



Getting Ready



Things to do before you leave

Getting ready before you leave helps you feel more confident and in control when you arrive.

Getting the right information

- The Government of Canada <https://www.canada.ca/>
- The Government of Québec <https://www.quebec.ca/>
- Accompagnement Québec <https://www.quebec.ca/en/immigration/integration-service-for-immigrants>
- The website of your educational institution — IS
- This toolkit!

Check your eligibility for public health insurance plans

- To find out more, see **Régie d'assurance maladie du Québec (RAMQ), Interim Federal Health Program and Private insurance plans** (p. 22-23).

Contacting people in Québec to connect with them before you arrive

- Family members or friends already in Québec
- Groups of people from your country in the province
- Your sponsor (private sponsorship) — R

Making a list of essentials

Make sure to bring the most important documents with you in your carry-on bag.

For more information, see the Government of Canada Website: <https://www.canada.ca/en/immigration-refugees-citizenship/services/settle-canada/border-crossing.html>

Checking if you are eligible for the public insurance plans

TFW

IS

In Québec, your migration status determines whether you can access certain public services in Québec, including health care and education. To find out more, see **Taking Care of Self-Care** (p. 20) and **Learning and Training** (p. 30).

It is important to plan ahead by reading the conditions on your documents carefully (work permit, study permit, etc.) and to stay informed of any changes to immigration policies or procedures.

If you plan to immigrate with a child aged 6 to 16, you must complete certain steps before entering Canada to obtain a CAQ (Government of Québec) and a study permit (IRCC).

"Contacting people you know in Québec can help you get ready! I was lucky: a friend of my mom's came to meet me at the airport. She also put me in contact with other people in the province and gave me helpful addresses."

Malika, international student from Senegal

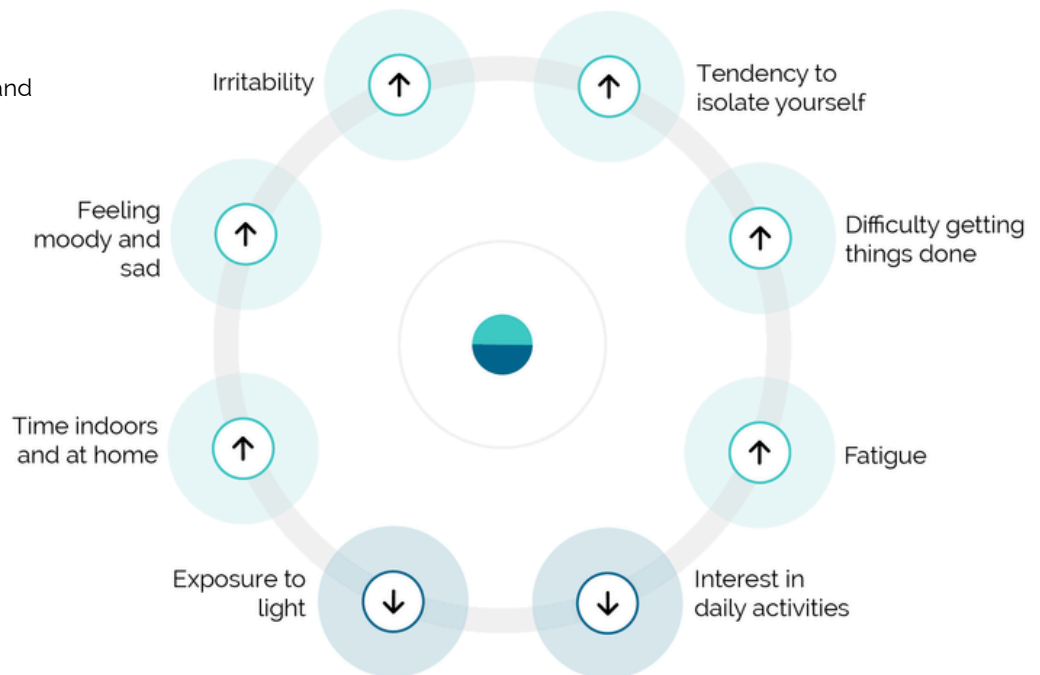


Your First Winter

Learning about winter can help you relax and fully enjoy the season.

Winter in Québec lasts from November to April. Dreading this season is normal: it is the coldest and darkest of the year.

Winter is often associated with:



Here are some tips to help you overcome your concerns about winter and enjoy the season.



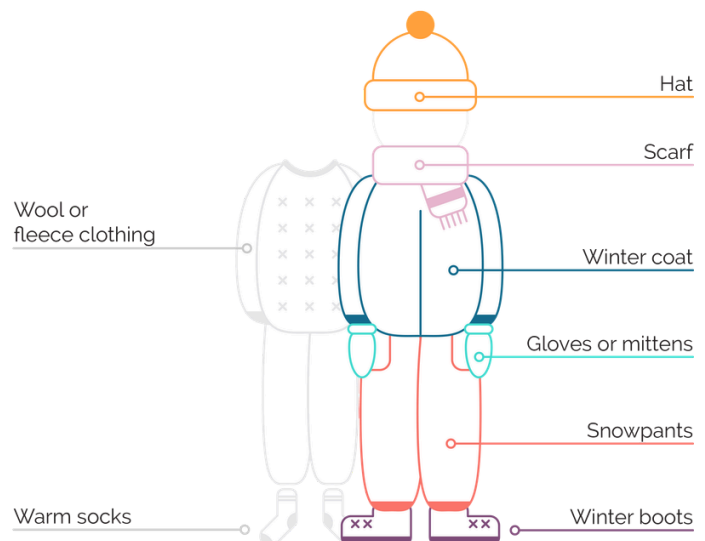
"I bought a coat before immigrating to Québec and quickly realized it wasn't warm enough to get me through the winter. My advice is to bring clothes for the first few days and buy the rest when you arrive."

Malika, international student from Senegal

Having suitable clothing

Tips to save money:

- Ask people you know in Québec, your sponsor or your host organization for advice
- Visit community organizations, second-hand stores, etc
- Take advantage of end-of-season sales.



Getting enough natural light

Going outside on sunny winter days helps to combat seasonal depression.

"Municipal parks sometimes have equipment to rent for winter activities. Close to my home, you can rent tubes for free to slide down the hill at the park. The kids love it!"

Carlos, economic immigrant from Colombia



Keeping in touch

Keeping in touch with your loved ones and making new friends helps to avoid feeling lonely during winter.

For example, you can:

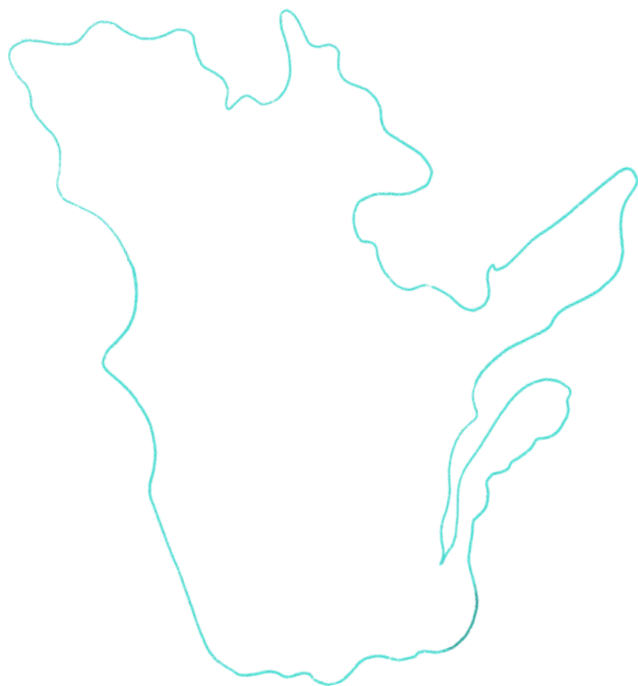
- Go to events for all ages (local winter carnivals, Québec Winter Carnival, etc.)
- Send photos and videos of the winter to your family abroad.

Asking for help if needed

Winter can be a difficult time. Don't hesitate to contact professional resources. To find out more, see **Mental health resources** (p. 24).

Geography and history of Québec

Learning about the geography and history of Québec can help you know what to expect and feel at home more quickly.



Check out the Toolkit to:

- Discover Québec's 17 administrative regions
- Test your knowledge of Québec society by taking a quiz.

