



Employment & Settlement Support

Information sessions for newcomers are provided by the government to help you better settle and contribute actively to your community.

Employment specialized organizations provide job search support and counseling services in the Montreal region.

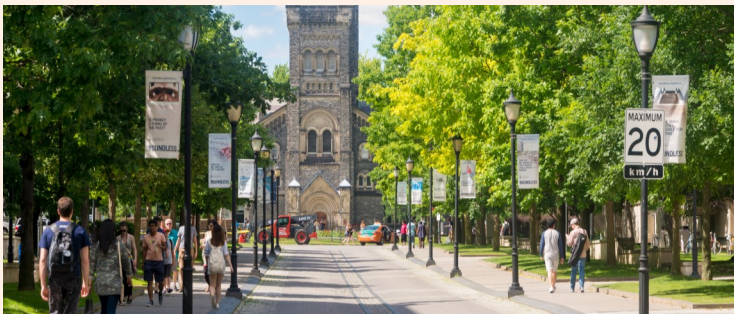
Objectif Emploi provides both free workshops and access to employment consultants to facilitate integration into the job market and the community (In French only).

L'Hirondelle offers a mentorship program for newcomers. The organization pairs clients with an experienced mentor who provides guidance and advice in your field.

Education

Québec education system provides information on all four levels of education system in Quebec including preschool education, elementary and secondary school education, college education and university education.

List of universities in Montreal can be found here.



Language

In Montreal, **French** is the official language. 65% of the population speaks French at home, whereas over 59% of the population can speak both English and French.

French-Language courses are offered by the government of Quebec to facilitate the newcomers' integration in the province.

Healthcare

Quebec Health Insurance Plan provides details about the eligibility requirements and registration process for health insurance coverage.

General and specialized care hospitals in Montreal offer nursing care, emergency and birthing services, mental health care, and a range of other services.

Integrated Health and Social Services Centres provide both health and social services across Quebec.

Info-Santé at 811 is a free consultation service allowing you to call a nurse in case of a non-urgent health issue. This service is available 24/7.

Transportation

La société de transport de Montréal (STM) operates the network of buses and metro lines in Montreal. Check the fares, schedules, and stations on the website.

Designated bicycle paths exist in Montreal so that cyclists can enjoy safe biking. Check out the website for more information if biking interests you (In French only).

Taxis and **carpooling** are both popular public transportation options. Visit the links for more information.

Fun Activities

The official tourist guide of Montreal presents various tourist attractions and fun activities around the city.

If you enjoy history, there are many **museums** for you to visit.

If you love shopping, check out Montreal's shopping malls, art galleries, and jewelry stores [here](#).

If you are looking for something to do with family, friends, or solo, check out this [link](#) with various fun activities options.



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