

# How do Quebecers live?

Edu-Inter



**You will soon arrive in Quebec, and we are already looking forward to welcoming you.**

**Coming to a new country is an opportunity to discover new landscapes, a different culture, and varied lifestyles.**

**This guide provides answers to the question you are probably asking:**

***“How do Quebecers live?”***

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### The People of Quebec:

- Are multicultural.
- Are warm, welcoming, and respectful.
- Enjoy chatting and taking their time.
- Value family greatly.
- Are proud of their culture and the French language.
- Love good food, especially maple syrup and poutine.
- Enjoy sports activities, particularly hockey, their national sport.



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### Quebec Families:

- Family is very important.
- Families are diverse (married couples with or without children, unmarried couples with or without children, single-parent families, blended families, or same-sex couples).
- Very often, adult family members work. As a result, everyone is involved in family life and participates in daily household tasks.



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### Housing:

- Offers a variety of options and layouts: small and large houses, apartments, or duplexes. Many homes include a finished basement where you often find bedrooms, a bathroom, or a family room. Note: In Quebec, toilets are usually located in the bathroom.



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### Quebec Food and Mealtimes:

- Quebecers typically have their meals at these times:  
*Breakfast:* 7:00 – 7:30 a.m.  
*Lunch:* 11:30 a.m. – 12:00 p.m.  
*Dinner:* 5:30 p.m. – 6:00 p.m.

### Examples of meals:

- **Breakfast:** Often consists of oatmeal, cereal, milk, bread, and fruit juice. It may also include fruit, pancakes, eggs, and bacon.
- **Lunch:** Light when eaten outside the home, often a sandwich with cheese, meat, or egg, accompanied by raw vegetables, fruit, yogurt, or small snacks.
- **Dinner:** More substantial, it can include meat or fish with vegetables, rice, or pasta with sauce. Traditional dishes like shepherd's pie, stew, tourtière, or more international meals are common.



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### Transportation:

- The bus network (RTC) is a safe and convenient way of getting around the city, widely used by Quebecers. Many dedicated lanes are reserved for public transport. A free mobile app (RTC Nomade) helps you plan your trips and track bus progress in real time.



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### Expectations of Families Hosting You:

- Families hosting students do so primarily for cultural exchange and to help students integrate into family life, notably by participating in discussions during shared meals.
- Good communication is essential from the beginning of your stay. Before your arrival, reach out to your host family to establish an initial connection. Make sure to share your flight details or inform them if there are any changes to your arrival time. During your stay, notify your host family if you plan to come home later than expected or if you won't be present for a meal. Good communication greatly facilitates living together and strengthens your bond with your host family.
- Unlike a hotel or an Airbnb, integrating into the family means students participate in daily tasks: keeping your room tidy and clean, possibly helping with meal preparation, and ensuring the bathroom is clean after use.

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- Respecting family rules and mutual respect is essential for a positive experience for both the family and the student. Honesty is also important: don't hesitate to openly discuss any situation with your host family if a problem arises so that you can find a solution together.

**Now that you have more information about life in Quebec, you are fully equipped to have an excellent stay in Quebec City. Edu-inter hopes this experience will be enriching, both linguistically and culturally. See you soon!**



I have carefully read this information.

**Signature :**