



Pre-departure KIT Saint Jean-Eudes Private High School

Welcome to Edu-inter and Saint Jean-Eudes Private High School!

Edu-inter and Saint Jean-Eudes private high school are proudly associated to offer foreign teenager students a complete academic and French immersion experience in Québec City.

This practical pre-departure guide will help you learn a little more about Quebec City and our schools prior to your arrival.

Edu-inter's objective is to offer the highest quality of **French courses and academic high school program** in combination with cultural activities in order to create an outstanding French immersion experience for all of our students. 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 objectives. Edu-inter offers 7 levels of French, from beginner to proficient levels, with its corresponding certificates. Edu-inter also offers more than 60 weekdays and weekend activities in order to complement classroom French learning.

The Saint Jean-Eudes (certified BI) is the private high school where you will study for the whole period of your French academic program. The institution stands out by promoting values of respect, personal development, engagement, creativity and academic success. It allows every year more than 1000 boys and girls to grow to become active and fulfilled citizens. With a rich variety of extra-curricular activities and special programs, including languages and organized trips abroad, this school offers both a sense of belonging and an openness which rapidly makes anyone feel at home.



It offers a variety of interesting and recognized academic programs, some coaching methods, an environment that is both challenging and safe and overall, a student life that meets the various needs of high school students. Its main objective is to develop a sense of belonging, cooperation and pride so as to create a living environment that promotes the emergence of values and skills that enable our students to succeed and achieve the priority targets and diversified projects. During your school year at Saint-Jean Eudes, you will have numbers of opportunities to realize your full potential (sports, art and culture, music, sciences, traveling, etc.). It is up to you to enjoy those chances!

This practical pre-departure guide will help you learn a little more about Quebec City, Edu-inter and your new private High School, Saint-Jean Eudes.









About Quebec City

Where is Quebec City?

Quebec City is the capital of Quebec's province. It is located in the eastern part of Canada. Its population is over



765,000 inhabitants¹, and it is located 250 km northeast of Montreal, 800 km from the Toronto City and 800 km north of New York City. The city has an international airport (Jean Lesage - YQB) and highways leading to major Canadian cities and to the north-eastern United States.

About Québec

"Boasting the lowest crime rate among large urban centers in North America2", Québec City is the Canadian urban center where people feel safest among cities of the same size3. In addition to being the cradle of French-speaking in America, it is a charming city with great atmosphere and with all services that offers a big city. Its historic center, declared a UNESCO World Heritage, 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.

Transportation in Quebec City

Public transportation is the most common mean of transport. See below more details under the section School.

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		Entertainment and clothes		
Bread	\$ 2 - \$ 4	Movies	\$ 12,25 (Regular) – \$ 23,25 (D-Box 3D)	
International stamp	\$ 2,50 - \$ 3,50		(50% rebate on Tuesdays)	
Milk (1L)	\$ 1,70 - \$ 1,85	CD	\$ 12 - \$ 30	
Water (1,5L)	\$ 1,50 - \$ 2,50	Jeans	\$ 30 - \$ 150	
Steak	\$ 6 - \$ 10	Socks	\$ 2 - \$ 10	
Toilet paper (12 rolls)	\$ 5 - \$ 10	T-Shirt	\$ 15 - \$ 30	
Coca-Cola (2L)	\$ 2 - \$ 3	Books	\$ 15 - \$ 30	
Coffee (one cup)	\$ 2 - \$ 6			

Food in a restaurant

Ordinary restaurant	\$ 10 – \$ 25 (à la carte)
Elegant restaurant	\$ 22 – \$ 45 (à la carte)
Fast Food	\$ 5 - \$ 12 (combo)

³ Statistics Canada, 2008.





¹ As of 2011 statistics.

² Ville de Québec, [En ligne], http://www.ville.quebec.qc.ca/en/gens affaires/pourquoi quebec/index.aspx (Consulted on June 20th, 2014).





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 into Canadian dollars during your stay in Quebec, you can go to any bank or currency exchange office in the city.

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 provide 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 9.975% provincial tax (QST) applied to most purchased items. Some of these taxes can be refunded to travelers who present all of their invoices at the airport on return day.

It is also possible to open a bank account while in Quebec City. Your host family can assist you if need be.

The Weather in Quebec

The continental climate of Québec supports 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. About the winter low temperature, you have to be aware that each house and building with public services is equipped with efficient heating systems.

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.

What to bring to Quebec

If you come to study during the winter (from December until March), you should bring:

- For outdoor 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 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), don't forget:

- a raincoat or an umbrella
- long pants and jeans
- underwear
- bermuda shorts
- a couple of winter sweaters
- sports clothes
- socks
- sports shoes

- summer sport shirts
- swimsuit
- beach towel
- a light coat
- sandals for the pool
- comfortable shoes
- · dresses or skirts
- slippers









Always bring:

- Lunch box
- Pyjama
- Personal hygiene items (deodorant, shampoo, tooth paste, tooth brush...)
- A small hag
- Prescription drugs you must take or a copy of the medical prescription
- Sunscreen
- Sunglasses
- Normal glasses and contact lenses (with the products you need for them)
- Your valid passport
- Alarm clock
- French-native language dictionary (pocket format or electronic)
- A backpack to carry your books
- 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
- An adapter for Canadian plugs (110V)



About Edu-inter⁴

Prior to starting your school year at Saint-Jean Eudes Private High School, Edu-inter will provide you some **French classes** for a certain number of weeks, depending on your French level. You will be advised on your specific needs prior to your arrival. You may also be registered for our Summer Bridge program. You will receive a separate predeparture kit for this summer session.



First day at Edu-inter
Edu-inter contact:
755 Grande-Allée Ouest, Office 454
Quebec City, QC, G1S 1C1 Canada
Phone: +1 418 573 5956

Meeting point on the first day: 4th floor, wing C, office 454

The host family show the student how to get to Edu-inter school with public transportation on the first day or the day before.

We recommend that students arrive on the Saturday or Sunday preceding the starting Monday. Pick up at the airport is included in your package deal. It will either be an Edu-inter employee or the host family who will pick you up to welcome you.

⁴ Please read the Code of Conduct in Annex to be aware of Edu-Inter's rules.









The schedule for the first Monday at Edu-inter is as follows:

Table B Orientation Session Schedule

Time	Activity	
8:00 – 8:15	Students Arrival	
Station 1	French Oral Test	
8:15 - 8:45		
Station 2	School Visit	
8:15 – 8:45		
Station 3	Book Purchase	
8:15 - 8:45		
8:45 – 9:30	Orientation Session	
9:45 - 11:00	Class Integration	
11:00 - 11:30	Lunch Break	
11:30 - 13:00	Conversation Workshop	

Daily Schedule

Regular schedule will start on the following Tuesday.

Table C Regular Schedule

Time	Activity
7:45	Arrival to Collège Mérici
8:00 - 11:00	French Class
11:00 - 11:30	Lunch Break
11:30 - 13:00	Conversation Workshop
13:00 - 15:00	Homework Period
4:30 pm	Going Back Home
Evenings	Time with Host Family

Edu-inter will provide French support classes on afternoons from September to December for students who still need it when school starts.

Medical insurance for out-of-province and international students in Quebec

Every student must have emergency medical insurance coverage during their entire stay in Quebec. Canadian students from other provinces have the right to medical care in Quebec upon presentation of their provincial medical card. A reliable medical insurance with INGLE International is provided by Edu-inter and included in your package deal for the whole period of your stay so you don't need to purchase one.

You must always have your medical insurance card when visiting the hospital or clinic and present it upon arrival.

In case of illness or accident, please notify your host family immediately. If you get ill and you are not in condition to attend school, you must notify the school of your absence.

In case you need to go to a clinic or a hospital, someone from Edu-inter will accompany you. Edu-inter will pay for the medical consultation as well as for the prescribed medication. Then the school will complete the Claim Form to get reimbursed.









If you are not in school or in your accommodation while feeling ill, please call our Emergency Number (24 hours) at 418 264-8952.

Edu-inter's families5

Your Canadian Family

Quebec families are often "non-traditional" and structures could be different from commonly traditional nuclear families. Our host families are middle or high economic class families.

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 are cozy and have one or two floors plus the basement. 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.

You will receive a house key, in case the members of the family need to leave a few minutes before you in the morning or if they are running late in the evening.

On the first day of school, families explain to students how to get to school and back to the homestay by public transportation.

We recommend each student to bring their cellphone during the program provided with an international plan, so they can easily call our emergency number.

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. On weekends, families have more time to prepare eggs with meat (bacon, sausage, ham), pancakes and more elaborated breakfast but you shouldn't take it for granted. In Quebec, we usually have lunch around noon. If you have the three meals formula 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 6:00 pm. Dinner includes meat or fish, vegetables, rice, potatoes or pasta, bread and desserts. You can always ask for more food if you are hungry. It is very important to notify your family in case of missing or being late for dinner time. If you would like a specific type of food or if there is anything you don't like or can't eat, you should talk to the family. Our host families are very accommodating.

Personal hygiene

In Quebec, people usually shower once a day, brush their teeth twice or three time a day and use deodorant. They typically shower 10 minutes and showering it not considered acceptable after 11 pm, 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, not in the toilet. When using the toilet, they don't throw the toilet paper in the trash, but in the toilet and then flush it. About clothing, it is the host family who is responsible for washing.

⁵ Please, read the Code of Conduct in annex to know the rules about homestay.









About Saint-Jean Eudes Private High School

A long term foreign language immersion is lifetime experience and Saint-Jean Eudes High School wish you will enjoy each moment of it. Here is some practical information about the school.

Dress Code



Saint-Jean Eudes High School requires a clean, decent and appropriate for school life attire. Therefore, wearing clothes from their private collection is required at all times for every student and from the first day at school to the very last one.

Our clothing collection is a wardrobe classic style with the school colors. Dignity, restraint and distinction are some of the values that Saint-Jean Eudes wants to convey to its students through the new collection of clothes.

Mandatory costume for physical education class:

- T-shirt and short pants of the collection
- Athletic espadrilles attached
- Bottom

Purchases for the school

Besides French classes, Edu-inter will help the student to get well prepared for his school year. Before classes begin, one of the Edu-inter staff will accompany each student to buy the school uniform, the school materials (including a mandatory Laptop or digital tablet) as listed by Saint-Jean Eudes as well as a cellphone if need be. **These purchases are at the expense of the student.** Please refer to Table D for the amount of purchases to predict.

Table D Costs of purchases expected

Purchases	Costs
Uniform	\$ 300 - \$ 500
School materials	\$ 200 - \$ 300
Cellphone	\$ 50 - \$ 75
Cellphone Pre-paid card	\$ 30 / month

For the cellphone, the student should predict \$ 100 for the first month (cellphone + pre-paid card) and then \$ 30 per month for the following months (pre-paid card only).

School calendar

The Saint-Jean Eudes school calendar with every important dates to remind is as follows: Calendar 2017-2018

Welcome Day at Saint-Jean Eudes

Edu-inter will accompany you for your first day at school at Saint-Jean Eudes on (exact date to be determined). During this day, you will visit and know about the school with its facilities and services. A locker will be assigned to you and you will receive your class schedule as well as your school diary with any relevant information like school contacts, rules, etc. Finally, there will be an informative session to explain you everything you need to know about studying at Saint-Jean Eudes.









Starting Day and Daily Schedule at Saint-Jean Eudes

The school and classes with regular schedule start at the end of August (dates to be determined) or at the beginning of January of you are coming for the January semester only. The school functions on a twenty-day cycle with four 75-minute class periods.

Table F Regular Daily Schedule

8:40 – 8:55	Arrival to Saint-Jean Eudes	
8:55 – 10:05	First class period	
10:05 – 10:20	Pause	
10:20 - 11:30	Second class period	
11:30 – 12:45	Lunch time	
12:50 – 13:10	Reading period	
13:10 – 14:20	Third class period	
14:20 – 14:35	Pause	
14:35 – 15:45	Fourth class period	

School Services

You have access multiple services provided by Saint-Jean Eudes to its students.

Library and Group Study Room

The library is opened from Monday to Friday, from 8am to 5pm. Besides books lending, it is available for students who want to read or do personal work. There are cozy sofas to combine the useful with the pleasant.

Team work is not allowed in the library. Students can go to the Group Study Room opened from Monday to Friday, from 12h05 to 13h10. There are sockets so that students might work on their own laptop.

Computer Lab

The computer lab is available to students during lunch time (12h15 - 13h00) from Monday to Friday. All students have access to do their work or research as part of a course. They can also use their own laptop. Printing documents is limited but possible. Each student receives a personal code to access their user account which allows him to record his copies / work and thus protect its copyright. The use of a USB key is nevertheless suggested. The computers are equipped with Microsoft Office 2010 to allow them to work with the most current tools.

Cafeteria

Reflecting Saint-Jean Eudes's standards, the cafeteria offers products of the highest quality while being accessible to its customers. All products (sandwiches, main dishes, soups, desserts) are fresh and homemade cooked. Quick meals to take out are also offered. Meals cards with reduced prices can be bought. The lunch meal is under the host family responsibility. If the host family do not provide a lunch to bring at school, it will pay the meal in the cafeteria.

Gymnasium

A gym is available to students during lunchtime (11h30 - 12h45) and after classes for various sports activities. The new floor surface is ideal for sport activities (gym, deck hockey, free badminton, basketball, volleyball, etc.)

Training Room

The training room is equipped with stationary bikes, treadmills, free weights, weight machines, multi-station, Swiss and medicine balls, rubber bands, etc. The room is under responsibility of kinesiologists and physical education teachers who have all the skills needed to assess the student physical condition as well as being able to customize









training programs. It is opened for all students from 7h30 to 8h30 and during lunch time.

Health Service

A nursing is provided for students who feel ill. If you feel tired or if there is an accident, the receptionist you will receive you and will let you rest in the room and, if needed, she will call Edu-inter and the host family for a transfer to the hospital or to go back home. Please note that no medication will be given at school at any time.

STUDENT SUPPORT

Academic Tutoring

Saint-Jean Eudes Private High School offers its students a notable coaching through tutoring formula and educational support every day of the week. Within the tutoring service, a teacher is assigned to a number of students and provides to them the necessary assistance on educational, personal and social levels. The tutor is responsible for the progress of his students, for helping them to solve their academic problems and personal problems as well as to develop good working practices, to harmonize school activities and to integrate the group of students.

Specialized intervention

Two specialized workers are available full-time for students at school. The main roles of the caregivers are support, supervision and awareness of the different issues faced by adolescents.

In school

Specialized workers are present in the various key moments of the student's journey. They become an important figure and accessible when needed. Their roles in the school are diverse:

- presence and supervision in rest areas (breaks and lunch);
- animation on the occasion of festivities such as Halloween, Christmas and Valentine's Day;
- setting up student committees with leadership qualities and a spirit of collaboration;
- prevention during thematic weeks such as suicide, drug addiction, smoking, etc.

In class

Specialized workers plan strategies to help students succeed with their success. They also develop prevention plans to make students aware of different topics.

They supervise students with learning difficulties by offering them strategies of organization, planning, learning, etc. In addition, specialized counselors conduct prevention workshops in the classroom related to topics such as bullying, substance abuse, sexuality, social networks, stress management, drinking and driving, and much more.

Individual service

The specialized workers receive the student to accompany him in his daily challenges. It is a privileged and confidential moment so that he can express himself without being afraid of judgment. According to his needs (mourning, separation, relationship problems, stress, etc.), the student receives psychosocial help through planned or informal meetings. An evaluation is then made, and the workers direct it, if necessary, to resources adapted to the problem.

Orthopedagogy

Saint-Jean-Eudes offers its own service of orthopedagogy to facilitate the follow-up and the supervision of the pupils in difficulties. Based on the "Response to Intervention (RAI)" model, we adopt a preventive approach that focuses on the early identification of students with learning difficulties. Pedagogical differentiation is at the heart of









our practices and we know how to implement measures of flexibility or adaptation to meet the different needs of students (dyslexia, dysorthography, dysphasia, attention deficit, etc.).

SCOLAR orientation

The school and vocational guidance service is always available to help the student get to know each other better, to discover his fields of interest, to develop his talents and to learn about the trades and professions that correspond to his preferences. each.

The guidance service organizes several activities that allow the student to learn more about the training offered by the different educational institutions as well as the professions. Some of these activities are mandatory, other volunteers.

It is also possible to make an appointment with the guidance service throughout the year. These meetings serve, among other things, to draw up an action plan for the steps to be taken to explore and discover the trades. Activities of self-knowledge and information retrieval are proposed, according to the needs of each.

School Transportation

Transportation to go to school is at the student's own expenses. The student shall use public transportation (RTC) from home to school and back or the private service offered by the school. The private bus service offered from the school. It is \$800 CAD for the year if you wish to take advantage of it. If you need or want this service, we will accompany you throughout the process while on-site.

Student Card

The OPUS card from the RTC will be used as the student card for all students. This card will also be your library card. On your first day at school, the school will issue the card to all students.

School life

Being involved in school associations and activities or in sport teams is a good way to make new friendship and to increase your feeling of belonging in Saint-Jean Eudes. At the end, it is what you will have done like extra activities as well as relationships you will have developed that you will remember in years. Saint-Jean Eudes gives you the opportunity to participate into social, cultural or sport activities. Make your experience in Saint-Jean Eudes unforgettable!

You like playing music? Then join the Stage Band! This group animates some important moments during the school year such as the Christmas Day, the Meritas Gala and a music concert in March.

You like playing some role games? Then join the school theatre group! The activity takes place after school under the supervision of expert instructors. A play may be made and presented under special invitation to interested parties of the school, parents, and others.

You are rather a sporty type? Then join the sport activities or the competitive sport teams. You can either do some free sport activities during lunch time as gymdeck hockey or, if you are more competitive, you can join the school competitive teams. Depending on the school grade, there are teams for inside or outside soccer (football), American football, female rugby team, swimming, volleyball, badminton, cross-country, basketball and cheerleading.









Lunchtime activities

Student Radio (run by its own students). With modern equipment, worthy of the professional stations. Music, news, interviews, analysis of news ... Suggests a show! Become a radio host!

The school shop "La Griffe". Administered by the students and surrounded by a team of salesmen. You will learn to develop your entrepreneurial side!

Thematic weeks: Various activities are organized in connection with the theme weeks at the school. Whether it is through the weeks made by the departments or the holidays or themes in progress, there is always something to get you moving.

Sporadic activities: Occasionally, different activities are offered to students at lunch time. These take place in the common areas.

Infographic and Co: Does stop-motion interest you? Do you like editing by computer? This activity is for you!

Rock Band: The Rock Band is made up of musicians who want to put their knowledge forward. You must already know the basics of your instrument. There is opportunity to participate in many shows in the school. Come show your talents!

Video Games Creation: The world of video games interests you? Would you like to learn more about their confection? Take part in the video game creation activity!

Science Club: The science club is perfect for people who hold a scientific curiosity. Come experiment and learn more about the world of science while having fun!

Photo Club: The photo club is for students who want to learn the different technical and artistic concepts of photography. During the meetings, students will also learn how to better use the devices and thus make better photos!

Monthly follow up

Edu-inter is responsible for the ultimate follow up of the student. In that order, Edu-inter will monthly send an academic-social report to inform the parents about what is going on at school and in the host family.

Report card approval

When the student finishes the school year and has successfully completed all courses, Edu-inter will send the report card to the Quebec Ministry of Education to have it approved according to the Quebec educational system. Then Edu-inter will send the report card to the embassy student's country of origin so that the student can have the Quebec studies recognized in the country of origin. The student must be aware that this approval process might take some time and that the report card will only be ready after the departure from Canada. The report card will be couriered in July or August.

Summary of the estimated costs per year

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Items	Costs
Local transportation (bus pass)	\$ 500 to \$ 800
Uniforms (for schools only)	\$ 300 to \$ 500
School material and books	\$ 200 to \$ 300
School activity fees	\$ 100 to \$ 200
Extra-curricular activities	Variable









Courier fees for official documents (only if required, depends on destination)

About life style

Upon arrival

One important thing to remember at your arrival is that we are here to help you. You will probably be tired of your flight and might feel a little bit nostalgic. Don't worry! It's normal and you will get better! It is important to spend time with your host family to develop a good relationship with its members and to get used to each other.

Culture shock

Culture shock is part of the adaptation normal process. Travelers are usually very excited before their arrival. At first, they try to adapt to the culture and food that are different from their home. But then, when someone starts to get settled and to adapt to his new environment, he can start to feel a little lonely and frustrated because people around him do things differently and are not always easy to understand. Moreover, language barrier can lead him to feel homesick. Culture shock usually appears within a month after arrival in 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. Keep doing activities you already liked in your home country. That might help you keep some benchmarks and feel better. Talking to the host family or with us about your feelings will definitely help you.

Communication Styles

The Quebec people usually say what they really think, and they will tell you exactly what they mean. Eye contact is very important when you are talking. When talking to each other, people usually keep a distance between 60 and 90 cm between them. Don't feel uncomfortable if people ask you a lot of questions. Quebeckers are usually curious, they like to talk, and they like to know how you feel about their city. The first time you meet someone it's appropriate to shake hands.

Going back home

On your last day, you will receive a certificate that indicates the duration and the level of the program you will have completed in the school. You might feel sad when you'll 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 will do everything to make your experience here unforgettable! It is now up to you to enjoy it to its maximum!



