



INTERNATIONAL STUDENT PROGRAM HANDBOOK



www.international.emsb.qc.ca

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



International Students Youth Sector
@emsbint.students



EMSB International Students
@emsbinternationalstudents



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Welcoming Message

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,

Sandra Léveillé
Director of School Organization (International Program)

Roles and Responsibilities

The aim of the English Montreal School Board (EMSB) is to provide all our students with a safe, nurturing, challenging and enriched learning experience. This document very often refers to people who have different roles and responsibilities in the student's daily life. Below are definitions to each role.

	Responsibilities
Student (applicant)	Person applying to the International Program
Custodian	Person legally responsible for the international student during his/her stay in Canada
Guardian	Person responsible for supervising the student during his/her stay in Canada
Agent (if applicable)	Person responsible to help the student to apply online for the International Program
EMSB Administrative Technician	Person responsible to register the student in the EMSB International Program
EMSB School Advisor	Person responsible to support the student at school throughout the school year



Contact Information

English Montreal School Board- Main Office

6000 Fielding Avenue
Montreal, QC H3X 1T4
Tel. No. (514) 783-7200, ext. 7258
Email: intstudent@emsb.qc.ca
www.international.emsb.qc.ca

Director of School Organization

Sandra Léveillé
(514) 483-7200, ext. 7483
SLeveille@emsb.qc.ca

Manager, International Student Program (Youth Sector)

Leilani Parial
(514) 483-7200, ext. 7207
LParial@emsb.qc.ca

School Advisor- Support to Students

Angela (Cheonseon) Kim
CKim@emsb.qc.ca

Administrative Technicians- Support to Student Registration

Jeanine Lason (Marymount Academy International, Royal Vale, Royal West, All Elementary)
(514) 483-7200, ext. 7259
JLason@emsb.qc.ca

Patrizia Caimano (Laurenhill Academy, Lester B. Pearson High School, James Lyng)
(514) 483-7200, ext. 7250
PCaimano@emsb.qc.ca

Anna Maiolo (Westmount High School, F.A.C.E, Vinsent Massey Collegiate)
(514) 483-7200, ext. 7429
AMaiolo@emsb.qc.ca

Jimmy Grigoropoulos (John F. Kennedy, Rosemount High School, Laurier Macdonald)
(514) 483-7200, ext. 7675
JGrigoropoulos@emsb.qc.ca

List of High Schools

EAST SECTOR		
School Name	Phone Number	URL
F.A.C.E High School	514.350.8899	www.emsb.qc.ca/face
John F. Kennedy High School	514.374.1449	http://jfkhighschool.emsb.com/
Laurier Macdonald High School	514.374.6000	https://www.emsb.qc.ca/lmac
Lester B. Pearson High School	514.328.4442	https://www.emsb.qc.ca/lesterbpearson
Rosemount High School	514.376.4720	http://www.rosemount.emsb.qc.ca/
Vincent Massey Collegiate	514.374.1999	http://www.vmc.qc.ca/
WEST SECTOR		
School Name	Phone Number	URL
James Lyng High School	514.846.8814	https://www.emsb.qc.ca/jlhs
Laurenhill Academy Junior	514.331.8019	https://laurenhill.emsb.qc.ca/
Laurenhill Academy Senior	514.331.8781	
Marymount Academy International	514.488.8144	http://www.marymount.emsb.qc.ca/
Royal Vale High School	514.481.2463	https://royalvale.emsb.qc.ca/
Royal West Academy	514.489.8454	http://www.royalwestacademy.com/
Westmount High School	514.933.2701	https://www.emsb.qc.ca/whs

Emergency Contacts

911 Emergency Purposes Only - **NOT AN INFORMATION SERVICE**

1. 9-1-1 is the universal emergency telephone number in North America used to connect citizens with police, fire, or medical services in situations requiring immediate and urgent assistance.
2. Speak clearly to the operator and provide the nature of the emergency, the location (address), and where you are calling from.

811 Info-Santé / Health Information

1. In Quebec, 8-1-1 (or Info-Santé 811) is a free, confidential telephone consultation service for non-urgent health issues, staffed by nurses, available 24/7, that provides advice and directs people to appropriate resources
2. By asking relevant questions, the situation will be assessed, and the appropriate plan of action will be determined and communicated

Student Health Insurance – Student VIP Insurance

It is compulsory for all international students to have medical and travel insurance during your enrolment with the EMSB program.

Student health insurance is included in the EMSB tuition fees that were paid upon registration for a 12-month period. Your health insurance provider is **Student VIP**.

International Group Policy #09443a

Student VIP- Web Site: <https://www.studentvip.ca/>
Email: info@studentvip.ca
Phone: 1-888-918-5056

Schedule a meeting to speak with a Student VIP representative about Your Benefits. [Click here to book a time](#)

The students health insurance card is available in the students True North account. It can be printed for easy access and placed in a wallet. If you require any assistance in obtaining a copy, you can ask the School Advisor, Ms. Angela (Cheonseon) Kim at CKim@emsb.qc.ca.

Mental Health Support

Student VIP 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 the **I.M. Well** 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.

I.M. Well – Web site: <https://helpwhereyouare.com/CompanyLogin/1006/imwell>
Toll Free Number: +1 833 398 9040
Direct: +1 919 827 0234

Hospitals and Walk-In Clinics

There are many hospitals located in different neighborhoods of Montreal. Students requiring pediatric care, emergency services, surgeries and specialized treatments can seek medical attention the Montreal Children's Hospital or St. Justine's Hospital.

Montreal Children's Hospital

(Metro - Vendome)

1001 Décarie Boulevard
Montreal, Québec, H4A 3J1
514-412-4400

St. Justine's Hospital

(Metro - Côte-Sainte-Catherine)

3175 Côte-Sainte-Catherine Road
Montreal, Québec, H3T 1C5
514-345-4931

For minor health issues, such as a cold, flu, minor headache, mild stomach pain, rash, etc. a search for the closest walk-in clinics in the students neighborhood can be located on the [Student VIP](#) web site.

Preparing for your Stay in Montreal

Important Documents

It is important students bring these documents and remember to keep these documents safe and accessible on the plane and at the homestay.

- ✧ Contact information of homestay family: Full name, address, and phone number
- ✧ Contact information of the homestay agent/representative
- ✧ Airline Tickets
- ✧ Passport (Your passport must be valid for at least six months after your intended departure date)
- ✧ Birth certificate, Study permit and Certificat d'acceptance du Québec
- ✧ Letter of Acceptance (Admissions letters issued by the EMSB to apply for your CAQ and Study Permit)
- ✧ Most recent school report card and certified translated version in English or French
- ✧ Immunization Record (vaccination booklet)
- ✧ Prescriptions for any medication you are required to take

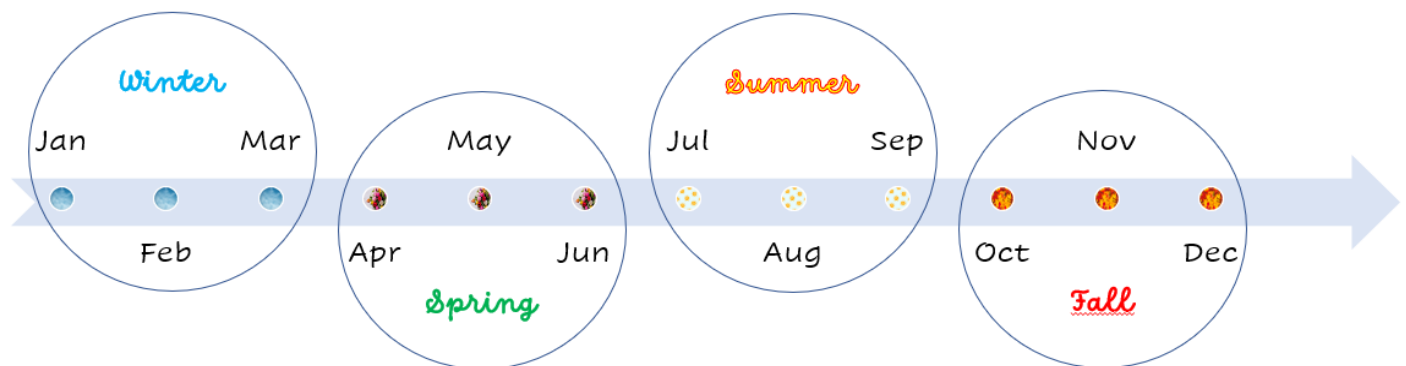
We recommend that copies of the most important documents are made, like the student passport, and be given to the homestay family/guardian. Should the originals be lost or misplaced, the copies will facilitate in obtaining replacements.

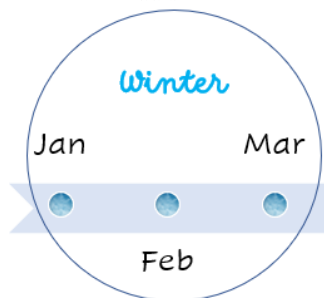
Medical Prescriptions

Students taking prescribed medication for a health condition should bring enough to last the first month of stay. Remember to **bring the doctor's prescription** as it is official proof the medication was prescribed and will help with the prescription renewal with a doctor in Montreal. While most medications are available in Canada, it may take time to obtain extended prescriptions from a health provider.

Clothes for Each Season

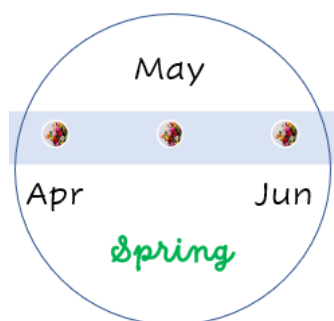
Montreal celebrates four seasons in a calendar year. It is important to bring or purchase appropriate clothing to ensure you are always dressed accordingly to the weather.





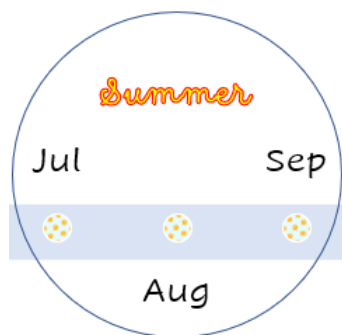
Weather: Cold, often freezing temperatures (-25 to -40 °C) with snow and wind.

- **Winter coat:** Insulated, water-resistant or waterproof, with a warm lining.
- **Layers:** Thermal or fleece-lined clothing to keep warm, such as sweaters and long-sleeve shirts.
- **Pants:** Thick, warm pants like wool or thermal-lined.
- **Accessories:** Gloves, scarves, and warm hats are essential to protect extremities from cold and wind.
- **Footwear:** Insulated, waterproof boots to prevent your feet from getting wet or cold in snow.
- **Thermal socks:** Wool or other warm, moisture-wicking socks.



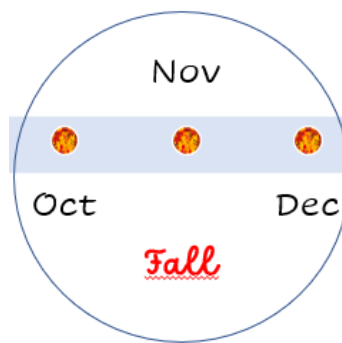
Weather: Mild temperatures, with occasional rain and some windy days.

- **Light jacket or coat:** A medium-weight jacket or trench coat to stay warm during cooler days.
- **Layers:** T-shirts, long-sleeve shirts, and lightweight sweaters to adjust to fluctuating temperatures.
- **Pants:** Jeans, leggings, or lighter fabrics like cotton or linen pants.
- **Footwear:** Waterproof shoes or boots to manage spring rain, or casual sneakers for dry days.
- **Accessories:** A lightweight scarf or hat may be useful during chillier mornings.



Weather: Warm to hot temperatures, often sunny and dry.

- **Light, breathable clothing:** T-shirts, tank tops, shorts, skirts, and dresses made from cotton, linen, or moisture-wicking fabrics.
- **Sunglasses:** To protect eyes from the sun.
- **Footwear:** Comfortable sandals, sneakers, or breathable shoes.
- **Hats:** Wide-brimmed hats or caps to shield from the sun.
- **Swimwear:** For swimming or water activities.
- **Sun Protection:** Don't forget sunscreen to protect your skin from harmful UV rays.



Weather: Cooler temperatures, with the chance of rain and windy conditions.

- **Layered clothing:** A mix of long-sleeve shirts, sweaters, and light jackets. A hoodie or sweatshirt can be a great mid-layer.
- **Fall coat or jacket:** A mid-weight jacket, like a denim jacket, leather jacket, or a wool coat for chillier days.
- **Pants:** Jeans, leggings, or thicker fabrics like corduroy.
- **Footwear:** Waterproof boots or shoes for rainy weather, and sneakers for casual wear.
- **Accessories:** A scarf, gloves, or hat if temperatures dip lower, and an umbrella for rain.

Electricity

Canada's electrical supply and electrical outlets are powered are 120 Volts and 60 Hertz.

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

Ensure any equipment being brought overseas are compatible with our electrical supply. Bring a power adapter/converter to charge any electronic devices, like a laptop or mobile phone.

Regardless, there are many stores in Montreal selling adapters and converters including Wal-Mart, airports and most of our local pharmacies.

Canadian Currency

Canada's currency is the Canadian dollar (CAD). While credit cards are almost accepted everywhere, it is always a good idea to carry some cash on hand (bills and coins) while travelling in Montreal. Some stores will only accept cash, and parts of our public transport system will not provide change (city bus). It is advised to carry cash with when you arrive and it is recommended to bring around \$250.00CAD.

BELOW ARE IMAGES OF OUR CANADIAN CURRENCY AND THEIR NAMES:

Becoming familiar with the terminology of the coins and their values will take time.

CANADIAN COINS AND BANK NOTES



\$2.00 CAD
"TWOONIE"



\$1.00 CAD
"LOONIE"



\$0.25 CAD
"QUARTER"



\$0.10 CAD
"DIME"



\$0.05 CAD
"NICKEL"



Canada stopped producing the one-cent, also known as a penny, in May 2012, and merchants no longer accept the penny since February 2013.

When paying with cash, any purchase not ending in a five or a zero will be rounded up or down. If an item costs \$1.01 or \$1.02 the total price will round down to the \$1.00. If an item costs \$1.03 or \$1.04, it rounds up to \$1.05. For any electronic transactions (credit card and debit card), cheques, and money orders, the price remains the unchanged and does not round up or down.

To determine the value of your home currency in Canadian currency visit [Currency Converter- Bank of Canada](#).

Jet lag

Jet lag occurs because the body's internal clock is synced to specific time zone. When travelling internationally across oceans, the body passes through several time zones and it does not allow the body to adjust to the new time zone immediately. The body and brain experience jet lag.

Jet lag can lead to various side affects including sleep disturbances, daytime fatigues, difficulty concentrating and a reduced appetite. To overcome jet lag, exposure to natural light is recommended to adjust to the daytime and nighttime routines, even when the body feels tired. Eating a healthy diet, avoiding exposure to electronics throughout the day, staying hydrated and avoiding stress will aid in the adjustment to the new time zone.

Culture Shock

Culture shock is a term used to describe the feelings of confusion and nervousness associated when moving to a new country and experiencing a different culture, especially when living with a new family. While this can be exciting and stimulating, it can also feel overwhelming. Emotions of sadness, anxiety, frustration, or loneliness may be experienced.

The host family may also experience culture shock as they may be unfamiliar with different traditions from other countries.

Therefore, as a newcomer to Canada, time is required to adjust to the surrounding environment, its culture and the homestay family and their daily routines/traditions. Staying positive and open-minded are key attitudes to overcoming culture shock.

If it becomes too overwhelming, reach out to the School Advisor for support.

Arriving in Montreal

Arrival at Montreal-Trudeau International Airport (YUL)

Follow the steps in the link below to ensure a smooth entry in Montreal.

[Landing in Montreal - Airport Guideline](#)

Step 1 – Before Arriving to Canada

Complete the Advance Declaration up to 72hrs prior to arriving to Montreal. You can use the ArriveCAN application to complete the declaration but will be finalized at the airport using an airport kiosk/eGate. The following video provides instructions on how to use the application.

[ArriveCAN: Advance CBSA Declaration Video](#)

Step 2 - Customs and Immigration Declaration

Once you arrive at the Montreal airport, make your way to Customs and Immigration to finalize your declaration at an electronic kiosk or eGate. Take the printed receipt and present it to the border services officer along with your passport and all relevant documents (study permit approval letter, etc). The agent will review and stamp your documents. If they do not provide you with the official study permit, they will direct you to an officer with Immigration, Refugees and Citizenship Canada (IRCC). Present them with all relevant documents and in exchange they will provide you with the study permit. If the information on the study permit is incorrect, ensure it is corrected before you leave the airport.

Step 3 - Baggage Claim and Handing in your Declaration Card

Collect your luggage and head towards the arrival gate. Before exiting to the public area, you need to present your declaration card to a Canada Border Services Agency officer, who will advise you if you need to undergo a secondary inspection. This consists of a manual luggage inspection and, in some cases, a search. If you are chosen, you will be directed to a secure area and the officers will perform an open search of the items in your luggage. If you are not chosen at random, you are free to exit the airport.

Step 4 – Airport Pick-up and Heading to your Homestay

When you finally go through the arrival gate you will see a crowd of people greeting other passengers. If you are being picked up by your homestay family, 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, follow the steps below:

1. Secure yourself in a non-crowded area of the airport.
2. Wait for the crowd to clear.
3. Look again for someone with your name on a sign.

4. Listen carefully to the airport announcements. Usually, the homestay driver will request an announcement if they have not found you.
5. If you are certain no one has arrived to pick you up, 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 you were planning to take a taxi/Uber to your homestay family, proceed to the below exit doors:

TAXI: Head to door 23 on the arrivals level, where a dispatcher will assist you. You do not need to book in advance.

UBER: Head to Door 28 on the arrivals level and follow the instructions in the Uber app for meeting your driver.

Homestay Accommodations

Residing with a homestay family can be a unique and enriching experience, but there are certain expectations that both the host family and yourself need to keep in mind to ensure a smooth and positive stay. Here's what you can typically expect:

Cultural Immersion

Learning about local customs and traditions: You'll get a firsthand experience of the local culture, and the family might expect you to show interest in learning about their lifestyle, values, and routines.

Participating in family activities: Depending on the family, you may be invited to join meals, outings, or social events, giving you a deeper insight into their social life.

- Homestay fees cover your basic accommodation and meals, but they do not include the costs of major family outings. If you wish to join your host family on a holiday or trip with extra expenses, you will need to cover those costs.
- Some Canadian families enjoy weekend getaways or short holidays to cottages, or travel during school vacations. If you are unable or prefer not to join your host family, please contact your homestay coordinator to arrange alternative plans. Students are permitted to travel outside the city with a signed Permission Form from their host parents or guardians.
- For international travel, your biological family is responsible for making arrangements, including obtaining necessary visas and documents. The homestay coordinator must be informed of any travel plans outside Canada.

Respect for House Rules

Set guidelines: Your host family will likely have specific rules regarding curfew, mealtimes, cleanliness, and other aspects of the home. You will be integrated into the everyday life of the family and are expected to respect the rules they have for their household. Below are zero tolerance regulations of the homestay:

a) Smoking – Alcohol – Drugs - Weapons

The legal smoking and drinking age in Quebec is 18. If a student engages in any of the prohibited behaviors below, they may face serious consequences. These include being removed from their homestay and school, and their custodianship arrangement will be terminated. This could result in the student being sent back to their home country, at their own expense.

- Purchase or drink alcohol

- Purchase or smoking cigarettes, e-cigarettes, vaporizers and/or marijuana
- Purchase, use or distribute illegal drugs including marijuana
- Possession of weapons, or replicas of weapons
- Use of false identification

b) Respecting Curfews

It's important for host families and international students to discuss and agree upon school day and weekend curfews to ensure a smooth and respectful living arrangement. Be sure to share your contact information with your host family and let them know if you'll be delayed past your curfew. Remember, your host parent is responsible for your safety and well-being, so they need to be aware of your whereabouts. Staying in touch with them during your outings will not only ease their concerns but also help build mutual trust and understanding.

c) Visitors

The homestay program doesn't encourage overnight visitors. If you want to have a guest, you must ask your host for permission first. You can only stay overnight at another student's home if both your parents and host family agree, and both families have communicated with each other. An adult must be present at the other student's home during the sleepover. If your host is away and makes other sleeping arrangements for you, they must inform the homestay coordinator with details about where you'll be staying. You cannot bring guests into the homestay if your host family isn't home, so always ask for permission before inviting someone over.

d) Maintaining Cleanliness

In a homestay, it's important to maintain good personal hygiene and contribute to the upkeep of shared spaces, such as the bathroom and kitchen. This includes cleaning your room, helping with dishes, and leaving shared areas as you found them. You will be given your own bedroom which should include the essential furnishings allowing for restful nights and privacy for studying. You should be mindful of how you personalize the space. To conserve energy, remember to turn off lights and electronics when not in use and avoid eating or leaving food in your room. Additionally, be considerate when using the bathroom, leaving it clean and dry for others, and managing hot water usage to ensure everyone has enough. Remember: the host family is not your cleaning lady. They have opened their home to you and are expected to respect the space.

e) Privacy

Respecting privacy in a homestay is important for fostering a positive and comfortable relationship between you and your host family. It involves being mindful of personal space, such as not entering private areas without permission

and keeping your own space tidy. Always knock before entering rooms and avoid using personal items without consent. Communicate respectfully and share personal matters only when invited to do so.

Be transparent about your whereabouts and curfew, keeping your host informed about your plans. Additionally, be cautious with social media, and avoid posting pictures or personal information about your host family without permission. Respecting quiet time and solitude is also important to maintain a peaceful and considerate atmosphere in the home.

Communication

Communication is key when staying with a host family because it helps build trust, mutual understanding, and respect. It ensures that both you and your host family are on the same page about rules, expectations, and daily routines. Clear communication helps prevent misunderstandings and allows both parties to express their needs or concerns. Whether it's discussing curfews, house chores, personal preferences, or any issues that arise, being open and honest fosters a positive living environment. Regular communication also helps create a stronger bond, making the homestay experience more enjoyable for everyone involved.

Respect for language barriers:

If English or French is not your native language, be patient and try to communicate as much as possible, even if you're not fluent. Below are recommendations to bridge the communication gap between yourself and the homestay family:

- **Practice Speaking English/French:**
 - Try to practice speaking the language, even if you're not confident. Your host family will help you improve.
- **Use the Language in Everyday Situations:**
 - Practice speaking during meals, errands, or activities like board games or watching TV.
- **Be Open in Conversations:**
 - Don't be shy to talk about yourself.
 - Offer detailed answers to questions, explaining how you feel and why.
- **Learn Idiomatic Expressions and Slang:**
 - Ask your host family to explain common idiomatic expressions and slang. They can be fun and useful once you understand them.
- **Ask for Clarification:**
 - If you don't understand something, be honest and ask for help.
 - Try rephrasing what you've said or heard to make sure you understand.
- **Speak Slowly:**

- If you're having trouble making yourself understood, try speaking slower and rephrase your ideas with different words.
- **Use Gestures and Body Language:**
 - When necessary, use charades, pointing, or body language to communicate.
- **Write Things Down:**
 - If you're struggling with verbal communication, try writing things down as your reading and writing skills may be ahead of your speaking skills.
- **Use a Dictionary or a Mobile Translation Application**
 - Consider using a foreign language dictionary to help with vocabulary.

Meals and Eating Habits

One of the joys of a homestay is discovering what Canadian families enjoy eating, and sharing your own food preferences with your host family. This is a great opportunity for you to prepare a traditional meal from your home country for them, which will be a special treat for both you and your hosts! While your host family will provide your meals, they may not be home for every meal, so you might need to help prepare or arrange your meals independently

Mealtime together: Often, meals are shared together as a family, which is an excellent opportunity to engage and bond. Be punctual and respectful of meal times.

Dietary preferences: Inform your hosts ahead of time if you have dietary preferences, allergies, or specific meal needs. You might be expected to try new foods or adapt to their meal schedule.

- **Breakfast:** Each host family has its own morning routine, so it's important to establish a schedule that works for everyone. On weekdays, breakfast is typically a quick, light meal, while on weekends, families may enjoy breakfast together. Some families prefer a hot breakfast, while others opt for something cold like cereal, toast, and juice. If you're responsible for preparing your own breakfast, ask your host where the food is kept and how to prepare it.
- **Lunch:** Usually served around noon, lunch is often a light meal, such as soup, salad, or a sandwich, along with a drink (water, milk, or juice) and a dessert like fruit or cookies. Your host will guide you on how to prepare or pack your lunch for school.
- **Dinner:** Dinner is typically the largest and most important meal of the day, usually served between 5:00 and 8:00 pm. If you won't be home for dinner, be sure to call your host family beforehand so they won't worry and can save your meal in the fridge.



Independence and Boundaries

Balancing socialization and independence: While you may want to spend time with the family, they will likely expect you to also have some independence, whether that means exploring the area on your own or respecting downtime.

Be mindful of their personal space, routines, and family time. They might need time for themselves, and it's important to be considerate.

Contributions:

Gift-giving or gratitude: You may want to bring a small gift for the family as a token of appreciation, which can be a thoughtful gesture but is not mandatory.

Flexibility and Adaptability

Adapting to the family's rhythm: The daily routine might be different from what you're used to, so being flexible and adaptable is important. Whether it's adjusting to mealtimes or household norms, be open to change.

Handling challenges gracefully: There may be times when differences in habits, expectations, or personalities arise. It's important to address any concerns politely and find solutions that work for both you and your host family.

Homestay Challenges

If any issues arise with your host family, please reach out to your homestay coordinator for assistance. Our priority is ensuring the safety, happiness, and well-being of both you and your host family, and we believe most issues can be resolved through open communication. In some cases, your homestay coordinator may help find you a new host family. We take respectful behavior seriously, and if a student is disrespectful or unwilling to follow house rules, relocation may be necessary. Similarly, if a host family does not provide adequate care, support, or respect, or if there are unresolved conflicts, we will take appropriate steps to ensure your well-being.

Welcome to Life in Montreal

Montreal is undoubtedly one of the best cities in North America, and the largest city in the province of Quebec, offering a unique blend of culture, history, and modern energy that makes it a top destination for both students and travelers alike. Known for its vibrant multicultural atmosphere, Montreal is a city that celebrates diversity, with people from all over the world calling it home. This cultural mix is reflected in everything from its festivals to its neighborhoods, creating a welcoming and dynamic environment for anyone looking to explore different cultures.

The city is a French-speaking haven, making it one of the largest French-speaking cities outside of Paris. This gives Montreal a distinct European flair, with charming streets, cafés, and boutiques that evoke the romantic ambiance of cities like Paris or Brussels. The French language is woven into daily life, giving you the chance to immerse yourself in both the language and culture while experiencing the beauty of Canada's bilingual identity.

Montreal is also a city rich in artistic history and creativity. Known as a hub for the arts, Montreal boasts world-class galleries, theaters, and music venues. The city has long been home to some of the best musicians, artists, and performers, and you can see this reflected in the many cultural events and festivals it hosts throughout the year, including the famous Montreal International Jazz Festival, OSHEAGA, etc.

In addition to its cultural richness, Montreal offers a high quality of life. The city is safe, clean, and full of green spaces, from beautiful parks like Mount Royal to the peaceful canals of Lachine. The mix of European charm and North American convenience makes Montreal a city where you can enjoy both the fast pace of urban life and the laid-back atmosphere of outdoor living.

Whether you're wandering the cobblestone streets of Old Montreal, enjoying world-class cuisine, or taking in a performance at one of the city's many theaters, Montreal offers an incredible blend of history, culture, and modernity. It truly stands out as one of the most exciting and diverse cities to live in on the continent.



Language

Québec is rightfully proud of its French heritage, and Montreal is the perfect embodiment of this pride. As the largest city in the province, Montreal's official language is French, but English is also widely spoken throughout the city, especially in tourist areas, making it accessible to everyone.

Montreal is Canada's bilingual jewel, known for its **joie de vivre**- a French term that captures the essence of the Montreal spirit: a passion for life, a love for good food, music, art, and community. It offers a rich cultural experience where both French and English coexist seamlessly. It's the largest French-speaking city in the world outside of Paris, giving you the opportunity to immerse yourself in the French language and culture while still enjoying English-language comforts. Whether you're into the arts, film, food, or fashion, Montreal effortlessly blends both languages in its daily life, offering an experience that feels uniquely cosmopolitan.

While you'll be learning French in school, it's always helpful to pick up a few key French phrases before arriving. Many locals, especially in Old Montreal, will speak English, but making an effort to speak French, even just a little, will be appreciated and will enhance your experience in this wonderful city. Here are a few essential French phrases to get you started:

<u>English</u>	<u>French</u>
Hello	Bonjour
Thank You	Merci
Please	S'il vous plaît
I speak a little French	Je parle un peu français
How much?	Combien?
Do you speak English?	Parlez-vous anglais?
Good-bye	Au revoir

Financial Institutions - Banking

It is recommended to open a bank account upon arriving in Montreal. You can ask your guardian to assist you in setting up a personal account with your preferred Canadian bank. Having a local bank account will make it easier for your parents to transfer money to you and streamline payments for purchases. Montreal is served by all the major Canadian banks, including:



BANK OF MONTREAL



ROYAL BANK OF CANADA



CANADIAN IMPERIAL
BANK OF COMMERCE



SCOTIABANK CANADA



NATIONAL BANK OF CANADA



TORONTO DOMINION BANK

Address Format in Canada

In Canada, addresses are written in the following format:

Contact Name

Civic Address, Street Name (including type of street)

City, Province

Postal Code

Mr. John Doe
6000 Fielding Avenue
Montreal, Quebec
H3X 1T4

Montreal's Public Transit System

Montreal has a clean, safe, and efficient [public transportation system \(STM\)](#) which also connects to the Greater Montreal regions. As high school students with the EMSB, you will be using the STM to get to and from school as well as to navigate when you perform leisure activities around Montreal. It is very easy to navigate whether you are taking the subway (known as the Metro) and/or the city bus.

For approximately \$15.00CAD you will need to purchase an “**OPUS**” card, the official transit card to access our Metro system and city buses. It is a smart card in which you can charge all STM transit fares including your monthly transit fare. The monthly fare will give you unlimited access to the bus and Metro system on the island of Montreal. The monthly rate to reload the OPUS card is approximately \$60.00CAD for students and it can be done at any Metro station or at selected convenience stores or pharmacies. The mobile Chrono application allows you to recharge your OPUS card electronically, but you will require access to a credit card.

For more details on locations offering the sale of STM transit fares [click here](#).

Taxes and Tipping (Gratuities) – Shopping and Eating Out

In Canada, sales taxes are added to the price at the checkout.

In Quebec, two taxes are applied to your purchase: the **GST (Goods and Services Tax)** is applied first, which is 5% of the selling price, and the **QST (Quebec Sales Tax)** is applied second, which is 9.975% of the selling price including GST. Together, these taxes add approximately 15% to your total purchase cost.

Sales tax is generally applied to most purchases, with some exceptions such as basic groceries, most medical services, and prescription medication.

When dining at a sit-down restaurant, the bill typically does not include a tip for the server. It is customary to leave a tip of 10-15% of the total bill less taxes. Tipping is also common for services like haircuts, food deliveries and taxi rides.

Click on here for a Tip link: [Tip Calculator](#)

Exclusive to Montreal, Quebec and Canada

Exciting Activities to Experience

Montreal is a vibrant city full of exciting activities and experiences for all types of travelers. Whether you're into arts, food, sports, or outdoor adventures, there's always something happening. Here are some top activities to consider:

1. Explore Old Montreal (Vieux-Montréal)

- Wander through the cobblestone streets of this historic neighborhood, featuring charming boutiques, cafes, and landmarks like **Notre-Dame Basilica** and the **Old Port**.
- You can take a boat cruise along the St. Lawrence River or rent a bike to explore the scenic waterfront.

2. Visit Mount Royal (Mont Royal)

- For outdoor enthusiasts, this hill offers panoramic views of the city. You can hike, picnic, or even rent a paddleboat at Beaver Lake.
- In the winter, the mountain transforms into a snowboarding and skiing hub, while in the summer, it's perfect for leisurely walks and outdoor concerts.

3. Try Montreal's Food Scene

- Montreal is known for its incredible food scene. Don't miss iconic foods like **poutine**, smoked meat sandwiches (especially at **Schwartz's Deli**), or a classic bagel from either **Fairmount Bagel** or **St-Viateur Bagels**.
- Explore **Jean-Talon Market** or **Atwater Market** for local produce, cheeses, and artisanal goods.

4. Attend Festivals

- Montreal is a festival hub. You can experience the world-renowned **Montreal International Jazz Festival**, **Just for Laughs (Comedy Festival)**, **Montreal en Lumière (Montreal's Winter Festival)**, or **Fête des Neiges (Snow Festival)**.
- Join movie goers in Movies in the Park, OSHEAGA music festival at Parc Jean Drapeau or events and festivals during **Grand Prix** weekend

5. Explore Montreal's Museum Scene

- Visit the **Montreal Museum of Fine Arts (Musée des beaux-arts)** or the **Musée d'Art Contemporain** free of charge for students 18 years old and under for impressive collections.

- If you're into history, the **Pointe-à-Callière Museum** and the **McCord Museum** are must-sees.

6. Biodome, Botanical Garden, and Insectarium

- The **Biodome** is a fantastic indoor nature exhibit that takes you through several ecosystems, including a tropical rainforest and the polar regions.
- The nearby **Botanical Garden** is a tranquil spot to explore thematic gardens, while the **Insectarium** is a unique and fun place to learn about insects.

7. Underground City (RESO)

- Montreal has one of the world's largest underground complexes. In winter, it's a great way to navigate the city without battling the cold.
- The **Underground City** connects shopping centers, metro stations, and offices, and it's perfect for rainy or snowy days.

8. Catch a Canadiens Game or Outdoor Sports

- If you're a sports fan, attending a **Montreal Canadiens** hockey game at the **Bell Centre** is a must, or an **Alouettes** game at **Percival Molson Memorial Stadium** or enjoy **CF Montreal** game at **Saputo Stadium**
- In the summer, consider renting a bike to ride along the **Lachine Canal** or even try a kayaking session.

9. Take a Day Trip to Mont-Tremblant

- If you're a nature lover, take a short trip to **Mont-Tremblant**, located just 90 minutes outside the city. This charming town offers year-round activities such as hiking, skiing, zip-lining, and even a vibrant village to explore.

10. Explore Saint-Denis Street and Le Plateau

- Stroll through the **Plateau Mont-Royal** area, a trendy neighborhood known for its bohemian vibe, murals, boutiques, and cafes.
- **Saint-Denis Street** is a hot spot for restaurants, theaters, and nightlife.

11. Biking on the Lachine Canal

- Rent a bike and enjoy the Lachine Canal's scenic route. It's perfect for both leisurely rides and more intense cycling, with views of the river, parks, and urban spaces.

12. Try Zip-lining at La Ronde

- For an adrenaline rush, head to **La Ronde**, Montreal's amusement park, where you can try out exciting rides, including zip-lining across the park.

13. St. Joseph's Oratory




- This stunning basilica perched on Mount Royal offers breathtaking views of the city and is a peaceful place to visit for those interested in architecture or spirituality.







Whether you're there for a weekend or a longer stay, Montreal always has something new to discover. Its mix of cultures, history, art, and modernity make it a city that never gets boring. What kind of activities are you most drawn to?

Visit <https://www.mtl.org/en> for your next Montreal adventures.

Food and Drink

Below are different types of food and drink that are home to Quebec and to Canada. You can find them across the nation and are a must try during your stay.

NAME	IMAGE	DESCRIPTION
BEAVERTAILS		Deep-fried, hand stretched, oval-shaped, dessert pastry resembling a beaver's tail. Typically served hot with decadent toppings.
POUTINE		Deep-fried potato strips (French fries) topped with cheese curds and gravy
BUTTER TART		Small, sweet pastry tart, known for its flaky crust and a gooey, buttery filling made with butter, sugar, syrup, and eggs, often with added raisins or nuts
TOURTIÈRE		Traditional French-Canadian meat pie, typically made with ground pork, spices, and sometimes beef or veal, and baked in a flaky crust

NAME	IMAGE	DESCRIPTION
MILK IN A BAG		Milk packaged in flexible plastic pouches and served using a pitcher with a corner cut off for pouring
SMOKED MEAT		Smoked beef brisket seasoned with spices served as a sandwich with mustard
BAGEL		Bread roll, traditionally shaped into a ring, made from yeasted wheat dough that is boiled before baking, resulting in a dense, chewy interior and a crisp, shiny crust.
MAPLE SYRUP		A sweet, natural syrup made by concentrating the sap of maple trees, particularly sugar maples, into a thick, golden-brown liquid with a distinctive flavor. Can be served with everything and anything.
POUDING CHÔMEUR		The pouding chômeur is a basic cake batter onto which a hot syrup, typically maple or caramel is poured before baking. The cake then rises through the liquid which settles at the bottom of the pan, mixing with the batter and creating a distinct layer at the bottom of the dish.
TIRE SUR LA NEIGE		Also known as maple taffy, this seemingly miraculous candy is made from only two ingredients: maple syrup and snow. To make it, confectioners simply boil maple syrup until slightly reduced, then pour it onto clean snow

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 Atlantic Division of the Eastern Conference of the National Hockey League. The Canadiens are the longest operating professional ice hockey team founded in 1909 and have won the Stanley Cup more times than any other franchise earning 24 championships.

CF Montreal

Major Soccer League - MSL



Montreal Football Club is a Canadian professional soccer club based in Montreal. The club competes in Major League Soccer (MLS) as a member of the Eastern Conference. Founded in 1992 as the Montreal Impact, they began playing in the MLS in 2012 as the league's nineteenth franchise and third Canadian club.

Montreal Alouettes

Canadian Football League - CFL



The Montreal Alouettes are a professional Canadian Football League (CFL) team based in Montreal, Quebec, founded in 1946. They compete in the East Division of the Canadian Football League (CFL) and last won the Grey Cup in 2023, defeating the Winnipeg Blue Bombers in the 110th Grey Cup Game.

Festivals & Celebrations

Public holidays in Canada, like in many countries, celebrate or commemorate a variety of events, including religious observances, national milestones, and events of historical significance. There are many holidays in Canada that are not public holidays; but are recognized as a day to honour and observe.

Valentine's Day – February 14th

A day to express love and affection, often through cards, gifts, and romantic gestures, and is a cultural and commercial celebration of romance and love.

St. Patrick's Day – March 17th

A cultural and religious holiday that honors St. Patrick, the patron saint of Ireland, and is marked by parades, music, and celebrations of Irish culture. 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.

National Day for Truth and Reconciliation – September 30th

Is a day to honor the survivors and victims of Canada's residential school system, their families, and communities, and to commemorate the history and legacy of these schools.

Halloween - October 31st

First, it is a celebration of the end of the harvest season and the beginning of the dark, cold winter. Second, it is a time to remember the dead and to protect oneself from evil spirits. People carve and decorate pumpkins, 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 trick or treats.

Remembrance Day – November 11th

A national holiday in Canada that commemorates the end of hostilities in World War I and honors those who have served in the nation's defense, with a focus on remembrance, reflection, and respect. Veterans, retired soldiers, sell red poppies to the public which symbolizes the memory of those who fought and sacrificed their lives for their country.

Boxing Day – December 26th

Is a holiday celebrated after Christmas Day, occurring on the second day of Christmastide. Boxing Day was once a day to donate gifts to those in need, but it has evolved to become a part of Christmas festivities, with many people choosing to shop for deals on Boxing Day

Statutory Holidays in Quebec – No School

Labour Day - Celebrated on the 1st Monday in September

It is the last long weekend of the summer celebrating workers and their contributions to society, with origins rooted in the efforts of Canadian trade unions to improve workers' rights.

Thanksgiving - 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. A time for families and friends to gather, express gratitude, and enjoy a traditional meal. Traditional foods served are turkey, stuffing, mashed potatoes and gravy.

Victoria Day - Celebrated on the Monday preceding May 25

A day to honor Queen Victoria, who was the reigning monarch of the United Kingdom and Ireland when Canada became a country in 1867. It marks the end of winter and the unofficial start of the spring/summer season.

St. Jean Baptiste Day - Celebrated on June 24th

Also known as Fête nationale du Québec, is a national holiday only in Quebec, Canada, honoring the birth of Saint John the Baptist and Québécois culture, marked by festivities like parades, concerts, and bonfires.

Canada Day - Celebrated on July 1st

Canada's national holiday commemorating the anniversary of the country's Confederation in 1867, when the British North America Act united several colonies into a single dominion within the British Empire. 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.

Studying in Montreal

About the English Montreal School Board



The English Montreal School Board (EMSB) is located on the island of Montreal and its schools are spread out throughout the various neighborhoods that make up the city. Our schools embrace a multicultural environment, offering enriching programs and a global perspective on learning.

The EMSB is the largest English public school board in Quebec, serving approximately 35,000 students and composed of **33** elementary schools (pre-kindergarten to grade 6), **15** high schools (grades 7 to 11), and **11** adult and vocational education centers.

The EMSB boasts the highest graduation rate in the province among public high schools. Our success is due to the dedication of our teachers, administrators, the enthusiasm of our students, and the support of our parents and community.

In addition, extracurricular activities and enriched half day, full day, or overnight excursions are organized for both the elementary and high school sectors. Our students have the opportunity to experience the vibrant culture, artistic nature and historical landmarks throughout Montreal and Quebec.

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



High School Life

High school life in Montreal is a blend of academic challenges, diverse cultural influences, and a mix of French and English language experiences. Montreal is a bilingual city, and many students attend schools where French and English are both spoken, which adds a unique dynamic to the student experience.

Social life in Montreal high schools is vibrant, with many student-run events like dances, fundraisers, and talent shows. Montreal has a reputation for its artsy, bohemian vibe, and that often carries over into the high school environment.

Hanging out in cafes, exploring neighborhoods like Plateau Mont-Royal, or attending local concerts and events are common ways for students to spend their free time.

Here's a closer look at what high school life might be like for a student in Montreal:

→ Bilingual Environment - Language Learning and Integration

Students attending English-language schools take French as a Second Language. There's a strong push for bilingualism, and many students can interact with people in both languages on a regular basis, which can foster greater cultural integration and understanding.

→ Academic Focus

The academic system in Montreal follows the Quebec education system, which places emphasis on the core subjects of English, French and Mathematics.

High school students typically attend school from **Grade 7 to Grade 11**, with the equivalent of high school finishing in **Grade 11** (secondary school), after which students may move on to **CEGEP** (a post-secondary institution) before university.

In Montreal, there is a strong focus on preparing students for CEGEP, which offers specialized programs in the sciences, arts, and other fields of interest.

→ Cultural Diversity

Montreal is known for its cultural diversity, and this is reflected in high schools as well. Students come from various cultural and ethnic backgrounds, bringing a rich blend of traditions, languages, and perspectives into the classroom.

Students often participate in community events, international days, and cultural celebrations that reflect this diversity.

High School Information

Student Code Of Conduct

Each school has its own Code of Conduct. The student must read the school's agenda carefully to understand the 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

School attendance is compulsory. Students are expected to arrive to school on time before the bell rings. Should an absence be required, the guardian/homestay parent must advise the school through the Mozaïk online platform (link: <https://portailparents.ca/accueil/en/>)

Students arriving late without a valid reason will be warned with a possibility of a consequence. If students are disciplined with a detention, they are required to stay after school for a certain amount of time. For justified lateness, the guardian/homestay parent must advise the school through the Mozaïk online platform in advance or before the start of the first class.

Each school has its own policies for students who are absent and are late for class.

Uniform Policy

All our schools have a specific school uniform. The school uniform must be respected and worn every day at school. There is also a compulsory uniform for your Physical Education class including appropriate gym shoes. Details of where to purchase the school uniforms will be communicated by the school advisor during the summer months before your arrival to Montreal.



Daily School Schedule

Most high schools start their day between 8:00AM – 9:00AM and end their day between 3:00PM – 4:00PM. Classes are held from 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 for each student. A timetable of courses will be issued to the student at the beginning of the school year.

School Supplies and Textbooks

Textbooks are supplied to students 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.

The school Agenda is a resourceful tool to keep track of homework, upcoming exams, projects and events. It also contains important information about the school's policies, rules and regulations. Upon receiving the agenda, it is recommended to read the content to understand the schools and student's role and responsibilities.

Student's EMSB Email Address

All students are provided an official EMSB email address. This will be used to communicate to teachers and administrative staff in the school. As well, the email address will be used to access educational platforms- Google Classroom and Microsoft TEAMS. These platforms are used to upload assignments, lesson plans and information relevant to the subject.

Evaluations of Subjects

○ Report Cards

The passing mark for all subjects is 60%. EMSB schools issue progress reports in October and term reports in November, February and end of June. These grades reflect the overall academic performance of the student in each subject and are based on the submitted projects, class assignments, written work, and periodic class tests.

○ Exams

There are two sets of formal exams for all high school students. They take place in January and June. In addition, Secondary 4 and 5 students have ministry exams in June. The marks for the final exams make up a large percentage of the final grade of the student. Therefore, it is important for the student to keep up with their school work and seek out remediation and resources if they are experiencing academic difficulties.



- ***Parent/Guardian Interview Night***

A “Meet the Teacher Night” is scheduled in September allowing the parents and guardians to acquaint themselves with the student’s educator for each subject. They will discuss the expectations of the student along with the content of the subject matter.

After each term, a formal Parent/Guardian/Teacher meeting is held to discuss the student’s performance in the subject. Students and guardians will receive an email from the school about the parent/teacher interview night with directives on how to schedule a meeting with the teacher.

- ***Requesting a Meeting with Teacher***

Should the parent/guardian have concerns about the learning development of the student during the year, the teacher can be contacted by email at any time. Teachers will respond within a reasonable delay.

Cheating and Plagiarism

Cheating is defined as obtaining or attempting to obtain, or aiding another to obtain credit for work, or any improvement in evaluation of performance, by any dishonest or deceptive means. Plagiarism is copying the work of another without proper authorization, or by not crediting the original author. The EMSB holds a zero-tolerance policy on students guilty of cheating or plagiarizing. Students will risk failing an assignment/exam and the guardian/homestay parent will be advised. Each school has its own disciplinary actions towards cheating and plagiarism including suspension, or even expulsion.

The Typical EMSB Classroom

A standard classroom at an EMSB high school is a dynamic and multicultural environment designed to promote collaboration and inclusivity. It typically features desks arranged in rows or clusters, equipped with modern technology such as smartboards, projectors, and laptops for interactive learning. The walls are decorated with educational materials, reflecting the subject’s content, along with student work and cultural posters. Classrooms emphasize group work, discussion, and participation, fostering a respectful atmosphere where students from diverse backgrounds are encouraged to share their perspectives. With a focus on both academic and personal growth, these classrooms integrate technology, multicultural content, and collaborative teaching methods to create a well-rounded learning experience.

Extracurricular Activities

Extracurricular activities play an essential role in the overall learning experience. Each school offers activities tailored to the interests of its students. Popular options include a variety of sports (soccer, basketball, volleyball, badminton, etc.), fine arts (dance, music, art, drama, etc.), robotics, leadership programs, student clubs (chess, photography, debate, etc.), and participation in local, national, and international competitions. Many students also participate



in community and cultural activities outside of school, contributing to a well-rounded educational experience.

The learning experience is further enriched through organized excursions, which can range from half-day trips to overnight adventures. Students have the opportunity to visit historical sites across Montreal and Quebec, while also engaging in traditional Quebec experiences such as apple picking, visiting a Sugar Shack to learn about maple syrup production, attending the annual Quebec City Winter Carnival, and exploring many of the province's rich museums and landmarks.

Academics

Quebec Education System – No Grade 12

Quebec's education system has four levels:

Elementary	Kindergarten to Grade 6
High School	Grade 7-11
CEGEP**	2 year pre-university or 3 year professional
University	Undergraduate and post-graduate

****CEGEP is exclusive to the education system in the province of Quebec.**

Students in the province of Quebec who intend to pursue post-secondary education must attend CEGEP (Collège d'Enseignement Général et Professionnel) before enrolling in a Quebec university.

Quebec students finish high school at the end of Grade 11. Students will enroll in CEGEP in a pre-university program or a technical profession. Most Quebec university 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.

High School Programs

The EMSB high school program spans from Grades 7 to 11 and is divided into two cycles: Cycle I (Grades 7 and 8) and Cycle II (Grades 9 to 11). Cycle I serves as the transition period for students moving from elementary school to high school, while Cycle II focuses on

preparing students for high school certification. In Cycle II, some courses are compulsory, while others are optional.

Grades 7, 8 and 9 school curriculum offers an Extended French option, with French instruction ranging from 38% to 72%. In Grade 10, students take a French language course and may also choose to study History in French. In Grade 11, all courses are instructed in English except for the French language course.

Additionally, the English Core Stream is available from Grade 7-11, where students receive instruction in English, except for one course - French as a Second Language. Many schools also offer enriched French courses within the English Core Stream.

Quebec High School Diploma

For all grade levels, students are required to pass all **Basic School Regulation (BSR)** courses, as they form a key component of the high school diploma requirements. Students must pass each course from Grade 7 to 11 to graduate successfully including the French as a Second Language course.

To receive a Quebec Secondary School Diploma, students must accumulate a total of 54 credits in Grade 10 & 11, of which at least 20 credits must be obtained in Grade 11. The following is a list of required courses to obtain a High School diploma according to the Quebec Education Plan.

Grade 10 – Secondary IV	Credits
Mathematics CS&T	4
Mathematics SN	6
Applied Science and Technology or Science and Technology	4
History and Citizen Education	4
Arts Education:	
Visual Arts	2
Music	2
Drama	2
Dance	2

Grade 11 – Secondary V	Credits
English Language Arts	6
French as a Second Language (Programme de Base or Programme Enrichi)	4 6
Culture and Citizenship in Quebec	2
Physical Education	2

Failure to meet these requirements may result in delays in obtaining the high school diploma and progressing to post-secondary education or the workforce.

***** Note: all international students will need to obtain a minimum passing grade of 60% for their French as a Second Language course. The Ministry of Education will no longer be granting any exemptions for international students for this course.**

Ongoing Support for Students at Risk of Failing

1. Support for Students Facing Difficulties

Students who are currently failing a subject must pursue remedial options such as:

- Attending teacher recuperation sessions
- Attending additional tutoring options (peer-tutoring, Learn tutoring, Homework Club, etc.)
- Reviewing course material using EMSB prepared capsules

2. Other Pathways Support:

Students who fail a course can proceed with:

- Attending summer school.
- Repeat the course during the next school year.
- Completing reassessments
- Writing “mandatory” supplemental exams

We strongly encourage parents to stay actively involved in their child’s academic progress and to reach out to teachers or school administration for support when needed. Term 3 accounts for 60% of the final grade and students have ample time to make meaningful improvements. By working together, we can help ensure the student achieves these important milestones.