

## **General Information for the student travelling to Quebec City**

### **1. Welcome to Edu-Inter**

We look forward to welcoming you!

The staff at Edu-Inter has a broad experience in the field of international education and we strive to ensure that each student meets his or her objectives. All students must follow our French-only policy in the school and must be punctually to the courses. Edu-Inter offers 7 levels of French, from beginner to proficient levels, with its corresponding certificates. Edu-inter offers more than 60 weekday and weekend activities in order to complement classroom French learning.

This practical guide will help you learn a little more about Quebec City and about Edu-Inter.

### **2. Where is Quebec City?**

Quebec City is the capital of the province of Quebec. It is located in the eastern part of Canada. Its population of 600,000 inhabitants, and is located 250km northeast of Montreal, 800km from the city of Toronto and 800km north of New York City. The city has international airport (Jean Lesage - YQB) and highways leading to major Canadian cities and to the north-eastern United States.

### **3. About Québec**

Quebec City has been voted the safest urban center in Canada for two years in a row. The cradle of French-speaking America, it is a charming city with great atmosphere and all services of a big city. Its historic center, declared World Heritage by UNESCO, is a destination for thousands of tourists from all around the world. The city is known for its friendly atmosphere, European architecture, cobbled-stoned streets and imposing walls. It features many parks and numerous hiking trails are just a few minutes from downtown.

### **4. The Climate in Quebec.**

The continental climate of Québec supports the large differences in temperature and scenery in each of the 4 seasons. The average minimum and maximum annual temperatures are -15 ° C and 25 ° C, respectively. With a snowy winter, winter activities are common in the city and the scenery is beautiful. In spring, nature awakens with full magnitude giving way to the summer where the sun and the heat bring the city alive with outdoor activities. The colors of autumn, known throughout the world, create a wonderful and unforgettable landscape.

## 5. Transportation in Quebec City.

Public transportation is the most common mean of transport. Since it's not a large city, distances are not long. You can get a monthly pass for travel the public transport service for about C\$75 per month, and individual trips can be bought for C\$2.50 each. The taxis are very safe and cost about \$ 15.00 to \$ 20.00 for a 20 minute trip.

## 6. Cost of living in Quebec

Quebec City is one of the cities with the lowest cost of living in Canada. Below, you'll find a sampling of local prices (in CAD):

### Food in a store

Bread 1.00 – 2.00  
International stamp 1.20  
Milk (1L) 1.50  
Water (1L) 1.00  
Steak 4.00 – 8.00  
Toilet paper (8 rolls) 2.50 – 4.00  
Coca-Cola (2L) 1.50 – 2.00  
Coffee (one cup) 1.00 – 2.00

### Food in a restaurant

Ordinary restaurant 10.00 – 25.00  
Elegant restaurant 22.00 – 40.00  
Fast Food 5.00 – 9.00

### Entertainment and clothes

Movies 7.00 – 11.00 (50% rebate on Tuesdays)  
CD 10.00 – 20.00  
Jeans (one pair) 30.00 – 80.00  
Socks (one pair) 2.00 – 10.00  
T-shirt 8.00 – 25.00

## 7. The Canadian currency and the banks in Quebec.

The Canadian monetary system is based on the system of Canadian dollars and cents. In order to convert your money to Canadian dollars during your stay in Quebec, you can go to any bank or currency exchange office in the city. You should not bring too much cash when you travel to Canada.

We recommend using a bank debit card that has the Interac, Visa or Mastercard logos as Automatic Tellers (ATMs) are commonly connected to these networks. You can also use a traveler's cards (such as Visa Passport) which also provides access to ATMs and additional security features. Traveler's checks can also be used. Most of Canadians use credit cards (VISA, Mastercard or American Express) and debit cards.

In Quebec there is a 5% federal tax (GST) and a 7.5% provincial tax (QST) applied to most items you buy. Some of these taxes can be refunded to travelers who present all of their invoices at the airport on return day.

## 8. What to bring to Quebec.

### If you come to study during the winter (from December until January)

For exterior activities: Coat, pants, gloves and boots, these items should be waterproof and should also resist to low temperatures; also a scarf and a hat (made of wool or any other warm material).

For every day, coat (the same one used during the exterior activities), winter pants, winter sweater, wool gloves, winter socks, cotton shirts, comfortable shoes; we recommend you to bring any piece of clothing made of thermal material so you can use it in case the temperature is very low, if you want, you can also bring winter underwear (special shirts and socks you can wear under regular clothes).

### If you come to study during the summer period (from June to August)

- |  |  |
|--|--|
| <input type="checkbox"/> a raincoat or an umbrella   | <input type="checkbox"/> summer sport shirts           |
| <input type="checkbox"/> long pants                  | <input type="checkbox"/> swimsuit                      |
| <input type="checkbox"/> jeans                       | <input type="checkbox"/> beach towel                   |
| <input type="checkbox"/> underwear                   | <input type="checkbox"/> sweaters for night activities |
| <input type="checkbox"/> a coat                      | <input type="checkbox"/> bermuda shorts                |
| <input type="checkbox"/> a couple of winter sweaters | <input type="checkbox"/> sandals for the pool          |
| <input type="checkbox"/> sports clothes              | <input type="checkbox"/> comfortable shoes             |
| <input type="checkbox"/> socks                       | <input type="checkbox"/> sports shoes                  |
| <input type="checkbox"/> slippers                    | <input type="checkbox"/> dresses or skirts             |

### Always bring

- personal hygiene items (deodorant, shampoo, tooth paste, tooth brush...)
- a small bag
- a bag to carry your books
- prescription drugs you have to take or a copy of the medical prescription
- sun block
- sunglasses
- normal glasses and contact lenses (with the products you need for them)
- a valid passport
- alarm clock
- French-native language dictionary (pocket format or electronic)
- School supplies such as notebooks, pencils, pens, erasers, pencil sharpeners, etc.
- Photos of your family to show to your home stay family and to your new friends

For adult students: the students who stay with a family will be able to wash their clothes in the same house and you do not need to bring a towel; you can bring slippers to be in the house (generally you have to take off your shoes when you enter the house).

For underage students: your host family will take care of your laundry.

### **9. Edu-Inter's orientation day.**

We recommend that students arrive on the Saturday or Sunday preceding the starting Monday. The starting Monday's schedule is:

08:00 am Students arrive at the school for written and oral placement tests

10:30 am Orientation

11:30 am Tour of the school

12:00 pm Lunch

### **10. Medical insurance for out-of--province and international students in Quebec.**

Every student must have emergency medical insurance coverage during their stay in Quebec. It is the responsibility of each student to make sure he or she has the right medical insurance. Edu-inter recommends that students obtain medical insurance before leaving their country. Edu-inter can provide a reliable medical insurance policy.

### **11. What to expect from your experience in a Canadian family.**

It is important to have realistic expectations to ensure a pleasant experience. The houses in Canada have one or two floors plus the basement and are cozy. In your home you will have your own bedroom and you will share the other rooms in the house, including the bathroom. In most of Canadian homes it is required to take off your shoes before walking around the house. Many Canadian families have pets such as dogs and cats. There is the possibility that other students of different nationalities stay in the same house, as long as the house has enough space. As a student in the host family, you will be treated as a member of the family.

### **12. Your Canadian Family.**

Quebecois families are often "non-traditional" in that one will find different structures, not commonly traditional nuclear families. Our host families are middle or high economic class families.

### **13. Meals.**

One of the best parts of a trip to Quebec is sampling local cuisine! It is important to have an open mind since meals are an important part of the life in a host family. Breakfast is usually something fast such as fruit, juice, cereal, toast, milk, coffee, yogurt, tea, etc. During weekends, the families have more time to prepare eggs, pancakes and bacon. In Quebec, we usually have lunch around noon. If you have three meals with your host family, you will bring a lunchbox with food such as sandwiches, fruit, juice, and yogurt. The main meal, dinner, is usually around 6pm. Dinner includes meat or fish, vegetables, rice or potatoes, bread and desserts. You can always ask for more food if you're hungry. It is very important to inform the family in the event that you will miss or be late for dinner. If you would like a specific type of food or there is anything you

don't like or you can't eat, you should talk to the family. Our host families are very accommodating.

#### **14. Personal hygiene.**

In Quebec, people usually shower once a day, brush their teeth twice a day and use deodorant. They typically shower 10 minutes and showering it not considered acceptable after 11pm, especially if the family is sleeping. They are careful about positioning the shower curtains correctly to avoid getting water on the floor. Tampons and sanitary napkins are thrown in the trash. When using the toilet, they don't throw the toilet paper in the trash, but in the toilet and then flush.

#### **15. Styles of communication**

Canadians are usually pretty quiet. They will tell you exactly what they mean. Eye contact is very important when you are talking. When talking to each other, people usually let a distance of 2 to 3 feet between them. Canadians feel uncomfortable when there is a long silence and will try to continue talking or asking questions to fill the silence. The first time you meet someone it's appropriate, but not necessary, to shake hands.

#### **16. At your arrival.**

One important thing to remember at your arrival is we are here to help. You're probably tired of your flight and maybe with a bit of nostalgia. Don't worry! You'll get better from that moment on! It is important to make a little of time for your family so the relationship with them will improve and everybody have time to use to each other.

#### **17. Cultural shock.**

Cultural shock is part of a normal process of adaptation. Visitors are usually very excited before their arrival. At first, visitors try to adapt to the culture and food that are different from their home. When the visitor starts to get settled and adapt to their new environment, they can start to feel a little lonely and frustrated because people around them do things differently and are not always easy to understand. Also, the barrier caused by the language can lead them to feel homesick. Cultural shock usually appears within a month of the arrival to the new country. In case it happens, it is important not to judge the new culture in a negative way, but to try to accept the differences. Talking to the host family about your feelings will definitely help you.

#### **18. Going back home.**

On your last day at Edu-Inter, you will receive a certificate that indicates the duration and the level of the program you followed in the school. You will be sad when you say goodbye to us, to your host family and to your new friends, but your experience in Canada will stay with you forever. The memories will enrich your personal life and your new knowledge of French will be very useful in your future endeavors. Edu-inter wishes every student a happy return home!