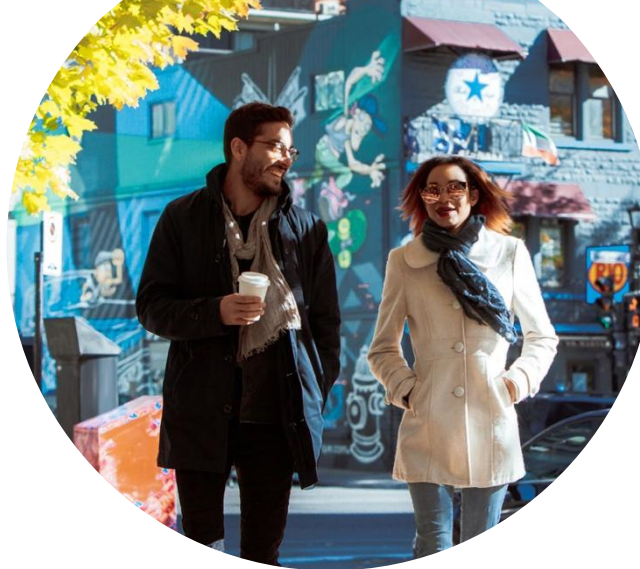


Greater Montréal, the Ideal Place to Live and Work





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01

Montréal, a Metropolitan Area Full of Opportunities



Greater Montréal, a large metropolitan area made up of 82 municipalities



A large metropolitan area located in Eastern Canada, less than an hour's drive from the U.S. border



Canada's #1 airport for international flights: direct flights to over 150 destinations, including 120 international ones



5 main areas including the islands of Montréal and Laval for a total of 82 municipalities

Source: Aéroports de Montréal, Annual Report, 2026; Montréal International compilation.

A vibrant metropolis offering a wide range of employment opportunities

4.6M

inhabitants as of July 1, 2024,
accounting for 51% of Québec's
total population

2.6M

active talent, representing 52%
of Québec's labour force

70k

job vacancies, accounting for 59%
of all vacancies in Québec

\$66,219

average annual salary in the
Montréal metropolitan area in 2025

Several sectors of excellence, including:

- Visual effects and animation
- Tech: AI, fintech, cybersecurity
- Life sciences and health technologies
- Clean technologies

Companies ranked among Canada's Top Employers, including:





Fulfilling working conditions

A well-balanced professional life

- **Average work week of 35 to 40 hours**
- **Minimum 2 weeks paid vacation**, and often more with many employers
- **Minimum 8 paid statutory holidays**
- **Up to 65 weeks of parental leave**, which can be shared between both parents, plus **18 weeks of maternity leave**

Workplace flexibility and a fluid hierarchy

- **Flexible working hours, teleworking and part-time** are all possibilities offered by employers
- **A less hierarchical corporate culture** in Canada

Source: Commission des normes, de l'équité, de la santé et de la sécurité du travail; Hofstede hierarchical distance coefficient; Éducaloi Québec; Montréal International compilation, 2026.

02

A Dynamic Metropolitan Area Open to the World





Canada's most bilingual and trilingual population

2.4M residents speak English, that's 4% more than in Vancouver

56% of the population is bilingual (French and English), compared to 7% in Toronto and Vancouver

24% of the population is fluent in three or more languages, compared to 13% in Toronto and 12% in Vancouver

An inclusive and welcoming society

Québec has **one of the highest employment rates for women** aged 15 to 64 in the OECD

The **2nd lowest unemployment rate for women** in Canada, with **5% in 2025**

Montréal is the **2nd most welcoming city for members of the LGBTQIA+ community** in North America

Fierté Montréal, the largest festival of its kind in the French-speaking world with **1M+ participants** in 2025

180+ cultural communities in Montréal

Draft **Pact for the Professional Inclusion of Immigrants**

Source: OCDE, 2025 ; Statistics Canada, Table 14-10-0327-02, 2026; Open For Business, 2025; Tourisme Montréal; Fierté Montréal, 2026; HEC Montréal; Compilation Montréal International.



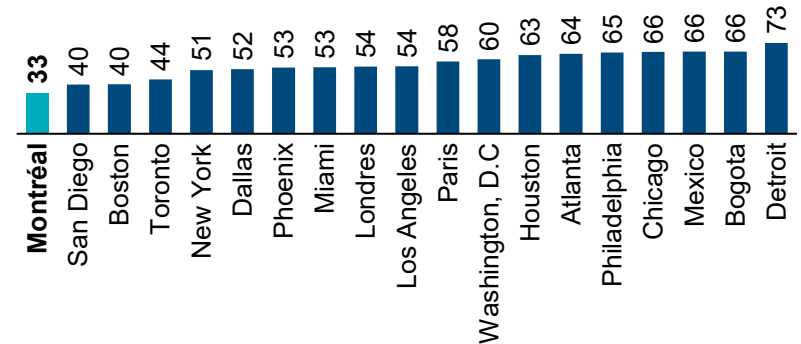


Among the safest cities in North America

A region where you can walk about with total peace of mind, with lively public places and a city centre that are well-frequented day and night

Crime index*

Selection of major global cities, 2026



*Crime index is an estimation of the overall perception of the level of crime in a given city and/or country (<20 = very low; 20–40= low; 40–60 = moderate; 60–80 = high; and >80 = very high).

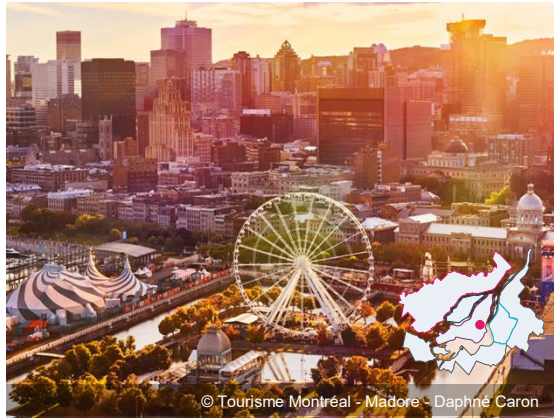
Source: Numbeo, 2026; Montréal International compilation.

03

Many Neighbourhoods to Explore and Options to Get Around



Discover some of the lively central districts



Ville-Marie and Old-Montréal

From cobblestone streets to modern skyscrapers, these eclectic, centrally located neighbourhoods embody both the city's history and dynamism, vibrating to the rhythm of festivals all year round



Plateau-Mont-Royal, Rosemont and Villeray

Green and friendly, these neighbourhoods combine urban living, peaceful parks, lively markets and picturesque Montréal architecture



Griffintown, Saint-Henri and Little Burgundy

These reinvented industrial neighbourhoods located along the canal combine elegant lofts, art galleries, outdoor picnics and culinary gems

Family-friendly and relaxing suburbs



East of Montréal

With its strategic location, green spaces and booming neighbourhoods, this affordable sector is brimming with great opportunities



Ahuntsic and Montréal North

These more residential neighbourhoods are ideal for a peaceful lifestyle, while remaining close to lively districts



West Island

A vast area of water and green spaces, ideal for a relaxed, family lifestyle, with picturesque municipalities and a variety of outdoor activities

Across the river, the best of both worlds



© Jimmy Hamelin

Laval

Just a few minutes from Montréal, this cosmopolitan island offers
Ça combination of unique activities, entertainment, culture and nature



© City of Oka

North Shore

Located near some of the region's best natural parks, this sprawling suburb combines tranquility with stimulating activities, offering an ideal place for both relaxation and adventure



© City of Beloeil

South Shore

Just a few kilometres south of downtown Montréal, this region combines the charm of the suburbs with the bustle of the city in a charming setting



Réseau express métropolitain (REM)

A high-quality, interconnected public transport network



A vast public transit network:

Metro, buses, commuter trains, REM, etc.



Many self-service car and bike options:

BIXI, Communauto, Turo, etc.



Best cycling city in North America
and **#2 most walkable city** in Canada

04

A Convenient and Affordable Place to Live

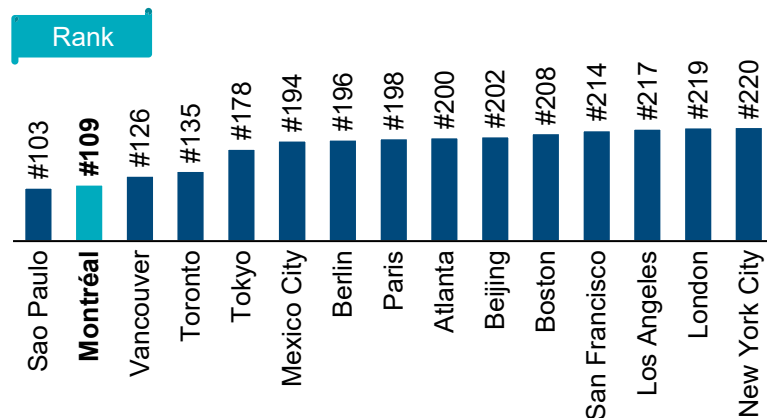


An affordable cost of living

Montréal is **more affordable than almost all other large cities** in North America, Western Europe, China and Japan

Mercer Cost of Living Index

Selection of major cities worldwide, 2024



Note: Ranking of 226 cities; the ranks from the original survey were inverted to order cities from least to most expensive.

Source: Mercer, « Cost of Living Survey », 2024; Montréal International analysis.



Overview of the cost of living in Montréal



Average price for accommodation

- **Rent per month (one-bedroom apartment):**
 - Downtown: \$1,768
 - Outside downtown: \$1,338
- **Purchase of a condominium:** \$440,719
- **Purchase of a house or single-family dwelling:** \$625,691



Average monthly current expenses

- **Electricity, heating, air conditioning*** : \$111
- **Internet (60 + Mbps, unlimited data):** \$58
- **Cell phone package (unlimited calls and 10 GB data):** \$50



Public transit (Montréal Island)**

- **1 trip (regular fare):** \$3.75
- **Monthly pass (regular fare):** \$104.50

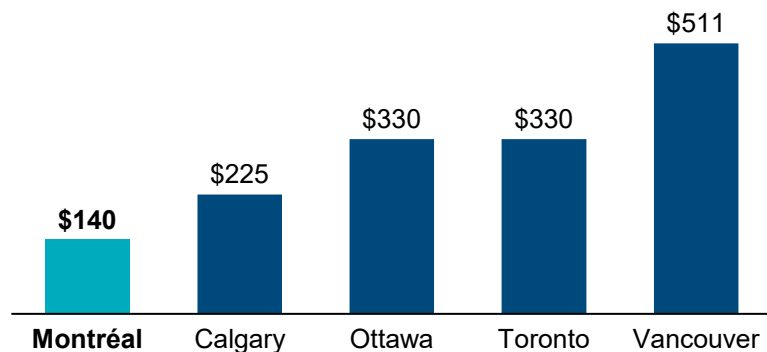
*For a 85m2 apartment. **Applies to the Montréal agglomeration (Zone A).

Source: Numbeo, 2026; NBC Economics and Strategy, Q3 2025; STM, 2026; Montréal International analysis.

Competitive childcare costs

Greater Montréal is the metropolitan area that offers young parents **the lowest monthly childcare costs in Canada***

Median monthly childcare costs for infants**
(CA\$), selection of major Canadian cities, 2025



*Comparison of 37 Canadian cities.

**Infants aged 18 months or less.

Source: Canadian Center for Policy Alternatives, 2025; Montréal International compilation.



An accessible health system

1. RAMQ*

Public insurance
for essential health care**

2. Drug insurance

Enrolment in the public drug insurance plan is mandatory if the individual is not covered by private insurance

3. Private insurance

Some employers offer private insurance to cover other health care costs (such as dental care, physiotherapy, etc.)

05

Abundant Activities and a Stimulating Lifestyle





Activities to enjoy all year round

- ▲ **80+ music, food and art festivals** annually
- ▲ **50 museums** and many art galleries
- ▲ Among the **top 20 best gastronomic cities** in the world
- ▲ **16 nature and major urban parks**, and thousands of smaller urban parks with a complete offering of activities such as open-air skating, biking, tennis, etc.
- ▲ **Professional sports teams to cheer on**, such as the Montréal Canadien and the Montréal Victoire for hockey, the Montréal Alouettes for football, or the Montréal Impact and CF Roses for soccer

A city where nature and sports go hand-in-hand

- ▲ **Outdoor activities with nearby national parks and ski resorts such as:** Parc du Mont-Tremblant, Parc de Plaisance, Parc d'Oka, Parc des Îles-de-Boucherville, etc.
- ▲ **One of the world's most tree-filled cities in the world**
- ▲ **16 nature and major urban parks,** and thousands of smaller urban parks
- ▲ **3,450+ km of bike paths,** including 700+ km accessible in all seasons



The opportunity to practice activities in all seasons

Average daily temperatures in Montréal*



In Montréal, there are approximately 30 days per year with temperatures below $-15\text{ }^{\circ}\text{C}$ and about 30 days with tropical nights, with temperatures above $18\text{ }^{\circ}\text{C}$

*Montréal-Trudeau Airport weather station. The sampling period for the data shown is 30 years.

Source: City of Montréal, 2022; Environnement Canada, Canada Climate data, 2022; Montréal International compilation.

Montréal in the spring



Visit one of
Montréal's major
museums



Have brunch with
friends in one of
Montréal's many
restaurants

Have a meal in the
sugar shack



See CF Montréal
play soccer



Montréal in the summer



© Tourisme Montréal - Madore - Daphné CARON

Discover
Montréal's
diverse
architecture



© Tourisme Montréal - Madore - Daphné CARON

Do the rides at
La Ronde
amusement park

Take part in one
of the many
festivals



© Tourisme Montréal

Practice
water sports
on the St.
Lawrence River



© La Ronde

Montréal in the fall



Discover
Montréal's
craft breweries



See the Chinese
lanterns in
Montréal's
Botanical Garden

Pick some
apples in
an orchard



Enjoy hiking in
the large parks



Montréal in winter



© Tourisme Montréal – Thibault Carron

Take part in the
Igloofest



© Strøm spa nordique

See the Montréal
Canadiens play
ice hockey

Hit the ski slopes,
go snowshoeing or
ice skating



© Toshimi Juan Muniz

Dive into a Nordic
spa



© Club de hockey Canadien inc.

06

Montréal International's
Personalized, Free and
Confidential Services



Discover the many job opportunities awaiting you in Montréal



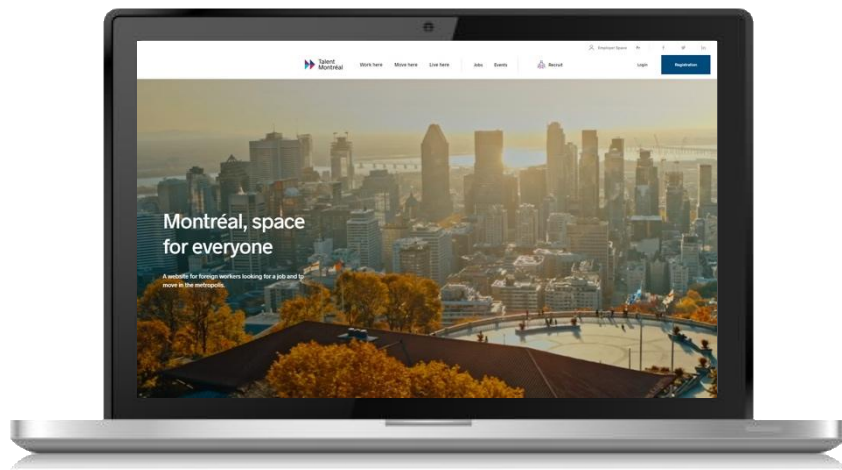
Hundreds of positions are available throughout the year in cutting-edge fields such as aerospace, healthcare, engineering, artificial intelligence, and many more!



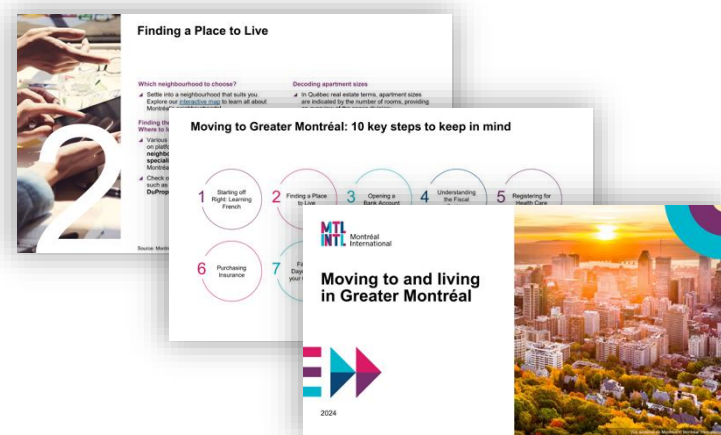
Thousands of talents recruited by top employers through Journées Québec in recent years, including Abington Advisory, Airbus, Fujitsu, KPMG, Morgan Stanley and Ubisoft



Take a look at our resources to find out everything you need to know about Greater Montréal and make settling in easier



- ▲ **Visit our website** to learn all about Greater Montréal, job openings to foreign workers and how to plan your arrival:



- ▲ **Discover our 10-step installation guide** with all the information you need to easily and successfully settle in the region:





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