



Edu
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2024 PRE-DEPARTURE GUIDE



Apprendre
le français
à Québec!

learningfrenchinquebec.com
info@edu-inter.net

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Welcome to Edu-inter

It is a pleasure to welcome you as one of the 2000 foreign students that make our community a dynamic and lively place for learning French as a foreign language.

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 goals. You are about to live a new challenge and a life changing French experience!

The purpose of this guide is to help you prepare for your arrival in Quebec City. You will find very informative information on Edu-inter and the city of Quebec. Please read it carefully, it is full of important information to assist in planning your stay with us. It will answer many of your questions, including steps to take before you leave home, and those to take after you arrive in Quebec City.

All our friendly and professional staff look forward to welcoming you soon and we hope that you enjoy your stay with us.



Sylvain Langlois
Président, Edu-inter

Meet my team

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Why Edu-inter?

- Specialized French school - 100% French immersion environment. No other languages are spoken at school and everywhere in the city! We do offer a real and intense French immersion.
- Edu-inter is accredited by Languages Canada which is an organization recognized by all Canadian embassies in the world that certifies Language Schools.
- It is also a proud member of IALC (International Association of Language Centres) which is an award-winning association of leading language schools worldwide.
- We teach international French, and our programs follow the CEFR, the most effective and renowned language reference program in the world. Our students will be able to understand French from everywhere after a stay with us; our programs are very complete and much more diversified than those in other French speaking countries.
- The best location in town! Downtown Quebec City, next to the Plains of Abraham and within walking distance from cafés, restaurants, Old district etc.
- Excellent facilities in campus accessible for all students: gymnasium at an affordable price, restaurant, student lounge, internet café, and cafeteria.
- Our attention to details and to the needs of every single student.
- We offer a wide variety of cultural and recreational activities for summer.
- Our host family are 100% French speakers.
- More than 2000 students from 43 countries come to Edu-inter every summer to learn French.
- We have a French policy where students must speak French all the time in the classroom, during the activities, excursions, and break time, that ensure the immersion experience as well and we make sure you will reach your goals and have plenty of opportunities to express yourself in French.



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First day at Edu-inter

Summer Sessions (Between June and August)

Teen (summer)

- 7:45 a.m. Welcome
- 8:15 a.m. Orientation session
- 8:45 a.m. School Tour
- 9:00 a.m. French oral test
- 10:30 a.m. Assigning of level, bus pass purchase.
- 11:30 a.m. Lunch
- 12:30 p.m. Theme Camp

Adults (summer)

- 7:30 a.m. Welcome
- 7:35 a.m. School Tour
- 7:50 a.m. Orientation session
- 8:05 a.m. French oral test
- 8:30 a.m. Course books, assigning of level. Students join their classes.
- 11:30 a.m. Lunch
- to 12:15 p.m.

Year-Round Sessions and Winter Teen Camp

Adults - Year-Round Session

(Every Monday except in between June and August)

- 7:30 a.m. Welcome
- 7:35 a.m. Orientation Session
- 7:50 a.m. School Tour
- 8:05 a.m. French oral test
- 8:30 a.m. Course books, assigning of level. Students join their classes.
- 11:30 a.m. Lunch
- to 12:00 p.m.

Winter Session for teens

(Mid-January to Mid-February)

- 7:30 a.m. Welcome
- 8:00 a.m. Orientation session
- 8:20 a.m. School Tour
- 8:45 a.m. French oral test
- 9:15 a.m. Course books, assigning of level. Students join their classes.
- 11:30 a.m. Lunch
- 12:30 p.m. Cultural & Sports Activities

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Finding Edu-inter

Our offices

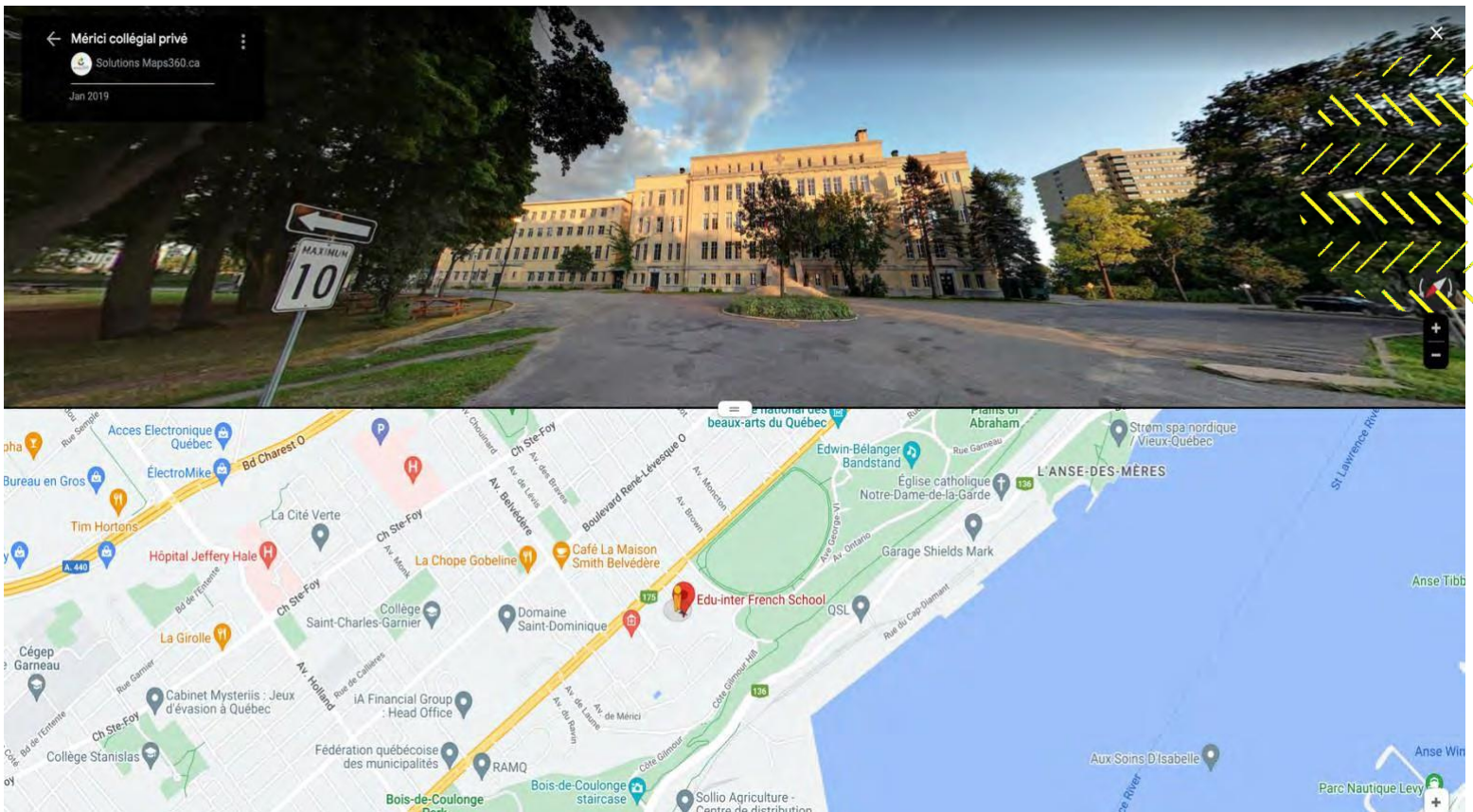
Edu-inter Main Campus

755 Grande-Allée Ouest
Québec, QC, G1S 1C1
Phone: +1 (418) 573-5956

Edu-inter Administrative Office

871 Grande-Allée Ouest, suite 50
Québec, QC G1S 2L1
Canada

We are located in the Mérici Collégial campus, wing C, on the 5th floor. The campus is easily accessible by car or by public transportation (city bus).



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Arriving at the airport, bus, or train station, or by car

If you have paid for Edu-inter pick-up service*

You will receive a pick-up confirmation service by email a few days prior to your arrival. Our transportation coordinator will be waiting for you with a sign with your name on it. He will take you to your homestay or your residence.

If you do not see our driver, call the emergency number provided on the pick-up service confirmation that was sent to you by email a few days prior to your arrival.

If you are delayed, please let us know as soon as possible by calling us at our emergency number (418-264-8952).

Please note that we must receive your arrival and departure information within the 2 weeks prior to your arrival to ensure that we offer the service.

If you do not have a pick-up service from for Edu-inter

Cabs/Ubbers/Buses are available at the Quebec City Airport to take you whenever you want to go in the city.

*Please note that all teenagers that take part in our winter and summer French camps will be picked-up at the airport/train or bus station unless other arrangements have been made with your agent at Edu-inter. If students arrive with their parents at the airport/train or bus station and require to be escorted with their teen to the residence/homestay by our private transportation service, an extra charge will apply.

Airport

There is only one airport in Quebec City, and it is located at an approximately 20-minute drive from the school. The name of the airport is the Jean Lesage International Airport (code: YQB)

Train stations

There are two train stations in Quebec City:

1. Gare de train Sainte-Foy – Via Rail (Sainte-Foy-Sillery-Cap-Rouge, QC G1K 3X2)
2. Gare de train Québec – Via Rail (Gare du Palais - 450 Rue de la Gare du Palais, Québec, QC G1K 3X2)

Both are located at a 10-minute drive from the school. By public transportation, the Gare de train de Québec is the closest one (bus 800).

Bus stations

There are two bus stations in Quebec City:

1. Gare d'autocars de Sainte-Foy (3100 Chemin des Quatre Bourgeois, Québec, QC G1V 5A6)
2. *Gare d'autocars de Québec* (Gare du Palais - 450 Rue de la Gare du Palais, Québec, QC G1K 3X2)

Both are located at a 10-minute drive from the school. By public transportation, the *Gare d'autocars de Québec* is the closest one (bus 800).

By car

Parking at school:

For students arriving to school by car, the price is \$55 from Monday to Friday, from 7 am to 5 pm. Should you wish to leave your car in the parking during the evening (after class) you will have to pay per hour at the parking machine on-site. It is about \$15 CAD for the evening.

The weekly pass can be bought on your first day at school during the orientation session or if you know you will require a pass, you need to advise us in advance, and we will prepare a pass for you for your arrival (hebergement@edu-inter.net)

Transportation in Quebec City

Quebec City is a quaint city, and it is easy to commute to the school every day by public transportation. City bus is the only public transportation available, and it is the most common mean of transportation. The network is very thorough and convenient. The bus lines called *Métrobus* criss-cross the city, and those lines have a service called *Couche Tard* which provides some late-night transportation. A monthly bus pass costs \$91.95, a weekly pass (5 days) is \$31.50 and individual trips can be bought for C\$3.75 (cash) each. Adults cannot get any discount as students when buying bus passes.

Taxis/Ubbers are very safe and reliable and cost about \$20 for a 20-minute trip.

Students in youth programs use public transportation. They have a bus pass provided for the duration of the program. It is included in the summer and the winter package.

Students in external camps such as music, horse riding, tennis, hockey, soccer, circus, snowboarding (Winter program), and skiing (Winter program) will be transferred daily from school to camp and back to school by our staff.

Underage students in residence have 24/7 supervision by camp counsellors. They eat together and commute

as a group to school, activities, excursions and back to the residence.

Adults and underage students in homestay commute on their own using public transportation. If an outing ends late at night, host families may provide transportation to get students back home safely.

Unaccompanied Minor Service (UM)

A mandatory fee of CAD \$180 will be charged by Edu-inter for any teen being registered as UM (Unaccompanied Minor) with the airline/bus and train. This is additional to any fees charged by the airline. An Edu-inter staff member will stay at the airport until the plane has taken off, regardless of any delay that may occur.

Student life at Edu-inter

Our mission is to make your experience with us unforgettable. Get to know more about the student life at Edu-inter in Quebec City as well as the activities and excursions organized by the school. During your stay, you will have the chance to integrate a new culture but also to meet many new friends from all over the world!

Our teachers come from different places in the French countries (Canada, France, Belgium, Tunisia, Algeria, etc.) and international French is taught at school, so our students will be able to understand French from everywhere after a stay with us. Our programs are very complete and much more diversified than those in other French speaking schools around the world.

Our French policy

Due to our strong French Policy, students must speak French all the time in the classroom, during the activities, excursions, and break time. You will improve your French a lot with us, and you will have plenty of opportunities to express yourself in French.

Our Approach

We offer courses for 7 levels of French in reduced class in order to give as much attention as possible to each student. To place you in the right level, we will ask you to take a quick online French test before your arrival in Quebec City combined with a private interview on your first day at school.

Regarding our approach and techniques, we use the successful communicative language teaching method with emphasize on interactions unlike masterful classes with books and readings some non-specialized French

immersion schools have. We give students a voice! You are at the right place with Edu-inter to learn and improve quickly and efficiently in a casual and dynamic environment.

Activities

All our French immersion programs feature an outstanding activity and excursion program. These activity programs are not an afterthought, but rather a central component of the intensive French immersion, reinforcing both the exploration of the Quebec culture and the learning of the French language that are central to our mission. Those activities are optional for adult programs (you register on-site to the ones you are interested in, some activities are free, but others might have an additional cost) and included in the summer and winter camps for teens. The variety of activities offered suits all tastes, from visits to museums, to sport activities, guided tours, and social evenings, they are offered during the week and on weekends.

TEEN PROGRAM: If your teen arrives on a Sunday while there is an evening activity on the calendar, an extra charge may apply if your teen did not register already for that activity. More activities and attractions to do on your own while in Quebec City: <http://www.quebecregion.com/en/what-to-do/activities-attractions/>

Course books and materials

Course books are provided and included in teen program packages. For adult programs, 1 course book and materials are added on your invoice and paid prior to your arrival.

Program extension

All program extension requests have to be made to one of the Edu-inter employees no later than the Thursday (12:00 p.m.) preceding the end of the initial program. This extension is conditional on the constraints of the company (place in accommodation, classroom, etc.). Payment must be made no later than the Friday prior to class entry. If payment is not made on time, the student will not be able to enter the course. Three payment methods are offered: cash, Interac e-Transfer and Mastercard/Visa credit cards.

Program change

Any change of program is strongly discouraged due to the strong logistical impact it creates.

An administrative fee of \$225 CAD will be charged for any change of program occurring during the student's stay. In the event of switching to another program, the difference in fees for the new program is added if it is more expensive. The change is conditional on availability in the new program chosen.

The change must be requested between Monday and Wednesday noon at the latest for a changeover the following Monday.

Course schedules

Adults - Summer programs

	French & Drama, Cooking, Music, French for Teachers
8:30 am – 11:30 am	French Class
11:30 am – 12:15 pm	Lunch
12:15 pm – 4:00 pm	Drama, Cooking, Music, or Teaching

Adults - Year-round programs

	Core French	Intensive & Business French	Super-Intensive French	French & Volunteering	French & Music	Exam preparation
08:30 am – 13:30 am	French Class					
12:00 pm – 1:30 pm		Conversation Workshop		Volunteering	Music lessons	Preparation Workshop
1:30 pm – 2:45 pm			Semi-private class from Monday to Thursday			



<u>Teen – Winter Camps</u>	Multi-Activities (This schedule will be updated in December 2023)
9:00 am – 12:00 am	French Class
12:00 am – 1:00 pm	Lunch
1:00 pm – 1:30 pm	Transport to external camp
1:30 pm – 4:30 pm	Afternoon camp
4:30 pm	Commute to accommodation
Evenings	Evening activity/Time with host family

<u>Teen – Summer Camps</u>	External camps: Hockey, Soccer, Music, Tennis, Circus, and Horse riding	On-campus camps: Multi-Activity, Drama, Dance and Cooking
8:30 am – 11:30 am	French Class	
11:30 am – 12:30 pm	Lunch	
12:30 pm – 1:00 pm	Transport or walk to external camp	Afternoon camp
1:00 pm – 4:00 pm	Afternoon camp	
4:00 pm – 4:30 pm	Transport to College Mérici	
4:30 pm	Commute to accommodation	
Evenings	Activities in residence/Time with host family	



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Lodging

Student off-campus residence for teens (summer)

The teens are supervised 24/7 by our very helpful, experienced, and live-in coordinators qualified to assist students. They are adults (in between 18 and 30 years old) have studied in field related to tourism, education, Social Sciences and/or recreational organization. Our team is really well trained and very helpful.

Students may share a room with another student of the same gender. Each room is equipped with desk and lamp; bathrooms are shared. Boys and girls are lodged in different areas of the residence. Linens are included as well as a hand towel, a soap, and a facecloth. No hangers.

All students will have access to internet upon arrival at the residence to contact their parents and let them know they have arrived.

No room/cleaning service is included at the residence. Students need to do their own laundry and change their own linens.

Upon their arrival, students will be asked a \$50 deposit (US currency is accepted for the deposit) for the key (cash only). The day of their departure, once the student returns the key, the deposit will be returned.

Passports are kept in a locked box during your teen stay with us. The day of his departure, our Edu-inter counsellors make sure all teens have their papers prior to leaving the residence.

Students in residence do their laundry once a week; laundry soap is provided for them (no cost for laundry).

The teens in the residence all well entertained and can enjoy a variety of fun activities every night in the residence (have a look at our calendar of activities for more details). All activities and outings are supervised by qualified instructors. Teens in the residence are grouped with students of their age and genders.

For the parents who will drop their teen at the residence (arrivals are on Sunday unless you have a special agreement with your Edu-inter agent and you paid extra nights), you need to confirm your arrival to our transportation coordinator by email at hebergement@edu-inter.net.

Parents who are driving their teens to Quebec City must drop them at the student residence on Sunday and **not at school.**

Address: Pavillon H.-Biermans-L.-Moraud
275, rue de l'Université Université Laval
Québec (Québec) G1V 0A8

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Check in is at 4:00 pm on Sundays. If your teen arrives prior to 4:00 pm, we will place his luggage in a locker-room and he will join the rest of the group who are on-site on activities.

Check out is at 10:45 am on Saturday. If your teen leaves after 10:45 am, we will place their luggage in a locker-room and he will stay with the rest of the group who are on-site on activities on that day until his departure.

On-campus residence for adults (all year long)*

The on-campus residence is a co-ed shared apartment-style accommodation. Each student has a private room. There is a shared bathroom, fully equipped kitchen and living room. The on-campus residence is conveniently located near supermarkets, drug stores, restaurants, and cafes.

- A deposit of \$300 is required to cover the costs of damage in the residence. If the apartment is returned in the same condition as on arrival, the deposit will be refunded at the student's departure.
- No room/cleaning service is included at the residence. Wi-Fi is included in all rooms.
- There is no phone at the residence.
- Washer and dryer are available in the residence.
- For students who are travelling by air/train or bus, a private pick-up service is mandatory (\$50 CAD). For students who are arriving by car, check in is at 4:00 pm on the day of your arrival.
- Check out is at 9:00 am.

Off-campus residence for adults (summer only)

The off-campus residence is conveniently located near a shopping complex with a supermarket, restaurants, and cafes.

- Each student has a private room with Wi-Fi access; shared bathrooms are available on each floor. Washer and dryer are available in the building at the student's expense.
- There is a cafeteria in the student residence and one at the school; it is around 10\$ for breakfast and 12\$ for lunch. You can also buy your own groceries. There is shared microwave on each floor of the student residence and some kitchen amenities (cutlery, pots and pans not included - you can buy them at a low price at the dollar store). A mini refrigerator can be rented if desired.
- There is also a bicycle path connecting the residence and the school. Some bicycles are available for

free at the residence Laval. You must enquire availability at the residence front desk.

- You can also rent a city bike using the [àVélo](#) APP
 - A 1 way 30-minute trip costs \$5.25 CAD
 - 30 or more minutes cost \$0.25/minute
 - Unlimited number of 45-minute trips for 30 consecutive days costs \$36/month
 - The payment methods accepted are Visa or Mastercard credit cards only
 - [Click here to see the full price list](#)
- There is no phone at the residence.
- No room/cleaning service is included at the residence.
- For students arriving by car, check-in is at 4:00 pm on the day of the arrival. Check out is at 12:00 pm.

Homestay for teens and adults

For all students who are staying with a host family, they take public transportation to go to school every morning/evening to go back home. All of our families are located at about 10-20 minutes by car from the school, so it is very not far. But by bus, it is about 10 to 60 minutes. It includes walking time to the bus stop and of course, the bus stops all along the way.

All our families are located in safe residential areas and close to a bus station (bus is the only public transportation available in Quebec City - This is a quaint city and easy to commute to the school every day).

They are 100% French speakers, and they are carefully selected to meet the highest standard of welcoming families. They are also visited and interviewed by our professional lodging lead coordinators. Background checks are done for each family. The families will treat your teen as if he were their own child. Your child will really get to live as a real "Quebecois" student and be in direct contact with the locals.

Also, Quebec City is one of the safest cities in the world. Children from 8 years old take the public bus alone to go to private school every day here. Same thing for the workers. They either take their car or the bus every day. You will be like them. It is part of the French/Quebec experience when staying here and a lot of opportunities to hear French on their way to school (radio, driver etc.).

On the first day of school, your teen will be accompanied by a member of the host family to the school, and he will commute by himself after class. The student will go back to the host family after the afternoon activity except on Wednesday evening when all students get together for an activity.

We will send your Quebecer family profile and contact information at the latest 10 days prior to your teen's

arrival. You will have the chance to communicate with the family and get to know them better prior to your teen's arrival.

Arrival can take place at all times during the day. You need to confirm your approximate hour of arrival to our transportation coordinator by email at hebergement@edu-inter.net.

There is no check in or check out time when staying with a host family.

Towels, linens, and hangers are provided. It is recommended that summer students bring a beach towel for swimming outings.

Meals

Breakfast usually includes 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 (please bring your own lunch bag from home). The main meal, dinner, is usually around 6:00 pm. Dinner includes meat or fish, vegetables, rice or potatoes, bread, and dessert. 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 there is something you do not like, it is important that you inform your host family. Our host families are very accommodating. However, if you have allergies and very specific needs, you must advise the school prior to your arrival. Extra fees may apply depending on your request.

What to expect from your experience in a French-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. Generally, people take off their shoes when in the house and wear slippers. Make sure you bring a pair.

Quebecois families have different structures and not necessarily commonly traditional nuclear families. Our host families are middle or high economic class families that have been screened and selected carefully. All host families go through a police check, home inspection and are evaluated to provide the best environment to host a student. Most families have previous experience hosting international students and are motivated by the

cultural exchange and involvement with the students.

For teens:

We suggest teens to leave their passports at the host family for security reasons. Your host family will take care of your laundry.

For adult students:

The students who stay with a family will be able to wash their clothes in the same house.

Policy in case of expulsion

In case of serious misconduct and for any major failure determined by Edu-inter, the school reserves the right to expel definitively and without delay a student.

Edu-inter is released from all responsibility towards this student. In this case, the liability document (custodianship declaration) then becomes null and void. No refund of the full tuition will be made. All expenses related to the expulsion (lawyer, transportation, security, lodging, airfare etc.) will be entirely the responsibility of the student or his parents.

Thematic programs for teens including activities or external camps

Teens registered to programs that include multi-activities, sports and arts workshops in the afternoon must be prepared to go from school to the external activity site right after lunch time. If the activity/camp requires additional equipment (sports equipment of any sort, musical instruments, etc.), students must bring it to their morning courses, since going back home/residence to get it will not be possible.

French & Horse riding: bring your own boots and helmet (On-site rental is a possibility).

French & Tennis: bring your own tennis racket (no possible rental).

French & Music: bring your own instrument (On-site rental is a possibility for certain instruments).

French & Hockey: bring your own equipment (On-site rental is a possibility).

French & Soccer: bring your own soccer equipment (no possible rental).

French & Circus & French & Cheerleading: bring your proper gym attire.

Wi-Fi and electronic devices

There is Wi-Fi at school, in homestays and in the residences. Usage of electronic devices is not allowed in the classrooms and during Edu-inter organized activities and outings but is allowed after class and at home. If you wish to bring a laptop, cell phone, tablet, or any other device, it is your responsibility to keep it safe and use it adequately during allowed times. Edu-inter cannot be held responsible for loss or theft.

Teens can carry their cell phone with them while in the program. However, we have a cell phone policy at school and teens are not allowed to use it during classes. We want them to mix and mingle with the others instead of isolating themselves with their cellphone. However, each teen will have some free time to call or text their parents every day. During classes, they have to leave their cell phone in a box at the door to avoid any distractions.

Thanks to [ZAP Québec](#), the Quebec region has several access points throughout the city.

Medical clinic

There are medical clinics and a hospital close to the school. More information will be given to you during the orientation session on your first day at school.

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 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. Canadian students from other provinces have the right to medical care in Quebec upon presentation of their provincial medical card.

Teens in the summer and the winter program have medical insurance included in their program.

If you purchase insurance with Edu-inter, we will send you the policy and coverage a couple of days before your arrival.

What to bring to Quebec

If you come to Quebec during the winter (from December to April)

For outdoor activities:

Ski jacket, ski pants, gloves and boots, these items should be waterproof and should also resist to low temperatures. A scarf and a hat (made of wool or any other warm material).

For every day:

Jacket (the same one used during the outdoor activities), warm pants, and sweaters, wool gloves, warm 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 do not have winter clothes available in your country, you need to plan extra money to buy winter clothes upon your arrival in Quebec City (a minimum of \$200 CAD for winter boots, a winter jacket, mittens, and a winter hat).

Where to buy winter clothes:

Winners – www.winners.ca

The Bay – www.hbc.com

Simons – www.simons.ca

Walmart – www.walmart.ca

Sports Experts – www.sportsexperts.ca

L'Aubainerie – <http://aubainerieconceptmode.com>

Mountain Equipment Co-op – www.mec.ca

Teens who are coming to our winter camp and need winter clothes can get help from a member of the Edu-inter staff or their host family to go buy what they need.

Always bring

- A valid passport.
- Personal hygiene items (deodorant, shampoo, toothpaste, toothbrush, etc.).
- A small bag for outings or weekend trips.
- A backpack to carry your books.
- A lunch bag (for students in homestay).

- Prescription drugs you have to take or a copy of the medical prescription.
- Sunscreen
- Sunglasses
- Normal glasses and contact lenses (with the products you need for them).
- French-native language dictionary (pocket format or electronic).
- School supplies such as notebooks, pencils, pens, erasers, pencil sharpeners, etc.

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

- A raincoat
- Long pants / Jeans
- Underwear summer sport shirts
- Bermudas / capris / shorts
- A couple of sweaters for night activities
- Sports clothes and shoes
- Slippers
- Swimsuit
- T-shirts
- Beach towel
- A light coat
- Flip flops for the pool (Mandatory for the SPA activity)
- Comfortable shoes
- Socks
- Dresses or skirts

Quebec City

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

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and highways leading to major Canadian cities and to the north-eastern United States.

Quebec City was voted 10th BEST DESTINATION in the world and number 1 in Canada! Also, 95% of the population have French as their mother tongue compared to the Montreal Island (48%).

French is spoken at home by all in Quebec City. It is then the best destination to learn or improve your French.

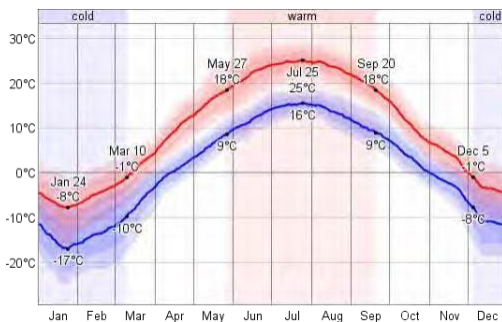
Quebec City has also been voted the safest urban center in Canada for two years in a row. The cradle of French-speaking America, it is a charming city with great atmosphere and all services of a big city. Its historic center, declared World Heritage by UNESCO, is a destination for thousands of tourists 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.

The weather in Quebec City

The continental climate of Quebec 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. The city is known for its cold winters, but its summers are hot and generally sunny, with occasional humid days. It begins to snow in November and continues until March. The four distinct seasons allow for a wide range of outdoor activities year-round.

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.

Daily High and Low Temperature



The warm season lasts from May 27 to September 20 with an average daily high temperature above 19°C . The hottest day of the year is July 25, with an average high of 25°C and low of 16°C .

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Money

The Canadian monetary system is based on the system of Canadian dollars and cents. Legal tender is the Canadian dollar, which divides into 100 cents. Bills come in the following denominations: 5, 10, 20, 50 and 100 dollars. The coins in use are of the following denominations: 5, 10 and 25 cents, as well as one and two dollars.

On arrival, visitors should obtain Canadian currency at the official exchange rate in order to avoid problems. There are also currency exchange bureaus in Old Quebec. When you arrive at the airport, you can also exchange money into Canadian currency.

You can pay with cash, major credit cards (MasterCard and Visa), or direct debit cards (Interac) at most venues, shops, and restaurants. Apple pay is used as well.

Traveler's checks in Canadian currency are safe and accepted by major banks but are not very common. Most Canadians use their credit cards (VISA, Mastercard) and their debit cards. ATMs are available everywhere in town and visitors can do banking and withdraw money through network systems like "Plus", "Circus", "Interac", etc. and enjoy excellent exchange rates.

In Quebec there is a 5% federal tax (GST) and a 9.975% provincial tax (QST) applied to most items you buy.

There are quite a few banks around the city where you could open an account or make transactions but usually, this is for students who are staying for at least 6 months. Scotia Bank, TD – Canada Trust, Desjardins, RBS, BMO – Bank of Montreal, Laurentian, CIBC, etc. and are located everywhere around the city.

Normal banking hours are from 10 a.m. to 3 p.m., Monday through Friday, with extended hours on Thursday, Friday, and Saturday at some locations.

No smoking regulations

The Tobacco Law forbids smoking in all public buildings, including bars and restaurants. It is prohibited also to smoke at school. Smokers must smoke at a 9-metre distance from any public building. Even though Cannabis is legal in Canada, one must note that it is also forbidden to smoke or vape cannabis in any public place, whether indoor or outdoor, including public roads.

Culture shock

Culture shock is part of a normal process of adaptation. One important thing to remember at your arrival is we are here to help!

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: \$2.00 – \$4.00

Milk (1L): \$2.00 - \$3.00

Water (1.5L): \$1.00 - \$3.00

Steak: \$10.00 – \$20.00

Coca-Cola (2L): \$2.50 – \$3.50

Coffee (one cup): \$3.50 – \$6.00

Toilet paper (8 rolls): \$5.00 – \$10.00

Food in a restaurant

Family restaurant (price for 1): \$20.00 – \$35.00

Fancy restaurant (price for 1): \$35.00 – \$60.00

Fast Food meal (price for 1): \$10.00 – \$15.00

Entertainment and clothes

Movies: \$10.99 – \$12.99 (50% rebate on Tuesdays)

Jeans (one pair): \$40.00 – \$100.00

Socks (one pair): \$3.00 – \$10.00

T-shirt: \$10.00 – \$25.00

Driving in Quebec City

In Canada, drivers drive on the right side of the road. In Quebec (except on the island of Montreal), you can turn right on red lights. Distances and speed limits are posted in kilometers throughout Canada. Gasoline prices are in liters.

If you are in Quebec with an international student visa and you have a valid driving license from your country, you are allowed to drive in Quebec. If you are visiting on a tourist visa, you must communicate with your consulate in order to obtain an international driver's license. To rent a car, most companies require you to be 21 years of age.

Cellular phone use while driving

Since April 1, 2008, the use of a hand-held cell phone must be used with the "hands-free" function while driving.

Driver's license

Tourists from certain countries or as a precautionary measure, it is preferable to obtain an international driver's license.

Gas

In Quebec, gasoline is sold by the liter (1 US gallon = 3.8 liters).

Parking meters (automatic pay stations)

Unless otherwise indicated, parking meters are in operation Monday through Saturday, from 9:00 a.m. to 9:00 p.m. as well as on Sunday from 10:00 a.m. to 9:00 p.m. Parking in front of a defective or covered parking meter is prohibited. Some meters accept credit cards.

From November 1 to April 15, it is prohibited to park in the city streets when snow removal operations are carried out after snowstorms. Pay attention to the orange warning signs (flashing indicators), which are activated prior to the beginning of a snow removal operation.

Radar detectors

The use and transportation of radar detectors are illegal in Quebec.

Reserved bus lanes

Reserved lanes for Quebec City transit system buses are identified by a white diamond symbol on the pavement and are separated by double dotted lines. Road signs showing reserved lane hours of operation are posted along the streets and at certain intersections.

During reserved lane hours of operation, drivers ARE FORBIDDEN TO DRIVE, STOP or PARK in the lanes, which are strictly for buses (local transit system and coaches) and taxis. Drivers nearing an intersection may travel short distances in the reserved lanes in order to make a right-hand turn. However, they must watch for the dotted line on the pavement indicating when they may do so.

Road signs

In Quebec, road signs are in French. However, most signs also include international symbols.

Seatbelts

Seatbelt use is compulsory.

Speed limits

In Quebec, speed limits are posted in kilometers/hour (km/h), and distances in kilometers (0.6 miles = 1 km). On highways and major provincial roads, the maximum speed limit is 100 km/h, and the minimum, 60 km/h.

Turning at traffic lights

Those turning left at traffic lights have the right of way when the green light flashes or when an arrow appears. Turning right at a red light is permitted at most intersections in the Quebec City region. Drivers must come to a full stop before turning and must yield to vehicles, cyclists and pedestrians who have already started to cross the intersection.

Winter tires

From December 1st to March 15th, vehicles registered in Quebec (including rental cars) must have tires specifically designed for driving in winter conditions in accordance with the standards set forth by the government. If a vehicle is not registered in Quebec, winter tires are not mandatory. However, their use is highly recommended for safety reasons.

Mail service – Canada Post

Canada Post is the federal postal service of Canada. Post offices are located all over the city, sometimes inside pharmacies, *dépanneurs* (corner stores), and office buildings. You can mail letters at a post office, or if you are sure of the postage required, you can mail letters directly in a mailbox. If you are sending a package, you must go to a post office, and they will weigh it for the correct postage. They also sell boxes and padded envelopes that you can buy to package your parcel.

Electricity

Quebec's electrical power is 60 cycles, 110 volts. An adapter is needed for electrical appliances using another type of power, such as the 220-volt European system.

Tipping

With very few exceptions, tips are not included in the final tabulation of restaurant bills. Tips are usually 15% of the total bill, excluding taxes. Cab drivers, bellhops and hairdressers are usually tipped at the customer's discretion.

Holidays in Canada and Quebec

Apart from national holidays each province of Canada has its own festive dates. Here is a list of holidays celebrated in Quebec:

Dates

- January 1 - New Year's Day (Jour de l'an)
- Friday before Easter - Good Friday (Vendredi Saint)
- Monday after Easter - Easter Monday
- Monday on or before May 24 - Victoria Day (Fête de la Reine)
- June 24 – Quebec Day (Fête nationale du Québec)
- July 1 - Canada Day (Fête du Canada)
- First Monday in September - Labour Day (Fête du travail)
- Second Monday in October - Thanksgiving (Action de grâce)
- November 11 - Remembrance Day (Jour du souvenir)
- December 25 - Christmas (Noël)

Liquor laws

The legal drinking age in Quebec is 18.

Bars and other licensed establishments are open Monday through Sunday until 3 am. Liquor and most wines are only sold in liquor stores operated by the *Société des alcools du Québec* (SAQ) However, some wines and all Canadian beers are available in grocery stores and supermarkets, from 8 am to 11 pm.

Some restaurants display « *apportez votre vin* » signs (“bring your own wine”). This means customers may enjoy their own wine and beer during the meal.

Metric conversion

Canada uses the metric system. Visitors find weather temperature reports given in Celsius degrees, gasoline sold by the liter (milk and wine by milliliters, and liters) grocery items in grams and kilograms, and road speeds posted in kilometers per hour.

Time zones

Quebec City lies in the Eastern Standard Time (EST) zone. We experience “daylight savings time” in fall/winter when we turn our clocks back one hour. This happens every year on the second Sunday in March. During this period, we are in Eastern Daylight Time (EDT). We put our clocks forward one hour (as they were before) at the end of EDT on the first Sunday in November.

Emergency phone numbers

911 – General Emergencies (police, medical assistance)

811 – *Info-Santé* (enquiries about health issues)

You can reach the emergency Edu-inter line 24/7 by dialing this phone number: +1 (418) 264-8952

Shopping hours

Most stores and shopping centres, are open as follows:

Monday to Wednesday: 9:30 am to 5:00 pm

Thursday and Friday: 9 am to 9 pm

Saturday: 9:30 am to 5 pm

Sunday: 10 am to 5 pm (some merchants may only open at noon)

Business hours are usually longer in December and in tourist areas. Stores are usually closed during statutory holidays, but some merchants (supermarkets, SAQ outlets, etc.) may remain open.

Taxes

The federal tax on goods and services (GST) is 5% and applies to most goods and services in Canada. The provincial sales tax (PST) is 9.975% and is charged on the selling price not including the federal tax and applies to most goods and services purchased in Quebec.

Other things to know...

- Drinking in public places is not allowed.
- Noise level in your home must be lower between 11:00 pm and 7:00 am.
- You are not allowed to use your cellular while driving in Quebec.
- Line-ups to pay at stores and kiosks are generally respected, as well as at bus stops and information counters.
- It is not acceptable to bribe police or officials.
- It is usually not acceptable to bargain for the price of goods in shops.
- Being late is generally considered rude.
- Toilet paper goes in the toilet, not the garbage bin.
- It is not polite to ask personal questions to strangers, such as salary level, marital status, religion, political inclination, etc.
- In Canada there is a tipping system in place. It is necessary to tip at restaurants or taxis when you receive service at the table (15%).
- You must wait for the green light or the pedestrian light to cross the street.

Your experience in Quebec City, 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 wonderful stay in Quebec!



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FAQ (Frequently Asked Questions)

Can we bring a packed lunch, and will there be a refrigerator to put it in?

You can bring a lunch with ice pack and carry it with you. There is no refrigerator at school. You can also have lunch at the school cafeteria. It is about \$12 CAD for a full meal.

If I am a vegan or a vegetarian or have special food restrictions, can I stay with a host family?

Yes, you can but those food restrictions must be known at registration. Extra fees will apply for strict vegan and gluten-free diet.

Can the residence be mixed?

The on-campus apartment for adults can be mixed. Regarding the residence for teens, boys and girls are lodged in different areas of the residence.

Can my child use his cellphone while in Quebec City?

Teens can carry their cell phone with them while in the program. However, we have a cell phone policy at school and teens are not allowed to use it during classes and specific activities. We want them to mix and mingle with the others instead of isolating themselves with the cellphone. However, each teen will have some free time to call or email their parents every day. During classes, they must leave their cellphone on a box at the door to avoid any distractions.

Can mail be delivered to me during my stay?

Yes. It is important to give parents and friends the exact address of Edu-inter to ensure that you receive your mail:

Edu-inter

For (name of the student) - teen or adult program

755, Grande Allée Ouest

Québec (QC), G1S 1C1



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We will let you know where you can pick up your mail and packages.

Is your course Standard French geared toward French Canadian speakers?

Our courses follow the DELF international program and so we teach International French. More than 55 states and 30 countries have French as their official language with all different accents. Our programs are rich, much diversified, and very complete if you compared to other French countries. We make sure to teach International French to give our students the opportunity to understand French from everywhere after an immersion with us. We recruit teachers from Canada and other European countries in order to offer our students the best academic classes and workshops on the market!

What kind of spending money should I allocate for my teen?

Everything is included in the teen package, from the airport pick-up to the drop-off when they leave. However, we suggest planning about \$75 - \$100 CAD per week for student to be able to buy personal souvenirs, gifts etc.

Are we tested for level of expertise before or after we arrive?

Yes. Each student. In order to place you in the right level, we will ask you to take a quick online French test before your arrival in Quebec City combined with a private interview upon your arrival.

As we focus on communication, each student will be placed according to their skills.

The Certificate of Acceptance of Quebec, is that a requirement for all students?

No, it is required only for students who will study more than 6 months with us. Those students also have to apply for a study permit. A letter of acceptance will be issued by Edu-inter as soon as you will be registered for you to have the necessary papers from us to apply.

Do I need a tourist visa or a study permit to come and study at Edu-inter?

It depends on the country you are from. Determine if you need a visa here:
<https://www.cic.gc.ca/english/visit/visas.asp>



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Is it possible to arrive one day early and/or leave one day later?

For teens and adults, it is possible to arrive a day earlier and/or leave a day later. There will be an additional fee to pay for your room. You must reserve your room as soon as possible prior to the start of your program with your Edu-inter agent and you will then be informed of how much it will cost and the availability.

How can my parents and friends get hold of me in case of an emergency?

They can reach Edu-inter staff on a 24-hour basis, 7 days a week by dialing this emergency phone number: 418 264-8952

Are classes with both adults and teenagers?

No. Adults and teenagers are in separate groups and follow a different program.

Are the activities, classes, and workshops coed for teens?

Yes, all of our classes, workshops etc. are all coed. Teens are separated only in the student residence.

When will I receive the profile of my host family?

You will receive the profile of your host family no later than 10 days prior to your arrival. It will then be possible for you to contact them to get to know them better before your arrival.

Do you do a background check of host families?

We have our own host family network (more than 450 families), and all our host families are selected after thorough interviews: we select 100% French speaking families with serious background check.

SEE YOU SOON!

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