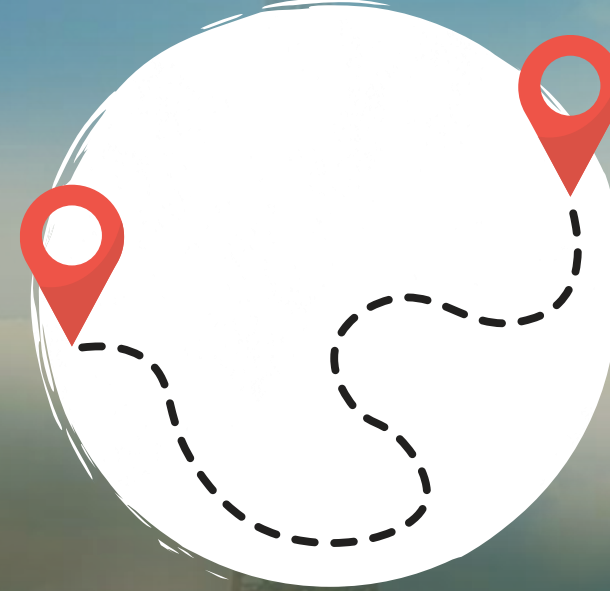


Presented By:
The Department of French Studies



frenchundergrad@uwaterloo.ca
@uwfrenchstudies

EXCHANGE OPPORTUNITIES

CHICOUTIMI - PARIS (MICEFA) - LAUSANNE



Qui sommes-nous?

Claire Newbigging

Administrative Coordinator and Advisor,
Undergraduate Studies
Department of French Studies
ML 333
cnewbigging@uwaterloo.ca
ext. 41595

Svetlana Kaminskaïa

Associate Professor
Department of French Studies
ML 337
skaminsk@uwaterloo.ca

Élise Lepage

Associate Professor, Associate Chair, Undergraduate Studies
Department of French Studies ML 335
elepage@uwaterloo.ca

ACADEMIC EXCHANGES

A great opportunity to develop your French language skills while fulfilling your course requirements.



Develop an existing skillset & establish new ones

REASONS TO PARTICIPATE IN AN EXCHANGE PROGRAM:



01

Immersion

The best way to improve your French is to immerse yourself in a French-speaking environment (language and culture)

02

Competitive Advantage

Exchange programs make you more employable. Experiencing diverse systems and practices is a definite advantage when entering the job market.

03

Intellectual Development

Exposure to language and culture changes your brain composition creating new neural pathways.

04

Develop life-skills and personal growth

Networking, living and navigating a new environment.

Mandatory Information Session

Required for all exchange opportunities

1

Find Go Abroad Info Session
in LEARN under Self Registration.

2

Review the entire 40-minute session.

3

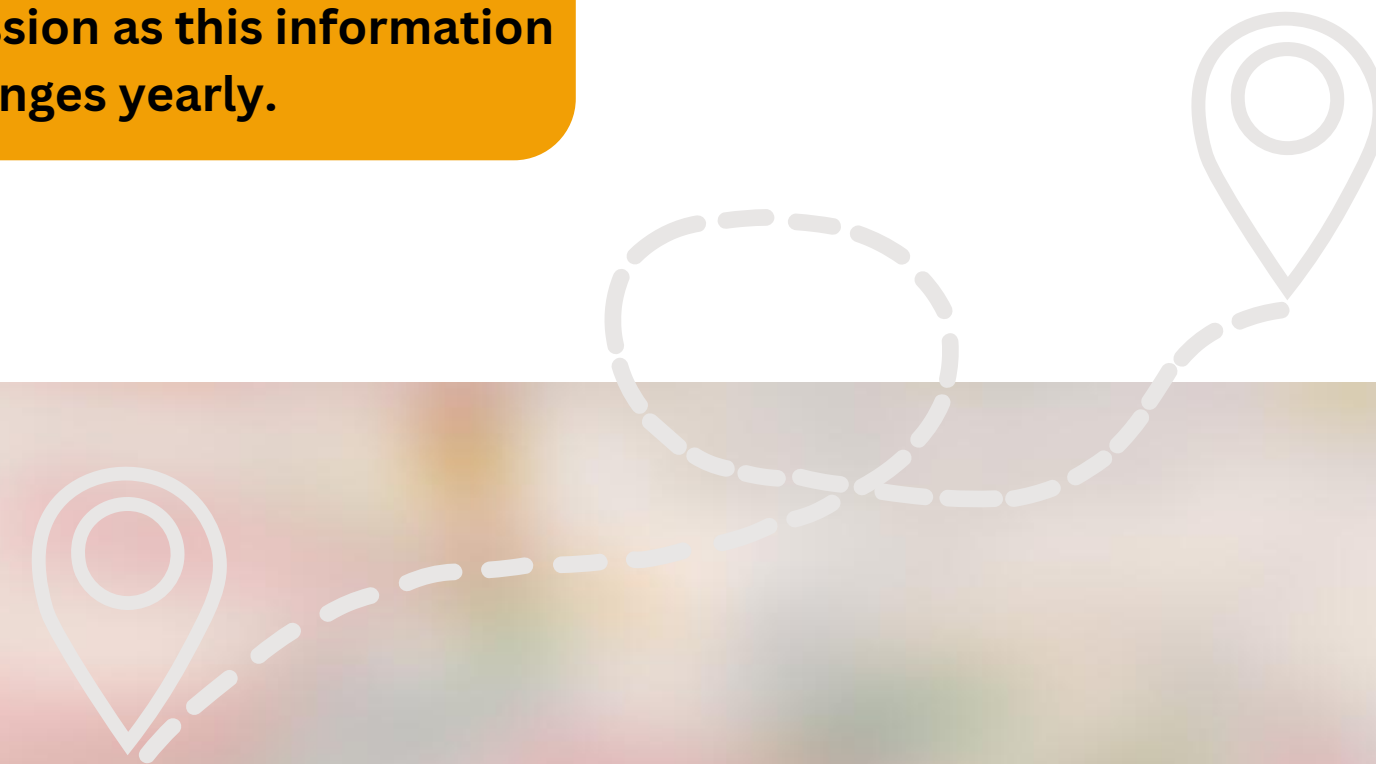
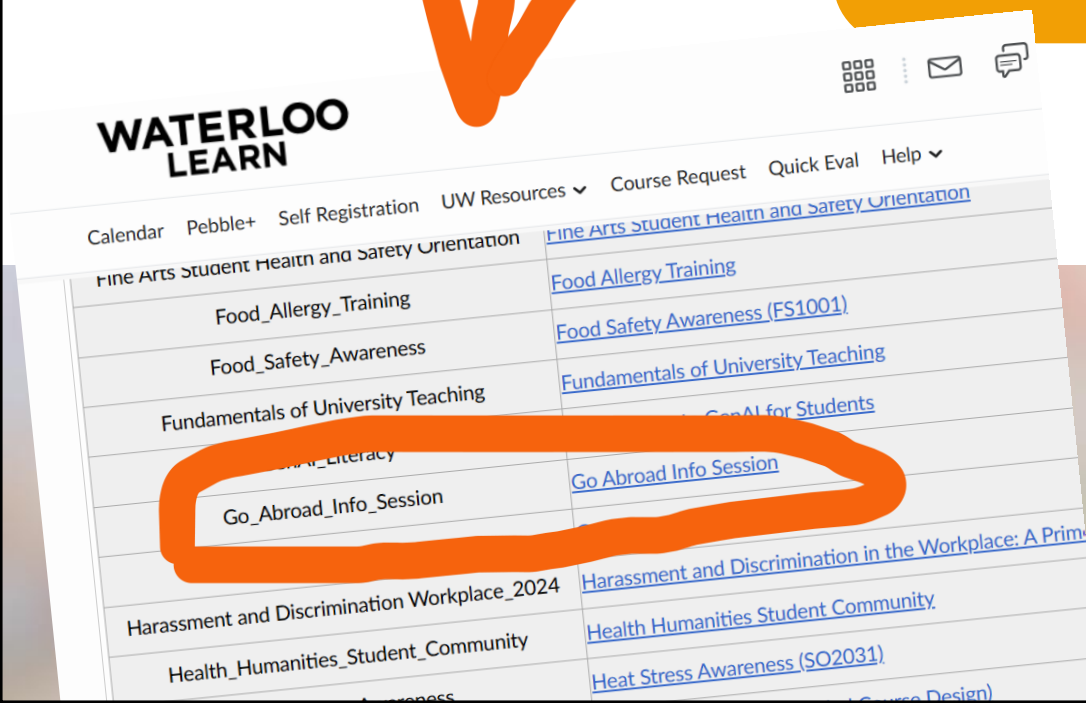
Complete the
Acknowledgement quiz

4

Access to the application for
the exchange will be provided
within 2 business days of
successful completion.

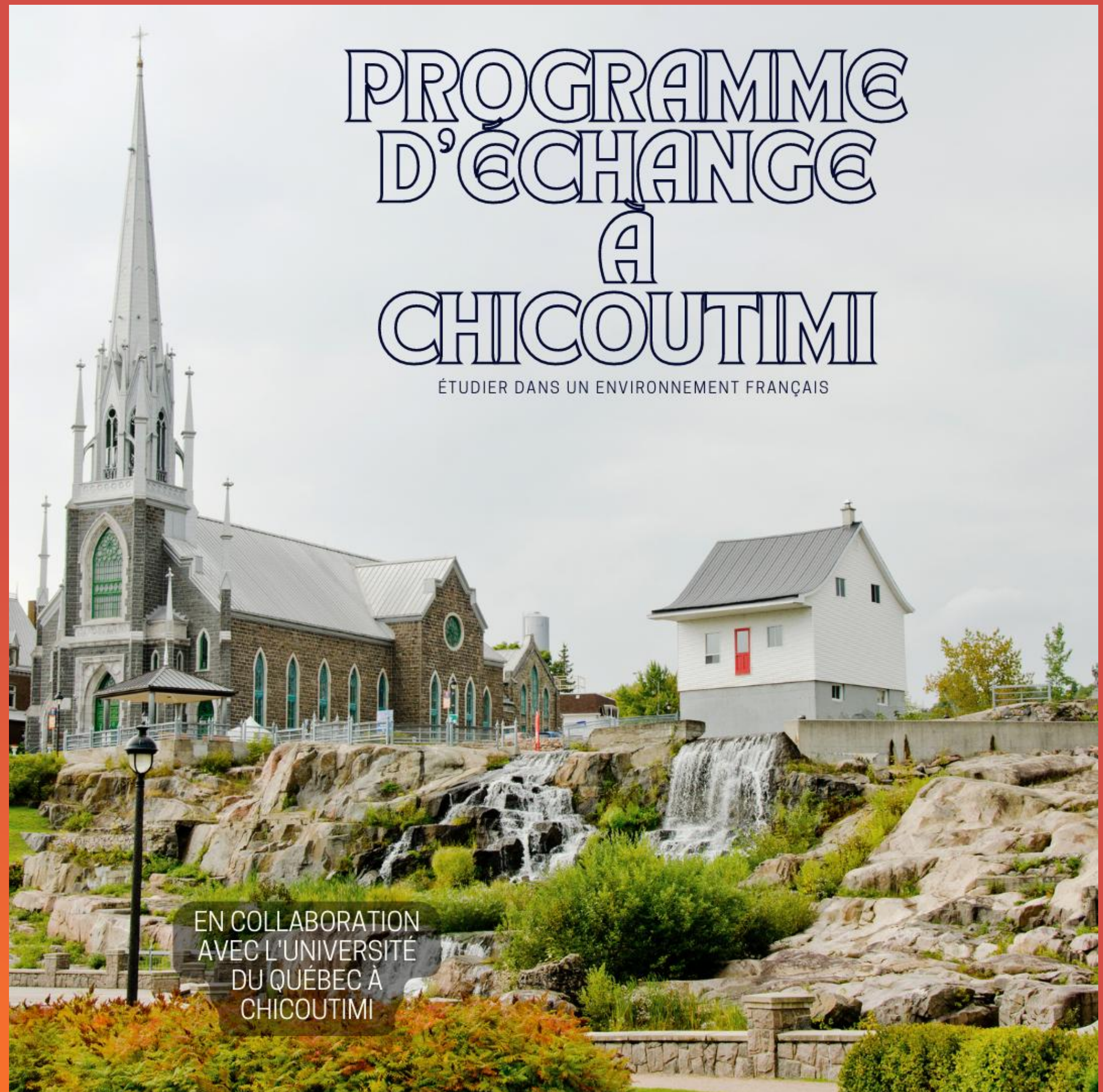


If you attended an information
session in the past, it is still required
that you attend the mandatory
information session as this information
changes yearly.



Chicoutimi, Québec.

48.425285° N, -71.06595° E



Exchange to Chicoutimi

Study at the
University of
Quebec à
Chicoutimi
(UQAC), in the city
of Saguenay

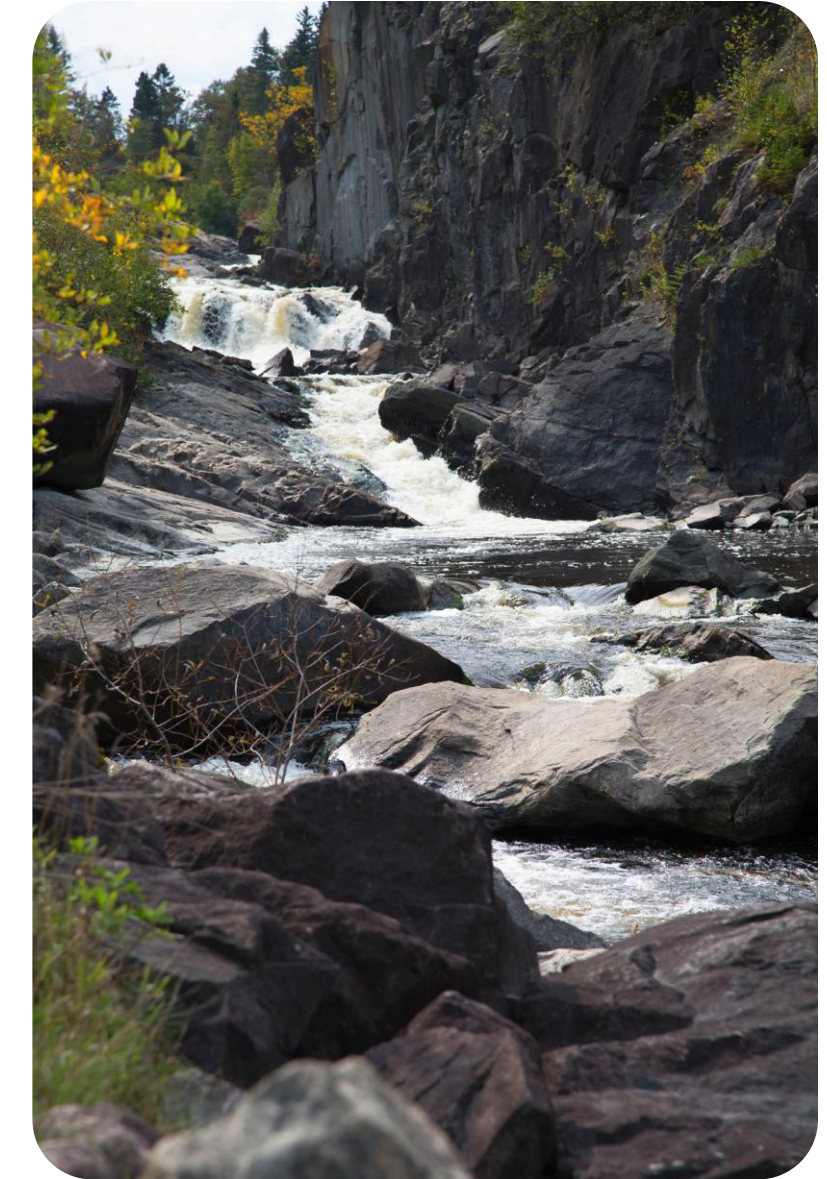


Culture

Learn about the Québec
culture and be immersed
in the French language.

Explore

Appreciate the beauty of
the region.



The Best of Both

Experience a true immersion in
French without leaving
Canada. Gain the experience of
an exchange without the cost of
going abroad.

PROCESS TO APPLY FOR CHICOUTIMI:



01

Mandatory information session

All students applying to go on exchange must attend a mandatory information session:

To access the session:

- Find Go Abroad Info Session in LEARN under Self Registration
- Review the entire 40-minute session
- Complete the Acknowledgement Quiz

02

Submit your application

To start the application procedure, submit your name and curriculum vitae to frenchundergrad@uwaterlooc.ca by **October 31st 2025**

03

For more details:

Visit the Chicoutimi Exchange [Website](#)



programs/courses

course requirements and offering at Chicoutimi

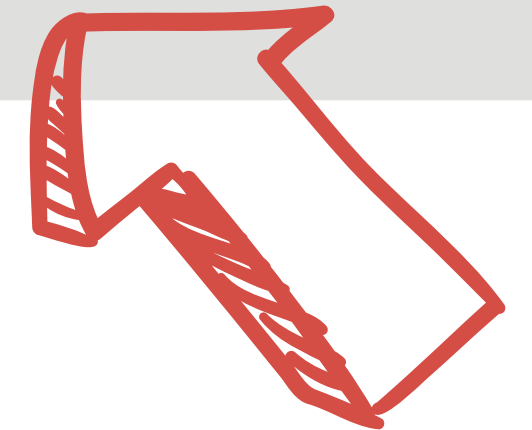


- Student are required to take a minimum of **4** courses per term within the « **Unité d'enseignement en études littéraires** », which means at least **4** literature courses per term (course code 7LIT***).
- The remaining **1** course, if you wish to take a full course load, can be taken in other subjects or online (UW).
- Please consult [UQAC's Schedule of Classes](#) for a full listing of courses offered.
 - Please [consult us](#) when making your course (pre)selection *as soon as the courses become available* and *before* you enroll in them.

accommodations

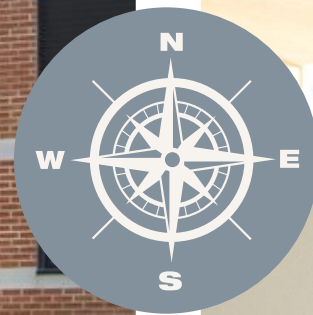
students stay in residence

see the available configurations
and virtual tours of the Chicoutimi
residences [here](#)

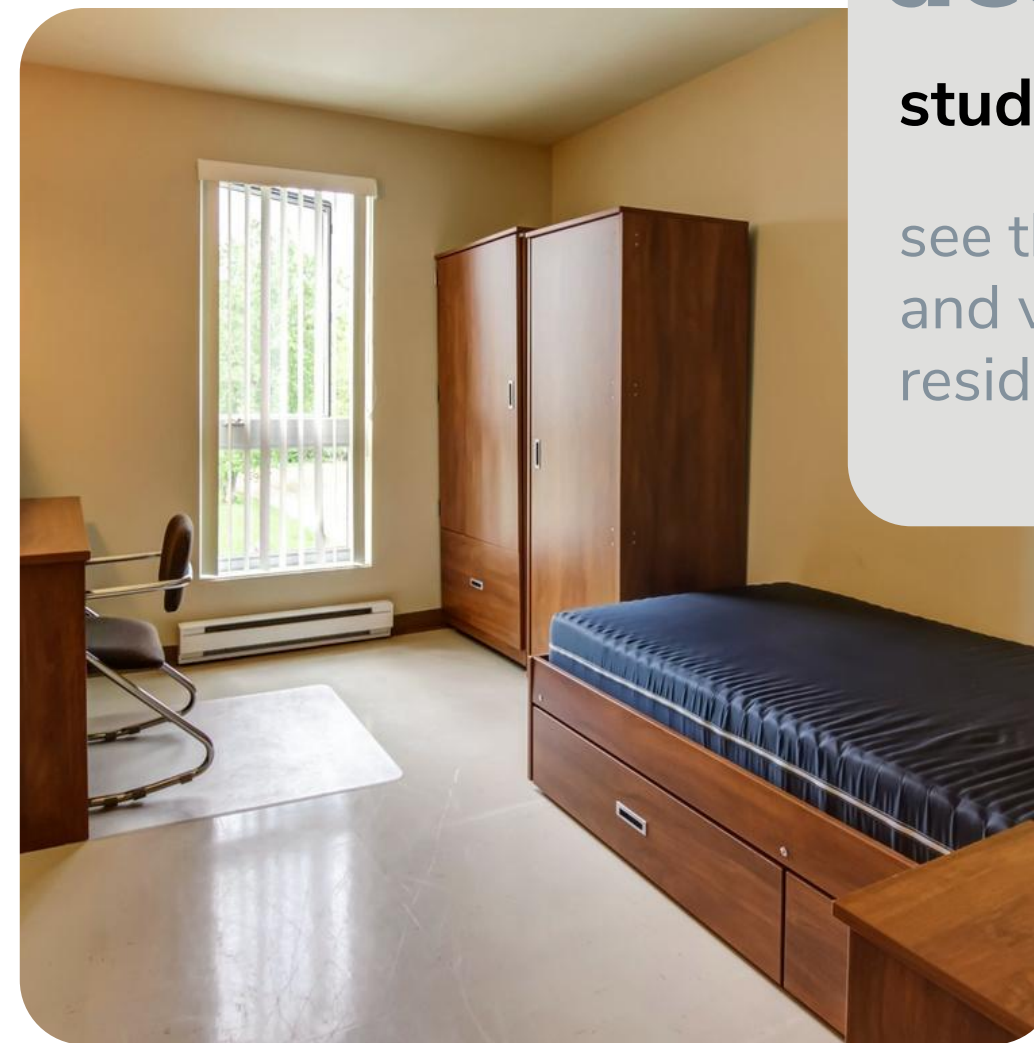


Please note that the demande
for residence rooms is very
high. To guarantee a room you
should get on the waiting list
as soon as you get the
invitation to apply (before you
actually submit your
application; you don't need a
student # for this) :

siuq.uquebec.ca/reservation



UW students are
grouped with
French-speakers to help
develop their French





expenses to consider during your exchange



TUITION

- Chicoutimi tuition fees (Fall 2025)
 - Please note that the out-of-province fee is waived for you
- \$1,675.99 per term (4 courses)
- \$2,021.86 per term (5 courses)

ACCOMMODATIONS

Residence fees (monthly rate per room 2025):

- \$465 (4 rooms)
- \$490 (3 rooms)
- \$495 (2 rooms)

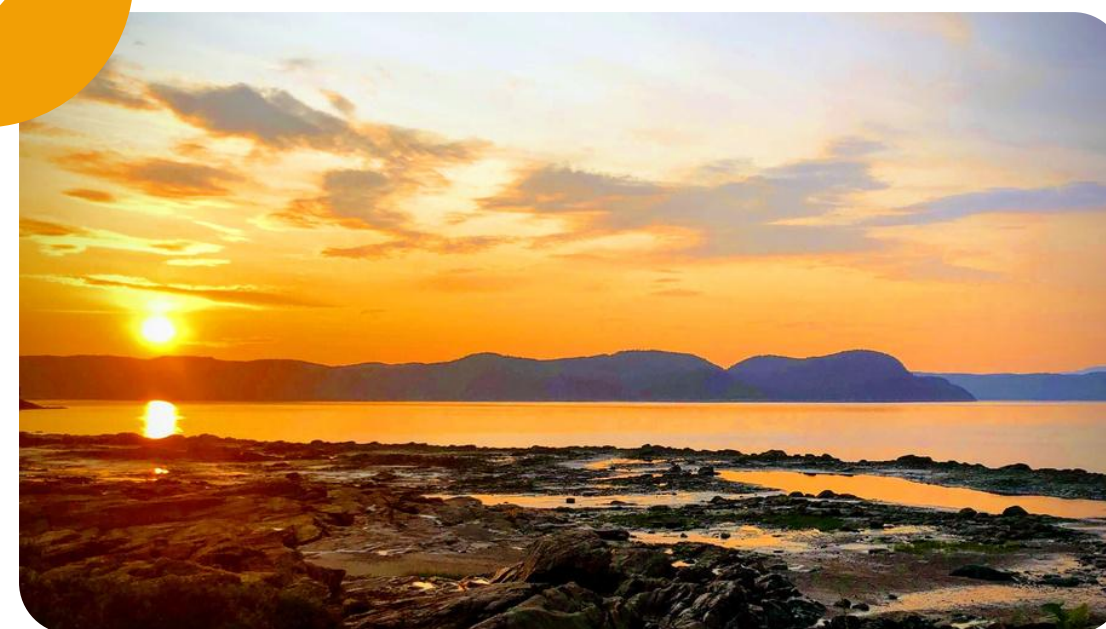
EXPENSES

- parking fees (if needed)
- textbooks
- travel to Chicoutimi
- living expenses
 - groceries
 - most goods are priced the same as in Ontario

L'UQAC:

What to note

- **Tuition fees are paid to l'UQAC and they are less than at UW**
 - Equal to domestic students
 - Out of province fee is waived for you
- **Truly Full Immersion**
 - Francophone environment: classes, residences, city
- **Canada**
 - No visa, can work or volunteer, come home
 - You can expect a similar academic experience that you are familiar with
- **Long standing exchange**
 - UQAC professors take into consideration that you are language learners
- **Term start and end dates are similar to UW**
 - Attn: Fall term starts in late August
- **Course transfers are simpler**
 - 1 course at l'UQAC = 1 course at UW
- **Guaranteed residence (if you apply for one right away)**



Saguenay:

- 98% francophone
- Medium sized city
 - 149 000 people
 - 127 people/km²
- On the Saguenay River
- 200 km north of Québec City
- Snow on the ground from October/November to April
- Average winter temperature: -16°C (but it can go as low as -40!)
- A prime location for outdoor enthusiasts: large lakes (Lake Saint-Jean), meandering rivers (Saguenay), towering mountains (Valin mountains) and a fjord (Saguenay Fjord) carved out of a glacial valley.

Lausanne, Switzerland

46.51983° N, 6.6335° E



Exchange to Lausanne

Study at the
University of
Lausanne (UNIL)
in Switzerland



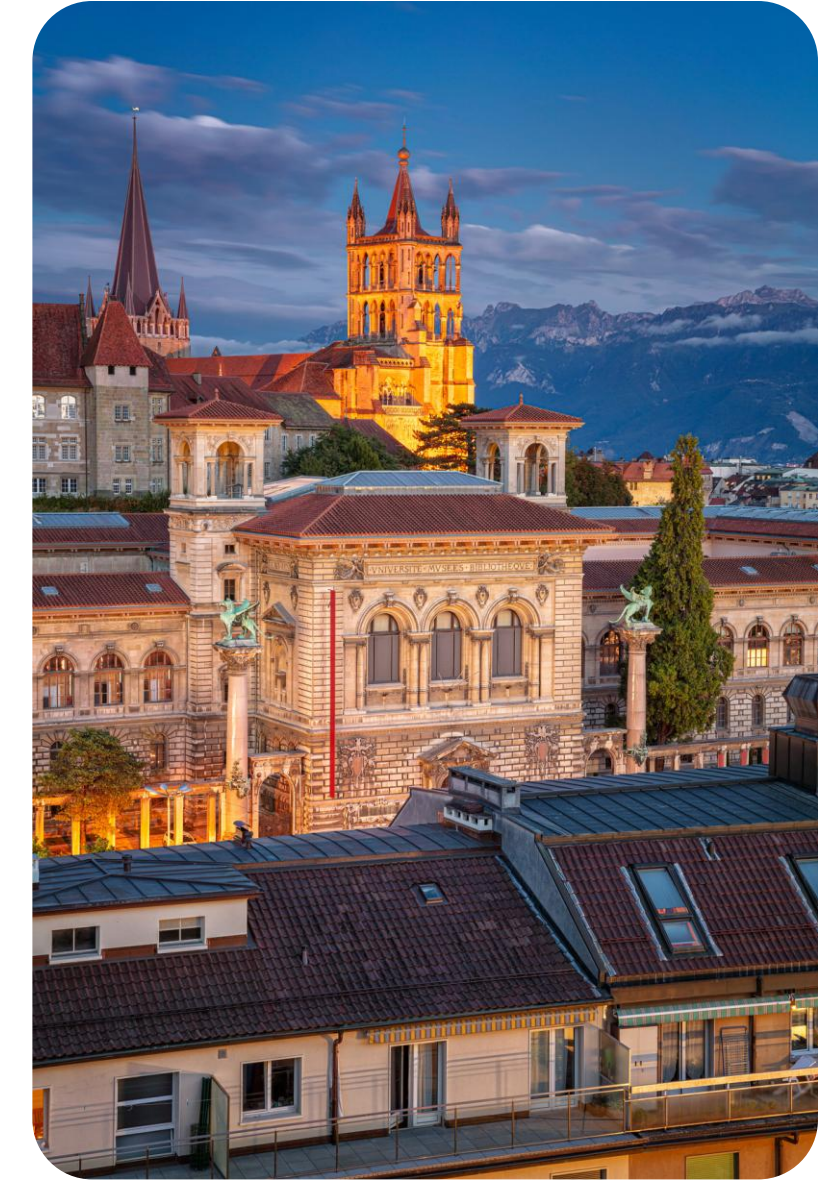
Culture

Lausanne is Switzerland's 5th city
and the official Olympic Capital.

Did we mention Swiss
Chocolate?

Explore

A breathtaking setting, diverse
landscapes and culture. Home of
the Swiss Alps & Verdant Plains.



PROCESS TO APPLY FOR LAUSANNE:



01

Mandatory Information Session

Find *Go Abroad Info Session* in [LEARN under Self Registration](#)
You must get **100% on the quiz** to gain access to **Passport**.
The last chance to self-register for the LEARN Information Session is **October 31, 8:00 p.m. ET**. The last day to review the information session is **October 31, 2025, at 8:59 p.m. ET**. We will **NOT reopen** registration for the LEARN Information Session under any circumstances.

02

Contact the Global Learning Coordinator

studyabroad@uwaterloo.ca

Applications for Summer 2026, Fall 2026, Winter 2027 and Summer 2027 exchanges:

- **ONE round: October 1 – 31, 2025**
 - NB: programs are competitive

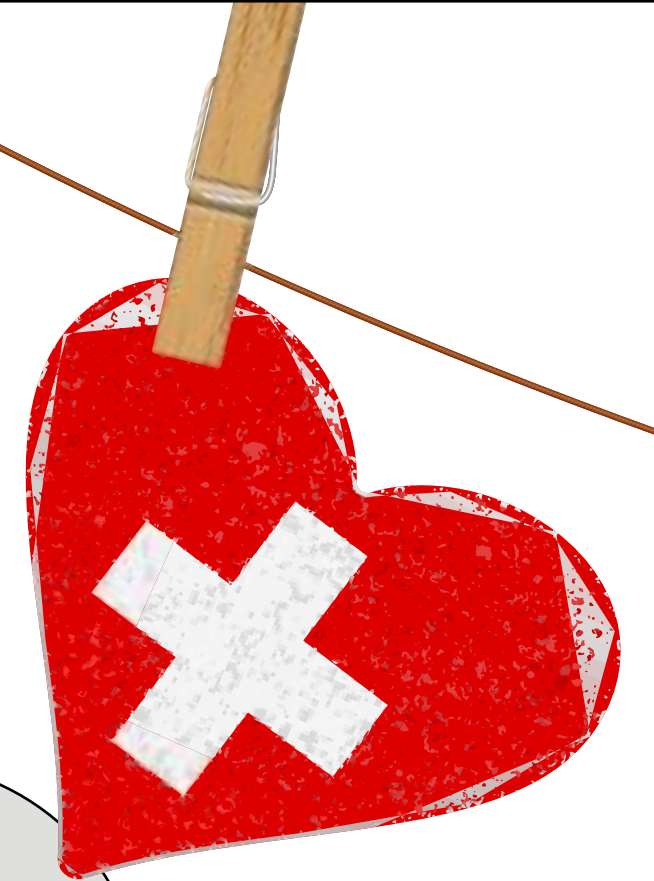
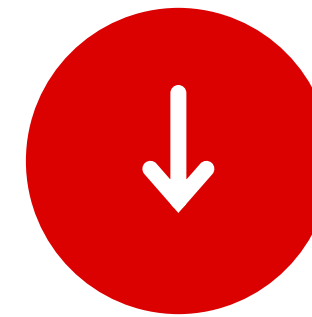
Tuition

Regular tuition fees to be paid to Waterloo
(2.5 credits)



programs/courses

study options in Lausanne [UNIL Academic Calendar](#)



Option 1 full term

- Courses with francophone students at the Modern French department of the Faculté des Lettres
- Courses in the School of French as a Foreign Language EFLE (all levels from beginner to advanced)

Option 2 summer program

- 4-6 weeks [Intensive French courses](#)

Transfer credits

To make sure the courses you take during your exchange can be transferred, please [consult us](#) when making your course (pre)selection *as soon as the courses become available* and *before* you enroll in them.

Visit [Waterloo Passport](#) to learn about the programs and the costs



expenses to consider during your exchange



EXPENSES

the basic student budget is around
\$2250 (CHF)/month, ~ \$3645 CAD

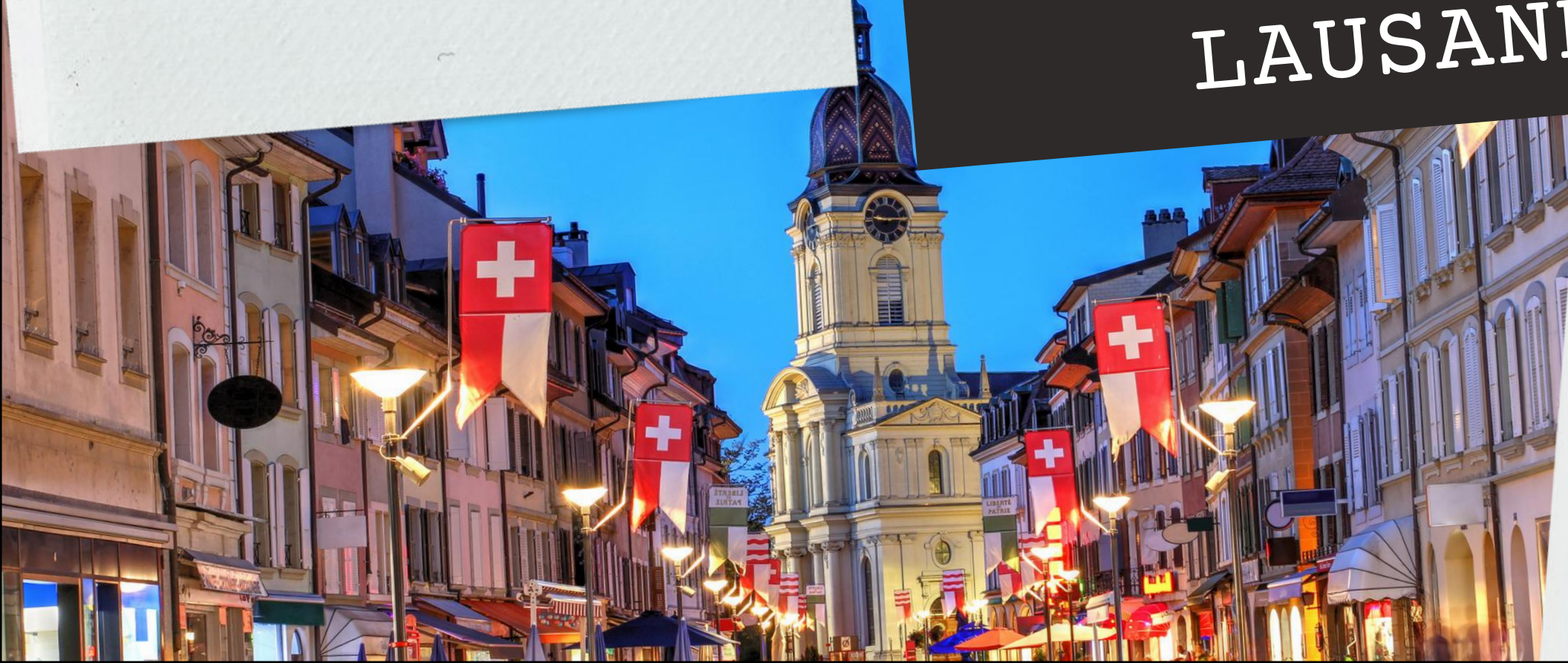
+ airfare
+ visa
+ transportation

	\$CHF	\$CAD
accommodation (not incl. expenses for heating, water, electricity, telephone etc.)	\$700-900	\$1134-1458
living & food	\$850-900	\$1377-1458
health & accident insurance	\$150-300	\$243-486
books & course materials	\$100-150	\$162-243

information obtained from the University of Lausanne's [Practical Information Webpage](#)



EXPLORE LAUSANNE



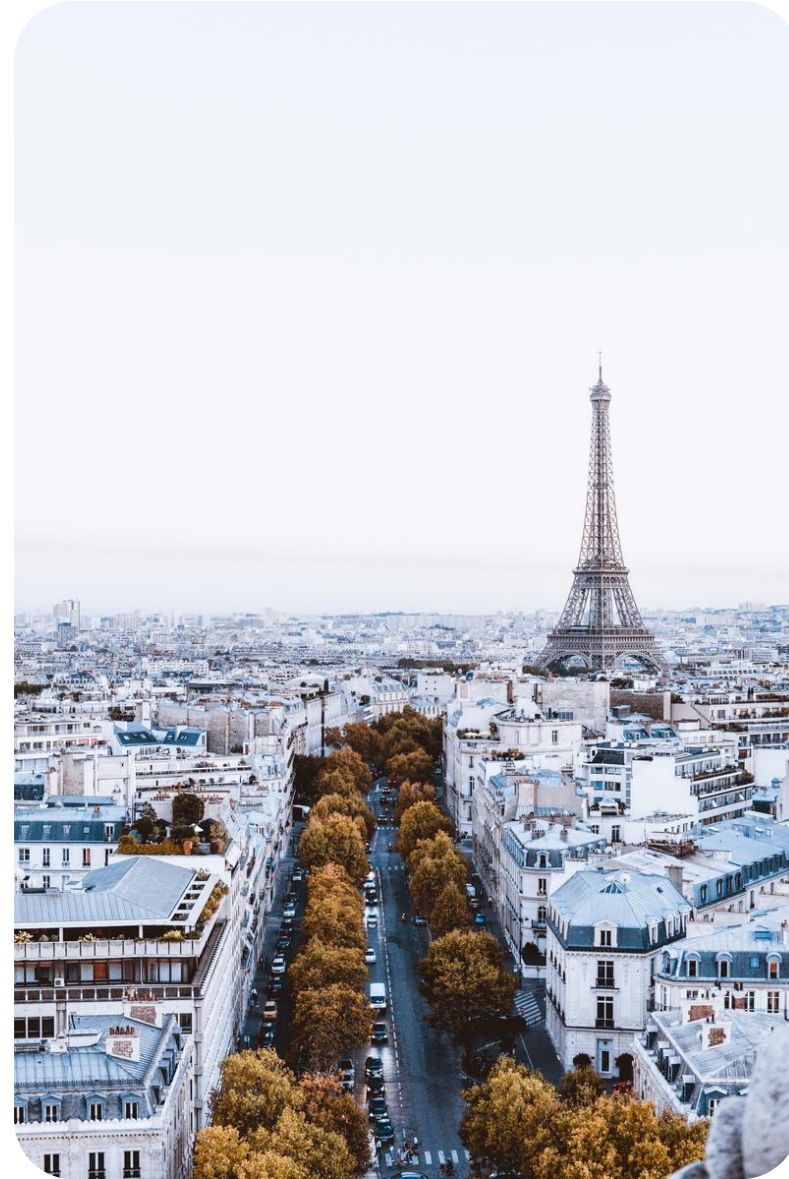
Paris, France

48.863186° N, 2.339754° E



Exchange to Paris

Study through
MICEFA:



MICEFA?

The Mission Interuniversitaire
de Coordination des Echanges
Franco-Américains (MICEFA)

What do they do?

Est. in 1985, they coordinate 18
member universities in Paris & L'île
de France region with over 65 North
American partner universities.



Why MICEFA?

[Mandatory orientation and
intensive language sessions](#)

connects you with other students
and fosters an easeful transition
and integration into the French
culture and exchange program.

PROCESS TO APPLY FOR PARIS (MICEFA):



01

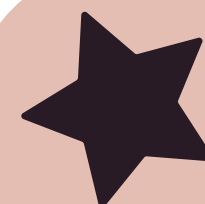
Mandatory Information Session

Find *Go Abroad Info Session* in [LEARN under Self Registration](#). You must get **100% on the quiz** to gain access to Passport. The last chance to self-register for the LEARN Information Session is **October 31, 8:00 p.m. ET**. The last day to review the information session is **October 31, 2025, at 8:59 p.m. ET**. We will **NOT reopen** registration for the LEARN Information Session under any circumstances.

02

Contact the Global Learning Coordinator

studyabroad@uwaterloo.ca



Applications for Summer 2026, Fall 2026, Winter 2027 and Summer 2027 exchanges:

- **ONE round: October 1 – 31, 2025**
 - NB: programs are competitive

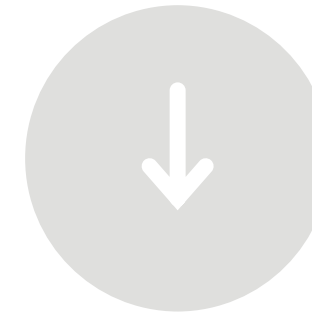


Tuition

Regular tuition fees to be paid to Waterloo (2.5 credits)

programs/courses

study options through MICEFA



Option 1 full term

Take classes at one of the 18 universities with francophone students or with other language learners.

[Undergraduate Fields of Study](#)

Option 2 summer program

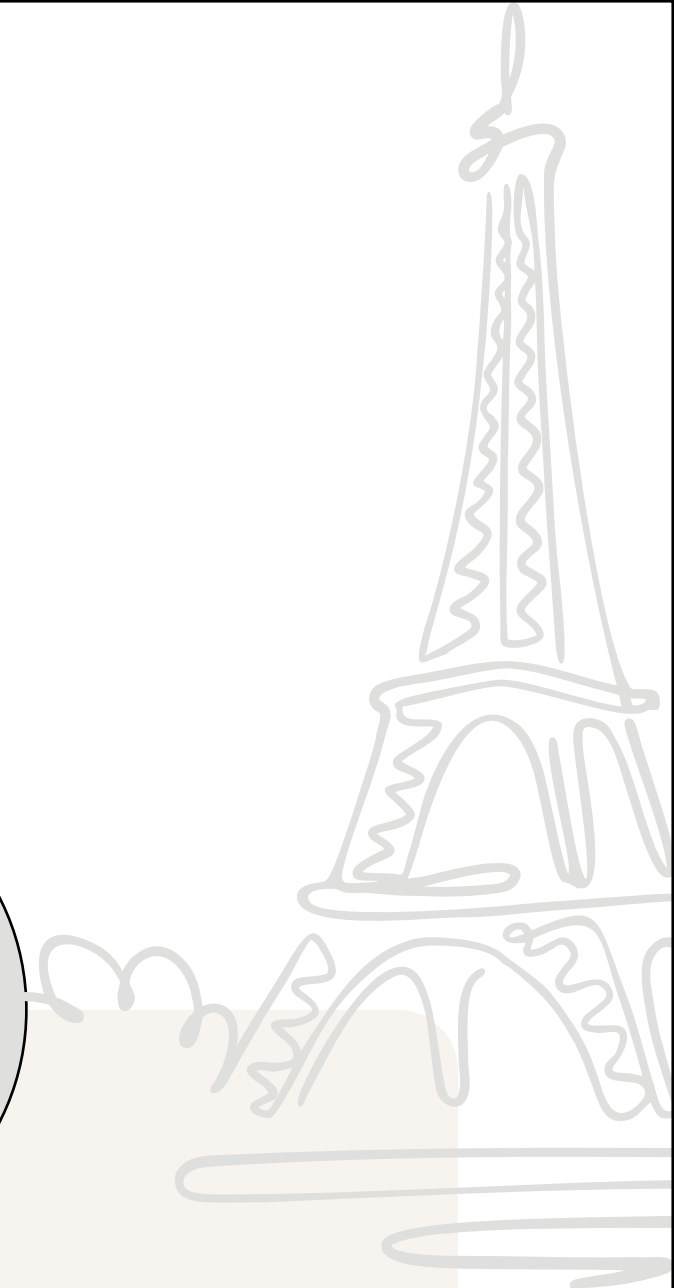
[4 weeks program](#)

- French language and culture courses, beginner to advanced level.
- Activities and excursions, welcome and farewell dinners.

Transfer credits

To make sure the courses you take during your exchange can be transferred, please [consult us](#) when making your course (pre)selection *as soon as the courses become available* and *before* you enroll in them.

Visit [Waterloo Passport](#) to learn about the programs and the costs



B U D G E T



TOTAL ESTIMATED COSTS:

Semester (5mths)

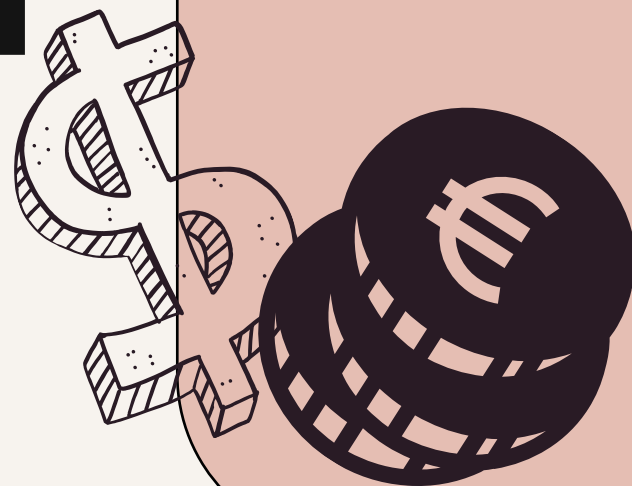
9,420€ > \$14,250

Year (10mths)

16,580€ > \$25,070

***This list is not exhaustive, for a full overview of expenses visit the**

[MICEFA Estimated Budget Website](#)



EXPENSES	EUROS	\$CAD
Airfare	1300€	\$2,106
Visa & Residence Permit	425€	\$688
Intensive Language Course	450€	\$729
Temporary Housing (optional)	475€	\$770
Student Health Care & Liability Insurance	70€	\$113
Permanent Housing (avg. cost of 600 per month, range is for a semester or full year program, incl. rental insurance cost)	3850€/semester-5mths	\$6236/semester-5mths
House Insurance (mandatory)	50€	\$81
Food (avg. cost of 200-400 per month)	1,800-3,800€/semester-5mths	\$2,916-6,155/semester-5mths
Local Transportation Pass	Navigo - 84€/month Imaginaire R - 37€/month	Navigo - \$136/month Imaginaire R - \$60/month
Books & Supplies	60-120€	\$97-194

Lausanne & Paris: *What to pay attention to*

- **Participating bodies - this affects organization and communication chain**
 - **Lausanne:**
 - UW - Lausanne (UNIL)
 - **Paris :**
 - UW – MICEFA - one of 18 universities in Paris
- **Term start / end dates (with exams) - this may affect your next term and/or delay graduation**
 - **Lausanne**
 - Fall term: Mid Sept – end of Jan
 - Spring term: Feb – July
 - **Paris (e.g., Sorbonne Nouvelle)**
 - Fall term: Mid Sept – Christmas/Jan
 - Winter term: Mid Jan – May
- **Overall cost**
 - **Tuition** fees to UW (full time, 5 courses)
 - **Additional tuition** fees to European partners (e.g., intensive course)
 - Cost of **living**
- **Some additional stressors**
 - There may be significant delays in course offerings and scheduling (e.g., the term may be starting, and you may still not know what courses you are taking)
 - Organizing your living arrangements is up to you
- **TRANSFER CREDITS are not straight forward – this affects your COURSE SELECTION**
 - Please note that a partial course load may delay your graduation

A close-up, shallow depth-of-field photograph of a person's hands typing on a dark-colored laptop keyboard. The person is wearing a light-colored, possibly beige or cream, long-sleeved sweater. The background is blurred, showing what appears to be a desk and some indoor plants. The lighting is soft and warm.

TRANSFER CREDITS

Successfully completed courses taken at another university during the exchange will transfer as ***credits without numeric grades***.

- The Registrar's Office transfers courses that have a final grade equivalent to **60% (C-) or higher**.
- Courses with *grades below will not be transferred*.
- Credits transferred will not affect your UWaterloo GPA.

Upon completion of the exchange program, students must order an official transcript from their host university. The official transcript must be sent directly to Waterloo's Registrar's Office: 200 University Avenue West, Waterloo, ON, N2L 3G1.

Please [consult us](#) when making your course (pre)selection *as soon as the courses become available* and before you enroll in them.



Go abroad

Find out how exchange can get you outside of your comfort zone, expand your world view, and support your intercultural competence skills.



How do I apply?

Explore the sections below to see what you should know as you research and prepare for your term(s) abroad. Be sure to keep the [TravelGoose tool](#) handy as you do your research.

GETTING STARTED	APPLICATION STEPS BEFORE MATCH	APPLICATION STEPS MATCH PROCESS	APPLICATION STEPS AFTER MATCH
IC4E TRAINING	TUITION, PAYMENTS, AND FINANCIAL AID	SAFETY ABROAD	STUDENT EXPERIENCES
STAYING WELL ON EXCHANGE			

Ask us

Email us at studyabroad@uwaterloo.ca

Note: For course-related inquiries, contact your Faculty Exchange Representative.



HOW DO I APPLY?

Follow these steps and start planning the year before you go abroad.

BEFORE MATCH

STEP 1

Attend a mandatory information session

Check LEARN for upcoming dates.

STEP 2

Use Waterloo Passport to research potential host schools

Consider term dates, course availability, language requirements and eligibility. Narrow down your wish list to your top host schools. Talk to your faculty and Co-operative Education about your plans.

STEP 3

Complete your application

Submit your application in Waterloo Passport before October 31 to be considered in the first-round of matching. Your application fee must be paid before you can be matched with a host school.

STEP 4

Wait for academic endorsement

While you wait, research how you can make the most of this experience. Also, discover how earning a Global Experience Certificate can showcase your ability to be a global citizen.

MATCH

STEP 5

Learn which school you're matched with
In December, find out from your Global Learning Coordinator which host school you've been matched with and **accept the match**. Being "matched" does not mean you've been accepted by the host school, but it does mean that we've held a space for you at that school.

STEP 6

Obtain course approvals

Once your host school is confirmed, you can submit your course equivalency requests to your Faculty Exchange Representative. You may complete this step earlier depending on your faculty.

STEP 7

Complete the host school's exchange application

The application deadline for each host school is different, but you can expect to receive instructions from your Global Learning Coordinator three to six months before your exchange term.

AFTER MATCH

STEP 8

Find out if you've been admitted

Carefully read your offer of admission and complete tasks the host school requires. For example, some schools will ask you to formally accept their offer.

STEP 9

Finalize your travel arrangements

After you've been admitted, you can start finalizing your travel arrangements and find a place to live. This is when you'll also need to apply for your study permit or visa, if required.

STEP 10

Complete the online international travel safety and security requirements and IC4E training

You can complete these required courses at any time before you go, just make sure you get it done!


BOARD A PLANE AND LET THE ADVENTURE BEGIN!



Waterloo International: General Q&A Session

- General Exchange Q&A Session
- Thursday, October 9th, from 11:30 a.m. to 12:30 p.m. ET for a live session
 - Broad details about the exchange program and general inquiries
- You can access the link [here](#).



- 
- We can put you in contact with students who have recently completed an exchange program – just let us know.



CONTACT US



Claire Newbigging

Administrative Coordinator and Advisor,
Undergraduate Studies
Department of French Studies
ML 333
cnewbigging@uwaterloo.ca
ext. 41595

Svetlana Kaminskaïa

Associate Professor
Department of French Studies
ML 337
skaminsk@uwaterloo.ca

Élise Lepage

Associate Professor, Associate Chair, Undergraduate Studies
Department of French Studies ML 335
elepage@uwaterloo.ca