

# First Arrival Tips Winter 2014



**VOUS AMENER PLUS LOIN**  
— SERVICE AUX ÉTUDIANTS DE HEC MONTREAL —

# WELCOME TO MONTREAL!

## Your ressources:

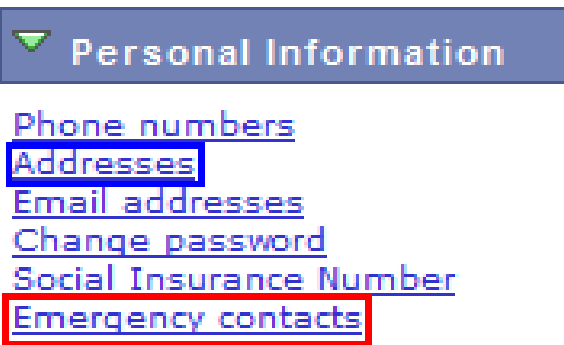
- ✓ Your welcome guide (READ it and keep it!)
- ✓ Our Website ([www.hec.ca](http://www.hec.ca))
- ✓ Facebook (<https://www.facebook.com/ISAHECMontreal>)
- ✓ Your « Québécois » friends 😊
- ✓ The staff from the ISA office! 😊



# PERSONAL INFORMATION UPDATE

## Mandatory

Update your personal information on your HEC en ligne



## Required for:

- Public Transit Card (OPUS)
- Opening a Bank Account

# SUMMARY

- ✓ Money matters
- ✓ Transportation
- ✓ Cell phones
- ✓ Health care
- ✓ IT resources
- ✓ Students tips
- ✓ Security
- ✓ Culture



# MONEY MATTERS \$

## Opening a bank account

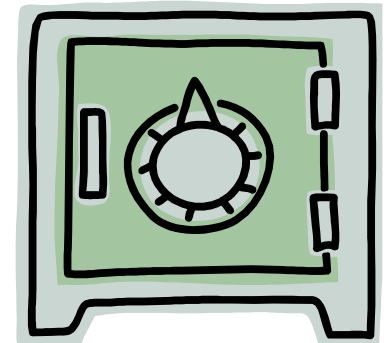
Not always possible for students on exchange for one semester.

Make an appointment and bring :

- Passport
- Admission letter from HEC Montreal
- Proof of residency
  1. Change your address in *HEC en ligne*
  2. PRINT a proof of full time studies on *HEC en ligne*

Recommended banks:

- Scotia Bank
- HSBC
- National Bank



# MONEY MATTERS \$

## TIPS:

- ✓ Do not keep a large amount of cash at home or on you
- ✓ Beware of the fees your home bank could charge
- ✓ Avoid using private ATMs (fees are high!)
- ✓ ATM machines in HEC Montréal
  - Caisses Populaires Desjardins
  - National Bank of Canada



# GETTING AROUND MONTREAL

## OPUS card (buses and subway!)

The OPUS card is a smart card on which you can charge all STM transit fares to be used by transit companies throughout Montreal.

- Rechargeable monthly, weekly, for a single passage, after 6 p.m. or more options (reduced fare for students under the age of 26)
- Rechargeable in all the subway stations



# GETTING AROUND MONTREAL

## How to get your reduced fare

Students under 26 years of age

Go to STM photo studio at Berri-UQAM metro station

You will need:

✓ Electronic attestation for OPUS card (*HEC en ligne*)

Only electronic proof of enrolment accepted.

Do not print. You will have to access *HEC en ligne* on site.

If you don't have an electronic device, a tablet will be available for use.

✓ Bring your passport (proof of age)

✓ **Cash payment of \$15.00 (exact amount)**





# GETTING AROUND MONTREAL

## Buses :

- ✓ Do not hesitate to ask the driver if you are going in the right direction
- ✓ Ask the driver to tell you when to get off
- ✓ If you don't have an OPUS card, pay with the exact amount (\$ 3.00 - they do not give change back!)
- ✓ Use the night buses (cheaper than a taxi and safe)
- ✓ Plan your trip with: *STM mobile application and Google maps application*



# OTHER TRANSPORTATION

## TAXI

- ✓ Cheap
- ✓ Safe
- ✓ Check your arrival guide



## Car Rental

- ✓ International driver's license

[www.saaq.gouv.qc.ca](http://www.saaq.gouv.qc.ca)



AVIS

Hertz

Budget



Thrifty

PAYLESS  
CAR RENTAL

ADVANTAGE  
RENT A CAR

National

Enterprise  
rent-a-car

DOLLAR  
RENT A CAR

# CELL PHONE PLANS

## Before Subscribing verify:

- ✓ The contract term commitment and contract termination penalties
- ✓ The beginning of the “Evening” rate (Fido: 6 p.m., Rogers: 9 p.m., etc.)
- ✓ Monthly system access fees, 911 fees, voicemail service and call display charges
- ✓ Unlimited incoming calls charged?
- ✓ Incoming text messages charged?

# CELL PHONE PLANS

- **Read your contract carefully** and only buy a plan that fits your needs (many phone calls, long distance calls, texting, web access, etc.)
- More expensive than Europe or USA
- Buy calling cards to call abroad or use Skype
- Call phones from Gmail (free from & towards Canada)  
**[www.google.com/gizmo5/](http://www.google.com/gizmo5/)**

## Main cell phone operators

- **Koodo:** *koodomobile.com* (international SMS plan)
- **Fido:** *www.fido.ca* (international SMS plan)
- **Virgin:** *www.virginmobile.ca*
- **Rogers:** *www.rogers.com*
- **Bell:** *www.bell.ca*
- **Telus:** *www.telusmobilite.com*
- **Public:** *www.publicmobile.ca*



# OUR RECOMMENDATIONS

**Unlimited Canada-wide talk, text and 1 GB of data for only \$45/month!**

\*Unlimited text includes international txts



**Koodo Mobile**



Bring your unlocked phone to Koodo and get 10% off your monthly plan.



Bring your unlocked phone to Koodo and get 10% off your monthly plan.

**FIDO Mobile**



**See how affordable our plans can be**

**\$39**  
per month

- Unlimited Messaging (International Text, Picture and Video messages)
- Unlimited Canada-wide talk from 5 p.m. and on weekends
- 400 MB of data
- 400 Canada-wide daytime minutes
- Call Display and Voicemail

Join Public Mobile now and get our Talk + Text + Data plan for only \$30. Plus, get voicemail and Canadian long distance (a \$10 value) included in your plan at no cost. **Hurry! Offer ends soon.**

**\*\* Public Mobile \*\***

~~\$35~~

NOW  
**\$30**  
PER MONTH

Unlimited talk	✓
Unlimited text	✓
Call display	✓
Call features	✓
Unlimited 3G data	✓
Canadian long distance	Now included
Voicemail	Now included

**\*\* Service limited to the Greater Montreal area \*\***

**\*\* Must buy a phone from the carrier \*\***

# HEALTH INSURANCE

The insurance plan covers only for medical & hospital fees and prescription drugs.

Does not cover costs related to dental or eye care.



# HEALTH INSURANCE

## Students from Belgium, Denmark, Finland, France, Greece, Luxemburg, Norway, Portugal and Sweden:

- You may be eligible for the Quebec Medicare program
- Go to the RAMQ as soon as possible !
- To benefit from health care in clinics or hospitals, you must present your card
- You do not have anything to pay
- Not covered outside Canada



## All other international students

- Automatically enrolled in HEC's health insurance plan
- Fees must be paid **no later than TBD**
- To benefit from health care in clinics or hospitals, you must present proof of insurance coverage
- Detailed information on coverage & forms on our website



**\*NO OTHER INSURANCE IS ACCEPTED BY HEC MONTRÉAL**

# MEDICAL ASSISTANCE

## Emergency: 911 (free from any phone)

- ✓ Fire
- ✓ Police
- ✓ Ambulance

## Info-Santé: 811

- ✓ Free medical advice (24/7)

## Drug Store (Pharmacy)

- ✓ You can always consult with your pharmacist when you are not feeling well (do not go directly to the hospital)
- ✓ You can find a large variety of prescription free drugs





# HEALTH: CLINICS AROUND THE CAMPUS



## List of medical clinics and dentists in your package


- Be advised that doctors do not make house calls.
- The waiting time can be quite long at the hospital so please go there only for an emergency!
- More information :  
<http://www.santemontreal.qc.ca/en/>

# IT RESOURCES

- Wireless Internet access
  - Username = Student ID
  - Password = Same password as your HEC en ligne
- Printers & Photocopier
  - 3rd floor CSC building
  - 4th floor Decelles building
- Rechargeable account (*Same student ID and password as your HEC en ligne*)

# MY HEC WEBMAIL

## Your HEC e-mail address « My WebMail »

- Professors and administrative staff will **ONLY** contact you through your HEC email!
- Access it through [www.hec.ca](http://www.hec.ca) home page, the link is on the right side of the screen : 
- Your e-mail is: [StudentNumber@hec.ca](mailto:StudentNumber@hec.ca)
- Username = your student number
- Password = same password as for your HEC en ligne
- Configuration possible with Outlook or Thunderbird
- You can set up an automatic transfer from your HEC e-mail to your personal e-mail address

### Quick links

All departments and Web sites  
Campus  
Course portal (directory)  
Faculty  
Inter-University transfers - CRÉPUQ  
Library (in French only)  
Make a gift online (in French)  
Online application  
Room reservation

### My HEC Montréal

My profile (HEC en ligne)  
My courses (ZoneCours)  
**My WebMail**  
My Web agenda  
My study room reservations  
My career

# STUDENT CARD

- **Mandatory**
- **Required for:**
  - Exams
  - Library
  - Computer labs
  - Access to the sports facility (CEPSUM)
  - Student activities
  - Student discounts COOP – books (\$)
- January 13-17, 11:00 am – 7:00 pm
- January 18, 11:00 am – 2:00 pm
  - CSC building, Hall des Fondateurs (next to the HEC Coop)



# LOCKERS

- ✓ Available from TBD
- ✓ One locker is shared by 2 full time students
- ✓ One locker = 1 shared compartment +2 smaller individual compartments
- ✓ Reservation via *HEC en ligne with both students numbers*
- ✓ Students have to bring their own padlocks
- ✓ Lockers are located in CSC and Decelles Building



# SECURITY TIPS

- ✓ Never carry your passport when you go out: bring a photocopy if necessary. Your student card is usually enough as a proof of ID!
- ✓ Don't leave your bag, computer or any other personal item unattended, **at all times!**
- ✓ Don't walk around with too much money. Keep it in a safe place.
- ✓ Women: Do not leave your drinks unattended, think safe!

# CULTURAL TIPS

**Dépanneur** : equivalent of “7 Eleven”

- ✓ Corner store generally open until midnight
- ✓ Many handy products including... beer (on sale until 11pm)

**Grocery Stores / Supermarkets**

- ✓ Cheaper to buy food in a supermarket than at the “Dépanneur”
- ✓ The main stores are: Metro, IGA, Loblaws, Super C, Provigo, etc.



**Taxes and tips :**

- ✓ All prices you see are without taxes (except for basic products) (14%)
- ✓ Tips are not included in restaurant bills (restaurants, bars, night-club)  
→15% on average

# CULTURAL TIPS

## Alcohol and cigarettes in Québec :

It is forbidden to smoke within 9 meters of public buildings

It is forbidden to smoke in restaurants, bars and night-clubs

→ \$ 80 fine



It is forbidden to drink in public areas

→ \$ 140 fine

*Keep in mind that HEC security guards are allowed to give fines!*

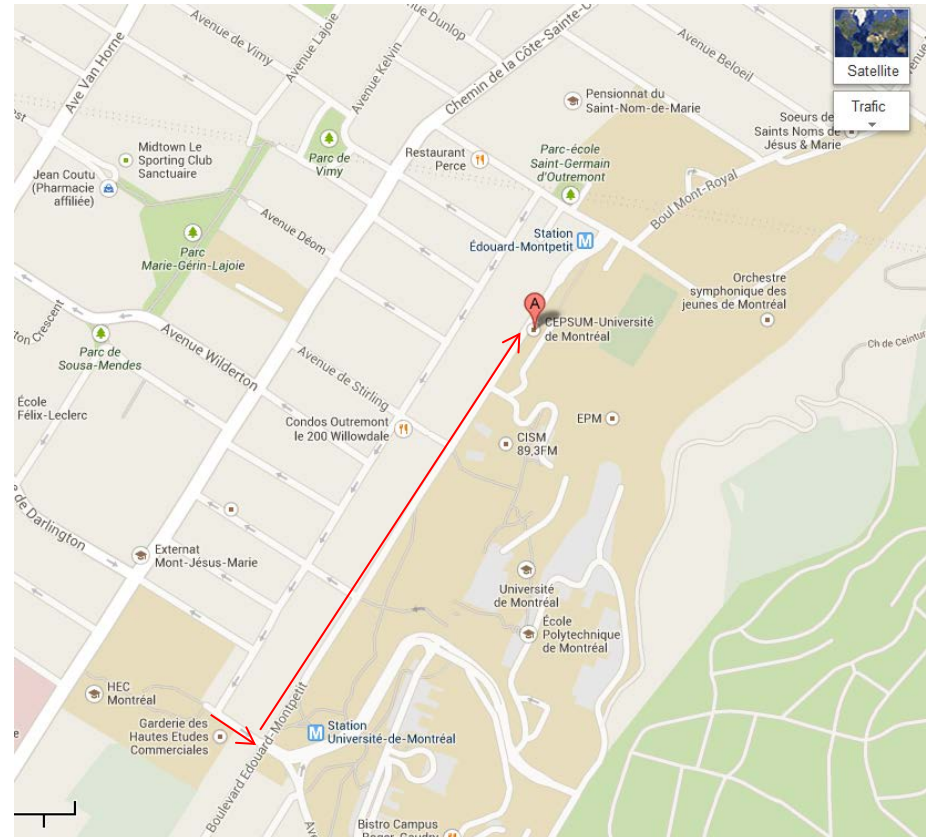


# SPORT FACILITY

## CEPSUM:

### Adress:

2100 Boulevard Edouard-Montpetit  
Montréal, QC H3T 1J4



# OUR LAST TIPS

Any questions, problems, ANYTHING!!!!

Do not hesitate to come by our office, DON'T BE SHY 😊

- ✓ Make contacts with « Québécois » and discover Québec culture...
- ✓ Learn a few words in French: Merci! Bonjour! Bienvenue! Je t'aime!
- ✓ Remember that you are an ambassador of your home university/country
- ✓ Study is important....Yes...
- ✓ Respect, kindness and politeness are universal values
- ✓ Smile is international...and ENJOY your exchange!



# OUR LAST LAST TIP

READ YOUR WELCOME GUIDE !!!



# CONTACTS

## International Students Affairs

**Facebook** : Important information, Activities, Tips and more!  
search for: ***ISA-BAEI HEC***

Email: [incoming@hec.ca](mailto:incoming@hec.ca)

Office: International Student Services (BAEI)  
Decelles building ,5th floor  
Office # 5.260

Open Monday to Friday from 1pm to 4:30pm

QUESTIONS ?

问题?

Spørgsmål?

FRÅGA?

¿Pregunta?

Vraag?