CONTENTS

3 Preparing for your trip
4 Once you arrive
5 Life with your homestay family
6 Frequently asked questions
7 Classroom and activities conduct
8 Health and safety tips
9 Exploring Montréal
10 Getting around
11 Important information
12 Our philosophy

ARE YOU READY FOR THE EXPERIENCE OF A LIFETIME?

ILSC’s Junior Camps are an exciting and fun way to learn either English or French, and to connect with other students from around the world while getting a taste of the local culture at one of ILSC’s unique locations.

This welcome guide will help you prepare for your visit, and give you tips and advice for while you’re here so that you can get the most out of your experience. We look forward to meeting you!
PREPARING FOR YOUR TRIP

BEFORE YOU LEAVE

Make sure your parent or guardian has submitted the following documents to ILSC:

- Completed application package
- Balance of program fees (must be received 2 weeks prior to your first day at ILSC)

IMPORTANT INFORMATION & ITEMS

- Letter of acceptance from ILSC
- This Welcome Guide (be sure to record important information in the back of the guide on page 11 so that you have everything in one easy location)
- Your passport and travel documents (it is always a good idea to have a photocopy of your passport and other important documents stored in a location away from your originals, and also leave photocopies with your parent or guardian)
- Travel health insurance
- Any special medications that you require

SCHOOL SUPPLIES

- Backpack or school bag
- Pens and paper

TOILETRIES

- Toothbrush and toothpaste
- Comb or brush
- Shampoo and soap
- Sun screen

CLOTHING

- T-shirts
- Shorts
- Jeans/pants
- Windbreaker/jacket/umbrella (suitable for cool or rainy weather)
- Pajamas/sleepwear
- Swimsuit
- Sun hat
- Shoes suitable for walking and/or for sports

PERSONAL ELECTRONICS

- Camera
- Cell phone (if required)

Please take care of all your personal belongings as you do not want to lose them, or have them stolen.
ONCE YOU ARRIVE

AT THE AIRPORT

If you are coming from an international flight, you will be arriving at the international airport. All of ILSC’s locations are located in major cities, and the airport will be between 20-45 minutes away from the school depending on which city you will be studying in.

When you arrive, there will be someone from ILSC waiting for you inside the terminal. The person will be waiting for you with a sign that says your name, and includes the ILSC logo. This ILSC representative will greet you and take you directly to your accommodation.

Look for them carefully and don't worry; someone is always there waiting for you. If, after looking carefully, you can't find anyone, go to the information booth and ask to make a phone call to the ILSC emergency phone, which is always on, 24 hours a day. An ILSC staff member will answer the phone and make sure you are connected with the person picking you up.

SEE PAGE 11 FOR IMPORTANT PHONE NUMBERS AND EMERGENCY INFORMATION

DAILY SCHEDULE*

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY–FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 – 8:55 am</td>
<td>Arrival to ILSC</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 – 10:30 am</td>
<td>Classes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30 – 10:45 am</td>
<td>Break</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:45 am – 12:00 pm</td>
<td>Classes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00 – 1:00 pm</td>
<td>Lunch</td>
<td>Weekend excursion</td>
<td>Day with host family</td>
</tr>
<tr>
<td>1:00 – 4:00 pm</td>
<td>Afternoon activities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00 – 5:00 pm</td>
<td>Travel time home</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 pm – evening</td>
<td>Dinner and evening with host family</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Schedule may vary depending on activity. Students will be informed ahead of time if the schedule varies.
LIFE WITH YOUR HOMESTAY FAMILY

Our Student Accommodation Department will match you with a homestay family based on the information you include on your application (ie. age, allergies, preferences.)

Prior to your arrival, you will receive a description of your homestay family including: names of the family members, their ages, professions, and interests. You are strongly encouraged to communicate with your family by e-mail or by phone before you arrive. Sending them a picture is also a good idea—this will help them find you at the airport. They are as curious about you as you are about them!

Your new family will do their best to make you feel at home. Please keep in mind that this may include your helping out with chores once in a while. If you follow the guidelines below, your stay will be enjoyable and memorable.

- Keep your room tidy and make your bed every morning.
- Offer to help with chores.
- Respect all curfews and rules the family has.
- Ask before borrowing something, and then always return it with a thank you.
- If you make a mistake, apologize and ask if you can talk things over.
- Do not be late! But if you are going to be late, call the family to let them know.
- If you don’t know how to use something, ask for help.
- If something is upsetting you, talk to the family about your concerns.
- All long distance calls are to be made collect (charged to the person you are calling) or dialed on a long-distance telephone calling card.
- If you feel ill, please notify the family right away.
- Ask to use the internet or computer especially if you want to download something. Internet is not always unlimited in North American cities.
- Enjoy your experience with your homestay family!

EXTRA EXPENSES

Your extra expenses may include: activities outside of ILSC that are not part of your program package (ie. Sunday activities or excursions that you may go on with your host family), personal items (shampoo, soap, toothpaste, etc.) and souvenirs. The host family is not responsible for paying for these costs. Though your host family is responsible for providing you with three meals per day, it is always polite to offer to pay for your own meal if the family eats at a restaurant.
FREQUENTLYASKEDQUESTIONS

WHAT’S INCLUDED IN THE JUNIOR CAMPS PROGRAM PACKAGE?
The package fee includes all entry fees to attractions (activities take place Monday to Friday and a full day on Saturday), your accommodation cost, and a full board meal plan (3 meals per day plus snacks), which are provided by your homestay family.

HOW MUCH MONEY SHOULD I BRING?
Public transport fees are not included, so students should bring between $18–22 per week to cover their public transportation to and from the school, and during activities. Students should also bring enough money to cover any personal needs, including shopping for any personal items and/or souvenirs.

WHY IS PUBLIC TRANSPORTATION EXTRA?
Depending on the length and dates of a student’s program, the most cost-effective option for transit varies greatly. We have found that it is easy and cost-effective for students to purchase transit fares once they arrive. Homestay families and ILSC staff can help students choose the best fare option for their needs.

WHAT WILL ADJUSTING TO A NEW COUNTRY BE LIKE?
The program provides a great opportunity to explore a new culture, improve your language skills, and meet other youth from around the world. This exciting opportunity is definitely fun, but it can also be challenging. Once you arrive, you may experience “jet-lag” which leaves you feeling a little bit tired for the first few days until your body naturally adjusts to a different time-zone. Eating unfamiliar food might also affect your stomach until you adjust to new food. Be patient, your body will naturally adjust to these new experiences. It is also a good idea tell your host family how you are feeling so that they can support you.

WHAT SHOULD I DO IF I FEEL HOMESICK?
Feeling homesick is very common, especially if it is your first time away from your home, and/or family on your own. Being in a new country, where everyone speaks a different language, can cause a bit of “culture shock,” and be disorienting. The best way to cure homesickness is to talk about your life, experiences and feelings with friends, teachers, and host-family members. Expressing how you feel, and sharing what you love about your home will help you feel better. Writing how you’re feeling in a journal can also help.

WHY DO I HAVE TO SPEAK ENGLISH OR FRENCH ALL THE TIME?
ILSC’s English or French Only policy is in place to help you learn the language faster! Although it might feel very challenging at first, the people you meet at ILSC will understand your efforts and frustrations and they will help you as much as possible. If you meet a person who doesn’t understand, try not to get upset. They may not know what it is like to learn another language or they may just be having a bad day. No matter what, keep trying and soon your English or French will be better than ever!

IS THE CITY SAFE?
ILSC campuses are located in a number of major cities which are generally very safe. Students are accompanied by ILSC staff on all activities and stay with a host family in the evening, meaning they are rarely alone; however, students may travel between their homestay and the ILSC campus on their own. Although the cities are safe and residents are usually friendly and helpful, students should still be attentive to their surroundings and should report anything that looks suspicious or makes them feel uncomfortable to either an ILSC staff member, or their homestay family. Even in the safest of cities, students should stay alert and aware of their surroundings after dark, and travel with others if possible.

TIPS FOR LEARNING ENGLISH OR FRENCH

» Always speak in English or French! It’s simple, the more you practice, the more quickly you learn to communicate.
» Spend time talking with your homestay parents. Listening to and speaking with English and French speakers is the best way to learn.
» Carry a dictionary at all times and use it!
» Make a list of new words and expressions you learn outside of class. Writing things down is a great way to remember them.
» If you have time, read over your school notes or your list of new vocabulary at the end of each day. Even a brief review on the same day you learn something will triple your retention. It is a proven fact!
» Don’t hesitate to ask questions when you don’t understand! Your homestay parents and teachers are here to help you learn.
LATENESS & ABSENTEEISM
You are expected to be on time to classes. Attendance, punctuality and participation are important parts of learning. Students who come to class every day, on time:
» Learn more English!
» Get the class off to a good start!

Please note: if for any reason you are unable to attend a class or activity, please have your homestay parents notify the school IN ADVANCE with a written notice or phone call.

ENGLISH OR FRENCH ONLY POLICY
The English or French Only environment helps you:
» Think in English
» Improve your English faster
» Learn about other cultures
» Make friends!

We want to help you get the most out of our program! Remember: if you do not follow this policy you will receive an in-school detention with extra English or French work. Your detention will be for your morning class(es) only, and will be able to attend your afternoon class.

CELL PHONE POLICY
» Respect your teacher and classmates.
» Please turn your cell phone off during class times.

LOOKING AFTER YOUR VALUABLES
Always keep your valuables with you: your wallet, bag, cell phone, electronic dictionary etc.

BEING ENVIRONMENTALLY FRIENDLY
We want to help planet earth! So remember the three R’s:
» Reduce: Bring your own cup
» Recycle: Use the right recycling bins, for beverage bottle and cartons, food scraps (compost) and paper
» Reuse: Bring your lunch in re-usable containers

HAVE FUN!
IMPORTANT HEALTH AND SAFETY TIPS

In order to ensure the safety and fun of everyone, it is essential that you understand and follow the following safety regulations. Please use your common sense and do not do what you don't do in your own country!

IN CASE OF ILLNESS OR INJURY

» Report any illness or injury to your teacher or another staff member.
» Do not move a person who is injured.
» Follow the instructions of your teacher/ILSC staff, or medical staff.
» If there is no teacher or staff member available, call ILSC's emergency phone number or call 911.

YOUR BELONGINGS

» It is important to pay attention to your belongings in and out of school.
» Do not carry around large amounts of cash, or your passport.
» Remember to take your backpack off while you’re on public transit. This is the polite thing to do for people standing behind you and it will also keep your belongings safe.
» When you are walking around keep your phone and other belongings in your bag, don't carry them in your hand.

TALKING TO STRANGERS

» In general, people are friendly and it is safe to talk to strangers in public areas; however, if you are not feeling comfortable to talk with someone, you can always say “Excuse me, it is not a good time to talk” then move on.

IF YOU GET LOST

» Find a staff member at the place you are visiting, and ask them to call either ILSC Education Group, or your homestay parents. If it is past 5pm, ask the staff member to call the ILSC emergency phone number.
» DO NOT attempt to make your way back to the school site on your own.

IF THERE IS A FIRE

» If there is a fire, or you hear a fire alarm, calmly exit the building and gather in a safe place outside with your classmates and your teacher or activity coordinator.
» Follow all instructions from your teacher, activity coordinator and/or fire fighting staff who can inform you when it is safe to return to the building, or to leave the area.
EXPLORING MONTRÉAL

European sophistication meets Canadian friendliness in Montréal, the largest French-speaking city in the world outside of Paris. This metropolis of 3.6 million offers culture around the clock in both English and French.

The ILSC–Montréal campus is located downtown close to major transit hubs, parks, shopping and more, and if you’re passionate about the arts, film, food and fashion, you’ll fall in love with this city as soon as you arrive.
GETTING AROUND

PUBLIC TRANSIT

PUBLIC TRANSIT/SOCIÉTÉ DE TRANSPORT DE MONTRÉAL (STM)

This is the best way to get around Montréal. The STM includes both buses and subway trains (the Metro system).

<table>
<thead>
<tr>
<th>STM OPTIONS</th>
<th>FARE AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly pass</td>
<td>$85*</td>
</tr>
<tr>
<td>Weekly pass (Monday–Sunday)</td>
<td>$26.25*</td>
</tr>
<tr>
<td>Ten tickets</td>
<td>$28</td>
</tr>
<tr>
<td>Two tickets</td>
<td>$6</td>
</tr>
<tr>
<td>One ticket</td>
<td>$3.25</td>
</tr>
</tbody>
</table>

*Must purchase a rechargeable OPUS card: $6

» Always obtain a transfer from the station or bus driver, in case you need one to continue your trip.
» Please remember that busses only take exact change, tickets or passes.

COMMUTER TRAIN/TRAINS DE BANLIEUE

The commuter train provides a convenient public transportation option for travelling into the city from around the Montréal metropolitan region.

<table>
<thead>
<tr>
<th>AMT/RMT OPTIONS</th>
<th>FARE AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly pass</td>
<td>$77 – $134</td>
</tr>
<tr>
<td>Six tickets</td>
<td>$16.75 – $40</td>
</tr>
<tr>
<td>One ticket</td>
<td>$4.25 – $10</td>
</tr>
</tbody>
</table>

Note: Fares are current as of May 2019 and are subject to change. Additional fares may apply depending on zone and the destinations you are travelling between. For more information on fares, please see the RTM website below: https://rtm.quebec/en/fares/fares

TAXIS

» The meter starts at $3.50 and increases according to time/distance.
» Tax is included in the price, but it is always polite to tip the driver.
» If the sign on top of the taxi is not lit, it is already occupied.

TELEPHONES/PAY PHONES

» There are three area codes within Montréal. The city of Montréal uses (514) and (438) and areas outside of Montréal (450).
» You must always dial the area code, along with the number.
» If you are making a long-distance call, you must always dial 1+ area code followed by the phone number.
» It’s best to bring a cell phone with you; however, some pay phones are still available in transit hubs, airports, shopping malls and hotels.
» All local pay phone calls are 50 cents, with no time limit.
» Emergency numbers and 1-800 numbers or 1-888 numbers are free.
IMPORTANT INFORMATION

ILSC 24 HOUR EMERGENCY NUMBERS
You can call the homestay emergency number any time during your stay if you encounter an emergency situation. Someone is always available to answer the phone and help you.

<table>
<thead>
<tr>
<th>Homestay Emergency Number</th>
<th>Junior Camp Emergency Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.514.378.8488</td>
<td>1.514.224.5359</td>
</tr>
</tbody>
</table>

CITY EMERGENCY NUMBERS
If you encounter a serious emergency situation, such as a fire, medical emergency, or emergency requiring police, and you cannot find an ILSC staff member, homestay family member, or teacher to help you, you can contact local emergency services by dialing 911.

YOUR HOMESTAY FAMILY

Names: ________________________________________________

Address: ______________________________________________

Phone number: __________________________________________

Email: _________________________________________________

YOUR HEALTH INSURANCE DETAILS

Name of health insurance provider: _________________________

Your policy number: ____________________________________

Emergency contact numbers: ______________________________

EMERGENCY CONTACT IN YOUR HOME COUNTRY

Name: _________________________________________________

Relationship: __________________________________________

Phone number: __________________________________________

Email address: __________________________________________

YOUR PASSPORT INFORMATION

Name: _________________________________________________

Date of issue: __________________________________________

City/country of issue: __________________________________

Passport number: _______________________________________

IMPORTANT NOTES

____________________________________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________________________________

____________________________________________________________________________________________________________________________________________
OUR TEACHING PHILOSOPHY

Learning works better when it is student-centred.
We combine a set curriculum with the flexibility to accommodate each student’s special interests and learning needs. You’ll be motivated to learn about things that personally interest you.

Learning works faster when it’s combined with everyday experiences.
Immersion learning through role-playing, field trips, and group learning activities helps you learn the language more quickly.

People learn best when they are confident, at ease and happy.
At ILSC, you’ll be part of a community of staff, teachers, and fellow students who will support your success on a fantastic learning adventure.

CONNECT WITH THE ILSC COMMUNITY  #MYILSC