



LaSalle College
Montréal

Welcome
to new students



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Welcome to LaSalle College



Founded in 1959 by Jean-Paul Morin, LaSalle College has become North America's largest bilingual college over the years. It counts five specialty schools with over 60 programs to choose from. Renown for the high level of the education it provides, it is an integral part of Québec's educational heritage.

Meeting the needs of its students and of the workplace is important to LaSalle College; as such, it strives to keep pace with the many realities of the various work sectors. Your social and academic experiences at LaSalle College will prepare you for the often stringent reality that is university or the job market.

In addition to your studies, you will have opportunities to enrich your time at the College by attending conferences and seminars, travelling abroad and participating in activities organized by your school or by the Student Affairs Service. Teachers and staff put their expertise to good use to provide top-notch services in an environment that is conducive to success. LaSalle College is proud of the achievements of its students and graduates.

Please take time to read the student guide. It provides important information that will guide you throughout your time with us. If you have any questions or concerns, don't hesitate to ask the administrative staff, teachers or management for help. We are here to guide you toward success.

Have a great school year, and I look forward to seeing you in our hallways.

A handwritten signature in blue ink that reads 'Myrienne Collin'.

Myrienne Collin
General Manager, LaSalle College

Before you leave

Make sure that you have all of the documents that you need for your arrival in Québec:

Official documents:

- Passport
- CAQ (Québec Acceptance Certificate)
- Letter of acceptance

Insurance:

- Travel
- Health
- Hospitalization

Prepare your budget (see example on page 55)



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Official Documents Required for Studying in Québec

Valid passport

Québec Acceptance Certificate (CAQ) (page 7)

Study permit (page 8)

Work permit:

- The expiration date for your study or work permit won't exceed your passport's expiration date

Temporary resident visa

Electronic travel authorization



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Official Documents Required for Studying in Québec

Québec Acceptance Certificate (CAQ)

Students who have been accepted in a study program of more than six months must obtain a CAQ from the Government of Québec.

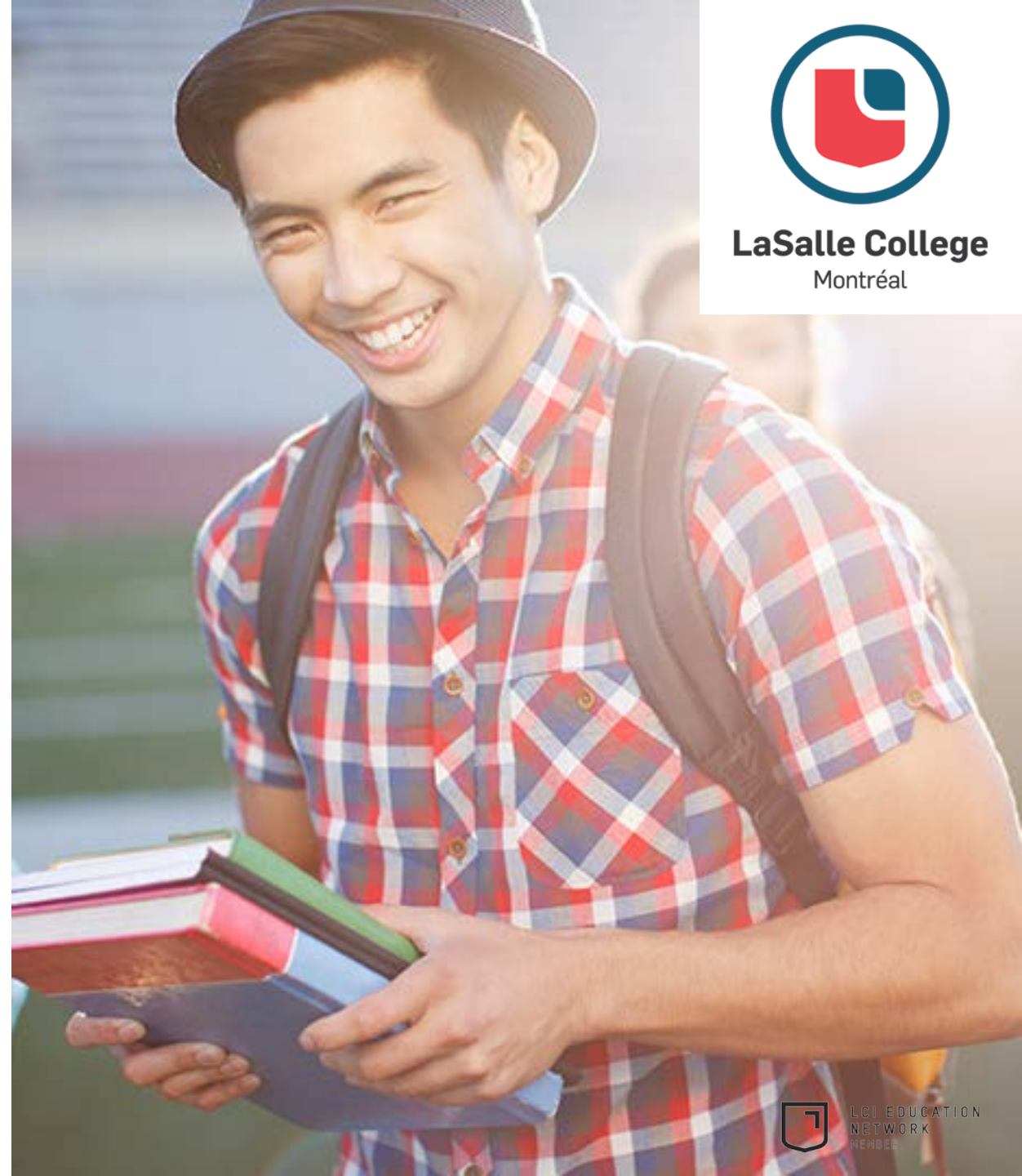
Students must apply for it as soon as they receive their letter of acceptance.

This can be done online:

<http://www.immigration-Québec.gouv.qc.ca/en/immigratesettle/students/obtaining-authorizations/certificatacceptation/index.html>.



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Official Documents Required for Studying in Montréal

Study permit

Once the CAQ has been issued, students who have been accepted in a study program must apply for a study permit from the Government of Canada.

<http://www.cic.gc.ca/english/information/applications/student.asp>.

Important

You must make sure that your official documents are valid for the duration of your stay in Québec. From the first day to the last day of each semester.

- Renewing your Québec acceptance certificate (CAQ)
- Renewing your study permit



Renewing Official Documents

Renewing your CAQ

MIDI (Ministry of Immigration, Diversity and Inclusion) agents suggest that students start the application process to renew their CAQ three to four months before its expiration date.

<http://www.immigrationQuebec.gouv.qc.ca/en/immigratesettle/students/obtainingauthorizations/certificatacceptation/index.html>.

Your CAQ must be valid when you renew your study permit.

If you have any questions, please contact your program's secretariat.

Renewing your study permit

Once you've received your new CAQ, you can apply for a new study permit. You can apply online:

<https://www.canada.ca/en/immigration-refugees-citizenship/services/studyinCanada/extend-study-permit.html>.

If you will be doing work experience internships, make sure that your work permit is valid.



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| Your arrival
in Montréal



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Arriving in Montréal

We suggest that you arrive one or two weeks before your classes start. This will give you time to get settled and familiarize yourself with some useful services (accommodation, grocery store, bank, metro stations, etc.).

Make sure that you have all your documents in hand before going through customs (passport, letter of acceptance, etc.).

See the Immigration, Refugees and Citizenship Canada website at <https://www.canada.ca/en/immigration-refugees-citizenship.html>.

And the Canada Border Services Agency website at <https://www.cbsa-asfc.gc.ca/menu-eng.html>.



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Getting from the Airport to Downtown Montréal

For a \$10 fare, the 747 bus will take you from Montréal-Pierre Elliott Trudeau International Airport to the Berri-UQAM or Lionel-Groulx metro station. Both stations are centrally located within the metro network.

<https://www.admtl.com/en/access/transport/buses-747-express>.

<http://www.stm.info/en/info/networks/metro>.

There are three stations near LaSalle College

- Guy-Concordia (green line)
- Atwater (green line)
- Georges-Vanier (orange line)



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Getting Around in Montréal

Here is the Map of neighborhoods / boroughs of Montréal.

STM – Société de transport de Montréal

With the OPUS card you can:

- Travel around Montréal and to some neighbouring cities by bus or metro
- You might be eligible for a discounted student rate

Download Chrono, the Montréal Transit App.

BIXI

You can rent a bike from the BIXI bike-sharing system, whether you want to try it out once or sign up for a subscription. The bikes can be found all over the city and are a great way to travel short distances!



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Temporary Accommodation

You can stay somewhere temporary for the first few days, while you get your bearings in the city and until you find more permanent accommodation.

It's better to book something beforehand, ideally as soon as you know when you will be arriving in Montréal.

You will find several good options on this site

<https://www.mtl.org/en/Accommodations>.



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Your arrival at LaSalle College



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Your arrival at LaSalle College

As soon as you arrive at the College, we invite you to come meet us in Salle Jean-Paul Morin. We are excited to meet you and are ready to answer any questions you may have.

You will also be able to:

- Get your student card
- Reserve a locker
- Get information about your insurance
- Learn about the services offered at the College
 - Nursing
 - Psychology
 - Student success workshops
 - Out-of-school activities
 - Sports
 - And so much more!

We will teach you how to use Omnivox, MIO and LÉA Web platforms

You will then be given a complete guide that will prepare you for the start of the school year and help you learn more about the services offered at the College.



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Your arrival at LaSalle College

Don't forget to take the time to visit and discover YOUR College.
What you can find on each floor:

- Basement**
 - Gym
 - La Classe Restaurant
- Ground floor**
 - Admissions
 - CL.iP (school supplies store)
 - La PREP café
- 2nd floor**
 - Salle Jean-Paul Morin
 - The cafeteria
 - The Mezzanine (event space)
 - The IT lab
 - The schools' administrative offices
 - The International School of Hotel Management & Tourism
 - The International School of Business & Technologies
 - The School of Humanities & Social Sciences
 - The Academic Studies Directorate



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Your arrival at LaSalle College

- 3rd floor**
 - Administrative offices
 - A student lounge
- 4th floor**
 - Documentation Centre
- 5th floor**
 - The International School of Fashion, Arts & Design administrative offices
- 6th floor**
 - The Plaza
 - Student services
 - Nursing care
 - Psychological support service
 - CAF (French Learning Centre)
 - ELC (English Learning Centre)
 - Placement service
 - AGEL (student association)

Lounge areas can be found on each floor.



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Placement tests

All students who have never studied in a college in Québec have to provide a placement test both for Language of Instruction (English) and Second Language (French).

English, Language of instruction :

The College offers a placement test on campus, on January 6th and 7th. You will be contacted by your technician if it's necessary.

You do not have to do our College's placement test if you :

- have scored more than 70% in the Written component of their English Examination in Sec. V.
- have passed either the IELTS or TOEFL. The College will place you in the appropriate English class, based on your Written Proficiency Mark.

You can request an exemption from the English Placement Test if you have completed University Studies in English. Please fill out the form on our website to ensure follow-up.



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Placement tests

French as Second Language :

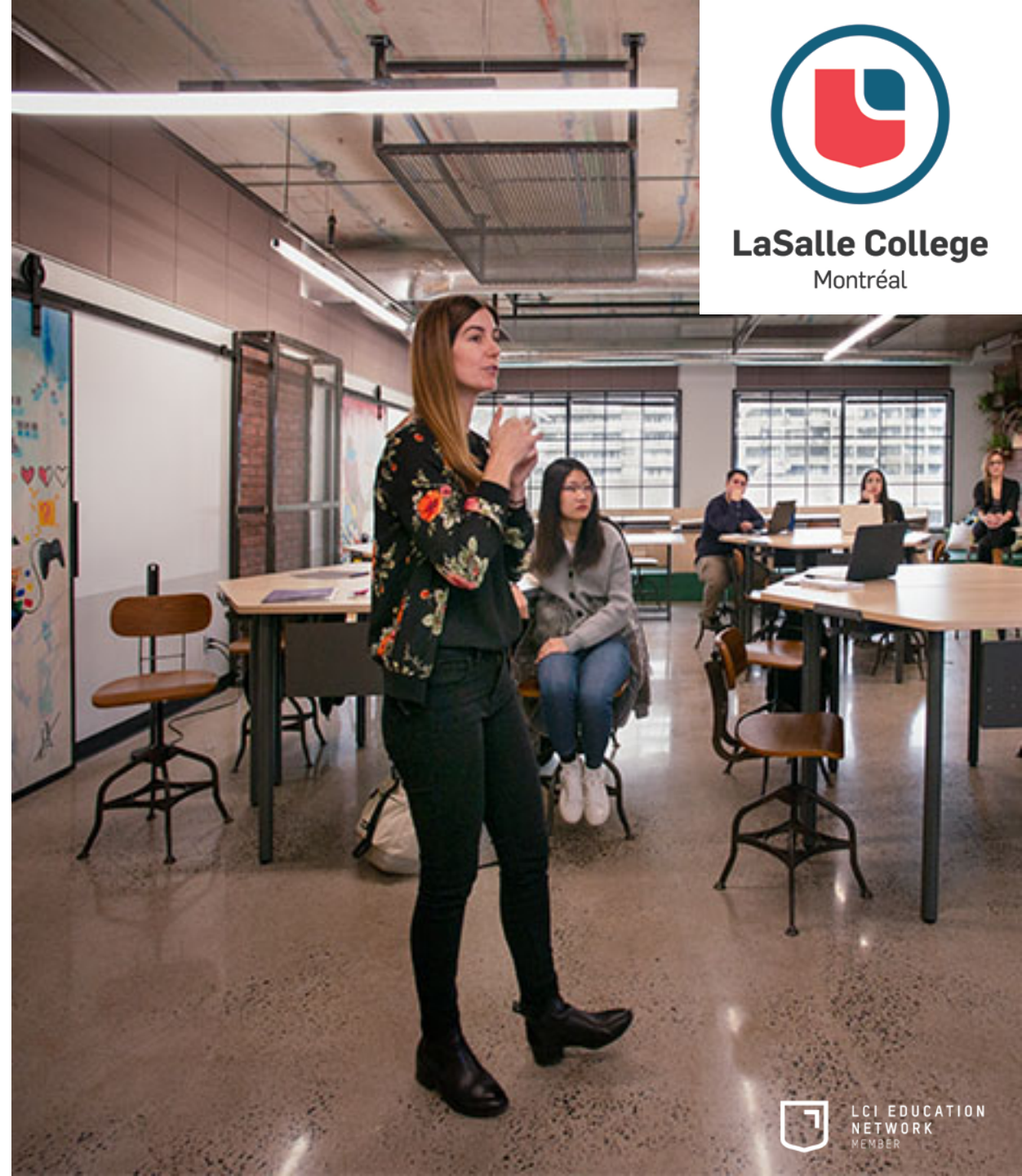
The FSL test is provided on campus, on January 6th and 7th. You will be contacted by your technician if it's necessary.

You may request an exemption from this test if you :

- have completed University Studies in French
- have a mark above 100 on the TFI (Test de Français International)
- have never took a French class during your entire studies. Request to be placed in our French stream for beginners.



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Admission and Registration

Letter of acceptance

- Confirms that, after review of your academic record, you have been accepted in the study program you applied for.
- Read your letter of acceptance carefully to make sure you understand the conditions (placement tests, required documents, etc.).
- If you have any questions, don't hesitate to contact the Admissions Office.

Confirm your registration

Signature of your contract

It is your responsibility at each semester to register for your classes by the dates specified in the school calendar



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OMNIVOX

Internet Service

You will be able to access Omnivox once your registration is complete. Click [here](#) to access Omnivox

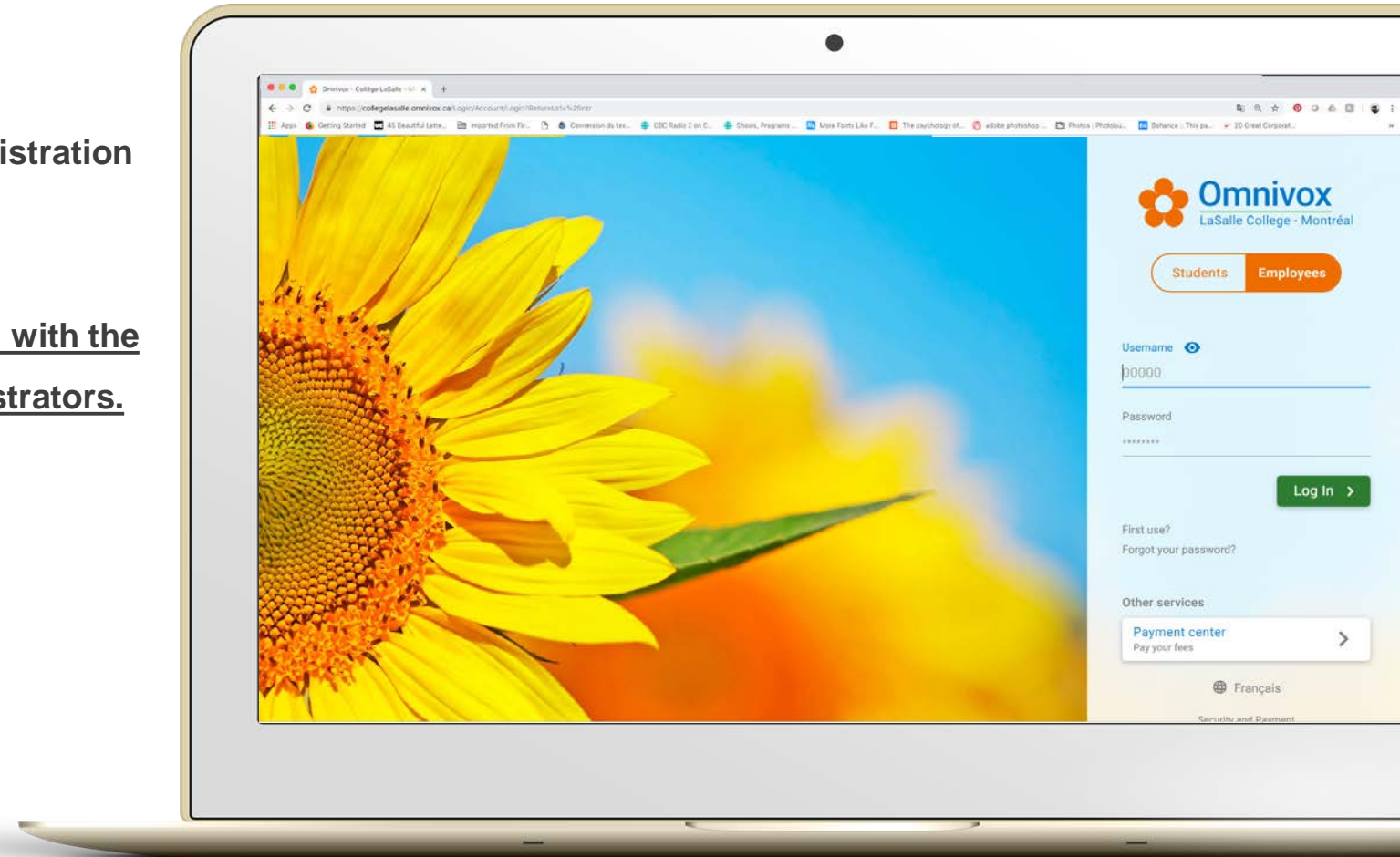
Omnivox will be your primary communication tool with the College, teachers, students, directors and administrators.

Click [here](#) to consult the User Guide

IMPORTANT

Check your Omnivox profile [daily](#)
and

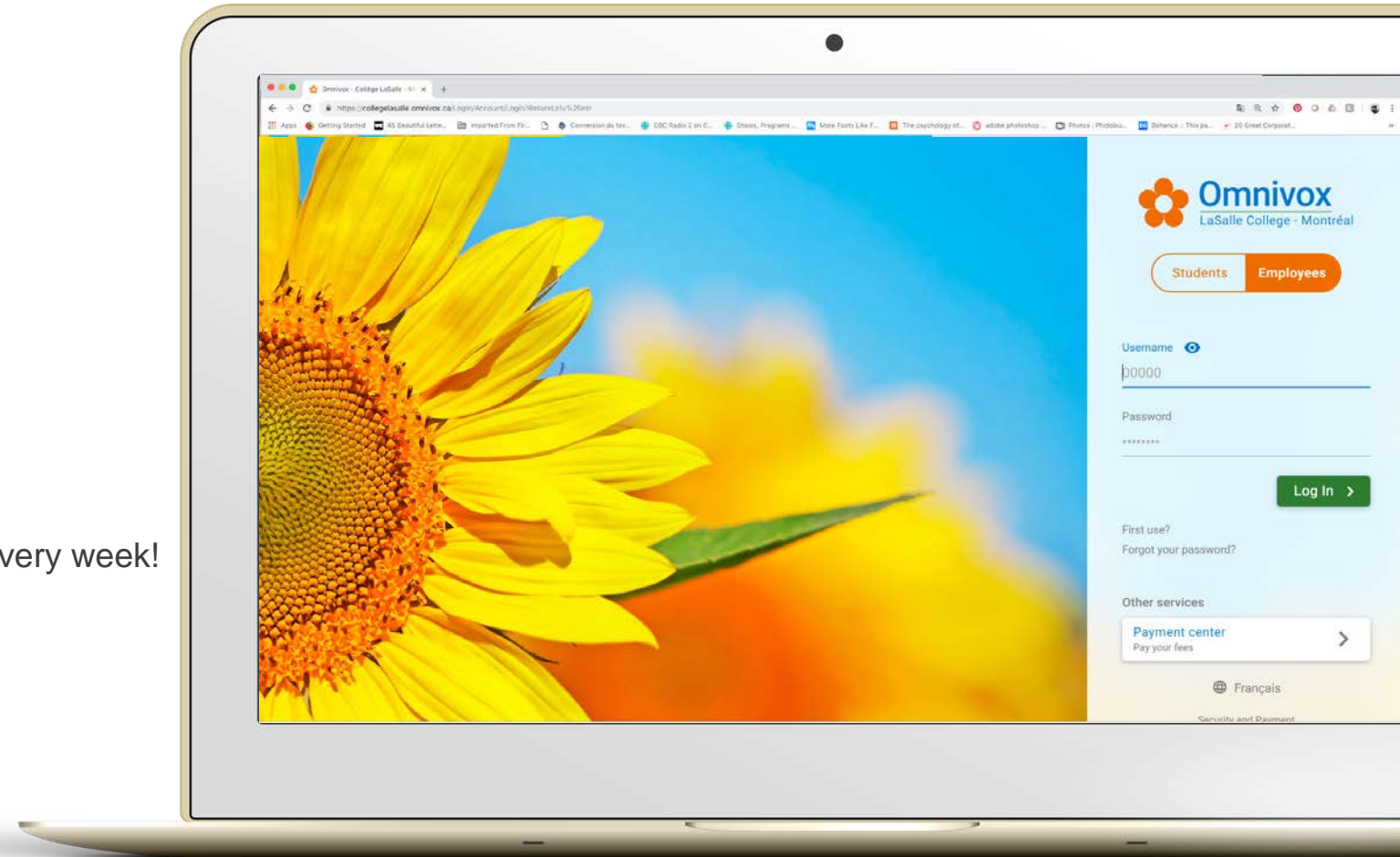
Display your [weekly schedule](#).



OMNIVOX

You will be able to access Omnivox once your registration is complete. It contains:

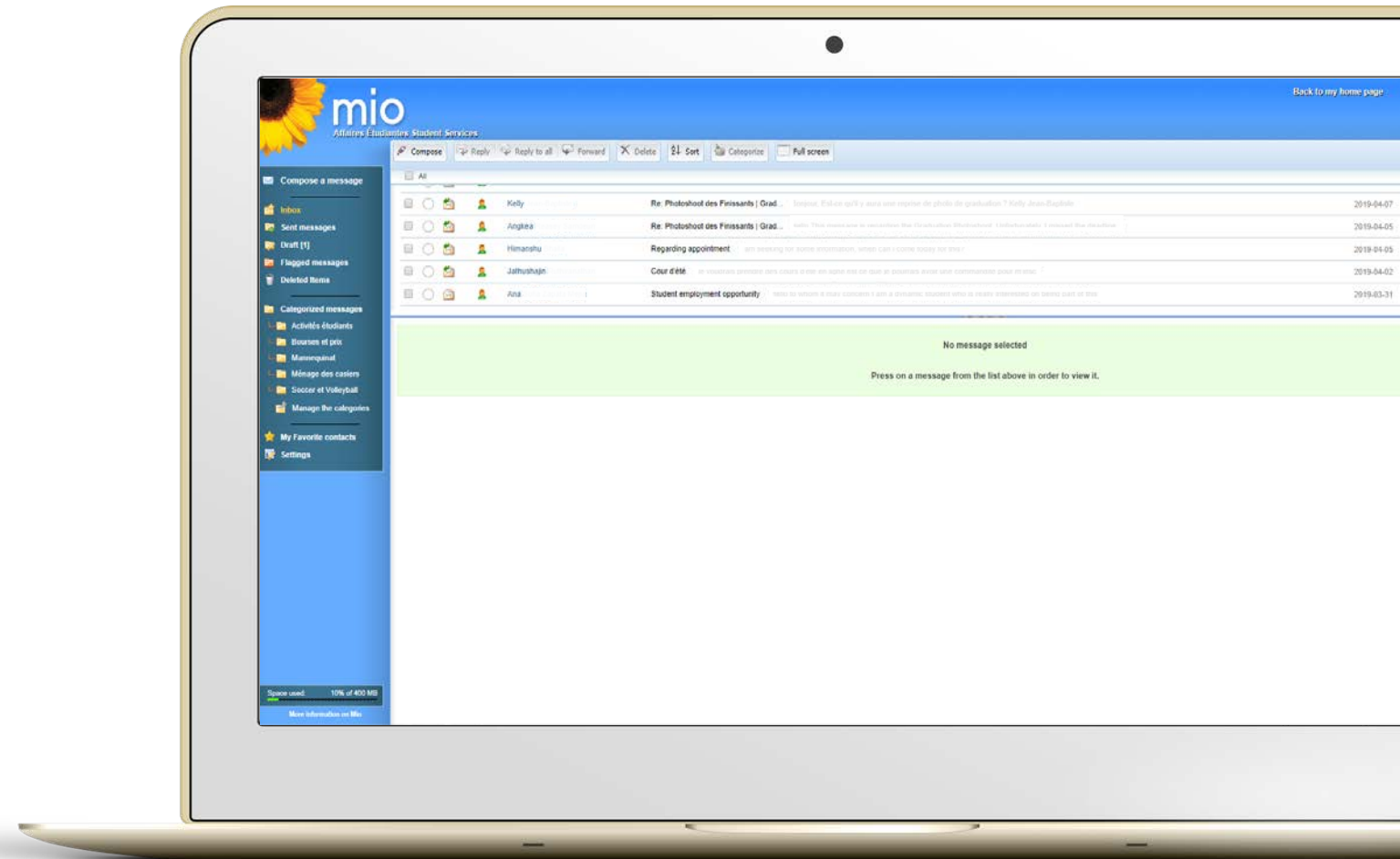
- The Student Guide (page 26)
- Your schedule
- Newsfeed
- Academic calendar (page 27)
- Important dates
- Your grades and progression chart
- Your R score (page 29)
- It's important that you check Omnivox regularly for every week!
- Cancelled classes
- Room changes



OMNIVOX and MIO

Integrated messaging service
that you can use to communicate with:

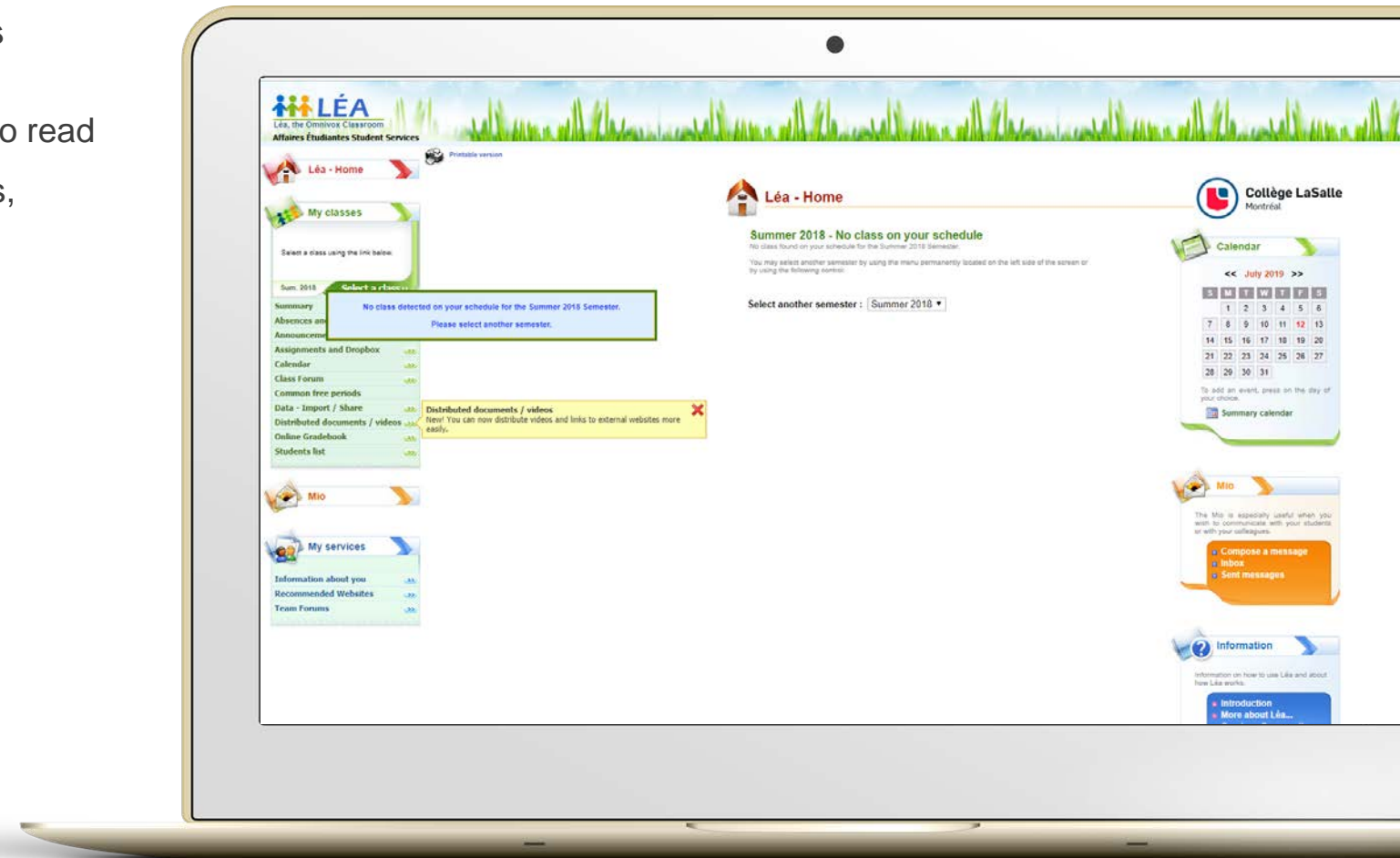
- Teachers
- Students
- Management
- College staff



OMNIVOX and LEA

A simple and efficient way for students and teachers to communicate. It contains:

- Course documents, like the course outline and texts to read
- Important dates for the course (assignment due dates, special events, etc.)
- Messages to the class
- Website recommendations from teachers
- Teacher availability for one-on-one meetings
- Grades
- Assignment descriptions
- Discussion forums



Student Guide

Available in the Documents and Messages section in Omnivox

Contains all the information you need to know about the College's code of conduct

- Instructions
- Policies and regulations
- Basic principles of the education plan



My Services

- **My Home page**
Go to your home page
- **Mio**
Messaging In Omnivox
- **Léa, the Omnivox Classroom**
Online gradebook, Messages to students and teachers, Course documents, Absences follow-up, Assignments and much more...

My Omnivox Services

- **Cancelled Classes**
Class cancellation list
- **Documents & messages**
Access documents and messages intended for you
- **Personal file**
Review and update your personal data
- **Repères - Mon Webfolio**
Obtain information about career choices
- **Reprography and copyrights**
Fill out a reprography request and declare copyrights
- **Surveys and Votes**
Participate in Surveys and Votes

Documentation Centre

- **Home**
Website of the Documentation Centre
- **Digital library**
Online collections available 24 hours a day
- **Catalog**
Search a document in our collections
- **Your personal account**
Manage you borrowings, renewals and hold requests
- **FAQ**

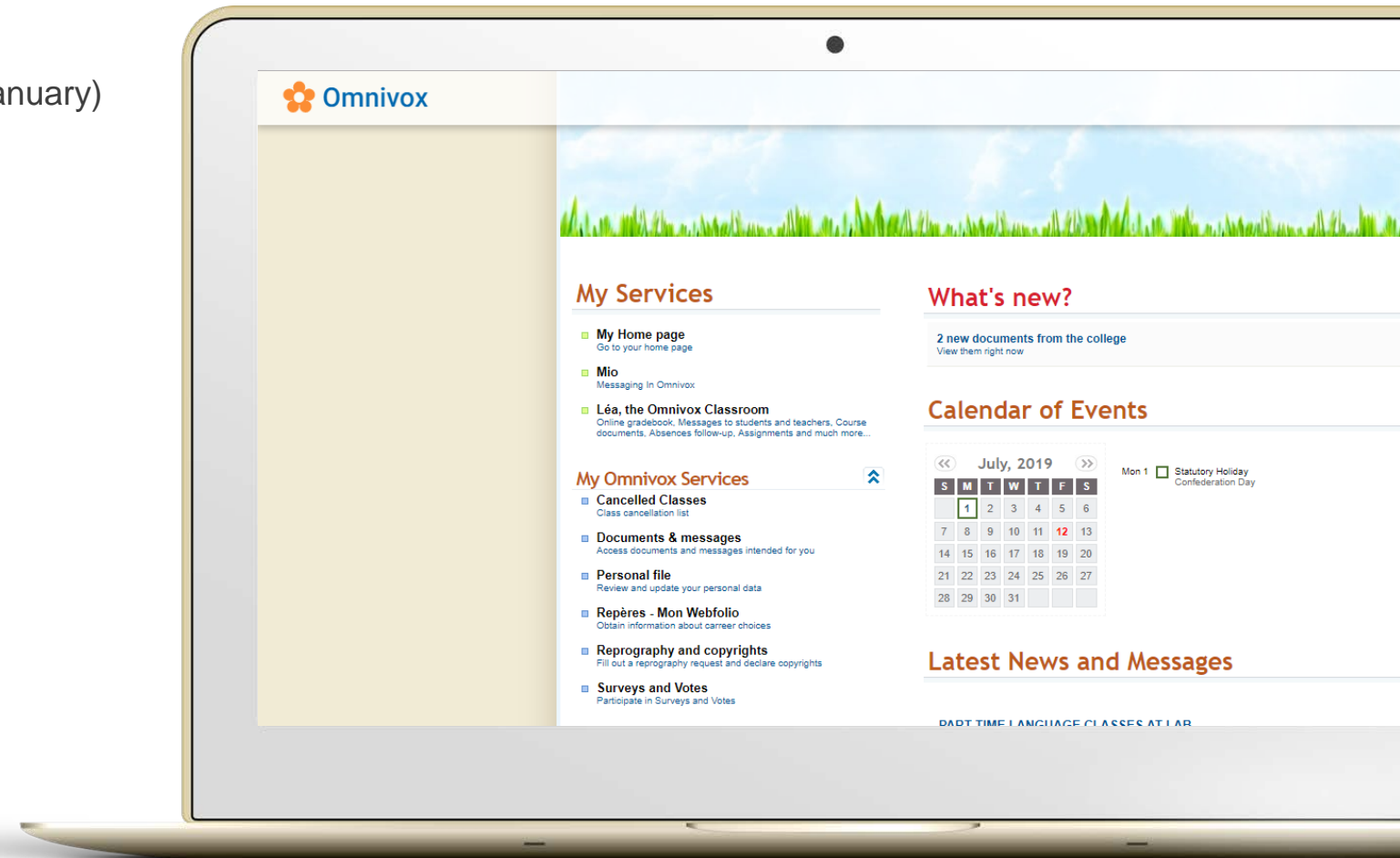
Academic Calendar

There are three semesters per year:

- Two 15-week semesters (beginning in August and January)
- A 12-week semester (beginning in May)
- Most programs begin in the Fall

Important dates:

- Marked in the academic calendar
- Found in Omnivox
- Check them often to avoid any unpleasant surprises



IPEL

The IPEL – Institutional Policy on Evaluating Learning

This policy will help you to better understand how we evaluate your learning throughout your college experience.



Mes Services

- **Ma page d'accueil**
- **Mio**
Messagerie Interne Omnivox
- **Léa - Administration**
Administration et statistiques
- **Léa, l'environnement Professeurs-Étudiants**
Résultats scolaires, Messages aux étudiants et enseignants, Suivi des absences et retards, Documents de cours, Remise de travaux, et plus...
- **Accès Super Utilisateur Omnivox**

Mes Services Omnivox

- **Absences des enseignants - Gestion**
Entrez de nouvelles absences ou faites le suivi des absences
- **Calendrier scolaire - Définition**
Gérez les événements du calendrier scolaire
- **Communiqués et Messages ciblés - Gestion**
Gérez les communiqués affichés sur la page d'accueil d'Omnivox ainsi que les messages ciblés aux usagers
- **Console de contrôle**
Paramétrez votre système Omnivox
- **Cours annulés**
Consultez la liste des cours annulés
- **Distribution de documents**
Effectuez la gestion et le suivi des documents distribués
- **Documents et messages**
Accédez aux documents et messages vous étant destinés
- **Dossier personnel**
Tenez votre dossier personnel à jour
- **Repères - Mon Webfolio**
Obtenez des informations sur les choix de carrières
- **Reprographie et droits d'auteur**
Effectuez une demande de reprographie et déclarer les droits d'auteur
- **Sondages et votes**

R score

College performance rating

Used by universities when selecting students

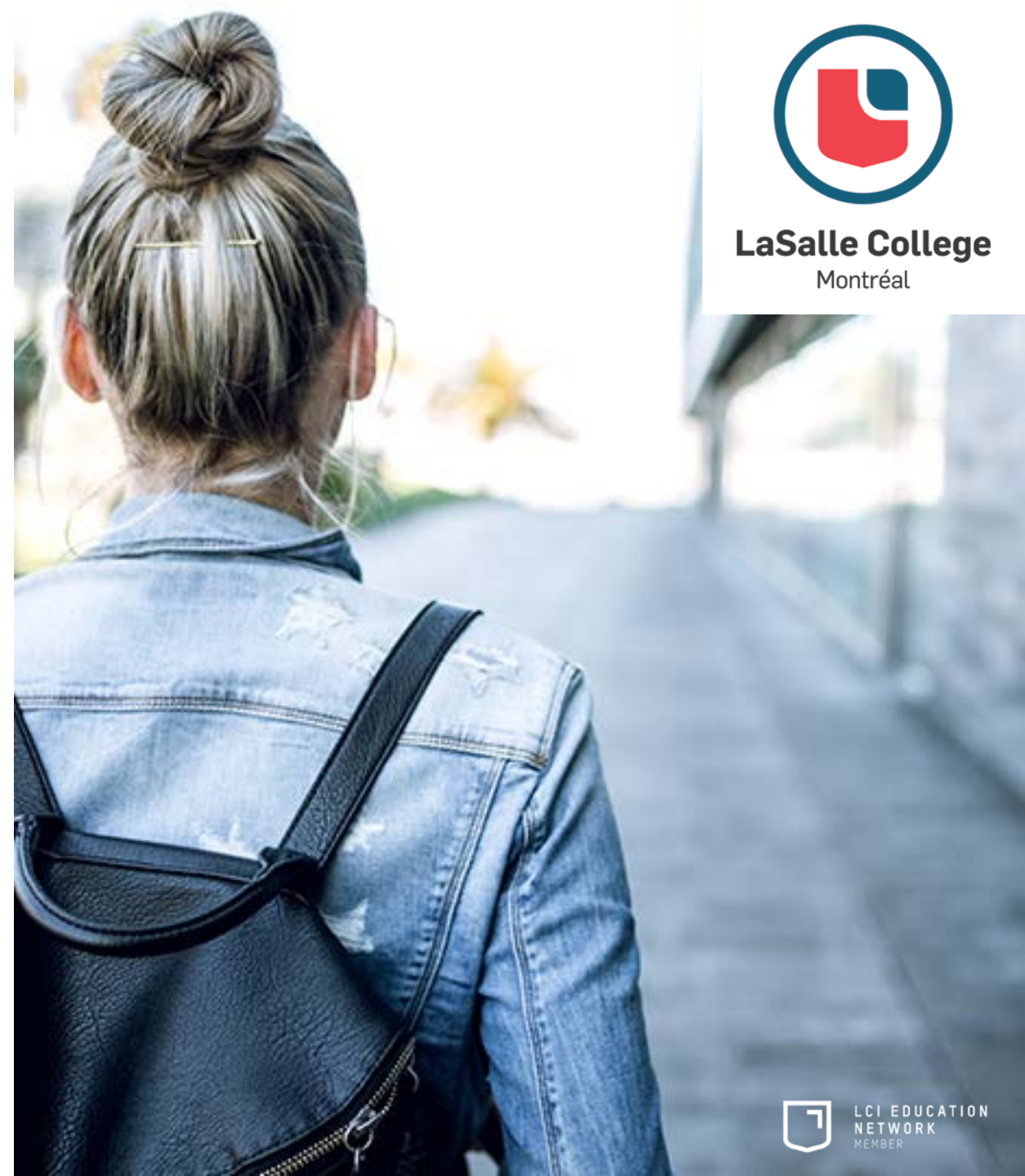
Scores are calculated by the Ministry of Education and Higher Education, based on criteria from the Bureau de coopération interuniversitaire (interuniversity cooperation bureau)

<http://www.bci-qc.ca/en/students/r-score/>.

Your R score can be found on Omnivox



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Student ID Card

Once you are registered, you can go to the "Student Card" booth located in Salle Jean-Paul-Morin, available at the beginning of the semester period. Otherwise, you must visit the Documentation Centre on the 4th floor to get your picture taken for your ID card.

Student cards are **MANDATORY** and you should have yours with you at all times.

It is required for:

- Taking your final exams
- Accessing the Documentation Centre
- Accessing the IT lab
- Using the printing services
- Participating in sport or other extracurricular activities

You need it to take advantage of the services and privileges offered to College students.

Money can be transferred to the card to make purchases at CL.IP, the school shop located on the ground floor.



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Useful Information

Budget

Take the time to prepare a budget before coming to Québec. You'll likely have to make some minor adjustments, but it could help you avoid unpleasant surprises.

There is a budget example on page 55.

Working part-time

Even though your studies will be your priority while in Canada, you can still work part-time up to 20 hours a week. For more information about this, go to the Immigration, Refugees and Citizenship Canada website

<https://www.canada.ca/en/immigration-refugeescitizenship.html>.



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College Services

There are several free services offered to students:

- Nursing service
- Psychological assistance
- Academic support centre
- Academic and professional counselling
- CAF – French learning centre
- ELC – English learning centre
- Adapted services
 - For students with a medical diagnosis or report issued by a Québec health care professional
- Documentation and audiovisual centre
- FLASH – French as a second language learning centre
- CAALS – English as a second language learning centre
- Placement service





Association générale des étudiants du Collège LaSalle

The AGEL is managed by students sitting on a Board of Directors, elected annually during the winter session. In addition to managing your association, these students are called upon to represent you on the College's various committees or councils. In order to accomplish their tasks, the members of the Executive Council will need you.

If you are interested in this challenge, do not hesitate to come and meet them at the association's office on the 6th floor.

AGEL role is:

- to represent its members to the officers of the College;
- to ensure the defence of the rights and interests of its members;
- encourage the social commitment of its members through a variety of activities and projects
- organize social activities
- promote policy to combat and overcome sexual violence



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Living in Montréal

The following pages will discuss:

- Finding accommodation
- Food
- Bank
- Life in Québec
- Explore your new city



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Finding Accommodation

You can search for apartments to rent on websites such as:

- <http://www.lasallecollege.com/futurstudents/housing>
- hebergement-Montréal@lcieducation.com
- www.kijiji.ca
- www.lespac.com

The lease

A lease is the equivalent of a legal contract.

It binds the owner and the tenant.

Read it carefully and make sure you understand all the conditions and services that come with your rental. Don't hesitate to ask questions.

If in doubt, refer to the Régie du logement du Québec website:
<https://www.rdl.gouv.qc.ca/en>



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Finding Accommodation

Electricity and heating

If these services aren't included in your rent and aren't mentioned in your lease, you will have to contact Hydro-Québec. You can set up an agreement for equal monthly payments. This will prevent any nasty surprises in winter, when heating costs can increase dramatically.

Home insurance

Home insurance is strongly recommended (liability and personal property). You'll be protected in case of fire or theft. Also check to make sure that you have

functioning smoke alarms. If not, you can buy them in any hardware store (Canadian Tire, Rona, Home Hardware, etc.).



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Food

Grocery stores

It's easy to find grocery stores in Montréal. There are ubiquitous chains, like Metro, Provigo and IGA, but there are also smaller grocery stores in every neighbourhood.

There are also a variety of specialty stores that offer halal, kosher, vegetarian, Italian, or Indian products, among others.



Markets

Markets are very popular in Montréal. Local farmers and gardeners sell fresh produce and homemade products.

<https://www.marchespublics-mtl.com/en/>



Food

Restaurants

Montréal has a many restaurants. The choices abound.

restomontreal
trouver. manger. partager.

VOIR
GUIDE RESTOS

EATER
MONTREAL

TASTET

Meals / restaurants deliveries (mobile apps)

 **foodora**

Uber **Eats**

SKIP THE DISHES

GOLO



Banks

Opening a bank account

Before leaving, ask your bank if it has any agreements with Canadian banks. This could help you avoid paying transfer fees if you plan to transfer money regularly.

Several financial institutions offer student rates and packages.

There are many easily accessible ATMs for all banks.



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Mobile

Communication

Phones and mobile networks' operation in Canada is the same as most countries.

Compare the various plans offered by different companies before signing a contract.

Here are some well known companies in Montréal:



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Montréal



Weather in Québec



Spring

It's the big thaw. Warm weather returns and nature awakens. Leaves reappear and apple trees blossom.



Fall

Slightly cooler weather. Enjoy the colours as the tree leaves turn from green to red, yellow and orange. Must-do activity: apple picking.



Summer

Hot and sometimes humid. Temperatures soar well over 20°C. There are outdoor festivals and activities all over Montréal and in the countryside.



Winter

Really cold. Make sure you have warm clothing. With a good winter jacket, mittens, a toque, a scarf and warm boots, you'll be well equipped to go sledding, skiing or take part in the many outdoor activities, like Igloofest or Montréal en lumière.

Montréal, Québec, Canada

Welcome to Canada!

From its streams to its big lakes, mountains to forests – how can one escape the charms of Québec and Canada?

These breathtaking marvels constantly attract millions of tourists from all parts of the globe.

Canada is a vast territory bordered by three oceans: the Atlantic, Pacific and Arctic. The landscape is also quite varied, featuring the endless plains of Saskatchewan, the lofty snow-covered mountains of British Columbia, the tundra of the Great Canadian North, the Great Lakes of Ontario and the archipelagos of the Saint Lawrence River. Canadian flora and fauna are also very unique.

French and English are Canada's two official languages. Furthermore, Canada has always encouraged cultural diversity, largely due to the numerous waves of immigration that have populated the country.

It's no surprise that since 1994, Canada has been among the top 10 countries with the best quality of life in the world, according to the United Nations!

Saviez-vous que...

The beaver is a noble and proud animal that is, in fact, the national emblem of Canada!

You can even eat a Beaver Tail: a typically Canadian pastry (not really a beaver tail)!

Montréal, Québec, Canada

Life in Canada

Canada is truly a cultural mosaic composed of many different ethnic, religious and socioeconomic

groups, all of which include people of all ages and occupations. These cultural groups all have distinct ideas and opinions. Despite these differences, it is still possible to describe the particular traits that characterize the attitudes and customs common to most Canadians and set them apart from other cultures around the world.

Individualism

Generally speaking, Canadians are autonomous and selfreliant. The majority of Canadians perceive themselves as individuals rather than as representative members of a family, a community or other group. Moreover, they treat each other as equals, regardless of sex, ethnic background, religion, age or social status. All individuals are considered equal in every way. Canadians value their privacy, which is a fundamental individual right. It is therefore usually considered impolite to ask personal questions of people you do not know well. Although most Canadians are outgoing and friendly, it is important to understand that some people may not feel comfortable sharing their personal lives.

Leisure

In Québec, most people have a lot of time for leisure. The average Québécois has a natural predisposition towards exuberance and enthusiasm and many occasions are a good excuse to party: carnivals, festivals, hockey games, holidays, etc. Also, with the luxury of being surrounded by nature, many Québécois spend their leisure time in the great outdoors: canoeing, camping, swimming, hiking or simply enjoying the fresh air. Others enjoy movies, sports or restaurants, and many watch a lot of television.

Montréal, Québec, Canada

Québec, a brief overview!

Located in the northeastern part of North America, the province of Québec is relatively close to Toronto, New York and Boston.

The driving distance from Montréal to Toronto or New York (USA) is approximately 6 hours and to Boston (USA) just over 5 hours. Ottawa, Canada's capital city, can be found on the Québec-Ontario border. Ottawa is a driving distance of 2 hours away from Montréal, and Québec City (the provincial capital) is 2.5 hours away.

Québec has close to 8 million inhabitants, spread over an area of almost 1,500,000 km². The majority of the population is concentrated in the southern part along the Saint Lawrence River. Montréal and its suburbs are home to about 4 million inhabitants. Québec City is the oldest city in Canada and was founded over 400 years ago. It's a unique and very popular tourist destination, with plenty of history and sights to see.

Further east, you'll find many fishing villages all along the Saint Lawrence River. Finally, several national parks are spaces for the conservation and protection of flora and fauna. These parks set the scene for infinite discovery and adventure amidst jaw-dropping landscapes.

Did you know that...

*French is the mother tongue
of the majority of Québécois.*

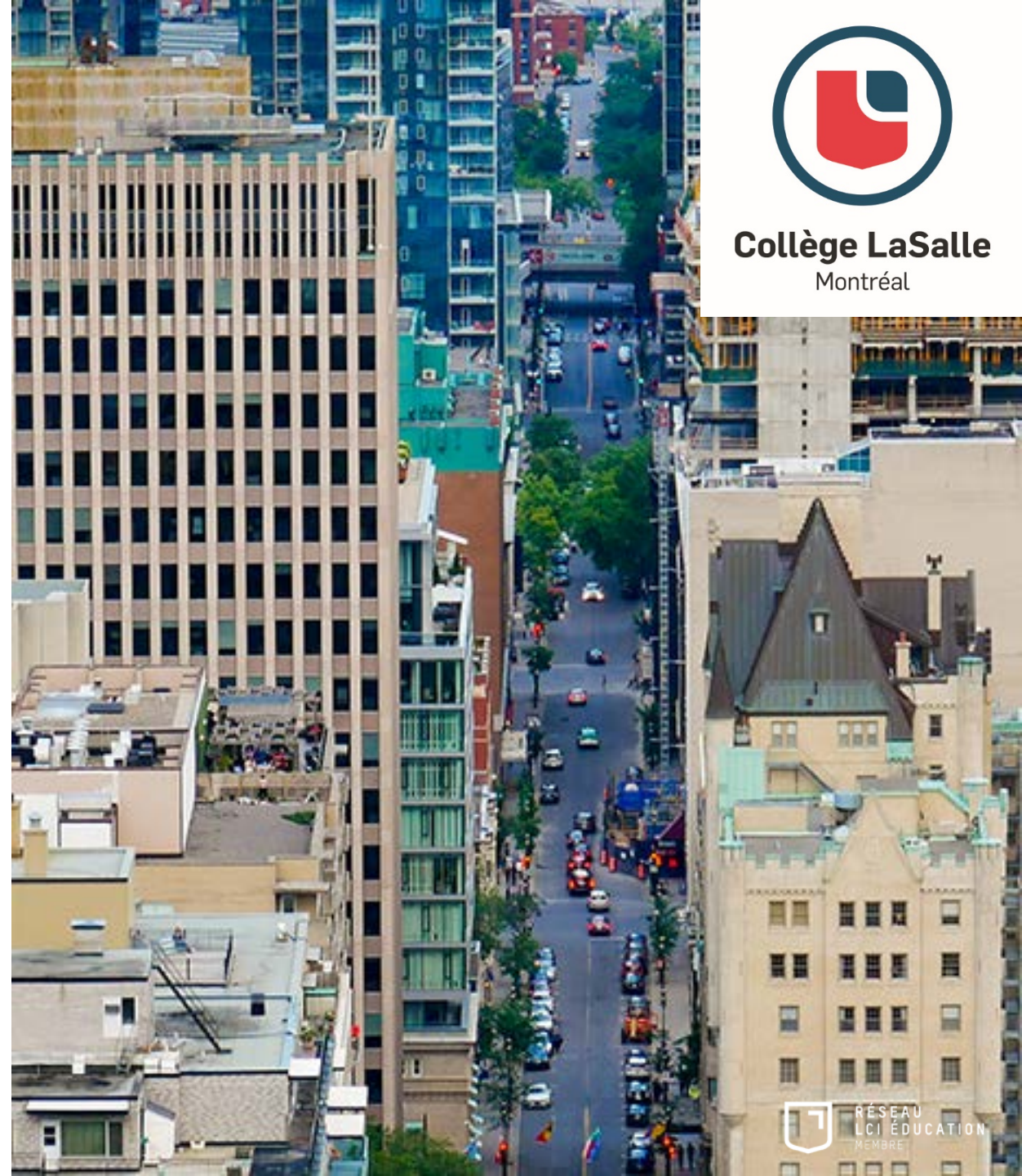
Montréal, Québec, Canada

Montréal in a nutshell

This cosmopolitan francophone city is characterized by its welcoming inhabitants, whose charm and dynamism are enough to make the snow melt!

Montréal is known for having one of the best qualities of life in the world, breathtaking landscapes, a healthy atmosphere, a clean and safe environment, an underground city, a plethora of artistic, commercial and social events – to name only a few of the elements that make this metropolis such a memorable cultural and social experience.

This magnificent city adapts to the rhythm of the seasons and is vibrant both day and night.



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Montréal

Good to Know...

Taxes

Price tags rarely include taxes. In Québec, there is GST (goods and services tax) and QST (Québec sales tax). They add up to 15% of the total of your purchases.

Time change

We change the clocks twice a year.

The clocks go forward on the second Sunday of March. This lets us enjoy more daylight in the evening in spring and summer.

Then the clocks go back to normal on the first Sunday of November.

Tipping

In general, restaurants don't include the tip on their bills. It's customary to leave a 15% tip for the service.

We also tip other workers in the service industry (taxi, hairdresser, barman, etc.).

Getting to know your neighbourhood

To find out when to put out your garbage or recycling, what to do after a snowstorm, or what events are happening in your area, go to the City of Montréal website:

<http://ville.Montréal.qc.ca>

Good to know...

Water

Water is one of Québec's greatest treasures. 10% of the Province's land area is covered by freshwater. More than 500,000 lakes and rivers are scattered throughout the Province, including the majestic Saint Lawrence River that surrounds the Island of Montréal. Despite its abundance, water is still a valuable resource that must be protected.

Hygiene

Water is not only what allows Québeckers to cook their meals and stay hydrated, it also helps with maintaining a healthy lifestyle. Each season is different, and temperatures can go from being very hot to icy cold—creating the perfect conditions to catch certain viruses like a cold or the flu. Washing your hands regularly and taking a shower every day are two simple, yet effective ways to keep you feeling your best.

Laundry

If you don't have access to a laundry machine in your apartment or the building that you live in, remember that you can always wash your clothes at any of the laundromats that can be found in every Montréal neighborhood.

Pharmacy/ drugstore

There are various drugstore chains throughout Québec such as Pharmaprix, Jean Coutu, Familiprix and many more—and guess what—most are just a few yards away from the College. They not only have all of the hygiene products that you need for your everyday life, but the people who work there (pharmacists) can answer your questions if you are experiencing any health problems or discomfort. They can recommend any required medications to help you feel better, or refer you to a doctor.

Tourism Montréal

Get inspired

Check out Tourism Montréal, Bonjour Québec or the City of Montréal websites. You'll find event calendars and lists of must-see sights. Many activities are free.



Tourism Montréal:
Download the mobile app!

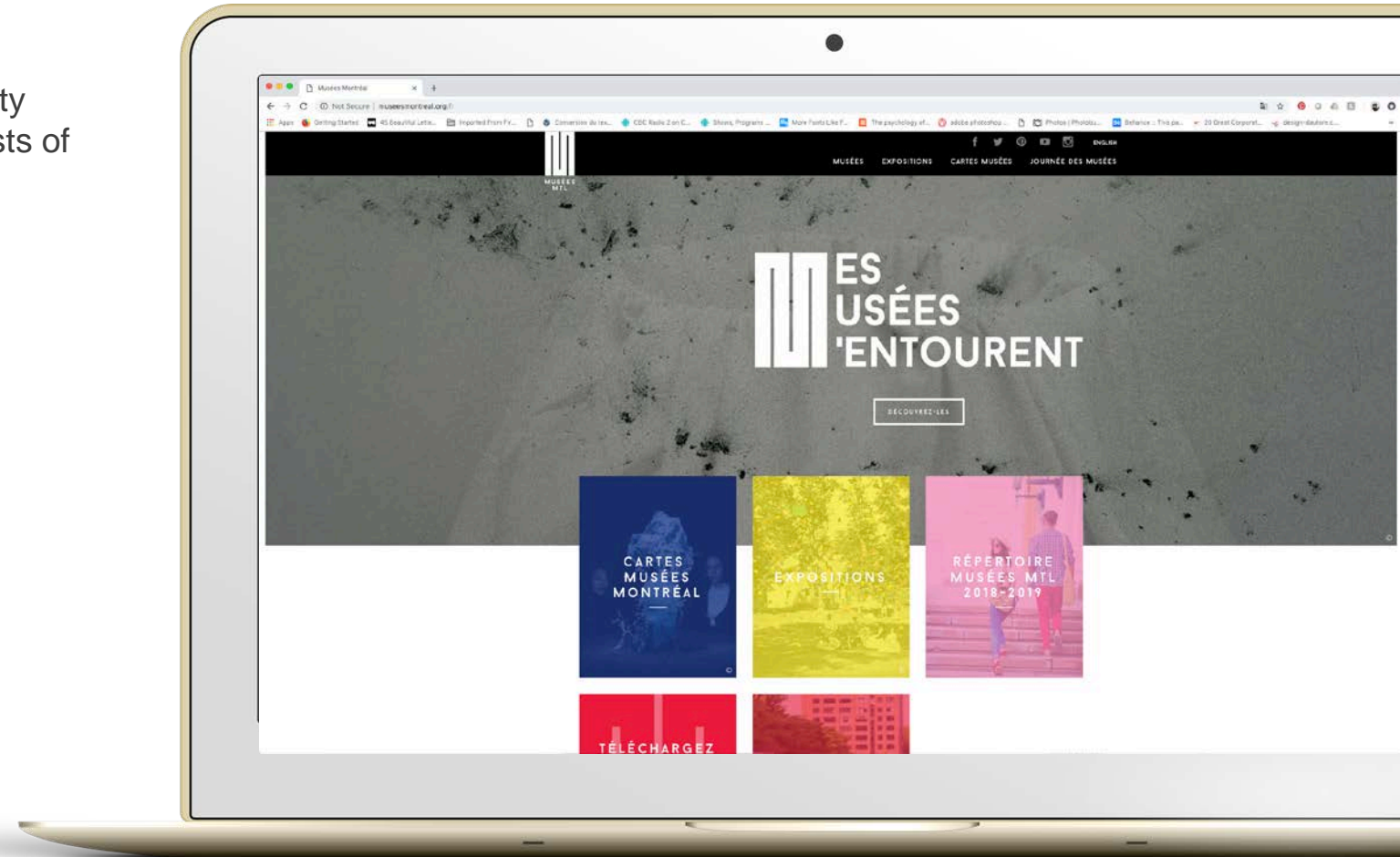
Museums

There are many museums in Montréal.

<http://museesMontréal.org/en>

And they are free on the first Sunday of each month!

- To see:**
- Mont-Royal
 - Biodôme
 - Planetarium
 - Botanical Garden
 - Old Montréal
 - La Ronde
 - Museum of Fine Arts
 - 360° observatory, Place Ville-Marie



Things to do?

Montréal: The city of festivals!

Montréal natives are crazy about festivals; they are passionate about culture and making the most of their lives in the city. Musical performances, circus arts and comedy shows—no matter what it is, it is sure to gather crowds of people of all ages, creating a truly unique and festive atmosphere during the summer. The city continues to thrive during the winter with festivals that celebrate vitality and creativity—from delicious food to extreme sports.

<https://www.mtl.org/fr/quoi-faire/festivals-et-evenements>

Some online resources for city life in Montréal. Find out about the music, fashion and cultural scenes, things to do and see, and more!

Montréal

NIGHTLIFE.CA

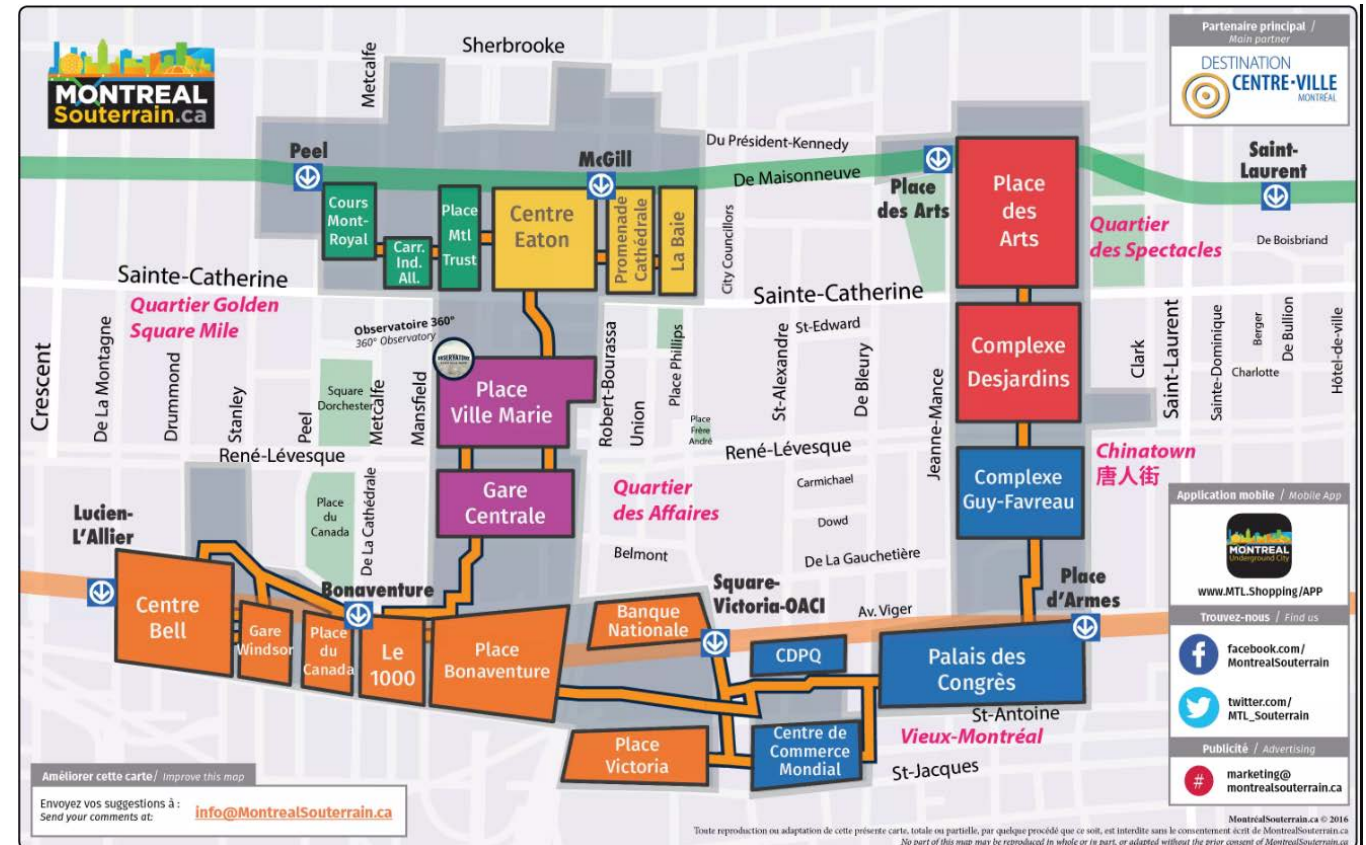
**MTL
BLOG**

VOIR

Where to shop?

There are so many shopping choices available all throughout the city of Montréal, whether you are looking to browse a mall or a local boutique.

Montréal's hidden gem—the Underground City: 30 km of corridors, 2,000 stores, 265 restaurants, 6 concert venues, numerous libraries, two skating rinks, 3 museums... and visited by more than 500,000 Montréal locals every single day!



Important phone numbers

Police. Firefighters. Ambulance.

911

Info-Santé

Provides health-related advice and information—24 hours a day, seven days a week (confidential)

811

LaSalle College Security

514 934-6287

We're fighting against sexual violence
(the College's internal policy)

438-469-1025

Régie du logement

To help you learn more about your rights and obligations as a lessee or a lessor.

514 873-2245

Help for sexual assault victims

A 24-hour telephone hotline offering listening, information and referral services for victims and their families—seven days a week.

514 933-9007
1 888 933-9007

Québec's Poison Control Centre

An emergency telephone service available 24 hours a day, seven days a week if you or someone you know has been intoxicated or poisoned. A team of nurses and doctors can assess the situation, tell you what you need to do and answer any of your questions.

1 800 463-5060

Suicide Action

Available 24 hours a day, seven days a week if you are in distress, anxious or bereaved, etc.

514 723-4000

Protection from frauds and scams

Identity theft, types of fraud, counterfeit money and other threats or scams.

1 888 495-8501



Collège LaSalle
Montréal

| Cheat
Sheet



RÉSEAU
LCI ÉDUCATION
MEMBRE

Cheat Sheet

Before leaving

- ☐ Passport
- ☐ Travel authorization, electronic or other
- ☐ Plane ticket
- ☐ Caq (Québec acceptance certificate)
- ☐ Letter of introduction for the study permit
- ☐ Letter of introduction for the work permit
- ☐ Letter of acceptance
- ☐ Proof of sufficient funds
- ☐ Birth certificate, civil status form or birth record
- ☐ Marriage certificate, if need by
- ☐ Prescriptions for medication, glasses
- ☐ Driver's licence
- ☐ Address of your first destination in Montréal
- ☐ Photocopy of all documents, to carry separately
- ☐ Register at the welcome event

Cheat Sheet

When you arrive at the College

- ☐ Take your placement tests, if required
- ☐ Confirm your course registrations
- ☐ Get your student id card
- ☐ Get a locker, if need be
- ☐ Buy your opus card for public transit
- ☐ Get your tugo insurance
- ☐ Tour the college

Note that the Student Affairs Service can answer your questions. Visit us at our kiosk in the Mezzanine on the first day of class, or at our 6th floor offices.

Preparing Your Budget (example)

To help you prepare your budget

Expenses	
Official documents (see page 4)	\$
Pre-travel purchases (clothing, luggage, etc.)	\$
Transportation (plane tickets or other)	\$
Temporary lodging at arrival	\$
School fees	\$
TuGo insurance	\$
Other insurance	\$
School supplies	\$
Rent for the year (12 months)	\$
Household accessories, furniture	\$
Home insurance (12 months)	\$
Groceries and basic supplies (12 months)	\$
OPUS card (public transit)	\$
Leisure and activities	\$
Total for the year	\$

Income	
Personal savings	\$
Grants	\$
Personal loans	\$
Financial support or assistance	\$
Total for the year	\$



LaSalle College
Montréal

LaSalle College welcomes
you and wishes you great
success



LCI EDUCATION
NETWORK
MEMBER