

MANICOUAGAN



GUIDE 16

# IMMIGRATING IN MANICOUAGAN

Manicouagan is one of those spaces that stands naturally apart from the rest. Those unspoiled lands where opportunities abound. Those Côte-Nord regions where the warmth of the people, as much as the beauty of the landscape, takes your breath away.

Here, the feeling of immensity is intertwined with a true culture of proximity. In Manicouagan, dynamism and enthusiasm go hand in hand with the philosophy of living in the present and making the most of every moment.

Choosing to live in Manicouagan means contributing to the bright future of the territory, all while making your own dreams come true.

As a newcomer, this guide is for you. It was created to help you settle and integrate into Manicouagan. In it, you will find a wealth of practical information on the resources and services available.

**WELCOME HOME!**

#### **FIRST EDITION, JANUARY 2025**

Please do not hesitate to write to us at [info@mrcmanicouagan.qc.ca](mailto:info@mrcmanicouagan.qc.ca) to let us know about any changes that may have occurred since the writing of this guide.

#### **LAND ACKNOWLEDGMENT**

The Manicouagan municipalities are located on Nitassinan, the traditional unceded territory of the Innu people. In a spirit of friendship and solidarity, the municipalities acknowledge and honour the First Nations for the important contributions they made and continue to make to this territory.

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# WORK AND STUDY PERMITS

## OPEN WORK PERMIT

An open work permit allows you to work for any employer in Canada, except one listed as ineligible on the list of employers who have failed to comply with applicable conditions.



To check your eligibility, visit:

[www.ircc.canada.ca/english/helpcentre/answer.asp?qnum=177&top=17](http://www.ircc.canada.ca/english/helpcentre/answer.asp?qnum=177&top=17)

## CLOSED WORK PERMIT EMPLOYER-SPECIFIC

An employer-specific work permit lets you work in Canada according to the conditions on your work permit, such as:

- The name of the specific employer you can work for;
- How long you can work;
- The location where you can work.



To check your eligibility, visit:

[www.canada.ca/en/immigration-refugees-citizenship/services/work-canada/permit/temporary/work-permit.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/work-canada/permit/temporary/work-permit.html)

## RIGHTS OF TEMPORARY FOREIGN WORKERS

Are you a temporary foreign worker? Would you like more information regarding your foreign worker rights?

### HERE ARE SOME HELPFUL RESOURCES

[www.infotetquebec.com/en](http://www.infotetquebec.com/en)

[www.cnesst.gouv.qc.ca/en/working-conditions/categories-workers/temporary-foreign-workers](http://www.cnesst.gouv.qc.ca/en/working-conditions/categories-workers/temporary-foreign-workers)

[www.canada.ca/en/employment-social-development/services/foreign-workers/protected-rights.html](http://www.canada.ca/en/employment-social-development/services/foreign-workers/protected-rights.html)

[www.cnesst.gouv.qc.ca/en/forms-and-publications/what-you-need-know-about-employment](http://www.cnesst.gouv.qc.ca/en/forms-and-publications/what-you-need-know-about-employment)

# INTERNATIONAL STUDENTS AND WORKING OFF CAMPUS

Many international students are allowed to work off campus if they meet all the requirements.



To check your eligibility, visit:

[www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/work-off-campus.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/work-off-campus.html)

## CO-OP PROGRAMS AND INTERNSHIPS

Students enrolled in a general, vocational, or technical training program at a Québec institution who need to acquire work experience, either through a co-op or internship program, must obtain a work permit (in addition to their study permit). To obtain a work permit, you must prove that the work experience is necessary to complete your program of study. Generally, if an internship is required in your program of study, it will be mentioned in the admission letter from the educational institution.

For an internship abroad, visit:

[www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/intern.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/intern.html)

To work or study in Canada as an international student, visit:

[www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work.html](http://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work.html)

# SOCIAL INSURANCE NUMBER (SIN)

A social insurance number (SIN) is a permanent, nine-digit number that is required to work in Canada or to receive government benefits or services. Applying for a social insurance number is free. You can apply online or by mail. Your social insurance number is a unique number that identifies you; it is important to protect it and only give it to your employer or to the government for administrative purposes. Many forms requesting your social insurance number will use the SIN abbreviation, so remember what it stands for.



Pour plus d'informations, consultez le site du Gouvernement

[www.canada.ca/fr/emploi-developpement-social/services/numero-assurance-sociale/demande.html](http://www.canada.ca/fr/emploi-developpement-social/services/numero-assurance-sociale/demande.html)

## TO APPLY FOR A SIN

1

Online

[www.sin-nas.canada.ca/en/Sin](http://www.sin-nas.canada.ca/en/Sin)

2

By mail

[www.canada.ca/en/employment-social-development/services/sin/apply.html](http://www.canada.ca/en/employment-social-development/services/sin/apply.html)

3

In person

At the Service Canada Office (located in the Galeries Baie-Comeau)  
300 La Salle Boulevard, Baie-Comeau

# INTEGRATING INTO YOUR NEW COMMUNITY

## THE «OBJECTIF INTÉGRATION» INFORMATION SESSION

Eligible immigrants can participate in a free information session offered by [Manicouagan Interculturelle](#). Four sessions are generally organized per year, either online or in person. The sessions are offered Monday to Thursday from 6 p.m. to 9 p.m. for two weeks. Financial assistance is offered to participants who complete the entire session (24 hours).

The session covers:

- Democratic values and the Québec values expressed in the Charter of Human Rights and Freedoms;
- Cultural norms in the workplace;
- The legal framework in the workplace.

After completing the entire "Objectif Intégration" session, you will receive an attestation of participation and learning about Québec values for your permanent selection application for Québec. The attestation is valid for two years. It is important to sign up for the session quickly as spaces fill up fast.



To register, contact the Manicouagan Interculturelle team:

[manicouagan.interculturelle@emersion.qc.ca](mailto:manicouagan.interculturelle@emersion.qc.ca)  
418-296-6388

## ACCOMPAGNEMENT QUÉBEC

The Government of Québec offers welcome and social, economic, and cultural integration support services to the newcomers.

Accompagnement Québec is a free and personalized service offered to immigrants. Whether you are in Québec or abroad, it is designed to facilitate your integration and participation in French in Québec society.

Integration assistance agents from the Ministère de l'Immigration, de la Francisation et de l'Intégration (MIFI) are present in all regions of Québec.



Register via the Arrima platform:

[www.quebec.ca/en/immigration/integration-service-for-immigrants](http://www.quebec.ca/en/immigration/integration-service-for-immigrants)

### SERVICES OFFERED ABROAD

Before you even arrive in Québec, you can contact an integration support agent to get the process started. They will direct you to the services available in your location.

### SERVICES OFFERED IN QUÉBEC

As soon as you arrive in Québec, the integration support agent will help you evaluate your precise needs and prepare an individual action plan. The agent will direct you to the services of the Ministère's partner agencies, in this case to Manicouagan Interculturelle. As the Manicouagan Interculturelle team has a very firm grasp of the needs of newcomers, it can provide concrete assistance quickly. You can also contact Manicouagan Interculturelle directly without waiting for the referral from the integration support agent.



To learn how to proceed and what steps are required:

[www.youtube.com/watch?v=DPzji0\\_bhyw](https://www.youtube.com/watch?v=DPzji0_bhyw)

# INTERCULTURAL TWINNING

Manicouagan Interculturelle, which provides welcome services for immigrants, offers an intercultural twinning program.

## WHAT IS INTERCULTURAL TWINNING?

Intercultural twinning means matching newcomers with Manicouagan residents to do activities together, exchange ideas, and maybe even become friends. The goal of the match is to foster an equal and horizontal relationship. The aim is not to help people, as in a sponsorship program, but rather to encourage people to meet and get to know one another.

Participants in the intercultural twinning program choose to participate. Those who choose to participate are expected to maintain contact with their "twin" at least once a week for the program's nine-month duration. Collective activities with other pairs are also organized.

Manicouagan Interculturelle supports participants and regularly carries out follow-up evaluations to ensure everyone is benefitting from the experience in a positive manner.



For more information, contact:  
[manicouagan.interculturelle@emersion.qc.ca](mailto:manicouagan.interculturelle@emersion.qc.ca)



# INTERCULTURAL EVENTS AND ACTIVITIES

Several local organizations such as **Manicouagan Interculturelle**, **Maison Alpha ABC Côte-Nord**, and **Regroupement multiculturel Manicouagan** organize activities to promote newcomers' socialization and integration. Some activities are specifically intended for immigrants but most are open to the public and offer a way to quickly grow your social network.

**Manicouagan Interculturelle** organizes a program of activities dedicated to connecting immigrants with the community. The intercultural twinning program enables newcomers and Manicouagan residents to get to know each other better. Many other activities, such as intercultural meals, civic participation workshops, and cultural and sports outings, take place throughout the year to help newcomers discover the area and network with others

# A FEW RESOURCES

## **Intervenant communautaire interculturel (ICI) Santé**

An intercultural community health worker provides support services and acts as a liaison between immigrants and the health and social services network.

## **Intervenant communautaire interculturel (ICI) Volet scolaire**

An intercultural community worker for the school sector offers support services to facilitate the integration of young immigrants and help them succeed in school.

[manicouagan.interculturelle@emersion.qc.ca](mailto:manicouagan.interculturelle@emersion.qc.ca)  
22 Place La Salle, Baie-Comeau  
418-296-6388

## **Manicouagan Interculturelle**

Programming is shared and updated on their Facebook page. If you registered with the organization, you will also receive invitations to activities by email.

[www.facebook.com/manicouagan.interculturelle](http://www.facebook.com/manicouagan.interculturelle)

## **Regroupement multiculturel Manicouagan**

The organization's mission is to build a bridge between the different cultural communities in Manicouagan so members can grow their social network, help each other, and better integrate into their host society. Follow their Facebook page to consult upcoming activities.

[www.facebook.com/groups/178713764353096](http://www.facebook.com/groups/178713764353096)

## **Nouveaux Arrivants Manicouagan**

A Facebook group that posts lots of relevant information for newcomers and shares activities organized by local organizations.

[www.facebook.com/groups/1531414983848329](http://www.facebook.com/groups/1531414983848329)

## **École de francisation Alpha ABC Côte-Nord**

The school also offers other activities to its students and promotes the creation of a space for people from all cultures to meet and socialize.

[www.facebook.com/MaisonAlphaAbcCoteNord](http://www.facebook.com/MaisonAlphaAbcCoteNord)

## **Centre de services scolaires de l'Estuaire (CSSE)**

To register your children for elementary school or high school, you must contact the CSSE. Integration classes and support services to learn French are also available. Get more information in the "Learning and Speaking French guide".

[francisation@cssestuaire.gouv.qc.ca](mailto:francisation@cssestuaire.gouv.qc.ca)

## **Association socioculturelle des musulmans de Manicouagan**

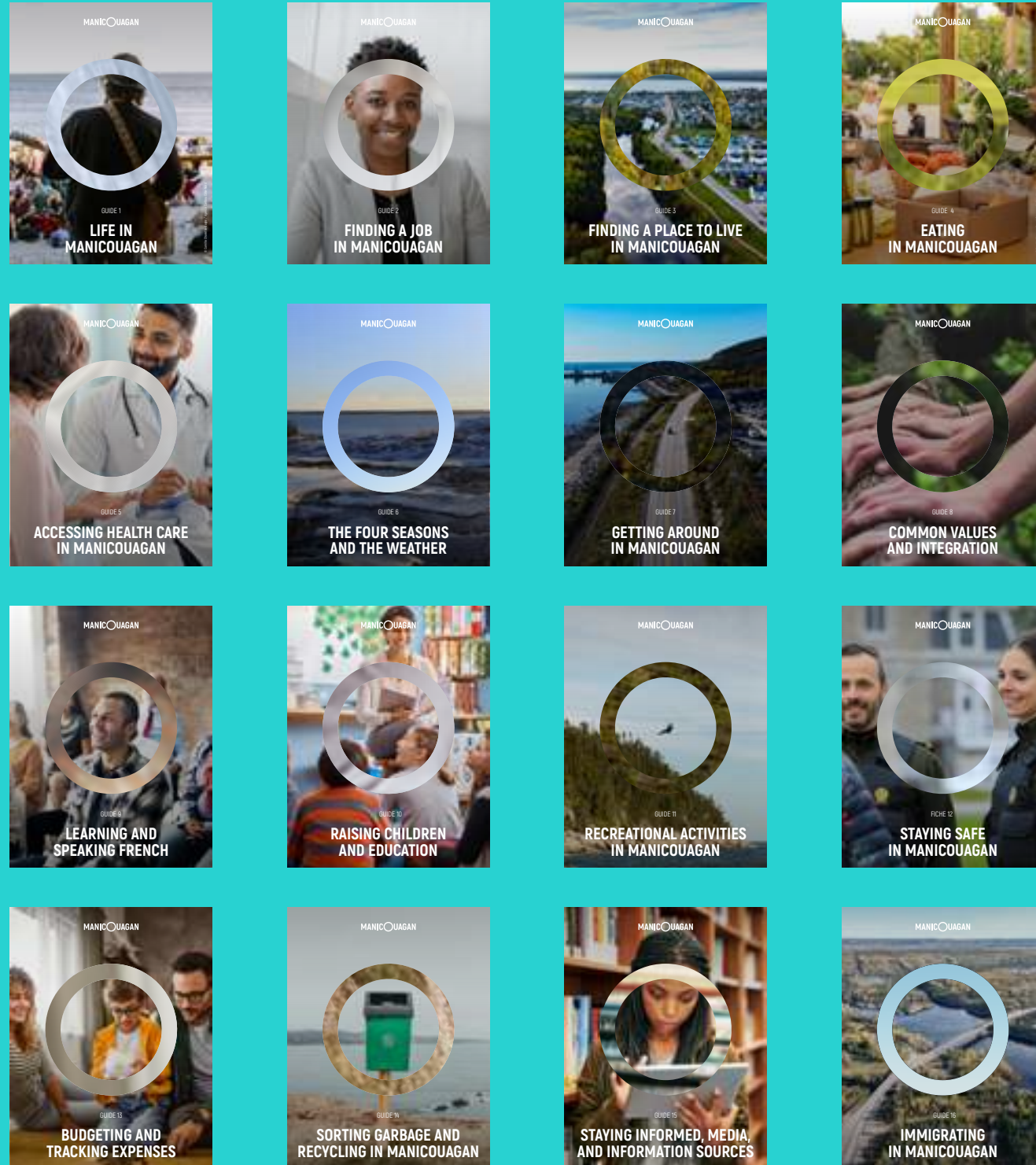
A sociocultural organization for Muslims living in Manicouagan that aims to break isolation through sports, sociocultural, and spiritual activities, support the integration of newcomers in the community, and organize parties for members (Aid-Al-Fitr, Al-Adha, etc.).

[www.ascmm.ca/home.html](http://www.ascmm.ca/home.html)

# QUICK REFERENCE TOOL: THE FIRST STEPS TO SETTLING IN QUÉBEC

- **Applying for a social insurance number**  
Immigrating in Manicouagan guide, page 7
- **Registering for Québec's public health insurance or private health insurance**  
Accessing Health Care in Manicouagan guide, pages 6–7
- **Opening a bank account**  
Budgeting and Tracking Expenses guide, page 6
- **Finding a job**  
Finding a Job in Manicouagan guide, page 8
- **Finding housing**  
Finding a Place to Live in Manicouagan guide, page 5
- **Setting up an electricity account**  
Finding a Place to Live in Manicouagan guide, page 14
- **Insuring your home**  
Finding a Place to Live in Manicouagan guide, page 15
- **Getting a driver's licence or learning about transportation**  
Getting Around in Manicouagan guide, page 18 and starting on page 42
- **Learning French**  
Learning and Speaking French guide, page 7
- **Registering your child in daycare or school**  
Raising Children and Education guide, pages 8 and 11
- **Learning about health and social services**  
Accessing Health Care in Manicouagan guide, starting on page 5
- **Discovering community organizations**  
Recreational Activities in Manicouagan guide, page 10
- **Knowing the emergency numbers to call**  
Staying Safe in Manicouagan guide, pages 9 and 15

# CONSULT THE OTHER GUIDES



# THANK YOU TO OUR PARTNERS

The success of this project is a testament of the strength of our collaborative partnership. The Manicouagan RCM would like to thank all its partners and collaborators for their trust and their vital contributions to the project.

## WORKING COMMITTEE

An initiative of



With the collaboration of



## FINANCIAL PARTNERS



This project is carried out as part of the sectoral agreement that aims to attract new residents and encourage long-term settlement in the Côte-Nord and with the financial support of the following partners: Caniapiscou RCM, Golfe-du-Saint-Laurent RCM, Haute-Côte-Nord RCM, Manicouagan RCM, Minganie RCM, Sept-Rivières RCM, le ministère des Affaires municipales et de l'Habitation, and the Société du Plan Nord.



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