



Learning and Training



Welcoming your children to school

Knowing the key aspects of the school experience in Québec can help parents support their children's learning journey.

Making school an important part of family life

School is much more than a place to learn. It can help your child:

- Make meaningful connections (friends, teachers, coaches, mentors, etc.)
- Develop their talents
- Learn or improve their French
- Participate in arts activities that support self-expression.

For parents, school is a place where you can get information, find support and get to know other parents.

Registering for childcare services (daycare) or for school

To find out about the key steps and how students progress through the Québec school system, see the toolkit website: <https://infobienetre.ca/en/learning-and-training/#quebecs-school-system>

Getting ready for the welcome interview

When you arrive, you and your child will be invited to a welcome interview. This is an opportunity for the school to:

- Get to know your child's academic background, immigration experience, skills and interests
- Check if a French language skills assessment is needed to determine whether they need support (for example: welcome class or regular class with support to learn French).

You are not required to share everything. You should feel comfortable sharing it.

You can also take advantage of the interview to ask questions and share your concerns.

An interpreter can attend if you don't speak French. Check with the school or a community organization offering support to immigrants and refugees.



Coming to Québec to study

Knowing what to expect as an international student in Québec can help you settle in and make the best of the experience.

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Adjusting to a new learning environment

Coming to an educational institution as an international student often requires:

- Improving your language skills
- Getting used to a new culture and different ways of doing things.

It is normal to feel confused, lonely or misunderstood. It takes time and patience to adjust.

Tips:

- Participate in language or intercultural exchange programs offered by educational institutions can help you integrate with the support of other students
- Find out about certain aspects of the learning environment in Québec (teaching style, academic expectations, evaluations, workload, etc.).

Participating in discussions

In Québec, classroom participation and teamwork are valued.

Even if this may be new, it is important to:

- Participate in discussions
- Be able to express yourself in a respectful environment.

If you experience incivility, harassment or discrimination, don't hesitate to talk to your professors, your student association or student services.



Important

Health and hospitalization insurance is mandatory for international students. To find out more, see **Private insurance plans** (p. 23).

Types of education in Quebec

To find out about the differences between university, CEGEP, and vocational training, visit the toolkit website:

<https://infobienetre.ca/en/learning-and-training/#quebecs-school-system>

"I've met many international students who've experienced financial stress. There's a difference between the student budget recommended by the Government of Québec and the actual cost of living in Québec. I highly recommend setting aside extra money to avoid going into debt."

Malika, international student from Senegal



Did you know?

Your educational institution may also offer options like:

- On-campus health care and services for students (mental health services, medical appointments, testing, dental care, etc.)
- Additional insurance you can buy to cover other types of care and services (dental care, mental health counselling, pregnancy-related care, etc.).



Respecting the requirements of your migration status

To maintain your international student status, you must respect the conditions of your study permit.

The process of renewing your status can be stressful and take time. Get started early and check for changes to policies or procedures on official websites. To find out more, see the Government of Canada website:

<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/extend-study-permit.html>

Notes

Learning French for adults

Learning French can help you get settled in Québec.

Why learn French

In Québec, being able to express yourself in the language and understand it allows you to:

- Improve your confidence and independence in your daily life
- Understand and access services (health care, education, etc.) more easily
- Access jobs
- Interact with people from different backgrounds.

Facing the challenge of learning a new language

When you arrive, some things can make it harder to learn French: responsibilities, getting settled, challenging experiences before and while migrating, etc.

It is normal to feel discouraged or frustrated.

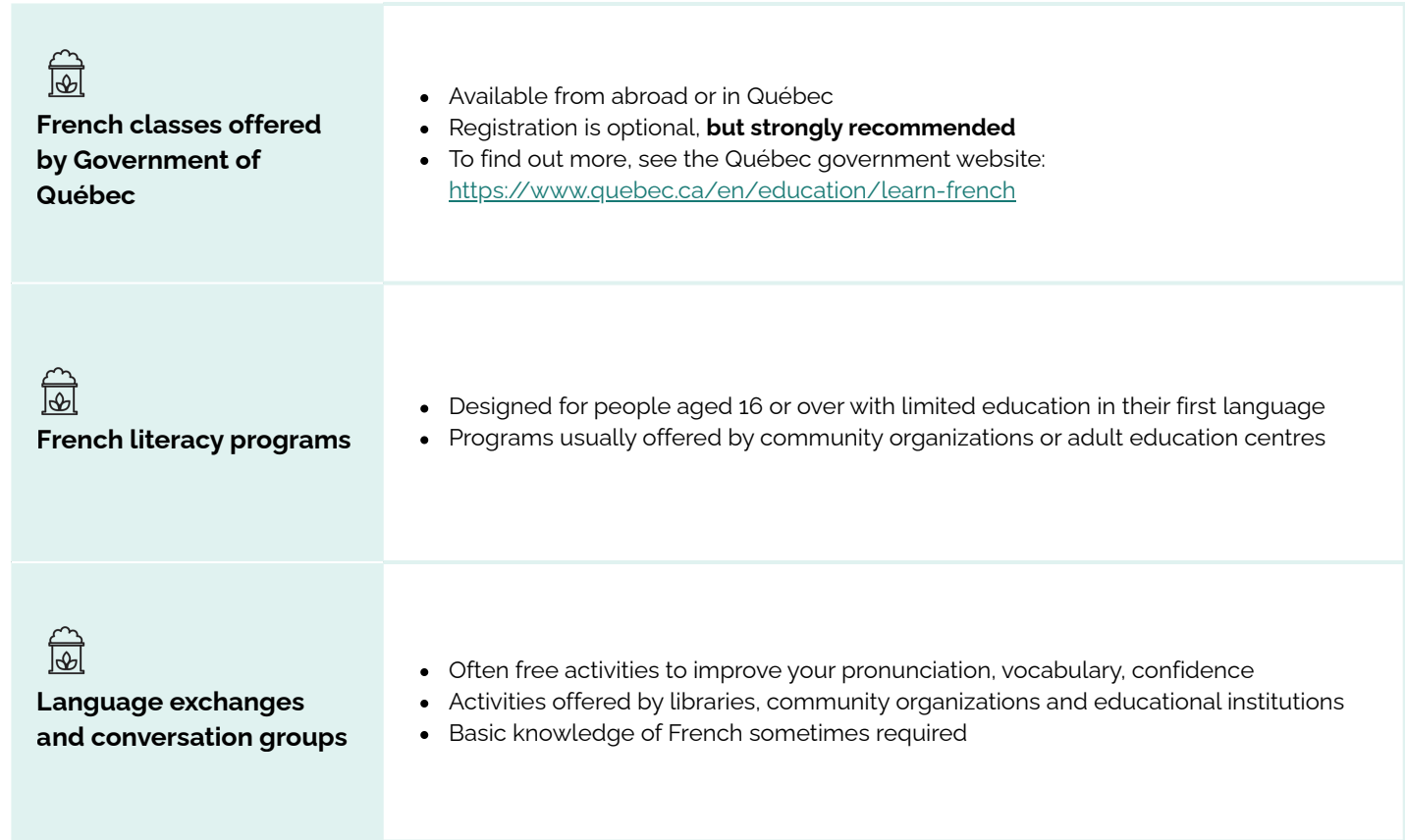
Tips:

- Find out what services are available to meet your needs (French classes, conversation workshops, language exchanges, French literacy classes)
- Participate in activities organized by a community organization offering support to immigrants and refugees to interact with others in French.



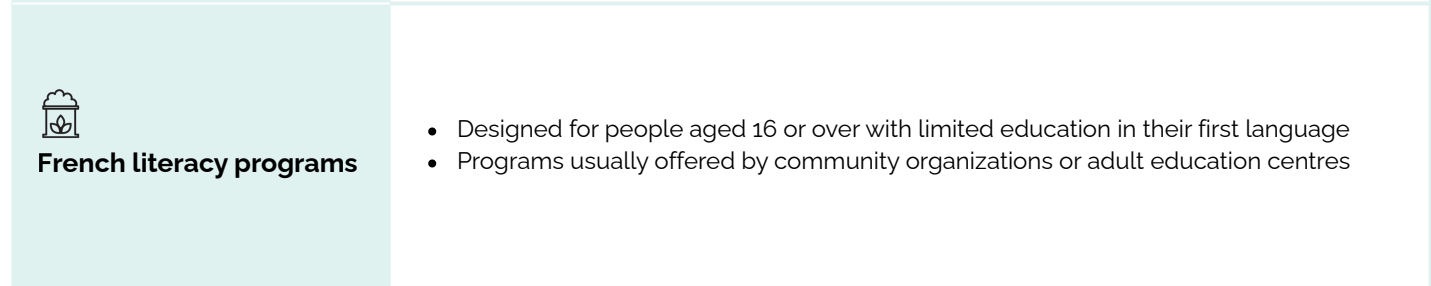
Services to learn French

Community organizations offering support to immigrants and refugees can guide you through the steps.



French classes offered by Government of Québec	• Available from abroad or in Québec • Registration is optional, but strongly recommended • To find out more, see the Québec government website: https://www.quebec.ca/en/education/learn-french
French literacy programs	• Designed for people aged 16 or over with limited education in their first language • Programs usually offered by community organizations or adult education centres
Language exchanges and conversation groups	• Often free activities to improve your pronunciation, vocabulary, confidence • Activities offered by libraries, community organizations and educational institutions • Basic knowledge of French sometimes required

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