

Living in Montréal

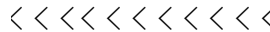
2010-2011

- **Before leaving**
- **Settling in Greater Montréal**
- **Living in Montréal**
- **Becoming a permanent resident**





LIVE HERE



MONTREAL 
for your career and for life

Founded nearly 375 years ago, Montréal remains the world's second-largest French-speaking city. Situated at a crossroads of American and European influences, our city possesses a unique personality that will delight all visitors.

A UNESCO City of Design since 2007, with a rich and diverse architectural heritage, Montréal is one of the world's safest and most hospitable cities. It is a thriving and highly animated metropolis that is famous for its festivals, museums, music, fine dining, architecture and parks.

Montréal is also home to many communities of different origins that have enriched its cultural environment and forged a new urban landscape. A stroll down certain streets reveals the charm of our cultural melting pot and the variety of our specialized boutiques and small shops. Visiting Montréal is like taking a tour of the world—without having to travel very far.

Montrealers are proud of their city and are well known for the cordial and cheerful welcome they extend to visitors.



From the
Mayor



A handwritten signature in blue ink that reads 'Gérald Tremblay'. The signature is fluid and cursive, with a long horizontal stroke extending from the end of the name.

Gérald Tremblay
Mayor of Montréal

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About this
guide



Map of the subway



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Before leaving

QUÉBEC TERRITORY

Québec extends over 1,540,680 km². Its area is equivalent to that of Spain, Portugal, France, Belgium, Switzerland and Germany combined. It is bordered by the United States to the south, New Brunswick, Newfoundland and Labrador and the Atlantic Ocean to the east, and Ontario to the west. In addition to many urban areas, it contains extensive agricultural plains and huge forests, as well as some of the oldest mountains in the world, coastal, mining and industrial areas and Arctic regions that remain virtually unexploited. Dominated by the St. Lawrence, one of the world's largest rivers, Québec's countless lakes and rivers account for 3% of the planet's freshwater water resources.

1643: A first cross was erected on Mount Royal by Sieur de Maisonneuve, in thanks for the colony being saved from the threat of flood.

1658: Margaret Bourgeoys founded the first school for young girls while Jeanne Mance established the first hospital in Montréal, the Hotel-Dieu.

1701: The Indians sign the Great Peace. Settlers then engage in the fur trade. Wars being waged at the time against both the Indians and the English drove the city to fortify itself. However these protective measures failed to discourage the designs of the British.

1760: The surrender of New France is signed in Montréal.

1778: It is a Frenchman, Fleury Mesplet, who creates the first newspaper in Québec, "la gazette du commerce et littéraire pour la ville et le district de Montréal (the business and literary gazette for the city and district of Montréal). Today, The Gazette is the only English daily in the city.

1792: An administrative decision divides the city in two: east and west of St. Laurent Boulevard.

1801: The old city grows beyond its walls and they have to be torn down.

1824: The Lachine Canal opens, leading to unprecedented economic growth.

1832: Montréal was administered by various governors until King William IV allowed the city to become incorporated.

1833: The city's first mayor, Jacques Viger, is elected.

1887: The inauguration of the first transcontinental railway marks the beginning of Montréal's golden age. During the American prohibition, Montréal becomes a favorite destination for Americans: it is the dawn of the great cabarets and Montréal's reputation as an exciting city.

1959: The St. Lawrence Seaway enables ocean-going ships to continue upriver to the Great Lakes.

1967: The world exposition Terre des Hommes (Man and His World) changed the city and underlined its international vocation. It pursued this direction by hosting the Summer Olympic Games several years later.

1976: Montréal is the host city for the Summer Olympics.

TABLE OF DISTANCES FROM MONTRÉAL

QUÉBEC CITY.....	255 km
BOSTON.....	495 km
TORONTO.....	545 km
NEW YORK.....	610 km
BUFFALO.....	640 km
DETROIT.....	900 km
CHICAGO.....	1 365 km

Source : www.caaquebec.com

SPOKEN LANGUAGES IN THE MONTRÉAL AREA

Francophones :
2 231 975 : 63 %

Anglophones :
423 115 : 12 %

Bilingual (French and English) :
1 826 540 : 52 %

Allophones :
58 730 : 2 %

Source : Statistique Canada, Recensement 2006 ; Compilation : From : l'Observatoire Grand Montréal de la Communauté métropolitaine de Montréal

DEMOGRAPHIC DATA

In 2006, the Montréal Metropolitan Community numbered 3 532 554 people, which is about 50% of Québec's population and the reason for its economic, social and political importance. The Montréal Metropolitan Community is composed of 82 municipalities.

MONTRÉAL 1 854 440 inhabitants (52%)
www.ville.montreal.qc.ca

LONGUEUIL 385 533 inhabitants (11%)
www.longueuil.ca

LAVAL 368 709 inhabitants (10%)
www.ville.laval.qc.ca

SOUTH SHORE 493 971 inhabitants
NORTH SHORE 429 899 inhabitants

Source : Statistique Canada, Recensement 2006 ; From : l'Observatoire Grand Montréal de la Communauté métropolitaine de Montréal

MONTRÉAL, A LITTLE HISTORY

Before the arrival of the French, Montréal, then called Hochelaga, was an American Indian village inhabited by Mohawks.

1535: The explorer Jacques Cartier arrived on the site. Having climbed the mountain, he names it *Mons Realis* (Royal Mountain) in the honor of King François the First.

1642: Ville-Marie, the future Montréal, is founded by Paul de Chomedey. The small colony settles near the river banks.

1992 : Montréal celebrated the 350th birthday of its foundation (1642).

2005 : The city obtained cutting edge installations to the Park Jean-Drapeau to accommodate the FINA watery sports world championship in July.

CLIMATE

Because of its latitude and location, Québec has a continental climate characterized by cold winters and relatively hot summers. Although seasonal temperatures vary in different regions of Québec, in Montréal they reach an average maximum of 26°C in summer while the average minimum winter temperature is -15°C.

Most newcomers underestimate the severity of the Québec winter. In fact, temperatures sometimes reach from -25°C to -30°C and snow is generally abundant. Furthermore, the mercury often exceeds 27°C in summer. Fortunately, homes are equipped with heating and insulation that provide all the comforts necessary during the cold season and some also have air conditioning to counter the summer heat.

It is recommended that you use the moving services of a company located in Montréal itself. In addition to moving, most companies also offer a storage service. It is preferable to manage the move on site rather than from a distance, in case of any problems.

Here is a list of some international moving companies:

AMJ CAMPBELL INTERNATIONAL

1255, 32^e avenue
Tel. : 514-631-5223 / 1 888-265-6883 | Fax : 514-631-1232
mbelanger@amjmontreal.com | www.amjcampbell.com

DÉMÉNAGEURS MELDRUM (LES)

6645, rue Sherbrooke Ouest
Tel. : 514-481-1122 / 1 800-561-1123 | Fax : 514-488-5305
info@meldrumthemover.com | www.meldrumthemover.com

DÉMÉNAGEMENTS PERFORMANCE PMI INC. (ALLIED)

11 100, rue Mirabeau
Tel. : 514-351-8700 / 1 866-680-8700 | Fax : 514-352-8702
www.pmiperformance.com

EUROPACK

620, avenue Orly, Dorval
Tel. : 514-633-8583 | Fax : 514-633-8321
info@europack.ca
www.europack.ca

GROUPE CDP

5, Complexe Desjardins, Niveau 52, Case postale 698
Tel. : 514-849-8490 | Fax : 514-849-7090
cdpcentreville@gcdp.ca
www.gcdp.ca

MARTEL EXPRESS MONTRÉAL INC.

10 105, boul. Henri-Bourassa Ouest, Ville Saint-Laurent
Tel. : 514-331-3311 / 1 800 642 2862
Fax : 514-331-0303
info@martelexpressmontreal.com
www.martelexpressmontreal.com

Most of these long-distance moving companies offer:

- A short-stay and long-stay storage service with optimum conditions, either before departure or when the shipment arrives;
- Comprehensive insurance for your goods transported by land, sea or air. This policy covers any damage that may occur between your current residence and that of your destination and is subject to certain terms and conditions;
- A transport service for your vehicle (car, motorcycle, etc.).

Agencies specializing in relocation provide many services and advice that may be of great value when you are settling into the metropolitan area of Montréal. Most of these agencies offer a diverse range of services, namely:

- A visit to Greater Montréal
- Information about the Montréal region
- Assistance in renting or buying an apartment or house
- Help with administrative formalities (health-insurance card, social insurance number, driver's license, and opening a bank account)
- Search and help in choosing schools and day-care centers for your children. As a general rule, it is your employer who takes care of the costs of services provided by these agencies.

RELOCATION AGENCIES



MOVING

Here are some relocation agencies:

ARIANNE RELOCATION CANADA

1600 Notre-Dame Street West #312

Tel. : 514-482-2200

Fax : 514-937-0137

www.ariannerelocation.com

This agency sets itself apart by exemplary follow-up and dynamic communication. It offers a complete range of relocation services: analysis of your needs, moving and immigration procedures, realty and schooling search, welcome and support for your settlement. Whether you are on your own or arriving with your family, ARIANNE Relocation Canada will guide you to a smooth landing in Montreal!

IDÉAL CANADA

345 avenue Victoria – suite 303

Tel.: 514-903-9959

Fax: 514-903-1490

www.idealcanada.com

An international relocation services agency, Idéal Canada also offers a program for cultural and professional integration. Its pleasant team leaves no stone unturned when it comes to taking charge of your relocation. Idéal Canada will find the accommodation you really want and for a good price. Children are not forgotten. Our services will meet all your needs and those of your little ones.

PRIMACY RELOCATION CANADA

460, rue Saint-Gabriel,

3rd floor, suite 31

Tel.: 514-861-0903

Fax: 514-861-8625

www.primacy.com

Primacy Relocation Canada is a Montréal-based company. It is owned by an international group with the same name and specializes in international mobility management. The Montréal team manages several hundred relocations every year. It provides turnkey assistance including real-estate services, relocation services, goods transport management, and immigration management.

THE MI GROUP

1301, 32^e avenue

Tel. : 514-636-8062 / 1-888-844-3820

Fax : 514-636-9031

mi.montreal@themigroup.com | www.themigroup.com

The MI Group provides extended planning, quality support, and the care for detail necessary for all your relocation needs. Their Flexiplan offers a wide variety of relocation services designed to meet the needs of the international business community.

VIA MONTRÉAL

Tél : 514-231-3244 | Fax : 514-327-9138

info@viamontreal.com | www.viamontreal.com

Via Montréal is a company set up to meet the constantly growing needs of employers and their staff members when moving to Montréal. The relocation services offered by Via Montréal fall within the scope of employee aid programs enabling newcomers to quickly settle in to their new environment. The service is completely personalized and adapted to the specific needs of each client.

GROUPE RANGER

440, boul. René Lévesque Ouest,

Bureau 1200, Montréal

Tel. : 514-844-1746

Fax : 514-844-6996

info@groupe-ranger.com

www.groupe-ranger.com

A team of experienced professionals will guide you in your recruitment of middle- and upper- managers in administrative or technical fields. The competences and expertise of their consultants as well as their candidates will satisfy the most demanding businesses.

Services offered :

- + Permanent IT posts recruitment
- + IT consultation
- + Career transition
- + Career management services
- + Potential evaluation

**International
MOBILITY**

440, René Levesque O., suite 1200
Montreal, Qc H2Z 1V7
☎ 514.844.1746
☎ 514.844.6996

59 Rue des Petits Champs
75001 Paris, France
☎ +33 (0)1.42.44.44.61
☎ +33 (0)1.49.26.09.76

www.groupe-ranger.com | info@groupe-ranger.com
worldwide expatriation of resources
in information technologies

**GROUPE
RANGER**

member of **careerpartners**
INTERNATIONAL LLC

TEMPORARY WORKER STATUS

This expression refers to a foreign national who holds a work permit issued by Immigration Canada (CIC). The document authorizes its holder to work exclusively for the company mentioned on it.

To change employers, the foreign national must request a new permit. However, certain categories of people can obtain an «open» permit that allows them to hold any job. This applies to spouses of temporary workers and students.

The work permit is valid for the term of the job, usually between one and three years. It can be renewed under certain conditions, but for a total period not exceeding five years, unless an exception has been made.

ACCESS TO PUBLIC SERVICES

Generally speaking, a temporary worker and his family have the right to the same services as Canadian citizens or permanent residents, sometimes subject to specific eligibility requirements. Here are the main public services to which they are entitled:

→ Québec health insurance

The temporary worker, his spouse and dependents have access to this free and universal plan that covers medical and hospitalization services. Nationals from the following countries are immediately eligible without a period of non-coverage: Denmark, Finland, France, Greece, Luxembourg, Norway, Portugal and Sweden.

→ Québec prescription insurance

This public plan pays 70% of the cost of basic prescriptions for those who do not have access to a private plan. Many employers offer group plans that provide at least the same services.

→ Employment insurance

If a temporary worker loses his job, he can submit an application for employment insurance benefits limited to the term of his work permit.

→ Québec Parental Insurance Plan (QPIP)

This plan pays benefits to all eligible workers—salaried and self-employed—who take maternity leave, paternity leave, parental leave or adoption

leave. The QPIP is an income replacement plan. You must have received employment income to be eligible.

Québec and Canadian family assistance plans

Several public plans pay allowances for children:

- **Soutien aux enfants du Québec**
- **Canada Child Tax Benefit (CCTB)**
- **Universal Child Care Benefit (UCCB)**

In addition to meeting the general eligibility requirements, you must have lived in Canada for at least 18 months to be eligible for benefits.

All essential documents to bring must be originals or certified copies. When records are in a language other than French or English, it is necessary to obtain an official translation (done by a certified translator) or authenticated by official authorities. This translation must accompany the originals.

ESSENTIAL DOCUMENTS

- passport
- work permit / visa(s)
- other identity documents, (e.g. national identify card, ...)
- birth certificates dating from under three months of age
- family record book
- valid driver's license or international license
- sworn statement of good driving from the insurance (may decrease car insurance premiums in the host country)
- medical (X-rays if necessary) and dental records for each members of the family
- vaccination and immunization cards
- proof of membership in your country's health insurance plan (Carte Vitale for French citizens)
- letter from your bank in the country of origin showing your credit record (may be very useful for obtaining a credit authorization in the host country)
- copies of your tax declarations for the three previous years
- diplomas, school certificates, certificates of education, transcripts, description of courses taken and internships served, certificates of employment or work experience

CHECKLIST AND PRACTICAL ADVICE



- references from former employers or your current employer
- up-to-date curriculum vitae
- reference letter from your landlord (for renters)
- school report cards for children
- adoption certificate(s)
- marriage certificate
- documents authorizing children in your custody to leave Canada without the other parent
- documents establishing the custody of children (if applicable)
- divorce certificate (if applicable)

All documents listed above will be useful in Québec for:

- customs checks
- obtaining a social insurance number
- obtaining a health insurance number
- obtaining a driver's license valid in Québec
- enrolling your children in school
- ensuring recognition of your academic and professional qualifications
- opening a bank account
- applying for a mortgage

Be sure to have some Canadian currency for visa formalities and insurance. Pay special attention to the spelling of names, surnames, and the accuracy of dates of birth that appear on any official documents issued for you or your family members.

PREPARING FOR THE MOVE

- Organize the packing and moving of belongings
- Request an estimate of goods from the insurance company
- Inquire about customs procedures in the host country
- Organize the transportation for pets (if applicable)

PLANNING FOR ACCOMMODATION IN QUÉBEC

- Plan your temporary accommodation (if necessary)
- Find out what neighborhoods are

recommended and the types of houses, apartments available

- Obtain civil liability and housing insurance
- Ensure that the necessary repairs to the housing in the host country are done before your arrival (if applicable)
- Find out beforehand about obtaining services such as heating fuel, water, electricity, phone, Internet, etc., and the procedures that need to be undertaken to obtain them.

SCHOOL IN QUÉBEC

- Inquire about local public and private schools
- Understand the basics about the local educational system (evaluation, levels, etc.)
- Inquire about enrolment conditions, wearing of uniforms if applicable, etc.
- Inquire about the different transportation options available for your children

FINAL PREPARATIONS

Don't forget to cancel your contracts with the following companies or services:

- Electric company
- Supplier of gas or fuel
- Water company
- Phone company
- Cable or satellite TV service
- Internet provider
- Bank. (It is recommended that you keep an account open in your country of origin. Have your bank statements forwarded to your new address as soon as possible. Give a member of your family a proxy to your account if need be.)
- Insurance company
- Doctor
- Pharmacy
- Post office (have your mail forwarded to your new address)
- Family allowance
- Electoral list (register at the consulate upon arrival in Canada if you wish to continue voting in your country of origin)
- Cancel subscriptions to magazines and newspapers
- Schools



- Lawyer
- Notary
- Social activities, clubs or recreational associations
- Professional associations, relatives and colleagues

UPON ARRIVAL

- Apply for your health insurance card
- Have your driver's license transferred
- Register with your consulate



« Business people know that Montréal is the economic hub of Québec. [...] We have (in Montréal) a strong knowledge-based economy relying on a highly skilled workforce. [...] Montréal has been central in the success of Canon Canada.

Tamotsu Nakamura,
President and Chief Executive Officer
Canon Canada »

Settling in Greater Montréal

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ARRIVING AND THE FIRST FEW DAYS

ENTRY AND WELCOMING PROCEDURES

Upon your arrival, you will note that the routine procedures are relatively simple and short if you have a valid passport and visa.

Canadian Customs and Immigration Services have the authority to grant a working, study or visitor's visa during customs inspections.

CUSTOMS AND IMMIGRATION SERVICES

www.serendreaucanada.gc.ca

Passing through customs

First, you must go through customs like all other passengers, showing your passport and the form that the Canadian Embassy gave you. You then must go to the Immigration Canada offices.

Going to Immigration Canada

At Immigration Canada, you will meet an agent who will help you fill in your immigration form, as well as those of family members present with you. He will give you a copy of the form, information leaflets and a form to use to request your social insurance number (SIN).

Going to Immigration Québec

Upon arrival in Québec, you should consult a Québec Immigration agent. You will be registered for information sessions of your choice. After the various registrations, you will be able to go to customs for your personal effects.

Going to "Personal Effects" Customs

Once all of the procedures mentioned above have been completed, you will be able to see a customs agent for your personal effects. If you have had packages sent to you by "container" or any other means (belongings you do not have with you) you must mention them and state whether they are used or new, as well as provide an estimate of their value. This procedure exempts you from paying customs charges when you retrieve them later.

You can, when you first arrive in Canada, temporarily import your personal and domestic belongings without paying duty. These belongings include furniture, dishes, silverware,

appliances (however check the voltage) and automobiles. You must however comply with the following conditions:

- do not permit a Canadian resident to use your belongings
- refrain from selling or otherwise disposing of your belongings in Canada
- take everything with you when you leave Canada (including the automobile)
- pay a reimbursable deposit to customs, if required, even if as a general rule all these belongings are not subject to duty.

N.B.: To import vehicles, you must be careful about Transport Canada's safety and emission standards. Provincial authorities can require a safety certificate for registration.

More information at:

www.riv.ca www.tc.gc.ca/securiteroutiere/

You can import duty free a certain amount of alcoholic beverages and tobacco products, as long as you are at least the minimum age (18 years old in Québec).

- If you are 18 years old or more, you can import 400 grams and 400 sticks of tobacco.
- If you are above the minimum age required by the province where you enter Canada, you can bring in 1.14 liters of spirits or 1.5 liters of wine or 24 cans or 335 ml (12-ounce) bottles of beer (or the equivalent, which is 8.5 liters) without any customs duty being applicable.

You can import a higher quantity of alcoholic beverages than the exemption limits. However, the cost will be higher because you will have to pay customs charges as well as provincial fees. When you become a permanent resident, you can import your wine cellar, up to 270 liters, with special fees payable to the Société des Alcools du Québec (www.saq.com).

Firearms, Pets, Plants

Canada has very strict rules covering firearms. You must first obtain the appropriate permits by contacting the Sûreté du Québec.

Site for the Canada Firearms Center:

www.rcmp-grc.ca/cfp-pcaf/

ALCOHOL AND TOBACCO



RESTRICTIONS



CANADA CUSTOMS AGENCY
Tel.: 1 800-267-6999
(automated system for
businesses and individuals)
www.cra-arc.gc.ca

**CANADA BORDER SERVICES
AGENCY, METRO MONTRÉAL**
400, place d'Youville,
2nd floor, Montréal
Tel.: 1 800-959-2036

**AGRICULTURE AND
AGRI-FOOD CANADA**
www.agr.gc.ca

Because pets can be carriers of parasites or illnesses that are harmful to human beings, cattle, crops and forests, customs agents supervise their entry into Canada jointly with Agriculture and Agri-Food Canada and other regulatory organizations.

Please enquire ahead of time on the Canadian Food Agency's website at:
www.inspection.gc.ca

Customs agents also help Agriculture and Agri-Food Canada to control the entry into the country of plants, including soil, sand and any matter in which they are planted or wrapped, because this matter can carry harmful insects or illnesses. You must obtain beforehand an importation permit from Agriculture and Agri-Food Canada and a phytosanitary certificate from the government authorities responsible for plant health in your country of origin.

Meat, Dairy Products, Fresh Fruit and Vegetables, Endangered Species

A complex group of requirements, restrictions and limits are applicable to the importation into Canada of meat, dairy products, fresh fruit and vegetables and other food products. You can prevent difficulties with customs services by avoiding importation into the country of such products. Customs agents help Environment Canada apply the Convention on International Trade in Endangered Species. This convention restricts trade and movement of a certain number of particular species of animals, fish, birds, reptiles, insects and plants, and all recognizable byproducts made with their fur, skin, bones, etc.

You will find an information booth in all the airports, train stations and bus stations. From Montréal-Trudeau airport :

By the 747 Express bus. 1 to 3 departures per hour, 24 hours a day, to the Montréal's central bus terminal (Berri-UQAM metro station), featuring nine stops on its way. The \$7 fare is payable in (exact amount) cash aboard the bus or with a fare card, sold at the airport (international arrivals level) and at the Gare d'autocars de Montréal (central bus terminal). It also provides travellers with a transit pass valid on the STM bus and metro network for the next 24 hours. Other public transit fares can also be used for the express service, at no additional cost, including

regular and reduced fare weekly and monthly CAM cards, 1-day and 3-day passes, and monthly TRAM cards, for zones 1 to 8. Info : www.stm.info/English/info/a-747.pdf
By shuttle (Aerobus) : departures every 30 minutes from 9 a.m. to 9 p.m.; hourly from 9 a.m. to 9 p.m. One-way ticket: adult \$16, elderly \$15, children (5 to 12 years) \$13.
www.autobus.qc.ca

By taxi. The price of a trip, regulated by the government, is established by a meter that the driver starts up upon departure. A global price can be negotiated for long distances. For your information, a trip by taxi from Trudeau airport to downtown Montréal is \$38.

By limousine. \$49.50 to \$54.40 to downtown:
To reserve a taxi or limousine: 514-394-7377.

The money used in Québec is the Canadian Dollar (CAN \$). It is divided into 100 cents and is available in the following formats:

Coins

1 ¢, 5 ¢, 10 ¢, 25 ¢, 1 \$ and 2 \$.

Bank notes

5 \$, 10 \$, 20 \$, 50 \$ and 100 \$.

If you did not bring some Canadian money with you at the time of departure, you can get some at the exchange counters found in airports as well as in downtown Montréal. This service is offered by foreign exchange dealers and in certain bank and Caisse populaire branches.

N.B.: Because of the fraud, some stores now refuse \$100 bills and \$50 bills.

Almost all goods and services are subject to consumption taxes collected by the Canadian and Québec governments:

- The Canada goods and services tax (GST): 5%
- Québec sales tax (QST): 7.5% of the sales price plus the GST.

Unless otherwise indicated, these taxes are not included in the listed price.

SUBWAY AND BUS

The city of Montréal has a public transportation system using both buses and subway, referred to as the metro. It offers a network of 68 metro stations, particularly appreciated during winter

CANADIAN CURRENCY

CONSUMPTION TAXES

PUBLIC TRANSPORT

HOW TO GET TO DOWNTOWN MONTRÉAL

Fares as of January 1, 2010

Regular cash

1 trip. 2,75 \$

Single fares à la carte

1 trip. 2,75 \$

6 trips 13,25 \$

OPUS*

1 trip. 2,75 \$

6 trips 13,25 \$

10 trips 21,00 \$

Weekly pass 20,50 \$

Monthly pass 70,00 \$

**The OPUS card may be bought
in most metro stations and must
be credited before being used.*

1 / 3 day passes

1 day. 7,00 \$

3 days 14,00 \$

Trip information

Tel.: 514-288-6287 or AUTOBUS

General information and found objects:

Tel: 514-786-4636 or STM-INFO
(choose option 4 then option 2)

www.stm.info

(including three stations in Laval and one in Longueuil). Divided into four lines, the metro serves the heart of the metropolitan region and connects the cities on the St. Lawrence River's South Shore to Montréal's center, as well as Laval to the north of the city.

The payment method for a public transportation ride can vary from one municipality to another. You can pay with cash (the exact amount is required on buses and commuter trains — they do not accept tickets or provide change) or with tickets bought from authorized agents (except in Montréal) or in metro stations.

If you need to use several buses, or even the metro and a bus to get to your destination, you don't have to pay each time. Your ticket or card allows you to continue your trip without additional cost. Keep it until you reach your destination and use it again on your way if you change transportation types en route.

If you use public transportation almost exclusively to get around, the purchase of a monthly or weekly card (OPUS) gives you an unlimited number of trips during the validity period at a more favorable price.

School children under 18 years of age and people 65 years old and older are eligible for tickets and monthly cards at a reduced rate. To have access to these rates, you must first obtain an identity card issued by the Société de Transport de Montréal (STM).

There are five trains linking downtown Montréal and the suburbs:

- Montréal/Dorion-Rigaud
- Montréal/Deux-Montagnes
- Montréal/Blainville/St-Jérôme
- Montréal/Mont-Saint-Hilaire
- Montréal/Delton/Candiac

The rates depend on the destination zone and vary between \$81 and \$222 per month (TRAM) or between \$3.75 and \$8 one way.

AGENCE MÉTROPOLITAINE DE TRANSPORT (AMT)

500, place d'Armes, 25th floor

www.amt.qc.ca

Information about commuter trains,
metropolitan Express Circuits and TRAM
monthly cards.

Customer service

Tel: 514-287-8726 (514-287-TRAM) /

1 888-702-8726 (1 888-702-TRAM)

The TRAM is an integrated monthly card giving access to the commuter train network as well as the metropolitan region's bus and metro services.

The law authorizes most businesses to be open to the public:

- from 8 a.m. to 9 p.m. Monday to Friday ;
- from 8 a.m. to 5 p.m. Saturday and Sunday.

In fact, most businesses are open:

- from 9 a.m. to 5 p.m. Monday to Wednesday;
- from 9 a.m. to 9 p.m. Thursdays and Fridays;
- from 9 a.m. to 5 p.m. on Saturday;
- from 10 a.m. or noon to 5 p.m. on Sunday.

Certain shopping centers are open Monday to Friday from 10:00 a.m. to 9:00 p.m.

Establishments such as supermarkets, small grocery stores, pharmacies, gas stations and recreational or tourist businesses (restaurants, cinemas, museums and hotels, etc.) have a more flexible schedule and sometimes offer their services 24 hours a day or from 7 a.m. to midnight.

By law, you must remain a citizen of your country of origin because you hold temporary status in Canada. Keep the originals of the following documents in a safe place: your passport or travel document, your work, study or visitor's permit.

These documents prove your identity and your status in Canada. You will need them in most of the procedures you undertake. Only use copies (certified if necessary) when you must leave a proof of identity for an official request.

BUSINESS HOURS

ADMINISTRATIVE PROCEDURES

COMMUTER TRAINS

SOCIAL INSURANCE NUMBER

The social insurance number (SIN) is useful in many circumstances, particularly when dealing with:

- Government organizations
- Financial institutions
- Employers

The required form is given to you upon arrival by Immigration Canada agents. For permanent residents, you must go in person to a SIN assignment counter in a Service Canada Centre, with the form, your permanent resident card, your permanent residence confirmation and the visa stamped on your passport. For temporary residents, you must also go in person to a SIN assignment counter in a Service Canada Centre, with the form, your work or study permit, and a visitor's record issued by Citizenship and Immigration Canada (CIC). Don't forget to give a postal address on the form where you will be able to receive, during the following few weeks, the plastic card with your social insurance number.

CENTRE SERVICE CANADA - MONTRÉAL

1001, boulevard de Maisonneuve Est, 2nd floor
www.servicecanada.gc.ca

QUÉBEC HEALTH INSURANCE CARD

The health insurance card is issued by the Régie de l'assurance maladie du Québec (RAMQ). This personalized card, plasticized, with your picture and signature, entitles you to receive most health care free. You must make your application quickly. It can take up to three months to receive it. Any health care you require in the mean time will be invoiced to you.

These costs will be reimbursed after you receive your card. You will simply have to file a reimbursement request and include your invoices. However, exceptionally, medical, pharmaceutical and hospital services required as a result of a pregnancy or for women who are victims of violence, are provided without charge during the waiting period.

There are exemptions to the waiting period. The RAMQ will inform you if an exemption is applicable to you or a member of your family. In this case, you will receive your card within a maximum of 2 weeks. People coming from

countries that have a reciprocal social security agreement with Québec are not generally subject to the waiting period. In that case, a proof of insurance from the social security system from the country of origin will be required during registration for the RAMQ (e.g.: "carte Vitale" from France). These countries are Denmark, Finland, France, Greece, Luxemburg, Norway, Portugal and Sweden.

To obtain your Québec health insurance card, it is recommended that you go in person directly to a RAMQ office. You may also pre-register by phone. A form will then be sent to you.

The required documents for all applications are: A confirmation of permanent residence, the self-adhesive visa applied to your passport, your Certificat de Sélection du Québec (CSQ) as well as a proof of residence (lease or letter from your host). Identification pictures will be taken on site for an \$8 fee. Plan on a wait of one to two hours depending on the day and time of visit.

It is recommended that people who come to work temporarily in Canada register with the consulate from their country of origin as soon as they arrive. This procedure is usually free and is not mandatory. However, it is mandatory to establish or renew identity papers or to be able to be added to an electoral list in your country of origin and therefore to be able to vote. To get your consulate registration card, you must furnish the following documents: copy of your birth certificate or family book, your national identity card and/or your passport, as well as your visa, a proof of residence in Canada and finally two identification pictures. For more details, it is recommended that you contact your consulate before going there.

CONSULATE GENERAL OF BELGIUM

999, boulevard de Maisonneuve Ouest, suite 1600
 Tel. : 514-849-7394
www.diplomatie.be/montrealfr

CONSULATE GENERAL OF THE UNITED STATES

1155, rue Saint-Alexandre
 Tel. : 514-398-9695 | www.amcits.com/montreal.asp

RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC (RAMQ)

425, boulevard de Maisonneuve Ouest,
 3rd floor, suite 300
 Tel.: 514-864-3411
www.ramq.gouv.qc.ca
 Metro Place-des-Arts,
 De Bleury Nord exit
Open from Monday to Friday from 8:30 a.m. to 4:30 p.m. without interruption except Wednesdays (10 a.m. to 4:32 p.m.).

CONSULATE REGISTRATION

CONSULATE GENERAL OF FRANCE

1501, avenue McGill Collège, 10th floor, suite 1000
Tel. : 514-878-4385 | www.consulfrance-montreal.org

CONSULATE GENERAL OF GREAT BRITAIN

1000, rue de la Gauchetière Ouest, suite 4200
Tel. : 514-866-5863 | www.britishcouncil.org/canada

CONSULATE GENERAL OF LUXEMBOURG

3706, rue St Hubert
Tel. : 514-849-2101

CONSULATE GENERAL OF SWITZERLAND

1572, avenue du Docteur Penfield
Tel. : 514-932-7181 | www.eda.admin.ch

Automobiles

THE RÉGIME D'ASSURANCE AUTOMOBILE DU QUÉBEC

This system pays an indemnity to any person living in Québec for injuries received during an accident involving an automobile, whether he/she is the driver, a passenger, cyclist or pedestrian. Their compensation is ensured no matter where in the world the accident happened, without having to prove who was responsible for the accident. It is the insurance contributions paid on driver's licenses and vehicle registration that finance the public automobile insurance system.

The Société de l'assurance automobile du Québec (SAAQ), which administers the system, is responsible for insuring and protecting people against the risks associated with use of roads. It is also the SAAQ that issues driver's licenses and vehicle registrations.

DRIVER'S LICENSE

To drive a vehicle in Québec, a person must have the appropriate class of license. If you did not get an international driver's license in your country of origin, and if you hold a valid driver's license from somewhere other than Québec, you can, within the first six months of establishing residence, drive a passenger vehicle without a Québec license. After this period, you must have a Québec license.

You must contact the SAAQ by telephone to get an appointment. Be careful, the wait

can be up to two months! Don't wait too long to avoid exceeding the permitted period. On the day of the appointment, you must furnish the following documents: birth certificate, passport, temporary work permit or permanent resident card along with your Certificat de Sélection du Québec and of course the driver's license from your country of origin to be exchanged (all these official documents must be originals). The cost for issuing a Québec driver's license is \$86 for one year (the cost increases if you have accumulated demerit points during the 2 years preceding renewal).

If you have a driver's license from one of the following countries — Germany, Austria, Belgium, France, Japan, Luxemburg, Norway, New Zealand, the Netherlands: Holland, Netherlands Antilles (St. Martin, Aruba, Bonaire, Curacao, Sabat and St. Eustache), Portugal, Andorra, Republic of Korea (South Korea), Ireland, United Kingdom, Sweden, Switzerland and Turkey — you are admissible for a license exchange. If not, you will have to do the theory exam and the road test. Contact the SAAQ by telephone to arrange an appointment.

All road vehicles must be registered. To obtain this registration, you must hold liability insurance for material damages and go to an SAAQ service point. You will have to show proof of insurance when you apply for registration.

The registration for a passenger vehicle costs \$261 in Montréal (there is an additional fee, set at 1% for luxury vehicles, that is calculated on the value exceeding \$40,000) and must be renewed each year at a set date. The first time, the SAAQ will issue you a certificate, which you must keep, and a license plate which you must attach to the back of your vehicle.

After that, you simply make a payment after receiving a notice in the mail.

Purchasing a car represents a large expenditure. Generally, you will find that the price of a vehicle is more affordable in Canada than in Europe. It is recommended that you visit several dealers before buying a car. Specialized

SOCIÉTÉ DE L'ASSURANCE AUTOMOBILE DU QUÉBEC (SAAQ)

Tel.: 514-873-7620 / 1 800-361-7620
www.saaq.gouv.qc.ca
From Monday to Friday
from 8 a.m. to 5 p.m.

MONTRÉAL
855, boulevard Henri-Bourassa Ouest
LAVAL

Galeries de Laval
1545, boulevard Le Corbusier, suite 75
LONGUEUIL
Place Désormeaux
2877, chemin Chambly

HISTORY OF A USED VEHICLE

www.saaq.gouv.qc.ca/publications/immatriculation/histoires.pdf
An important reference before concluding the purchase of a used vehicle.

REGISTRATION

PURCHASING A CAR

car magazines and consumer guides can also be a good source of information.

Note that vehicle price negotiation is widespread in North America, so don't hesitate to negotiate with the sales representative in order to obtain the best offer. If you opt for the purchase of a used car, do not hesitate to ask for all information available about the vehicle's history.

It is recommended that you never purchase a used vehicle that has not had a technical inspection.

LONG-TERM VEHICLE LEASE

Rather than purchasing a vehicle, many Québeckers choose the long-term vehicle lease solution. This system can be beneficial depending on your needs.

Here are a few tips: Before choosing your car, decide on your budget, and, above all, your needs. You will be less likely to be influenced. Have a precise model in mind, check any advertisements and go to several dealers.

Shop for the car based on its initial purchase price before looking at leasing terms. This way, you will avoid getting lost in the calculations. In fact, even though certain leasing companies offer terms that are more attractive than others, the cost of leasing depends on several factors (value, amount of depreciation during the lease, interest rate and the term of the lease...).

Comparing leasing offers is generally preferable to comparing only the offers that have the same elements (deposit, security deposit, length of lease, periodic payments and the amount of the purchase option).

Calculate the total cost of each offer, taking into consideration all the amounts payable before and during the lease period (except the security deposit that is reimbursable to the lessee by the lesser at the end of the lease), as well as the price of the purchase option at the end of the lease.

The contract usually limits the number of kilometers. Find out the cost per kilometer for

average. Do not forget to find out how much insurance will cost.

Finally, in order to find out if the dealer and the leasing company (generally, the company to whom the dealer assigns the lease) you have chosen have previously been the subject of consumer complaints, consult the "Profil du commerçant (Business Profile)," which is accessible on the Office de la Protection du Consommateur website.

OFFICE DE LA PROTECTION DU CONSOMMATEUR (CONSUMER PROTECTION OFFICE)

Tel. : 514-253-6556

1 888 672 2556

www.opc.gouv.qc.ca

PROTÉGEZ-VOUS, THE REFERENCE FOR CONSUMERS

www.protegez-vous.ca

LEASING... SHARED: COMMUNAUTO

Tel. : 514-842-4545

www.communauto.com

The telephones are manned from Monday to Friday between 9 a.m. and 5 p.m.

Established in the city since 1994, this car rental subscription company provides a clever way of having the use of a car for exactly the period and number of kilometers you want.

Given the need to subscribe for a year, this is recommended for residents of Montréal and not casual visitors. More than 1,000 cars and 300 parking spaces are available to some 20,000 subscribers in the Montréal, Québec, Sherbrooke and Gatineau regions.

You can choose from three annual packages tailored to different uses. Other types of rates are also available (long distance, work, Le Lièvre). Membership requires a deposit of \$500, which is returned to the member after a minimum period of one year if you do not want to repeat the experience (except for Le Lièvre). It is an economical and ecological solution that contributes to the rationalization of automobile use without the trouble of maintenance.

SOME USEFUL REFERENCES



Housing

Unless you have friends or family already established in Montréal, it will be difficult for you to reserve housing in advance. You need to have, of course, minimal knowledge of the location where you wish to live to be able to make a good choice even before you arrive.

Whether you want to rent an apartment or buy a property, you must be patient. In Québec, rental and purchase agreements are generally done by a written contract in the prescribed form.

INITIAL ACCOMMODATION

First of all, it is a good idea to stay temporarily in a furnished apartment or room rented weekly or monthly while you look for housing that properly meets your needs. Choose housing that is sufficiently central to make your search easier.

Most dailies publish a list of apartments for rent in the classified section (The Gazette, La Presse, Voir) for temporary rental of a furnished apartment, companies, hotels or individuals that offer this service provide all the necessary comfort and convenience.

LA PRÉSIDENCE

Tel. : 514-842-9988

1 866-842-9800

www.lapresidence.com

Luxury furnished apartments situated in the heart of Montréal. There are different types of apartments: studio, senior, executive (one bedroom) and presidential (2 bedrooms). Free access to seminar and banquet services for residents: 19 meeting rooms holding from 10 to 700 people.

LE NOUVEL HÔTEL & SPA

1740, boulevard René-Lévesque Ouest

Tel. : 514-931-8841

1 800-363-6063

info@lenouvelhotel.com

www.lenouvelhotel.com

Studio apartments with kitchenettes or executive rooms. Situated on René-Levesque Boulevard, a few minutes from the Bell Centre and Crescent Street, this hotel offers comfortable rooms right downtown.

LES APPARTEMENTS LA CITÉ

350, rue Prince-Arthur Ouest

Tel. : 514-845-4173

1 800-263-2483

<http://montreal.lacite.ca/apartments.html>

Furnished or non-furnished apartments situated in the center of Montréal on Prince-Arthur Street, not far from St. Denis Street and the Latin Quarter. La Cité is made up of three buildings linked by a shopping center, and public transportation is close by.

HOMELIDAYS

www.homelidays.com

Virtual specialists in vacation rentals between individuals, around the world. Rental of furnished apartments for rent weekly or monthly only between individuals. You can find an apartment in Montréal based on your own search criteria.

MY STUDIO MONTRÉAL

Tel. : 514-844-0744

www.mystudiomontreal.com

This new venture offers furnished apartments, studios and rooms to rent by the night, week or longer. They are located in different parts of the city (University of Montréal, Concordia, McGill, the Plateau, etc.). The range of furnished rental products is very broad, ranging from studios to two bedrooms, each with their particular charm. Their well-designed website lets you get a good look at the various offers.

STUDIO MEUBLÉ MONTRÉAL

Tel. : 514-831-8753

info@studiomeublemontreal.com

www.studiomeublemontreal.com

This company offers housing solutions, mainly on a monthly basis, in completely furnished downtown bachelors and apartments. Most have been completely renovated and provide all the conveniences: double beds, linens and blankets, kitchenette with appliances, dishes and utensils, bathroom with bath (towels included), telephone (free local calls) and color TV with cable. The layout and decoration varies, and cleanliness is guaranteed. The team is serious and the studios are ideally situated (Durocher Street, St.Famille Street and Lorne-Crescent). A savvy recommendation for newcomers!



LOOKING FOR YOUR FIRST HOUSE

Québec apartment glossary

2^{1/2}, 3^{1/2}, 4^{1/2}, etc.

number of rooms in the apartment, where the kitchen is counted as a room and the bathroom as a half-room.

Equipped or semi-furnished

basic large appliances (stove and refrigerator) are furnished and included in the rent.

Heated or not heated

heating costs are included in the rent or not.

Before renting, take time to discover the surrounding areas and the different neighbourhoods in the city, as well as evaluating your needs and your resources.

Housing that is too far from your children's school or your work will cause you unnecessary expenses. In the same way, an apartment that is too small, insufficiently equipped or requiring major repairs risks leaving you with bad memories of your first year here, both financially and personally.

Newspapers are a good way to find an apartment. Besides dailies like *La Presse*, *Le Journal de Montréal* and *The Gazette*, you can also consult free newspapers such as *Voir* or *Hour* available in metro stations and newspaper stands. Internet sites are also helpful:

www.lespac.com
www.craigslist.org
www.montreal.kijiji.ca
www.cherchetrouve.ca
www.cyberpresse.ca

But the best way is simply searching in the streets. Walk around in a neighborhood to identify the apartments offered, indicated by a sign. You can also go directly into a building and try to ring the landlord, who, if he is available, will show you the apartment. Québec housing standards usually count one room per person, excluding the kitchen and bathroom.

LE BAIL

The rental contract, called a lease, generally expires on June 30 of each year. The best period to look for an apartment is therefore from March to June inclusively. However, housing can be found year-round. Once you have made a choice, you should sign a lease. It is an important procedure, because it is a true contract that defines the responsibilities of both the owner and the tenant.

The lease must be written in French (unless there is mutual consent to the contrary), it must state the rental period and amount to be paid the first of the month. Sometimes, when you visit an apartment and you say you are

interested, the owner may request that you fill out a form giving the necessary information for him to verify your references (behavior in a previous apartment, capacity to pay rent). This document is called "Offre de location" (Rental offer). It often contains a clause by which the owner reserves the right to take a few days to carry out verifications, after which he will inform you if you are accepted as a tenant. The owner's acceptance thus concludes the agreement between the parties. It is therefore very important not to sign several "Offres de location" at the same time.

The Régie du logement can also inform you of your rights and responsibilities, practices prohibited by law, ways to renew your lease or end it, as well as recourses you have if your owner does not respect his end of the contract. The tenants association in your neighborhood, often called the "Housing Committee," can also help you with any questions regarding the renting of an apartment.

It is important to note that the owner cannot require, upon signature of the lease, more than the first term's payment. In fact, he cannot require payment of more than one rental period in advance, generally one month. If you want to leave your apartment during the term of your lease, you can sublet it and reserve the right to come back. This procedure is completely legal in Canada.

You can also assign your lease, which is to terminate your lease and pass it on to another tenant. In general, the apartment's tenant tries to find a future tenant as quickly as possible to assume his lease. Of course, the owner must be notified and he is allowed to refuse and find a new tenant himself.

Buying a home calls for much thought and requires extra precautions. Property transactions are usually made through a realtor, though some owners sell their own homes.

After assessing your financial resources and the credit available to you through your bank, you should set a maximum price and determine the residential neighborhoods where you'd like to buy property, then visit these areas

PRACTICAL ADVICE

Before signing a lease, read it very closely. Make sure that all the conditions discussed with the owner are included, in particular repairs to be done and their execution date.

RÉGIE DU LOGEMENT

Village Olympique, Pyramide Ouest (D)
 5199, rue Sherbrooke Est (corner Viau)
 Rez-de-chaussée, suites 2095 and 2161, Montréal
 Tel: 514-873-2245
www.rdl.gouv.qc.ca
 Open from Monday to Friday
 from 8 a.m. to 4:30 p.m.

BUYING A HOUSE OR AN APARTMENT

AVERAGE PRICE INDEX* FOR THE PURCHASE OF A NEW SINGLE-FAMILY DWELLING IN CANADIAN URBAN REGIONS

	index	\$ CAD
MONTRÉAL	100,0	258 028
OTTAWA	112,6	290 483
TORONTO	147,0	379 943
CALGARY	157,0	405 267
VANCOUVER	230,0	593 767

Source: SCHL, ACI, chambres immobilières locales, Statistique Canada, prévisions de la SCHL (2009-2010) Tiré de SCHL, Le marché de l'habitation, Perspectives du marché de l'habitation, Faits saillants – Canada, 4^e trimestre de 2009

CENTRAL CITIES AND NEIGHBORHOODS IN MONTRÉAL

and note the telephone numbers of realtors listed on the signs in front of houses for sale that interest you. Also consult newspaper and Internet ads :

www.mls.ca
www.duproprio.com
www.remax-quebec.com
www.proprindirect.com
www.centris.ca

While visiting the homes you selected, inspect the place carefully, ask the seller what he pays annually in taxes and maintenance and, of course, the asking price. Also inquire about easements associated with the building, in other words restrictions to property rights. Furthermore, it is a good idea to get the property assessed by a professional. Once your choice is made, you can make an purchase offer to the seller. It is always prudent to have the offer conditional on obtaining a mortgage and a building inspection done by a specialist. If the seller accepts the conditions of your offer, you must respond and the transaction will be finally concluded by an act of sale signed before a notary.

CÔTE-DES-NEIGES / NOTRE-DAME-DE-GRÂCE

Area : 21,4 km² / 164 246 inhabitants

Situated at the foot of the north and west sides of the mountain, this neighborhood is characterized by its cultural diversity with some 80 ethnic groups represented, a large student population and the presence of prestigious institutions: the University of Montréal, Saint-Joseph Oratory, Sainte-Justine Hospital, Montréal Jewish General Hospital, S. Mary's Hospital Centre, Collège Brébeuf, etc. Housing is mainly apartments, duplexes and townhouses. The Notre-Dame-de-Grâce sector has many single-family houses because of the majority of wealthy English people who lived here in the middle of the last century. Côte-des-Neiges is a neighborhood bubbling with life. It is one of the first places where Montréal's immigrant population set themselves up upon arriving, living in the same neighborhood as university and college students.

ACCESS MONTRÉAL OFFICE
 5160, boulevard Décarie | Tel. : 311

CÔTE-SAINT-LUC / HAMPSTEAD / MONTRÉAL-OUEST

Area : 10,1 km² / 43 575 inhabitants

The city of Côte-Saint-Luc has an essentially English-speaking population of Jewish origin like its neighbor, Hampstead. There is a wide choice of condominiums along with a wide variety of modern single-family homes.

The city of Hampstead is well-known for its opulent homes. Montréal-Ouest is a small residential community situated west of the city of Montréal. The majority of its population is English-speaking and many families have lived in the community for generations.

ACCESS MONTRÉAL OFFICE

Tel. : 514-485-6800

HÔTEL DE VILLE CÔTE-SAINT-LUC

5801, boulevard Cavendish | Tel. : 514-485-6800
www.cotesaintluc.org

HÔTEL DE VILLE D'HAMPSTEAD

5569, chemin Queen Mary | Tel. : 514-369-8200
www.hampstead.qc.ca

HÔTEL DE VILLE DE MONTRÉAL-OUEST

50, avenue Westminster Sud | Tel. : 514-481-8125
www.montreal-ouest.ca

PLATEAU MONT-ROYAL

Area : 8,1 km² / 101 054 inhabitants

Situated north-east of downtown Montréal, this borough is one of the oldest residential areas in Montréal and has attractive housing. In past years, the Plateau has attracted in particular young couples and singles who have renovated the properties in the sector.

Theaters, restaurants, clubs and designer boutiques abound here. The activities are concentrated on St. Denis Street and St. Laurent Boulevard, as well as adjacent arteries such as Rachel, Mont-Royal, Duluth and Prince Arthur. This neighborhood is considered to be the most "IN" in the city.

ACCESS MONTRÉAL OFFICE

201, avenue Laurier Est, bureau 120
 Tel. : 311 | www.bonjourplateau.com



VERDUN

Area : 9,7 km² / 66 078 inhabitants

A French-speaking community prevails in this borough, even though the English-speaking population is also well established here. In the center of Verdun, duplexes and apartment buildings are numerous and attractive at very affordable prices. This city situated south of downtown is easily accessible by expressway. Three metro stations also ensure transportation to its residents. The Île-des-Soeurs sector is home to large industrial companies such as Honeywell, Kodak and Recherches Bell, but it is first and foremost a high-end residential neighborhood. The country and the city melt together, the views offering the immensity of the river on one side and the panorama of Montréal's skyscrapers on the other.

ACCESS MONTRÉAL OFFICE

4555, rue Verdun, Verdun | Tel. : 311

OUTREMONT

Area : 3,9 km² / 22 897 inhabitants

A chic French-speaking neighborhood. The residential neighborhood which lies on Mont-Royal's east slope has opulent homes and extends on its western boundary to properties owned by the University of Montréal. The northern sector has a large Orthodox Jewish and Greek population. At its eastern limits, Park Avenue is lively and cosmopolitan, Laurier and Bernard Streets are bursting with good restaurants and elegant boutiques. Outremont offers several public and private schools.

ACCESS MONTRÉAL OFFICE

543, chemin de la Côte-Sainte-Catherine, Outremont
Tel. : 311

WESTMOUNT

Area : 4 km² / 20 494 inhabitants

One of the most prestigious neighborhoods in Canada. The city of Westmount is situated on the southern slope of Mont-Royal, not far from Montréal's downtown area. The municipality is home to Murray and Westmount parks, each one offering recreational facilities, and also Summit Park, which is a nature reserve. Like Outremont, which is nearby, the size of the

homes and their prices have a tendency to increase as they get closer to the top of the mountain. Lower Westmount offers a wide choice of apartments, condominiums and townhouses near the main commercial areas on Sherbrooke Street and Greene Avenue. The municipality is home to well-known schools and two English-speaking colleges: Dawson and Marianapolis.

WESTMOUNT CITY HALL

4333, rue Sherbrooke Ouest | Tel. : 514-989-5200
www.westmount.org

ROSEMONT/PETITE-PATRIE

Area : 15,9 km² / 133 618 inhabitants

Bordered on the south by Sherbrooke Street and on the north by Villera/Saint-Michel/Parc Extension and Saint-Léonard boroughs, Rosemont/Petite Patrie is home to the Botanical Garden, one of the most prestigious of its kind. The latter is next to the Maisonneuve Park where residents can jog, cross-country ski and play golf in the heart of the city. Among the types of housing are single-family houses, duplexes, triplexes and apartments. The sector is home to three large sporting and recreational centers. The Jean-Talon market attracts farm produce buyers from the surrounding neighborhoods. The main commercial arteries are St. Laurent Boulevard and St. Hubert Street.

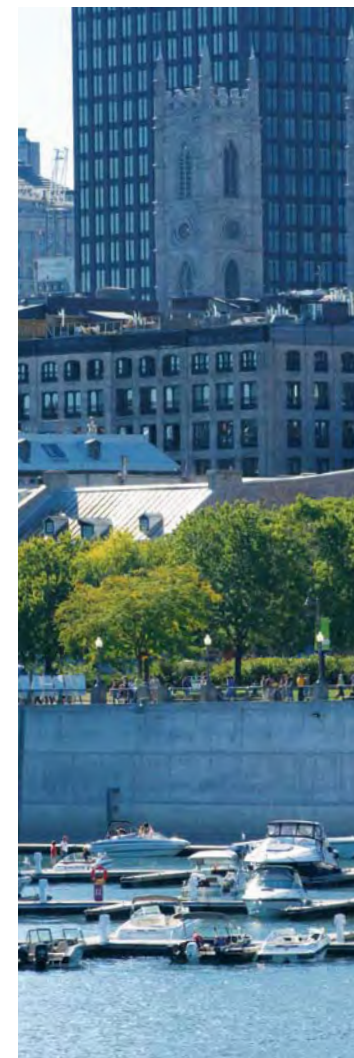
ACCESS MONTRÉAL OFFICE

5650, rue d'Iberville | Tel. : 311

VILLE-MARIE

Area : 16,5 km² / 78 876 inhabitants

This neighborhood is built on a rich historical past. Founded in 1642 by a Catholic mission made up of about 50 French missionaries who came to convert American Indians, Ville-Marie is in fact the cradle of Montréal. Upon their arrival, they actually christened the new colony «Ville-Marie» (Mary City) which a short time later became Montréal, one of the rare large cities in North America to have preserved its historical center. Old Montréal is getting a facelift with residential lofts and small chic hotels in restored historical buildings. This neighborhood is the heart of the metropolis: skyscrapers, historical monuments, major



hotels, three university campuses, major hospitals, two train stations, a bus station, the central metro network, the Montréal Stock Exchange, major banks, the Palais des congrès (convention center with up to 200,000 square feet of exposition space) and, of course, the City Hall and Court House which are adjacent. You can walk from these buildings to the metro through 30 kilometers of underground tunnels. Ville-Marie is recognized as the business center, the showcase of cultural and knowledge dissemination, and the heart of business, economy and entertainment-related activities in Montréal. But housing access is not easy, the rents being the highest in Montréal.

ACCESS MONTRÉAL OFFICE

888, boulevard de Maisonneuve Est, 5^e étage | Tel. : 311

Contact the Access Montréal information line by dialing 311 on your telephone. You will be connected directly to the city of Montréal's telephone service.

FURNISHINGS

After having found your new housing, you will need basic furnishings. Furniture leasing is an economical immediate solution. You can also buy affordable furniture by taking advantage of sales and consulting classified ads in the newspapers.

You can also buy used furniture at garage sales and through religious or volunteer organizations. Community immigrant service organizations can give you names and addresses.

FURNITURE, APPLIANCES & DECORATION

ISLAND OF MONTRÉAL

AMEUBLEMENT BÉLANGER

1895, rue Bélanger | Tel. : 514-728-6321

BRAULT ET MARTINEAU

8500, Place Marien, Montréal-Est | Tel. : 514-648-5757

12 605, rue Sherbrooke Est | Tel. : 514-645-7447

6700, rue Jean-Talon Est, Saint-Léonard

Tel. : 514-254-9455

3782, boulevard de la Côte-Vertu, Ville Saint-Laurent

Tel. : 514-335-9555

7272, boulevard Newman, LaSalle | Tel. : 514-364-6110

16 975 route Transcanadienne, Kirkland | Tel. : 514-697-9228

www.braultetmartineau.com

BRICK

10 001, Métropolitain Est, Pointe-aux-Trembles

Tel. : 514-881-4100

7999, boulevard Les Galeries, Anjou | Tel. : 514-353-9600

8701, boulevard l'Acadie | Tél. : 514-381-1313

6867, boulevard Newman, LaSalle | Tel. : 514-595-6900

17 080, route Transcanadienne, Kirkland

Tel. : 514-695-9600

www.thebrick.com

CORBEIL ÉLECTROMÉNAGERS

6783, boulevard Léger, Montréal-Nord | Tel. : 514-322-8595

9355, boulevard Lacordaire, Saint-Léonard

Tel. : 514-326-7710

6725, rue Jean-Talon Est, Saint-Léonard | Tel. : 514-259-2800

7566, rue Saint-Hubert | Tel. : 514-271-1118

4646A, avenue du Parc | Tel. : 514-270-7811

9570, boulevard l'Acadie | Tel. : 514-383-1141

7401, boulevard Newman, LaSalle | Tel. : 514-363-6789

3163, boulevard des Sources, Dollard-des-Ormeaux

Tel. : 514-421-5395

www.corbeilelectro.com

FUTON D'OR

3855, rue Saint-Denis | 514-499-0438

www.futondor.com

IKEA

9191, boulevard Cavendish, Ville Saint-Laurent

Tel. : 1 866-875-4532 | www.ikea.ca

INTERVERSION

4273, boulevard Saint-Laurent

Tel. : 514-284-2103 | www.interversion.com

MEUBLES LÉON

11 201, rue Renaude-Lapointe, Anjou | Tel. : 514-353-7506

2222, Place Transcanadienne, Dorval | Tel. : 514-684-6116

www.leons.ca

MOBILIA

625, boulevard de Maisonneuve Ouest

6855, rue Jean-Talon Est, Saint-Léonard

Tel. : 514-253-1070

2345, autoroute Transcanadienne, Pointe-Claire

Tel. : 514-695-8880

www.mobilia.ca





MODERNO

4268, boulevard Saint-Laurent
514-842-4061 / 1 877-537-5685
www.moderno.ca

MOUTARDE DÉCOR

1282, rue Bernard | Tel. : 514-272-1212
www.moutardedecor.com

ROCHE BOBOIS

505, avenue du Président-Kennedy
Tel. : 514-350-9070
www.roche-bobois.com

STRUCTUBE

7190, boulevard Langelier, Saint-Léonard
Tel. : 514-355-8670
3782, rue Saint-Denis | Tel. : 514-282-1666
289, rue Sherbrooke Ouest | Tel. : 514-844-4608
1450, rue Sainte Catherine Ouest | Tél : 514-393-8782
3945, rue Jean-Talon Ouest, Ville Mont-Royal
Tel. : 514-342-8288
2315, autroute Transcanadienne, Pointe-Claire
Tel. : 514-426-2386
www.structube.com

ZONE

5555, chemin de la Côte-des-Neiges | Tel. : 514-343-5455
4246, rue Saint-Denis | Tél : 514-845-3530
5014, rue Sherbrooke Ouest | Tél : 514-489-8901
www.zonemaison.com

LAVAL AND THE NORTH SHORE

BRAULT ET MARTINEAU

500, boulevard Le Corbusier, Laval | Tel. : 450-682-2516
210, Montée Masson, Mascouche | Tel. : 450-474-8531
145, rue de Lafayette, Repentigny
Tel. : 450-470-0815
125, boulevard Desjardins Est, Sainte-Thérèse
Tel. : 450-430-0555
21, rue Gauthier, Saint-Jérôme | Tel. : 450-431-9338
www.braultetmartineau.com

BRICK

1530, boulevard Le Corbusier, Laval | Tel. : 450-681-9600
901-1001, boulevard Curé-Labelle, Laval
(centre de liquidation) | Tel. : 450-973-1111
274, Montée des Pionniers, Lachenaie
Tel. : 450-657-7171
3400, avenue des Grandes Tourelles, Boisbriand
Tel. : 450-420-4224
www.thebrick.com

CORBEIL ÉLECTROMÉNAGERS

3675, boulevard Saint-Martin Ouest, Laval
Tel. : 450-682-6609
3607, autoroute Laval Ouest, Laval | Tel. : 450-682-4090
1092, Desserte Ouest, autoroute 13, Laval
Tel. : 450-689-0844
294, Montée des Pionniers, Lachenaie
Tel. : 450-585-9941
285, Montée Masson, Mascouche | Tel. : 450-474-5995
1147, boulevard Jean-Baptiste Rolland, Saint-Jérôme
Tel. : 450-432-3008
www.corbeilelectro.com

MEUBLES LÉON

3195, boulevard Saint-Martin, Laval | Tel. : 450-688-3851
www.leons.ca

MOBILIA

4000, autoroute Laval 440 Ouest, Laval | Tel. : 450-687-1447
www.mobilia.ca

ROCHE BOBOIS

660, boulevard Le Corbusier, Laval | Tel. : 450-688-6000
www.roche-bobois.com

STRUCTUBE

1058, autoroute 13, Laval | Tél : 450-689-0911
650, boulevard Le Corbusier, Laval | Tel. : 450-682-3060
3444, avenue des Grandes Tourelles, Boisbriand
Tel. : 450-420-7474
www.structube.com

SOUTH SHORE

BRAULT ET MARTINEAU

9500, boulevard Taschereau, Brossard | Tel. : 450-619-6777
1351, boulevard des Promenades, Saint-Hubert
Tel. : 450-676-1911
575, Pierre-Caisse, Saint-Jean-sur-Richelieu
Tel. : 450-349-1609
www.braultetmartineau.com

BRICK

1449 & 1451, boulevard des Promenades, Saint-Hubert
Tel. : 450-926-9400
www.thebrick.com

CORBEIL ÉLECTROMÉNAGERS

7535, boulevard Taschereau, Brossard | Tel. : 450-443-2163
1563, boulevard des Promenades, Saint-Hubert
Tel. : 450-676-8861
100, rue Moreau, Saint-Jean-sur-Richelieu | Tel. : 450-349-0066
www.corbeilelectro.com



IKEA

586, rue de Touraine, Boucherville | Tél : 1 866-414-4532
www.ikea.ca

MEUBLES LÉON

1909, rue F.X. Sabourin, Longueuil | Tel. : 450-445-2969
www.leons.ca

MOBILIA

8505, boulevard Tachereau Ouest, Brossard
Tel. : 450-462-1264
1515, boulevard des Promenades, Saint-Hubert
Tel. : 450-443-5557
www.mobilia.ca

STRUCTUBE

582, chemin de Touraine, Boucherville | Tel. : 450-655-8228
9550, boulevard Leduc, Brossard | Tél : 450-445-8053
6400, boulevard Taschereau, Brossard
(centre de liquidation) | Tel. : 450-443-6991
www.structube.com

TELEPHONE

It is very easy to obtain telephone service in Québec. You simply contact customer service for the telephone company that services your municipality or go to a service counter called "Espace Bell" for Bell Canada, and bring identification (passport or visa), or else contact the company directly by phone, from a phone booth. You will be able to get a phone and phone books.

In Montréal, you can also opt for IP telephone by cable offered by Videotron. It is very profitable if you combine it with TV programming and the Internet. Usually you will be asked to give a deposit before service activation. The amount varies. Generally, the service will be activated in 48 hours with Bell (if the line already exists) and within a week with Videotron.

The monthly subscription rate, which is very affordable, gives you an unlimited number of local calls, no matter how long they last. However, long-distance and international calls, even though the price is dropping, are relatively expensive. That is why it is very important to choose your operator carefully before any subscription. (International calling cards remain the best solution for calling abroad at lower costs; you can purchase them

in convenience or grocery stores). Telephone service is invoiced every month. Telephone numbers starting with "1-800" or "1-866" or "1-877" or "1-888" are free long-distance calls.

The first pages of your regional phone book clearly explain all you need to know as a subscriber (rates, use, etc.). They also give you the address of the service counters nearest to your home.

Most cellular phone service companies offer a diversified range of products and services that will satisfy your needs, both personally and professionally. Each one offers a range of plans that suit everyone, starting from \$30 up to \$120 per month for local, national or North American calls.

The plans include a limited number of minutes depending on the cost, useable for incoming or outgoing calls, and are often subject to contracts ranging from 12 to 36 months (very expensive to terminate, compare before signing). Basic functions such as call display, voicemail, SMS, call waiting or call forwarding can be included in the plan or added for \$5 to \$8 each.

Access to "data" plans necessary for smart phones in order to access the Web and email will cost an additional \$20 to \$60 depending on the package. Unlimited call options during certain time periods (evenings and weekends usually) are also available. Most suppliers offer plans including unlimited incoming calls. Add the cost for each additional minute (from 15¢ to 35¢) if over the package limit.

Long-distance calls are billed in addition to antenna time used. On the other hand, if you wish to buy a cellular phone without a plan, and therefore without a contract, it is possible to buy prepaid cards to credit your account.

RESIDENTIAL TELEPHONE INFORMATION**BELL CANADA**

Tel. : 310-2355 / 1 800-668-6878 | www.bell.ca

DISTRIBUTEL

Tel. : 1 877-301-4077 | www.distributel.net

CELLULAR PHONES

PRIMUS CANADATel. : 1 800-830-5511 | www.primustel.ca**ROGERS**Tel. : 1 888-764-3771 | www.rogers.com**TELUS**Tel. : 310-1212 / 1 888-520-8358 | www.telusquebec.com**VIDÉOTRON**Tel. : 1 888-433-6876 | www.videotron.ca**CELLULAR TELEPHONE INFORMATION****BELL MOBILITÉ**Tel. : 514-420-7748 / 1 800-667-7626 | www.bell.ca**FIDO**Tél. : 1 800-481-3436 / 1 888-945-3436 | www.fido.ca**KOODO**Tél. : 1 866-99-KOODO | www.koodomobile.com**ROGERS**Tel. : 1 888-764-3771 | www.rogers.com**SOLO MOBILE**Tel. : 1 877 999 7656 | www.solomobile.ca**TELUS MOBILITÉ**Tel. : 1 888-520-8358 | www.telusmobilite.com**VIDÉOTRON**Tel. : 1 888-433-6876 | www.videotron.ca**VIRGIN MOBILE**Tel. : 1 866-999-2321 | www.virginmobile.ca**INTERNET**

Just as for cellular phones, Internet service providers offer customized plans according to your needs. The options offered are varied, the services almost infinite. However, a few options help distinguish between the providers.

- First you have to choose between the traditional connection by telephone modem (outdated but still available) and a high-speed connection.
- Then decide on the connection speed and bandwidth (amount of data downloaded

and/or uploaded per month included in your plan).

- For high speed, there are two technologies available: connection by cable, provided by cable companies, and ADSL (asymmetric digital subscriber lines) using traditional telephone wiring. These types of connections are the norm; they require a modem and a network card. Bell and Vidéotron split the lion's share of the high-speed market.

For all these plans, the rental or purchase of a modem is mandatory. On the other hand, each provider may have special offers on the condition that you sign a contract for a minimum period and/or combining several services (residential and mobile phone, television and Internet).

SOME INTERNET SERVICE PROVIDERS**BELL INTERNET**Tel. : 310-7873 / 1 800-773-2121 | www.bell.ca**DISTRIBUTEL**Tel. : 1 877-301-4077 | www.distributel.net**PRIMUS CANADA**Tel. : 1 877-704-4269 | www.primustel.ca**TELUS**Tel. : 1 888-520-8358 | www.telusquebec.com**VIDÉOTRON**Tel. : 1 888-433-6876 | www.videotron.ca

Even if it is not mandatory to insure your furniture, apartment or home, it is strongly recommended that you do so. Insurance brokers and companies offer a wide range of protection against fire, theft and civil responsibility. Without these precautions, you risk finding yourself in a difficult situation if, for example, you lose all your belongings in a fire. Furthermore, if you have a mortgage, the lender will require that the building be insured. Before taking out insurance, take the time to become fully informed about the different types of insurance available from your entourage and insurers. For the same general coverage, premium prices can vary greatly. You

INSURANCE**INSURANCE BUREAU OF CANADA**

800, Place-Victoria, suite 2410
C.P. 336, succ. Tour de la
Bourse, Montréal
Tel: 514-288-4321 / 1 877-288-4321
www.infoassurance.ca
www.bac-quebec.qc.ca

may also inquire at the Insurance Bureau of Canada information center. Be careful, it may be difficult to insure an apartment situated in the same building as a store or a restaurant. Inquire before signing.

INSURANCE COMPANIES

First of all, inquire at your bank to find out about the different insurance services they offer. If the rates do not suit you, here are other major insurance groups:

ALLSTATE CANADA

Tel. : 1 866-757-9616 | www.allstate.ca

AXA ASSURANCES

Tel. : 1 800-361-4330 | www.axa.ca

LA CAPITALE ASSURANCES GÉNÉRALES

Tel. : 1 888-522-5260 | www.lacapitale.com

DESJARDINS ASSURANCES GÉNÉRALES

Tel. : 1 888-277-8726 | www.assureurnumero1.com

INDUSTRIELLE ALLIANCE

Tel. : 1 866-950-4828 | www.inalco.com

WAWANESA QUÉBEC

Tel. : 1 888-933-9292 | www.wawanesa.com



Money working for people

ENERGY EXPENSES: GAS, ELECTRICITY, HEATING OIL (FUEL OIL)

Energy expenses are usually the tenant's responsibility, unless the lease specifies they will be paid by the owner. That is often the case with heating. It is very easy to subscribe to electricity and gas services because, in each region, they are provided by just one distribution company. You simply have to call customer service for the local electricity (Hydro-Québec) and gas (Gaz Métropolitain) companies to find out how to subscribe and what it will cost you per month.

HYDRO-QUÉBEC

Tel. : 514-385-7252 / 1 888-385-7252

www.hydroquebec.com

GAZ MÉTRO

Tel. : 1 800-875-6202

www.gazmet.com

For heating oil, there are a large number of oil companies and independent distributors.

Again, take your time in choosing the one that offers you the best maintenance service for your heating system and the most competitive prices.

In Canada, the electric current is 110 volts. The electrical installations are the same as in the United States. Devices made for use in Europe and several other countries in the world will need an adapter (small connector to fit in the plug) or a transformer (device that converts voltage). You can obtain them in electronics stores in Montréal or even at the airport. The best solution is not to bring devices that won't work on 110 volts and acquire new ones once you are in Canada.

Video systems in Canada (as in the United States) are NTSC type. Unless you buy a special device, you will not be able to view PAL and SECAM-format video cassettes (used in Great Britain, Europe, Australia and other countries in Asia and Africa). For DVDs, we are in zone 1. Even if it isn't shown anywhere, it is quite easy today to buy a "de-zonable" DVD reader that will let you take advantage of films imported from other "zones" without any problem. Before buying, check on the Internet to see how to make your player "multizone". Practical advice: low-end Philips-brand models are easy to de-zone.

Medical care and hospitalization are free for holders of a medical insurance card (the "carte soleil", or "sun card"). They are insured by the universal medical and hospitalization insurance system in Québec. This system, however, does not cover dental care for people over 10 years of age, nor certain particular treatments (alternative medicine, cosmetic procedures, etc.). Before consulting a doctor or other health specialist, ensure that he participates in the Québec health insurance system. If not, you will have to pay for the consultation yourself. You can get answers to your questions about the Régie de l'assurance maladie du Québec (RAMQ) services at any time by calling the "carte soleil parlante", or "talking sun card", an automated telephone information system.

VOLTAGE AND ELECTRICAL OUTLETS

VIDEO SYSTEMS

HEALTH

RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC (RAMQ)

425, boulevard de Maisonneuve Ouest,
3rd floor, suite 300
Tel. : (514) 864-3411 / 1 800-561-9749
www.ramq.gouv.qc.ca

→ LES CENTRES DE SANTÉ ET SERVICES SOCIAUX (CSSS) ET LES CENTRES LOCAUX DE SERVICES COMMUNAUTAIRES (CLSC)

You can obtain basic medical services either in private practices, private clinics or polyclinics or else at a Centre Local de Services Communautaires (CLSC), which belongs to your neighborhood's Centre de Santé et de Services Sociaux (CSSS).

The CSSS offers a range of general and specialized services to everyone within the particular area: prevention, evaluation, diagnosis, treatment, rehabilitation, support and lodging services. When the CSSS includes a hospital, general and specialized hospital services are also available. Besides dispensing front-line services to people in its territory, the CSSS provides them with a wide range of health and social services by reaching an agreement or other means of collaboration with other service providers. Some CLSCs or CSSSs provide their services in several languages. Since the shortage of doctors is growing more and more severe in Montréal, you can go to a CLSC for minor problems that a nurse can take care of.

There are 12 CSSSs in Montréal that include a total of 28 CLSCs :
www.santemontreal.qc.ca

For Laval: www.cssslaval.qc.ca

For the North Shore:
www.rrss15.gouv.qc.ca (Laurentians),
www.santelanaudiere.qc.ca (Lanaudière)

For the North Shore:
www.santemonteregie.qc.ca

Info-Santé : 811 (throughout Québec)

MAIN MONTRÉAL HOSPITALS

Le Centre hospitalier universitaire de Montréal (CHUM) includes three hospitals:

CENTRES HOSPITALIERS UNIVERSITAIRES

Tél : 514-890-9000
www.chumtl.qc.ca

HÔTEL-DIEU

3840, rue Saint-Urbain

NOTRE-DAME

1560, rue Sherbrooke Est

SAINT-LUC

1058, rue Saint-Denis

OTHER HOSPITALS

ISLAND OF MONTRÉAL

HÔPITAL DOUGLAS (MENTAL HEALTH)

6875, boulevard Lasalle, Verdun
Tel. : 514-761-6131

HÔPITAL DU SACRÉ-COEUR

5400, boulevard Gouin Ouest
Tel. : 514-338-2222
Urgences : 514-338-2000

LAKESHORE GENERAL HOSPITAL

160, avenue Stillview, Pointe-Claire
Tel. : 514-630-2225

JEWISH GENERAL HOSPITAL

3755, chemin de la Côte-des-Neiges
Tel. : 514-340-8222

MONTRÉAL GENERAL HOSPITAL

1650, avenue Cedar
Tel. : 514-934-1934

HÔPITAL JEAN-TALON

1385, rue Jean-Talon Est
Tel. : 514-495-6767

HÔPITAL MAISONNEUVE-ROSEMONT

5415, boulevard de l'Assomption
Tel. : 514-252-3400

HÔPITAL RICHARDSON

5425, rue Bessborough
Tel. : 514-484-7878

ROYAL VICTORIA HOSPITAL

687, avenue des Pins Ouest
Tél : 514-934-1934

INSTITUT DE CARDIOLOGIE DE MONTRÉAL

5000, rue Bélanger
Tel. : 514-376-3330

CENTRE HOSPITALIER UNIVERSITAIRE SAINTE-JUSTINE

3175, chemin de la Côte-Sainte-Catherine
Tel. : 514-345-4931

EMERGENCY CARE

If you or a person in your entourage requires immediate medical care, you can go to the emergency room at the nearest hospital. However, if you cannot move the injured/ill person, you must call emergency medical services. Dial 911.

Transportation by ambulance is not free, except for road or work accidents, people already hospitalized, social welfare beneficiaries and certain elderly people.

EMERGENCY NUMBERS

AMBULANCE / FIRE DEPARTMENT / POLICE

911

SÛRETÉ DU QUÉBEC

310-4141 (*4141 from a cell phone)

INFO-CRIME QUÉBEC

514-990-3166 / 1 800-711-1800

QUÉBEC POISON CENTRE

1 800-463-5060

POWER OR EQUIPMENT FAILURE

1 800-790-2424

(in case of fallen live wires, transformers or poles: call 911)

GAS / ODOR DETECTION

911

FOREST FIRE

1 800-463-3389





Musée des Hospitalières
of the Hôtel-Dieu of Montréal

MONTRÉAL CHILDREN'S HOSPITAL

2300, rue Tupper
Tel. : 514-934-1934
Urgences : 514-412-4499

HÔPITAL SHRINERS POUR ENFANTS

1529, avenue Cedar
Tel. : 514-842-4464

LAVAL AND THE NORTH SHORE

HÔPITAL DE LA CITÉ-DE-LA-SANTÉ

1755, boulevard René-Laennec, Laval
Tel. : 450-668-1010

HÔPITAL DE SAINT-EUSTACHE

520, boulevard Sauvé, Saint-Eustache
Tel. : 450-473-6811

HÔPITAL PIERRE-LE GARDEUR

911, chemin des Pionniers, Terrebonne
Tel. : 450-654-7525

HÔPITAL RÉGIONAL DE SAINT-JÉRÔME

290, rue Montigny, Saint-Jérôme
Tel. : 450-431-8200

THE SOUTH SHORE

HÔPITAL CHARLES-LEMOYNE

3120, boulevard Taschereau, Greenfield Park
Tel. : 450-465-5000

HÔPITAL DU HAUT-RICHELIEU

920, boulevard du Séminaire, Saint-Jean-sur-Richelieu
Tel. : 450-359-5000

HÔPITAL PIERRE-BOUCHER

1333, boulevard Jacques-Cartier Est, Longueuil
Tel. : 450-468-8111

MEDICATIONS

A universal insurance plan guarantees access for all Québec residents to medications required by their state of health. When purchasing medication, you must pay a contribution to the pharmacist up to an annual maximum set by law.

Children under 18 years of age, full-time students between 18 and 25 years of age

without a spouse, social welfare beneficiaries and low-income people and families are exempt from this contribution.

Unlike medical care, dental treatments are not free except for certain surgeries done in hospitals or certain university establishments. Children under 10 years of age, however, can obtain dental care free of charge by presenting their health insurance card. To receive treatment from a dentist, call one of the numerous private offices, or a university dental clinic that provides treatment at reduced prices. These clinics are usually very busy and it is often hard to get an appointment quickly.

In Québec, all children between the ages of six and sixteen must attend school. The school year, which lasts about 180 days, begins at the end of August or beginning of September and ends in June. The Québec education system is made up of a public education network starting with kindergarten through university. Teaching is free right up to the CEGEP level inclusively. The English-speaking community has public learning establishments. However, since French is the official language in Québec, immigrant children must attend the French system. There are private schools accredited by the Québec Education Ministry (MEQ). They require the payment of tuition fees and set admission conditions that can vary from one institution to the next.

Preschool education (kindergarten) prepares children for elementary school. They benefit from supervision that favors their development in a stimulating learning environment that helps them acquire skills that will encourage their educational success.

Even though kindergarten is not mandatory, 98% of eligible children are registered.

Preschool education is given:

- To four-year olds, part-time, during the whole school year.
- To five-year olds, full-time, during the whole school year.

DENTAL CARE

EDUCATION

THE QUÉBEC EDUCATIONAL SYSTEM

**MINISTÈRE DE L'ÉDUCATION,
DU LOISIR ET DU SPORT**
(Montréal regional office)
600, rue Fullum, 10th floor
514-873-4630
www.meq.gouv.qc.ca

PRESCHOOL EDUCATION

ELEMENTARY SCHOOL EDUCATION

→ Everywhere in Québec, by both the public educational system as well as private schools.

Whether they have gone to kindergarten or not, all six-year-olds must be registered for elementary school. If your child is five years old, he can be admitted as long as he is six years old before October 1 of his first year of schooling. Students with adaptation problems can benefit from special classes that take their learning difficulties into consideration.

After elementary school, children must continue their education at secondary school. This instruction can take one of two forms:

- General instruction, lasting five years, which leads to graduate studies and awards a Secondary Studies Diploma (DES);
- Vocational training programs, which lead directly to the work market and award a Professional Studies Diploma (DEP). These programs can be accessed after three to five years of general secondary studies. The length of vocational studies can vary between one and two years, depending on the program chosen.

Colleges in the AEFÉ network (l'Agence d'enseignement du français à l'étranger — French Educational Agency Abroad):

COLLÈGE INTERNATIONAL MARIE DE FRANCE

4635, chemin Queen Mary | Tel. : 514-737-1177
www.mariedefrance.qc.ca

The CIMF has French-education institution, from kindergarten to secondary classes, whose mission is the diffusion of the French culture and language, by the means of a teaching of excellence, making it possible to each one to reach academic and personal success. The development of the school, which currently provides education for 1800 students coming from all the cultural horizons, religious and socio-economic, corresponds to the needs for an extremely various population. More than 12 000 pupils finished their secondary studies at the College international Marie de France before undertaking, beyond their higher studies, careers in the whole world.



COLLÈGE STANISLAS

780, Dollard, Outremont | Tel. : 514-273-9521

www.stanislas.qc.ca

Situated in the Outremont borough, Collège Stanislas is the largest French college in Québec. It is a member of the French lycée network and prepares students for French baccalaureates in literature, sciences and economy and social sciences. Its diplomas are recognized world-wide, offering the young graduates access to the best universities. Additional courses ensure equivalence with the Québec educational system, enabling students to change and reorient their studies if needed. The courses, which are conducted in a family atmosphere, take place from September to June and extend from kindergarten to graduation. With exceptional success rates for the BAC, the Collège Stanislas meets all the challenges. A first-choice institution for families desiring to provide quality education for their children.

Secondary studies lead to college, the first level of graduate studies. The Collège d'enseignement général et professionnel (CÉGEP) and certain private colleges offer students the choice between:

- Pre-university study programs that last two years, that as the name suggests, prepare them for university
- Technical three-year training programs, which lead directly to the job market or university.

Whatever their choice, students follow general study courses, with a core portion being common to both programs.

There is a wide diversity of pre-university programs: natural sciences, social studies, arts, music, plastic arts, arts and letters, sciences, speech sciences, history and civilization. For technical study programs, they are numerous and are divided into five categories: biological technology, physics technology, human technology, business administration technology and arts.

There are also various specialized training establishments, such as institutes and

SECONDARY SCHOOL EDUCATION

COLLEGE EDUCATION

« I couldn't have gotten this done without you. The paperwork was massive, but you guys made it all rather straightforward and easy to follow. The immigration process is very daunting, but the people at Montreal International seemed to have the answer to every problem right at their fingertips and always responded to questions clearly and usually within hours of being asked. Thanks so much again for all your help. »

Matt Harrington
Professeur Université de Montréal

conservatories that offer widely varied training programs: circus, music, agrifood technology, tourism and hotel management, fashion design, horticulture, etc. The student who finishes his CEGEP successfully obtains a Collegiate Studies Diploma (DEC).

ISLAND OF MONTRÉAL

FÉDÉRATION DES CÉGEP

500, boulevard Crémazie Est
Tél. : 514-381-8631
www.fedecegeps.qc.ca

LAVAL AND NORTH SHORE

COLLÈGE MONTMORENCY

475, boulevard de l'Avenir, Laval
Tél. : 450-975-6100
www.cmontmorency.qc.ca

CÉGEP DE SAINT-JÉRÔME

455, rue Fournier, Saint-Jérôme
Deux autres antennes : Mont-Tremblant et Mont-Laurier
Tél. : 450-436-1580 / 1 877-450-2785
www.cstj.net

CÉGEP LIONEL-GROULX

100, rue Duquet, Sainte-Thérèse
Tél. : 450-430-3120
www.clg.qc.ca

CEGÉP RÉGIONAL DE LANAUDIÈRE

781, rue Notre-Dame, Repentigny (centre administratif)
Tél. : 450-470-0911
3 antennes : Joliette, L'Assomption et Terrebonne
www.cegep-lanaudiere.qc.ca

SOUTH SHORE

CHAMPLAIN REGIONAL COLLEGE

900, Riverside Drive, Saint-Lambert
Tél. : 450-672-7360
www.champlaincollege.qc.ca/st-lambert/

CÉGEP DE SAINT-JEAN-SUR-RICHELIEU

30, boulevard du Séminaire, Saint-Jean-sur-Richelieu
Tél. : 450-347-5301
www.cstjean.qc.ca

COLLÈGE ÉDOUARD-MONTPETIT

945, chemin Chambly, Longueuil
Tél. : 450-679-2631
www.college-em.qc.ca

University education represents the second level of graduate studies. The length of these studies varies according to the discipline and cycle chosen. Since they are very autonomous, universities can define their teaching and research programs, determine their requirements regarding student admission and registration as well as award their own diplomas.

First-cycle university studies lead to a bachelor's (90 credits, usually three years of studies), or a certificate (30 credits, generally a one-year program). Second cycle studies lead to a master's degree (two additional years of study). Third-cycle studies lead to a doctorate after several years (usually three). Montréal has many universities, colleges and research institutes.

UNIVERSITIES, SCHOOLS AND INSTITUTES

ISLAND OF MONTRÉAL

UNIVERSITÉ CONCORDIA

1455, boul. de Maisonneuve Ouest
Tél. : 514-848-2424
www.concordia.ca

UNIVERSITÉ DE MONTRÉAL

2332, boulevard Édouard-Montpetit
Tél. : 514-343-7076 / 1 866-977-7076
www.umontreal.ca

UNIVERSITÉ DU QUÉBEC À MONTRÉAL (UQÀM)

Pavillon Judith-Jasmin, Local J-M320
405, rue Sainte-Catherine Est
Tél. : 514-987-3000
www.uqam.ca

UNIVERSITÉ MCGILL

845, rue Sherbrooke Ouest
Tél. : 514-398-4455
www.mcgill.ca

UNIVERSITY EDUCATION



TÉLÉ-UNIVERSITÉ

100, rue Sherbrooke Ouest
Tél. : 514-843-2015 / 1 800-665-4333
www.teluq.quebec.ca

**CONSERVATOIRE D'ART
DRAMATIQUE DU QUÉBEC**

4750, avenue Henri-Julien, 1^{er} étage
Tél. : 514-873-4483
www.conservatoire.gouv.qc.ca

**CONSERVATOIRE DE MUSIQUE
DE MONTRÉAL**

4750, avenue Henri-Julien
Tél. : 514-873-4031
www.conservatoire.gouv.qc.ca

**ÉCOLE DE TECHNOLOGIE
SUPÉRIEURE (ÉTS)**

1100, rue Notre-Dame Ouest
Tél. : 514-396-8800
www.etsmtl.ca

ÉCOLE POLYTECHNIQUE

2900, boulevard Édouard-Montpetit
Tél. : 514-340-4711
www.polymtl.ca

HEC MONTRÉAL

3000, chemin de la Côte-Sainte-Catherine
Tél. : 514-340-6000
www.hec.ca

**INSTITUT DE TOURISME ET
D'HÔTELLERIE DU QUÉBEC (ITHQ)**

3535, rue Saint-Denis
Tél. : 514-282-5108 / 1 800-361-5111
www.ithq.qc.ca

LAVAL AND NORTH SHORE**ÉCOLE HÔTELIÈRE DE LAVAL**

190, rue Roseval, Laval
Tél. : 450-662-7000, poste 2400
www.cslaval.qc.ca/ecolehotelier/

SOUTH SHORE**UNIVERSITÉ DE SHERBROOKE**

Campus de Longueuil
150, place Charles-Le Moyne, Longueuil
Tél. : 450-463-1835 / 1 888-463-1835
www.usherbrooke.ca/longueuil

ÉCOLE NATIONALE D'AÉROTECHNIQUE

5555, place de la Savane, Saint-Hubert
Tél. : 450-678-3561
www.college-em.qc.ca/ena

Even if you are an adult, several reasons can make you want to start or continue your studies:

- Do remedial studies
- Acquire new general or professional training
- Simply out of personal interest

A varied range of educational programs exists for adults: full-time or part-time courses, during the day or evening, by correspondence, etc. Adult education centers, which come under school boards, provide literacy courses in particular at the pre-secondary level as well as general and professional training at the secondary level. Colleges and universities also provide adult education programs.

**ADMISSION TO CERTAIN
PROGRAMS**

Before admitting applicants to study programs, educational institutions in Québec must first ensure that they meet the admission requirements for these programs. For professional training programs, the minimum admission requirements vary according to the study program offered. For technical training programs, a secondary school diploma (DES) or its equivalent is required.

For a list of institutions offering adult education:

Montréal: www.montreal.gouv.qc.ca (click on « Éducation et vie sociale » in the left menu, then « Éducation », and finally « Éducation des adultes : services éducatifs »)

Laval: www2.cslaval.qc.ca (click on « Écoles et centres » in the left menu)

Provincial site: www.mels.gouv.qc.ca/DFGA

**ADULT EDUCATION
OR CONTINUING
EDUCATION**

SCHOOL BOARDS



These bodies are responsible for all public schools, from preschool education to secondary level, inclusively, as well as professional training and adult education centers. School boards are administrated by a council of commissioners, elected by popular vote for a four-year term, and parent representatives elected for one year. They are responsible for organizing and providing quality educational services to efficiently meet the educational needs of young people, adults as well as organizations in their territory, companies in particular.

They must also adapt education services to meet the needs of students who are handicapped or have adjustment or learning difficulties. School boards determine which educational services are offered by each school, professional training center and adult education center. They ensure day-care services for students in preschool and primary education and may organize transportation for students, as well as other services such as food and lodging in order to increase accessibility to educational services. Most of the school boards are French, but some are English.

FÉDÉRATION DES COMMISSIONS SCOLAIRES DU QUÉBEC

1001, avenue Bégin, Québec
Tel. : 418-651-3220
www.fcsq.qc.ca

ISLAND OF MONTRÉAL

COMMISSION SCOLAIRE DE MONTRÉAL

3737, rue Sherbrooke Est
Tel. : 514-596-6000
www.csdm.qc.ca

COMMISSION SCOLAIRE ENGLISH-MONTREAL

6000, avenue Fielding
Tel. : 514-483-7200
www.emsb.qc.ca

LAVAL AND NORTH SHORE

COMMISSION SCOLAIRE DE LAVAL

955, boulevard Saint-Martin Ouest, Laval
Tel. : 450-662-7000
www.cslaval.qc.ca

COMMISSION SCOLAIRE DE LA RIVIÈRE-DU-NORD

995, rue Labelle, Saint-Jérôme
Tel. : 450-436-5040
www.csrndn.qc.ca

COMMISSION SCOLAIRE DE LA SEIGNEURIE-DES-MILLES-ÎLES

430, boulevard Arthur-Sauvé, Saint-Eustache
Tel. : 450-974-7000
www.cssmi.qc.ca

COMMISSION SCOLAIRES DES AFFLUENTS

80, rue Jean-Baptiste-Meilleur, Repentigny
Tel. : 450-492-9400
www.csaffluents.qc.ca

SOUTH SHORE

COMMISSION SCOLAIRE DES GRANDES-SEIGNEURIES

50, boulevard Taschereau, La Prairie
Tel. : 514-380-8899
www.csdgs.qc.ca

COMMISSION SCOLAIRE DES HAUTES-RIVIÈRES

210, rue Notre-Dame, Saint-Jean-sur-Richelieu
Tel. : 450-359-6411
www.csdhr.qc.ca

COMMISSION SCOLAIRE DES PATRIOTES

1740, rue Roberval, Saint-Bruno-de-Montarville
Tel. : 450-441-2919 / 1 877-449-2919
www.csp.qc.ca

COMMISSION SCOLAIRE DES TROIS-LACS

400, avenue Saint-Charles, Vaudreuil-Dorion
Tel. : 450-477-7000
www.cstros-lacs.qc.ca

COMMISSION SCOLAIRE MARIE-VICTORIN

13, rue Saint-Laurent Est, Longueuil
Tel. : 450-670-0730
www.csmv.qc.ca

RIVERSIDE COMMISSION BOARD

299, boulevard Sir Wilfrid Laurier, Saint-Lambert
Tel. : 450-672-4010
www.rsb.qc.ca

ADMISSION AND REGISTRATION

Since French is Québec's official language, the children of immigrants, no matter what their mother tongue is, must usually attend an institution belonging to the French school board in their community. Children of temporary residents may be admitted to English education. For more information, contact directly the English school where you wish to register your child.

KINDERGARTEN, ELEMENTARY SCHOOL AND SECONDARY SCHOOL

In order for your child to attend school, you must first make a request for registration to the school board in your community. You will be asked to present originals or certified copies of the following documents:

- Passport
- Birth certificate
- School report cards, if applicable

Depending on the situation, registration with the school can be done either by the school board or by the parents. Where appropriate, the school board will give you the necessary registration documents as well as the address for the school where you need to go.

All school boards give public notice each year about new registrations. The registration period starts in February or March, for the beginning of the school year a few months later, usually at the end of August. You may however, make a registration request at any time, but for preschool (kindergarten) registration, it is generally recommended that you do so before the end of June.

COLLEGE AND UNIVERSITY

To register for a college, contact the institution directly. If the school is a member of a regional application service, they will give you the needed information. For the fall semester (starting at the end of August), the application for admission must be completed before March 1. For the winter semester (starting in January), the deadline is November 1. Colleges may require admission fees. For universities, you must make an application for admission directly at the institution you have chosen and pay fees. The deadlines vary according to the institution and the education program.

The schedule for students in kindergarten and elementary school rarely coincides with that of working parents. What's more, these students sometimes have a day off on regular work days, for pedagogical days, for example. Several schools therefore offer day-care services, which take care of children:

- Before the beginning of classes in the morning
- At lunchtime
- After school

Students who use these services after class can do their homework and study during this time. Parents who send their children to day-care services in schools for at least two and a half hours per day, for a minimum of three days a week, pay minimal daily fees.

However, other fees can be added, for example for meals or special activities organized by the day care. Find out from your child's school or contact your school board to learn which schools provide this type of service.

Childcare centers (CPE) coordinate and supervise home childcare services. It should be noted that places are scarce and the waiting period can be long (sometimes up to two years).

However the fee (subsidized) is \$7 per child per day, which is 3 to 5 times less than in a private, non-CPE day care. For children under 5 years of age on September 30, there is a program offering places for reduced fees and places exempted from fees. To find out more, contact the day care you have chosen, or the Ministère de la Famille et des seniors (MFA).

Regroupement des centres de la petite enfance de l'île de Montréal (day care and child and family resources for Montréal):
www.rcpeim.com

THE QUÉBEC DAY-CARE NETWORK

All these services are given in premises set aside for them, except those that take in children at a private residence. Childcare centers coordinate and supervise home childcare services.

SCHOOL DAY-CARE SERVICES

CHILDCARE CENTERS AND STOP-OVER CENTERS

MA GARDERIE
www.magarderie.com

The information network about day care in Québec, this small portal with a child-like design provides free resources for all parents in Québec. It is a meeting place for childcare services (preschools, CPEs, day-care workers) and parents. It offers detailed information on the availability of places in Montréal, Laval, Longueuil and elsewhere in Québec.

THE QUÉBEC DAY-CARE NETWORK

option	ages	number of children	availability	length of care	description
childcare centres	birth to 5 yrs	at most 7	varies, full or part-time	48 hrs consecutive	educational program*
home childcare services	birth to 12 yrs	maximum of 9	varies	possibility of service for more than 24 hrs	educational program*
daycare centres	birth to 12 yrs	at most 7	varies, full or part-time	24 hrs consecutive	educational program*
nursery schools	2 to 5 yrs	groups of at least 7	mornings or afternoons, on a regular basis	maximum 4hrs	educational program*
stopover centres	birth to 12 yrs	at most 7	variable, occasional	24 hrs consecutive	optional educational activities

* Program adapted to the child's age and the time spent on site with the ultimate goal of enhancing overall development.

PERSONAL FINANCES

Opening an account is essential for day-to-day transactions. To open one, just go to the branch of your choice, preferably near your home or work. You will be asked for identification using your social insurance number and/or your passport (and any other document supporting your residency in Canada). It is important to choose your institution well because fees for transactions, checks and other services can vary from one bank to another.

CANADIAN IMPERIAL BANK OF COMMERCE

www.cibc.com

BANK OF MONTRÉAL

www.bmo.ca

LAURENTIAN BANK

www.banquelaurentienne.com

NATIONAL BANK OF CANADA

www.bnc.ca

ROYAL BANK OF CANADA

www.rbcbanqueroyle.com

SCOTIA BANK

www.scotiabank.ca

TORONTO DOMINION BANK

www.tdcanadatrust.com

CAISSES DESJARDINS ET CENTRES FINANCIERS AUX ENTREPRISES

www.desjardins.com

HSBC

www.hsbc.ca

When you open your account, the bank will give you a debit card directly linked to your bank account. This is an instant debit card and it is impossible to obtain credit with it, you can only spend the money that is available in your account. It is free, but there is a fee

FINANCIAL SERVICES



NEW AND UNIQUE: YOUR FINANCIAL CENTRE

Keen to improve your personal finances? Drop by our innovative hub of financial expertise. Under the same roof, the Carrefour Desjardins – conveniently located in downtown Montréal's central business district – offers you a full range of specialized products, services and advice to help you grow your money. Our multilingual team welcomes you into a modern, prestigious and comfortable environment.

CARREFOUR DESJARDINS

1241 Peel Street (near
Dorchester Square)
Montréal (Québec)
Telephone: 514-875-4266
Fax: 514-875-1111
desjardins.com/carrefour
8 a.m. to 6 p.m., Monday to Friday
or by appointment, wherever and
whenever it's convenient for you.



Money working for people

DEBIT CARD



WELCOME TO DESJARDINS!

Desjardins, the largest cooperative financial group in Canada, is proud to welcome you to Québec as a new resident.

Thanks to the expertise of its financial advisors, Desjardins sets itself apart as the leader in terms of welcoming newcomers. When you establish a business relationship with us, you have access to a complete range of savings and investment, financing and life and property insurance products and services.

Please contact our Carrefour Desjardins team at carrefour@desjardins.com or check out our Web site at desjardins.com/carrefour.

For immigrant entrepreneurs. The seasoned experts from Desjardins business centres offer them sound support and a complete range of products and services to boost the productivity of their business and the development of their markets, regardless of their sector of activity.

www.desjardins.com/newcomers

 **Desjardins**

Money working for people

for transactions if you do them elsewhere than an automated teller machine at one of your institution's branches. The Interac network is a widespread payment system in North America. You can pay for most of your purchases with this card. Automated tellers are accessible everywhere day and night.

CREDIT CARD

The use of credit cards is widespread in Québec. Contrary to their use in Europe, North American cards are not affiliated with your bank account but are linked to a credit account from another organization. The holder of a Visa or MasterCard receives a statement of his account every month with a payment due date. You don't have to pay the whole amount, but a minimum amount must be paid each month. The amount due carries monthly interest rates that are rather high until the amount is completely paid off. These rates vary between 15 and 20%. Major store chains as well as certain gas companies offer their own credit cards (La Baie, Sears, UltraTue, Esso, Petro-Canada, etc.). However, obtaining a Canadian credit card can be quite difficult for new immigrants because the application approval generally is based on an analysis of your credit record in Canada. A newcomer often doesn't have a "credit rating", which will result in a rejection by most financial institutions. Some are more flexible than others on this, and will agree to study applications on a case by case basis. The employer will sometimes stand surety and therefore make access to credit easier. Depending on the choice of credit cards, interest rates, as well as credit limits, payment terms and annual fees can vary from one bank to the next.



CHECKS

Personal checks are rarely accepted in stores. They are more often used for rent payment, paying invoices or payments sent by mail.

CREDIT

Several kinds of credit are available in Québec. Credit is so easily accessible that you must be extremely careful. Even though it enables you to purchase all kinds of products immediately, credit is expensive because it carries interest that can be rather high, depending on the type of loan, as well as administration costs. If

you contract a loan with a financial institution, they may require that you carry insurance on the loan to ensure your capacity to reimburse your debts. They cannot, however, require you to subscribe to the insurance with them.

All Québec residents with an income must pay their share of government expenses which go to ensure services to the community. Everyone must therefore make an annual declaration of their income, whatever the source, for provincial and federal income tax purposes. The Québec tax system, as well as that of Canada, is based on the principle of self-assessment. That means that each taxpayer must supply information on his income and expenses to the government as well as calculate his share of income tax to pay. It is what is called the individual income tax return. This return must be sent to each of the two governments before the 30th of April following the taxation year, which covers January 1 to December 31 of the previous year. The first year, you will have to obtain the Federal government forms from Revenue Canada, at a post office or by Internet. For the Québec government return, you must contact Revenue Québec, Communication-Québec or a Caisse populaire. The following years, you will receive your forms by mail. These documents come with appendices and a guide explaining what to do. If your financial situation is relatively simple, the short forms are sufficient. If you have already paid your income taxes, either by payroll deduction, or by regular payments during the year (tax installments), filling out your returns will enable you to request a refund for amounts overpaid or will tell you the balance to be paid. Failing to produce these returns can result in interest charges or substantial fines. If you need help to fill out your income tax returns, you can phone the information services for the Canada Revenue Agency and Revenue Québec. Specialized agencies and accountants can also assist you by filling out the returns for you. You will have to pay for their services, however.

REVENU QUÉBEC

Tel.: 514-864-6299 / 1 800-267-6299
www.revenu.gouv.qc.ca

CANADA REVENUE AGENCY

Tel.: 1 800-959-7383 | www.cra-arc.gc.ca

INCOME TAX



Welcome, Newcomers to Canada

Are you looking for a sound financial institution to handle your finances when you arrive in Canada? Desjardins offers complete banking services for individuals and businesses.

For more details on the services offered by Desjardins or to open an account, visit our Web site at desjardins.com/newcomers. You can download the newcomers' information guide, which offers you details on relevant aspects of Canadian economic life. You can also speak to one of our agents by dialling 1-800-CAISSES.

It's more than a bank.
It's Desjardins – the largest integrated cooperative financial group in Canada and the number one financial institution in Québec.



Money working for people

POLITICAL AND JUDICIAL SYSTEMS

Canadian and Québec political systems
Québec is a part of the Canadian confederation, which includes 10 provinces and three territories. The main institutions that make up the Canadian Parliament are the House of Commons and the Senate. Québec has its own government, which administers laws passed by the National Assembly.

CANADA

- House of Commons and the Senate legislate on questions of common interest to members of the confederation: national defense, border control, currency, etc.
- Federal members of Parliament, of whom there are 308, sit in the House of Commons and are elected by universal suffrage for a limited mandate, keeping their seat until Parliament is dissolved (after a maximum of five years).
- Senators, of whom there are 105, are nominated by the Governor General on the recommendation of the Prime Minister of Canada.

QUÉBEC

- Québec is represented on the federal level by 75 members of Parliament and 24 senators.
- The Québec National Assembly legislates in its fields of jurisdiction, including education, health, justice, natural resources and municipal affairs.
- The National Assembly has 125 members elected by the population in the ridings they represent and whose interests they represent.

MUNICIPALITIES

- Municipal administrations also have the power to adopt regulations in their fields of jurisdiction, including questions regarding municipal planning.
- Municipal councils, directed by an elected mayor, are also administrations chosen by the population during universal suffrage elections.

BRIEFLY...

- Only Canadian citizens aged 18 years or older and registered on the electoral list have the right to vote. They may also present themselves as candidates for election as members.
- The political party that has the greatest

number of members elected forms the next government. This party's chief becomes Prime Minister, the head of government.

- The Canadian political system has three levels of government: federal, provincial and municipal.

HUMAN RIGHTS AND FREEDOMS

The Québec Charter of Human Rights and Freedoms defines the fundamental rights for every person. Section 10 of this law stipulates in particular that: "Every person has a right to full and equal recognition and exercise of his human rights and freedoms, without distinction, exclusion or preference based on race, colour, sex, pregnancy, sexual orientation, civil status, age except as provided by law, religion, political convictions, language, ethnic or national origin, social condition, a handicap or the use of any means to palliate a handicap. Discrimination exists where such a distinction, exclusion or preference has the effect of nullifying or impairing such right."

Police forces ensure the security of citizens and monitor compliance with the law. There are three main types of police forces in Québec:

- Municipal police in most cities of considerable size.
- Sûreté du Québec, present throughout the province, particularly on highways and in rural regions where there is no municipal police.
- Royal Canadian Mounted Police, which ensure compliance with federal laws, particularly in airports.

You can ask the police to intervene in a large number of situations:

- emergencies of all kinds
- road accidents
- if you are victim of a robbery, aggression or fraud
- if you note the disappearance of a person in your care
- if you witness a crime

For emergencies, you can contact your municipal police by dialing 911. Otherwise, you can simply dial the nearest police station directly. You should keep this number near your phone.

POLICE FORCES

COURTS

MINISTÈRE DE LA JUSTICE DU QUÉBEC

www.justice.gouv.qc.ca

PALAIS DE JUSTICE DE MONTRÉAL

1, rue Notre-Dame Est
Tel. : 514-393-2721

BARREAU DU QUÉBEC

www.barreau.qc.ca

INFORMATION SUR VOS DROITS ET RESPONSABILITÉS

www.educaloi.qc.ca

SOCIÉTÉ QUÉBÉCOISE D'INFORMATION JURIDIQUE

715, rue du Square-Victoria, suite 600
Tél : 514-842-8741
www.soquij.qc.ca

There exist a large number of courts, each having their own field of jurisdiction: criminal, administrative or civil lawsuits, suits covered by provincial or federal legislation, or municipal regulation. If you want to bring a lawsuit before a court, or if you are required to appear there, you will most likely wish to retain the services of a lawyer. The Ministère de la Justice du Québec, the Commission des services juridiques and the Barreau du Québec can supply documentation regarding the rules to follow, your rights, your responsibilities and the way to obtain a lawyer's services.

JUDICIAL SERVICES

You are free to choose the lawyer who will represent you before the courts and defend your interests. You will have to pay for his services, however. You may be admissible for Legal Aid, a government service that gives low-income people access to a lawyer's services for free or for a small contribution. Contact the nearest office to see if you are eligible for this program.

SMALL CLAIMS COURT

Because of the complexity of the judicial system and waiting times that are sometimes long, the Court of Québec created the Small Claims Court Division. This court expedites the settling of everyday civil suits (a disagreement with a merchant, a service provider, etc.). However, this rapid procedure has requirements:

- your claim must be less than \$7,000
- you cannot be represented by a lawyer
- the person or company you are suing must be a Québec resident or have a business office there
- the judgment rendered is final and without appeal.



Living in Montréal

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ISLAND OF MONTRÉAL

CITY OF MONTRÉAL

Tel.: 311 (from Montréal)

514-872-0311 (outside of Montréal)

www.ville.montreal.qc.ca

Here you will find contact information for the various departments of the city and its districts.

MONTRÉAL TOURISM

Tél : 514-873-2015 / 1 877-266-5687

www.tourisme-montreal.org

MONTRÉAL IN 2010

Montréal has the second largest population in Canada after Toronto. It is a dynamic financial and commercial center, as well as a world-class port on the waterway linking the Great Lakes to the Atlantic. The city is also the second largest French-speaking city in the world after Paris (in terms of population). It is the only Canadian city reconciling the influences of the Old Continent and North American modernity, bringing together the French- and English-speaking communities divided so long by history. It has succeeded in creating a diverse ethnic mix through immigration. What was once a cluster of separate towns and villages is now a single, highly dynamic cultural center. Located on the Island of Montréal, Montréal consists of 19 districts or boroughs, 1.85 million inhabitants (3.78 million in Greater Montréal), and no fewer than 80 ethnic groups. At the center of the Island, Mount Royal, also called the Mountain, dominates the urban landscape.

OUTSTANDING QUALITY OF LIFE

Montréal is a vibrant, very human cosmopolitan city. The liveliness of its downtown and the quality of life in its neighborhoods set the city apart. The excitement of its cultural life is enhanced by a harmony based on a long tradition of coexistence between different cultures. The Montréal International Jazz Festival, one of the cultural festivals attracting more than 3 million visitors each year, is an example of the major public events that exemplify the city's joie de vivre.

SAFE AND VIBRANT WAY OF LIFE

Montréal is one of the safest large cities in North America. Day or night, its public places are alive with crowds of lovers of music, food and film. Crime, already very low for such a large city, has been falling steadily since 1990. Downtown Montréal is a mix of offices, large stores, boutiques, restaurants, universities, and hospitals, just a stone's throw from comfortable or bohemian residential districts. Unlike most large North American cities, Montréal's downtown district contains not only office blocks but also a diverse population. It is possible to live in a single-family house located in a residential district of the city and get to your office in less than 30 minutes.

The metro, commuter trains and bus lines converge at the center, adding to the busyness of the streets, public squares and the underground city. Spreading out from the downtown metro stations is an inside network of 30 kilometers of pedestrian walkways and commercial centers (178 entrances), connecting 62 building complexes and forming a true city under the city.

Montréal's underground city is also the largest pedestrian and commercial network of its kind in the world. More than 500,000 people go through it every day.

A CITY BURSTING WITH VITALITY AND CREATIVITY

The spectacular growth of the Cirque du Soleil is an illustration of Montréal's creative dynamic. This company revolutionized the circus world. Its permanent shows in the United States and its world tours make it the first multinational circus. Furthermore, the National Circus School, founded in 1981 by Guy Caron, a comedian and circus performer, and Pierre Leclerc, an elite gymnast, is the internationally renowned school that enabled the Cirque du Soleil and Cirque Éloize to emerge. Montréal cultural productions strike a chord with visitors from every nation. This is a sign of the success of artistic ensembles as diverse as the Grands Ballets Canadiens, the contemporary dance company LaLaLa Human Steps, and even the Montréal Symphony Orchestra, who perform on the world's largest stages.

Montréal businesses can claim the same success through their exporting of TV series and feature films to more than 130 countries, translated into more than 35 languages. The cultural activities benefit from an enthusiastic public. Festivals such as the Montréal International Jazz Festival, the Just for Laughs Festival, and the World Film Festival are especially popular.

These are all in addition to major international events, such as the Canadian Formula One Grand Prix, the International des Feux Loto-Québec (Montréal Fireworks Festival), and the Canada Masters tennis tournament (Rogers Cup), which attract an increasing number of visitors every year. Finally, for those who enjoy

QUALITY OF LIFE COMPARISON (2009)

MONTRÉAL	100
SAN FRANCISCO	98.8
BOSTON	98.1
CHICAGO	96.3
WASHINGTON	96.3
NEW YORK	96.0
SEATTLE	95.8
LOS ANGELES	94.1
HOUSTON	92.4
MIAMI	92.3
DETROIT	92.1
ATLANTA	92.0

Source : Mercer Human Resource Consulting, 2009

Methodology: The international (215 cities) survey evaluates 39 factors related to quality of life, particularly including political, social, economic, and environmental factors, personal health and safety, education, transport and other public services.

HOMICIDE RATE (2007) (for 100 000 inhabitants)

MONTRÉAL	1.6
BOSTON	2.8
SAN DIEGO	3.6
NEW YORK	4.5
SAN FRANCISCO	8.8
HOUSTON	8.8
DETROIT	10.9

Source : american data : Federal Bureau of Investigation, 2008. Canadian data : Statistique Canada, 2008

Note: This comparison refers to the 20 largest metropolitan regions in North American for which data is available.

COST OF LIVING (2009)

MONTRÉAL	100
TORONTO	104,4
ATLANTA	108,5
WASHINGTON	111,2
LOS ANGELES	116,9
CHICAGO	118,9
MIAMI	119,9
BARCELONA	120,9
LONDON	136,5
SHANGHAI	140,2
PARIS	140,1
NEW-YORK	147,3

Note: This comparison refers to a selection of 20 large international metropolitan regions (including the Top 20 North American regions listed by the survey). The annual Mercer Human Resource Consulting survey compares the cost of living in 143 cities based on more than 200 criteria such as housing, food, clothing, home appliances, as well as transportation and leisure.

their food, Montréal is recognized as one of the gastronomic capitals of the world, as attested to by the American Food & Wine magazine.

DIVERSE, TOP-QUALITY HOUSING

The Montréal region is one of those rare world cities where the cost of housing is still affordable. Housing prices are lower than in most of the world's large cities to which Montréal is compared. In fact, properties sold in several other North American cities cost twice as much as the average price in Montréal. The region offers a wide range of dwelling types, whether want to live in one of the liveliest downtown districts in North America, in the charming towns on the South Shore of the St. Lawrence, the thriving districts of Laval, or in the nearby countryside – where it is normal to find lots of 450 m² (4,800 square feet) – 20 km outside downtown Montréal.

Greater Montréal is close to several vacation centers. In less than one hour, it is possible to get to more than 30 ski resorts, 80 golf courses and 50 marinas.

AFFORDABLE COST OF LIVING

Housing, food, clothing, health care and the education of your children are much cheaper in Montréal and the surrounding regions than in other large world cities. The Québec health system is founded upon the principle of universality, thus providing free basic health care to all residents in the province. Public education is also free and of high quality from kindergarten to college, in both French and English. Ivy League universities, such as McGill University and the Université de Montréal, charge some of the lowest tuition fees in North America.

HUB OF COMMERCE

Greater Montréal's population of 3.8 million inhabitants and a GDP of \$120 billion, represent a extremely attractive market. Furthermore, its transport infrastructure offers companies fast access to a market of 425 million consumers from the North American Free Trade Area (Canada, United States, and Mexico). More than 100 million North American consumers can be reached within a single day's travel from Montréal. Québec alone is the U.S.A.'s 7th largest trading partner.

The Port of Montréal, open 365 days a year, occupies first place among ports on the east coast of North America, ahead New York, for transporting containers on the North Atlantic.

Each day, 550 scheduled flights land or take off from Pierre-Elliott Trudeau International Airport. The great commercial centers of northeastern North America are just one hour away by air, and the Trudeau airport itself is located only 20 minutes from downtown. Located on the South Shore, the St. Hubert airport is one of the airports used for business flights in the Montréal area.

GREATER MONTRÉAL, A PLACE OF FINANCE

The metropolitan Montréal region occupies an enviable position in the financial sector and has been able to develop niches in which it excels. Several large financial institutions established their headquarters here, such as the Bank of Montréal, the National Bank of Canada, the Royal Bank of Canada, and the Caisse de dépôt et placement du Québec (Québec deposit and investment fund). Several foreign-owned banks are also based in Montréal, such as HSBC Bank, Banque Nationale de Paris, Citibank, Société Générale, and the Republic National Bank of New York.

Besides the banking head offices, insurance companies, and well-established large financial groups, there are more than 50 venture-capital companies and 135 international financial centers (IFCs). The latter, as mutual investment fund managers, benefit (in Québec) from substantial tax breaks that affect both companies and employees. The region's financial sector benefits from a complete management infrastructure, covering both regulation and control, and also including IT and telecommunications services meeting the most demanding requirements.

Despite the structural changes causing upheaval throughout the world in this sector, Montréal has succeeded in keeping its employment level for the sector at more than 100,000 salaried workers and offers a high-quality pool of managers and analysts. The four Montréal universities also offer advanced study programs in finance-related fields.

PRICE LEVEL (2009)

	Without rent	With rent
Montréal	100,0	100,0
TORONTO	103,4	105,7
AMSTERDAM	108,8	108,1
STOCKHOLM	114,0	109,9
VIENNE	122,5	115,6
MUNICH	121,0	116,6
LUXEMBOURG	118,7	117,1
LONDRES	110,9	117,3
CHICAGO	107,5	120,8
HELSINKI	123,9	124,8
DUBLIN	121,5	128,0
PARIS	122,3	128,5
HONG-KONG	98,6	135,7
COPENHAGUE	142,1	137,2
ZURICH	142,1	142,1
TOKYO	133,7	143,1
GENÈVE	140,0	143,5
LOS ANGELES	95,3	147,8
OSLO	147,4	147,8
NEW-YORK	131,1	167,8

Note: The price level is calculated from a sample of 122 goods and services, including 3 rental fees, weighted according to the consumer habits of Western Europe. The average currency price over the survey period was used to convert between the different currencies.

Greater Montréal



MONTRÉAL, AN INTERNATIONAL CITY

Montréal clearly has an international character. Some 70 international organizations are located here, directly or indirectly providing nearly 6,000 jobs, and with an economic spinoff reaching close to \$300 million. For example, in the aerospace sector, Montréal is home to the international aeronautic telecommunications company, SITA, and the International Air Transport Association (IATA).

« Montréal is a wonderful city for business. It is affordable and the quality of life here is remarkable. We are very excited by the city's energy and the vitality of the real estate market. »

Alan Marcovitz
President Westcliff Group

The city also hosts the International Civil Aviation Organization (ICAO), which comes under the the United Nations. Other UN agencies are also established in Montréal, including the Secretariat for the Convention on Biological Diversity and the UNESCO Institute for Statistics.

The World Anti-Doping Agency (WADA) is also located here. The presence of international organizations is complemented by a constant flow of foreign visitors. Montréal is the destination of choice in Canada and Number 3 in North America as a host city for international conferences.

The city has 23,000 hotel rooms and large facilities. Its Palais des congrès can hold more than 20,000 conference delegates at a time. Furthermore, the international district, situated between the Montréal business area and the historic district, is designed to offer a prestigious location to international organizations and corporations.

UNIVERSITIES

The Montréal region stands out by the reputation of its universities. The five universities in the Greater Montréal region are attended by some 165,000 students, including 17,000 foreigners. The region has two French universities, the Université de Montréal and the Université du Québec à Montréal, and two English, McGill University and Concordia University.



McGILL UNIVERSITY

845, rue Sherbrooke Ouest

Tel. : (514) 398-4455

Registrariat : Tel. : (514) 398-4466

www.mcgill.ca

The oldest university in Montreal, McGill University was founded in 1821, in what would become the very heart of Montréal. It is one of Canada's best-known institutions of higher learning and most highly respected university centers in North America. Its eleven faculties, nineteen schools, and its Centre for Continuing Education offer bachelor, masters and doctorate level programs. There are Nearly 30,000 students attending McGill University, with 53% being English-speaking and 21% French-speaking, with students coming to McGill from about 150 countries.

Exceed your expectations!

The Centre for Continuing Education offers a full range of **programs and courses** that can help give you that competitive edge.

For more information:
514-398-5700
info.conted@mcgill.ca
www.mcgill.ca/potential

A WORLD-CLASS UNIVERSITY FOR A WORLD-CLASS CITY

Outstanding teaching and research. Inspiring museums. Insightful lectures and soul-stirring concerts. Campuses brimming with both history and innovation. Consider McGill, whether you want to study, work or just pay a visit.

www.mcgill.ca



UNIVERSITÉ DE MONTRÉAL

2900, boul. Édouard-Montpetit

Tel. : (514) 343-7076

www.umontreal.ca

L'Université de Montréal offers the largest course prospectus in Canada for the health sector. U of M, founded in 1878, has 13 faculties, more than 60 departments covering human and social sciences, as well as various disciplines in pure sciences and health. It has an ongoing relationship with the industry and the socio-cultural and political environment surrounding it, in addition to many exchange agreements with foreign partners. It has 50,000 students, including 4,000 foreign students from 120 countries. The HEC Montréal school and École Polytechnique are affiliated with it.

CONCORDIA UNIVERSITY

1455, boul. de Maisonneuve Ouest

Tel. : (514) 848-2424

www.concordia.ca

Concordia University, founded in 1974, is the result of the merger between two establishments, Loyola College and Sir George Williams University. It has more than 30,000 students, and offers no less than 180 programs governed by four faculties (Arts and Sciences, John-Molson Management School, Engineering and IT, and Fine Arts). The university also has 18 research centers. Its student population consists of 64% English-speaking students and 22% French-speaking.

UNIVERSITÉ DU QUÉBEC À MONTRÉAL (UQÀM)

C.P. 8888, succursale centre-ville

Tel. : (514) 987-3000

www.uqam.ca

Situated in the heart of the Latin quarter, the Université du Québec à Montréal has six faculties and more than 40,000 students. It has seen unprecedented growth since its creation in 1969, and additions are constantly being made to its course prospectus. It has an open attitude toward new students, particularly in making room for adults resuming their education.

Université 
de Montréal

**A UNIVERSITY AS INTERNATIONAL AND
DYNAMIC AS THE CITY IT IS NAMED AFTER**

Nested, for 125 years, on the North side of the Mount Royal, the University of Montreal (UdeM) has a natural, architectural and exceptional campus. We invite you to its many cultural events: lectures and tours, concerts, visual arts, cinema, dance, photography, theatre and many other activities. Visit the sports center which is open to all and is associated with a sports program of excellence. Enrich your knowledge by immersing yourself in the 20 libraries scattered on the campus. Remember, that with 250 undergraduate programs and 350 graduate programs, UdeM offers a comprehensive overview of the contemporary knowledge.



**The UdeM campus bustles with activity all year ...
FOR YOU TO DISCOVER! WWW.UMONTREAL.CA**

UNIVERSITÉ DE SHERBROOKE

Campus Longueuil | 1111, rue Saint-Charles Ouest, Longueuil
Tel. : (450) 463-1835 / 1 888 463-1835
www.usherbrooke.ca

L'Université de Sherbrooke - Campus de Longueuil hosts more than 9,500 students. There are nine faculties sharing 80 bachelor, masters and doctorate programs. The Université de Sherbrooke was the first in the world to offer the Masters in Business Administration (MBA) program in French. The Université de Sherbrooke has 26 research chairs.

SCIENTIFIC, TECHNOLOGICAL AND COMMERCIAL SUPPORT

The Montréal region has the largest concentration of engineering expertise in Canada, with 60% of the country's engineering consultancy firms. More than 40,000 engineers live in the metropolitan region.

SNC-Lavalin, one of the largest engineering-consultation firms in the world, has its headquarters in Montréal. The region is also graced with many schools and institutes affiliated with these universities, such as HEC Montréal, École Polytechnique, École de technologie supérieure (School of Higher Technology), National School of Public Administration, National Institute of Scientific Research (NISR) and, in the biotechnology sector, the NISR Institut Armand-Frappier.

Québec has a proportion of graduates well above the Canadian average in scientific, technological, and commercial disciplines. Every year, the Montréal region's employers can choose from a pool of more than 8,000 new university graduates coming from scientific and technological fields, and more than 7,500 from commercial fields, thus guaranteeing a highly qualified workforce.

CALENDAR OF EVENTS AND FESTIVALS IN THE REGION

Most of these events are held each year on approximately the same dates.

WINTER

FÊTE DES NEIGES DE MONTRÉAL (MONTRÉAL SNOW FESTIVAL)

End of January to beginning of February

514-872-6120

www.parjeandrapeau.com

Lots of activities await lovers of winter and fresh air: tube sliding, a skating trail, dog-sleds, ice and snow sculpture, etc.

LES RENDEZ-VOUS DU CINÉMA QUÉBÉCOIS

Second half of February

514-526-9635

www.rvcq.com

The purpose of this event is to promote Québec and Canadian cinema abroad through meetings between the public and film-makers and a presentation of more than 150 films or videos.

MONTRÉAL HIGH LIGHTS FESTIVAL

Second half of February

www.montrealenlumiere.com

Three festivals in one, bringing together the finest talent from here and elsewhere in fields as varied as dance, theater, music and the art of entertaining. Outdoor site free for the Celebration of Light.

NUIT BLANCHE IN MONTRÉAL

February

As part of the Montréal High Lights Festival, night owls who don't mind the chill can enjoy a number of trips, activities and entertainment offered throughout the city. A free shuttle service connects the various sites during the night.

SPRING

ST. PATRICK'S DAY PARADE

Mid-March

www.montrealirishparade.com

A colorful celebration of St. Patrick, the patron saint of the Irish (note that 4 million Canadians have Irish ancestors). More than 4,000 participants, 40 floats and 45 marching bands!



INTERNATIONAL FESTIVAL OF FILMS ON ART

Second half of March

514-874-1637

www.artfifa.com

Screenings of films on artistic creation, whether in dance, painting, sculpture, architecture, design, drama, photography, cinema, art history, literature and music.

INTERNATIONAL PANAFRICA FILM FESTIVAL

Second half of April

514-284-3322

www.festivalpanafrica.com

More than 80 works from 40 countries. Screenings of short and feature films, dramas and documentaries, followed by discussions with the authors.

MONTRÉAL BLUE METROPOLIS INTERNATIONAL LITERARY FESTIVAL

Second half of April

514-937-2538

www.metropolisbleu.org

Blue Metropolis brings together more than 250 authors, musicians, journalists and publishers from around the world for five days of literary activities in several languages.

PIKNIC ELECTRONIK

Mid-May to end of September

www.piknicelectronik.com

Sunday outdoor gathering for fans of electronic music. Friendly ambiance in the afternoon and much more festive at night... A must-see event on the Montréal music scene and, frankly, a memorable day! Other events: Igloofest in winter, and the Électronik sugar shack in spring.

FESTIVAL TRANSAMÉRIQUES

End of May to mid-June

514-842-0704

www.fta.qc.ca

Biennial event with a score of companies from here and elsewhere providing innovative programming in theater and dance.

MONTRÉAL MUSEUMS DAY

End of May

514-845-6873

www.museesmontreal.org

This open house is an opportunity for the

public to discover the diversity and richness of Montréal museums and develop a taste to visit them all year round.

BIKE FEST

End of May to beginning of June

514-521-8356

www.velo.qc.ca/feria

A week of cycling events including the Tour de l'Île, Un Tour la Nuit and the Défi Métropolitain.

SUMMER

MONDIAL DE LA BIÈRE (BEER FESTIVAL)

End of May to beginning of June

514-722-9640

www.festivalmondialbiere.qc.ca

It is the event for Montréal beer lovers. We found over 350 different beers, ciders and meads, all accented with tasty delights from Québec.

LES FRANCOFOLIES DE MONTRÉAL (FRENCH MUSIC FESTIVAL)

Mid-June

514-876-8989

www.francofolies.com

A musical event with Francophone artists from Europe, Africa, the Americas, the Caribbean. Performances in several halls and outdoors. A first for the 2010 festival: Les Misérables by Victor Hugo, presented at Place des Arts.

SAINT-AMBROISE MONTRÉAL FRINGE FESTIVAL

Mid-June

514-849-3378

www.montrealfringe.ca

International festival of free expression that mixes theater, dance and music. Several shows in English and French, offered over 11 days by more than 80 troupes from around the world.

CANADIAN GRAND PRIX

Mid-June

514-350-0000

www.circuitgillesvilleneuve.ca

The best drivers in the world compete in one of the stages of the Formula 1 world championship. Watch for various events during the weekend, including open-house day.



L'INTERNATIONAL DES FEUX LOTO-QUÉBEC (LOTO-QUÉBEC INTERNATIONAL FIREWORKS SHOW)

Mid-June to mid-August

514-397-2000 | www.internationaldesfeuxloto-quebec.com

Major international fireworks competition presented with fireworks lasting 30 minutes. Watch the event from the La Ronde site, where fireworks are actually exploding right above you (paying seats, VIP sections also available), or from the Jacques Cartier Bridge or the banks of the St. Lawrence River (choice seats and free).

MONTRÉAL INTERNATIONAL JAZZ FESTIVAL

End of June to beginning of July

514-871-1881

www.montrealjazzfest.com

Festival bringing together world-renowned jazz greats. More than 500 concerts, 350 of them free, spread over nearly a dozen outdoor stages and in theaters.

INTERNATIONAL REGGAE FESTIVAL

End of June

www.montrealreggae.com

Festival mainly dedicated to reggae music but also includes other musical styles and visual arts, poetry and dance components.

FESTIVAL JUSTE POUR RIRE (JUST FOR LAUGHS FESTIVAL)

July

514-845-2322

www.hahaha.com

One of Montréal's most popular festivals, animating the Latin Quarter with comedians, entertainers, and street-theater troupes from around the world.

FANTASIA INTERNATIONAL FILM FESTIVAL

July

www.festivalfantasia.com

Festival dedicated to fantasy films (fantasy, action, comedy, suspense and thriller).

FESTIVAL INTERNATIONAL NUITS D'AFRIQUE (AFRICAN NIGHTS INTERNATIONAL FESTIVAL)

Mid-July

514-499-9239

www.festivalnuitsdafrique.com

A summer festival that's unique in North America, bringing together the best groups from Africa, the Caribbean and South America. Free outdoor shows during the weekend.

FESTIVAL DIVERS/CITÉ (LGBT FESTIVAL)

End of July to beginning of August

514-285-4011

www.diverscite.org

One of North America's largest gay and lesbian pride events, which attracts more than one million festival-goers. Community, party, culture, insanity, insomnia... Note that in mid-August there are also the Montréal Pride celebrations, which now include the community day and parade.

OSHEAGA MUSIC AND ARTS FESTIVAL

End of July to beginning of August

www.osheaga.com

Osheaga assembles the biggest names in music outdoors in the heart of Parc Jean-Drapeau. An indoor component is held a few days before the outdoors festival to prolong the pleasure.

FESTIBLUES INTERNATIONAL DE MONTRÉAL (MONTRÉAL INTERNATIONAL BLUES FESTIVAL)

Mid-August

514-337-8425

www.festiblues.com

Meet the best blues artists from Québec, Canada and France on two outdoor stages and in concert halls.

THE CANADA MASTERS – ROGERS CUP

Mid-August

514-273-1515 / 1 866-338-2685

www.rogerscup.com

Tennis tournament which brings together the world's best players on the international professional circuit.

WORLD FILM FESTIVAL

End of August to beginning of September

514-848-3883

www.ffm-montreal.org

All countries and genres come together for this great film competition. Some movies and shows are offered free outdoors, on the esplanade of Place des Arts, and others are paid shows and held indoors.



FALL

OASIS MONTRÉAL MARATHON

Begginig of September
514-879-1027

www.marathondemontreal.com

A multidisciplinary event involving several popular activities centered around the importance of physical activity and its health benefits. The first stage of the Montréal International Marathon also takes place here.

LES JOURNÉES DE LA CULTURE (CULTURE DAYS)

End of September
514-873-2641

www.journeesdelaculture.qc.ca

Since 1997, hundreds of institutions and artists' studios open their doors to those curious to discover or better understand the cultural environment of their city.

MONTRÉAL POP MUSIC FESTIVAL

End of September to begginig of October
514-842-1919

www.popmontreal.com

The international independent music scene is on hand at POP Montréal, a festival for lovers of music at its most pure.

BLACK & BLUE FESTIVAL

Begginig of October
514-875-7026

www.bbcm.org

The Black & Blue Festival brings together a multitude of varied activities directed at the gay community and its friends. The climax takes place Sunday night during a mega party with famous DJs: One of the biggest world events for gays!

FESTIVAL DU NOUVEAU CINÉMA DE MONTRÉAL (MONTRÉAL NEW FILM FESTIVAL)

Mid-October
514-844-2172

www.nouveaucinema.ca

The festival is dedicated to the dissemination and development of new trends in the field of auteur cinema, independent video and new media. Springboard for original and unpublished works, its diversified program is open to all, creating a unique environment of exchange and discovery for the public and the creators.

IMAGE+NATION

October

www.image-nation.org

Internationally renowned festival of gay and lesbian independent film, combining the best films from the four corners of the world.

FESTIVAL DU MONDE ARABE DE MONTRÉAL (MONTRÉAL ARAB WORLD FESTIVAL)

End of October to beginning of November
514-747-0000

www.festivalarabe.com

This multidisciplinary festival includes performances, creations, debates and films promoting exploration, discovery and understanding of Arab culture.

RENCONTRES INTERNATIONALES DU DOCUMENTAIRE DE MONTRÉAL (INTERNATIONAL DOCUMENTARY FILM FORUM)

November

514-499-3676

www.ridm.qc.ca

A unique forum in North America for creative documentary film encouraging a reflection on the realities of today's world.

COUP DE CŒUR FRANCOPHONE

November

514-253-3024

www.coupdecœur.qc.ca

Canada-wide event, presented in a dozen cities in across the country, dedicated to French song.

SALON DU LIVRE DE MONTRÉAL (MONTRÉAL BOOK FAIR)

Mid-November

514-845-2365

www.salondulivredemontreal.com

In addition to promoting Québec, Canadian and international literature, this show takes you to beyond just reading thanks to its many activities.

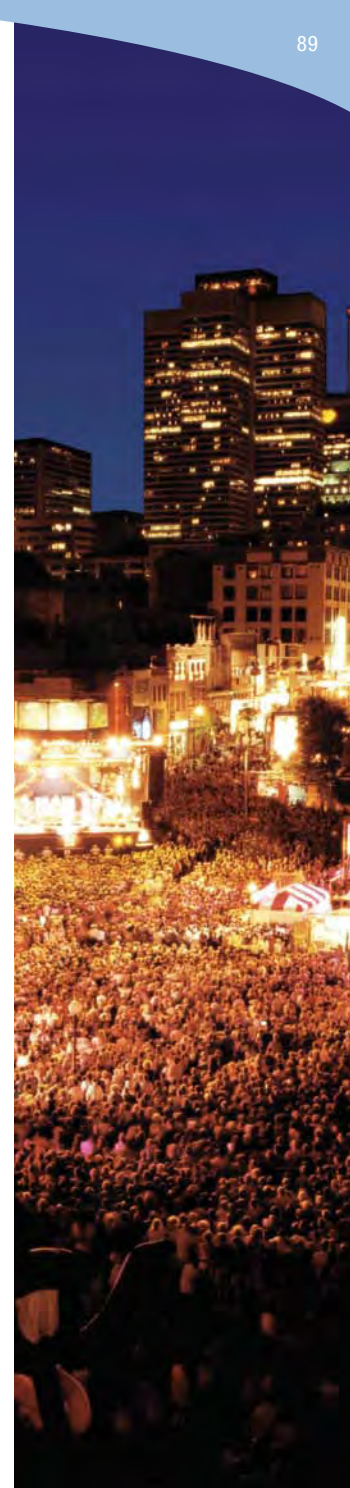
SALON DES MÉTIERS D'ART DU QUÉBEC (QUÉBEC ARTS & CRAFTS FAIR)

December

514-861-2787

www.salondesmetiersdart.com

Exhibition and sale of works of art with more than 450 exhibitors showcasing their creations. A host of ideas for Christmas gifts.



Museums and tourist attractions



ART MUSEUMS

MONTREAL MUSEUMS PASS

This passport offers visitors a choice of 34 museums and attractions in Montréal. You can purchase the passport only (\$45, valid for 3 days of your choice within a period of 21 days) or choose to combine it with a public transit pass (\$50, valid for 3 consecutive days).

Information: www.museesmontreal.org

Outlets: The pass is available at visitor information centers, museums and attractions as well as participating inns and hotels in the city.

CENTRE FOR CANADIAN ARCHITECTURE

1920, Baile | 514-939-7026 | www.cca.qc.ca

Metro Atwater or Guy-Concordia. Open Wed-Sun, 11 a.m. to 6 p.m. (until 9 Thursday); closed Mon-Tue. Adult \$10, seniors \$7, students and children free. Free Thursday after 5:30 p.m.

The museum was founded on the conviction that architecture is part of everyday life. It goes without saying that the building itself is a pleasure to visit. Designed by Peter Rose and Phyllis Lambert, the building has won numerous awards since its opening in 1989. In addition to the exhibition halls, reception halls and the conservatory are open to public. They house the world's largest collection of plans, drawings, photographs, architectural models, books etc.

MUSÉE D'ART CONTEMPORAIN (MUSEUM OF CONTEMPORARY ART)

185, Sainte-Catherine Ouest

514-847-6226 | www.macm.org

Metro Place-des-Arts. Open Wed-Sun, 11 a.m.-6 p.m. (until 9 p.m. Wednesday); closed Mon (except holiday Mon). Adult \$10, senior \$8, student \$6, family 20 \$, free for those under 12 years. Free on Wednesday from 5 p.m. to 9 p.m. Friday evenings: every first Friday evening of the month from 5 p.m. to 9 p.m., the visit includes live music, film clips of exhibitions and bar. General admission fee.

The Musée d'art contemporain promotes contemporary art works by exhibiting Québec, Canadian and foreign works. The permanent collection includes more than 7,000 works dating from 1939 to today, including the most important collection of works by Paul-Émile Borduas. In other rooms, guest artists are showcased on a temporary basis. You can take a little bit of the museum home with you by stopping off at the boutique, which offers an interesting choice of related items.

MUSÉE DES BEAUX-ARTS DE MONTRÉAL (MONTRÉAL MUSEUM OF FINE ARTS)

1379, Sherbrooke Ouest (Hornstein and Stewart pavilions)

1380, Sherbrooke Ouest (Jean-Noël Desmarais pavilion)

1339, rue Sherbrooke Ouest (Claire and Marc Bourgie pavilion)

514-285-2000

www.mbam.qc.ca

Metro Peel or Guy-Concordia. Open Tue, 11 a.m.-5 p.m.; Wed-Fri, 11 a.m.-9 p.m.; Sat-Sun, 10 a.m.-5 p.m. Access free to permanent collections. Temporary exhibitions: adult \$5, senior \$10, student \$7.50, family \$30, free for those under 13 years. Half price on Wednesday from 5 p.m. (except for students).

The museum is renowned for its successful international exhibitions such as «Erotic Picasso», «Hitchcock and Art», «Dürer to Rembrandt», Riopelle, «Eternal Egypt» and Imagine.» The permanent collection contains the most interesting pieces. More than 30,000 objects make up one of the richest collections in North America: antiques, a collection of pre-Columbian and Asian paintings by European masters from the Middle Ages to the present (Memling, Mantegna, Rembrandt, Monet, Cezanne, Matisse, Picasso, Dali...), contemporary art (Robert Rauschenberg, Alexander Calder, Riopelle...). There is also a collection of unique Canadian art, paintings, sculptures, decorative arts depicting the history of Canada, from New France to today. Finally, be sure not to miss the decorative arts collection of 700 objects covering more than 6 centuries of design.

NOTRE-DAME BASILICA OF MONTRÉAL

110, Notre-Dame Ouest

514-842-2925

www.basiliquenddm.org

Metro Place-d'Armes. Mon-Fri, 8 a.m.-4 p.m.; Sat, 9 a.m.-3:30 p.m.; Sun, 12:30-3:30 p.m. Adult: \$5, 7-17 years: \$4.

The basilica was built between 1824 and 1829 to replace the former Notre Dame church. Its majestic interior was added in the late 19th century. It has been the scene of great events, the funeral of Sir Georges Étienne Cartier in 1873, one of the Fathers of Confederation and former Prime Minister of Canada, as well as those of Pierre Elliot Trudeau in October 2000 and Maurice Richard, one of the greatest hockey players, and the marriage of Céline Dion. The International Eucharistic Congress of 1910 was held here, and Pope John Paul II received children here in 1984.

CITY OF GLASS: THE HISTORY OF AN INNOVATION

www.villedeverre.com

2010 is the year of glass in Montréal. Museums and galleries in the city will welcome you with great programming about this material which is both familiar and fascinating. From February to December, a wide range of exhibitions and activities will present glass in all its forms and in its various uses. Blown glass or pieces of sculptured art, industrial glass or glass for domestic use, architectural or environmental design, not to mention traveling in time through the prism of historical stained-glass windows and the new technologies

HISTORICAL MUSEUMS



The underground city in numbers

- 31.5 km of hallways, indoor squares, and tunnels linking:
 - + 10 metro stations,
 - + 2 train stations,
 - + 2 regional bus stations,
 - + 62 building complexes,
 - + 7 large hotels,
 - + 1,615 housing units,
 - + 200 restaurants,
 - + 1,700 stores,
- + 37 movie theaters and exhibition halls,
 - + 1 college,
- + 10,000 indoor public parking spaces,
- + 178 street entry points.

CENTRE D'HISTOIRE DE MONTRÉAL (MONTRÉAL HISTORY CENTER)

335, Place d'Youville | 514-872-3207

www.ville.montreal.qc.ca/chm

Metro Square-Victoria. Open Tue-Sun, 10 a.m.-5 p.m. (closed during the holiday season). Adult \$6, senior \$5, student & 6-17 years \$4, family \$15, free for those under 6 years.

The permanent exhibition at the Centre d'histoire de Montréal: "Montréal en cinq temp" makes you relive five eventful eras of the city, from 1535 to the cultural boom of the 1960s and 1970s, while emphasizing the 20th century. Upstairs, «Montréal aux mille visages (The Thousand Faces of Montréal)" offers the personal stories from inhabitants of the city. Temporary exhibitions and guided tours are also available.

THE FUR TRADE AT LACHINE NATIONAL HISTORIC SITE OF CANADA

1255, Saint-Joseph, Lachine

514-637-7433 (été) / 514-283-6054

www.pc.gc.ca/fourrure

Metro Angrignon and bus 195. Open from the beginning of April to the end of November: Mon-Sun, 9:30 a.m.-12:30 p.m. & 1-5 p.m.; closed on weekends in April and from mid-October to end November. Adult \$3.90, senior \$3.40, youth \$1.90, family \$9.80, free for those under 6 years.

This National Historic Site you will make you relive the saga of the fur trade in this enchanting site at the confluence of the Lachine Canal and the St. Lawrence River. The warehouse located on the site dates from 1803 and was built by Alexander Gordon, former clerk and shareholder of the Northwest Company. The building was then bought in 1833 by the Hudson's Bay Company. The historic site is now managed by Parks Canada.

MAISON SAINT-GABRIEL

2146, Place Dublin, Pointe-Saint-Charles

514-935-8136 | www.maisonsaint-gabriel.qc.ca

Metro Charlevoix, bus 57 Est, corner Favard. From the beginning of September to mid-June: guided tours only, Tue-Sun from 1 to 5 p.m. In summer: Tue-Sun, 11 a.m.-6 p.m. Adult \$8, senior \$6, student \$4, children \$2, family \$16, free for those under 6 years. Free Saturday for the first guided tour of the day (11 a.m.) during the summer.

Accompanied by the Filles du Roy (the King's Daughters), visitors travel through time from the 17th century to today. You will hear wonderfully detailed stories about

the Marguerite Bourgeys farmhouse (1668). Each piece of furniture and accessory has a story attached to it. Every Sunday during the summer, you'll find artists, actors and musicians from the Ensemble Claude-Gervaise and tastings on the menu at the Maison Saint-Gabriel site. Do not forget to visit the farm yard and the stone barn dating from 1880.

MUSÉE DU CHÂTEAU DUFRESNE

2929, Jeanne-d'Arc | 514-259-9201

www.chateaudufresne.qc.ca

Metro Pie-IX. Open Wed-Sun, 10 a.m.-5 p.m.; closed the other days. Adult \$7, student and senior \$6, children \$3.50, family \$16, free for those under 6 years.

Classified as a historic monument since 1976, Château Dufresne was built between 1915 and 1918, in the middle of the First World War, by brothers Oscar and Marius Dufresne. Representative of the new French middle class at the time, the museum houses the collection of furniture and objects belonging to the founders and also serves as a distribution center for visual arts. Must-see: the interior painted by profane artist Guido Nincheri.

MUSÉE DU CHÂTEAU RAMEZAY

280, Notre-Dame Est | 514-861-3708

www.chateauramezay.qc.ca

Metro Champ-de-March. Winter: Tue-Sun, 10 a.m.-4:30 p.m. Summer: Mon-Sun, 10 a.m.-6 p.m. Adult \$9, student \$6, senior \$7, 5-17 years \$4.50, family \$18, free for those under 4 years.

The Musée du Château Ramezay is the first building classified as a historical monument and the oldest private history museum to Québec. For more than 110 years, it has featured historical exhibitions and organized cultural, scientific and museum activities.

MUSÉE MARGUERITE-BOURGEOYS & CHAPELLE NOTRE-DAME-DE-BON-SECOURS

400, Saint-Paul Est | 514-282-8670

www.marguerite-bourgeois.com

Metro Champ-de-Mars. Closed from mid-January to end February. May to October: Tue-Sun, 10 a.m.-5 p.m. 30. November to mid-January and March-April: Tue-Sun, 11 a.m.-3:30 p.m. Free entry to the chapel. Adult \$8, student and senior \$5, 6-12 years \$4, family \$16. Archeological site (price includes museum visit): \$10.

Former Indian camping site, the location is now host to a 300-year-old chapel, a history

museum and archaeological site. It is around this chapel that the first suburb of the city developed. The museum is dedicated to Marguerite Bourgeoys, an exceptional woman who played a large role in administration of the colony in the 17th century.

MUSÉE McCORD

690, Sherbrooke Ouest | 514-398-7100

www.musee-mccord.qc.ca

Metro McGill. Open Tue-Fri, 10 a.m. to 6 p.m.; Sat-Sun, 10 a.m. to 5 p.m.; Monday in summer and holidays, from 10 a.m. to 5 p.m. Adult \$13, student \$7, senior \$10, 6-12 years \$5, family \$26, free for those under 5 years. Entry free each first Saturday of the month from 10 a.m. to noon.

The museum tells history through objects, the inheritance of collector David Ross McCord. Canadian history comes to life through to First Nations objects, photographs, toys, clothes and paintings. The permanent exhibition «Simply Montréal» represents a Montréaler with his toys, clothing and sports equipment. Natives and early settlers are recurrent themes. Interesting souvenirs are available in the boutique.

MUSÉE DE L'ORATOIRE SAINT-JOSEPH (ST. JOSEPH ORATORY MUSEUM)

3800, chemin Queen Mary | 514-733-8211

www.saint-joseph.org

Metro Côte-des-Neiges. Daily from 10 a.m. to 5 p.m. (first mass at 7 a.m.). Free admission.

In the heart of the Saint Joseph Oratory, various moments of the daily life of the two great heroes of the Oratory, Saint Joseph and Brother André, have been recreated with canvases and newspaper clippings. Every year, the not-to-be-missed international nativity scene teaches visitors about the traditions of other people. Guided tours of the chapel by appointment.

MUSÉE POINTE-À-CALLIÈRE (POINTE-À-CALLIÈRE MUSEUM)

350, Place Royale | 514-872-9150

www.pacmusee.qc.ca

Metro Place-d'Armes. Open Tue-Fri, 10 a.m.-5 p.m.; Sat-Sun, 11 a.m.-5 p.m. (until 6 p.m. in July and August and also open Monday). Adult \$14, student \$8, senior \$10, 6-12 years \$6, family \$30, free for those under 5 years.

Built on the site where Montréal was founded, the museum showcases important architectural relics and a unique collection

of objects and artifacts found on site during archaeological excavations. Founded in 1992 during celebrations of the city's 350th anniversary, the site was the scene of numerous excavations in the 80s leading to the discovery of 1,000 years of human activity. Today, the museum tour begins with a sound and light show on the history of the city. It then goes underground to discover the foundations of the city. The museum also houses temporary exhibitions, usually particularly interesting.

MUSÉE SIR GEORGE-ÉTIENNE-CARTIER (SIR GEORGE-ÉTIENNE CARTIER MUSEUM)

458, Notre-Dame Est

514-283-2282

www.pc.gc.ca/cartier

Metro Champ-de-Mars. Closed from January to beginning April. Open Wed-Sun, 10 a.m.-12 noon & 1-5 p.m. (off season); Mon-Sun, 10 a.m.-5 p.m. 30 (summer season). Adult \$3.90, youth \$1.90, senior \$3.40, family \$9.80, free for those under 6 years.

Each of the exhibits recreates the atmosphere of the family home of Sir George-Etienne Cartier, a Father of Confederation. Visitors feel involved and relive scenes from the life of the era: lessons of etiquette, preparations for a social gathering or the bourgeois lifestyle. A very fun and entertaining way to go back in time.

MUSÉE STEWART (STEWART MUSEUM)

20, Chemin Tour-de-l'Isle, Île Ste-Hélène

514-861-6701 | www.stewart-museum.org

Metro Jean-Drapeau. Note that the museum is closed until fall 2010 for a building upgrade. The permanent exhibition will be renewed. A program of school, educational and cultural activities will be offered to the public and visitors.

Located in an old fort on Île Ste-Hélène, this museum houses high-quality historical exhibits. The permanent collection containing military documents, testimonials of everyday life and scientific objects (navigation, astronomy, surveying, mapping, etc.) is very instructive. In summer, the site provides demonstrations by the Compagnie Franche de la Marine. The outdoor shows are free. The view of Montréal is marvelous and picnics are the order of the day on beautiful sunny days.



SCIENCES MUSEUMS

BIODÔME DE MONTRÉAL (MONTRÉAL BIODOME)

4777, Pierre-De Courbertin
514-868-3000
www.biodome.qc.ca

Metro Viau. Mon-Sun, 9 a.m.-5 p.m. (until 6 p.m. in summer). Closed on Monday from September to mid-February. Adult \$16.50, student and senior \$12.50, 5-17 years \$8.25, 2-4 years \$2.50. Special rates for Québec residents. It is possible to buy packages combined with the Insectarium, Botanical Gardens and/or Olympic Tower.

The most extraordinary ecosystems have been recreated: St. Lawrence marine, tropical forest, Laurentian forest and even polar Arctic and Antarctic worlds. The idea is to raise awareness of the fragility of our environment. We recommend visiting the Biodome's tropical forest in mid-winter. This ecosystem filled with amphibians, reptiles, birds and heavenly colored fish causes a real culture shock. For those who want to see a beaver or penguins, it is also the best (if not the only) place in Montréal.

JARDIN BOTANIQUE ET INSECTARIUM DE MONTRÉAL (MONTRÉAL BOTANICAL GARDEN AND INSECTARIUM)

4101, Sherbrooke Est
514-872-1400
www.ville.montreal.qc.ca/jardin

Metro Pie-IX. Mid-May to mid-September: Mon-Sun, 9 a.m.-6 p.m. (until 9 p.m. from mid-September to November). November to mid-May: Tue-Sun, 9 a.m.-5 p.m. Ticket prices for Insectarium + Jardin botanique (seasonal variations): adult \$14-\$16.50, senior and student \$10.50-\$12.50, 5-17 years \$7-\$8.25, 2-4 years: \$2-\$2.50. Special price for Québec residents. Free shuttle service.

City dwellers come here to recharge themselves with fresh air and greenery. Thanks to its 75 hectares, this vast lung for the city provides a change of scenery that makes visitors feel like they are strolling through the heart of China, or even in a delicate Japanese garden. At the Tree House, the large plant has the place of honor at the heart of a 40-acre arboretum. In the First Nations Garden, every plant has commercial, nutritional or medical importance. Clearly there are many paths to choose from when enjoying this great garden. Numerous activities and exhibitions are offered during the course of the year. Stay tuned!



PLANÉTIARIUM DE MONTRÉAL (MONTRÉAL PLANETARIUM)

1000, Saint-Jacques Ouest | 514-872-4530
www.planetarium.montreal.qc.ca

Metro Bonaventure. Hours vary depending on the season. Adult \$8, student and senior \$6, 5-17 years \$4, free for those under 5 years.

The wonders of the universe and space exploration presented in clear language and imagery. Shows at the Planetarium explore time and space: from the Milky Way to the edge of the universe.

BIOSPHERE

160, Chemin Tour-de-l'Isle, Île Ste-Hélène | 514-283-5000
www.biosphere.ec.gc.ca

Metro Jean-Drapeau. From June to November: Mon-Sun, 10 a.m.-6 p.m. The rest of the year: Tue-Sun, 10 a.m.-6 p.m. Adult \$12, student and senior \$8, free for those under 17 years.

Inaugurated in 1995, in former pavilion of the United States at Expo 67, the Environment Canada's Biosphere has become over time the most important Canadian environmental observation center. It is the only museum in North America dedicated to water and, more particularly, to the St. Lawrence River and the Great Lakes.

CENTRE DES SCIENCES DE MONTRÉAL (MONTRÉAL SCIENCE CENTRE)

Quai King-Edward, Vieux-Port
514-496-4724 / 1 877-496-4724

www.centredesciencesdemontreal.com

Metro Place-d'Armes. Mon-Fri, 9 a.m.-4 p.m.; Sat-Sun, 10 a.m.-5 p.m. (exhibition halls). For the exhibition and 1 IMAX film: adult \$20, 13-17 years and senior \$18, 4-12 years \$5, family \$63. Visit their Internet site for IMAX cinema show times and movie games.

The fans of science and technology will enjoy exploring the science center. Through interactive displays and amazing fun, the visit will help you learn more about science and technology, and the impact of their applications in our individual and collective life.

Montréal is about two hours by car from the capital of Canada (Ottawa), the capital of Québec (Québec City), the United States, and the major tourist regions of the province. Here are some ideas for weekend outings or just activities for those who would like to discover new places without venturing too far.



Where to go in the area?

FOR THOSE WHO WANT TO VENTURE FURTHER

QUÉBEC CITY

418-641-6290 / 1 877-783-1608

www.quebecregion.com

Downriver from Montréal is Québec City, the most European city in North America. Plan a long weekend for your first visit to this city, which is a UNESCO World Heritage Site. Explore Vieux-Québec (Old Québec), the Plains of Abraham, and even the Cap Tourmente National Wildlife Area and Montmorency Falls.

LA ROUTE DES VINS DE BROME-MISSISQUOI (BROME-MISSISQUOI WINE ROUTE)

1 888-811-4928

www.brome-missisquoi.ca | www.laroutedesvins.ca

By following this itinerary about 40 minutes by car from Montréal, you will pass through 20 municipalities, each one more charming than the last, and be able to visit the region's 11 vineyards.

LE CIRCUIT DU PAYSAN (FARMER'S ROUTE)

1 800-378-7648

www.circuitdupaysan.com

This 200 km between the Richelieu River and Saint Francis Lake will show you another side of Québec, one filled with the scent of lavender where butterflies and red deer are raised.

LES CHEMINS DE CAMPAGNE (COUNTRY ROADS)

450-834-2535 / 1 800-363-2788

www.cheminsdecampagne.ca

The Lanaudière region is famous for its agritourism businesses offering exceptional local products. The Chemins de Campagne map includes not only these businesses in its five itineraries but also nature and heritage sites, art workshops, gardens, accommodation establishments and restaurants. It also includes rural lodgings and restaurants, a "u-pick" calendar and events for the summer.

THE LAURENTIANS AND SAINT-SAUVEUR

450-224-7007 / 1 800-561-6673

www.laurentides.com

This village in the Laurentian Mountains north of Montréal is known for its colors, unique architecture, busy terraces and many restaurants. Worth a visit in both summer and winter.

ARGENTEUIL COUNTY

450-224-7007 / 1 800-561-6673

www.laurentides.com

Between the Laurentian Mountains and the Outaouais region, this county is home to small wonders that are yours to discover including the cities of Lachute and Montebello. It's all just an hour's drive from Montréal. A great family day trip.

PARC SAFARI (SAFARI PARK)

850, route 202, Hemmingford

450-247-2727

www.parc-safari.com

Open from mid-May to mid-October (see the website for seasonal hours). Admission based on period and age. Packages available.

This large park has more than 800 animals from five continents. Stroll in the African savanna and discover the hippopotamus river. Children will enjoy completing the educational passport: they will get a stamp in every continent they visit. The park includes an area designed for car safaris, a zoo and a walk through the jungle to observe the monkeys on their island, and lions, tigers and bears from a footbridge. Shows and entertainment, rides, water park, elephant, camel and pony rides. Great selection of restaurants on site.

PARC OMÉGA

399, route 323 Nord, Montebello

819-423-5487

www.parc-omega.com

June to November: Mon-Sun de 9 a.m. to 5 p.m.

(park closes at 7 p.m.). Adult \$18, senior \$17, 6-15

years \$13, 2-5 years \$6. November to June: Mon-Sun

from 10 a.m. to 4 p.m. (park closes at 5 p.m.). Adult

\$14, senior \$13, 6-15 years \$10, 2-5 years \$5.

You'll love it. Guaranteed! Parc Omega offers you, in a meticulously maintained private reserve, an encounter with the animals of North America from your car! Hundreds of animals, each more magnificent than the next, move freely through the park, eager to come and taste the carrots that you reach out to offer them (bags available at the reception for only \$2). It's an unforgettable experience for children and adults. Only the wolves, coyotes and bears are in large enclosures, but this is more to ensure better viewing conditions than for safety reasons because here the laws of nature are respected. A must!

For those who don't want to leave the city

Not to be missed

Here is a list of museums and attractions we suggest you visit if you only have a few days in Montréal. If you don't want to do them all, choose a few.

Le Vieux-Montréal (Old Montréal)

Musée Pointe-à-Callière

Place Jacques-Cartier

Quais du Vieux-Port (Quays of the Old Port)

Downtown

Musée d'Art Contemporain

(Museum of Contemporary Art)

Musée des Beaux-arts

(Museum of Fine Arts)

Musée McCord

(McCord Museum)

McGill University

Underground City

Chinatown

Centre Bell (for hockey fans)

Canadian Centre for Architecture

North of downtown

Saint-Laurent Boulevard

Mont-Royal Park

East of downtown

Biodôme

Jardin Botanique and Insectarium

(Botanical Garden and Insectarium)

Quartier latin

(Latin Quarter)

Le Village

(The Gay Village)

Les Îles Sainte-Hélène

and Notre-Dame

Casino de Montréal

Circuit Gilles-Villeneuve

(for car-racing fans)

Musée Stewart

Press

DAILY NEWSPAPERS

LA PRESSE

Subscriptions: 514-285-6911 / 1 800-361-7453

www.cyberpresse.ca

A daily newspaper that respects its readers with good content six days a week (from Monday to Saturday). The information is intended to be objective and demanding. The supplements are comprehensive and well written. An indispensable reference.

LE DEVOIR

Subscriptions: 514-985-3333 / 1 800-463-7559

www.ledevoir.com

A daily newspaper focusing on politics, but despite the size of its Letters to the Editor section, it is far from being just a forum for debate. The arts coverage reflects major trends. The books section of the Saturday edition offers undisputedly excellent book reviews.

LE JOURNAL DE MONTRÉAL

Subscriptions: 514-332-3890 / 1 800-361-9415

www.journaldemontreal.com

The number-one selling daily newspaper in Montréal. Provides a quick overview of the news. Readers are crazy about the paper's many scandal columns.

THE MONTREAL GAZETTE

Subscriptions: 514-987-2400 / 1 800-361-8478

www.montrealgazette.com

The only English-language daily newspaper in the city. It has no reason to be envious of its French counterparts.

24 HEURES

www.24heures.canoe.ca

Daily newspaper delivered city-wide, notably in the metro. Essential for starting the day off right.

HOURL

www.hour.ca

The English counterpart of Voir. The most complete movie and music listings.

MÉTRO

www.journalmetro.ca

Daily newspaper available in the metro. A good digest of the day's news given to all travelers.

MIRROR

www.montrealmirror.com

One of the city's cultural weeklies. An English-language paper with in-depth stories and movie and music reviews.

NIGHTLIFE

www.nightlifemagazine.ca

An excellent monthly guide for night owls. A must read.

VOIR

www.voir.ca

An essential weekly newspaper if you want to take full advantage of Montréal's cultural scene and underground life. Books, movies, music, theater, its all there.

REGROUPEMENT LOISIR QUÉBEC (QUÉBEC RECREATION GROUP)

4545, avenue Pierre-De Coubertin

Tel. : 514-252-3126 / 1 800-932-3735

www.loisirquebec.qc.ca

A para-governmental agency that oversees both athletic and scientific recreational activities. The source for anyone who wants to play sports in Québec. This group includes various organizations linking you with all associations, contact information for all clubs, leagues, etc.

CITY OF MONTRÉAL

Tel. : 311 | www.ville.montreal.qc.ca

The city of Montréal remains the major organizer of a long list of athletic activities in its many sports and recreation centers. Every sport imaginable is offered. Keep this reference and check it out often because the prices are very low.

SPORTS MONTRÉAL

1000, av. Émile Journault

Tel. : 514-872-7177

www.sportsmontreal.com

As a not-for-profit organization, the mission of Sports Montréal is to facilitate access for Montréalers to physical activities and their benefits. Several services are offered at the Complexe sportif Claude-Robillard, including activities and training for all ages (in tennis, yoga, golf, swimming, etc.), as well as day camps, a fitness center, and a water activities program for children.

Sports

MAIN CENTERS / FACILITIES / FIELDS



THE FREE ONES

DOWNTOWN YMCA

1440, Stanley

514-849-8393

www.ymcaquebec.org

Metro Peel. Open Mon-Fri from 6 a.m. to 10:45 p.m.,

Sat-Sun and holidays from 7:15 a.m. to 7:45 p.m.

The variety of sports in this fully renovated and equipped center will make you dizzy. At the fitness center, equipment embraces the latest technologies. The subscription provides unlimited access to a large number of sports activities ranging from aerobics, to karate, belly dancing and swimming. The squash courts, gyms and swimming pool are also available to subscribers. If it sounds too good to be true, request a tour of the center. It's offered free of charge. The YMCA is a true community and has nine branches in the city. However, the Stanley Street location is the best equipped (addresses available on the website).

UNIVERSITY SPORTS CENTERS

CONCORDIA CAMPUS SPORTS

Loyola Campus Athletic Complex: 7200, Sherbrooke Ouest

Tel.: 514-848-2424, extension 3858

EV Fitness Centre: 1515, Sainte-Catherine Ouest

Tel.: 514-848-2424, extension 3860

<http://athletics.concordia.ca/>

CENTRE SPORTIF UQÀM

1212, Sanguinet

Tel. : 514-987-7678

www.sports.uqam.ca

CEPSUM (UNIVERSITÉ DE MONTRÉAL)

2100, Édouard-Montpetit

Tel. : 514-343-6150

www.cepsum.umontreal.ca

McGILL UNIVERSITY SPORTS DEPARTMENT

475, des Pins Ouest

Tel. : 514-398-7000

www.athletics.mcgill.ca



Free Montréal

Since we can't always afford to have supper in a restaurant or go to the theater, here's a list of free activities in Montréal.

1. FREE ADMISSION TO MUSEUMS

Canadian Centre for Architecture. A beautiful building in which exhibitions exploring little-known aspects of architecture in the city. Free on Thursday from 5:30 p.m. to 9 p.m.

Museum of Contemporary Art. Free on Wednesday from 5 p.m. to 9 p.m.

Saint Joseph Oratory Museum. Free admission at all times, open daily from 10 a.m. to 5 p.m. Its exhibition of 275 nativity scenes from 107 different countries is particularly impressive (November to February).

Bank of Montréal Museum. Free admission at all times, open from Monday to Friday from 10 a.m. to 4 p.m. Its beautiful hall and its collection of coins and banknotes warrant a visit.

Museum of Fine Arts. Free admission at all times to the rich permanent collection (donations are welcome).

The Redpath Museum (McGill University). Devoted to natural history, it has several skeletons of dinosaurs and mummies. Free admission at any time (closed Saturday – donation suggested).

2. SHOWS

Programming at **TOHU, the circus arts organization**, includes a number of free shows (circus, music, etc.) of excellent quality.

→ www.tohu.ca

In summer, **le Théâtre de Verdure** in Parc Lafontaine offers dance, cinema, theater and music attracting many people.

→ For programming: 514-872-4041.

Les maisons de la culture (culture centers) present regular screenings, dance performances, etc. in all districts.

www.ville.montreal.qc.ca/culture

The four universities open their doors for film screenings, lectures, performances, etc. You will find information on their websites:

→ www.mcgill.ca/calendar/

→ www3.concordia.ca/newsandevents/

→ www.uqam.ca/diffusion/

→ www.umontreal.ca/grand-public/arts-culture.html

Montréal's many festivals typically offer free shows. These include the Montréal High Lights Festival in winter, the International Jazz Festival, the Francolies and the African Nights Festival in summer.

3. SPORTS

More than 110 pools (inside and outdoors, free admission or very inexpensive) and 125 wading pools are available for swimmers.

→ www.ville.montreal.qc.ca

A network of **17 large parks** is accessible to public. You can spend the day cross-country skiing, bicycling, swimming, etc.

→ www.ville.montreal.qc.ca/grandsparcs

Skating rinks. In winter, many rinks are free for hockey players and skaters. The two biggest rinks are those on Mount Royal and in Parc Lafontaine. You will find rink information on the city's website.

Bike paths. There are nearly 400 km of bike paths on the Island of Montréal.

4. FREE READING

La Bibliothèque nationale du Québec (the Québec National Library) makes a wide selection of newspapers and magazines available for consultation. The Actualités and Nouveautés (the News and the New) section is open daily from 10 a.m. to midnight. The library allows its members to borrow books for three weeks.

→ You need only register. www.banq.qc.ca

The network of **67 public libraries** allows you to borrow books and read magazines on site close to home.

→ www2.ville.montreal.qc.ca/biblio/

General information daily newspapers, Métro (distributed in metro stations) and 24 heures (distributed outside metro stations), provide a succinct summary of the news.

Weeklies offering news and information about going out in Montréal (Voir, Mirror, Hour) make indispensable reading for finding out what's going on in the world of culture.

The specialized monthlies offer content that varies according to their specialty: Revue Espaces (outdoors), Fugues (for gays: news, columns, outings, etc.), Nightlife (day by day).

5. SURF THE WEB

network (the island wireless network). With the organization's guidance, hundreds of cafés, bars and restaurants are equipped with Wi-Fi antennas. People with laptops equipped with a wireless card can surf free at no charge.

La Bibliothèque nationale du Québec and municipal libraries make computers with Internet available to members.

6. MUSIC AND FILM

Once again we recommend the **Bibliothèque nationale du Québec and the municipal libraries** whose CD, DVD and video collections can be borrowed.

See a film at the Bibliothèque nationale du Québec. Members can reserve a viewing station at the library and watch a DVD.

Free films are shown in summer at the **Théâtre de Verdure** in Parc Lafontaine. Make sure to arrive very early to get a seat.

→ Program: 514-872-4041.

You can also see short films during the **Festival des Films du Monde** (World Film Festival). Screenings are held under the stars on the esplanade of Place des Arts.

The North Shore of Montréal means the greater Laval region, the Basses-Laurentides and some municipalities in southern Lanaudière. This region is the gateway to northern Québec and numerous vacation areas. Rich in history and dynamic, the North Shore counts several economic gems, such as Laval Technopole and companies like Bombardier and Bell Helicopter Textron Canada. With the closure of Mirabel airport (airport for the Greater Montréal region), the North Shore has had to adapt and change its industrial dynamic. In 2008, in the greater Laval region, there were more than 11,000 companies, including 919 manufacturing companies, 705 distribution companies, 95 companies operating in the fields of biotechnology and health science and 265 in various fields of information technology. Finally, just a few minutes from Montréal, the North Shore offers a pleasant living environment.

The history of Laval and its region dates back to the very beginning of the history of Québec. Traces of the French occupation in 1636 where, and the earliest land grants for pioneers were issued in 1675 under the authority of Mgr. François-Xavier Montmorency de Laval, the first bishop of New France. The occupation of lands continued westward with the creation of four civil municipalities in 1845 whose primary, in fact only activity was population cluster at the time was, in 1857, the village of Sainte-Rose, the main town of the North Shore until the late 19th century. Not until 1912 did the North Shore become highly urbanized when the city of Laval-des-Rapides and the village of L'Abord-à-Plouffe were created.

It was at that time that the North Shore began to make the most of its potential as a tourist destination and ideal resort location for Montréalers. In the 1960s, the region received a large influx of new inhabitants which posed serious development problems for the various municipalities. In order to prevent the duplication of infrastructures, conflicts between municipalities, and public funds from being wasted, some authorities grouped together a first set of municipalities by creating the city of Chomedey in 1961.

In 1964, the Québec Ministry of Municipal Affairs created a board of inquiry charged with examining urbanization problems on the island formerly

LAVAL AND THE NORTH SHORE

THE NORTH SHORE IN 2010

LAVAL

General description, history, access

Municipalities

+ **City of Laval**
North Shore, including:
+ City of Blainville
+ City of Boisbriand
+ City of Bois-des-Filions
+ City of Charlemagne
+ City of Deux-Montagnes
+ City of l'Assomption
+ City of Lorraine
+ City of Mascouche
+ City of Mirabel
+ Municipality of Oka
+ Municipality of Pointe-Calumet
+ City of Repentigny
+ City of Rosemère
+ City of Saint-Eustache
+ Municipality of Saint-Joseph-du-Lac
+ Parish of Saint-Sulpice
+ City of Sainte-Anne-des-Plaines
+ City of Sainte-Marthe-sur-le-Lac
+ City of Sainte-Thérèse
+ City of Terrebonne
Source: www.cic.gc.ca

known as Île Jésus, which at that time comprised more than 14 different municipalities. In the end, all the cities and villages were completely merged. The city of Laval was officially incorporated into the city of Chomedey on August 6, 1965. Since its creation, Laval has become the largest city by population in Québec after Montréal and Québec with more than 368,000 inhabitants. From its origins as a bedroom community, the city of Laval has become a regional center of economic activity with a strong and diversified commercial and industrial structure. Since the three Laval Metro stations (Montmorency, Concorde and Cartier) opened in April of 2007, which are directly linked to the Montréal metro, the city of Laval can move more than 40,000 users daily.

LA VILLE DE LAVAL

368 709 inhabitants

Source : Statistique Canada, Recensement 2006

CITY OF LAVAL

Tel. : 311 / 450-978-8000

www.ville.laval.qc.ca

LE PARC SCIENTIFIQUE ET DE HAUTE TECHNOLOGIE DE LAVAL LAVAL TECHNOPOLE (LAVAL SCIENCE AND HIGH TECHNOLOGY PARK)

1555, boul. Chomedey,
bureau 100, Laval

Tel. : 450-978-5959

Fax : 450-978-5970

www.lavaltechnopole.com

Laval is conveniently located just a few minutes from downtown Montréal. It is a dynamic tourism region that successfully blends the old charm of its historic neighborhoods with the modernity of its high-tech companies. Laval has quickly become a prosperous city of its own right. It is an ideal place to raise children, and its single-family housing development is making it much easier for young couples to own their own home. In Laval, economic areas take on many forms in order to offer companies places to start up and expand. The Parc Industriel Centre is one of the largest municipal industrial parks in Québec. It includes:

- **The Parc Scientifique et de Haute Technologie de Laval (Laval Science and High Technology Park)**, a science campus of international standing which is home to the Cité de la Biotech and the Campus TECHNOVAL.
- **Private industrial parks**: several groups have developed private industrial areas in Laval with multi-tenant buildings.
- **The Centre Québécois d'Innovation en Biotechnologie (CQIB – Québec Biotechnology Innovation Center)**: a business incubator specializing in spinning off university biotechnology research.
- **The Centre de Développement des Biotechnologies (CDB – Biotechnology Development Centre)**: building complex dedicated to biotechnology companies.
- **The Campus TECHNOVAL, in the Parc Scientifique et de Haute Technologie de Laval (Laval Science and High**

Technology Park), is home to information technology companies. There are many office buildings in Laval located mainly in the central business district.

Just like the South Shore, Laval and the North Shore of Montréal offer incomparable quality-price ratios with regard to purchasing or renting a home. A growing number of young couples from Montréal are therefore choosing the North Shore when settling in and starting a family. The strategic location of the Laval area, the efficiency of the public transit system, and the quality of life: these are all arguments in favor of the North Shore.

CALENDAR OF FESTIVALS AND EVENTS IN THE REGION

FESTIVAL DE LANAUDIÈRE

In July | Tickets: 450-759-4343 / 1 800-561-4343

www.lanaudiere.org

One of the most prestigious classical music events in North America. The festival ensures the participation of renowned soloists from the national and international scenes. Concerts and recitals are held in the Lanaudière amphitheater, located in Joliette and in several area churches.

FESTIVAL DES VINS DE TERREBONNE (TERREBONNE WINE FESTIVAL)

In August. | 450-471-0619 | www.ile-des-moulins.qc.ca

You can enjoy international and Québec wines in the enchanting Parc Masson, a stone's throw from the historic site of the Ile des Moulins.

INTERNATIONAUX DE TENNIS JUNIOR (JUNIOR TENNIS INTERNATIONAL)

End August - early September.

450-581-8470 | www.tennis-junior-repentigny.com

International sports competition sanctioned by Tennis Canada and the International Tennis Federation. It is one of the 10 largest tournament of its kind in the world with more than 40 countries participating.

L'OKTOBERFEST DES QUÉBÉCOIS (QUÉBEC'S OKTOBERFEST)

The 2nd weekend of September.

Parc de l'Étang-du-Grand-Côteau, Mascouche

514-767-9339 | www.oktoberfestdesquebecois.com

HOUSING :

a greener environment and an affordable cost of living

271 AFFORDABLE NEW HOMES

The City of Laval, the Office municipal d'habitation de Laval (Laval Municipal Housing Bureau), and the Société d'habitation du Québec (Québec Housing Corporation) announced the beginning of work on 111 homes as part of the programme logement abordable Québec - volet social and communautaire (Québec Affordable Housing Program - Social and Community Focus). This project, with an estimated cost of \$13.3 million, includes the construction of two buildings with 27 units each on Chemin du Souvenir, a building with 51 units on Chemin du Sablon, and another building with six units on Rue Mercantile. Furthermore, 160 other affordable units were unveiled last October. Located at 1313 Boulevard Chomedey, the project has an estimated cost of \$17 million and was completed in partnership with the Société d'habitation du Québec (Québec Housing Corporation), the Société Canadienne d'Hypothèques et de Logements (Canadian Mortgage and Housing Corporation), and the Montréal Metropolitan Community.

Source : Laval Mayor's Office

MUSEUMS AND TOURIST ATTRACTIONS

Festival of Québec's microbreweries and food products from the Lanaudière region. The festive atmosphere, worthy of a celebration of this kind, allows this event for beer lovers to compete with Bavaria, especially since traditional Bavarian songs and dances are on the menu. On the Thursday before the event takes place there is a famous gourmet dinner where a four-course meal is accompanied by Québec beers.

CENTRE DE LA NATURE DE LAVAL (LAVAL NATURE CENTER)

901, du Parc, Saint-Vincent-De-Paul, Laval
450-662-4942

www.ville.laval.qc.ca/ms/centre_nature

Open daily from 8 a.m. to 10 p.m.

There is no shortage of sports to choose from in this 50-hectare park: skiing, snowshoeing, tobogganing and snow tubes, canoeing and kayaking. In winter, the artificial lake is transformed into a skating rink, and 5 to 8 year olds can learn to ski downhill. If you do not have the equipment, you can rent it there. In summer, visitors can stretch their legs over 4 km of footpaths. Animal lovers will also be served as the Nature Center is home to a farm and a deer park. Other activities: a carousel of ponies for toddlers, an astronomical observatory, a greenhouse and mini-concerts outdoors. Two cabins with snacks on site.

COSMODÔME

2150, autoroute des Laurentides, Laval
450-978-3600 / 1 800-565-2267

www.cosmodome.org

Space Science Center open Tue-Sun from 10 a.m. to 5 p.m.

Open 7 days a week in summer, from the end of June to the first week in September. Free parking and access for the handicapped. Restaurants and boutique on site. Space camp offered for children 9 to 15 years of age only.

To awaken the soul of every scientist, a visit to the space camp is just the thing. Like a real astronaut, children and adults undergo training to go into space. Of course, this training is not as rigorous and intense as the real thing. Program: multimedia presentation, excellent scientific workshops, training simulator tests, construction and launching of a rocket. All that in 24 hours, 3 or 6 days, meals included. At the end of the stay, the budding astronauts have two missions to accomplish. Everything needed to attract new astronauts...

L'ÎLE DES MOULINS (MILL ISLAND)

866, Saint-Pierre, Vieux-Terrebonne
450-471-0619

www.ile-des-moulins.qc.ca

Flour mills and wool-carding mills built under the administration of Lord Joseph Masson in the 19th century come to life again through costumed guided tours and historical animation at various events during the year: artisan kiosks, demonstrations of traditional music, working the wool, maple taffy on snow. The Maison de Pays, built in 1760, offers various local products and crafts. You can also take a tour of a reproduction of a steam boat from 1855 on the mill lock. Finally, a wooded area welcomes pedestrians year-round, and in winter sports enthusiasts can go sliding or don their skates to enjoy the frozen pond.

LA MAISON DES ARTS (HOUSE OF ARTS)

1395, de la Concorde Ouest, Laval
Billetterie générale : 450-667-2040

www.salleandremathieu.com

Majestic building with straight lines and modern architecture, La Maison des Arts is a museum that doubles as a theater. This famous cultural institution is dedicated to promoting art in all its forms and offers several activities for all age groups. It presents visual arts exhibitions with guided tours. Artists, professionals and amateurs, will light up the stage with comedy shows, music and theater for all ages. Other hall: Salle André-Mathieu, 475 de l'Avenir, Laval.

MUSÉE ARMAND-FRAPPYER

531, des Prairies, Laval
450-686-5641

www.musee-afrappier.qc.ca

Open Mon-Fri from 10 a.m. to 5 p.m. (closed weekends).

From September to June, the museum is closed during the week between 12:30 and 1:30 p.m. Adult \$6.65, student and senior \$5.35, 5-17 years \$4.35, family \$20.50, free for those under 5 years.

Created in 1994 by Dr. Lise Frappier Davignon, the Armand-Frappier Museum commemorates the work of Dr. Armand Frappier, Pasteur-method microbiologist, proponent of preventive medicine and founder of a research institute, by preserving and highlighting artifacts from his personal and professional



MILL ISLAND

life. The only institute dedicated solely to bioscience in Québec, the Armand-Frappier museum's mission is to be a site for meeting, exchange of ideas and training in the field of bioscience for young people, the general public and scientific and industrial researchers.

RÉCRÉATHÈQUE

900, Curé-Labelle, Laval
450-688-8880 / 1-877-PLAISIR
www.recreateque.com

Angle Notre Dame. Check schedules and prices, which depend on the activity, on the website.

Looking for a place for a child's birthday, corporate party or just to entertain yourself? This amusement center for the entire family offers different activities: small and large bowling, billiards, mini-golf, arcades, rides, in-line skating, laser game and bar for adults in the evening... For specific schedules, please visit the website.



WHAT TO DO IN THE REGION?

LES LAURENTIDES (THE LAURENTIANS)

450-224-7007 / 1 800-561-6673
www.laurentides.com

Paradise for ski and nature aficionados, the Laurentians region encompasses the mountainous slope of the North Shore of the St. Lawrence River. The Laurentians region is part of the St. Lawrence Lowlands and river basin. This is home to some of the oldest rock in the world, dating back one billion years.

This region, which covers nearly 22,000 km² extends, south to north, from the Mille Îles River to north of Mont Laurier and, east to west, from the borders of the Lanaudière region to those of the Outaouais region. It is the primary international tourist destination in Québec, more commonly referred to as "the North".

Must-sees in the Laurentians:

- Linear park le **P'tit train du Nord**.
www.laurentides.com/parlineaire/
- **Oka**, known for its highly popular beach and for its delicious cheese.
www.municipalite.oka.qc.ca
- **Deux-Montagnes** known for agricultural tourism and the Oka National Park beach.
www.sepaq.com/oka

- **Saint Sauveur** restaurants and nightlife.
www.ville.saint-sauveur.qc.ca
- Summer swimming in the **Lac des Sables de Sainte-Agathe-des-Monts**.
www.ville.sainte-agathe-des-monts.qc.ca
- **Mont Tremblant National Park**;
- **Tremblant**, a well-equipped luxury ski resort.
www.sepaq.com/mont-tremblant

LANAUDIÈRE

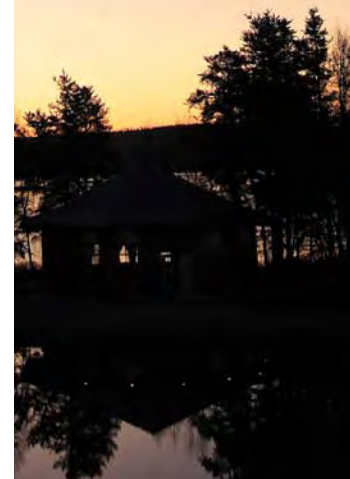
450-834-2535 / 1 800-363-2788
www.lanaudiere.ca

The Lanaudière region carries on the memory of Marie-Charlotte de Lanaudière, daughter of the Lord of Lavaltrie and wife of businessman Barthélemy Joliette, descendant of the famous explorer Louis Jolliet. It highlights the lineage of Lanaudière lords, called seigneurs, who, over seven generations, made a significant contribution to the French colony in North America, the country, and the region. Its name not only denotes the region itself, but has come to symbolize nature, quiet, peace and calm.

The region is known for its spectacular, cascading waterfalls. The most impressive of these are located in Rawdon, but the famous Chutes-Dorwin, located on the Ouareau River, are associated with the legend of the Indian witchdoctor Nippissingue. At the junction of the Noire and Assomption rivers, the Chutes-Monte-à-Peine-et-des-Dalles regional park is the site of the most powerful waterfall in the metropolitan area. The construction of three new bridges and six scenic viewpoints, as well as the installation of many stairs and paths, have facilitated access to this gift of nature.

Must-sees in the Lanaudière Region:

- Stay at **Auberge du Lac Taureau** in Saint-Michel-des-Saints.
www.lactaureau.com 1 877-822-2623
- Discover new sensations in the Nordic baths at **Spa la Source à Rawdon**
www.lasourcespa.com 450-834-7727
- Shiver in **Arbraska**, the Rawdon Adventure Forest.
www.arbraska.com 1 877-886-5500
- Rediscover Formula 1 at **Gilles Villeneuve Museum** in Berthierville.
www.museegillesvilleneuve.com 1 800-639-0103



Press

COURRIER LAVAL
www.courrierlaval.com

HEBDO RIVE-NORD
www.hebdorivenord.com

LAVAL EN ACTION
www.lavalenaction.ca

L'EXPRESS MONTCALM
www.lexpressmontcalm.com

L'EXTRA DE LAVAL
www.journalextra.ca

LE MIRABEL
www.lemirabel.canoe.ca

Sports

MAIN CENTERS / SITES / FIELDS

CITY OF LAVAL
Tel. : 311 / 450-978-8000 | www.ville.laval.qc.ca

The city of Laval remains the main body offering a host of sporting activities in its various recreation and sports centers. Absolutely all sports are listed. A reference to remember, therefore, and to make use of because rates are v

Note: a new multifunctional sports and culture complex is currently under construction and should open by the end of 2012. ery economical.

CARREFOUR MULTISPORTS
3095, autoroute Laval, Laval | Tel. : 450-687-1857
www.carrefourmultisports.com

Immense sports complex, host to 150 sport and fitness professionals ready to help you on the road to well-being. Activities include: tennis, squash, racquetball, badminton, swimming, aquatic fitness, aerobics, training, relaxation, golf and spinning.

TENNIS 13
1013, autoroute 13, Laval | Tel. : 450-687-9913
www.tennis13.com

Fitness center specializing in racket sports: tennis, badminton, squash and racquetball.

LONGUEUIL AND THE SOUTH SHORE

THE SOUTH SHORE IN 2010

Like the North Shore, the South Shore of the St. Lawrence River is a region experiencing rapid growth. Slightly more industrialized than its northern counterpart, the South Shore offers plenty of opportunities for those who need quick access to the United States and want proximity to efficient autoroute networks. Linked to the city of Montréal by multiple bridges, the South Shore has become a choice location for companies.

However, the region has managed to balance development with nature, offering its inhabitants unique a unique place to live. The primary historic and economic site on the South Shore is the city of Longueuil. The current city limits now encompasses Boucherville, Brossard, Saint-Bruno-de-Montarville and Saint-Lambert. For many years, all of these towns have maintained close relations, developing community services such as public transit and water treatment systems.

GENERAL DESCRIPTION

This region is bordered, from northeast to southwest, by the St. Lawrence River and by the border with the United States. It is crisscrossed by many large autoroutes, including:

- ➔ autoroutes 10, 15, 20 and 30;
- ➔ autoroutes 112 (boulevard Cousineau), 116, 132 et 134 (boulevard Taschereau).

In addition to an airport with long-haul aircraft capabilities and a metro line linked directly to the Island of Montréal network (Metro Longueuil), the region also has a convenient commuter train network managed by the Metropolitan Transportation Agency. Montégérie, a tourist area on the South Shore, covers a vast area of more than 10,000 km². This region owes its name to the distinctive Montégégien hills located within it. Visitors will enjoy its ideal location and unique combination of culture, agriculture and heritage. Surrounded

Municipalities

City of Longueuil, including:

- + Boucherville
- + Brossard
- + Saint-Bruno-de-Montarville
- + Saint-Lambert

- South Shore, including:

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

Source : www.cic.gc.ca

by lakes and rivers, has a significant network of waterways which were the site of multiple historic battles.

The Richelieu River, which stretches across the region from north to south, was formerly a navigable trade route before fortifications were constructed on its bank to protect the population from military attack. Montérégie is the third largest tourist destination in Québec due to its many historic sites, museums and interpretive centers.

Longueuil is a diversified city that enjoys a healthy economy, peaceful residential living, immense undeveloped spaces and magnificent sites. Stretching between the St. Lawrence River and Saint Bruno Mountain, and facing Montréal, the municipality has developed a dynamic economy, in part thanks to cutting-edge technologies and aeronautics. Longueuil's territory covers an area of 27,392 km², of which one third is occupied by agricultural land and the other two thirds are urban area. The University of Sherbrooke also has a campus there, right beside the Longueuil-University of Sherbrooke metro station. The university offers a vast range of study programs, at the Bachelor's level, as well as continuing or personalized education (micro-programs, diplomas). With nearly 230,000 inhabitants and more than 11,000 companies, the city's economic potential must be developed using strategic tools.

Around the end of 2002, a large part of Longueuil's economic development, and today that of the whole agglomeration, was entrusted to a corporation comprised of South Shore managers. Longueuil's economic development is concentrated on priority sectors such as manufacturing and the food-processing industry. Longueuil Industriel has nine industrial parks and zones and there are still 272.2 million square feet to build on. Thanks to its unique assets and its strategic geographic situation, Longueuil has a great potential for economic development. In fact, the city is situated on the banks of the St. Lawrence River, in the heart of the metropolitan region and near downtown Montréal, with two bridges linking directly to it. Longueuil is at the crossroads

of highways leading to the United States and Eastern Canada.

The South Shore offers an environment that is decidedly favorable to the enrichment and well-being of its inhabitants and families. The nearness, availability and variety of services are the advantages associated with this rich and diversified urban community. Housing on the South Shore, similar in size, can be up to 50% cheaper than on the Island of Montréal. To live on the South Shore is to make the choice of being able to have a house with a view on a lake or the river. It is also the choice to be able to leave your residence to go for a walk in the forest, go skiing, or even swimming in a river, only minutes away by foot.

VALLEYFIELD REGATTA

In July

450-371-6144

www.regates.ca | Tickets: 22 \$ à 84 \$.

This annual event is probably the most popular in the region. During 3 days, lovers of power and speed get their money's worth in this hydroplane race. Of course, each evening ends with a big outdoor show as the celebration continues. Advisory to festival-goers: earplugs can turn out to be very useful!

SOREL-TRACY GIBELLOTTE FESTIVAL

In July | Downtown

450-746-0283 / 1 877-746-0283

www.festivalgibelotte.qc.ca

The gibelotte des îles, a regional fish, takes center stage at the festivities for this great event. Tastings, live shows, village artisans, sidewalk sale and entertainment for young and old alike. In short, a family event not to be missed!

SAINT-JEAN-SUR-RICHELIEU INTERNATIONAL BALLOON FESTIVAL

In August

450-347-9555

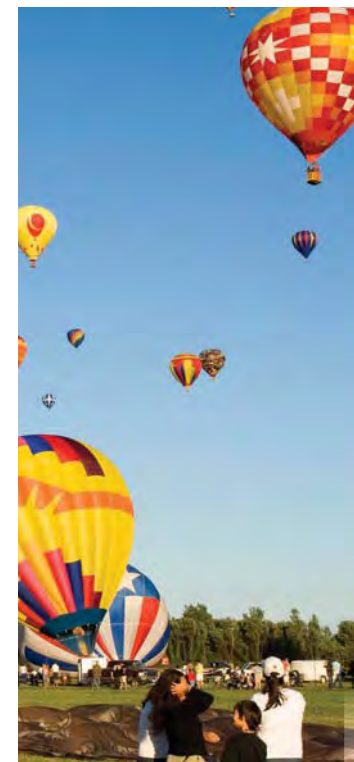
www.montgolfieres.com

Adult \$15, children \$7. Festival passport available.

The largest event of its kind in the country with nearly 115 balloons, including several amazing forms. Moreover, for \$160 to \$200 per person, you too can fly! Major shows every evening, entertainment for all, a must for 25 years.

HOUSING:
a greener way of life with
a low cost of living

**CALENDAR OF
EVENTS AND
FESTIVALS IN
THE REGION**



THE CITY OF LONGUEUIL

229 330 inhabitants

Source : Statistique Canada, Recensement 2006

CITY OF LONGUEUIL

Tel. : 450-463-7000 | www.longueuil.ca

LONGUEUIL ECONOMIC DEVELOPMENT

204, boulevard de Montarville,
suite 120, Boucherville

Tel. : 450-645-2335 / 1 866-599-2335

www.del.longueuil.ca

MUSEUMS / TOURIST ATTRACTIONS

BEER AND FLAVOUR FEST

End August or early September.
Fort-Chambly National Historic Site
450 447-2096
www.bieresetsaveurs.com

Each year Chambly invites beer lovers at heart, from simple fans to the more seasoned. The festival makes you feel you're at a regional market in the era of New France, and it's this rural atmosphere that makes the event unique. More than 120 booths of products for tasting, activities, shows, large terraces for relaxing with friends, it's all there for a memorable experience in the enchanting setting of the Richelieu Valley.

BEAUHARNOIS ELECTRIC GENERATING STATION

80, rue Edgard-Hébert, Beauharnois
1 800-365-5229

www.hydroquebec.com/visitez

From mid-May to September: Mon-Sun, guided tours at 9:30 a.m., 11:15 a.m., 1 p.m. and 2:45 p.m. Free.

This is one of the largest hydroelectric stations in the world: the tour will reveal its architecture, the phases of its construction, the steps of electrification in the Montréal area and its generating units, which extend over almost a kilometer. Impressive!

EXPORAIL CANADIAN RAILWAY MUSEUM

110, rue Saint-Pierre, Saint-Constant
450-632-2410

www.exporail.org

Mid-May to end June: Mon-Sun from 10 a.m. to 5 p.m. End June to September: Mon-Sun from 10 a.m. to 6 p.m. September and October: Wed-Sun from 10 a.m. to 5 p.m. (exterior site closes at 4 p.m.). Rest of the year: Sat-Sun from 10 a.m. to 5 p.m. and weekdays by reservation for groups. Special hours during holidays and school break. Adult \$16, senior, 13-17 years \$10, 4-12 years \$7, family \$39.

This museum features a collection of more than 160 rail vehicles. You travel through more than half a century of railway history when you visit the exhibition on the era of giant locomotives, monumental construction, the growth of the industrial revolution in Canada from coast to coast. A locomotive and a tram run through the grounds to the delight of children, and an old station will make you relive the glory days of the 19th century.

FORT CHAMBLY NATIONAL HISTORIC SITE OF CANADA

2, rue de Richelieu, Chambly
450-658-1585 / 1 888-773-8888
www.pc.gc.ca/fortchambly

April to mid-May and September to end October: Wed-Sun de 10 a.m. to 5 p.m. Mid-May to September: Mon-Sun from 10 a.m. to 5 p.m. (until 6 p.m. from end June to September). Adult \$5.65, senior \$4.90, youth \$2.90, family \$14.20.

Fort Chambly represents an interesting vestige of the French presence. Restored after many years of neglect, the fort was built by the French in 1709, at the foot of the rapids of the Richelieu River, a waterway connecting Montréal to New York. Inspired by Vauban's fortification principles, it stood firmly awaiting the attackers from the British colonies. An exhibition presents the life of soldiers and inhabitants around 1750. On weekends, you can watch the firing of muskets and, on Sundays in July and August, period characters and artisans will invite you to relive the era of New France.

MAISON DES CULTURES AMÉRINDIENNES

510, Montée des Trente, Mont-Saint-Hilaire
450-464-2500

www.maisonamerindienne.com

Phone or write before visiting the site. Admission charge.

Guided tours and tastings by reservation. Boutique.

Created by artist André Michel, in partnership with the Foundation Ushket-André Michel, this place of exchange and sharing aims to increase awareness of First Nations. A wide variety of activities are organized during the year: exhibitions of works by contemporary native and Métis artists, evenings of tales and legends, various conferences, Indian food tastings (by reservation), a sugar shack in the spring, etc.

SUCRERIE DE LA MONTAGNE

300, rang Saint-Georges, Rigaud
450-451-0831

www.sucrieriedelamontagne.com

Open all the year by appointment. Meals offered at lunch and in the evening.

More than a simple sugar shack, is a true Québec heritage site. The site, an authentic traditional sugar bush, invites you to enjoy a sugaring-off feast with folk entertainment. You can also visit the sugar shack and the fieldstone bakery. Accommodation on site with or without meal package.

FAMILIES

Thanks to the region's special cachet, the South Shore provides a choice of lifestyles to suit everyone. Many young families children in a serene and eco-friendly environment. It is interesting to note the presence of numerous parks and recreational installations that occupy center stage in the different municipalities in the region.

DAY CAMP AT THE JEAN-JEUNE OUTDOOR RECREATIONAL AREA

Tel. : 450-679-5017 / 1 800-598-1351
www.jean-jeune.qc.ca

The Jean-Jeune day camp's mission is to provide its clients with even more possibilities and pleasure for children. A few steps away from the pool and playgrounds, the spot is ideal for practicing dynamic activities in a secure environment. The varied installations and facilities specifically set up for specialties enable children to have legendary vacations!

LA CABOSSE D'OR

973, chemin Ozias Leduc,
Otterburn Park
450-464-6937

www.lacabossedor.com

A Belgian chocolate maker that is a fixture in the region! In addition to the many delights for sale, a chocolate interpretive center, mini-golf and a tea salon with pastries and ice cream will complete your visit to the Cabosse d'or.

WHAT TO DO IN THE REGION?

MONT SAINT-HILAIRE NATURE CENTER

422, chemin des Moulins, Mont-Saint-Hilaire
450-467-1755
www.centrenature.qc.ca

Site and reception open year-round (schedule varies depending on the season). Adult \$5, senior \$4, 6-17 years \$2. Equipment rental at reception. Special activities offered during the year.

Mont Saint-Hilaire was designated a biosphere reserve by UNESCO in 1978, the first in Canada. Its owner, McGill University, is committed to preserving the mountain and conducts research on the site, offering educational and leisure activities. Hiking trails allow you to reach some mountain peaks, offering an extensive view over the Richelieu Valley, St. Lawrence River and Montréal. It is also an ideal place to practice skiing and snowshoeing in winter. Out of curiosity, if you meet someone from the area, ask for a few stories about the mountain. Some will make you shiver!

SAINT-BRUNO NATIONAL PARK

330, rang des 25 Est, Saint-Bruno-de-Montarville
450-653-7544 | Reservations : 1 800-665-6527
www.sepaq.com/pq/msb/fr

Open all year. Hours vary according to season. Daily access fee: adult \$3.50, \$1.50 children, free for children 5 years and younger. Group and family rates available. 20 km from Montréal. Highway 20, exits 98 and 102 or Highway 30, exit 121.

The Mont-Saint-Bruno National Park (5.9 km²) is part of the Montérégie hills nature region. A haven of peace a few kilometers from the city, it houses a rich and diverse fauna and 5 lakes, an orchard of more than 850 apple trees and a historic mill. You'll come to rejuvenate yourself both in summer and winter. No accommodation on site. **Activities:** U-pick apples (end of August to mid-October), hiking, discovery activities, tours, skiing, snow hiking, downhill skiing to the Ski Mont-Saint-Bruno station northwest of the park.

PARC NATIONAL DES ÎLES-DE-BOUCHERVILLE

55, île Sainte-Marguerite, Boucherville
450-928-5088 | Reservations Sepaq : 1 800-665-6527
www.sepaq.com/pq/bou/fr/

Open all year, from 8 a.m. to sunset (in February and March, the gate is closed at 4:30 p.m.). Daily access fee: adult \$3.50, children \$1.50, free for children 5 years and younger. Group and family rates available. Welcome station: discovery

center and Île Sainte-Marguerite services (Highway 25, exit 1 at Tunnel Louis-H-Lafontaine). River shuttle service.

In the middle of the river and close to Montréal, this oasis of greenery covers an area of 8.14 km². The five islands are connected by a bike path and 21 km of trails to explore. Marsh, channels, forests... A true haven of peace just minutes from the city. The best way to discover it remains sea kayaking. No accommodation in the park. **Activities:** observation tower, canoe, sea kayak (private lessons available), hiking and cycling, beach volleyball, nearby golf course, snowshoeing, Nordic skiing and hiking on snow. Watercraft, bicycles and snowshoes for rent.

L'ACTION RÉGIONALE

www.journallactionregionale.com

LA RELÈVE

www.lareleve.qc.ca

LE COURRIER DU SUD

www.lecourrierdusud.canoe.ca

LONGUEUIL EXTRA

www.lejournaldelongueuilextra.canoe.ca

For a list of Montérégie weeklies:

www.monteregieweb.com

CITY OF LONGUEUIL

Tel. : 450-463-7000 | www.longueuil.ca

Borough of Greenfield Park

Tel.: 450-463-7045

Borough of Saint-Hubert

Tel.: 450-463-7065

Borough of Vieux-Longueuil

Tel.: 450-463-7085

You may contact each of the boroughs directly to find out about the establishments and their schedules. The South Shore offers numerous green spaces and convenient places for sports activities, supervised or not.

THE CIDER ROUTE

It is a journey that takes you on a discovery of artisanal producers who specialize in cider and all its variations.

You will travel through thousands of apple trees, blossoming fields, surrounded by special smells and colors, and you can meet producers who are masters in the art of handling the apple in its most delicious forms. An first-rate choice in 11 unforgettable steps that take place over 298 kilometers.

For more information, The route map is available at tourist regional tourist offices.



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What if Québec could offer you the perfect balance between a stimulating career and quality time with your family? Discover the many advantages of life in Québec:
www.immigratetoquebec.ca



You have a place here

Becoming a Permanent Resident

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→ Becoming a permanent resident

WE CAN HELP YOU!

If you are a temporary worker currently employed in the Greater Montréal region, our team of professionals can help you with your application for permanent residency.

Our services are **free** and include:

- Information sessions;
- Personalized coaching;
- Assistance with compiling a complete application file.

Please contact us and we will be glad to help you with your application for permanent residency.

Becoming a permanent resident is a wise professional and personal decision.

→ PERMANENT RESIDENCY

This status gives you and your family members the same rights as Canadian citizens, with the exception of the right to vote and the Canadian passport.

Holders of work permits can begin the process in Montréal.

THE BENEFITS

1. You no longer have to get work permits renewed.
2. As its name suggests, this is a permanent status. Once obtained, there is no other step required to continue to live in Canada. The only requirement for maintaining this status is to reside in Canada for two years (730 days, consecutive or not) within a period of five years¹.
3. The applicant's spouse and dependent children also obtain permanent resident status.
4. Permanent residents have the same rights as Canadian citizens. They may live, work and study anywhere in Canada, under the same conditions as citizens.
5. This status facilitates access to credit, including mortgages insured by Canada Mortgage and Housing Corporation (CMHC) for the purchase of a residence.
6. Only permanent residents can apply for Canadian citizenship. To do this, they

[1] If you work outside Canada for a Canadian company or its subsidiary or to a foreign client of a Canadian company, you are considered a Canadian resident for the purposes of this residency requirement.

must have lived in Canada for at least three years (1,095 days, consecutive or not) over the last four years before submitting the application. Children do not need to satisfy this requirement.

The process has two main stages:

- Selection by Québec;
- Admission by Canada.

SELECTION

You must file an application for a Certificat de sélection du Québec (CSQ) accompanied by supporting documents, with the ministère de l'Immigration et des Communautés culturelles du Québec (MICC), according to one of the following programs:

1. The Programme de l'expérience québécoise (PEQ)

This is a quick and simplified procedure for those who:

- hold a work permit;
- have been employed in Québec for 12 months at a technical, professional or managerial level;
- have at least a basic intermediate knowledge of spoken French.

2. Selection criteria

If you do not qualify for the PEQ, your application will be assessed using a points system based on five main criteria:

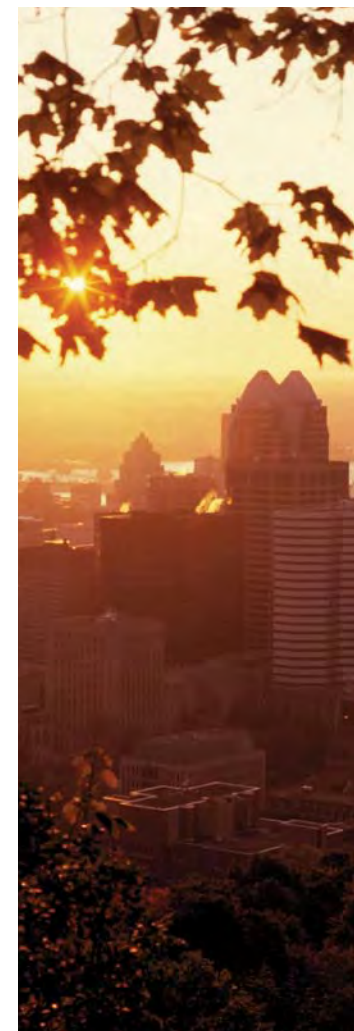
- education;
- experience;
- age;
- knowledge of French and English;
- time spent in Québec.

ADMISSION

Once you have obtained the Certificat de Sélection du Québec (CSQ), you must file a visa request for permanent residence with Citizenship and Immigration Canada (CIC).

You must complete various forms and provide supporting documents, such as a criminal record extract from all countries where you lived for more than six months since the age of 18.

← HOW TO APPLY FOR PERMANENT RESIDENCY?



WHERE TO SEND YOUR APPLICATION?

At a Canada Visa Office (CVO) located abroad in a Canadian embassy or consulate.

You can choose to send it to the CVO serving your country of citizenship or the Consulate General in Buffalo, who is authorized to process applications from foreign residents temporarily in Canada.

CONSULATE GENERAL OF CANADA

Immigration Section
3000 HSBC Center
Buffalo, New York
14203-2884
États-Unis

MEDICAL EXAMINATION

You must undergo a medical examination by a doctor certified by Immigration Canada. There are about 15 in Montréal and you can find an up-to-date list at www.cic.gc.ca/dmp-md/medecins.aspx. The examination consists of the following:

- Complete medical examination for persons of all ages;
- Chest X-ray report results for those 11 and older;
- Urinalysis for anyone aged five years or more;
- Syphilis serology for anyone 15 years or more;
- HIV testing for for applicants aged 15 and older and for children who have received blood transfusions or blood products, as well as for children whose mothers are HIV positive.

DOCTORS CERTIFIED BY CITIZENSHIP AND IMMIGRATION CANADA

List updated in March 2010 for the Montréal area

Laval | Nicolas Karellis
3828 rue Notre Dame, Québec, H7V 1R9
450-682-6688
English / French / Greek

Montreal | Gabriel Munoz
Clinique médicale Luso, 1 Mont-Royal est, Québec, H2T 1N4
514-849-2391
English / French / Spanish

MONTREAL INTERNATIONAL FACILITATES THE ESTABLISHMENT OF STRATEGIC TALENTS IN GREATER MONTRÉAL

SHE LETS GENES DO THE TALKING

Les Affaires | October 17, 2009, p.13
by Nathalie Vallerand

Catalina Lopez-Correa, originally from Colombia, has worked in prestigious laboratories in Great Britain, Iceland and the United States, but she dreamed of living in Montréal. Recruited a year ago by Génome Québec, she is vice-president, scientific affairs. A great catch for Québec!

The researcher has kept her eye on Canada from afar for a long time because she considers it a progressive country. «The proximity of wide open spaces attracted me a lot. In the United States, I felt a gap between my values and those of this country.» In 2007, she visited Montréal and fell in love.

A doctor, Catalina Lopez-Correa has a master's degree in human genetics from the University Paris VII - Pasteur Institute and a PhD in medical biosciences from the Catholic University of Louvain, Belgium. Before her arrival in Québec, she was senior scientist at the pharmaceutical company Eli Lilly in the United States.

Her research has focused on links between genetic mutations and disease. The genetic variations explain why some individuals are more likely to suffer from diseases. They also determine drug response.

CARTaGENE, Génome Québec's largest project, aims to establish a bank of biological samples and a database on the health of Québécois. Some 20,000 Québécois were invited to participate in the study.

Genomics is a crucial area, according to the scientist. «The social and economic impacts will be significant in several sectors.»

As vice-president of Génome Québec, Catalina Lopez-Correa defines programs, participates in decisions on prioritizing projects, and meets with researchers on a daily basis. Happiness... and in Montréal!



CATALINA LOPEZ-CORREA

Age: 41
Title: vice-president
Company: Génome Québec

A physician with a doctorate in human genetics, she coordinates all genomic research in Québec

« I wish to thank you for the good services which you provided to Mrs Catalina Lopez-Correa. Your contribution to her coming to Génome Québec is really appreciated. »

Pierre Francoeur,
Human resources director,
Génome Québec

« We wanted you to know that we received our permanent residency cards! And we especially wanted to thank you for all your hard work on our behalf; needless to say without your help the entire process would have been far more difficult. »

Jamil Ragep
Professor and Canada Research Chair
McGill university

Montreal | Mario Bejerman
1 Mont-Royal Est, Québec, H2T 1N4
English / French / Italian / Spanish

Montreal | G M Tremblay
850- 2155 rue Guy, Québec, H3H 2L9 | 514-931-0801
English / French

Montreal | Doina Nica-Danes
2155 rue Guy, bureau 850, Québec, H3H 2L9 | 514-931-0801
English / French / Italian / Romanian

Montréal | Victor Abikhzer
5950 Côte des Neiges, Suite 350, Québec, H3S 1Z8 | 514-733-9192
Arabic / English / French / Hebrew / Spanish

Montréal | Wanda Brzezinski
Westmount Square Medical Centre
1 Westmount Square, Pavilion A, Suite C-550, Québec, H3Z 2P9
514-934-2334 / 514-596-4141
English / French / Polish / Russian

Montréal | Charles Chocron
Source Unique, 5910 Cotes Des Neiges, Suite 230, Québec, H3S 1Z5
514-739-1662
Arabic / English / French / Portuguese / Spanish

Montréal | Dong Ky La
2100 rue Frontenac, Québec, H2K 2Z3 | 514-527-9428
Cantonese / English / French / Mandarin / Vietnamese

Montréal | Gregorio Zlotnik
1600 Boul. Henri-Bourassa Ouest, Suite 420, Québec, H3M 3E2
514-337-0432
English / French / Italian / Portuguese / Spanish / Yiddish

Montréal | Albert Prossin
Clinique Médicale Métro Médic,
1538 Sherbrooke Ouest, Suite 100, Québec, H3G 1L5 | 514-932-2122
English / French

Montréal | Fernando Donoso
Clinique Luso, 1 ave Mont Royal Est, Québec, H2T 1N4 | 514-849-2391
English / French / Portuguese / Spanish

Montréal | Marcel Pigeon
Groupe Sante Medisys Inc.,
500 rue Sherbrooke Ouest, suite 1100, Québec, H3A 3C6
514-499-2772 | *English / French*

Montréal | Andreas Giannakis
7200 Hutchison, Suite 303, Québec, H3N 1Z2 | 514-278-8877
English / French / Greek

Montréal | Michel Girard
Clinique de médecine familiale Mont Carmel
933 Boul. René Levesque, Québec, H2L 4S4
514-282-9197
English / French

Montréal | Sylvia Yankova
Centre médical La Piazza
6700 De la Côte-Des Neiges Suite 125,
Québec, H3S 2B2 | 514-342-2941
Bulgarian / English / French / Portuguese / Russian

Montréal | Stefan Cajal
Clinique de médecine industrielle et préventive du Québec,
850-2155 rue Guy, Québec, H3H 2L9
514-931-0801
English / French / Romanian

Pierrefonds | Jean Dzineku
12774 blvd Gouin Ouest, Québec, H8Z 1W5 | 514-684-3884
Arabic / English / Ewe / French

Pierrefonds | Magdi Kayal
12774 blvd Gouin Ouest, Québec, H8Z 1W5
514-684-8460
Arabic / English / French

St Eustache | Jean Jacques Legare
Polyclinique St-Eustache, 75 rue Grignon, Québec, J7P 4J2
450-472-0116
English / French

Following the health and criminal records check, you must send your passport to the Canadian authorities who processed your request (normally the Canadian Consulate in Buffalo) for a period of 15 days.

Once you have received your passport and permanent resident visa, you must validate your new status. This validation can be done at:

- The CIC office, by appointment only, at 1010, rue Saint-Antoine West, in Montréal;
- A Canadian border crossing, when travelling by car;
- At a Canadian airport if you plan to travel outside of Canada.

The immigration officer will begin the process for issuing the permanent resident card, which you will receive within 30 days.

VISA AND PERMANENT RESIDENT CARD

WARNING!

This wallet-sized laminated card is required afterwards for all permanent residents of Canada who wish to return to Canada aboard a commercial carrier (airplane, boat, train or bus).



COSTS

The ministère de l'Immigration et des Communautés culturelles du Québec and Citizenship and Immigration Canada charge fees for processing the file and issuing the visa:

	Principal applicant	Spouse	Child
Selection (Québec)	390 \$	150 \$	150 \$
Admission (Canada)	1040 \$	1040 \$	150 \$

These costs, to which are added costs for medical and criminal records checks, are collected by the governments of Québec and Canada.

Assistance services provided by Montréal International are free.

PROCESSING TIME

In general, it takes eight to ten months to obtain permanent resident status for an applicant already working in Québec.



CONTACT US!

For help in obtaining your permanent residency, please contact us:

MONTRÉAL INTERNATIONAL

380, rue Saint-Antoine Ouest, bureau 8000

Montréal (Québec) H2Y 3X7

Telephone : 514 987-9309

Fax : 514 288-6299

info@residencepermanente.ca

WWW.RESIDENCEPERMANENTE.CA

« This is to let you know, that I have 'immigrated' to Canada yesterday and became a permanent resident. I wanted to take the opportunity to say a big 'Thank you' to everybody who helped me in the past 12 months or so... It made the whole process a lot easier and more understandable. Once more thanks a lot and with my best regards. »

Olivier MEIER
Project Manager, IATA



We're here to help you!

Montréal International (MI) provides businesses and foreign workers in Greater Montréal with specialized advice to help skilled labour settle in the region.

The services offered by the International Mobility team aim to:

- Inform and advise companies, institutions and international organizations about the procedure for hiring skilled foreign workers
- Provide these workers with assistance in obtaining official documents such as visas, work permits, study permits, applications for visa extensions, etc.
- Support workers' spouses through a customized counselling service to help them integrate socially and professionally
- Facilitate and streamline the process of obtaining permanent residency

To fulfill this mandate, MI works closely with several partners, including Citizenship and Immigration Canada (CIC), Service Canada and the ministère de l'Immigration et des Communautés culturelles du Québec (MICC – Department of Immigration and Cultural Communities).

MontrealInternational
www.montrealinternational.com

DOWNTOWN Montréal



- Pedestrian thoroughfare
- Underground network
- Access to subway
- Commuter train
- Bicycle Path
- Cinemas
- Museums and interpretation centres
- Shopping
- Theaters and performance venues

0 50 100 150 200 250 metres = 820 feet
 0 1 2 minutes walk

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 DIMENSION DPR Inc.

« Grâce à **ARIANNE Relocalisation Canada** et à son équipe très compétente et expérimentée, nous avons trouvé une **très belle maison, de bonnes écoles** pour nos enfants et nous avons été parfaitement guidés dans les méandres administratifs locaux! Avec les excellents services d'ARIANNE, notre transition de l'Europe vers le Canada fut facile et agréable. **Cette aide fut essentielle** et nous nous sommes parfaitement bien intégrés à Montréal. **Merci!** »

Dr Tarik Möröy,
Président et directeur scientifique, IRCM



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de vos besoins

+1.514.482.2200

info@ariannerelocation.com

1600, rue Notre-Dame Ouest #312
Montréal, Québec H3J 1M1 Canada

www.ariannerelocation.com

