



McGill

Student
Services

International
Student Services

International Student Guide to Montreal & McGill

In Collaboration with Campus Life and Engagement,
Career and Planning Services and the Wellness Hub





We acknowledge that McGill University is located on land which has long served as a site of meeting and exchange amongst Indigenous peoples, including the Haudenosaunee and Anishinaabeg nations. McGill honours, recognizes and respects these nations as the traditional stewards of the lands and waters on which we meet.



Let's Explore!

Let's go over some of
the highlights you
need to know about
McGill & Montreal



Presentation Outline

An introduction to:

- McGill
- Student Services
- Montreal

Making Friends

Essentials

- Travel to Montreal
- Housing

Questions





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McGill University

Made by determination, passion, curiosity, perseverance, and exploration.

- 39,380 Students
- #1 University in Canada
- #29 in the World (QS, 2025)
- 12 Nobel Prize Winners
- 148 Rhodes Scholars

About You: International Students

- 2024-2025
- 11,715 International Students

McGill International Student Body by Citizenship 2024-2025: 11,715									
Afghanistan	4	Rep. of Congo	1	Hungary	8	Mozambique	1	Somalia	1
Albania	1	Costa Rica	7	Iceland	3	Myanmar	2	South Africa	10
Algeria	10	côte d'Ivoire	5	India	644	Nepal	8	South Korea	171
Argentina	17	Croatia	3	Indonesia	32	Netherlands	26	Spain	69
Australia	68	Cuba	6	Iran	388	New Zealand	14	Sri Lanka	17
Austria	8	Cyprus	1	Iraq	1	Nicaragua	1	Sudan	2
Azerbaijan	14	Czechia	11	Ireland	21	Nigeria	80	Sweden	18
Bahamas	5	Denmark	26	Israel	52	North Korea	1	Switzerland	42
Bahrain	9	Dominica	1	Italy	86	Norway	9	Syria	27
Bangladesh	129	Dominican Rep.	2	Jamaica	5	Oman	34	Taiwan	67
Barbados	5	Ecuador	8	Japan	72	Pakistan	99	Tanzania	5
Belarus	1	Egypt	80	Jordan	37	Palestine	13	Thailand	26
Belgium	105	El Salvador	1	Kazakhstan	12	Panama	6	Togo	2
Belize	3	Eritrea	2	Kenya	24	Paraguay	3	Trinidad & Tobago	7
Benin	2	Estonia	1	Kuwait	118	Peru	37	Tunisia	27
Bermuda	3	Eswatini	2	Kyrgyzstan	3	Philippines	22	Türkiye	133
Bolivia	5	Ethiopia	12	Latvia	1	Poland	16	Uganda	6
Botswana	7	Finland	7	Lebanon	105	Portugal	10	Ukraine	19
Brazil	113	France	2,139	Libya	3	Qatar	8	United Arab Emirates	55
Brunei	1	Gabon	3	Lithuania	3	Romania	9	United Kingdom	223
Bulgaria	1	Gambia	1	Luxembourg	12	Russia	37	United States	2,253
Burkina-Faso	2	Georgia	1	Macao	3	Rwanda	12	Uruguay	5
Burundi	2	Germany	81	Madagascar	4	Saint Kitts and Nevis	1	Uzbekistan	3
Cambodia	3	Ghana	72	Malaysia	30	Saudi Arabia	278	Venezuela	4
Cameroon	16	Greece	27	Mali	2	Senegal	12	Vietnam	66
Chad	1	Grenada	2	Mauritania	1	Serbia	5	Yemen	11
Chile	21	Guatemala	3	Mauritius	18	Singapore	61	Zimbabwe	6
China	2,416	Guinea	1	Mexico	201	Slovakia	6	Prefers not to share	26
Colombia	81	Haiti	8	Mongolia	13	Slovenia	2		
Dem. Rep. of Congo	3	Hong Kong	45	Morocco	81	Solomon Islands	1		

ISS Services

Mandate: ISS offers non-academic support to newly admitted, current and graduating international students, namely:

- Temporary Immigration information and support with documents
- Navigating International Health insurance coverage
- Local Wellness Advisor
- Orientation activities
- First Friends
- Meet and Greets/Bitesize Tours
- Webinars
 - (e.g. Winter 101, Immigration, etc.)

And much more!



Part I Immigration Essentials

Immigration

- How to apply for your [CAQ](#)
- How to apply for your [Study Permit](#)

Missed Part I?

- All the info can be found on our [orientation webinars website](#)





PROCESSING TIMES

McGill UPDATES: Fall 2025 Semester

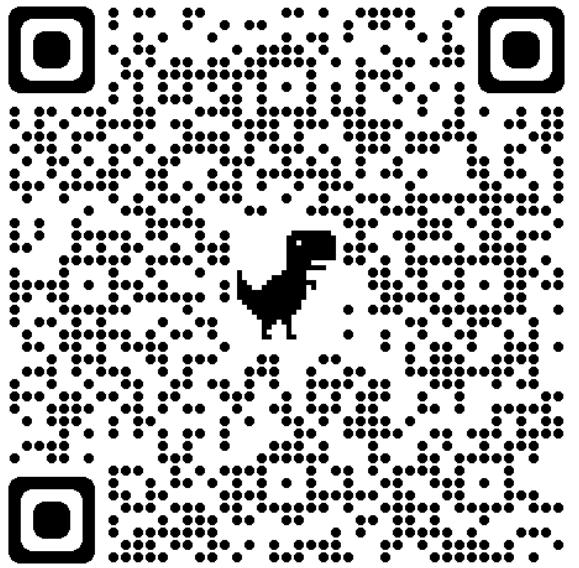
CAQ: 5-8 weeks

Study Permit: Depends on the country

We encourage you to apply for your documents right away*

Apply for your documents **as soon as you get the **official** admission letter.**

You do **not** have to satisfy all the conditions in your admission letter to begin your applications for CAQ and study permit.



Health Insurance

All international students are automatically provided with McGill's health insurance (IHI) plan once registered.

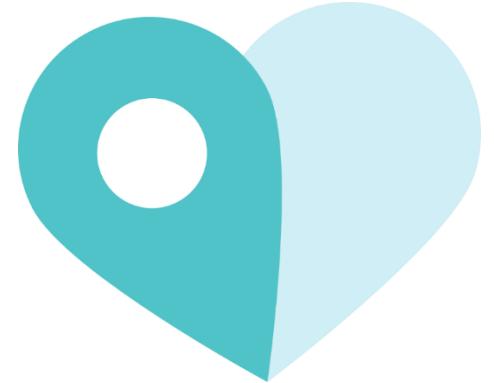
You do not need to provide proof of health insurance when applying for your immigration documents.

Important: We invite you to find out more about health insurance by registering for the upcoming webinar *IHI & Assessing Healthcare in Quebec as an International Student on April 4th, 2025*.



August 1st, 2025 - contract activation will open for newly admitted students to the Fall 2025 semester on Minerva -> Student Menu -> International Student Health Insurance Form.

Local Wellness Advisors



What does an LWA do?

- Connects students to other health and wellness supports on campus
- Equips students with tools and resources for mental health
- Available for one-on-one appointments
- Offers wellness programming tailored to their faculty
- Works with departments on wellness awareness, prevention and early intervention

Healthy Living Annex

The Healthy Living Annex (HLA) is a space dedicated to outreach, health promotion, and peer support. Their goal is to provide a variety of activities and tools to help you build and strengthen your wellness toolkit.



Animal Therapy



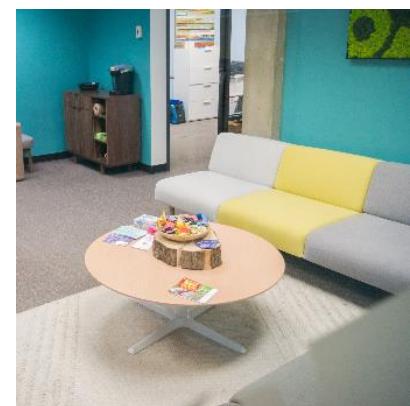
Shag Shop



Art Hive



Peer Support



Visit the HLA



McGill

Student Services
Services aux étudiants



Student Wellness Hub

Pôle bien-être étudiant

Workshops and Activities



VR Experience

Monday, February 17 at 10:45AM EST
Brown Room 3100

Hosted by 3 organizations



Winter Warm Up

Thursday, February 20 at 2:00PM EST
Brown Student Services / Pavillon Brown (Services aux étudiants)

International Student Services



Mac Winter Wellness Foundation Series: Skills for Coping with...

Tuesday, February 18 at 10:00AM EST
Macdonald Campus-MS2-022

Hosted by 3 organizations



Skills for Assertiveness

Tuesday, February 18 at 10:30AM EST
Online

Hosted by 2 organizations



Mount Royal Walks

Tuesday, February 18 at 12:00PM EST
Roddick Gates

Hosted by 4 organizations

Skills for Managing Anxiety & Stress

Tuesday, February 18 at 1:30PM EST
Online

Student Wellness Hub

<https://involvement.mcgill.ca/events>

Hub Clinicians

- Family doctors
- Nurses
- Psychiatrists
- Dietitians
- Access Advisors
- Local Wellness Advisors
- Counsellors
- Sexologists



Online booking is currently available for Access Advisors and Local Wellness Advisors. To make an appointment with any other clinician, you need to call (514) 398-6017.

Who is Campus Life & Engagement?

Welcome to McGill! From your first steps on campus, we're here to help you feel a sense of belonging and connection to the McGill and Montreal communities. Wherever you are in your student journey, we're here for you.



Find a **welcoming, caring, and professional** team ready to answer your questions and **guide you in your McGill journey.**



Explore **peer support and mentoring programs** on campus, including the **New Student Buddy Program**



Participate in a **range of events**, including trainings, workshops, social activities, and fairs to help you **make connections** at McGill and beyond.



Get involved with **community** both on- and off-campus, joining clubs, student associations, and finding **engagement opportunities** that suit you and grow your skills.



mcgill.ca/cle
mcgill.ca/getready



firstyear@mcgill.ca
cle@mcgill.ca (upper years)



@CL&E



@clemcgill



Get Ready for McGill!

www.mcgill.ca/getready

- **The New Student Buddy Program**, to match you with an upper-year student
- **Summer emails** that guide you through your preparations and major milestones
- **Online orientation McGill Essentials**
- **Intro to Course Registration**, a campaign of information and virtual sessions to guide you through using Minerva and choosing your classes
- **Webinars** on topics like housing, healthcare, getting involved on campus, and even student panels where you can ask your questions directly to fellow students!



Your First Year at McGill

- *The Compass* newsletter continues to support and guide you through important deadlines, navigate resources and opportunities, and connect with your McGill community!
- Midterm Bounceback will be there in October and March to connect you with peer tutoring, study skills support, and wellness resources
- One-on-one appointments with our helpful team
- Plenty of great events to connect with community:
 - Discover McGill
 - Activities Night (SSMU)
 - Community Engagement Day
 - Social mixers, and more!

1. Student Resources



Wondering about [career options](#)?

Looking for ideas?

- › [Explore by Major](#)
- › [Self-assessment tools](#)
- › [Explore by Industry](#)
- › [Research job market trends](#)



[Looking for jobs](#), internships or

volunteering work?

- › [Workday](#)
- › [myFuture](#)
- › [Internships](#)
- › [Student and Summer Jobs](#)
- › [Jobs in Research](#)



**GRADUATE
SCHOOL**

Thinking about [grad school](#)?

Looking for study programs?

- › [Personal Statements](#)
- › [Standardized Tests](#)
- › [Medical School Interviews](#)



**GRADUATE
STUDENTS**

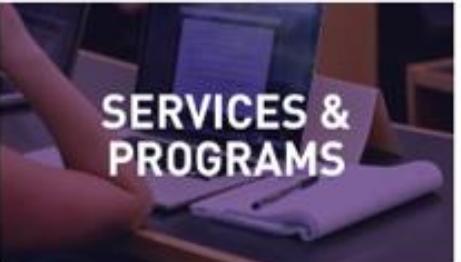
Looking for [career options](#) for Master's, PhD or Post-Doc?

- › [Academic Careers](#)
- › [Non-Academic Careers](#)
- › [Masters, PhDs and Post-Docs](#)



Looking for [tools](#) to help your job search?

- › [CV and Cover Letter](#)
- › [Job Interview](#)
- › [Salary and Negotiation](#)
- › [Networking](#)



Discover [services and programs](#) available to you.

- › [Career Advising](#)
- › [Career Fairs](#)
- › [Job Shadowing](#)
- › [Mentor Program](#)



**STUDENT
GROUPS**

Which [student group](#) are you? Services and Resources for:

- › [New Students](#)
- › [Mac Students](#)
- › [International Students](#)



**RESOURCE
CENTRE**

Find [career information](#) through books and websites.

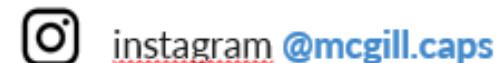
- › [Career Databases](#)
- › [Career Website Directory](#)
- › [Career Resource Centre](#)

Career Planning Service (CaPS)

We provide **internship and job search support!**

- In-person & virtual **1:1 appointments and drop-ins** to talk about:
 - Career exploration
 - Job search
 - Document review (CVs, Cover Letters, etc.)
- In-person and virtual **workshops**
- Job boards, company info sessions, and career fairs

Follow CaPS on **social media:**



[instagram @mcgill.caps](https://www.instagram.com/mcgill.caps/)



[facebook @mcgillcareerplanningservice](https://www.facebook.com/mcgillcareerplanningservice)

Visit us at **2200 Brown Student Services Building** or mcgill.ca/caps!



McGill | CaPS

Career Planning Service
Service de planification de carrière

Highlighted Programs

- **McGill Mentor Program**
 - Collaboration with MAA (McGill Alumni Association)
 - Connects McGill students with McGill alumni for career development advice
- **Français au travail**
 - Collaboration with CEF (Centre d'enseignement du français)
 - Career & job search workshops in French for second language learners
- **Micro-Exp**
 - Chance to gain meaningful work experience through micro-internships
- **Emerging Leaders Team**
 - Leadership development for students to build their leadership, facilitation and/or teamwork skills via experiential transformations.



How to use CaPS:

- Explore career options & talk through career decisions
- Look for part-time or full-time work
- Strategize for your job search
- Find & apply for internships or other experiential learning opportunities
- Improve your LinkedIn profile
- Start building your professional network
- Have your job application materials reviewed (academic & non-academic)
- Practice for job interviews
- Seek support when job searching becomes isolating and/or demoralizing



Welcome to our city! Montreal!



There is no place in the world, quite like Montreal!

Montreal: Facts and Figures



- Second largest French speaking city in the world
- Highest # of restaurants per capita in Canada
- Montreal has an underground city
- 85% + of the world's maple syrup comes from QC
- Most bike paths in North America!



What Students Love about Mtl:

- Bike paths
- Availability of parks
- Random murals everywhere
- The diversity of people, cultures (Mcgill too actually)
- Montreal has a diverse population and I feel there is always something to do for everyone. It has amazing restaurants, outdoor locations, and I find the public transportation system to be top notch.
- The weather, seasons, changes. There's beauty in each that you learn to love (even the snow!).
- The size of the city. Big but small when you need/want it to be.
- There's always so much to do, get involved in/with

Climate

- **SUMMER:** Humid, hot-warm range (20-35) °C
- **WINTER:** cold, snowy, windy, and, at times, icy weather
- Mild spring & fall BUT
- Late season heat waves and even snowstorms in November and April are possible

Windchill factor!

Always check what it
“Feels like” along
with actual
temperature



Canada's Culture Capital

- Jazz Festival
- Just for Laughs
- Montreal Fireworks
- Grand Prix
- Jean Talon Market
- Igloofest
- Cabane a Sucre Urbaine
- Nuit Blanche
- Poutine Fest





Food

- Poutine
- Montreal Bagels
- Tire sur la neige
- Tourtiere
- Beaver Tails
- Shish Taouk
- Smoked Meat
- Pouding Chomeur

Transportation

- By Foot
- Bikes and Bixi
- ViaRail Trains
- Greyhound Bus
- Trudeau (YUL) Airport
- STM Metro and City Busses
 - 747 Bus from the Airport
- Uber and Taxi

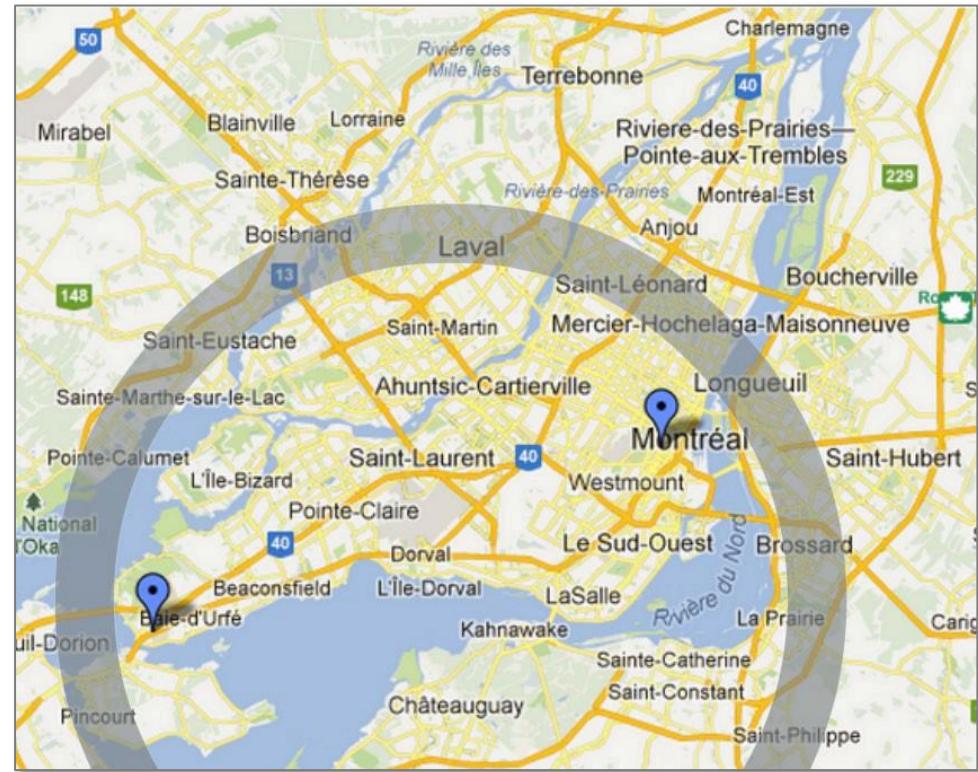




Downtown Campus



Macdonald Campus



Not sure what campus you'll be on?
Check your Admissions Letter on
Minerva!

Campus Shuttle:



MACDONALD



DOWNTOWN

The Essentials

- Housing
- Banking
- Making Friends

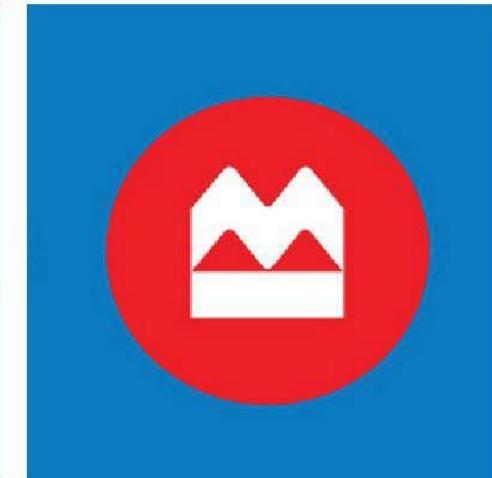


Banking

- Banks in Canada are all highly regulated
- Many banks to choose from; consider
 - Student plans/rates offered
 - Services included
 - Convenience
- Most banks will require 2 pieces of ID
 - Passport and Study Permit
 - Proof of Residence
 - Proof of Registration

N.B. You do *not* need a Social Insurance Number (SIN) to open a bank account.

N.B. You can begin to open an account online and then complete the application when you arrive in Montreal





On-Campus Housing

- Guaranteed housing to all first-year undergraduate students, 22 years of age and under, who have accepted McGill's offer of admission.
- Applications open in March
- All-you can eat mandatory meal plan
- Double and single occupancy options
- Residences on both campuses



Making new connections

Consider joining



McGill
International
Student
Network



McGill
Exchange
Student
Association



Macdonald Campus
Graduate Students' Society



Macdonald
Campus
Students'
Society



Post Graduate
Student Society



Student Society
Clubs &
Associations

Don't miss **Activities Night**
in Sept & Jan!

First Friends Program

- Connect with other new students in the same world region as you.
- Rely on your first friends if you have questions about immigration document processing times, travel, or course registration.
- You can share your experiences, handy tips and tricks... and make first friends.
- Registration opens in April/May





Send-Offs

The McGill Alumni Association holds Send-Offs each summer in cities around the world to welcome incoming students and help them learn a bit about what to expect as they meet fellow freshmen before leaving home.

Dates to be scheduled



McGill International Student Services

**WE'RE READY.
ARE YOU?**

Learn everything you need to know about coming to McGill as a new International Student

ONLINE PRE-ARRIVAL ORIENTATION (LIVE)

**Don't miss our other
International Pre-Arrival
Orientation webinars!**

- Immigration Essentials
- Accessing Healthcare in Quebec
- Work Opportunities in Canada
- Coming to Montreal as ME



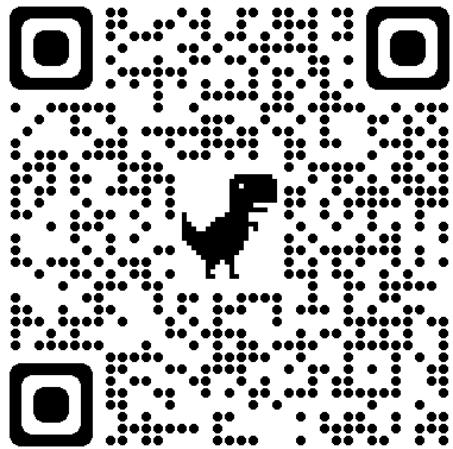
Registration is open for all Pre-Arrival Webinars

*Find the webinar schedule
and registration links*



Still have
questions?
Contact us!

Connect with us online!



[Instagram](#)
[@issmcgill](#)



[Facebook](#)
[@mcgill.iss](#)

International Student Services

General Information

514-398-4349

[myISS website](#) (scan QRcode)

Health Insurance

international.health@mcgill.ca

Orientation and Webinars

events.iss@mcgill.ca

