

## **Form 7: Québec Trip information package**

The planning for the Form 7 Québec Trip has progressed well and we are currently fine-tuning our final itinerary. This trip will enhance the students' French skills while they develop an appreciation for Québec's history, geography, and its current role in Canadian society.

### **Departure and Return Times:**

Students will travel by bus to Québec and are expected to be at the Prep on **Monday, March 2 at 7 a.m.** for punctual departure at **7:15 a.m.** Please allow a cushion of time to ensure that your son arrives promptly for departure. The boys will return by bus on Thursday, March 5 at 7:30 p.m. The Trip Information Line will be updated at 5 p.m. on March 5, 416-488-1125, press 1, ext. 4004.

### **Accommodation**

The boys will be lodged and supervised at the Delta Hotel. They will be two to a room and all boys will have their own beds.

Delta Québec  
690 René Lévesque East, Québec  
(418) 647-1717

### **Contact Numbers**

If there is a family emergency and you should need to contact your son as quickly as possible, contact Catherine Danalias in the Prep School office at (416) 488-1125, press 1, ext. 4001, 8 a.m.-4 p.m. Our receptionists can be reached at ext. 4411 between 7:30 a.m.-6 p.m. For an emergency outside of office hours, please call the Delta Hotel in Québec. While in Québec, each student will be given a card with the Delta Hotel's address and a list of faculty contact numbers in case the need to get in touch with their form adviser or other supervising faculty occurs.

### **Transportation**

We will travel by bus to and from Québec. Within the city, we will either walk or take a bus to the sites.

### **Clothing and Dress**

Casual dress will be worn for the entire trip. Please make sure your son's clothes are neat, not torn. During the trip, our daily activities will dictate the appropriate dress code. Please be sure to look at the weather prior to our departure so he can bring clothes that match the conditions.

### **Student Expectations and Conduct**

Our students continually act as outstanding ambassadors of the College and this year's Form 7s have already demonstrated good behaviour over the last two terms. While on the trip, expectations will remain high and we expect all students to model their behaviour on the Prep's behaviour expectations and common sense. We have every confidence in them and would ask that you **review the Student Guidelines below with your son.**

**Cost**

The cost of the trip will be approximately \$850, and will be charged to your son's school account. It includes transportation, admission to all sites, hotel accommodation, night-time security, all breakfasts, dinners and all taxes.

Students should bring some pocket money to pay for four lunches, and a limited amount for discretionary items. **We strongly recommend that they bring a maximum of \$120.**

**Supervision**

The following members of faculty will accompany the students:

Anthony Chandler	Peter Gray	Max Perren	Chris Atkinson
David Girard	Kerry Dupuis	Scott Manning	Gina Suva
John Hustler	Laurie Fraser	David Fraser	Kathryn Reid

If you have any questions regarding the trip, please call or e-mail your son's form adviser, or me.

Sincerely,

Peter Gray (ext. 4097)  
[pgray@ucc.on.ca](mailto:pgray@ucc.on.ca)

**Student Guidelines**

Respect – Compassion – Honesty - Responsibility

**On the Bus**

Use a normal speaking voice.

Remain in your seat.

Take care of your own garbage.

Limit your junk food. Whatever you buy en route is eaten before you reboard the bus.

As per school policy, all snacks must be nut-free.

**Appearance – You represent our school.**

Neat and well groomed at all times.

Common sense = brushed hair, no ripped pants etc.

Appropriately lettered casual clothes.

**Electronics**

Cell phones are permitted. They must be turned off during our scheduled activities.

DVD players are permitted to the care of the student. They must remain in hotel rooms during the day in Québec. Appropriate videos are also required. No laptops are permitted on the trip.

Hand held electronic games or listening devices are fine. Sound must be personal (ear phones), not public. They must remain in hotel rooms during the day in Québec.

**In the Hotel – Remember we are not the only hotel guests.**

No running in halls.

**Remain on your own floor.**

Use a normal speaking voice in the halls.

Keep rooms tidy.

Hang up your clothes.

No more than five students per room during free time.

Do not access Pay TV or make long distance calls on room phone.

Do not use room service.

Use your common sense when making room-to-room calls.

**When visiting museums and participating in activities**

Walk. Do not run.

Listen attentively to instructors and other students.

Use a normal speaking voice.

Be thoughtful and respectful.

**In Québec**

When given free time for lunch, walk in groups of **four or more**.

Be punctual; arrive at meetings a few minutes early.

Carry the teachers' phone contact card with you at all times.

Treat all adults, waiters, hotel personnel, tour guides and speakers with respect.

**Inappropriate Items (brought or purchased)**

Common sense will dictate whether an item is inappropriate.

The following items are clearly inappropriate:

- Laser pointers
- Lighters and matches

**Sample Itinerary****Day One                      Monday, March 2**

7 a.m. Meet in Prep Form rooms.

7:15 a.m. Depart for Québec City by bus.

5 p.m. Check in at Delta Hotel.

5:30 p.m. Supper is at Restaurant Bonaparte, 680, Grande Allée Est (418-647-4747).

6:30 p.m. Board the bus for rock climbing.

7 p.m. Students spend the evening learning the ropes and pushing themselves to new heights at indoor rock climbing.

10 p.m. Board the bus and return to your hotel. Overnight at Delta Hotel.

(Night supervision has been arranged from 10 p.m.–6 a.m.)

**Day Two                      Tuesday, March 3**

7:30 a.m. Breakfast is at Delta Hotel.

9 a.m. Board the bus for St. Nicholas.

9:30 a.m. Arrive at L'Érablière du Cap where students will be divided into teams to meet and harness their huskies. Then they are off! ... along the scenic, winding trails. Each group of students will be accompanied by an experienced Musher (huskie leader). All students will remain in their separate bus groups.

11:30 a.m. Board the bus for Upper Town.

Own arrangements for lunch. Some suggestions for restaurants are Croissant Plus, Chez Temporel, Le Casse-Crêpe Breton or La Nouvelle France.

1 p.m. Students enjoy Cross Country Skiing on the Plains of Abraham.

4 p.m. Board the bus and return to your hotel to freshen up.

5:15 p.m. Board the bus for Lac Beauport.

6 p.m. Supper is at Érablière du Lac Beauport. Students enjoy a hearty meal complete with traditional music and entertainment.

7:30 p.m. Board the bus for Upper Town.

8:15 p.m. Enjoy an age-old tradition! Take a seat on a toboggan and slide all the way down to the foot of the Château Frontenac, an unforgettable experience. Afterwards, savour a steaming cup of hot chocolate on the Dufferin Terrace.

9:30 p.m. Historical walk of Upper Town conducted by your Animateur. Students explore the narrow winding streets and vintage stone buildings within the old walls.

10:30 p.m. Walk back to your hotel. Overnight at Delta Hotel.

(Night supervision has been arranged from 10 p.m.–6 a.m.)

### **Day Three                      Wednesday, March 4**

7:30 a.m. Breakfast is at Delta Hotel.

9 a.m. Introduction to the history and architecture of the Martello Tower located at the Plains of Abraham. Students will participate in guessing games on all three floors. This is followed by contests with military themes and demonstrations using artillery guns, accessories and objects of torture.

10:30 a.m. Guided tour of the National Assembly.

11:30 a.m. Visit the Museum of Civilisation in Lower Town.

Own arrangements for lunch.

1 p.m. Escape to the fabulous world of the circus with l'École de cirque du Québec. Students learn the basics of circus arts.

4 p.m. Board the bus for Village Valcartier.

4:30 p.m. Arrive at Village Valcartier. Students choose from inner tubes and carpet slides, snow rafting, tornado trails and ice skating paths.

6 p.m. Dinner at Village Valcartier.

Enjoy an evening of inner-tubing at the Village Valcartier.

Evening

9:30 p.m. Board the bus and return to your hotel. Overnight at Delta Hotel

(Night supervision has been arranged from 10 p.m.–6 a.m.)

### **Day Four                      Thursday, March 5**

7:30 a.m. Breakfast is at the National Assembly.

9 a.m. Board the bus with luggage.

9:30 a.m. Students visit Musée National des Beaux-Arts du Québec, located in the heart of the Plains of Abraham. Housed in its buildings - one of which is the former Québec City prison - are rich collections of paintings, sculptures, drawings, prints and photographs. Students have an opportunity to visit the permanent collection as well as special exhibitions.

Own arrangements for lunch.

11 a.m. Board the bus for the return trip to Toronto.

7:30-8:30 p.m. Arrive in Toronto.

### **Clothing list**

Students should check that they have all the necessary items of warm clothing. Well-insulated boots and jackets as well as warm socks, hats, scarves and mitts are mandatory, as the group will be outdoors for extended periods of time.

#### **The following items are essential for the trip:**

- One change of underwear per day
- One pair of warm socks per day
- One shirt per day
- Sweater
- Two pairs of pants + ski pants
- Two pairs of shoes and/or warm insulated boots
- Warm, winter jacket or coat
- Gloves
- Warm hat
- Scarf
- Pajamas

Students should also bring personal items such as a comb/brush, toothbrush, toothpaste, soap, and deodorant.

#### **RECOMMENDED ITEMS:**

- Inexpensive camera
- Sunglasses and/or ski goggles