

## Practical information for students admitted to INRS – Winter 2025

Information for all

Information for international students

### Important message - coming to INRS

Dear student,

INRS is sending you the information below to help you with your preparation. Please read it carefully. It offers guides, tools and mentorship, all for free.

INRS also invites anyone planning to arrive from another country to study at INRS this winter to a **pre-departure meeting**. At this meeting, which will be held in French with English subtitles, we'll remind you of a few things you shouldn't forget. You'll also be able to ask questions in English or French.

#### **Pre-departure meeting**

**When:** November 21, 2024, from 12:30 to 1:30 p.m., [Eastern Time \(EST\)](#)

**How:** Microsoft Teams Meeting

[Click here to join the meeting](#)

Meeting ID: 233 337 719 095

Secret code: 75rVMY

## As soon as you obtain your immigration documents

### International students

#### Let INRS know the results of your procedures

- ✓ **CAQ attestation and study permit acceptance letter:** as soon as you receive one or the other, send a copy to the student records contact for your centre:
  - AFSB Centre: [Etudes.AFSB@inrs.ca](mailto:Etudes.AFSB@inrs.ca)
  - EMT Centre: [Etudes.EMT@inrs.ca](mailto:Etudes.EMT@inrs.ca)
  - ETE Centre: [ETE.Enseignement@inrs.ca](mailto:ETE.Enseignement@inrs.ca)
  - UCS Centre: [UCS.etudes@inrs.ca](mailto:UCS.etudes@inrs.ca)
  
- ✓ **Mentorship:** A mentor can provide you with individual support, free of charge. Are you interested? See details on next page.
  
- ✓ **Arrival date and flight ticket:** as soon as your arrival plans have been finalized, notify your Student records contact and enclose your flight ticket.

#### Note:

We do not recommend that you come to Canada more than one month before the start of the semester for which you have been accepted. If you come to Canada earlier, there is a risk that you will be denied boarding or entry into the country, and the risk increases the earlier you arrive.

People who arrive earlier may have to justify their reasons to customs officers, as the permit obtained is for study purposes. Be prepared to demonstrate these reasons if required. It's especially important in this situation to bring with you all the evidence submitted with your application for a study permit, especially those showing your financial capacity.

#### Health and hospitalization insurance

For full information on health insurance coverage, see the [INRS web page](#): the English version should be added soon.

##### **Students eligible under Québec public plan (RAMQ)**

You must request [official attestation of affiliation](#) to your country's social security or health plan. You'll need this attestation once you're in Quebec.

##### **Students NOT eligible under Québec public plan (RAMQ)**

You will be covered by a mandatory insurance group plan, Desjardins Insurance, but only from December 15. **If you arrive before that date, you need to take out private insurance to cover the days before.** Note that care related to pre-existing conditions may not be covered completely. It's your responsibility to get the information if this is the case. If you have any questions about insurance, please contact [bbve.sesre@inrs.ca](mailto:bbve.sesre@inrs.ca).

## Medication and health diagnoses

If you have any health problems, whether physical or mental, it's your responsibility to be well prepared. Please read the following carefully. Also note that you can communicate confidentially with INRS professional resources at [intervention.sesre@inrs.ca](mailto:intervention.sesre@inrs.ca) knowing that, in any cases, there will be no negative impact on your study project at INRS.

If you are taking medication, make sure you bring enough to last the duration of your stay, or enough to give you time to send your official medical paperwork (including diagnosis and prescription) to a local doctor, who will be able to confirm it. Please note that pharmacists are unable to renew prescriptions issued by health professionals outside Canada.

If you have health issues, we recommend that you undergo a pre-departure consultation in your home country, in order to receive a diagnosis, as well as appropriate treatment and recommendations.

In any case, if you need medical care in Quebec, start the process as soon as you arrive, as it may take longer than expected. Whether it's to confirm a diagnosis, obtain a prescription or get medical follow-up, you need to see a doctor. In cases where a psychiatrist is required, it is the doctor who must refer you, and the delay may be extended. Times can be much shorter in private clinics, but you'll need to be able to pay. In this case, it's a good idea to check with your insurer whether the care you need is covered: you can refer to the section on health and hospitalization insurance above.

## Accommodations for students with disabilities or diagnosed limitations

Anyone with a diagnosed limitation (e.g., sensory or motor impairment, learning disability, attention deficit disorder, mental health problem, etc.) requiring accommodation from INRS can make a request by consulting the [web page on the subject](#).

It's important that you have your diagnostic proof in hand when you arrive. When you book your first appointment, you'll need to provide a medical certificate or assessment report attesting to your disability or limitation. This diagnostic assessment report must highlight the current impact of the disability or limitation on your studies. If applicable, the report should include information on any medication you are taking and any side effects that may affect your academic performance. If you need to see a health professional in Quebec to confirm your diagnosed limitation, such as a neuropsychologist or speech therapist, you should be aware that this can be a long and costly process, as it is carried out in a private clinic. In due time, you should check with your insurer to see if the services you require are covered.

## Importance of being able to communicate in French

The official language of Quebec is French. Although many of your colleagues may be able to speak to you in English, and although INRS translates some resources to help newcomers, official communications from INRS and the Quebec authorities will be in French. The language is important if you want to integrate well into Quebec society in your day-to-day life. This is especially true if you're settling outside the Montreal area, where bilingualism may vary.

If you have a limited knowledge of French, INRS encourages you to begin classes as soon as possible. Francisation Québec offers courses for immigrants to Quebec. Once you've obtained your CAQ, [courses are available in various cities abroad](#).

It's a good idea to register as soon as you arrive for the [free in-person courses](#). Processing times are long, and you'll have to wait until the second trimester before you can take advantage of the courses.

### Register for the *Accueil Plus* service at the airport

**Montréal-Trudeau airport will be your first point of entry into Canada, between December 28, 2024 and January 12, 2025?**

- a. [Register to \*Accueil Plus\* service](#), offered during this period at Montréal-Trudeau airport, to speed up administrative procedures at the airport and facilitate your arrival.
- b. For those with Montreal as their final destination, registration also gives you access to the welcome kiosk at the airport on arrival. The kiosk staff can guide you from 12 to 8 p.m., at Immigration Québec (MIFI) offices, just before exiting the secure zone.
- c. It is also recommended that you **register for the information webinar depending on the region** in which you will be living. Webinar participants will be provided with a detailed practical guide. See the appendix of the current document for registration links by INRS campus and region.

## Preparing to come to INRS

All

### Confirm your arrival and enroll

If you haven't already done so, please confirm your arrival with your Student records contact (see email on the first page). As the beginning of the semester comes closer, be sure to enroll. If you arrive after the beginning of the semester, make sure you have your research supervisor's approval, and enroll as soon as you arrive.

Note: **International students** must have obtained their study permit at the border and sent a copy to the student records contact in order to be able to enroll.

### Mentorship

A team of student mentors will be ready to support you with your preparation, arrival and integration. The mentorship is offered by students like you, to help you, and this is totally free. You can benefit from mentorship in two ways:

1. By requesting a one-to-one pairing, which we recommend;
2. By contacting the on-call team ([see program page](#)).

The one-to-one pairing will take place after you have requested it at [bbve.sesre@inrs.ca](mailto:bbve.sesre@inrs.ca). If you are an **international student**, you must have your study permit acceptance. Pairing is based on preferred language of communication, background and previous experience, as well as program of study.

## Housing

Finding a place to live in Quebec has proven difficult in recent years. The housing shortage means you need to take steps before you arrive and prepare a backup plan to avoid being caught unprepared.

### Your responsibility

As a graduate student, INRS expects you to take responsibility for finding your own accommodation. Since some of the steps involved can be more complex at a distance, and given that you may not understand certain details, INRS offers you information and resources, as well as basic support to assist you.

### Resources

Consult the [Finding a place to live](#) interactive document for information and advice. You can also consult GARE (see next page) for a more up-to-date list of resources and student residences. If necessary, your mentor may be able to give you some ideas and help you out. Your supervisor may also be able to assign someone from his or her team to support you.

If required, the INRS letter of financial support can be used to demonstrate your solvency. Failing anything better, short-term accommodation can be used to bridge the gap while you search for a more appropriate solution.

## One-stop Student Resources Centre (GARE)



To find the answers to all your questions on INRS, on how to get started and on how to get here, you can visit the [GARE web page](#). You can **ask any questions by email**, and **for Meta or Facebook users, even chat with us**, depending on when the service is available (Eastern time).

## Welcome day and Integration training sessions

A few weeks before the beginning of the semester, you'll receive an invitation to your centre's welcome day. In addition, four integration training sessions are offered in September and October for you to get prepared for the challenges you will face. We strongly recommend that you take part in these to get your journey at INRS off to a good start.

## Final preparation

### *International students*

#### Credit cards, bank cards and money transfers

For information on this topic, please consult the [Personal finance for newcomers to Québec](#) interactive document.

#### Telephone and Internet

It's a good idea to have a SIM card that works in Canada. This can be very useful when you arrive. Ask your provider for details. For your first few days in Québec, you should also know that [some places offer free Internet access \(in French\)](#).

On a more permanent basis, you should consider taking out a call and data package in Canada. The Immigrant Québec site provides [information on this subject \(in French\)](#). To find the package that's right for you, whether for phone, Internet or TV, you can compare the [plans available in Québec on Planhub](#).

### Going through customs

Review the list of documents you need to bring with you to enter Canada, as [presented by the Canadian government](#). In particular, make sure you have the financial capacity evidence you submitted with your application.

When you receive your study permit, check that the information and numbers on it are correct. A mistake can have unpleasant consequences. Also check that your permit contains the condition allowing you to hold a job on or off campus: otherwise, you won't be able to work unless you go through a lengthy process to request a correction.

If you've applied for a co-op work permit, be sure to tell the border services officer so that he or she can issue it to you.

### Apply for a SIN to be allowed to work

For the 2024 fall session, international students can obtain their Social Insurance Number (SIN) in two different ways:

**1. Directly at the Montreal airport**

At the ministère de l'Immigration du Québec (MIFI) located just before the exit to the arrivals area - Monday to Friday, from 12 p.m. to 4:30 p.m.

**2. Online application**

Applying online is EASY and QUICK.

It is processed within 5 days, plus postage, and requires no trip to a Service Canada Centre. Here's the link to the online application: [Apply for a SIN online](#). Virtual coaching sessions are available.

**3. In person**

- Make an appointment by filling out the [eService](#) request form
- [Find a Service Canada Office](#)

## APPENDIX – ACCUEIL PLUS WEBINARS BY CAMPUS AND REGION

*Click on the links below to register. Or consult the French document for more webinars in French.*

### **Montreal (AFSB-Laval, EMT-Bonaventure, EMT-Vareennes and UCS-Montreal campuses)**

English | | [December 16, 10:30 a.m. Eastern Time \(EST\)](#)

[December 22, 1:30 p.m. Eastern Time \(EST\)](#)

[January 3, 11:30 a.m. Eastern Time \(EST\)](#)

*See French webinars into the French document.*

### **Québec City (ETE-Québec and UCS-Québec campuses)**

*See French webinars into the French document.*

### **Abitibi (UCS-UQAT)**

*See French webinars into the French document.*

### **Bas-Saint-Laurent – Rimouski (UCS-UQAR)**

*See French webinars into the French document.*

### **Mauricie – Trois-Rivières (EMT-UQTR)**

*See French webinars into the French document.*

### **Outaouais – Gatineau & Ottawa (EMT-UQO)**

*See French webinars into the French document.*

### **Saguenay-Lac Saint-Jean (AFSB-UQAC)**

*See French webinars into the French document.*