

**ONTARIO / RHÔNE-ALPES
STUDENT EXCHANGE PROGRAM
(ORA)**

JANUARY 2026





ORA PROGRAM – CONTACTS

- **AGNES POLESZCZUK**

Program Coordinator in Ontario

apoleszczuk@ouinternational.ca

- www.yorku.ca/ouinternational/auvergne-rhone-alpes-students/

- Your home University's
International Office (*Relations
Internationales*)

*This presentation was revised and updated by
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University retired faculty member*



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ORA EXCHANGE PROGRAM



- Since 1991
- 3000+ students
- One university consortium in Ontario
- One university/*grandes écoles* consortium in Auvergne-Rhône-Alpes
- One program coordinator, Agnes Poleszczuk
- One Website: www.yorku.ca/ouinternational/auvergne-rhone-alpes-students/



10 PARTNERS IN AURA REGION

- **IN LYON**

- **UNIVERSITÉ CLAUDE BERNARD LYON 1**
- **UNIVERSITÉ LUMIÈRE LYON 2**
- **UNIVERSITÉ JEAN MOULIN LYON 3**
- **ECOLE CENTRALE LYON**
- **INSA LYON**
- **ECOLE NORMALE SUPÉRIEURE DE LYON**

- **IN SAINT-ÉTIENNE**

- **UNIVERSITÉ JEAN MONNET**

- **IN CHAMBÉRY AND ANNECY**

- **UNIVERSITÉ SAVOIE MONT-BLANC**

- **IN GRENOBLE**

- **UNIVERSITÉ GRENOBLE ALPES**
- **GRENOBLE INP – UGA**



11 PARTNERS IN ONTARIO (2025-2026)

List of Partner
Universities
with cities



CANADA



- 10 provinces and 3 territories
- Federal Capital of Canada: Ottawa
- Official languages : English and French
- 2nd largest country in the world
- Initially populated by various First Nation tribes and then colonized by the French and British
- Now we refer to First Nations peoples as Indigenous peoples (1,807,250 as of July 2025)
- Canada today is **multicultural**, referred to as a **cultural mosaic**



CANADA

- The National Flag, the Maple Leaf, was adopted in 1965
- Canada's national animal is the beaver (since 1975)
- Many Canadians influence popular culture, such as James Cameron, Mike Myers, Jim Carey, Keanu Reeves, Justin Bieber, Alanis Morissette, Celine Dion, Drake, the Weeknd
- Canada has one of the highest immigration rate in the world and is home to around a tenth of the world's resettled refugees
- Canada Day is celebrated on July 1

TRUTH AND RECONCILIATION

Part of the process of reconciliation and building a positive relationship with Indigenous peoples
e.g. The City of Toronto's Land Acknowledgement statement



We acknowledge the land we are meeting on is the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples. We also acknowledge that Toronto is covered by Treaty 13 with the Mississaugas of the Credit.

ONTARIO

OVER 1,000,000 sqkm

[creator: vectorstock.com/2934869](https://www.vectorstock.com/2934869)



PARTIAL MAP OF ONTARIO

- Location of Ontario Universities
- The 11 partner universities are highlighted in **GREEN**
- Lakehead is the Northernmost university
- Windsor borders the USA (Detroit)
- Ottawa borders Quebec
- Brock is close to Niagara Falls

INFO

Your source for up-to-date Ontario university information – all in 1 place!

ouinfo.ca

INFO
des UNIVERSITÉS
de l'ONTARIO

Votre source de renseignements à jour sur les universités de l'Ontario – le tout en 1 seul endroit!

ouinfo.ca/fr



THE PROVINCE OF ONTARIO

Toronto is the Capital of Ontario (largest city in the province and the country); GTA is 4th largest metropolis in North America

Big driver for the Canadian economy, leading in terms of business and industry

More than 250.000 lakes, including 4 of the 5 Great lakes. 1/5 of the world's fresh water

Population: close to 16,000,000; has doubled in 50 years; 40% of all Canadians

More statistics <https://worldpopulationreview.com/canadian-provinces/ontario>



THE WEATHER IN ONTARIO

- **Winter: mid-November/ end of March**
- **Temperature in Winter varies from -5°C / -25°C**
- **Hot and humid summers: 30°C**
- **Fall colours in September/ October (Algonquin Park)**

EDUCATION SYSTEM IN ONTARIO



Canada's education system is a public system managed **by each province and territory**

1) Undergraduate level – 3-4 years

Bachelor's Degrees (BA, BBA, BSc, BCom, BEd, BFA, BEng, etc.)

2) Graduate level – Masters 1 - 2 years; Ph.D. 4 – 7 years

Master's Degrees (MA, MSc, MBA, MHRM, LLM, etc.);
Doctoral Degree: PhD

Professional Degrees: the Juris Doctor (JD) for Law or Doctor of Medicine (MD)

ACADEMIC YEAR



Fall (F)
semester
4 months
early
September -
end of
December
Exams
included



Winter (W)
semester
4 months
early
January -
end of April
Exams
included



Three types
of courses;
F only
W only
Y (Year),
Fall &
Winter



Beware of
conflicts in
your
calendar! If
you come for
W only, make
sure you're
done with
Fall exams at
your home
university



If you come
for one
semester
only, we
recom-
mend you
come Fall
semester

STUDY IN ONTARIO



Fewer contact hours (classtime)



More regular homework, reading, assignments



Detailed syllabi



Profs/Instructors/TAs have weekly office hours



An average of 8-10 faculties per university

ORA EXCHANGE PROGRAM

One or two semesters in Ontario

Any subject except medicine

Credits earned in Ontario converted into ECTS for your degree at your home university

Courses are taught in English

Some programs/courses are in French at Glendon College, York University, and University of Ottawa

Scholarships available BMRI from the AURA region and AMI for recipients of the CROUS scholarships



La Région
Auvergne-Rhône-Alpes

YOUR CHOICE OF UNIVERSITIES

- Be familiar with your home university/school procedure and deadlines
- Choice of three (3) Ontario Universities; identify 4-5 courses per university to be approved by your home university
- Placement depends on
 - your program of study
 - your grades
 - your TOEFL score
 - number of spots available in each Ontario University
 - number of applicants
- Select at least one university located in a smaller city such as Brock, Windsor, Lakehead or Nipissing to increase your chances of being accepted



ORA APPLICATION – REQUIRED DOCUMENTS




 You apply to the ORA Program through your home university

 <https://www.yorku.ca/ouinternational/ora-ra-students-apply/>

 Submit the following documents (5)

 - Host University Course Selection Form (3)

 - Study Proposal Questionnaire

 - CV

 - Transcript from last academic year

 - TOEFL score and/or English proficiency assessment

TOEFL AND OTHER ENGLISH PROFICIENCY TESTS



TOEFL iBT : highly recommended. All the universities accept it; some universities require it.



IBT : internet based. Taken at a test centre or online.



Measures reading, listening, speaking, and writing skills. Each skill is worth 30 marks; total /120 marks.



Other tests: IELTS, Duolingo, etc.

INFORMATION BOOKLET

Universities
offering
spaces at the
M2 (graduate)
level

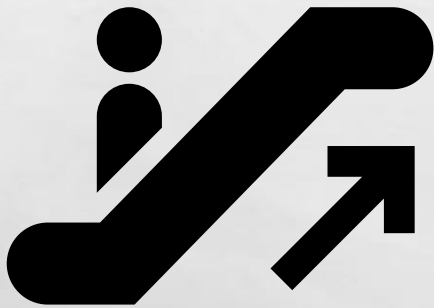
English
proficiency
assessment
requirements

Course
restrictions

Individual
universities
exchange
students
webpage

Individual
universities
academic
programs
webpage

TIMELINE



2025

2026



Late August Welcome!
You're in Ontario!

May–June Receipt of admission letters; apply for a study permit; pre-departure orientation session

April Apply to your Ontario host university

April - Host university will contact you

February–March Placement at host universities; you will be notified end of March

October–January Applications, and selection by home institutions

STUDY PERMIT – WORKING

- Apply for your study permit **as soon as** you receive your admission letter from your host university. Visit Immigration and Citizenship Canada. <https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada.html>
- Working on and off campus

Visit <https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work.html>



BUDGET / ACCOMMODATION \$\$\$

\$

Exchange rate € → \$ CAD

Below are estimates

Jan.12, 2026 € 1.00 = \$ 1.61 CAD

Accommodation: university residence
Shared accommodation

\$ 5000 per term (Check Meal plans)
Minimum \$ 700/month

Transportation

e.g. Toronto Post-Secondary Monthly
Pass \$128.00; Presto e-wallet (pay as you
go)

Food

\$250-400

UHIP (Health Insurance)

\$264 per term

Don't forget books, entertainment
Communications.

Individual
More expensive than in France



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**THANK YOU FOR YOUR TIME
BEST OF LUCK!**



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QUESTIONS?

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