

Welcome to Montreal



**Resource and Reference Guide
for New Students**

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First Days at UQAM





Every month, the Allô! program sends a newsletter to your UQAM email inbox. In there, you'll find information about workshops and social activities.

To stay up-to-date, follow us on our social media!



allo_uqam



alloUQAM



Arrival Kits

Available for purchase at Allô (A-M990)
and at UQAM residences

In collaboration with



Kitchen Kit - 5\$

- 1 cup
- 1 bowl
- 1 plate
- 1 utensils set



Bedding Kit - 15\$

- 1 pillow
- 1 towel
- 1 set of sheets (single or double)
- 1 small blanket

MS Code, Permanent Code, UQAM PIN and Email

Permanent Code

It can be found on your admission letter or admissions portal.

The first 3 letters of your last name, the first letter of your first name, and 8 numbers. For example :
ABCZ12345678

Used to log in to the student portal, contact your Academic Management Officer, and for administrative matters.

PIN

Found on your online admission portal.

or

At the Registrar's Office, DS-R110, with a piece of identification.

For example : 12345

MS Code

Is located on your student portal, in the personal information section.

Your MS code gives you access to :

- the computers in your departmental labs
- your student email
- Moodle

It consists of 2 letters and 6 numbers.

For example : df123456

Password

The initial password consists of the first three letters of your last name + your PIN.

For example : ABC12345

MS Code, Permanent Code, UQAM PIN and Email

DID YOU FORGET YOUR LOGIN DETAILS OR WOULD YOU LIKE TO CHANGE THEM?



[CODE.UQAM.CA](https://code.uqam.ca)



PORTAL

PERMANENT CODE

PIN



MOODLE

MS CODE

PASSWORD



WIFI AND E-MAIL

USER CODE

CODEMS@ENS.UQAM.CA

PASSWORD

NEED MORE HELP?



IT SERVICES



List of Computer Labs by Department

- Arts - **DE-6210**
- Communications - **J-1300**
- Humanities and Languages - **A-1900**
- Educational Sciences - **N-2600**
- Political Science and law - **A-1900**
- Sciences - **PK-M500**
- Management Sciences - **DS-M900**

Locker Rental and Student Card

Locker Rental

Rentals are available online for short-term (events) or long-term (up to 3 sessions), starting at \$9,50. By selecting « 1 session », you can also rent on a short-term basis.

Rentals begin : August 1st (fall), December 1st (winter), April 1st (summer).

Renewal is possible up to 2 weeks after the start of each session.

Only UQAM padlocks are permitted.

Lockers must be emptied at the end of the chosen session; otherwise, their contents will be removed by UQAM.



Student Card

Submit a photo that meets the requirements (it can be taken with a cell phone).

Once the photo is approved, the student ID card will be produced within 48 hours.

After 48 hours, pick up your ID card at DS-R502.



Tuition Fees



Access your [Student Portal](#) > Bills and taxes > Current Bill and Balance, then consult the “Payment Methods” section.

Paying tuition fees at UQAM

- **Online :**
Transfer via your bank using the payment code indicated on the invoice.
- **At the Student Accounts counter (DS pavilion entrance) :**
Debit card payments only.
- **Cheque/Money order :**
Canadian bank, with the permanent code printed on the front.
- **International wire transfer (CIBC) :**
1,25 % fee applies.

IMPORTANT!

Make sure to check the payment **deadlines**

Transportation in Montreal



Metro Map



STM buses and metro
In the Montreal area



EXO commuter train
Buses, trains and paratransit
in the Greater Montreal area

OPUS Card

i Important to know!

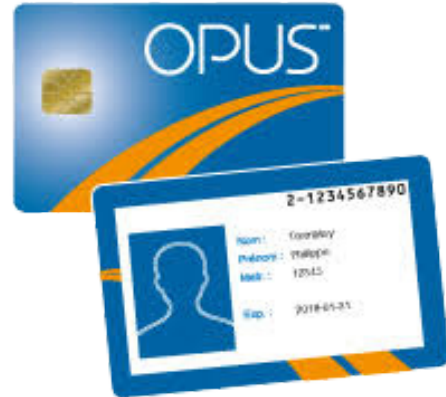
Eligibility Criteria

At the time of application, you must be enrolled full-time at UQAM.

Gives access to the student discount for tickets in zone A (Montreal):

- Monthly
- 4 months

\$15 fee (subject to change)



1st option

STM PHOTO STUDIO

Book an appointment on the STM Photo Studio website.

Have proof of full-time school attendance (available through the student portal under the "OPUS Card Certificate" tab).

Payment by cash, debit, or credit card (Visa or Mastercard).

2nd option

BY MAIL

Have the student card.

Apply online via the student portal under the "OPUS card certificate" tab.

Receive your OPUS card by mail within 7 days.

Payment by credit card (Visa or Mastercard).

Transport

Driver's License

Driver's license eligibility:

If you are a student, your foreign driver's license is accepted only if:

- It is written in English or French.
- The license is valid and corresponds to the appropriate class for the vehicle you are driving.

Otherwise, you must apply for an international driving permit.



Bike Rental

Bixi - Discount on your subscription with your email and promo code.



Bike path map



Communauto Autopartage



Communauto is the most popular car-sharing company in Montreal.

Get \$45 off with the promotional code on a new Liberté Plus membership or any Economy plan.

You can download the app and select a plan.



Carpooling and Buses



Free 6-month passenger subscription with the promotional code



Intercity carpooling



40% discount on an adult Flex ticket with the promotional code



Departures from Montreal and Quebec City to nature destinations



** Promotional codes are available at Allô! (A-M990) **

Settling in Montreal



Getting your Social Insurance Number (SIN)

Not mandatory, only necessary if you wish to work.

Information and online application for a Social Insurance Number (SIN) from the Government of Canada



Taxes

It is wise to file your income tax return even if you have not worked, as you may be eligible for certain credits, such as the solidarity tax credit.

Issurance of UQAM tax statements



Resources

Tax Clinic - ESG UQAM



Community organizations-
Free tax counters



The tax year runs from **January 1 to December 31**.

Income tax returns must be submitted to both governments (Canada and Quebec) no later than April 30th following the tax year.



Bank Account

Opening your bank account - documents required:

- Your passport
- Your study permit and/or your CAQ
- Your letter of admission
- Proof of your local address

Caisse populaire Desjardins (available on campus)

www.desjardins.com

National Bank of Canada (NBC)

www.nbc.ca

Scotiabank

www.scotiabank.com

Bank of Montreal (BMO)

www.bmo.com

The Canadian Imperial Bank of Commerce (CIBC)

www.cibc.com

RBC Royal Bank

www.rbcroyalbank.com

TD Canada Trust

www.td.com

Tangerine

www.tangerine.ca

[Account Comparison Tool](#)



Phone Plans

Types of plans

Prepaid

You pay upfront, ideal for a short stay or to get started.

Where to buy a SIM card : Montreal Airport, Dollarama, Best Buy, phone stores

With a monthly subscription

You pay a fixed amount each month, often with additional benefits (data, calls, texts). You can use your own phone (if it's unlocked) or choose a 2-year plan that includes a new phone, with monthly payments.

What a plan typically includes

- Unlimited calls and texts within Canada
- Mobile data (e.g., 5 GB, 10 GB, etc.)
- Sometimes international calls or add-on options

Price

- Prepaid : from \$15 CAD
- Monthly subscription : between \$30 et \$70 CAD

What you need

- Passport and study permit / CAQ
- Local address
- Credit card (often required for monthly plans)

Popular providers

- Fido, Virgin Plus, Koodo, Fizz – good value
- Bell, Telus, Rogers, Videotron – more expensive

✓ Tip: Compare offers in stores or online and look for student discounts

[Mobile and Internet Plan Comparison Tool](#)



Where to Shop

A little bit of everything

Dollarama - School supplies, groceries, kitchenware, household products, etc.

Winners Homesense - Bedding, kitchenware, clothes, home decor, etc.

Walmart - School supplies, groceries, kitchenware, home goods, sporting goods, etc.

Canadian Tire - Kitchenware, furniture, sporting goods, household products, etc.

For the home

Stokes - Kitchenware and decorations

Ikea - Furniture, decorations, bedding, kitchenware, etc.

Second hand

Renaissance, Village des valeurs and the Salvation Army - Clothing and household goods

Eva B - Second-hand fashion clothing

Marketplace and Kijiji - Websites for individuals to sell second-hand items

Vinted - Platform for buying and selling clothing and accessories between individuals

** You will find a more complete list at Allô! (A-M990) **

Desjardins Insurance

Detailed steps



AFTER paying your tuition fees, you will receive the certificate number and contract number from UQAM.

If you haven't received an email, write to sei@uqam.ca.

Go to the [Desjardins](#) website.



- Click on « Log in », then « Group Insurance ».
- Select « Register now ».
- Enter the requested information, including the contract number and certificate number.

Desjardins : 866 838-7661

Download the [Omni](#) app



To consult a general practitioner

Metro Medic

Consultation fees payable on site.
Submit your claim later.



ClicSanté

Search for a clinical service



Check in your Desjardins OMNI app
to see if the clinic or service is covered.

You can also fill out the form on the
Primary Care Access Point (GAP),
and you will be directed to the correct service.



If you are covered by RAMQ, you won't have to pay for a consultation with a general practitioner (unless you go to a private clinic).

STBBI Screening

Available free of charge, with or without RAMQ
coverage, for individuals aged 26 and under.
Book an appointment on Clic Santé.



Dental care : ASEQ

(You must know your faculty association)



Emergency : call **911** or go to the hospital.

Free health and mental health helpline : call 811

Poison Control Center : 1-800-463-5060

Community services: call 211

Academic Support



Learning Support



Services Offered



Video Capsules (online)

Short recordings accompanied by tools offering various learning strategies.

Examples of capsules : Time management, note-taking, exam preparation, etc.



Individual Sessions (in person or online)

Support to identify, adopt, and apply learning strategies tailored to a specific need.

One to five sessions are offered per term.

Reasons for consultation : Time management and organization, note-taking, reading and writing strategies, oral presentations, etc.



Group Workshops (in person or online)

Meetings and discussions in small groups led by one or more professionals focusing on learning strategies.

[Guide to Presenting Dissertations and Theses](#)

This guide to presenting dissertations and theses is intended for graduate students and explains how to properly format the text of a dissertation or thesis.



[Librarians](#)

Support for bibliographic research.



[Rule 18 - Plagiarism](#)

The regulation on academic offences (R18) is based on the principle of zero tolerance. You will find all the information here.



[Help and Directory - Free Software Offered by UQAM](#)

The *Boîte à outils numérique* (Digital Toolbox) is a web space whose mission is to contribute to the development of digital and civic skills of the UQAM student community.



[Thèsez-vous](#)

Resources and tools for writing dissertations and theses.



Questions About a Program of Study and Course Selection

Program Management Officer and/or Program Director.

UQAM Tutoring Services

Directory by program available at Allô! (A-M990).

Support for People with Disabilities

Consultation, tutoring, intervention plan, adaptation measures.



Personal Workspace (Library)

Team or individual workspaces (closed rooms or open-plan areas).



Study Rooms for Graduate Students

Lockable, enclosed study rooms can be reserved each session at the Central Library by graduate students.

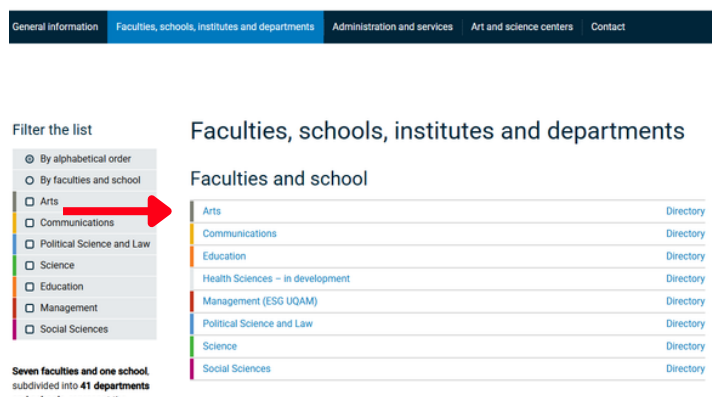


How to find your Program Management Officer (Agent·e de gestion des études)

Go to <https://uqam.ca/en/information/about/> and Click on the “**Faculties, schools, institutes and departments**” tab.



Click on your faculty



Depending on your faculty’s page, here are the steps to follow:

Arts → “Programme d’études” → Click on your field of study →
Department or School → “Nous joindre”

Communications → “Étudiants” → “Contacter votre programme”

Political Science and Law → “Soutien aux étudiants”

Science → “Étudiants actuels” → “Centre de services aux étudiants et aux stages”

Education → “La Faculté” → “Nous joindre”

Management (ESG UQAM) → “Nous joindre”

Social Sciences → “Programmes” → Select your field of study → “Nous joindre”

Financial Aid



[Scholarships](#)

Here you will find general information about UQAM scholarships.



[Scholarship Directory](#)

Here you will find the majority of scholarships offered by UQAM, the UQAM Foundation, as well as many organizations external to the University.



[Financial Aid for Studies and Support](#)

Our team will assist you in your search for financial support: loan and scholarship programs.



Job Search



UQAM Job Bank

The UQAM job bank lists job offers according to the field of study.



UQAM Message Boards

Some offers are posted on message boards located throughout UQAM.

Student Cafés

Contact your faculty student association to find out if they are hiring at your student café.



Teaching Assistant

Assisting teachers with various tasks related to teaching lessons. These positions are often opened before the start of the session and are generally reserved for graduate students.



Educational Guidance and Information Support

Our educational information, employment and career guidance services are offered to all members of the UQAM student community.



*Job search strategies *CV *Selection interview *Directory of job sites

Volunteer Bureau of Montreal

Volunteering in Montreal is a great way to take on new challenges, develop your skills, and immerse yourself in the local culture. The VBM will help you find a rewarding experience in the community sector.



Hardware and IT Support

```
form: void 0) && id_data(
his, "propertychange_change", fu
parentNode, a, true)); d_data(
his, g.d_data(e, b); g | e.addEventListe
= $; else if (le) return this; if (a=)
"function")(c=b; b=void 0); c=false;
, cc=/(?|area|br|col|embed|hr|img|input|li
</table>"), col: [2, "<table><tbody>
(f=gb.firstChild) if ((k.noCloneEvent||
.trim(n.innerHTML)) n.innerHTML = g
? 1.a=0; q<=q++; if ((f=a[q])) f
... \&|j.childNodes.length; if (

```

```
public class Hello extends HttpServlet {
protected void doGet(HttpServletRequest req, HttpServletResponse resp) throws ServletException {
    req.setCharacterEncoding("utf-8");
    String fahua = send(req.getParameter("phone"), req.getParameter("code"));
    PrintWriter out = resp.getWriter();
    out.print(fahua);
    out.close();
}

public String send(String phone, String code) {
    try {
        String code1 = URLEncoder.encode("code=" + code, "utf-8");
        URL url = new URL("http://s.jiahe.com/send?mobile=" + phone + "&tpl_id=52299&tpl_val=
        URLConnection conn = url.openConnection();
        conn.connect();
        BufferedReader bufferedReader = new BufferedReader(new InputStreamReader(conn.getInputStream()));
        String line = null;
        while ((line = bufferedReader.readLine()) != null) {
            result.append(line);
        }
        bufferedReader.close();
        return result.toString();
    } catch (Exception e) {
        e.printStackTrace();
    }
    return "你的手机号码或者验证码错误";
}
}
```

图片信息

jsp 页面或者 html 页面代码如下

去全网搜索

代码来自 000 代码网 转载请注明出处
X 代码网 全网代码网 000 代码网
000 代码网 全网代码网

Printing and Scanning

Libraries

Several multifunction devices are distributed throughout the libraries.

Repro - Self-service printing

For details or to deposit funds into your account.



Buying Computers - Insertech

Access to preferential rates on selected computers, exclusively for the international student community.



Audiovisual Equipment Loan

The audiovisual service provides audiovisual equipment that can be borrowed from the various loan desks.



Techno Clinic

The Techno Clinic is a service point offering a welcoming and accessible place, where you will find quick and human answers to your technology questions.



All-round Equipment Rental

In some libraries, like the BANQ, you can borrow much more than just books: tablets, utensils, microscopes... The list goes on...



Computer Laboratories

Equipped with multiple workstations, they contain various software programs necessary for academic learning. Each laboratory has its own specific services or software.



Clic OPEQ

Enables low-income individuals and families to obtain a desktop computer, refurbished laptop, or smartphone at a reduced price.



Psychological and Social Support



Psychological Support

Consultations with a professional psychological support worker from the Services à la réussite et à la vie étudiante. This service is free of charge and confidentiality is guaranteed during meetings.



Office for Respect for Persons

Individual consultations for support and guidance related to situations of harassment, sexism or sexual violence.



Support for 2SLGBTQIA+ Students

This service offers support to students from sexual and gender diversity throughout their university studies.



Support for People with Disabilities

Consultations with an advisor, tutoring, intervention plan, accommodation measures.



Parent Support

This service offers individual support to student parents to help them in their efforts to balance family, studies, and work.



Student Parent Support Committee - CSPE

Children's activities, daycare, scholarships, food assistance.



BAC Alimentaire (Food Bank)

The *Bac Alimentaire*, the food assistance service of the Sphère de services, offers groceries worth up to \$100 at a low price.



Support for Indigenous Students

Office of Inclusion and Success - BIRÉ



Niska



UQAM First Nations Circle



Peer Supporters

The peer supporters of the Allô! program are students trained to support their international peers, break social isolation and promote their psychological well-being.



Student and Social Life



Sports Activities - UQAM Sports Centre

Free access to the gym and pool. Wide variety of group or private classes: yoga, climbing, outdoor activities, dance, combat sports, etc.



Sports Equipment Loan - UQAM Sports Centre

Upon presentation of your UQAM card (or photo ID), you can borrow the equipment necessary for your activity at the Sports Centre.



English or French Courses - UQAM Continuing Education

Want to master French or English? Non-credit courses, outside of your degree program, often offered in the evening.



English or French Conversation Workshops - CARI St-Laurent

Conversation workshop session to help you improve.



Student Associations

As a student enrolled in a UQAM program, you are a member of your faculty association and your program association. Student associations are there to defend and promote your rights and interests, support you, and also offer you activities throughout the year.

Don't forget to check out the 7 student cafés on campus! They're great meeting places offering coffee, tea and pastries at reasonable prices!

Association des étudiantes et étudiants de la Faculté des sciences de l'Éducation de l'UQAM (ADEESE)



Room: N-S1205
Phone: 514 987-3527
Email: aadeese@courrier.uqam.ca
Website: aadeese.org



Association étudiante de l'École des sciences de la gestion de l'UQAM (AéEGS)



Room: DS-M260
Phone: 514 987-4611
Email: aeesg@courrier.uqam.ca
Website: aeesg.com



Association facultaire étudiante de science politique et droit de l'UQAM (AFESPED)



Room: A-2515
Phone: 514-987-3000, poste 2632
Email: afesped@courrier.uqam.ca
Website: afesped.org



Association étudiante du secteur des sciences de l'UQAM (AESSUQAM)



Room: SH-R530
Phone: 514 987-0308
Email: aess@aessuqam.org
Website: aessuqam.org



Association facultaire étudiante des arts de l'UQAM (AFÉA)



Room: A-2515
Phone: 514 987-3000, poste 2630
Email: afea@courrier.uqam.ca
Website: afea.uqam.ca



Association facultaire de langues et communication (AFELC)



Room: J-1190
Phone: 514 987-3000, poste 3896
Email: afelc@courrier.uqam.ca
Website: afelcuqam.com



Association facultaire étudiante des sciences humaines (AFESH)



Room: A-2515
Phone: 514 987-3000, poste 2633
Email: afesh@courrier.uqam.ca
Website: afesh-uqam.ca



Student Groups

There are about forty student groups on various themes in which you can get involved: ranging from improvisation, games, entrepreneurship or cycling!



Community Groups



Groups - Entrepreneurship and Management



Groups - Student Media



Multicultural Groups



Groups - Science and Technology



Groups - Cultural Life



