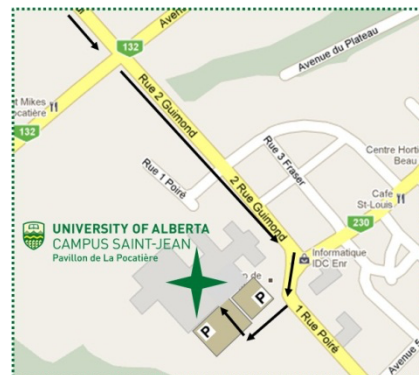


Frequently Asked Questions

How do I get to La Pocatière?

La Pocatière is about 400 km from Montreal and 150 km from Quebec City. If you fly into any of these cities, you can take a bus to *La Pocatière*. See the Transportation page on our website for more information on plane, bus and train schedules. If you come by car, take exit 439 (McDonald's exit) on Route 20 East (Trans-Canada HWY) and come up the hill to the College.

From...	To La Pocatière
Ottawa	558 km
Montréal	368 km
Québec City	140 km



Means of transport	Companies	Departing from
Bus	Orléans Express	Québec City (Gare du Palais / Québec bus station)
		Québec City (Ste-Foy Bus Station)
		Montréal (Airport)
		Gare d'Autocars de Montréal / Montréal Central Bus Station
Plane		Montréal – Montréal-Trudeau International Airport Québec City - Jean-Lesage International Airport
Train	Via Rail	Montréal Train Station
		Québec City : Sainte-Foy Station

About Arrival and Departure

When should I arrive?

You should plan your arrival in *La Pocatière* **BEFORE MAY 8th, 2023 at 8:30 am (SPRING PROGRAM) – BEFORE JULY 3rd at 8:30 am, 2023 (SUMMER PROGRAMS)**. You are welcome to arrive anytime from **May 5th at noon to May 8th at 8:00 am, 2023 (SPRING PROGRAM) - June 30th at noon to July 3rd at 8:00 am, 2023 (SUMMER PROGRAMS)**. Our personnel will be on hand DAY AND NIGHT to welcome you between these dates. Should you have to arrive very late at night or very early in the morning, **our team will be awaiting at both bus and train stations AT ALL TIMES (even in the middle of the night)** in order to take you safely to the campus. The accommodations will be ready for you at no extra-charge. Check-in and registration will take place in the Collège Entrance (oldest wing – main door under the green dome).

*Collège de Sainte-Anne-de-la-Pocatière,
100, 4^e Avenue Painchaud
La Pocatière (Québec)*

If you need to contact staff en route or upon arrival, call: 418 292-2001.

When can I leave?

The program officially ends after the banquet and graduation ceremony ending. You are required to check out of the residence at 1 p.m. on Sunday. Please note that our personnel will leave the day next to the end of the Program (after that only the personnel in charge of the security at the residence will be in place).

<u>Programs</u>	<u>End</u>	<u>Personnel leaving</u>	<u>Latest day to leave</u>
Spring May 8 th to June 9 th 2023	June 9 th 2023 at 8:30 p.m.	June 11 th 2023 at 1 p.m.	June 11 th 2023 at 1 p.m.
Summer (3 weeks) July 3 rd to July 21 st 2023	July 21 st 2023 at 8:30 p.m.	-	July 23 rd 2023 at 1 p.m.
Summer (5 weeks) July 3 rd to August 4 th 2023	August 4 th 2023 at 8:30 p.m.	August 5 th 2023 at 1 p.m.	August 6 th 2023 at 1 p.m.

Can I arrive before the starting date?

If, because of cheaper travel rates, you need to arrive **earlier** and depart **later**, you will find three motels in the area. You will need to make your own reservations.

MOTEL LE POCATOIS: <http://lepocatois.com/wp/?lang=en>

235, route 132 Est
La Pocatière (QC) G0R 1Z0
1 418 856-1688

MOTEL CAP MARTIN: <https://capmartin.ca/?lang=en>

93, route 132 Ouest
La Pocatière (QC) G0R 1Z0
1 418 856-6922

MOTEL LE MARTINET: <http://lemartinet.ca/en/>

120, route 230 Ouest
La Pocatière (QC) G0R 1Z0
1 418 856-3904

About the Program**Will you confirm my registration?**

We will send you an e-mail to confirm your participation in the Program and advise you of missing forms and/or other important information. Please make sure to check your junk mail box (spam) as well in case our e-mail ends there. If you do not specify a permanent e-mail address on your Registration Form, you must call our office at **418 292-2001** in order to confirm your enrollment.

In which level will I be enrolled?

You will be assigned to a class according to the results of a placement test that measures your level of comprehension and speaking abilities. You may have taken French courses before, but if you have not been using the language, our test might place you in a lower level than expected. So remember the “use it or lose it” rule.

What is the “French-only” rule? Is there a “warning” system?

The “French-only” rule is a way to make sure that all those around you are able to live and learn in a French climate at all times (conversation, books, music, e-mail, etc.). The more you will be exposed to French and try to speak it, the more everyone’s fluency will improve. If you break the French-only rule or if you do not attend compulsory activities (Explore bursary students only), any of the staff members can issue you a “warning notice” and ask you to meet with the Pledge Management Team for support. **When third warning is issued, you will be asked to leave the Program.**

I am so frustrated not being able to speak French. Can’t I speak English? After all, I’m only a beginner.

If this is your first time in a totally French environment, you might at first be overwhelmed and frustrated. You will not be able to speak with anyone or understand at first-hand what is being said to you. However, this frustration will diminish as you increase your fluency in French. The more you try to understand and speak, the less you will be frustrated and want to speak English. Therefore, it is important that you put your life “on hold.” However, **if you feel that you cannot commit to speaking French only, you should not enroll in the Program, especially if you are an Explore program bursary student. You would take the place of someone who would have gladly accepted the bursary and its conditions.**

What do you mean by putting my life “on hold”?

We all have commitments or friends and family with whom we like to talk on a regular basis. When we are within unfamiliar surroundings, we often try to replicate our own in order to feel less bewildered and “culture-shocked”. Students who put their lives “on hold” commit themselves to creating the most favorable condition for success. This means that you forego long conversations on the phone with friends and family in a language other than French, you request that they not visit you during your stay in Quebec, and you do not make any other commitments such as enrolling in a distance education course during these five weeks.

Will I have time to study?

You will be kept quite busy during the day with classes, workshops and extra-curricular activities. The onus will therefore be on you to take advantage of the allocated study time during the week. Explore bursary students are not allowed to enroll in a distance education course during the Program.

How much extra money should I bring?

Although participation in all compulsory activities and outings is free, you should anticipate \$400 to \$600 in personal expenses (souvenirs, shopping, cost-recovery activities, etc.).

About the Accommodations

What should I bring?

See your *What Should I Bring?* list.

Where will I stay?

You will stay at the student residence next to the College OR in the College. They offer single rooms with one bed, closet, desk, chair and sink as well as Internet connection. Toilets and showers are located on each floor. Sheets and one blanket are provided. Card operated laundry facilities are available on site. You must purchase your own laundry soap. Ironing boards are available but you must bring your own iron. The residence has a swimming pool which you will be able to use. Students do not have access to the kitchens. You will also be able to use the College library and gymnasium.

Can I go home on weekends for a special occasion?

The whole purpose of an intensive language program is that you be immersed in the second language without reverting to your first language. We strongly discourage the leaving of the Program for any amount of time; permission may be granted in cases of absolute necessity, by the Program director only. If you are an Explore bursary student, remember that you should abide by the CMEC regulations. For example, if you do not choose to go on a weekend optional excursion, you must remain on campus to take part in planned activities.

Can my family and friends pay me a visit during the Program?

No. Having visitors would force you to speak a language other than French. It would hinder your progress and your success in the Program. If your family and friends wish to join you, ask them to visit you at the end of the Program instead. Please respect our “French only” regulation.

What about calling or receiving calls on my cell phone?

There are no restrictions on telephone calls if your conversations are in French. Otherwise, you will be given approximately twenty minutes twice a week to call your family and friends. You will need to schedule your calls accordingly. Cell phones may not be brought to classes or to Program activities (other than excursions). E-mails must be sent and received in French.

Please give me more information about meals.

The Program provides three meals a day. Snacks are not provided. You will eat in the school cafeteria where a choice of menus (vegetarian and non-vegetarian) is available at every meal. The cafeteria staff makes every effort (within reasonable limits) to accommodate special dietary needs or allergies, but you must provide the information on your Registration Form. If you require a particular food item, you may want to bring some with you. If you require a special

diet for health reasons (as opposed to a life-choice), please include a doctor's certificate with your registration.

Breakfast: 7:15 a.m. – 8:00 a.m.
Lunch: 12:00 p.m. – 1:15 p.m.
Dinner: 5:30 p.m. – 6:15 p.m.

Meals provided on weekends will depend on your activities. A lunch bag is usually provided for mini-excursions.

If you take part in an optional excursion organized by the Program, you will have to pay your own meals. But, instead of giving you a daily stipend for your meals, the stipend will be deducted from the actual cost of the excursion, resulting in a cheaper rate.

About Important Addresses & Telephone Numbers

How can I be reached during the Program?

Mail

Your mailing address for the duration of your stay in *La Pocatière* will be:

(Your name)
Programme Explore
Campus Saint-Jean, U of A
100, 4^e Avenue Painchaud
La Pocatière, Québec
G0R 1Z0

It is very important that the street address be included on all letters and packages. Canada Post has been known to return the items improperly addressed.

Phone

In case of emergency, a message can be left for you at 418 292-2001.

Please keep in mind that once the Program begins, in keeping with the French-only regulation, you will have only 20 minutes twice a week to speak in a language other than French on the phone. Please ask your friends and family to help you in respecting the rule.

In case of minor injuries or illness, what can I do?

In case of minor injuries or illness, we strongly recommend that you consult a doctor in one of *La Pocatière's* medical clinics. Most provincial health cards are accepted at the hospital. However, check with your provincial health care whether you would need to pay first and get reimbursed later and whether you will need supplementary insurance.

CLSC (Local Community Services Centre)

CLSC : 708, 4e Avenue, Suite 101, La Pocatière
418 856-7000, extension 6000

This clinic is open from 8:30 a.m. to 6 p.m., Monday to Friday

Hospital

Hôpital Notre-Dame-de-Fatima : 1201, 6^e Avenue, La Pocatière

418 856-7000, extension 0

Go to the outpatient clinic to the extreme left of the hospital building.

Medical Assistance Phone Number

Info-Santé (InfoHealth): 811

Centre anti-poison: 1 800 463-5060