



EMS B INTERNATIONAL STUDENT PROGRAM ORIENTATION HANDBOOK



English Montreal School Board - 6000 Fielding Avenue, Montreal (QC) H3X 1T4





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Welcoming Message from the International Students Department Director

On behalf of the English Montreal School Board (EMSB), I would like to welcome you to Montreal and thank you for choosing the EMSB.

Moving to another country, especially on your own, is a challenging and exciting time. It offers opportunities and encourages one to make new friends, learn the customs and traditions of a new country and culture, and prepare you to think objectively and be productive citizens in the global community.

To help you adjust to your new learning and living environment we have prepared this orientation handbook. It contains information to guide you and help you succeed.

The EMSB family will strive to make you feel welcome, comfortable, and exceed your expectations.

We wish you a happy, healthy, positive, and rewarding educational experience.

Sincerely yours,

Anna-Maria Borsellino

Assistant Director International Students (School Organization)



Contact Information

English Montreal School Board

6000 Fielding Avenue
Montreal, Quebec
H3X 1T4

Tel: 514-483-7200 ext. 7258
Fax: 514-483-7511
www.emsb.qc.ca/internationalstudents

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Cheonseon Angela Kim (Speaks Korean) 514-483-7200, #7788 ckim@emsb.qc.ca
Schools: Laurier Macdonald, Lester B. Pearson, Marymount, F.A.C.E., James Lyng, Lauren Hill.

Elisa Medellin (Speaks Spanish) 514-483-7200, #7788 emedellin@emsb.qc.ca
Schools: Westmount, Royal Vale, Royal West, Rosemount, John F. Kennedy.

High School Phone Numbers and Web Site Address

F.A.C.E.	514-350-8899	www.face-english.csdm.ca
James Lyng	514-846-8814	www.emsb.qc.ca/Jameslyng/
John F. Kennedy	514-374-1449	www.emsb.qc.ca/jfk
John Paul I	514-328-7171	www.emsb.qc.ca/johnpauli
Lauren Hill Academy	514-331-8781	www.emsb.qc.ca/laurenhill/senior
Lauren Hill Jr. Campus	514-331-8019	www.emsb.qc.ca/laurenhill/junior
Laurier Macdonald	514-374-6000	www.lauriemacondonald.ca
Lester B. Pearson	514-328-4442	www.lbphs.ca
Marymount Academy International	514-488-8144	www.emsb.qc.ca/marymount
Rosemount	514-376-4720	www.emsb.qc.ca/rosemount/
Royal Vale	514-481-2463	www.emsb.qc.ca/royalvale
Royal West Academy	514-489-8454	www.emsb.qc.ca/royalwest
Vincent Massey Collegiate	514-374-1999	www.emsb.qc.ca/vincentmassey
Westmount	514-933-2701	www.emsb.qc.ca/westmount



IMPORTANT PHONE NUMBERS IN CASE OF EMERGENCY

911 Emergency Only - NOT AN INFORMATION SERVICE

1. Speak clearly to the operator, provide the nature of the emergency, the location, and where you are calling from.
2. The appropriate service will be dispatched – ambulance, police, or fire department.

811 Info-Santé/Health Information

1. Free and confidential service that puts you in direct contact with a nurse 24/7 365 days a year.
2. By asking relevant questions, the situation will be assessed and the appropriate plan of action will be determined.
3. You will be advised what to do or directed where to receive the proper care.

As an international student your emergency health insurance provider is Guard.me and keep.meSAFE for support services in partnership with Morneau Shepell.

You should keep your emergency insurance ID card with you at all times.

In case of emergency and you are admitted to the hospital call;

1. 1-888-756-8428 (North America)
2. 1-905-731-8291 (Call collect from anywhere else in the world except for your home country)

Hospital Emergency

1. For major problems such as broken limbs, chest pains, major stomach or head pain, serious accident, etc.

Hospitals

Montreal Children's Hospital
(Vendome Metro)
1001 Decarie Blvd.
Montreal, Quebec
H4A 3J1
514-412-4400

St. Justine's Hospital
(Cote St.Catherine Metro)
3175 Cote St. Catherine Road
Montreal, Quebec
H3T 1C5
514-345-4931



Walk-in Clinics

1. For minor problems such as a cold, flu, minor headache, sprain, mild stomach pain, rash, etc.
2. The clinics below will bill your insurance company directly with proof of your Guard.me ID card.
3. These clinics are open 7 days a week, however, you will need to verify their opening hours.

Walk-in Clinics

Clinic MDCM-STAT
5515 rue St. Jacques, suite 100
Montreal, Quebec
H4A 2E3
514-484-0999

www.mdcclinic.com

(Cross street Girouard Avenue)
Metro)

Clinique Medicale Metro-Medic
1538 Sherbrooke St. West, suite 100
Montreal, Quebec
H3G 1L5
514-932-2122

www.metromedic.com

(Cross street Guy/Guy Concordia

You may visit any clinic in your community, however, you will need to pay and then submit a claim.

Claims of \$1,000 or less can be submitted on line, otherwise the completed form should be mailed to the head office with all the appropriate documents. **You should make a copy and keep it in a safe place.**

Guard.me Head Office Contact Information

300 John Street, suite 405
Thornhill, Ontario
L3T 5W4

Phone: 905-731-8140
Fax: 905-731-6676
Toll Free: 1-877-873-8447
Toll Free Fax: 1-866-329-8447

General Inquiries – admin@guard.me

Claim Inquiries – claims@guard.me

Keep.meSAFE is a strictly private and confidential program providing **enhanced mental health support** specifically for our international students. Studying in a foreign country is exciting, however, the challenges can be overwhelming. Some of the challenges include, but are not limited to, culture shock, anxiety, loneliness, home sickness, difficulty making new friends, and adjusting to the new environment and customs.

The EMSB wants to help you succeed. With our keep.meSAFE program you will have access to support services by professional counsellors 24/7 in your mother tongue. These professionals will be available through mobile and web chat, telephone or video.

For additional information, they can be reached at:

1. Keepmesafe.org
2. 1-844-451-9700

Before You Travel

Things for school

All our schools have a specific school uniform or a color dress code. The dress code must be respected and worn every school day. There is also a compulsory uniform and/or dress code for gym class. The uniforms can usually be purchased through the school. You will also need gym/running shoes for Physical Education class.

Bring a paper dictionary to use during examinations periods to translate. Other electronic translating devices may not be permitted.



Clothes for winter

Winters in Montreal can drop to -25 Celsius. You will need appropriate clothing to stay warm such as a winter jacket, scarf, gloves, hat, sweaters and waterproof winter boots.

Presents

It would be nice to bring something from your home country to give to your homestay family or custodian. It doesn't have to be anything expensive, just something original to your country.

Documents

It is very important that you bring these documents with you and remember to keep these documents with you on the plane and not in the suitcase:

- Full name, address, and phone number of homestay family
- Name and phone number of homestay and/or agent representative
- Passport (Your passport must be valid for at least six months after your intended departure date)
- Study Permit
- Airline Tickets
- Most recent school report card and official English/French translation
- Immunization Record (vaccination card)
- Letter of Acceptance (Letter sent to your agent)
- Prescriptions for any medication that you are bringing with you (if you need to renew them in Canada)

We recommend that you make a copy of your most important documents, like your passport. Keep a copy with you and give one to your homestay family/guardian. Should you lose your passport, it is much easier to have a new passport issued if you have a copy of it.



Health Insurance Plan

It is compulsory for all international students to have medical and travel insurance for the time that you study in Canada.



The health insurance plan is included for all EMSB international students as part of the tuition fee for a 12-month period.

Medicine Prescriptions

While most medications are available in Canada, you should bring enough with you to last for the first month if you need anything specific.

Remember to ***bring your doctor's prescription***, as you may need to prove you are allowed that medication and it should help when you need to visit a doctor for a repeat prescription.

Electricity

Canada's electrical supply and electrical outlets (sockets, wall plugs) is 120 Volts and 60 Hertz. You may want to check what the electrical supply is in your own country.

[Click here](#) to be directed to a website with the different voltages around the world listed by country.

Power Adapter

You probably need to purchase an adapter/converter so you can charge any electronic devices, like a laptop or your phone, while you are in Canada.

There are many stores in Montreal that sell adapters and converters including Wal-Mart and most of our drugstores/pharmacies such as Jean Coutu and Pharmaprix.

Money

Canada's currency is the Canadian dollar (CAD). While you are able to pay with credit cards almost everywhere, many people still use cash (coins and bills) to pay with. It's a good idea to always carry a bit of cash with you.

For instance, on the city bus you can only pay with coins and must have the exact change, (unless you have a bus pass).

The coins have nicknames, or popular names:



- The one-dollar coin is called a Loonie because of the bird on the coin (a loon)
- The 2-dollar coin is called a Toonie
- 25 cents is a Quarter
- 10 cents is a Dime
- 5 cents is a Nickel

One of the more difficult things to get used to is that the 5-cent coin is bigger than the 10-cent coin. This will take some getting used to when you first start paying with coins.

Canada has stopped making the one-cent, also known as a penny, in May 2012, and stopped the use of the penny in February 2013. When paying cash any purchase or price that does not end in a five or a zero will be rounded up or down. So, if something costs \$1.01 or \$1.02 the price becomes \$1.00. If something costs \$1.03 or \$1.04, it becomes \$1.05.

For any electronic transactions (credit card and debit card), cheques, and money orders, nothing will change. A \$1.03 purchase will cost \$1.03.

It will be good to have some cash with you when you arrive; we recommend you bring around \$250.00CAD in cash with you.

To understand the value of your currency in Canadian currency please go to www.google.com/finance/converter.

Arriving in Canada

Declaration Card

Before your plane lands in Canada, you need to fill out a [Declaration Card](#). Most of the card is easy to fill out but it is very important that you answer ALL questions honestly. For instance, if you have brought any food with you – this can be an apple, a chocolate bar or some food from home – you **MUST** declare this on the card.

Montreal Arrival & Pickup

Your transportation from the airport to your host family may or may not be included in your homestay fee. If you requested airport pickup, and have informed your homestay coordinator of your flight arrival information, you will be met at the airport. Otherwise, you are responsible for making your own way to your homestay family.



After you get off the plane you will walk to an area where you will present your passport to an agent. The agent will review your documents and stamp them allowing you to enter Canada. You will then collect your luggage. Afterwards, you will either go to the arrival gate, or perhaps to another area where customs will go through your luggage. The custom agents pick new arrivals by random. If you are picked, and have filled out your declaration honestly, the process will be quick.

When you finally go through the arrival gate you will see a crowd of people greeting other passengers. If you are being picked up, look for someone holding a sign with your name on it. It may be very crowded, so be patient when looking for the sign.

If you do not see anyone waiting for you, please do the following:

1. Step aside and go to a place that is not crowded.
2. Wait for the crowd to clear.
3. Once the crowd clears, look again for someone with your name on a sign.
4. Listen for an announcement calling you. Sometimes if the pick-up does not see you they will have you paged.
5. If you are sure no one is there for you, call your homestay/agent representative. You will be advised where to go, where to wait, or who to look for. Sometimes both you and the driver are there, but you just do not see each other.
6. Do not leave the airport without calling and speaking to the homestay/agent representative.

If no one is meeting you and you were planning to take a taxi to your homestay family, walk through the arrival area to the exit doors. The taxi stand is right in front. Make sure you have the complete address of your homestay.



Orientation

As you are probably arriving only a couple of days prior to the start of school you will need to take care of several issues. You will be meeting and getting to know your new family. As much as you are nervous and excited, so is your homestay family. You will get a tour of the home, and be shown where everything is and how everything works. Please respect everyone's right to privacy and quiet. Always knock, announce yourself, and wait until you are acknowledged before entering someone else's room. Don't forget to be considerate when using common areas (living room, kitchen, etc.).

Jet lag

Depending on where you are travelling from, you will probably pass through several time zones before you arrive in Montreal.

Most people who travel far experience a condition called **jet lag**. When you suffer from jet lag you will feel tired and sleepy during the day, you might not be very hungry and it can be very difficult to fall asleep at night.

Jet lag affects people differently and *you* might not feel it very much. But generally, it takes 1 day to adjust for each time zone you have travelled. This means if you have travelled from Asia, it can take over a week for your body to fully adjust to being in Canada.

The best cure is to take it easy and try to get up and go to bed on "Montreal time" – even if this means you sometimes feel very tired during the day. It is also recommended to set your watch to Montreal time on the plane to ease the time zone change process.

Culture Shock

Culture shock is a common way to describe the confusing and nervous feelings you may experience after leaving your familiar culture to live on your own in a new country and with a new family. This can be exciting and stimulating, but it can also be overwhelming. You may feel sad, anxious, frustrated, lonely, and you may even want to go home.

It is worth noting that the host family may have had little or no experience in another culture, so they may experience some culture shock themselves.

As a newcomer to Canada, give yourself time to adjust, adapt and experience your new environment. It is entirely normal to go through these overwhelming phases but we encourage you to remain positive.

Montreal

Montreal, which is the largest city in the Province of Quebec, is a safe, clean, friendly, vibrant, multi-cultural city with old European world charm and amazing historical architecture and heritage landmarks. Montreal is an enriching and versatile place for students of all ages to broaden their horizons, while learning about language, art, science, and history.

Transportation



Montreal has a clean, safe, and efficient [transportation system \(STM\)](#). It is very easy to get around using the public transportation system, subway (known as the Metro) and bus.

The most cost effective method is to purchase a monthly student pass. This will give you unlimited and full access to the bus and Metro system on the island of Montreal.

Firstly, you will need to purchase an “**Opus**” card for approximately \$15. The Opus card is a smart card that has your photo and is reloadable with monthly passes.

The monthly rate to reload the Opus card is approximately \$50 for students and it can be done at any Metro station or even at your closest convenience store and pharmacy. For more details on the convenience stores that offer this service please [click here](#).

Fun Things To Do

Below is a short list of activities which will give you an idea of everything that can be experienced in vibrant Montreal.



All Year – Biodome, Botanical Gardens, Science Center, Atrium Le 1000 (indoor ice skating rink), Cosmodome, Old Port, Notre Dame Basilica, Mount Royal, downtown Montreal, indoor rock climbing, Bell Centre for concerts and hockey games, etc.

Fall – Apple picking, Parc Exalto (urban acrobatic park), pumpkin picking, Halloween preparation activities, Arbraska (zip lining), etc.

Winter – Fête des Neiges, tobogganing, skiing, skating, St. Patrick’s Day Parade, Santa Claus Parade, etc.

Spring – Sugar Shack (maple syrup factory and meal), La Ronde (amusement park), Arbraska (zip lining), [Montreal Museum Day](#) (free admission to most museums).



Summer – Water Park, Movies in the Park, Parc Jean Drapeau, Hot Air Balloon Festival, St Jean Baptiste Parade (June 24), Canada Day Parade (July 1), Rogers Cup (Tennis matches), Grand Prix weekend, e-formula, La Ronde and fireworks.

Weather

Montreal has 4 very distinct seasons:

- Fall: September to November
- Winter: December to March
- Spring: April to May
- Summer: June to August

Canada's temperatures are in Celsius. **Summers** are usually hot and humid. Daily temperatures can range from warm (24C) to a very uncomfortable (40C). **Winter** usually brings cold, snowy, windy, and at times, icy weather, with temperatures ranging from -10C to -33C.

Snow usually arrives at the end of November, and lasts until the end of March. The average yearly snowfall is 225 cm. January and February are the coldest months. **Spring** and **Fall** are pleasantly mild and sunny most of the time. April and May can bring showers and even thundershowers.

Taxes and Tipping (Gratuities) – Shopping and Eating Out

In Canada, the sales tax is added to the price at the cash register when you go to pay.

In Quebec, there are 2 taxes that are added to your purchase. The first tax is the GST (Goods and Services Tax), at a rate of 5% on the selling price. The second tax is the QST (Quebec Sales Tax), at a rate of 9.975% on the selling price excluding the GST.

Combined, the 2 taxes add approximately 15% more to your purchase price.

Taxes are added on to most purchases except basic groceries, most medical services, and prescription medication.

When going to dine at a sit down restaurant the bill normally does not include a tip for the server. It is customary to leave 10-15% of your bill as a tip. Usually, people in Canada also tip hairdressers and taxi drivers.

Banking

It would be a good idea to set up a bank account when you arrive in Montreal. It will make it easier for your parents to transfer money to you, and will make it easier to pay for purchases. -All the major Canadian banks serve Montreal, including:



- Royal Bank of Canada (RBC) - RBC Banque Royale
- Canadian Imperial Bank of Commerce (CIBC) - Banque Canadienne Imperiale de Commerce
- Bank of Montreal (BMO) - Banque de Montreal
- Scotia Bank - Banque Scotia
- TD Canada Trust - Banque TD Canada Trust
- National Bank of Canada (NBC) - Banque Nationale

Address writing style in Canada

In Canada, unlike other countries; addresses are written in the following order:

E.g.: 6000 Fielding Avenue Montreal (QC) H3X 1T4
Civic # Street name City Province Postal Code



School

Studying in Montreal



The English Montreal School Board (EMSB) is located on the island of Montreal. Montreal is a very safe, clean, bilingual, vibrant multi-cultural city surrounded by beautiful lakes, mountains, and ski hills.

The EMSB, which is the largest public English School Board in Quebec, has **35** elementary schools (pre-kindergarten to grade 6), **17** high schools (grades 7 to 11), and **11** adult and vocational education centers serving approximately 34,000 students.

As the population in our high schools are smaller (400 – 850 students) than the average high school population, our international students benefit from individualized attention.

The English Montreal School Board is very proud of its graduation success rate, which is over 89.4%. Our success is due to the dedication of our teachers and administrators, the enthusiasm of our students, and the support of our parents and community.

In addition to the educational aspect, extracurricular activities and enriched half day, full day, or overnight excursions are organized for both the elementary and high school level. Our students have the opportunity to visit and experience many of the vibrant and historical museums and landmarks throughout Montreal and Quebec.

The EMSB is very proud of its multicultural population. We welcome and respect the ethnic and cultural diversity of all our students. Our goal is to foster mutual respect and understanding among the more than 100 cultural groups that make up the EMSB family.

High School Life

Daily Schedule

Most high schools start their day between 8:00AM - 8:30AM and end their day between 3:00PM – 3:30PM. Classes are held Monday to Friday.

There are a total of 300 teaching minutes per day, either 6 periods of 50 minutes, or 4 periods of 75 minutes. Lunch is approximately 50 minutes. Each school determines its own schedule.



People in the school/International Students Department

School staff are eager to help international students adjust to the new learning environment.

Principal	The principal is in charge of programs at the school and works closely with staff, students and parents.
Vice-Principal (VP)	The vice-principal assists the principal in running the school and looks after discipline. Smaller schools do not have a VP.
Office Secretaries	They assist in registering students, do the school's office work and answer phone calls and questions from the students and parents, directing them to the appropriate person if she/he are unable to handle the situation.
Teachers	Students have different teachers for different subjects. You can call the teacher Mr. Ms. Or Mrs. As appropriate and the person's surname (e.g. Mr. Smith), rather than "teacher".
Resource Teacher	Person who help students that require additional assistance in a specific subject.
Guidance Counselors	They provide the students with personal, academic, and career counseling. Assist in planning students' timetables and applying to CEGEP. They can tell you about other programs in the schools and in the community.
Spiritual & Community Animator	Teaches life-long skills and the tools required to approach everyday challenges with confidence.
Programmer	Writes computer programs and programs our computers.
Caretaker	Who keep schools clean and makes sure the building is operating safely and properly.

Text Books

Text books are supplied to you without charge. These books are the property of the English Montreal School Board and must be returned to the school at the end of the school year or upon withdrawal from the school. Any lost or damaged books must be paid for by the student. This applies to library books as well.

Exams

There are two sets of formal exams for all high school students. They take place in January and June. The pass mark for all subjects is 60%. In addition to the two sets of formal exams, Secondary 4 and 5 students have ministry exams in June.

Projects, home assignments, written work, and periodic class tests form a percentage of the final mark.

Report Cards

Most schools issue a progress report card in November and formal report cards in February and June. For the exact date please refer to your school calendar.

Parent/Guardian Interview Night

There is a “Meet the Teacher Night” in September. Formal Parent/Guardian/Teacher interviews are held in November and February. For the exact date and time, please refer to your school calendar. Should your guardian have concerns about your progress, please have them contact your school at any time.

Fitting In

Most international students worry about fitting in at their new school. Sometimes it takes longer to fit in than you would hope.

It's common for a new student to feel like an outsider for the first few weeks of school. Even if you are nervous, try to smile, say hello and ask questions. As you get used to your new school it will become easier and easier to fit in.

The Classroom

Look around you, is there anyone who sits near you whom you can talk to at lunch or after school? Do you participate in group activities in class? If so, try to join a new group every time.

Extracurricular Activities

Over and above the academics, extracurricular activities are an integral part of the learning experience. Each of our schools offer activities that interest their particular clientele. Some of the most popular are a variety of sport activities (soccer, basketball, volleyball, badminton, etc.), fine arts (dance, music, art, drama, etc.), robotics, leadership programs, student clubs (chess, photography, debate, etc.), and challenging local, national, and international competitions.



The learning experience is further enriched through organized half day, full day, or overnight excursions. Our students have the opportunity to visit many of the historical sites throughout Montreal and Quebec, as well as experience what is considered Quebec traditions. Some of these include apple picking, Sugar Shack (how our world famous maple syrup is produced), experiencing the annual Quebec City Winter Carnival, and visiting many of our historical and culturally rich museums and landmarks.

Student Code Of Conduct

Each school has its own Code of Conduct. It is important for you to read your school's agenda carefully to familiarize with your school's rules and regulations. Below are some key elements that all the schools include. Students are expected to:



- Treat all people with kindness, consideration, and respect
- Respect the school environment and help keep the school clean
- Respect school property as well as the property of others
- Accept diversity, promote co-operation, and encourage mutual respect
- Use appropriate language, which shows respect for others, including peers

Attendance and Absence

Attendance is compulsory. You need to arrive at school 10-15 minutes before the bell rings. Should you need to be absent, your guardian/homestay parent must call the school office to advise them as early as possible. Each school has its own procedures.

You are expected to arrive to school on time. Should you arrive late without a valid reason (such as a medical appointment), you will get a **detention**. If you are given a detention you are required to stay after school for a certain amount of time. Should you have a valid reason for being late, your guardian/homestay parent must call the school office first thing in the morning to advise them. You will then not be given a detention. Each school has its own procedures for dealing with late arrivals.

Academics

Quebec Education System – No Grade 12

Quebec's education system has four levels:

Elementary	(K-6)
High School	(Gr. 7-11 or Sec. I-V)
CEGEP	(2-3 year programs)
University	(3-4 years for a BA)

Students in the province of Quebec who intend to pursue post-secondary education must attend CEGEP before enrolling in a Quebec university. CEGEP is an acronym for Collège d'Enseignement Général et Professionnel (General and Vocational College). CEGEP is exclusive to the education system in the province of Quebec.

Quebec students finish high school in grade 11, instead of grade 12. CEGEP then prepares the students for university or to enter a technical profession. Most Quebec undergraduate programs are three years, hence, the total number of years of study from elementary school through a Bachelor's degree is the same as in the rest of North America.



International students wishing to continue their university education outside Quebec must take an additional one year of courses to fulfill the requirements of the university to which they are applying. For example, a student wishing to attend a university in Ontario may complete one year of CEGEP and then apply as a regular applicant who has completed grade 12 in Ontario.

Secondary School Programs

The EMSB high school program consists of Secondary I to V (Grades 7 to 11) and is divided into two cycles: Cycle 1 (Grades 7 and 8), and Cycle II (Grades 9 to 11). Cycle I is the transition for students progressing from elementary school to high school. Cycle II is the preparation for certification. Certain courses in this cycle are compulsory while others are optional.

Secondary I, II, and III have Extended French Programs, which vary from 38% to 72%. In Secondary IV, in addition to a French language course, students may take history in French (Histoire) and in Secondary V, students follow French language courses only.

We also offer an English Core Stream. Students in this program receive their instruction in English with the exception of one course in French as a second language. In many schools it is also possible to take enriched French within the English Core Stream.

Quebec Secondary School/ High School Diploma

If you plan to graduate and receive a Quebec Secondary School Diploma, you must accumulate a total of 54 credits in Sec. IV and V (grade 10 & 11), with at least 20 credits at the Sec. V level. The following is a list of required courses to obtain a High School diploma according to the Quebec Education Plan.

Course	Credits
Sec. IV History & Citizenship	4
Sec. IV Science & Technology	4
Sec. IV Math	4
Sec. IV Arts (Visual Art, Music, and/or Drama)	2
Sec. V Language of instruction (English)	6
Sec. V Second language (French)	4
Sec. V Ethics & Religious Culture or Phys. Ed & Health	2

Course codes identify the grade level (first digit) as well as the number of credits earned for the course (last digit). For example: Math 414 – Sec IV level course worth 4 credits.

Many CEGEP programs have specific pre-requisites (entrance requirements) such as Math 506, Chemistry, Physics, etc. Please check CEGEP websites to make sure you have the requirements for the program you are interested in. If you have any questions about your credit status, see your Guidance Counselor.



Plagiarism

The definition of plagiarism is copying the work of another without proper authorization, or by not crediting the original author. A student guilty of plagiarizing work will usually be given a grade of zero on that piece of work and the guardian/homestay parent will be advised. Each school has its own procedures to deal with plagiarism.

Additional learning tools

Google Translation

1. Language translation service (95 languages) that instantly translates text and web pages.
2. Does not provide perfect translation, however, it will assist you in getting a general understanding of the information.

www.duolingo.com

1. Language (English & French) learning website that includes a learning app.

www.learnquebec.ca

1. Learning for English Quebec students.
2. School will give you your own username and password.
3. If you have not received access to Learnquebec.ca by the end of September, ask your homeroom teacher where you can get that information.

Student Online Support (S.O.S.) Learn

1. Available through the Learn Quebec website www.learnquebec.ca. S.O.S.
2. Tutoring with real teachers in real time.
3. Teachers are available during the school year in the evenings.
4. Teachers are there to help you with homework, and to study for exams.

www.khanacademy.com

1. An educational organization providing world-class education for anyone anywhere.
2. Produces micro lectures in the form of YouTube videos.

Homestay Introduction

Staying with a new family is going to be a big change for you. Your homestay family will be speaking English or French at home and they will have different rules, traditions and customs from what you are used to. It is therefore very important that you have **REALISTIC EXPECTATIONS** of what it will be like.

You are welcomed into your Homestay's home and you will be treated like a family member. This means you help with house chores, keeping your room tidy as well as spending time together.

Important Things You Must Know

Smoking/Alcohol/Drugs/Weapons

The legal smoking and drinking age in Quebec is 18. **Should you break any of the following rules, you will be expelled from your homestay and school and your Custodianship will be cancelled. You will be sent back home, at your cost, immediately.**



- × Purchase or drink alcohol
- × Purchase or smoke cigarettes
- × Purchase, use or distribute illegal drugs including marijuana
- × Possession of weapons, or replicas of weapons
- × Use of false identification

Going out on Your Own or with Friends

When you do go out, please let your homestay family know where you will be going, and how you can be reached (include all relevant phone numbers); when you will be home (remember your curfew!) and who you will be with. This information is important for your safety and your host's peace of mind. Remember, your homestay family is responsible for you.

Please do not assume your homestay family knows where you are, or remembers plans you have discussed in advance. Always review your plans with your homestay family when you are going out. Always let your host know when you will be coming home—and always call if you're going to be late. They will worry if you're not home on time.

Curfews

Host families and international students need to discuss school day and weekend curfews. Students are expected to respect the routines and rules of the household. You must phone your



host if you are delayed past your curfew, or require help, at any time. If you do not follow these guidelines you could be asked to leave the program.

Visitors

The homestay program does not encourage overnight visitors or visits. If you wish to have a guest, you must ask for permission from your host.

Students in the homestay program are only allowed to stay overnight at the homes of other students if they have the permission of their parents, host family, and the two families have been in touch with each other.

In cases when your homestay host is away and needs to make alternate sleeping arrangements for you, the host must inform the homestay coordinator of where you will be staying with the family's name, address and phone number. You are not permitted to bring guests into the homestay if the homestay family is not at home. The opposite gender shall not visit private areas/bedrooms.

Homestay Problems

If a problem comes up between you and your host family the first thing we ask you to do is to contact your homestay coordinator for assistance. Our goal is your (and your host's) safety, happiness, and health; we've found that most problems can be resolved when we listen to one another's feelings and thoughts. In some cases your homestay coordinator may have to find you a new host family.

A student may be relocated (and may even be sent back to his or her home country) if he or she is disrespectful toward his or her host family or refuses to follow the family's rules. We are also very strict about how the host families should treat you. You will be immediately relocated if any member of your homestay household:

- Regularly fails to provide adequate and/or healthy food;
- Neglects you, by failing to include you in suitable family activities, or by failing to pursue constructive communication and conversation with you;
- Willfully disrespects you, either through lack of consideration or insensitivity toward your feelings and/ or culture;
- Fails to provide a clean and adequately maintained physical environment;
- Continues in unresolved personality conflicts with you, individually or in the family;
- Steals your property;
- Harasses you in any way—verbally, emotionally, physically, or sexually.

Please Keep This In Mind

Almost every difficulty our students face in homestay is connected to poor communication. It's not surprising—in your first weeks in Canada, you may have a hard time making your hosts understand what you need and how you feel—and your hosts may have a hard time making you understand them. This is totally natural and to be expected.



Sometimes the difficulty communicating can result in either the student or the host seeming rude or insensitive—or both. Sometimes we can all just become frustrated and unhappy. We know it can be hard at the beginning, but **YOU ARE NOT ALONE!** You can contact your homestay coordinator or the international students' advisors to help you.

We know that lots of ordinary things about your homestay may make you feel strange at first but it is okay to ask for help. Please don't say things are "fine" if they aren't. Please be patient and try to be as specific about your needs and feelings as possible.

It's okay to need some quiet time to yourself—but sometimes the best way to grow more comfortable at home is to get involved, meet people, and most of all to talk—your hosts have welcomed you into their home because they want to get to know you.

Life With Your Homestay Family

Prepare

Every host is different — just like every student. What the hosts have in common is that they want to provide a safe, caring environment for you. Hosts want to provide the same comfortable, healthy and supportive home life they would ask a host family to provide for their own children. If you're not happy with your match, please contact your homestay co-ordinator.

Tips For Success

Your homestay experience will largely depend on your own attitude and friendliness. How can you make the most of living in Montreal?

Come with an open mind and be ready to embrace the ways in which Montreal and the people you will meet here are different and unique. Your host family will be eager to help you adapt to their family and Canada.

The more you get involved in your new life the happier you will be.

Getting Settled

The first few weeks living in a new country with a new family can be difficult. You may feel homesick and frustrated with your new environment and the language. This is normal.



A Tour Of The Neighborhood

Ask your host for a tour of your new neighborhood, including directions to and from your school and any local attractions or meeting places.

Ask your host for help using public transit. Ask how and where to buy passes/tickets and information on local transit routes. Your school can provide you with information on how to obtain a student transit card.

A Tour Of Your New Home

Please ask for a tour of your house when you first arrive. Your host will show you where everything is, including your bedroom and bathroom; the kitchen and dining area; the laundry room, etc. Make sure you also meet all members of your new host family.

House Rules

Your host family will have certain rules concerning daily life in the house. These include when to have baths and showers; where food can or cannot be eaten; how to do laundry; curfews; limits on the use of technology and other family property; family schedules & bedtime hours; when it is OK to have friends over, and so on. There may be areas of the house your host will ask you not to use. Please respect their wishes.

Bedroom & Bathroom

Your bedroom will most probably include a window and smoke detector nearby; bed and bedding; a dresser, desk, chair, and lamp for studying; a closet; and adequate heat, light and ventilation. Your homestay family will discuss with you what you can put on bedroom walls and how to attach items. As a courtesy, and to conserve energy, please turn off the light and your computer before leaving your room for long periods. Your host may also ask you to turn down the heat in the room when you are gone for the day, if it is operated on a thermostat.

Please try to leave the bathroom clean and dry after you use it. Most students will share their bathroom with other family members or students. If there are several members of your household, please be considerate with the use of hot water, which might run out before everyone has showered!

Homestay Communication

Meals

Part of the fun of homestay is learning what Canadian families like to eat, and teaching your host family what you like to eat. Now is your chance to prepare a traditional meal from your home country for your host family. This will be a great treat for you and for them!

Your host family will always provide your meals—but this doesn't mean that your meals will be served to you. Your hosts may not be at home for every meal.

Breakfast. Each host family has its own unique morning schedule, so it is important to decide on a routine that will work best for everyone. Weekdays, breakfast is a quick, light meal. On weekends, families may prepare breakfast together. Some families eat a hot breakfast; others prefer to have something cold, such as cereal or toast, and juice.



Your family might leave it up to you to decide what to eat in the morning—please ask them to show you where the food is kept and how to prepare your own breakfast if this is the case.

Lunch. Usually around noon, it consists of a light main course (soup, a salad, or a sandwich), a drink (water, milk, or juice), and a dessert of fruit or cookies. Your host will show you how to prepare or assemble such a lunch to bring to school from your home.

Dinner. Your host family will try to have a sit-down dinner, which is usually the largest and most important meal of the day. Dinner is between 5:00 and 8:00 pm. To be considerate, if you will not be home for dinner, you **MUST** phone your family before dinnertime to let them know of your plans. This way, they will not expect you, they will not worry, and they will leave some supper for you in the fridge.

Dinnertime is the best time for families to talk about their day and for you to bond with your host parents and host brothers and sisters. If you have special dietary needs—if you have extreme likes or dislikes, or any allergies—please discuss them with your host as soon as you arrive.

Speak English

You have come to Canada to become more confident and assertive in English, so be brave! You might make mistakes at first, but your host family will help you. The best way to improve your English is to practice.

Use your English in events that include other members of the household, such as playing cards/board games, planning holidays and weekend outing, etc.



Using English One-on-One

- Conversation, especially at dinner
- Setting the table, meal preparation, gathering, etc.
- Accompanying your host on errands (a trip to the supermarket is an interesting event for both of you, to identify and describe your favourite foods)
- Watching TV or movies

A Few Communication Tips

Accept invitations to talk about yourself—don't be shy! Try to give full answers to questions—explain how you feel and why, rather than simply saying “yes” or “no.” Offer lists of things you like and don't like.

Ask your hosts to explain idiomatic expressions and slang. These can be hard to understand at first—and lots of fun to use. For example, “hang on” is equivalent to “one moment, please” or “please wait.”

If someone asks, “Do you understand?” be honest and ask for help if you don't understand. Try to rephrase what you've said, or what you've heard. It can take effort—but it will always be worth it.

Conversation

- Speak English at all times
- Speak slower, not faster, if you're having trouble making yourself understood. Try rephrasing the same ideas using different words
- Listen to the expressions your hosts use in English, make sure you understand them, and try to use them, too
- Use charades, pointing, and body language!
- Try writing items down—sometimes your reading and writing skills will be ahead of your verbal skills. Make the most of them!
- Purchase a Foreign Language—English dictionary

Common Challenges

If you experience any problems the following process is helpful; please try it:

1. Speak with your host family immediately if you are upset by something. Most families will be happy to talk to you and to find out what can be done to resolve the problem.
2. If the problem cannot be resolved by speaking with your family, please call the homestay coordinator for help.



Domestic Travel

Some Canadian families like to spend weekends or short holidays in a cottage in the country (second home) with family or friends. Some families spend school vacations in other parts of the country or abroad. If you can-not or do not want to go with your host family, please contact your homestay coordinator to make other arrangements.

Students are allowed to travel outside the city, with a Permission Form signed by their host parents/parents/guardians.

International Travel

Your biological family must arrange travels outside of Canada. It is the responsibility of the student and biological family to research and obtain the necessary visa/documents from the embassy or consulate of the country to be visited.

The homestay office must be notified of all travel arrangements outside of Canada.

Money & Valuables

Please bring an adequate amount of money for extra expenses such as meals out of the home, movies, extra-curricular school activities, etc. Homestay fees do not cover these costs. Also, your

Homestay fees do not include costs of major family outings. If you choose to participate in family holidays and/or travel where there are extra costs, you should expect to pay.

While theft is not common in Canada, it can and does happen. To keep yourself and your valuables safe, please do not carry or display large amounts of cash at any time. It's a good idea to make two copies of important documents (such as airline tickets, health insurance forms, and your passport): one for you to keep with you, and another for your hosts. Keep the originals in a safe place—they should not stay in your school bag or suitcase.

Things you will only find in Quebec/Canada

Food

Beavertails	Deep-fried dessert pastry resembling a beaver's tail
Poutine	French fries covered with cheese curds and gravy
Butter tart	A small, pecan-pie-like tart
Nanaimo bar	Multilayer brownie and icing
Tourtière	A French-Canadian meat pie
Milk in a bag	Comes in a group of 3 bags
Smoked meat	Beef brisket with spices served as a sandwich with mustard
Bagel	Doughnut shaped roll baked in a wood fired oven
Maple syrup	Syrup made from the sap of a maple tree

Sports

The EMSB is very lucky as the Alouettes (football team) and the Impact (soccer team) are both actively involved in the community and have developed partnerships with the EMSB. Both teams regularly visit our schools and students. Their main goal is to encourage our students to stay in school, to inspire our students to make the right choices, and to motivate our students to reach their full potential through hard work and dedication.

Montreal Canadiens (HABS)

National Hockey League - NHL



Hockey is the national sport of Canada. The Montreal Canadiens play in the Eastern Conference Division of the National Hockey League. The Canadiens are the longest operating professional ice hockey team-founded in 1909. The regular season starts in October and teams play to win the Stanley Cup.

Montreal Impact

Major Soccer League - MSL



Montreal Impact is a relatively new soccer team in the MSL that have won several Canadian Championships. The regular soccer season starts in March and ends in October.

Montreal Alouettes

Canadian Football League - CFL



The Montreal Alouettes compete in the East Division of the CFL. The Alouettes compete every year to win the Grey Cup. The regular football season starts in July and ends in November. You can catch a home game at the Percival Molson Memorial Stadium.

Things you will only hear in Quebec/Canada

“Slang” is a type of language that consists of words and phrases that are regarded as very informal. Slang is mainly used in speech, not in writing.

You don't often learn slang in English class, but, slang is used all the time in daily communication, particularly by young people.

Slang Terms and Expressions

Eh?	Don't you think?
Tuque	Hat used in winter
Hoodie	Hooded sweatshirt usually without a zipper
Clicks	Kilometers or km/hr
Kerfuffle	Commotion, flurry of agitation
Lineup	Line of people
"for sure"	Definitely
"pretty + adjective"	Very + adjective (pretty bad= very bad)
Icing sugar	Powdered sugar
Brown bread	Whole wheat bread
Write a test	Take a test
Tutorial/recoup time	Supplemental teaching time
Marking (a test)	Grading a test
Supply teacher	Substitute teacher
Zed (Z)	Zee (Z)
The bill (at a restaurant)	The check
Hydro	Electricity
Tap water	Water from the faucet
Washroom	Bathroom
Track pants	Sweat pants
Runners	Tennis shoes
Postal code	Zip code
Dépanneur	Convenience/corner store

Festivals & Celebrations

There are many Festivals & Celebrations in Canada that are not public holidays. But they are fun and it would be good for you to know about them.

Valentine's Day – February 14th – The day focuses on love, romance, appreciation, and friendship. Many people give out greeting cards, chocolates or flowers.

St. Patrick's Day – March 17th – Montreal has a very large parade downtown on the Sunday closest to March 17th. The traditions include the color green and shamrocks, which are symbols of Ireland.



Halloween – October 31st – People carve and decorate pumpkins as well as decorate their homes and yards with bats, spiders, ghosts, skeletons, grave yards, and haunted houses. Children dress up in costumes and go door to door in their neighbourhood to receive candy.

Remembrance Day – November 11th – The day commemorates the sacrifices of people in all armed conflicts. Veterans sell red poppies to the public which symbolizes the memory of those who died.

Legal Holidays – No School

Labor Day is celebrated on the 1st Monday in September. It is the last long weekend of the summer.

Thanksgiving is celebrated on the 2nd Monday in October. It is an annual holiday that celebrates the harvest and all the blessings we are thankful for of the past year. Traditional foods are turkey, stuffing, mashed potatoes and gravy.

Victoria Day is celebrated on the 3rd Monday in May. Originally the birthday of Queen Victoria of Great Britain. It marks the end of winter and the unofficial start of the spring/summer season.

St. Jean Baptiste Day or Fête Nationale, in French is celebrated on the actual day, which is June 24th. It is a Quebec only holiday and almost everyone gets the day off.

Canada Day (Canada’s Birthday) is celebrated on July 1st. Most communities organize outdoor public events such as parades, BBQ’s, free concerts, and fireworks. One of the most moving and traditional celebrations is the citizenship ceremonies that take place at our City Hall for our new Canadian citizens. Canada Day also coincides with Quebec’s Moving Day.