the humanities) as well as the École des sciences de la gestion (business school). It offers more than 300

academic programs (undergraduate and graduate) and welcomes more than 40,000 students, including 3,500 international students from 90 countries. It also has four satellite campuses in the metropolitan region (Laval, Longueuil, Lanaudière and the West Island).

UQAM is served by Berri-UQAM metro station, one of the system's busiest (Yellow, Orange and Green lines).

→ uqam.ca

McGill University: Montréal's oldest institution (1821), this English-language university has 10 faculties, a School of Continuing Studies and four teaching hospitals, graduating more than 1,000 healthcare professionals a year. McGill excels in particular in the study of anatomy, physiology and medicine. Almost 40,000 students attend this venerable downtown institution, including 25 percent from 150 countries, with access to some 300 academic programs. McGill University is one of the most prestigious universities in Canada and North America, with the largest number of Nobel Prize winners (12) in the country.

The university is served by the McGill metro station (Green Line).

→ mcgill.ca

Concordia University: Montréal's other English-language university. More than 46,000 students attend this university founded in 1974. Of these, 55 percent are anglophones and 22 percent francophones, with international students accounting for 10 percent. Also located in downtown Montréal, Concordia has four faculties, a School of Graduate Studies as well as many colleges, centres and institutes.

Concordia is served by the Guy-Concordia metro station (Green Line).

→ concordia.ca

Université de Sherbrooke: This institution has seven faculties, six of which are present on the Longueuil campus (law, education, engineering, literature and humanities, medicine – health sciences, science), as well as a business school. Université de Sherbrooke offers more than 120 programs, mainly at the Master's and Doctorate levels. More than 40,000 students attend this university, including a few thousand on Montréal's South Shore. In 2016–2017, it welcomed 2,341 international students from 97 countries and territories.

Access is via the Longueuil–Université-de-Sherbrooke metro station (Yellow Line).

→ usherbrooke.ca/longueuil

HEC Montréal: Founded in 1907, HEC Montréal ranks among the 100 best business schools in the world. It offers 80 undergraduate and graduate programs as well as many training programs tailored for executives, professionals and directors. More than 13,000 students attend HEC, of whom about 34 percent are foreign (more than 4,000 in 2017). Courses are taught in the buildings on Côte-Sainte-Catherine and Decelles.

The closest metro stations are Côte-des-Neiges (for the Decelles building) and Université-de-Montréal (for the Côte-Sainte-Catherine building) (Blue Line).

hec.ca

École Polytechnique: This engineering flagship in Québec—one of the largest of its kind in Canada—devotes a large part of its budget to research. Polytechnique stands out in particular for its outstanding system: 16 specialties for engineering training, 8,200 students (including 25 percent international students), 25 Canada Research Chairs and more than 120 programs. Since its creation in 1873, it has trained some 46,000 engineers, specialists and researchers.

Polytechnique is served by the Université-de-Montréal metro station (Blue Line).

→ polymtl.ca

Université TÉLUQ

If you are interested in an online university education, Université TÉLUQ offers distance education that includes 400 courses and 80 programs, mainly in French (a few are given in English and Spanish). Since it was founded in 1972, TÉLUQ has awarded more than 31,000 degrees, particularly bachelor's, master's and doctor's as well as DESS degrees. Each year, almost 20,000 people study full or part time through this university.

teluq.ca

and of Mehdi, and of Kim, and of Mélodie, and of Malik, and of Laurence, and of Victor, and of Younes, and of Jeanne,
 and of Sandrine, and of Amélie, and of Olivier, and of Karen, and of Oussama, and of Annie,
 and of Yan, and of Leila, and of Vincent, and of Carla, and of Asma, and of Françoise, and of Imane, and of Justin,
 and of Vanessa, and of Christina, and of Justine, and of Alexander, and of Florence, and of Zineb, and of Noémie,
 and of Marie-Ève, and of Joanie, and of Hamza, and of Nicolas, and of Emma, and of Maude,
 and of Chloé, and of Alice, and of Fatima, and of Jade, and of Anthony,



and of Rachel, and of Rosalie,
 and of Marianne, and of Léa,
 and of Mohamed, and of Audrey,
 and of David, and of Karine,
 and of Amine, and of Catherine,
 and of Adam, and of Marilou,

and of Patricia, and of Nina,
 and of Luis, and of Anne,
 and of Julien, and of Pascale,
 and of Olga, and of Valérie,
 and of Yasmine, and of Amina,
 and of Louise, and of Simon,
 and of Nadia, and of Javier,
 and of Etienne, and of Raphaëlle, and of Sébastien, and of Lucas,
 and of Francis, and of Caroline, and of Elodie, and of Jérémie,
 and of Myriam, and of Gabriel, and of Emily, and of Jennifer,
 and of Carlos, and of Ruth, and of Martine, and of Sandra,
 and of Dominic, and of Joëlle, and of Magdalena, and of Samuel, and of Charlotte,
 and of Alexis, and of Delphine, and of Kaleb,

**The University
 of Montreal and of
 Sirléia, who is exploring
 a world of possibilities
 in Quebec.**

**Join the vibrant community
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admission.umontreal.ca/en

and of Bianca, and of Lydia, and of Maxime, and of Selma,
 and of Walph, and of Daniel, and of Stéphane, and of Yuan, and of Paul, and of Michael, and of Zeina,
 and of Gaëlle, and of Arnaut,

ENAP (École nationale d'administration publique): ENAP offers Master's and Doctorate programs. More than 2,000 students attend this French-language institution at five locations in Québec (Montréal, Québec City, Gatineau, Saguenay and Trois-Rivières). The school trains future public servants for Québec and Canada, as well as analysts, consultants and senior executives.

The closest metro stations are Laurier and Mont-Royal (Orange Line).

→ enap.ca

ÉTS (École de technologie supérieure): Founded in 1974, ÉTS specializes in teaching and applied research in engineering and technology transfer, and trains engineers and researchers. It offers 86 undergraduate and graduate programs as well as upgrade training in various disciplines (quality, management, technology and information technology). ÉTS has about 11,000 students; two-thirds of graduates pursue a career in SMEs and SMIs.

The closest metro station is Bonaventure (Orange Line).

→ en.etsmtl.ca

INRS (Institut national de la recherche scientifique): This research and training university offers 26 graduate-level programs, 14 at the Master's level and 8 at the Doctorate level. INRS trains future scientists in four centres, including one located in Montréal (Énergie Matériaux Télécommunications) and the other in Laval (INRS – Institut Armand-Frappier). Each year, it welcomes students from some forty different countries.

The closest metro stations are Bonaventure and Lucien-L'Allier for the centre located in Montréal (Orange Line).

→ inrs.ca

ITHQ (Institut de tourisme et d'hôtellerie du Québec): A benchmark in Canada in hotel and restaurant management for more than 50 years. This school in Montréal's Latin Quarter provides instruction in alternation with continuing training. It houses a hotel, two teaching restaurants, a centre of expertise and a gastronomic research centre. Programs are available in French, except that devoted to international hotel management graduate studies, offered in French and English, as well as the Wine and Spirit certificate, only available in English.

ITHQ is located above the Sherbrooke metro station (Orange Line).

→ ithq.qc.ca

North American education

Forget about academic teaching style and lectures. North American teaching favours a more interactive approach between students and professors during classes. Discussions and debates are encouraged and professors are accessible and available: you can ask them questions, meet with them after class, or communicate with them by email. Group work is often required.

While a full-time curriculum generally entails only 15 class hours a week, students are often required to do a great deal of personal work, usually estimated at two hours for each class hour.

In Québec, the university system is divided into three levels, generally leading to three degrees:

- Bachelor's degree (3 or 4 years of studies);
- Master's degree (2 years of studies);
- Doctorate (at least 3 years of studies).

As part of continuing education for adults seeking to earn a degree quickly, there are also one-year academic programs leading to the *certificat d'études supérieures spécialisées* and the *diplôme d'études supérieures spécialisées* (DESS), which are Bachelor's and Master's degrees, respectively.

The MBA (master's of business administration, a graduate degree) is one of the most popular academic programs among executives seeking to take their career to a new level.

At university, the academic year is divided into three sessions

- Fall session, from September to December;
- Winter session, from January to April;
- Summer session, from May to August
(some programs are not offered in the summer session).

Each university sets its own registration periods. Check these dates, because registration usually takes place several months in advance. If it applies to you, also remember to factor the processing time of your CAQ and study permit applications into the registration process. At the start of the session, your institution will require you to produce proof of your status, failing which you will be excluded from your academic program.

Finally, life on campus is notable for its richness and vitality. It is easy to participate in cultural or sports activities, attend lectures

or film screenings, become involved in a student association, or contribute to the university's newspaper or radio station

WORKING DURING AND AFTER YOUR STUDIES

Earning a living while you study

Since June 1, 2014, international students registered full time in most post-secondary institutions (colleges or universities) are able to work off campus up to 20 hours a week, and even full time during breaks in the academic calendar, without having to apply for a work permit.

→ For more details: canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/work-off-campus.html

They may also work on their campus if they are studying full time in a public or private post-secondary institution and hold a valid study permit.

→ For more details: canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/work-on-campus.html

I choose Montréal

International students will find support and answers to their questions on the I choose Montréal platform. This program, spearheaded by Montréal International in partnership with the Ministère de l'Intégration, de la Diversité et de l'Inclusion du Québec (MIDI), encourages this population cohort to work in Greater Montréal and settle there after graduation. The site includes testimonials from former international students who chose to remain in the Montréal area, as well as many articles about daily life, cultural life, procedures related to immigration, the job market, etc. I choose Montréal organizes a host of activities to help students discover flourishing sectors, meet employers and professionals (speed meetings, information sessions, recruiting activities, etc.), and thus find a job.

ichoosemontreal.com



I choose
Montréal



Staying in Québec after graduation to work

Québec wants to keep its future graduates, essential to its economy, especially in sectors with many positions to be filled, such as information technology and construction.

If you have studied for at least eight months (or 900 hours) in a post-secondary institution recognized by Immigration, Refugees and Citizenship Canada (IRCC), you may submit an application to IRCC within 90 days of obtaining your diploma for a post-graduation work permit (PGWP). This permit will not exceed the length of time you studied and will be capped at three years. This open temporary work permit is a good way to become familiar with the job market in Québec. It can also serve as the first step toward permanent immigration.

Note: You must submit this application before your study permit expires; you may have to extend that permit at the provincial (CAQ) and federal levels, while waiting to receive your diploma.

→ For more information: canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/after-graduation.html

If the idea of settling permanently in Québec entices you, you may apply for a CSQ (Québec selection certificate), the first step to obtain permanent residency. Two options are generally open to international students.

The first is the Programme de l'expérience québécoise (PEQ – Québec experience program). For graduated students who meet the program's eligibility conditions, this is the fast track to the CSQ: they can apply very early, six months before completing their studies when these last 18 months or less, and the file is usually processed in 20 to 30 days. The PEQ is also open, again subject to conditions, to students holding a post-graduation work permit, when they can prove that they have held a full-time job for at least 12 of the past 24 months.

→ immigration-quebec.gouv.qc.ca/en/immigrate-settle/students/stay-quebec/application-csq/students-peq

Students whose diploma does not make them eligible for the PEQ and who lack the required work experience must take the conventional approach to applying for a CSQ, the Regular Skilled Worker Program (PRTQ). This longer and more restrictive procedure does, however, offer the advantage that it is not subject to the national

quotas if initiated from Québec. In addition, the affected students may also apply before completing their studies.

- immigration-quebec.gouv.qc.ca/en/immigrate-settle/students/stay-quebec/application-csq/students-quebec/index.html
- For more information, visit the Ministère de l'Immigration, de la Diversité et de l'Inclusion (MIDI) website: immigration-quebec.gouv.qc.ca/en/informations/IAmStayingInQuebec/index.html
- There is also a self-assessment questionnaire if you have doubts about your eligibility: immigration-quebec.gouv.qc.ca/en/informations/IAmStayingInQuebec/index.html

Useful to know: Most universities in Greater Montréal, in conjunction with MIDI, organize information sessions for international students interested in continuing their adventure in Québec. This is the opportunity to explain all the procedures required as well as the resources available to students to properly plan the procedure and assemble the necessary documents.

- immigration-quebec.gouv.qc.ca/en/informations/IAmStayingInQuebec/information-session.html

LIFE FOR INTERNATIONAL STUDENTS IN UNIVERSITY

Budget and personal finances

Although tuition fees for international students in a Québec university are still high—about CAN\$15,000 a year—they are more affordable than in the rest of Canada or the United States. This can vary depending on the degree program as well as the country of origin.

Students from France, for example, pay the same tuition fees as Canadian students from outside Québec if registered in an undergraduate degree program (about CAN\$6,700 a year). For a master's program, however, they pay the same fees as Québec students (approximately CAN\$2,500 a year). Finally, they are exempted from tuition fees if seeking vocational or technical training, all under an agreement between Québec and France.

Your life project in Montréal

Discover the toolbox
for international students.



I choose
Montréal

ichoosemontreal.com



In partnership with

*Immigration,
Diversité
et Inclusion*

Québec



**MTL
INTL**

Montréal
International

Scholarships to fund your education

Scholarships, granted subject to certain criteria, may prove a good complement to your income to fund your studies. Here are a few examples.

- University scholarships: Check with your university's financial assistance office.
- Scholarships for vocational and technical training: These are intended for students from developing countries in Asia, the Americas or La Francophonie. For vocational training, visit the Éducation internationale website education-internationale.com
For technical training, visit the Québec CEGEPs website for public institutions lescegeps.com and the Association des collèges privés du Québec website, for private institutions. acpq.net
- Bourses d'excellence du Fonds de recherche du Québec – Nature et technologies (FRQNT): These are available for doctorates, postdoctorate fellowships and short research and development stays: frqnt.gouv.qc.ca
- Government of Canada scholarships scholarships-bourses.gc.ca
- Scholarships from foreign countries: Some countries provide their citizens with scholarships for study in Canada. Check the website of your country's consulates and embassy in Canada.

The Aide financière aux études (AFE) website is also a good source of information, especially for adults wanting to return to school. Unlike scholarships and bursaries open to international students, AFE is reserved for Canadian citizens and permanent residents.

afe.gouv.qc.ca

Other international students may also qualify for exemptions, depending on the agreements their country of origin has signed with Québec.

- For more information: education.gouv.qc.ca/en/references/studying-in-quebec/exemptions/agreements-between-the-quebec-government-and-foreign-governments

These unavoidable costs are in addition to regular living expenses for things such as rent, food, insurance (health insurance in particular), transportation, telephone service, or recreation. As a guideline, Université de Montréal estimates expenses, excluding tuition, at close to CAN\$14,000 a year for a student between 18 and 25 years old.

Here are a few examples of costs.

- Opus card (metro and bus) for students who are registered full time in an educational institution recognized by the Ministère de l'Éducation et de l'Enseignement supérieur (MEES), regardless of their age: CAN\$51 a month, instead of CAN\$85 a month
- Residence room at Université de Montréal: CAN\$389 a month (for a single studio)
- Shared accommodation in Montréal: between CAN\$400 and CAN\$600 a month, on average
- Telephone and Internet subscription: between CAN\$40 and CAN\$80 a month
- Purchase of new winter clothing, including a tuque (knit hat), mittens (gloves), boots (shoes) and coat: between CAN\$500 and CAN\$1,000 a year

Most banks offer services for international students (opening an account, debit or credit card, etc.). Compare packages to find the best one for you. Some banks even have agreements with universities or schools to facilitate opening an account for their students. Check with the international students office at your institution. Before you arrive in Québec, also ask your financial institution at home if it has an agreement with a Canadian bank, as this might provide benefits.

Housing

Most universities in metropolitan Montréal have their own residences. It is best to reserve early as this type of housing is very popular. For an international student, it offers the advantage of good location near classrooms, with affordable rent. Rooms are furnished and heated, often have Internet access and, like the Evo residences network, have access to certain conveniences (heated swimming pool, library, movie theatre, gym, etc.). This is also a good way to meet other students. To find a residence, visit your university's website.

→ evomontreal.com

Another interesting solution is shared housing off campus. This very common practice in Québec will facilitate your integration into your new host society while limiting your expenses. When you visit an apartment, ask your roommate(s) about the living rules (house cleaning, joint purchase of products, dish washing, etc.).

Where can you find shared accommodation? On classified ad sites, of course, but also and increasingly through Facebook groups specific to certain neighbourhoods. Billboards on campus also post many offers. Once again, do not delay in seeking good accommodation, especially at the start of each term, when demand is high.

A few sites for finding shared accommodation

→ kangalou.com

→ lespac.com

→ kijiji.ca

→ montreal.craigslist.ca

→ pvtistes.net

The Université de Montréal and École Polytechnique de Montréal websites post housing banks to help you find an apartment off campus.

→ logement.umontreal.ca

→ polymtl.ca/logement

If you have nowhere to stay when you arrive, you can check out a youth hostel or the Airbnb website. These options will let you get your bearings while you take time to look for more stable housing. Students with the smallest budget may turn to Couchsurfing, still popular in Montréal, which may also lead to new friendships.

Health and hospitalization insurance

All university students must have health and hospitalization insurance. Some countries, such as Belgium, France, Denmark, Norway, Portugal and Sweden, have signed social security agreements with Québec. If you are coming from one of these countries, before you leave for Québec you must obtain from your social security agency the form attesting that you were covered in your country of origin. Present this document to the Régie de l'assurance maladie du Québec (RAMQ) upon arrival. It will be very useful in obtaining your health insurance card (*carte soleil*), which gives you access to care covered by the RAMQ. You will also be exempted from the three-month waiting period that usually applies to newcomers. There is no cost for a general medical consultation. Subject to certain conditions, your spouse may qualify for the same coverage.

All other students must take out a private insurance plan. Most universities require their international students to take out health insurance administered by the educational institution. The premiums are affordable (about CAN\$600 to CAN\$900 a year). The plan usually covers medical and hospital costs as well as prescription drugs. However, it does not necessarily cover dental and vision care, or pregnancy monitoring and birth care. Ask your university office for international students about the cost of insurance and the care covered.

You can take out supplemental health insurance for care not covered by the university's plan from private companies such as Desjardins Financial Security, Blue Cross, etc.

Useful to know: If you think you might travel outside Canada, obtain insurance for the length of your stay, as the private university insurance will not cover any medical costs.

Do not hesitate to visit the website of the OmbudService for Life and Health Insurance before making your choice.

→ olhi.ca



SETTLING IN GREATER MONTRÉAL

TRAVELLING TO MONTRÉAL

Customs formalities

When you leave the plane after arrival at Montréal-Pierre Elliott Trudeau International Airport, you will be directed to customs clearance. Have your passport and immigration documents in hand, as well as those of any family members travelling with you. You must also present the customs officer with your customs declaration, which is no longer filled out on the plane but at a computer terminal located immediately before the customs clearance stations. Just tell the customs officer that you are entering Canada as an immigrant, and you will be directed to the appropriate immigration offices, where your status will be validated and you will be given information to help you get settled.

For customs clearance of your international move, arrive at customs clearance with a detailed list of your personal belongings.

→ For more details, visit the Canada Border Services Agency website:
cbsa.gc.ca

Reaching Montréal from the airport

There are several ways to reach downtown Montréal from Pierre Elliott Trudeau International Airport. Do not hesitate to visit the information counter located on the arrivals level.

By shuttle: Bus 747 takes you directly to the Berri-UQAM station (metro and bus terminal), for CAN\$10 per person, which includes access to the entire STM (bus and metro) system for a period of

24 hours. Tickets are sold from vending machines located on the arrivals level, or you can pay the cost to the driver. Note: If you are going to pay the driver, you must have the exact fare in coins. Two routes from the airport operate 24 hours a day, seven days a week.

By taxi: Flat rate of CAN\$40 for trips from the airport to downtown (only in this direction); the meter rate applies for trips from the airport to other destinations.

By rental car: The main car rental companies have a counter at the airport: Alamo, Avis, Budget, Dollar, Enterprise, Hertz, National and Thrifty. **Useful to know:** Some companies have customer loyalty plans that provide attractive discounts on rentals.

By Uber: Since 2016, passengers can use this service. The passenger pick-up point is at door 6 on the departures level. Expect to pay an average of CAN\$30 with UberX to reach downtown.

OTHER USEFUL LINKS

- Montréal Airport: admtl.com
- Société de transport de Montréal (STM): stm.info
- EXO (former Réseau de transport métropolitain): rtm.quebec
- Gare d'autocars de Montréal (bus terminal): gamtl.com/en/bienvenue
- Uber: uber.com

Fluctuating gas prices

Filling the gas tank in Québec is no simple matter. Prices vary between stations and can change over the same day! The price usually differs between regions or cities, to the consternation of consumers, who quickly tire of these constant variations. Many argue for regulation of gas prices in Québec. Note that drivers pay four different taxes on the price posted at the pump: federal excise tax (FET), provincial fuel tax (PFT), sometimes with a supplement in certain cities such as Montréal to fund public transit, and of course, GST (5 percent) and QST (9.975 percent).

A daily survey of regular gasoline prices is posted on the Régie d'énergie du Québec website.

regie-energie.qc.ca

GETTING AROUND

By car

Like many large cities, Montréal experiences large traffic jams at rush hour. Highly variable road conditions, never-ending building and road construction sites and, of course, the geography of the city and the North and South shores do not make for smooth traffic flow. Since the city is located on an island, all access is by tunnels (Louis-Hippolyte-La Fontaine Tunnel is the longest, at almost 6 km) and bridges, heavily used by suburban residents, such as the iconic Jacques-Cartier and Champlain bridges to the South Shore. Montréal is also crossed by major arterials such as Highways 20 and 40, leading in particular to Québec City, the provincial capital.

- For information about major construction sites and refurbishing work, visit the website and click on the City Services tab, ville.montreal.qc.ca

Ride sharing

Ride sharing has become a necessity in urban and especially inter-city transportation (Québec City, Trois-Rivières, Sherbrooke, etc.), even between provinces (Ottawa, Toronto, etc.). This is a good way to travel at a lower cost than by bus, train or air (airfares are quite high, especially for regional flights).

Sites such as Amigo Express (the market leader in Canada) or Covoiturage.ca offer a wide range of rides in Québec as well as the rest of Canada and the United States. There is no registration or subscription cost and all reservations are made online. Simple, fast and efficient! Rates vary depending on the destination and driver but are generally reasonable.

The green start-up Monlift has also entered this market, but the choice of destinations is limited to just four areas: Montréal, Québec City, Sherbrooke and Trois-Rivières. Useful to know: The platform offers an additional service for women only.

- amigoexpress.com
- ridesharing.com
- monlift.com

Car sharing

When you occasionally need a car, for a weekend away or a shopping trip for example, here are two services that might prove useful.

Communauto, which rents cars to subscribers by the half-hour, hour, day or more (reservation online or by telephone). The fleet is available 24 hours a day, seven days a week at many Communauto stations.

→ communauto.com

car2Go, offers Montrealers the option to borrow a car at any time, without a reservation.

→ car2go.com/CA/en/montreal

Short-term rental services between individuals are also available, such as Turo and its mobile application.

→ turo.com

Compare rates with conventional rental companies, which may sometimes be more competitive (length of borrowing or rental, flexibility of return times, etc.).

Public transit

The Société des transports de Montréal (STM) manages the public transit system of four metro lines labelled by colour (Orange, Green, Blue and Yellow) and 196 bus routes, divided into several services: local and 10 minutes max. lines, night lines (3XX numbers), express lines (4XX numbers) and shuttles (7XX+ numbers). Rush hour is from 7:00 to 9:00 a.m. and from 3:30 to 6:00 p.m. on weekdays. Reduced fares apply to children, students and seniors age 65 or over. Children under 5 ride free.

Laval and Longueuil have their own public transit system: the Société de transport de Laval (STL) and the Réseau de transport de Longueuil (RTL). The former operates 45 bus lines (over some 1,400 km), and the latter operates 84 (over 794 km). Different rates apply depending on the system (see below for the metro).

You can purchase an OPUS card (for CAN\$6), a chip card on which you can load tickets for the metropolitan region's various systems (train, bus and metro).

Useful to know: Various tickets can be loaded on the same card. For example, a monthly STM pass and eight trip tickets on the STL.

FOR MORE INFORMATION

- Montréal: stm.info
- Laval: stl.laval.qc.ca
- Longueuil: rtl-longueuil.qc.ca

TAKING THE METRO

Service frequency varies by time and day: every 3 to 10 minutes on weekdays and every 6 to 10 minutes on weekends. Service starts at 5:30 a.m. and usually ends at 12:30 a.m. on weeknights and 1:00 a.m. on weekends. The system lacks access for people in a wheelchair, with child strollers or heavy or bulky luggage. Twelve stations currently have elevators but this number will increase in coming years, as the STM plans to equip 41 stations by 2025. A proposed new metro line, called the “Pink Line,” is also being studied. With 29 stations, it would link Montréal-Nord to Lachine via downtown.

The North Shore can be reached by taking the metro from Berri-UQAM station. Since 2007, three stations (Cartier, De la Concorde and Montmorency, the terminus) provide access to Laval. In turn, the city of Longueuil, south of Montréal, can be reached via the Yellow Line, with a stop at Jean-Drapeau station. The terminus serves the campus of Université de Sherbrooke. In both cases, each city’s bus station is adjacent to the metro.

NOTE: Fares vary between the transit systems of Montréal, Laval and Longueuil. The metro costs CAN\$3.25 in all three cities, but the monthly rate differs: CAN\$83 for Montréal, CAN\$93 for Laval, and CAN\$96.50 for Longueuil. If you leave the Island of Montréal, you will have to pay your fare on the return trip. If you must travel outside Montréal regularly, choose the appropriate package. The Longueuil and Laval transit systems offer metropolitan passes (CAN\$135 a month) that give you access to the entire system.

TAKING THE BUS

Without their own dedicated lanes, buses are subject to occasionally challenging traffic conditions. You therefore should expect delays at rush hour and in winter, when snow or a storm can disrupt the posted schedules. Useful to know: For their safety, women

passengers can ask to be dropped off between bus stops after 9:00 p.m. in summer and 7:00 p.m. in winter. Note as well that it is the custom in Québec to line up when waiting for a bus. Disregarding this rule of good behaviour would leave a bad impression. Bus stops are usually located at traffic lights or next to metro stations.

NOTE: Your Montréal transit ticket is not valid on a bus to Laval or Longueuil, as these are operated by a different authority.

Cycling

Bicycles, an integral part of the urban landscape, have been a huge success in Montréal, as reflected in the Tour de l'Île, which for more than 30 years has drawn thousands of enthusiasts at every level in June, and even includes a night edition. With 800 km of bike paths, this is a cyclist's dream city, whether on your own bike or one of the many BIXI (self-serve bicycles) dotting the city from April 15 to November 15. Various memberships are available online.

→ montreal.bixi.com

To find your way around, get the map of bike paths in Greater Montréal.

→ ville.montreal.qc.ca/transports

If you're looking to buy a bike without breaking the bank, classified ad sites such as Kijiji, Craigslist or LesPAC are sure to fit the bill. Stores that specialize in recycling old bicycles, such as Sos velo, are another solution.

→ sosvelo.ca

Riding, even in winter

Cycling enthusiasts can enjoy their passion year-round thanks to the white routes established by the City of Montréal. These are almost 400 km of paths with snow cleared, accounting for half the bike path network, all located downtown. Rachel, Berri, and Saint-Urbain streets, as well as De Maisonneuve and René-Lévesque boulevards, are a few of the routes accessible in winter.

Note: The entire bike path network is open from April 1 to November 15. This may vary in the event of adverse weather.

A COUPLE USEFUL LINKS FOR CYCLISTS

→ velo.qc.ca

→ pistescyclables.ca

Commuter trains

Exo, previously known as the Réseau de transport métropolitain (RTM), is responsible for public transportation in the greater metropolitan area. Six commuter train lines serve the suburbs (North and South shores), with service every 20 to 30 minutes during rush hour, and every hour or so during the rest of the day. For example, you can take the train from Saint-Jérôme (North Shore) to downtown Montréal, with stops at Blainville and Sainte-Thérèse in particular, or go to Mont-Saint-Hilaire (South Shore) from Montréal, via Longueuil–Saint-Hubert, Saint-Bruno and Saint-Basile-le-Grand.

Tickets can be purchased with the same OPUS card used for buses and the metro, and several types of passes are available. To take a commuter train from Montréal, two connections are available from the metro's Orange Line: Central Station (on de La Gauchetière Street near the Bonaventure metro station) or Lucien-L'Allier Station (on des Canadiens Avenue, near the Bell Centre and Lucien-L'Allier metro station).

→ rtm.quebec

Useful to know: EXO, formerly known as Réseau de transport métropolitain (RTM) offers its users a ride-sharing service with a free online pairing service.

→ rtm.quebec/en/trip-planner/carpooling/rtm-carpooling

Taxis

There is no shortage of taxis in Montréal. To get a cab, you have three options: hail one on the street by raising your hand, go to one of the city's 459 taxi stands, or call a taxi company such as Taxi Coop, Taxi Diamond, Taxi Champlain, Taxi Hochelaga or Téo Taxi (electric cars), etc. Some have their own mobile application to request one of their cabs. Get information from their websites.

Taxi fares are regulated: CAN\$3.45 to start and then CAN\$1.70 per kilometre with the passenger and CAN\$0.63 per minute waiting time (tax included). A tip is not required but always appreciated.

HOUSING AND FURNITURE

Organizing your move

Whether you arrive by air or sea, an international move requires planning. The solutions available depend on how much you want to bring with you. It is best to deal with professionals, who can explain customs formalities as well as advise you on what to bring and what to leave behind. For example, electrical voltage in Québec is 110 V, so you should start by checking the compatibility of your electrical appliances before you bring them here. Remember to request quotes from various movers, to find the best rates and services. Also ask about delivery time, to be sure you arrive before your possessions, but do not have to wait too long without them. Finally, draw up a very detailed list of your personal belongings. You will be asked to produce this inventory upon arrival in Canada for customs clearance of your move.

A FEW INTERNATIONAL MOVERS

- AGS Movers: agsmovers.com
- Bagages du Monde: bagagesdumonde.com
- Direct Déménagement: directdemenagement.com
- Europack: europack.ca
- Gallieni Déménagements: gallieni-demenagements.com
- Laurin Express: laurinexpress.com
- Westmount Moving: westmountmoving.com

Finding housing before you arrive

If you have no family or friends here to host you during your first weeks, you can always check the classified advertisements on newspapers' websites. First, it is best to find a furnished apartment that rents by the week or month, to give yourself time to find an apartment that meets your preferences and needs.

HERE ARE A FEW SITES FOR FURNISHED AND UNFURNISHED RENTALS.

- airbnb.com
- montreal.craigslist.ca
- gesthab.ca
- homelidays.com
- kangalou.com

- kijiji.ca
- lespac.com
- louer.com
- moremontreal.com
- mystudiomontreal.com
- Réseau Appartements et Gîtes au Québec:
ragq.com/furnished_apartments.aspx

Agencies specializing in international mobility can also be a solution. Their relocation services cover international moves and a housing search based on your criteria. Advice and guidance are part of their skill set, in areas ranging from administrative procedures to purchase of a vehicle or real estate, as well as enrolling children in school or coping with daily life. Of course, this mentoring carries a cost, but may well be worth it in many cases. Some real estate agencies can even find you a home before your arrival if you send them a detailed list of your search criteria.

A FEW RELOCATION AGENCIES

- Arianne Relocation Canada: ariannerelocation.com
- Armstrong Moving: armmove.com
- Crown Relocation: crownrelo.com
- Fleur de Lys Relocation: fleurdelysrelocation.com
- HP&Associés: hpaa.ca
- Relocation C&G: relocationcg.com
- Reloc Québec: relocquebec.com
- The MIGroup: themigroup.com

Don't forget to check social networks. Facebook groups such as "Logements Montréal" or "Logement à louer Montréal" offer a wide range of options for rent or sublet. Another proven method is walking the streets with an eye out for "À louer/For rent" signs, preferably in a neighbourhood that has caught your eye!

Useful to know: The housing guide for newcomers, available from the Canada Mortgage and Housing Corporation (CMHC), can guide your search for a home.

- cmhc-schl.gc.ca

Those on a tight budget can reserve a room in a youth hostel.

- quebecoriginal.com/en-ca/accommodation/youth-hostels

Those who would rather stay in a hotel will find an endless choice on the Hotel in Montreal website, which lists some forty establishments in all price ranges.

→ hotel-in-montreal.com

Renting an apartment

In Québec, there is nothing complicated in the process to rent an apartment. The steps essentially boil down to signing a lease that normally will expire on June 30 each year. This document specifies the monthly rent and term of the lease. The *Régie du logement* can explain your rights and the procedures related to your home.

→ rdl.gouv.qc.ca

To maximize your chances of success, it is best to start looking in April, May and June, although you can find a place at any time of the year. Canada Day, July 1 (a statutory holiday), is also official moving day in Québec. We strongly recommend reserving a truck several months in advance if you know you are going to move, or choose another date if you can, especially since this very busy time can push up vehicle rental prices. If the advertisement does not specify, ask the landlord whether heating costs are included in the rent. Since winters are long and apartments are not always well insulated, this detail can be very important.

Québec housing glossary

Square foot/square metre: The size of apartments is often given in square feet: 1 square metre = 10.76 square feet.

1 1/2, 2 1/2, 3 1/2, etc.: This indicates the number of rooms in the apartment, with the kitchen counted as a room and the bathroom as half a room

Equipped or semi-equipped: Basic appliances (stove and refrigerator) are provided and included in the rent.

Heated or unheated: Heating costs are—or are not—included in the rent.

Condo or condominium: Apartment covered by a declaration of co-ownership. The unit belongs to the landlord while the common areas (hallways, staircases, elevators, yard, garden, roof, fitness room, swimming pool, etc.) are jointly owned.

Unlike cities such as Vancouver and Toronto, rents are still affordable in Montréal. In the fall of 2017, the average rent for a two-bedroom apartment on the Island of Montréal was CAN\$782, compared with CAN\$1,657 in Toronto, CAN\$1,552 in Vancouver, and just CAN\$751 in Laval.

Source: Rentseeker, real estate transaction site

Useful to know: The monloyer.quebec website lets users share and compare such information as monthly rent for their apartment. You can also ask Hydro-Québec (electricity) for the amounts billed to the previous tenant, to help you prepare your budget. Note that running water (cold) is free in Canada.

→ monloyer.quebec

→ hydroquebec.com/residential

Home insurance

Although this is not a legal requirement, tenants are strongly encouraged to take out insurance on their home. Otherwise, the situation could become very complicated in the event of a fire or water damage. Brokers and private insurance companies offer a range of protection against fire, theft and civil liability. Companies generally have packages that include home and automobile insurance, at a lower cost. Before making a choice, ask insurers and people around you to learn about the various solutions, especially since prices can vary widely between companies.

Refer all questions about insurance to the Consumer Information Centre of the Insurance Bureau of Canada, which represents private home, automobile and business insurance companies in Canada.

→ bac-quebec.qc.ca

Furnishing and decorating your apartment

If you are a fan of Ikea furniture, there are two stores in the Montréal area (on the island and in Boucherville). The region also has many furniture and decoration accessory stores, with a good concentration of shops on Saint-Denis Street and Saint-Laurent Boulevard. Structube, V de V, Nüspace, EQ3 and Zone are just a few. Chains such as Brault et Martineau or Walmart are another source. These can be found in shopping centres on the city's periphery.

Many chains and flea markets also offer used and “vintage” furniture. They are often associated with rehabilitation and social economy organizations, so you can combine bargains with good deeds.

Those on a tight budget can also find what they need... in the street, especially in spring and summer. Montrealers are accustomed to leaving their old furniture on the sidewalk, free to the first interested taker. You may find some real treasures.

Purchasing real estate

Very careful consideration is the concept that must guide your process of buying an apartment or house. Before you dive into this major step in your settlement, you are strongly encouraged to find the neighbourhood that best meets your expectations, and pay special attention to access to public transit. The guided bus tours operated by Habiter Montréal can help you make this choice. With commentary by real estate specialists and history buffs, these tours provide a good overview of Montréal’s neighbourhoods.

→ habitermontreal.com

Real estate transactions are usually handled by a broker, although owners may decide to sell their property themselves, through sites such as DuProprio. Any broker you deal with is required to be associated with an agency, such as RE/MAX, Royal LePage, Sutton, Century 21 and Via Capitale, to name just a few. This highly regulated profession in Québec is governed by a Code of Ethics and legislation (on real estate brokerage).

→ duproprio.com

→ remax-quebec.com

→ royalpage.ca

→ suttonquebec.com

→ century21.ca

→ viacapitalevenu.com

If you need a guarantee, you can also visit the website of the Organisme d'autoréglementation du courtage immobilier du Québec (OACIQ), which contains information on brokers' rights and duties, and you can view the register of brokers who hold a licence from this body.

→ oaciq.com



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nbc.ca/newcomers



When you view an apartment or home, the condition of the property is important and it is better to be too demanding than not enough. For greater assurance, you can hire a building inspector. Reliance on this specialist will help you adjust your offer to purchase based on the work to be done. It is always wise to make an offer to purchase conditional on obtaining mortgage financing, known as a “hypothec” in Québec. Financial institutions will offer you fixed or variable rates, which can be negotiated over various terms (one, three, five years or more). Rates can vary widely between banks so it is best to compare them before making a choice. Important: a mortgage loan is limited to 25 years, to prevent households from putting themselves in too much debt. The Canada Mortgage and Housing Corporation (CMHC) also recommends that occupancy costs (mortgage payment, taxes, heating) not exceed 32 percent of your gross annual income. If your down payment is less than 20 percent of the price of the house or apartment, you must take out mortgage insurance from CMHC. With this coverage, you can become a homeowner with a minimum down payment of five percent of the purchase price.

Note: Since January 1, 2018, the conditions for granting loans have been tightened. Even purchasers with a down payment of more than 20 percent are subject to a crisis simulation. The financial institutions must ensure that you are able to absorb interest rate increases or unforeseen developments.

TAXES

Once the transaction with the vendor is closed by a deed signed before a notary, you must pay the “welcome tax,” also known as the transfer tax. Exemptions are possible for transfers between members of the same family, for example. Check with your municipality. The tax to be paid is calculated from the following amounts:

- 0.5 percent of the first CAN\$50,000
- 1 percent on the next CAN\$200,000
(i.e., CAN\$50,000 to 250,000)
- 1.5 percent on any amount exceeding CAN\$250,000

Note that the City of Montréal applies additional tax brackets to properties valued in excess of CAN\$500,000.

For example, if you purchase a property for CAN\$280,000, the amount of the tax will be CAN\$2,700, and for a purchase of

CAN\$600,000, it will be CAN\$8,000.

- To calculate the amount of your transfer tax in Montréal:
taxedebienvenue.com

HOME OWNERSHIP PROGRAMS

Most large cities in Québec have programs to promote home ownership. In Montréal, purchasers receive a refund of the transfer tax (or welcome tax) if this is their first home. A fixed grant is also made to future occupants, with the amount dependent on the purchase value and the nature of the occupants. For example, a family with at least one child age 18 or under will be entitled to a maximum of CAN\$6,250 if they purchase a property worth no more than CAN\$360,000 and an indoor area of at least 96 m² (1,033 square feet).

In Laval, the City provides financial assistance for a property purchased in one of the older areas of the city. This may take the form of a rebate on real estate transfer taxes or the amount of property taxes.

Here are a few useful websites for advice from real estate brokers, as well as guides on the purchase and sale of a housing unit, and tools to help you make the right decisions.

- Centris, associated with the Fédération des chambres immobilières (FCIQ): centris.ca
- Realtor, belonging to the Canadian Real Estate Association (CREA): realtor.ca
- Association coopérative d'économie familiale du Québec (ACEF), which offers workshops on understanding access to home ownership: consommateur.qc.ca

Inescapable taxes

You cannot avoid it: by becoming a homeowner, you will have to pay municipal taxes, starting with property tax and school tax (determined by school boards), for which the rates vary by city or borough. In addition to the transfer tax (or welcome tax, see above), you will also have to pay the GST (federal tax) and QST (provincial tax) if you buy a newly built unit, which amounts to about 13 percent of the total real estate purchase amount.

OBTAINING YOUR QUÉBEC DRIVER'S LICENCE AND INSURING YOUR VEHICLE

If you hold a foreign driver's licence, it is valid for six months after you enter Canada. After that date, if you do not have a valid international driver's licence, you must go to the Société de l'assurance automobile du Québec (SAAQ) to obtain your Québec driver's licence.

Procedure with the SAAQ

You can call the SAAQ to make an appointment. If you come from a country that has signed a reciprocity agreement with Québec (such as the United States, France, Belgium and Switzerland), issuing a Québec driver's licence will be a mere formality. Otherwise, you will definitely have to retake the theory and practice exams, which incur a fee. Students or interns not resident in Québec are not affected. They may drive a passenger vehicle with their national driver's licence for the full duration of their studies or internship.

→ saaq.gouv.qc.ca

Driver's licence and vehicle registration fees

In Québec, a driver's licence incurs a fee as well as renewal costs, depending on the vehicle category and any demerit points. In 2018, the cost is CAN\$84.29 for a passenger vehicle if the driver has no offences, and this will be payable every year on your birthday. There is also a fee for registration plates, payable each year by vehicle owners (about CAN\$200 in 2018 for a passenger vehicle). Registration requires property damage liability insurance.

Useful to know: Every Québec resident is covered for injuries suffered in an automobile accident anywhere in the world, whether at fault for the accident or not.

Automobile insurance

This insurance is mandatory. The policy information sheet from your insurer in your country of origin may prove useful as some Québec insurance companies take this into consideration to offer you lower rates. As noted above, they often offer combined home and automotive insurance packages, which also lower the cost.

→ For all the details about a Québec driver's licence: saaq.gouv.qc.ca

Highway Safety Code offences and penalties

In Québec, highway safety is taken seriously, especially when it comes to speeding and driving under the influence of alcohol or drugs, considered a criminal offence. Speeders are subject to a fine and demerit points on their licence (the penalty is proportional to the seriousness of the offence). Note that the maximum speed in the province is 100 km/h on highways, 50 km/h in urban areas and 60 to 90 km/h on secondary highways. Driving under the influence of alcohol or drugs can lead to licence suspension or revocation as well as vehicle seizure, resulting in towing costs, which rise very quickly. For drivers age 21 or under, authorities apply zero tolerance to driving under the influence. This also applies to holders of a learner's licence or probationary licence.

OPENING A BANK ACCOUNT AND MANAGING YOUR PERSONAL FINANCES

Opening a bank account is essential to handle your routine operations. Visit the financial institution of your choice, remembering to consider the distance between the branch and your work or home. Transaction fees, cheques and other services, which vary between banks can also tip the scale. Note that some banks allow you to open an account while you are still in your country of origin.

Debit cards

Once your account is open, you will be given a debit card, which you can use to withdraw cash from automatic teller machines (note that a fee is charged for withdrawals from another bank's ATM) and pay for purchases in most stores. If you see the "Interac" logo displayed in a store, this means it accepts debit cards. It is important to ask your financial institution about the conditions and fees applicable to this card. Packages also differ based on your needs. Also note that you will need a credit card for online purchases.

Credit cards

Unlike in some countries, a credit card is not linked to your account but is issued by a third-party entity (Visa, Mastercard, etc.). Major chain stores and some oil companies also issue their

own credit cards. Use of credit cards is widespread in Québec, but obtaining one is hard for newcomers, who lack the all-important “credit history” required for the application. Some institutions make exceptions, however, under certain conditions. Temporary resident status is sometimes an obstacle to obtaining a credit card, for example, if you are in Québec under International Experience Canada (IEC). You may be asked to freeze a specified amount of money in your credit account. Always compare offers from competing banking institutions.

It is recommended that you ask your bank about its operations and user terms, as high interest rates apply if amounts are not correctly repaid. To avoid unpleasant surprises, determine in advance the amount of the credit limit you can financially handle. To raise your limit, you must have a good credit history. Proof of employment may be useful in obtaining more credit.

Many tools are available to help you manage your personal finances. Visit the website of the Autorité des marchés financiers to learn more:

→ lautorite.qc.ca/en/general-public

Several banks offer specific services for newcomers.

→ Bank of Montreal (BMO): bmo.com/main/personal/newcomers-to-canada

→ Canadian Imperial Bank of Commerce (CIBC): newcomer.cibc.com

→ Desjardins: desjardins.com/ca/personal/you-are/newcomers-canada

→ National Bank: nbc.ca/personal/accounts/newcomers

→ RBC Royal Bank: rbc.com/newcomers

→ Scotiabank: startright.scotiabank.com

→ TD Canada Trust:

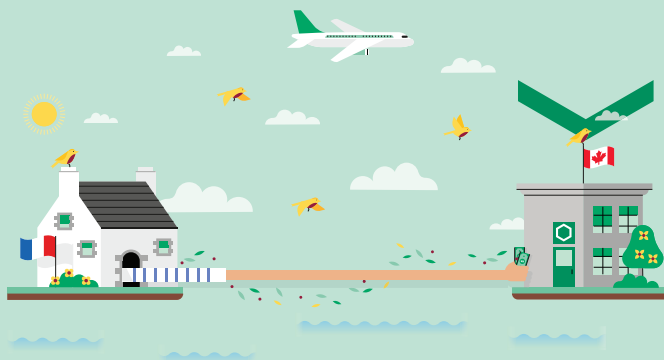
td.com/ca/en/personal-banking/solutions/new-to-canada

SUBSCRIBE TO TELEPHONE AND INTERNET SERVICE

Where can I get Internet access in the first days after I arrive?

Many cafés and public spaces (including parks) offer free Wi-Fi. You can also connect through ZAP terminals (formerly Île sans

Step into your new life—by setting up your bank account before you arrive



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When you arrive, you can count on Desjardins, the leading cooperative financial group in Canada. We offer mobile services and an extensive network of ATMs and service outlets.

desjardins.com/withyou



Fil), which provide free access to Wi-Fi at many access points in Montréal, especially downtown, in the Quartier des Spectacles or Old Montréal. Municipal libraries are another solution for staying connected. They also provide computers for browsing the Internet (for a limited time).

Packages

Landline home phone? Cell phone? Or both? You decide, based on your needs. Monthly subscription rates for a home phone are reasonable and provide access to unlimited local calling (to numbers in the local calling area where you are located), regardless of length. Note that long-distance and international calls will drive your bill up.

If you opt for a cell phone, everything will depend on your user profile. Do not hesitate to seek advice from coworkers or friends to get a clearer understanding, because there are large differences between packages, depending on the operator. Some include incoming calls, SMS messages, voicemail, etc. Expect to pay CAN\$30 to CAN\$150 a month for a subscription. Some providers offer packages that bundle high-speed Internet, cable, cell phone and home phone for a monthly rate between about CAN\$100 and CAN\$150.

You can also opt for rechargeable prepaid cards, provided your phone is unlocked and tri-band. For international calls, calling cards are attractive due to their very low rates per minute. These are sold in retail stores, especially Québec's very many convenience stores.

To help you find the most suitable mobile package for you, visit this package comparison site:

→ comparecellular.ca

If you must call outside Canada, you can do this for free with applications such as Facetime (Apple), Skype or WhatsApp.

Major telephone and Internet providers

TELEPHONE AND INTERNET

- Bell Mobilité: bell.ca
- Rogers: rogers.com
- Vidéotron: videotron.com/residential

TELEPHONE

- Fido: fido.ca
- Koodo Mobile: koodomobile.com
- Public Mobile: publicmobile.ca
- TELUS Mobility: telus.com
- Virgin Mobile: virginmobile.ca



LIVING IN GREATER MONTRÉAL

FAMILY LIFE

Having a baby

The first step when expecting a baby is to contact a Centre local de services communautaires (CLSC). Not only will you be monitored by a healthcare professional, but you will also receive extensive information and advice about the progress of a pregnancy. Healthcare services include prenatal classes and postnatal meetings. If you want to use a midwife, note that this can be difficult as there are very few of them in Québec. To contact one, you must go to a birthing centre. The easiest way is to visit the websites of the Regroupement Les Sages-femmes du Québec (RSFQ) and the Ordre des sages-femmes du Québec (OSFQ).

→ rsfq.qc.ca

→ osfq.org

→ To find your CLSC: sante.gouv.qc.ca/en/repertoire-ressources

On the day of birth, you have several options: hospital, birthing centre attended by a midwife, or your home. You will not be billed for this important stage (or for monitoring your pregnancy) if you are registered with the Régie de l'assurance maladie du Québec (RAMQ), hold a valid health insurance card and, of course, have been admitted by a public institution. Otherwise, you may incur very high costs, which vary depending on the hospital. The same applies if you turn to the private sector. Note that hospital charges are in addition to the fees of physicians and anesthetists, who set their own rates. While it is hard to quote an exact amount, know that it will cost you several thousand dollars for a normal delivery.

Birth-related leave

Both parents are entitled to maternity and paternity leave: 18 weeks for the mother and up to five continuous weeks for the father. Both parents may also take parental leave one week after the birth of their child. This leave may be taken by either, or shared by both, for a maximum of 52 continuous weeks.

All this leave is without pay but may qualify for compensation issued by the Régime québécois d'assurance parentale (RQAP).

→ rqap.gouv.qc.ca

Family allowances

There are measures to provide financial relief to families raising one or more children.

If you are eligible, you may receive the Canada Child Tax Benefit (CCTB). You receive a monthly payment from the Government of Canada. The amount of this non-taxable allowance reflects several criteria: number of children, their age and net family income.

→ Canada Revenue Agency:

canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html

Child care expenses may qualify for a tax credit. To take advantage of this tax measure, you must apply (if eligible) to Revenu Québec when filing your annual income tax return.

Useful to know: Early refunds (monthly) are possible.

→ Revenu Québec:

revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-childcare-expenses

Taking care of your children when they're sick

The CLSC is the first step. Visit the one in your neighbourhood to put your name on the waiting list to obtain a family physician, and also to pick up the list of healthcare resources (hospital, CLSC, medical clinics, etc.) in your neighbourhood. The CLSC usually will be able to give you a list of pediatricians and walk-in medical clinics closest to you.

If you do not have a family physician or pediatrician, other solutions are available.

Walk-in CLSCs or clinics

Some clinics require an appointment but you can obtain one very quickly.

→ One is the Tiny Tots clinic, the medical centre for toddlers: tinytots.ca

Info-Santé 811

A nurse will take your call seven days a week, 24 hours a day.

Hospital pediatric emergency rooms

The Montréal region has three in this category:

→ the Montreal Children's Hospital: thechildren.com

→ the Centre hospitalier universitaire Sainte-Justine: chusj.org

→ Maisonneuve-Rosemont Hospital: maisonneuve-rosemont.org

Daycare for toddlers

In Québec, children can start attending kindergarten (which is not mandatory) at age 5, provided they reach that age no later than October 1 of the same year. Note that children with a disability and those from underprivileged backgrounds can attend kindergarten starting at age 4.

Prior to this initial schooling, various forms of daycare are available to parents.

Early childhood centres (CPE): Rates are low because these are subsidized centres. The basic contribution is CAN\$8.05 per child per day (on January 1, 2018). However, this is increased based on the parents' income if it exceeds CAN\$51,340 (2018 level), for the first two children. No additional contribution is charged for a third child.

Private daycare centres: These may or may not be subsidized; rates for the latter generally range between CAN\$40 and CAN\$60 a day.

Home daycare services: Your child will be cared for in a private home by a daycare services provider who has received specific training and works in a highly regulated setting. This is a good option for spaces at lower cost.

Child-care worker: A person can come to care for your child in your home. To obtain child care for a few hours a week, kindergartens or drop-in daycare centres provide this service.

The following links will help you find daycare services near you.

- The Ministère de la Famille's Childcare Establishment Locator:
mfa.gouv.qc.ca/en/services-de-garde/parents/choix/localisateur/Pages/index.aspx
- The Ma garderie online tool: magarderie.com

Educating your children

In Québec, school attendance is compulsory up to age 16. The province's school system consists of a network of public and private institutions extending from kindergarten to university. Up to the secondary level, public school is administered by school boards. These can be found on the Fédération des commissions scolaires du Québec website, based on where you live.

- fcsq.qc.ca

Children ages 6 to 11 attend primary school, consisting of three two-year cycles ending with assessments by the Ministère de l'Éducation et de l'Enseignement supérieur (MEES). Children then advance to secondary school (ages 12–16), divided into two cycles. In the last two years, students must take ministry exams on mathematics, science and history in their fourth year, and on French and English in their fifth year. Completion of secondary school leads to the secondary school diploma.

Learn about schools in your neighbourhood to know the registration procedures.

For more information on secondary education, colleges and universities in Québec, see section 4, *Studying in Greater Montréal*.

One-stop service to register for subsidized daycare

Since subsidized daycare is in very high demand, due to the low cost, waiting lists can be long before an opening is found for your child. Therefore, do not delay in placing your child on a waiting list in the "La Place 0-5" portal.

laplace0-5.com

Having fun with your child

Having fun with your child in the metropolitan region knows no season. In summer, the many parks, playgrounds, outdoor pools (often free) and beaches, such as those in Parc Jean-Drapeau and Parc-nature du Bois-de-l'Île-Bizard, all provide an easy excuse to have fun. Water parks such as the Aquadôme or La Ronde amusement park on Île Sainte-Hélène guarantee lots of fun for families. The same holds true for sites such as the TAZ, dedicated to wheeled sports, or SkyVenture.

In spring or fall, you can pick your own fruit in the region's orchards and market gardens, a very popular activity for Quebecers. Corn roasts in August are another opportunity to share memorable times as a family. And let's not forget making jack-o'-lanterns before Halloween, with the tradition of trick-or-treating (visiting people's houses to ask for candy) and costumes. A classic! Finally, winter is also suited to a long list of activities such as sledding on the summit of Mount Royal or skating on the frozen surface of 260 rinks or ice rings scattered across various Montréal neighbourhoods.

Note: Several celebrations are intended specifically for children. These include the Fête des neiges de Montréal (January) in Parc Jean-Drapeau, the Fête des enfants de Montréal in summer (July), the Montréal International Children's Film Festival (March), the Fête de la famille at the Centre de la nature de Laval (September), or the Petits bonheurs festival for toddlers, held in Montréal, Laval and Longueuil.

Websites for parents

motherforlife.com: Articles, forums, chat groups on pregnancy, maternity and family life..

naitreetgrandir.com: A source of scientifically validated information to help Québec parents in their role vis-à-vis their children, from conception to age 5.

enfantsquebec.com: Magazine providing a forum for reporters, columnists, bloggers and experts attuned to the needs of parents of children up to 12 years old.

laval.ca/Pages/En/Clienteles/families.aspx: A wide range of information about families and children.

A few websites to find ideas for family outings on the Island of Montréal

- montrealpourenfants.com
- sportsmontreal.com
- ville.montreal.qc.ca
- ymcaquebec.org

Libraries also offer a wide range of free organized activities such as creative and musical awareness workshops, story hour, etc.

- Montréal libraries bibliomontreal.com
- Laval libraries: biblio.ville.laval.qc.ca
- Longueuil libraries: longueuil.quebec/en/libraries

You will also find a wide range of theatre arts and visual arts events on the City of Montréal's Accès culture website:

- accesculture.com

Many institutions and museums also offer specific tours or creative workshops for children. The most popular include the Montréal Science Centre, the Planétarium, the Cosmodôme in Laval, and of course, the McCord Museum, Montreal Museum of Fine Arts, Musée d'art contemporain de Montréal or the Pointe-à-Callière Museum.

If your child likes animals, you can visit the Biodome and Insectarium, always very popular, or go on a safari in the St. Lawrence Valley (caribou, Arctic foxes, otters, etc.) at the Ecomuseum Zoo in Sainte-Anne-de-Bellevue.

- espacepourelavie.ca
- zooecomuseum.ca

DEVELOPING YOUR SOCIAL CIRCLE

The concepts of interaction and welcoming are important in Québec, where living together forms an integral part of its residents' culture. The new relationships you develop will facilitate your integration into Québec society and help you cope with brief bouts of the blues that sometimes occur when you feel far away from your family and your country.

Participating in associations, cultural life and sports

This is a wonderful way to break the ice and expand your network, a buzzword in personal and professional development in Québec. Contributing your time to an association or engaging in an activity you love will give you the opportunity to make friends and meet people of all types, sometimes with a work-related opportunity thrown into the bargain. If you have children, you can also widen your circle of friends or acquaintances by becoming involved in your daycare centre or school, or, for example, in the sports club attended by your daughter or son.

The Association récréative Milton-Parc in Montréal offers an inter-cultural outdoor program that introduces participants to activities such as canoeing, various sports and camping. These activities are intended for newcomers and are reasonably priced.

→ miltonpark.org

The Fête des voisins, held each year in June, is another gathering likely to expand your circle.

→ fetedesvoisins.qc.ca

Volunteer work

This is a very common habit: almost 40 percent of Québec residents (more than two million people) age 15 and over do volunteer work. Do not underestimate this practice ingrained in the local mindset to develop your social and career network, and note that volunteer work on your résumé can be considered work experience. There are many ways to become a volunteer, such as giving time to community organizations with a social, artistic, cultural, environmental, or other role.

Finding opportunities for volunteer work

→ Centre d'action bénévole de Montréal: cabm.net

→ Centre de bénévolat et moisson Laval: benevolatlaval.qc.ca

→ Centre de bénévolat de la Rive Sud: benevolatricesud.qc.ca

→ Réseau de l'action bénévole du Québec: rabq.ca

Finding welcome organizations

In Greater Montréal, many organizations work to facilitate the integration of newcomers. There is a broad range of services: settlement assistance, networking activities, family support, sports or cultural outings, etc.

The 211 telephone line as well as its online directory will help you locate services that support your settlement in Greater Montréal, across its 82 municipalities. One category is devoted to resources for immigrants and cultural communities, but you will also find resources for sports and recreation, the justice system, health, the family, jobs and income, to name just a few.

→ 211qc.ca

The “Identifier qui peut vous aider” section of the Immigrant Québec website provides an online directory of professionals serving immigrants ranked by subject: jobs, entrepreneurship, culture and recreation, francization, public services, etc.

→ immigrantquebec.com

Understanding Montrealers: daily customs and habits

USE OF THE INFORMAL “TU”

The informal “tu” is very widely used in Québec, but not necessarily in all situations. The important thing is to use common sense and adapt to the situations and people you encounter. For example, you can use “tu” with someone younger than you or of the same generation, while the more formal “vous” will be appropriate with an elderly person. When in doubt, you can ask the other person if it is all right to address them with “tu.” The “vous” form is often used in very formal situations such as a hiring interview or relations with a client.

POLITICAL CORRECTNESS

Québec stands out for its very consensual approach to dialogue, discussion and problem solving, with the result that relations with others are extremely respectful and cordial. In a society that places great value on the person, criticism is always constructive and often based on the positive. Argumentative people will have to soften their approach. Direct confrontation must be avoided at all



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costs, especially in public. This does not rule out lively discussions with close friends, but quarrels should be avoided.

GENDER EQUALITY

Gender equality is entrenched in both the Canadian Charter of Rights and Freedoms and the Québec Charter of Human Rights and Freedoms. Although work remains to be done, especially in pay equity, women have gained much freedom in Québec society and hold many managerial positions. Men should pay close attention to remarks or attitudes that might be misinterpreted, both at work and in personal life. Humour is an especially sensitive area and what might have been funny in your country could be viewed here as sexism.

FRIENDSHIP QUÉBEC-STYLE

Newcomers will tend to take Quebecer's sociability for friendship, whereas this is mostly just their manner. A very friendly, casual discussion at a party does not mean a new friendship. It's all a matter of acclimation to Québec's social codes and time will often be your best ally in building lasting relationships. For example, if you attend a party at someone's home, don't be surprised if people bring their own beverages and share them. Greetings also reflect the same cultural differences: a handshake will often take the place of a kiss on the cheek, or even a hug between close friends.

WEATHER

The weather is a frequent topic of conversation between coworkers and friends. Winter is a particularly lively topic, especially in January and February, when the cold can be brutal!

HOCKEY

Almost a second religion and the ideal topic for starting a conversation. In season, from October to April, Montréal's team the Canadiens (with the most winning record in the National Hockey League) often stirs strong emotions. But be careful to use the right terms when broaching this topic. Learn terms such as puck and checking, for example.

SHOPPING

When grocery shopping, do not be surprised if the cashier or a clerk helps you bag your items. Some chains let you buy online and have your purchases delivered. In other grocery stores, you can ask to have your purchases delivered after you have paid for them at the cash, for a small extra charge. You can leave a tip, if you wish, for the person who delivers your groceries. This is always appreciated!

What products in which stores?

Liquor: You will find a wide selection of wines and other alcoholic beverages at the Société des alcools du Québec (SAQ). This government-owned company has a monopoly on the sale of wines and spirits. Since most products are imported and alcohol is heavily taxed, bottle prices are about the same as in the United States, but higher than in Europe or Latin America.

If you like beer, Montréal has many microbreweries of very high quality. Drop by Pit Caribou, Dieu du Ciel!, Broue Pub Brouhaha, Isle-de-Garde or Harricana. You can also buy beer in convenience stores (called “dépanneurs”) and in specialized stores.

You will often see the phrase “Apporter votre vin” (bring your own wine) in restaurant windows. The explanation is simple: establishments that may not have a liquor licence to sell alcoholic beverages suggest that patrons bring their own bottle. Note that the sale of liquor is prohibited after 11:00 p.m. in licensed stores, and after 3:00 a.m. in bars. Consuming alcoholic beverages is prohibited in public spaces, particularly parks, except when accompanying a meal, such as a picnic.

General food: You can find everything you need in IGA, Provigo, Métro, Maxi, Super C, Adonis, and other supermarkets. For discount prices, it may be worth purchasing a membership card from Costco Wholesale, which sells products in large sizes in its warehouse stores.

Imported products: People from European countries will find certain products in Montréal’s specialty grocery stores such as La Vieille Europe on Saint-Laurent Boulevard, Milano, a classic in Little Italy, or Gourmet Laurier on Laurier Avenue West. Asian grocery lovers will have no end of choice, starting in Chinatown

or the large Marché Hawaï (the name is misleading) on Pie-IX Boulevard. Those nostalgic for North Africa will find comfort in the Little Maghreb neighbourhood on Jean-Talon East. Jean-Talon West Street in Parc-Extension will take you on a trip to India, while the Sabor Latino grocery store, a family institution in La Petite-Patrie, will plunge you into the flavours of Latin America.

These products imported from around the world generally are starting to make their way onto the shelves of regular supermarkets, which are adapting to the needs of their cosmopolitan clientele.

Bakeries and pastry shops: You will be overwhelmed by the choice. Rubbing elbows with countless neighbourhood outlets are the chains Première Moisson, Mamie Clafoutis, Au Pain Doré and Les Co'Pains d'abord, which have many stores. And we must not overlook bagels, a Montréal specialty, which you can savour on Saint-Viateur, Fairmount and Beaubien streets.

Newspapers, books, DVDs and CDs: These can be found at chain stores such as Chapters-Indigo, Archambault, Renaud-Bray, and Multimags. The city also has independent French- and English-language bookstores.

Do-it-yourself and hardware stores: Visit stores such as Rona, Home Depot, Réno-Dépôt, Canadian Tire, and BMR. Dollarama also offers common items at discount prices.

Beauty, personal hygiene, household and health products: Go to chain stores such as Jean Coutu, Pharmaprix, Familiprix or Uniprix, which provide the services of a pharmacy and issue prescription medicines. They also offer photo services (especially for official documents) and often include a postal outlet. To mail envelopes or parcels, go to Canada Post.

→ canadapost.ca

Multimedia technology products: You can drop into stores such as La Source, Best Buy or Lozeau; the last one specializes in photography and video. Finally, there are three Apple Stores in Montréal (downtown), Laval and Pointe-Claire

Basic products: Québec's famous convenience stores ("dépanneurs") are life savers if you need a basic item or last-minute drinks and snacks! They can be found just about everywhere and often have extended hours, with some staying open 24 hours a day.

Public markets

These realms of the senses and flavours are open every day, but hours differ depending on the day.

The best known is definitely Jean-Talon (one of the largest in North America), which displays its wares in Little Italy, a five-minute walk from the Jean-Talon metro station. In all seasons, you can find local specialties such as ice cider and maple syrup, as well as a variety of quality meats and cheeses. The market is also popular for its fine food and exotic spice shops, as well as its stands and restaurants, perfect for taking a break while shopping.

In the southwestern part of the island, just steps from the Lachine Canal, is the Atwater market, one of Montréal's most beautiful art deco buildings. The Maisonneuve market in the Mercier-Hochelaga-Maisonneuve Borough and the Lachine market are also worth a visit.

- Everything about the city's public markets marchespublics-mtl.com
- The Association des marchés publics du Québec (AMPQ) will be very useful to expand your search to the area surrounding Montréal: ampq.ca

Shopping centres and streets

If you are a shopaholic, you must discover Sainte-Catherine Street, Montréal's largest shopping street, with many international fashion boutiques. The major department stores Hudson's Bay and Simons are also there. Saint-Denis Street, Mont-Royal Avenue as well as Saint-Laurent Boulevard are other major shopping streets. Unfortunately, they now tend to be increasingly shunned by consumers, who are turning to shopping malls, which offer a greater selection of stores as well as parking.

Montréal has a few major shopping centres with chain stores of all types under one roof (restaurants, shoes, decor, telephone providers, fashion boutiques, cosmetics, etc.). The best known downtown are the Complexe les Ailes, the Eaton Centre and the Alexis Nihon complex. In outlying areas, shoppers head to the Rockland Centre, Carrefour Laval or Quartier DIX30 (on the South Shore), a massive complex of more than 300 stores.

Useful to know: Sales are not subject to any regulations, so stores offer discounts year-round. Sales are especially good on Black Friday, the day after American Thanksgiving, and Boxing Day, December 26.

Store hours

In Québec, most stores are open seven days a week, with hours that may vary depending on the sector. Retail stores downtown, designated a tourist zone, are allowed to stay open 24 hours a day if they wish (at least until 2020). The area in question includes the Casino de Montréal, Chinatown, the Latin Quarter, the Quartier des spectacles, Old Montréal and the Village.

Stores generally keep the following hours.

- Monday to Wednesday, 9:00 a.m. to 6:00 p.m.
- Thursday and Friday, 9:00 a.m. to 9:00 p.m.
- Saturday, 9:00 a.m. to 5:00 p.m.
- Sunday, 12:00 noon to 5:00 p.m.

Supermarkets are usually open every day until 9:00 p.m. and convenience stores until 11:00 p.m. (although some are open 24 hours a day).

Services and tipping

In Québec, most goods and services are subject to sales tax levied by the governments of Canada and Québec.

- Canada's Goods and Services Tax (GST):
5 percent of the sale price
- Québec Sales Tax (QST):
9.975 percent (calculated on the sale price before GST)

Tax-exempt products

Here is a partial list of tax-exempt products.

- Basic foods (meat, eggs, grains, dairy products, fish)
- Water, juice and beverages in bottles of more than 600 millilitres
- Prepared and packaged baby food
- Ice cream in containers and assorted small cakes

Note: Items purchased in a second-hand store are taxable, except stores operated by a registered charitable organization.

With rare exceptions, these taxes are not included in the sticker price, so you must add 15 percent to determine the total bill.

At a restaurant, if you are served at the table, it is customary to leave a tip of 15 percent of the bill before tax, but you can increase this if you wish.

In bars, it is common to leave CAN\$1 or CAN\$2 per drink and CAN\$1 or CAN\$2 for the coat check. In cafés with counter service, as well as fast-food restaurants, tipping is not required. It is common, however, to see a tip jar near the cash, but tipping is left to each person's discretion.

For all other services, such as a hairdresser or taxi, it is customary to tip 10 to 15 percent of the bill.

Exchange and service networks

Does solidarity inspire you? The Banque d'échanges communautaires de services (BECS) is a barter system based on each person's skills. Cost: CAN\$15 for annual membership.

→ becs.ca

Also note the Accorderie network, present throughout Greater Montréal and the rest of Québec. Created in 2002, it offers members an exchange system for education services based on cooperation between people.

→ accorderie.ca

You can also check out the Troc-tes-Trucs website.

→ troctestrucs.qc.ca

Don't forget to follow Facebook groups in your neighbourhood: residents trade a wide variety of goods and services or sell them at modest prices.

Do you have a dispute with the City of Montréal?

Montréal's Ombudsman can help you: this service is confidential, free and effective. Any person who believes he or she has been harmed by a decision, action or omission by the City can contact Montréal's Ombudsman.

ombudsmantemontreal.com

USING MUNICIPAL SERVICES

City of Montréal services for newcomers

The metropolis, home to a large proportion of newcomers to Québec, has set up a personalized search site called “Montréal, a new beginning.” This information portal provides access to vast resources covering administrative procedures, health services, housing, jobs, education, etc., based on immigration status.

→ ville.montreal.qc.ca/nouveaudepart

Online services

The City of Montréal site gives you access to extensive information, including the following:

- **community life and education:** education, childcare services, community gardens, libraries and cultural centres, directory of citizen services agencies, etc.
- **environment and sustainable development:** promotion of green neighbourhoods and eco-neighbourhoods and ecocentres, city actions for sustainable development, etc.
- **garbage collection, maintenance and snow removal:** garbage pickup days, snow-removal operations, neighbourhood clean-ups, etc.
- **law and regulations:** municipal by-laws, permits and infractions, claims against the city.

For a citizen-friendly Montréal

Faire Montréal is a platform for discussion between the City and citizens, intended to mobilize the community around useful, sustainable projects, grouped into 12 ecosystems, such as an environmentally responsible city, digital and open city, city with spaces for collaboration or an international city. To involve citizens in dozens of projects, the City has developed innovative methods for collaboration, ranging from calls for public participation to tools for measuring the social and economic benefits of investments made.

fairemtl.ca

- **housing and taxation:** tax account, financial assistance programs for housing, etc.

→ ville.montreal.qc.ca (City services tab)

311, the information line

Launched in 2007, this telephone line of the Réseau Accès Montréal provides answers to practical questions such as library hours or garbage pickup. This line also accepts requests for municipal services or complaints.

The 311 line is available Monday to Friday, 8:30 a.m. to 8:30 p.m., and Saturdays, Sundays and holidays from 9:00 a.m. to 5:00 p.m.

Municipal police services

The SPVM (Service de police de la Ville de Montréal) also offers local services to citizens. You can contact one of the 32 neighbourhood stations located throughout the city. In an emergency, call **911**

→ Information: spvm.qc.ca

ACCESSING CARE

What is covered, what is not

If you have a Régie de l'assurance maladie du Québec (RAMQ) health insurance card (*carte soleil*), you will be reimbursed for many medical procedures. This applies to all appointments with and procedures performed by a general practitioner or specialist. These include diagnoses and therapeutic treatments, psychiatric treatments, surgery, radiology and anesthesia. Note: since the healthcare system is overburdened, waiting times to see a specialist are very long.

In turn, some care is not covered by Québec's public healthcare system. Dental and optical care (eye examinations and corrective lenses, for example) fall into this category. In both cases, costs can be high. Some people opt for supplemental private insurance to offset costs if their employer does not provide group insurance.

For guidance in choosing private insurance, visit the website of the Ombudsman for Life and Health Insurance.

→ olhi.ca

Note: Dental care is free for children under 10 years old. Optical care is free for children under 18 and seniors over 65.

Waiting period

A waiting period of three months may apply to new Québec residents. This means they must cover expenses linked to their health during this period. If this is your situation, you can take out temporary private insurance from institutions such as Desjardins, La Capitale, Sun Life, or Manulife, to name just a few. Note that the waiting period does not apply to pregnant women.

This waiting period does not apply if you come from one of the European countries that have signed an agreement with Québec, such as France, Belgium or Romania. However, you must produce proof of insurance or an attestation of membership in the social security system of your country of origin.

→ For the full list of countries that have signed an agreement, visit the RAMQ website: ramq.gouv.qc.ca/en/immigrants-foreign-workers-students/health-insurance/Pages/agreements-other-countries.aspx

The *carte soleil* and drug insurance

One of the first things to do when you arrive in Québec is to enrol with the Régie d'assurance maladie du Québec (RAMQ) to obtain your health insurance card, often called the *carte soleil* because of the sun on the face of the card. This card gives you access to free services provided by the healthcare system, and to the public prescription drug insurance plan.

When you enrol with the Régie d'assurance maladie du Québec for the first time, prescription drug insurance coverage is automatic because it is mandatory. The prescription drugs are not free but only a small part of the cost must be paid (a contribution), capped at CAN\$88.83 a month. For people with private insurance, through their work, for example, this cost is covered by that private plan. Therefore, do not forget to inform the RAMQ of this, to deregister from the public system.

Under coverage by the public plan, you must pay a premium (ranging from CAN\$0 to CAN\$667 under the rates in force since July 1, 2017), collected on your annual income tax return.

Note: Temporary residents are not eligible for drug insurance, with only a few exceptions, but may take out personal private insurance.

→ ramq.gouv.qc.ca

Private insurance and employer plans

Some employers provide their staff with group insurance (supplemental health insurance) that covers some care not provided by RAMQ, such as dental and vision care, the services of a psychologist, acupuncturist, massage therapist, etc. The types of care covered and amounts allocated differ greatly between plans.

Where to obtain care

Pharmacies and CLSCs usually can give you a list of physicians and healthcare resources near you.

The following sites will help you locate healthcare services near you: CLSCs, clinics, hospitals, etc.

→ Island of Montréal: santemontreal.qc.ca

→ Laval: lavalensante.com

→ North Shore (Laurentians): santelaurentides.gouv.qc.ca

→ South Shore (Montréal): santemonteregion.qc.ca

When you go to see a healthcare professional, remember to bring your insurance card, so you will not have to pay the medical fees in advance. Also ensure that the physician or specialist you want to see is enrolled in Québec's health insurance system, so you do not have to pay for the consultation.

FAMILY PHYSICIAN

In Québec, finding a family physician is no mean feat. Note as well that physicians here do not make house calls. The simplest solution is to put your name on the waiting list at the access service point for a family physician. Service will be faster, however, for a condition requiring special care, such as pregnancy. In that case, please contact the CLSC in your neighbourhood.

CENTRE LOCAL DE SERVICES COMMUNAUTAIRES (CLSC)

Most of these public establishments provide walk-in medical consultations, which means waiting times can sometimes be

long. Social services are also available there. Note: CLSCs do not provide all care. To avoid wasting time, ask about the care and services provided by the CLSC you want to visit, so it can then guide you to the right place, as applicable.

CLINICS

In these structures—whether family medicine groups (GMF) or family medicine units (UMF)—physicians work in collaboration with other healthcare professionals (nurses, psychologists, kinesiologists, etc.). Here again, if you opt for a walk-in consultation, you must be patient, or get up very early. A waiting line often forms before the doors open, under the principle of first come, first served. To avoid congestion, some clinics offer the option of making an appointment the day before. Another solution: call-back service that notifies you of your progress in the waiting line, but a fee is charged for this service.

Note that access to a specialist requires referral by a physician. However, no referral is required for an appointment with a dentist or optometrist (ophthalmologist), but the fees vary between practitioners.

You can also obtain a free consultation at your usual clinic through the Bonjour-santé website. Subscribers can also access a medical specialist or make an appointment with a physician the same day, free of charge (CAN\$15.25 plus tax for non-subscribers).

→ bonjour-sante.ca

EMERGENCIES

If the situation requires, you can go to the emergency room of the closest hospital, 24 hours a day. To avoid congestion in these overburdened units, you can call 811, the Info-Santé number, also available 24 hours a day. A nurse will direct you to the appropriate resource, if in doubt about your condition.

A FEW USEFUL NUMBERS

911: Physicians, ambulances, firefighters, police for Montréal and Québec City; call 0 in the rest of the province.

1 800 463-5060: centre antipoison du Québec (anti-poison centre).

GOING OUT IN GREATER MONTRÉAL

To discover the attractions of Montréal and surrounding area, and plan outings of every type, tourism office websites are a good place to start.

→ Island of Montréal: mtl.org

→ Laval: tourismelaval.com

→ North Shore (Laurentians): laurentides.com

→ South Shore (Montréal): tourisme-monteregie.qc.ca

South Shore (Montréal):

→ quoifaire.com

→ ville.montreal.qc.ca/culture/en/what-do-montreal

Useful to know: The Accès Montréal card (CAN\$8) provides discounts in about a hundred places around the city (sports activities, concerts, shows, movie theatres, live theatres, festivals, etc.).

→ ville.montreal.qc.ca/carteaccesmtl

Recreation in all seasons

Rain or shine, Montrealers are always up for an outing, even braving the winter cold. Montréal's 19 major parks—including de Maisonneuve, La Fontaine, Jarry, Jeanne-Mance and Jean-Drapeau—make it easy to get outdoors. City residents are especially fond of these green spaces, which they invade every summer weekend to stroll, lounge, engage in various activities, picnic or celebrate their children's birthday. With 880 km of bike paths, cycling is a very popular pastime, as is ice skating in winter (with 260 rinks and maintained ice rings) or swimming in summer; the city at large has 74 outdoor pools and 48 indoor pools, the largest ones located in the Claude-Robillard complex and the Olympic Park. Hiking enthusiasts can walk the 15 km linking the three summits of Mount Royal.

The Centre de la nature à Laval, an urban park of more than 50 hectares, is also suited to outdoor activities, as a family or with friends. The same is true of the Parc Michel-Chartrand in Longueuil, where residents can enjoy nature in any season.

Useful to know: In Montréal, you can also go rafting on the Lachine Rapids or surf the Saint Lawrence standing wave at Habitat 67.

- Large Parks of Montréal: ville.montreal.qc.ca/grandsparcs
- Parc du Mont-Royal: lemontroyal.qc.ca
- Centre de la Nature de Laval:
laval.ca/centredelanature/Pages/Fr/accueil.aspx
- Parc Michel-Chartrand: longueuil.quebec/en/parc-michel-chartrand

Sports and recreational facilities and events

Sports enthusiasts enjoy quality facilities that also offer recreational activities for everyone, such as dance, painting or music. The largest are Centre Pierre-Charbonneau, a multidisciplinary complex in the heart of the Olympic Park, the Gadbois recreational complex in the Sud-Ouest Borough on the Island of Montréal, and the Claude-Robillard sports complex in the Ahuntsic-Cartierville Borough. Parc Jean-Drapeau features an aquatic complex, an Olympic basin, the Gilles-Villeneuve track, beaches and bike paths. Other equipment is available in each neighbourhood. Visit the website for your borough.

For program details and to register for the activities available

City of Montréal and its partners

- loisirsenligne.ville.montreal.qc.ca
- sportsmontreal.com

Dressing warmly for winter

Québec winters are famous for the cold temperatures, abundant snow, humidity and wind. Choosing the right clothing is vital and newcomers should plan ahead for this. From boots for -40°C to the onion technique of dressing in very specific layers of clothing, the important thing is to always keep your body warm and dry, in your daily routine or when engaging in outdoor activities.

Of the many specialty chains in Québec, there is one that even organizes workshops to properly outfit the whole family: Brador Hiver. These workshops provide personalized advice from experts that will help you determine the clothing suited to your needs and body type.

bradorhiver.com

City of Laval and its partners

→ laval.ca/Pages/En/Activities/registering-leisure-activities.aspx

City of Longueuil and its partners

→ loisir.longueuil.quebec/inscription

University sports centres are also well provided with quality facilities. Children and adults can enrol in their courses. One, the CEPSUM (Centre sportif de l'Université de Montréal) includes a weight-training room, Olympic pool and skating rink.

→ cepsum.umontreal.ca

Major sports events in the city include the Formula 1 Canada Grand Prix on Île Sainte-Hélène, or the Rogers Cup tennis tournament at the IGA stadium next to Parc Jarry. You can also cheer on the Montréal Canadiens (hockey) at the Bell Centre, Montréal Impact (soccer, or European football) at the Saputo Stadium (across from the Olympic Stadium), the Alouettes (Canadian football) at the Percival-Molson stadium steps away from Parc Jeanne-Mance, not to forget the runners in the Montréal marathon, usually held the third Sunday of September.

Buying tickets for shows

Admission network

Purchase online or by phone:

1-855-790-1245 (daily, 8:00 a.m. to 10:00 p.m.)

admission.com

Ticketpro

Purchase online or by phone:

(514)-790-1111 or 1-866-908-9090 (daily, 9:00 a.m. to 10:00 p.m.)

ticketpro.ca

La Vitrine

Purchase online or at the box office: 2 Sainte-Catherine Street East. Tel.: 514 285-4545 ou 1 866 924-5538. Open Sundays and Mondays, 11:00 a.m. to 6:00 p.m.; Tuesday through Saturday, 11:00 a.m. to 8:00 p.m. La Vitrine offers last-minute unsold tickets at discounts of up to 50 percent. Subscribe to their newsletter to learn about good deals.

lavitrine.com

MONTRÉAL, CAPITAL OF ALTERNATIVE CULTURAL OUTINGS

There exists a Montréal filled with original outings, making the city a must-see cultural destination. Residents are especially fond of these unexpected experiences and each newcomer should discover them. Here are a few.

1. M^CCORD MUSEUM (DOWNTOWN)

With modern, interactive exhibitions, this museum of social history devoted to the heritage and history of Canadians includes documentary and photo archives, paintings, drawings and decorative arts.

2. TOHU (VILLERAY—SAINT-MICHEL—PARC EXTENSION)

TOHU, with the only circus stage in the round in North America, presents Québec creations as well as productions by larger companies from other places, with a focus on eclectic and family programs.

3. AGORA DE LA DANSE (QUARTIER DES SPECTACLES)

This is the main venue devoted to contemporary dance in Québec. Twenty-seven years after its creation, the Agora moved to the heart of the Quartier des spectacles but continues to actively support choreographic creation and emerging Québec artists.

4. CENTRE PHI (VIEUX-MONTRÉAL)

This multifunctional space includes a creative and production studio with the latest technology, an art gallery, cinema, theatre, and a performance space. A beautifully restored building, the Phi Centre brings all the arts together in a single place.

5. ESPACE LIBRE (VILLE-MARIE)

For 30 years, this has been Montréal's centre for experimental creations. Programming for this "art and city theatre" presents some fifteen bold productions each year, far removed from the classics and the tried and true.

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Cultural sites and events

Montréal has a well-earned reputation in the cultural sector. The thriving metropolis hosts some hundred festivals that contribute to its outreach, some of international scope. Here are a few examples.

- Francofolies (June)
- Montréal International Jazz Festival (June-July)
- Nuits d'Afrique (July)
- Montréal en lumière (February)
- Igloofest (January–February)
- Osheaga (August)

Cultural agendas are posted on:

→ lavitrine.com

→ sorstu.ca

→ voir.ca

→ atuvu.ca

THE QUARTIER DES SPECTACLES AND PLACE DES ARTS

The cultural lungs of Montréal, the Quartier des spectacles is located downtown. It alone boasts 80 performance venues and almost 40 festivals. This is the highest concentration and greatest diversity of cultural venues in North America, all packed into just one square kilometre! Place des Arts is part of this scene, the largest culture and arts complex in Canada. A short distance away on Saint-Laurent Boulevard, the Société des arts technologiques (SAT) offers programs that combine digital and immersion technologies.

→ quartierdesspectacles.com

→ placedesarts.com

LIVE THEATRE

Aside from the theatres in Place des Arts, Montréal has several halls with quality programming, such as the Théâtre du Nouveau Monde (TNM), Théâtre de Quatre sous, Espace Go, Théâtre du Rideau Vert, La Chapelle and Usine C. Each year at the end of May, the Festival TransAmériques presents public dance, theatre and other performances. The Théâtre de Verdure, in Parc La Fontaine,

is very popular for its free shows all summer long. The 2,500-seat amphitheatre hosts an impressive program. Les Grands Ballets Canadiens de Montréal and the Orchestre métropolitain du grand Montréal are among its famous partners.

MUSIC AND PERFORMANCE HALLS

Music lovers are very familiar with the MTELUS (formerly the Métropolis), Club Soda, Théâtre Corona, the Olympia and L'Astral. Smaller venues such as Sala Rossa, the Cabaret Lion d'Or and the Théâtre Fairmount also have their followers. The Bell Centre in turn hosts major concerts, with a parade of international stars.

As a city of creation and dissemination, Montréal focuses great attention on emerging artists in many styles, such as the pop and independent scene, which has its own festival (Pop Montréal). The electro scene is close behind with festivals such as Mutek, MEG Montréal and Piknic Electronik, which draw thousands of spectators and the best DJs on the alternative scene. Many Montréal artists and groups have an international reputation. These include Arcade Fire, Patrick Watson, Voivod, Godspeed You!, Black Emperor and the rappers Dead Obies.

Classical music also has a wonderful showcase thanks to the Montréal Symphony Orchestra (OSM) and Orchestre métropolitain, both led by famous conductors: Kent Nagano and Yannick Nézet-Séguin.

CIRCUS ARTS

As a world centre for circus arts, Montréal enjoys an international reputation thanks to companies such as Cirque du Soleil, Les 7 doigts de la main and Cirque Éloize. The Montréal Complètement Cirque urban festival, organized each summer by TOHU, features talented artists and helps disseminate a diversity of artistic forms. Cirque du Soleil usually sets up its big top in the Old Port. Of course, you should purchase tickets well in advance.

FILM

You can attend screenings in French or English depending on the movie theatre. The Cinéma Beaubien and Cinéma du Parc are among the few movie theatres that present art and experimental films in the original version with French or English (Cinéma du

Parc) subtitles. Expect to spend CAN\$10 to CAN\$15 for admission. Most major theatres have discounted tickets on Tuesdays or Wednesdays. The SCENE card (free), valid in some complexes such as that in the Latin Quarter, include free admission to a film after paying for 10 screenings. Another tip: the Dollar Cinema offers screenings at a flat rate of CAN\$2.50 (English only).

In the past few years, Québec's film industry has relied on famous ambassadors such as Xavier Dolan, Denis Villeneuve or Jean-Marc Vallée, all of whom have developed an international following. It also features a few gatherings that reveal its wealth and diversity: the Rendez-vous du cinéma québécois, Rencontres internationales du film documentaire, Festival des Films du monde and Festival du Nouveau Cinéma.

Fine dining and local culinary specialties

Montrealers enjoy the pleasures of fine dining. The cuisine is consistent with the city's image: generous, cosmopolitan and multiethnic. There is something for every taste and budget. Several annual events celebrate the richness and variety of local specialties.

These include: MTL à table (November); the Montréal en lumière festival, which in February showcases local and foreign chefs, a culinary carnival that creates pop-up restaurants in town; Poutine Week (February); Bouffons MTL (July) and the Great Montréal Ribfest (summer).

Useful to know: Gourmet tours are organized in some neighbourhoods of the city to sample a variety of flavours. For example, Local Montréal Visites Gourmandes gives you an intimate look at Mile End and Old Montréal, while Fitz & Follwell offer in particular a tasty trip in Montréal-Sud, through Chinatown, the Red Light District, Jewish Quarter and Little Portugal.

→ localmontreal.com

→ fitzandfollwell.com

To find a restaurant in Montréal

→ restomontreal.ca

→ guiderestos.com

→ zomato.com

For lovers of fine libations, these gatherings should interest you.

- La Grande Dégustation in November, for lovers of wine, beer and spirits: lagrandedegustation.com
- Le festival Mondial de la bière, one of North America's largest brewing events: festivalmondialbiere.qc.ca
- Le Happening gourmand, which offers table d'hôte meals at a reduced price: happeninggourmand.com

LOCAL SPECIALTIES

These include bagels, poutine, smoked meat and maple syrup. Consisting of French fries, gravy and cheddar cheese curds (known as “kwik-kwik” for the squeaking sound they make when chewed), poutine has dozens of versions, including poutiflette and one made with foie gras. Aside from breweries, some of which vie with each other in creativity, the best places to eat this are La Banquise, Ma'am Bolduc, Poutineville or the chain Frites Alors ! To savour Montréal's famous smoked meat, go to Schwartz's on Saint-Laurent Boulevard or Reuben's or Dunn's Famous, both downtown. An internationally renowned classic! To sample the many specialties based on maple syrup, go to a public market or grocery stores such as Les Délices de l'érable in Old Montréal.

CRAFT BEER

Québec can take pride in serving excellent beer, and thank its microbreweries and craft breweries. In Montréal, many bars brew their own beer or offer a vast selection of Québec suds. Places such as Boswell, Glutenberg and Helm are known for the quality of their beer, as is Benelux in Verdun. The suburbs have their fair share of offerings, too, with places such as Les Trois Mousquetaires in Brossard and La ferme brasserie Schoune (Saint-Polycarpe) on the South Shore; the Kruhnén (Blainville) and Noire et Blanche (Saint-Eustache) microbreweries are located on the North Shore.

Useful to know: Montréal Craft Beer Tours offers guided tours of three renowned microbreweries.

→ montrealcraftbeertours.com

STREET FOOD

After a 66-year ban, street food reappeared in Montréal in 2013. Some fifty food trucks cruise the city streets, setting up shop in particular next to major festivals. They offer affordable, fusion

dishes, but always of good quality. Don't miss Premiers Vendredis, from May to October at the Olympic Park, the largest gathering of street food trucks in Canada!

→ To find the trucks and learn about the various events: cuisinederue.org

Buzzing nightlife

Whether you want to nurse a beer, dance the night away or attend a show, Montréal has everything you need! Impossible to be bored in this metropolis with endless offerings, where each bar or performance hall reveals a unique personality. Saint-Laurent Boulevard, as well as Saint-Denis and Sainte-Catherine streets or Mont-Royal Avenue, are all part of the city's vital nightlife. Bars include Les Foufounes électriques, Quai des brumes, Verre Bouteille or Escogriffe Bar, which have become institutions. Places like NewSpeak or New City Gas in turn draw fans of electro and hip-hop, while jazz aficionados enjoy their musical feast at Upstairs, on Crescent Street, where a few pubs exhale the friendly airs of Ireland. Add to this Club Balattou (another institution), epicentre of African music in Montréal or dance and costume evenings at the exciting Speakeasy Électro-Swing in the Cabaret Lion d'Or. These are just a few examples of a city that misses no excuse to burn the midnight oil. And talking about speakeasies, Montréal is no exception to the trend of renowned "hidden bars." Will you be able to find them?

To plan an outing:

→ nightlife.ca

→ narcity.com

Wonderful escapes from the city

Each weekend, many Montrealers seek fresh air in the great outdoors, especially in the Laurentians and Eastern Townships, two regions with an abundance of forests, lakes and mountains, just an hour from the city. The Rivière des Mille-Îles (an archipelago to be explored by kayak), the surprising beaches of the West Island, or Mount Saint-Bruno and Mount Saint-Hilaire are other easily accessible attractions in the metropolitan area.

The provincial parks managed by Sépaq (Société des établissements de plein air du Québec) are a wonderful way to discover Québec's great outdoors. They are popular both for the variety of

their activities (hiking, cycling, kayaking, wildlife viewing, etc.) and the quality of the accommodations and facilities. The Parc national des Îles-de-Boucherville is one of these, located a just few kilometres from Montréal.

A day pass costs CAN\$8.50 per adult and is free for those 17 and under. You can also purchase a year-long pass to visit this park (CAN\$42.50) or all the parks in the system (CAN\$76.50). Once again, those age 17 and under are exempt.

→ sepaq.com

Note: The Centre infotouriste de Montréal, located downtown, provides information on the regions of Québec.

→ quebecoriginal.com

Montréal for free

The website montrealgratuit.com lists all types of free activities and events, as well as bargains and discounts not to be missed.

MUSIC, FILMS, BOOKS

Montréal's 48 neighbourhood libraries offer a wide range of resources and services to the public. More than four million documents (books, newspaper and magazines, music and films, language courses, etc.) are available seven days a week in these institutions. A library card is free and provides access to a broad range of services such as computer terminals, Internet including Wi-Fi access, or organized activities for young and old (story time for children, lectures, training, etc.). Plus the Bibliothèque et Archives nationales du Québec (BAnQ) is available downtown.

→ banq.qc.ca

National Film Board of Canada

Founded in 1939, the National Film Board of Canada (NFB) provides access to more than 3,000 productions on its site, in French and English. View a wide range of works free of charge, including fiction, documentaries, animation, interactive productions and reports.

nfb.ca

Web TV ici.tou.tv offers the option to watch films, documentaries and television series from Radio-Canada and some twenty others free of charge. You can purchase a subscription for more choice.

You can also watch television programs on these two websites.

→ ici.radio-canada.ca/tele/participer

→ publiccible.com

MUSEUMS

Some institutions attract visitors with free admission, such as the Redpath Museum of natural history, which does, however, suggest a voluntary contribution of CAN\$10 for adults. The McCord Museum is free on Wednesdays after 5:00 p.m. (always free for children age 12 and under). The same is true of the Canadian Centre for Architecture, but on Thursdays after 5:30 p.m. (always free for students). The Montreal Museum of Fine Arts provides free admission to collections and discovery exhibitions at all times for visitors under 30 years of age and for the general public on the last Sunday of each month.

Events such as Montreal Museums Day (May) or Journées de la culture in September are also wonderful opportunities to combine the useful with the enjoyable.

KNOWLEDGE

The Université populaire de Montréal promotes free and open access to knowledge through popular education activities.

→ upopmontreal.com

The sugar shack

When maple syrup season starts in March, Quebecers like to head for the sugar shack as a family or with friends. The province has more than 200. Maple syrup is iconic and people enjoy copious servings of traditional dishes. On the menu: pea soup, “oreilles de crisse,” omelettes, sausages, ham, baked beans, sugar pie, etc.

To find a sugar shack: cabaneasucre.org

SPORTS AND OUTDOOR RECREATION

Parks, green spaces, swimming pools, municipal skating rinks, bike paths, etc. There is no shortage of opportunities in Montréal to enjoy outdoor activities at no cost. Here are two examples.

- Tams-Tams take over the lawns on Mount Royal, at the foot of the statue of Sir George-Étienne Cartier, every Sunday in summer.
- The Horloge beach lets people enjoy the summer season with their toes in the sand, across from the Old Port marina.



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