

# Canada - Quebec



## NMO GENERAL INFORMATION

### NAME AND COUNTRY

Canada - Quebec IFMSA-Quebec

### LANGUAGE

English, French

### REQUIRED LANGUAGE

English, French is highly encouraged

### TIME ZONE

(GMT-05:00) Eastern Time (US & Canada)

### CURRENCY

Canadian dollar

### IFMSA STATUS

SCOPE Active

SCORE Active

### LCs PARTICIPATING

#### SCOPE

[Canada-Quebec \(IFMSA-Quebec\) - McGill University](#)

[Canada-Quebec \(IFMSA-Quebec\) - Universite de Montreal](#)

[Canada-Quebec \(IFMSA-Quebec\) - Universite de Sherbrooke](#)

[Canada-Quebec \(IFMSA-Quebec\) - Universite Laval](#)

[Canada-Quebec \(IFMSA-Quebec\) - Trois-Rivieres](#)

#### SCORE

Université de Montréal

Université de Sherbrooke

Université Laval

McGill University

### NUMBER OF INCOMING PER YEAR

59 SCOPE STUDENTS

30 SCORE STUDENTS

### EXCHANGE CONDITION

[SCOPE EXCHANGE CONDITIONS](#)

[SCORE EXCHANGE CONDITIONS](#)

### OFFICIAL WEBSITE

<http://ifmsa.qc.ca/en/committees/>

### EXCHANGE OFFICERS

#### NEOs

Elena Llenas

Jerry Zheng

#### NOREs

Richly Tran



## WELCOME NOTE

**Bienvenue au Québec!**

**Welcome to Quebec!**

**We hope that you'll come to visit us in the land of 4 seasons, poutine, maple syrup and cultural eclecticism!**

### **Background and History**

Quebec was originally inhabited by a host of Native peoples. Its natural richness attracted French traders in the 15th century, who started to form colonies and, eventually, two satellite cities – Montreal and Quebec City. The province of Quebec would later fall under Imperial English rule in the 18th century and gain a certain governmental independence in the 1960s. Today, Quebec provides a mishmash of cultures (from the Québécois, Anglophones and immigrants from the 4 corners of the world)

### **Exchange program**

Having been active in both SCORE and SCOPE for many years now, our exchange programs are focused on providing internships upheld to North American standard while providing more relaxed after-hours. Our team of exchange officers, contact persons and IFMSA-Québec community is dedicated to make your experience in Québec a culturally and academically rich and enjoyable experience.

## HEALTH CARE SYSTEM

We are proud to have a universal and free public health care system, with certain services available in the private system. Quebec residents all have basic essential healthcare, which is administered by the *Régie de l'Assurance Maladie du Québec (RAMQ)*, which is unofficially called the Quebec Health Insurance Board in English.

Québec's medical education system is different from the one of the rest of Canada. Here, there are two paths available to get in medical school:

**Path 1:** After highschool, we have 2 years of CEGEP (*Collège d'enseignement général et professionnel*, sometimes known in English as a "General and Vocational College") before getting in university. It could be compared, to a certain extent, to a *lycée* in France. Upon graduation from CEGEP, we can apply for medical school, an option that Canadian from other provinces and American students do not have. If we get into medical school directly from there, a premed (preparatory) year is sometimes necessary to learn all relevant subjects traditionally taught in a bachelor's degree in biomedical sciences. After that, we have 2 preclinical years followed by 2 clinical years (clerkship), then residency (2-5 years).

**Path 2:** Students may get in medical school after having completed a bachelor's degree, a master's, or even a doctorate. Students going through this path may skip the premed year if they have all the necessary prerequisites. It is also possible to have older students who have already been involved in the workforce to join us back in our ranks, albeit rare. They all follow the same courses as Path 1 after the premed year.

## TRANSPORTATION

Transportation in Quebec is very diversified: big metropolitan areas (such as Montreal and Quebec City) have extensive subway, buses, taxis (including Téo Taxi and Uber) and train systems that take you anywhere within and sometimes beyond the city. Carpooling is also very accessible (facebook groups, AmigoExpress, Caribook). and cycling is a very interesting option in the warmer months.

## SOCIAL PROGRAM

Founded in 2014, our national social program aims to regroup all of the exchange students doing their exchanges in Québec during the same months, and gently encourage them to participate in fun activities together. The activities include going to festivals (e.g. International Jazz Festival), dancing all together at Tam Tams, and attempting to speak French with Québécois' accent. We are actively looking into the possibility of organizing trips to other regions of Québec, to other provinces of Canada, and to the United States. The social program is especially active in summer months (July and August).

Outside of these months, activities depend on the local committee in which the student is assigned. Generally, our officers and contact persons will take you out to taste typical Québécois food (poutine, but much more!), visit the must-see areas of the city, and much more upon your requests!

## MUST SEE

Quebec in general has a lot of lush evergreen forests and fresh water lakes for the avid hikes and campers. For those more interested in an urban experience, Montreal provides numerous festivals. Said festivals include the International Jazz Festival, les Francofolies, Osheaga, Ile Soniq, Heavy Montreal, and Just For Laughs. Another particularity of Montreal: many immigrants of the Baby Boom period settled in this city, which manifests itself in the form of cultural burrows and an impressive variety of food options. A trip to Montreal will undoubtedly inspire your inner foodie, and make you wonder whether the space-time-continuum opened up and plopped all the possible flavors of the universe in one place.

For those feeling homesick, Quebec City is often described as more-than-vaguely European. Many historical sites reside within the walls of the citadel, and whale watching is a fun activity for those who enjoy productively staring into the abyss. There are also many festivals going on in the summer in the city, and the city is located very close to the Jacques-Cartier National Park and to the Montmorency Falls, which are must-sees for nature lovers!

If you're looking for a traditional university campus feel, Sherbrooke's legendary bars and vibrant student population will keep you busy year round. You will also be extremely close (as in, right beside) a ski resort and beautiful mountains, so there is much to do there as well.



## CULTURAL DIFFERENCES

Our predominant culture is Québécois with undertones of all the cultural groups and the resident Anglophone population. Most people speak French, but not knowing how to communicate *en français* shouldn't cause too many issues in the urban centers. We tend to be very eager to meet new people, especially from foreign countries. As you may have noticed from the text on this page, we're also rather humorous (as long as you understand our humour).

In Quebec, it is normal to have an 15% tax on most products (which is **not included** on the price tag) and to **tip around 15%** whenever you go to a sit-down restaurant or bar.

**Let yourself be amazed by what Québec has to offer! What are you waiting for? :)**