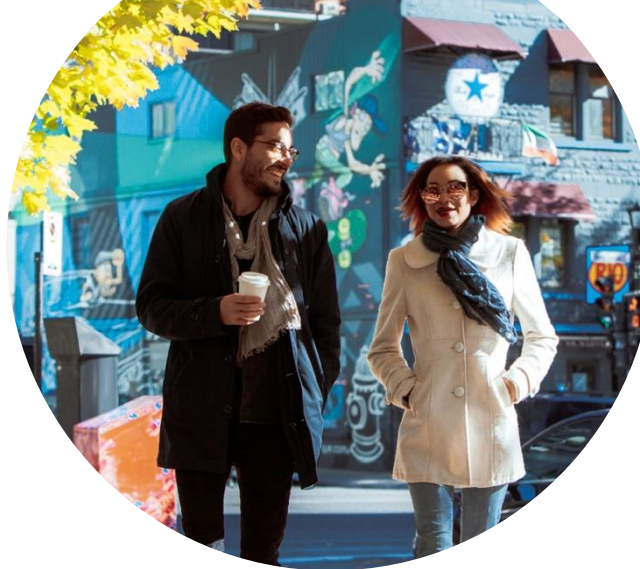


# Greater Montréal, the Ideal Place to Live and Work





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# 01

## Montréal, a Metropolitan Area Full of Opportunities



# Greater Montréal, a large metropolitan area made up of 82 municipalities



**A large metropolitan area** located in Eastern Canada, less than an hour's drive from the U.S. border



**Canada's #1 airport for international flights:** direct flights to over 150 destinations, including 120 international ones



**5 main areas** including the islands of Montréal and Laval for a total of 82 municipalities

Source: Aéroports de Montréal, Annual Report, 2023; Montréal International compilation.

# A labour market offering numerous development opportunities

- **1.4+ million job vacancies** in Québec from 2021 to 2030
- **5% increase of the median wage** from 2022 to 2023
- **Companies ranked among Canada's top employers** include:



Source: Ministère du Travail, de l'Emploi et de la Solidarité Sociale, 2022; Institut de la statistique du Québec, 2024; Canada's Best Employers, Forbes Magazine, 2024; Montréal International analysis.



## Fulfilling working conditions

### A well-balanced professional life

- **Average work week of 35 to 40 hours**
- **Minimum 2 weeks paid vacation**, and often more with many employers
- **Minimum 8 paid statutory holidays**
- **Up to 65 weeks of parental leave**, which can be shared between both parents, plus **18 weeks of maternity leave**

### Workplace flexibility and a fluid hierarchy

- **Flexible working hours, teleworking and part-time** are all possibilities offered by employers
- **A less hierarchical corporate culture** in Canada

Source: Commission des normes, de l'équité, de la santé et de la sécurité du travail, 2024; Hofstede hierarchical distance coefficient, 2022; Éducaloi Québec, 2024; Montréal International compilation.

# 02

## A Dynamic Metropolitan Area Open to the World



An exceptional  
quality of life

#1

Best city in the Americas  
for its quality of life

Source: Knight Frank, City Wellbeing Index, 2020.







## Canada's most bilingual and trilingual population

**2.4M** residents speak English, that's 4% more than in Vancouver

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**56%** of the population is bilingual (French and English), compared to 7% in Toronto and Vancouver

---

**24%** of the population is fluent in three or more languages, compared to 13% in Toronto and 12% in Vancouver

# An inclusive and welcoming society

Québec has **one of the highest employment rates for women** aged 15 to 64 in the OECD

The **2nd lowest unemployment rate for women** in Canada, with **4% in 2023**

---

Montréal is the **3<sup>rd</sup> most welcoming city for members of the LGBTQ+ community** in North America

**Fierté Montréal**, the largest festival of its kind in the French-speaking world with **450,000+ participants** in 2023

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**180+ cultural communities** in Montréal

Draft **Pact for the Professional Inclusion of Immigrants**

Source: OCDE, 2023; Statistics Canada, 2023; Open For Business, 2022; Time Out, 2023; Fierté Montréal, 2023; City of Montréal, 2022; Montréal International compilation.



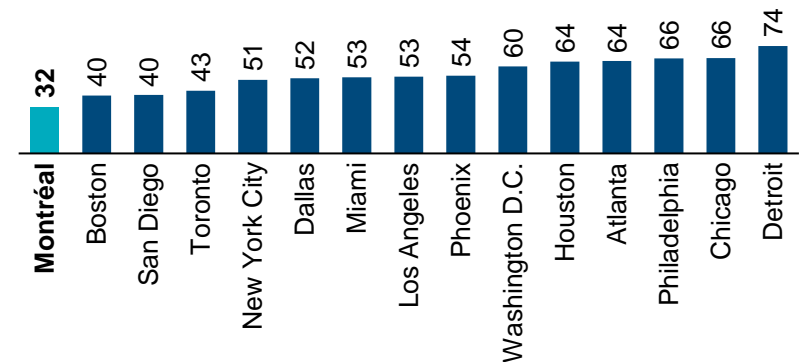


# The safest city in North America

A region where you can walk about with total peace of mind, with lively public places and a city centre that are well-frequented day and night

## Crime Index\*

Selection of 15 cities in Canada and the U.S., 2024



\*Crime index is an estimation of the overall perception of the level of crime in a given city and/or country (<20 = very low; 20–40= low; 40–60= moderate; 60–80= high; and > 80 = very high).

Source: Numbeo, August 2024; Montréal International compilation.

# 03

Many Neighbourhoods  
to Explore and Options  
to Get Around



# Discover some of the lively central districts



## Ville-Marie and Old-Montréal

From cobblestone streets to modern skyscrapers, these eclectic, centrally located neighbourhoods embody both the city's history and dynamism, vibrating to the rhythm of festivals all year round



## Plateau-Mont-Royal, Rosemont and Villeray

Green and friendly, these neighbourhoods combine urban living, peaceful parks, lively markets and picturesque Montréal architecture



## Griffintown, Saint-Henri and Little Burgundy

These reinvented industrial neighbourhoods located along the canal combine elegant lofts, art galleries, outdoor picnics and culinary gems

# Family-friendly and relaxing suburbs



## East of Montréal

With its strategic location, green spaces and booming neighbourhoods, this affordable sector is brimming with great opportunities



## Achuntsic and Montréal North

These more residential neighbourhoods are ideal for a peaceful lifestyle, while remaining close to lively districts



## West Island

A vast area of water and green spaces, ideal for a relaxed, family lifestyle, with picturesque municipalities and a variety of outdoor activities

# Across the river, the best of both worlds



© Jimmy Hamelin

## Laval

Just a few minutes from Montréal, this cosmopolitan island offers Ça combination of unique activities, entertainment, culture and nature



© City of Oka

## North Shore

Located near some of the region's best natural parks, this sprawling suburb combines tranquility with stimulating activities, offering an ideal place for both relaxation and adventure



© City of Beloeil

## South Shore

Just a few kilometres south of downtown Montréal, this region combines the charm of the suburbs with the bustle of the city in a charming setting



# A high-quality, interconnected public transport network



**A vast public transit network:**  
Metro, buses, commuter trains, REM, etc.



**Many self-service car and bike options:**  
BIXI, Communauto, Turo, etc.



**Best cycling city in North America and #2 most walkable city in Canada**



# 04

## A Convenient and Affordable Place to Live

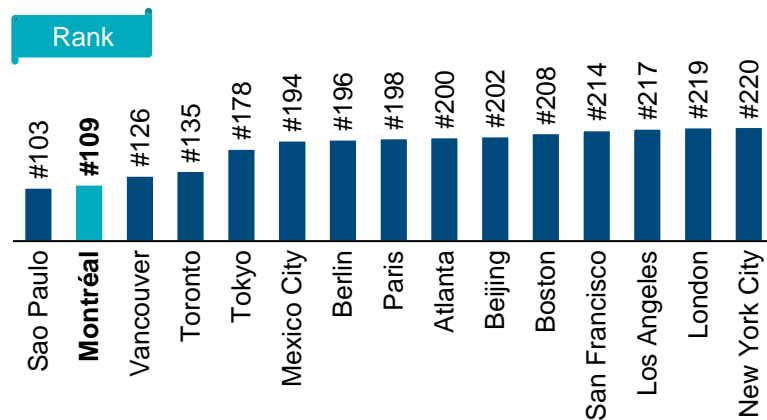


# An affordable cost of living

Montréal is **more affordable than almost all other large cities** in North America, Western Europe, China and Japan

## Mercer Cost of Living Index

Selection of major cities worldwide, 2024



Note: Ranking of 226 cities; the ranks from the original survey were inverted to order cities from least to most expensive.

Source: Mercer, « Cost of Living Survey », 2024; Montréal International analysis.





# Overview of the cost of living in Montréal

## Average price for accommodation

- Rent per month (one-bedroom apartment): \$1,354 (outside downtown); \$1,693 (downtown)
- Purchase of a condominium: \$406,360
- Purchase of a house or single-family dwelling: \$554,509

## Average price of monthly utilities

- Electricity, heating, air conditioning\*: \$106
- Internet (60 + Mbps, unlimited data): \$61
- Cell phone package (unlimited calls and 10 GB data): \$29

## Public transit (Montréal Island)

- 1 trip (regular fare): \$3.75
- Monthly pass (regular fare): \$100

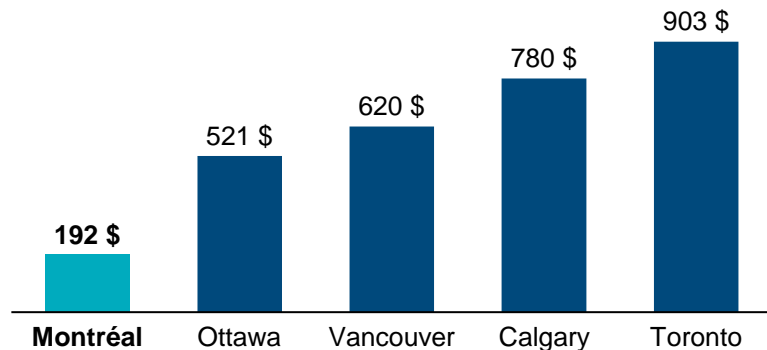
\*For a 85m<sup>2</sup> apartment.

Source: Numbeo, September 2024; NBC Economics and Strategy, Q3 2023; STM, 2024; Protégez-Vous, 2024; Montréal International analysis.

# Competitive childcare costs

Greater Montréal is the metropolitan area that offers young parents **the lowest monthly childcare costs in Canada\***

**Median monthly childcare costs for infants\*\* (CA\$)**  
Selection of major Canadian cities, 2023



Notes:

\*Comparison of 37 Canadian cities.

\*\*Infants aged 18 months or less.

Source: Canadian Center for Policy Alternatives, 2023; Montréal International compilation.



An affordable  
real estate market

#1

Montréal ranks first among  
Canada's major metropolitan  
areas for home ownership

Source: NBF Economics and Strategy, Q3 2023.



# 05

## Abundant Activities and a Stimulating Lifestyle





## A city of festivals, entertainment and gastronomy

- ▲ **50 museums** and many art galleries
- ▲ **80+ music, food and art festivals** annually
- ▲ **1,000+ activities throughout the year**, from dance, circus and comedy shows to creative and interactive workshops
- ▲ Among the **top 20 best gastronomic cities** in the world

# A city where nature and sports go hand-in-hand

- ▲ **Outdoor activities with nearby national parks and ski resorts such as:** Parc du Mont-Tremblant, Parc de Plaisance, Parc d'Oka, Parc des Îles-de-Boucherville, etc.
- ▲ **One of the world's most tree-filled cities in the world**
- ▲ **16 nature and major urban parks,** and thousands of smaller urban parks
- ▲ **3,450+ km of bike paths,** including 700+ km accessible in all seasons





# The opportunity to practice activities in all seasons

## Average daily temperatures in Montréal\*



In Montréal, there are approximately 30 days per year with temperatures below -15 °C and about 30 days with tropical nights, with temperatures above 18 °C

Note: \*Montréal-Trudeau Airport weather station. The sampling period for the data shown is 30 years.  
Source: City of Montréal, 2022; Environnement Canada, Canada Climate data, 2022; Montréal International compilation.

# Montréal in the spring



Visit one of  
Montréal's major  
museums



Have brunch with  
friends in one of  
Montréal's many  
restaurants

Have a meal in the  
sugar shack



See CF Montréal  
play soccer



# Montréal in the summer



© Tourisme Montréal - Madore - Daphné CARON

Discover  
Montréal's  
diverse  
architecture



© Tourisme Montréal - Madore - Daphné CARON

Do the rides at  
La Ronde  
amusement park

Take part in one  
of the many  
festivals



© Tourisme Montréal

Practice  
water sports  
on the St.  
Lawrence River



© La Ronde

# Montréal in the fall



Discover  
Montréal's  
craft breweries



See the Chinese  
lanterns in  
Montréal's  
Botanical Garden

Pick some  
apples in  
an orchard



Enjoy hiking in  
the large parks



# Montréal in winter



© Tourisme Montréal – Thibault Carron

Take part in the  
Igloofest



© Strøm spa nordique

See the Montréal  
Canadiens play  
ice hockey

Hit the ski slopes,  
go snowshoeing or  
ice skating



© Toshimi Juan Muniz

Dive into a Nordic  
spa



© Club de hockey Canadien inc.

# 06

## Montréal International's Personalized, Free and Confidential Services



# Discover the many job opportunities awaiting you in Montréal



**Hundreds of positions are available throughout the year in cutting-edge fields** such as aerospace, healthcare, engineering, artificial intelligence, and many more!

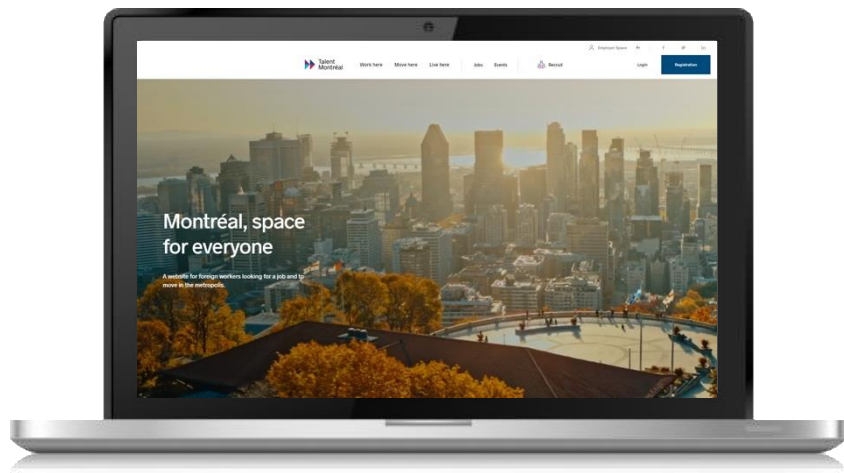
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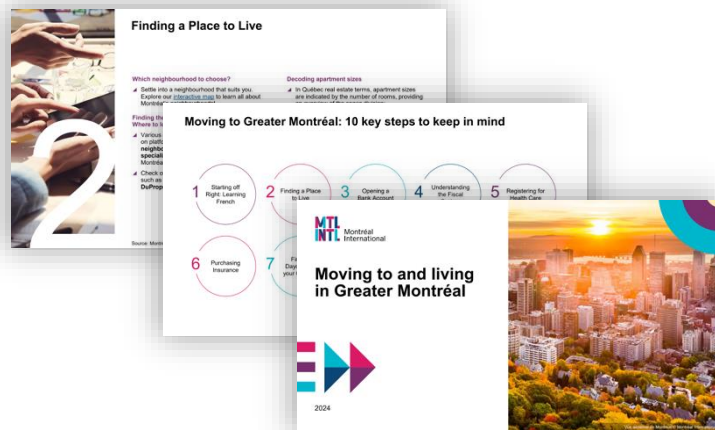
**Thousands of talents recruited by top employers through Journées Québec** in recent years, including Abington Advisory, Airbus, Fujitsu, KPMG, Morgan Stanley and Ubisoft



# Take a look at our resources to find out everything you need to know about Greater Montréal and make settling in easier



- ▶ **Visit our website** to learn all about Greater Montréal, job openings to foreign workers and how to plan your arrival:



- ▶ **Discover our 10-step installation guide** with all the information you need to easily and successfully settle in the region:







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