



# The Teacher's Guide

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## TO TRAVELING TO QUÉBEC WITH STUDENTS



**PROMÉTOUR**  
a class of its own



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*A life-changing experience*

awaits you and your students in  
La Belle Province de Québec!

# Quick facts about the beautiful province of Québec

- Size/Population: ~8.2 million
- Official Language: French
- Largest City: Montréal
- Motto: “Je me souviens” which translates to “I remember”
- Seasons: 4 True seasons (Summer, Winter, Spring, Fall)
- Montreal is the most populated french-speaking city after Paris
- Québec is an Algonquin word; Kebec, which translates to “where the river narrows” referring to how the St. Lawrence river narrows to a cliff-lined gap in Québec City
- Québec City is the only walled-city north of Mexico

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Founded in 1608 by **Samuel de Champlain**, Québec is the oldest city in Canada and is oftentimes referred to as a land of explorers and adventurers. Having played a special role in French history, the province of Québec occupies much of the land where French settlers founded the colony of Canada—also known as New France—back in the 17th and 18th centuries.

Québec is a popular destination among teachers & students because it's the **cradle of French civilization in North America**—immersing yourself in French culture, learning the French language, and exploring over 400 years of unique history has never been more accessible!

**And the best part**—Québec is literally in your backyard!

# 5 reasons teachers & students should travel to Québec



## Proximity & Price

Québec is just a stone's throw away. This allows for travel by bus which greatly reduces travel costs, making Québec an affordable student travel destination. No jet lag as an added bonus!



## Safety

The Québécois are welcoming and friendly, making it one of the safest student-teacher travel destinations available.



## A Unique Experience

Immerse yourself in the French culture without having to travel to Europe—Montréal's multiculturalism can be experienced through its art, architecture, food, festivals & more!



## Valuable Teaching moments

Québec is the ideal destination for learning the French language within North America. Many locals also speak English which allows students to explore their French skills without worry of any communication issues.



## 4 True Seasons

While many people associate Québec with Winter, Québec is a destination that is worth seeing during any season—each season boasts its own set of 'can't-miss' events & activities that welcome student travel groups with open arms.

**FOR MORE INFORMATION ABOUT WHY QUÉBEC IS A  
GREAT DESTINATION FOR STUDENT TRAVEL**

[Click Here](#)

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## The Prométour Experience



With over 25 years of experience in educational travel, Prométour has been called by many the 'artisan of the student travel industry'.



That means **we don't do packaged tours**—all our travel **itineraries are customized** by our experienced tour consultants who work one-on-one with you during the entire planning process. This allows for truly **unique trips that are aligned both with your educational & recreational goals**—and also within your available budget.

## ALONG WITH FULLY-CUSTOMIZED STUDENT TRAVEL, WE FOCUS ON:

### Safety

Our #1 priority. Contact us to learn more about the safety checks we have in place.

### Authenticity

Enjoy authentic restaurants & quality hotels thanks to our strong partnerships with key local suppliers.

### Experienced tour directors

Our tour directors have extensive knowledge in the area which they work, making for both educational & enjoyable tours.

### Exceptional customer service

One-to-one communication with parents & teachers every step of the way, online registration system, 24-hour emergency phone line and more.





# Traveling to Québec with Prométour It's Our Home!

Prométour has offices around the world, including our head office in Old Montréal, which gives us a true advantage when it comes to organizing student trips to Québec!

Being that we call Québec our home, you can rest assured knowing that we're the leader when it comes to creating customized educational travel itineraries to this beautiful province!

Our tour consultants know the province inside out and can recommend the best events, 'must-see' attractions and hidden gems it has to offer in order to make your trip one your students will remember forever.

## HERE'S JUST SOME OF WHAT OUR HAPPY TEACHERS & SUPPLIERS HAVE TO SAY ABOUT OUR CUSTOM STUDENT TRAVEL TOURS IN THE QUÉBEC REGION:

"[Traveling to Québec] is a great trip and it never fails to give the students a better understanding and appreciation of the francophone communities found in the three cities we visited (Ottawa, Montréal, and Québec)."

**Stephen H. - Québec**



"Prométour allows children to experience more learning & culture outside of where they're from—what better way to do so than in the largest winter playground in North America!"

**K. Shawn - Village vacances Valcartier**





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## Curious to know



what it's like traveling to Québec  
with us?



Here's just a sneak peek of actual itineraries that we've custom-built in the past for teachers, just like you, to give you an idea of what's possible with a Prométour-planned Québec itinerary:

## Winter Carnival Itinerary

[Click to see more details](#)

### DAY 1

- > Departure for Québec City
- > Meet your Prometour Tour Director
- > Guided walking tour of Old Québec
- > Leisure time Quartier Petit Champlain
- > Dinner in a quaint restaurant
- > Overnight in Québec City

- > Discover the Carnival de Québec
- > Dinner in a quaint restaurant
- > Prometour's exclusive Carnival disco night
- > Overnight in Québec City

- > Slide down the Glissades de la Terrasse - hot cocoa included!
- > Lunch on your own
- > Leisure time at the Carnival de Québec
- > Dinner in a quaint restaurant
- > Enjoy the Carnaval Parade!
- > Overnight in Québec City



### DAY 2

- > Breakfast
- > Chute Montmorency Provincial Park
- > Copper Museum
- > Sainte-Anne de Beaupre Basilica
- > Lunch at a sugar shack
- > Dog Sledding

### DAY 3

- > Breakfast
- > Interactive workshop about the Battle of the Plains of Abraham

### DAY 4

- > Breakfast
- > Tour the amazing Ice Hotel!
- > Say goodbye to your tour Director & head back home

## Spring/Summer Itinerary

[Click to see more details](#)

### DAY 1

- > Departure for Québec City
- > Meet your Prometour Tour Director
- > Guided walking tour of Old Québec
- > Leisure time Quartier Petit Champlain
- > Dinner in a quaint restaurant
- > Ferry ride on the St-Lawrence river
- > Overnight in Québec City

- > Dinner in a quaint restaurant
- > Historical ghost tour
- > Overnight in Québec City

- > Dinner in a quaint restaurant
- > Overnight in Montreal



### DAY 2

- > Breakfast
- > Chute Montmorency Provincial Park
- > Copper Museum
- > Sainte-Anne de Beaupre Basilica
- > Lunch at the Huron Village
- > Guided tour & Traditional games workshop
- > Leisure time on Rue St-Jean

### DAY 3

- > Breakfast
- > Interactive workshop about the life of a Soldier during Battle of the Plains of Abraham
- > Travel to Montreal
- > Lunch at a sugar shack en route
- > Visit the Biodome
- > Olympic Tower lookout

### DAY 4

- > Breakfast
- > Guided walking tour of Montreal
- > Notre-Dame Basilica
- > Lunch on your own
- > Pointe a Callieres Museum
- > Guided bike tour
- > Dinner in a quaint restaurant
- > Overnight in Montreal

### DAY 5

- > Breakfast
- > Mont Royal Belvedere lookout
- > Say goodbye to your tour Director and head back home

# FAQ

## Q: What should I pack for Québec?

A: Depending the season, packing for Québec requires extra layers and the proper gear. Please refer to the following table to help you better and responsibly pack for Québec:

MONTH	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV
Average Temperature	17 °F -8 °C	12 °F -11 °C	15 °F -15 °C	25 °F -4 °C	39 °F 4 °C	52 °F 11 °C	62 °F 17 °C	68 °F 20 °C	64 °F 18 °C	56 °F 13 °C	45 °F 7 °C	33 °F 1 °C
High	25 °F -4 °C	21 °F -6 °C	23 °F -5 °C	33 °F 1 °C	48 °F 9 °C	63 °F 17 °C	72 °F 22 °C	78 °F 26 °C	75 °F 24 °C	65 °F 19 °C	53 °F 12 °C	39 °F 4 °C
Low	10 °F -12 °C	4 °F -16 °C	6 °F -15 °C	17 °F -8 °C	31 °F -1 °C	42 °F 6 °C	52 °F 11 °C	57 °F 14 °C	54 °F 12 °C	47 °F 8 °C	37 °F 3 °C	27 °F -3 °C
Precipitation	107mm	83mm	71mm	71mm	71mm	80mm	114mm	117mm	107mm	105mm	82mm	93mm
Appropriate & Suggested Attire	Winter jacket Winter gloves, scarf and hat Snow pants Sturdy, warm and waterproof winter boots. Extra thermal socks Extra gloves				Good pair of walking shoes and rain boots Rain jacket Umbrella Light windbreaker, extra sweater Extra socks		Good pair of walking shoes and rain boots Sun hat, sunblock lotion Rain Jacket Umbrella Light windbreaker/ sweater for night Extra socks			Good pair of walking shoes and rain boots Rain jacket Umbrella Light windbreaker/ sweater for night Warm sweater Extra socks		

Please note that these temperatures are just an average, weather in Québec is subject to change frequently. It is strongly suggested to talk with your Tour Project Manager about the weather prior to leaving your trip and refer to this website in order to be up to date and prepared:

> Québec City: <http://www.theweathernetwork.com/ca/weather/quebec/quebec>

> Montréal: <http://www.theweathernetwork.com/ca/weather/quebec/montreal>

\*\*Québec City will always be a little chillier than Montréal

We would also like to emphasize again how cold it gets in Québec by reminding you that these temperatures do not include the WIND CHILL. With the wind chill, the temperature can drop to -22 °F and lower frequently throughout the months of December until early March.

Therefore, during winter it is strongly suggested to wear the proper attire and bringing an extra pair of pants to layer up, gloves or socks in case they get wet during your time in Québec is a good idea.

Don't let the cold keep you from enjoying our home!

## Q: Does Québec accept American currency?

A: Some vendors do accept American currency while some may not. We always suggest to carry the local currency and exchange your money prior to the trip as it is in the best interest for the students and teachers. However, exchanging money is simple and can be done at the beginning of the trip if need be it.

### Q: Is tip included?

A: Tips for activities and restaurants are included in the cost of the tour. Tips for your Tour Director(s), Tour Guides, and Drivers are not included in the cost of your trip (please reference the chart below for recommended tips)

Group Leaders and chaperones are encouraged to tip if they appreciate the service provided on the tour. Other service providers who would appreciate tips are transfer drivers, hotel porters, and local guides.

DESTINATION	PERSON	RECOMMENDED TIP
North America	Prométour Tour Director	\$3.00 USD per day / per person
North America	Bus Driver(s)	\$2.00 USD per day / per person

### Q: Do I need a passport to travel?

A: If you are travelling to Québec by bus: Canadian law requires that all persons entering Canada carry both proof of citizenship and proof of identity. A valid U.S. passport, passport card, or NEXUS card satisfies these requirements for U.S. citizens.

### Children under 16 need only present proof of U.S. citizenship.

If you are travelling to Québec by air: ALL travellers MUST carry a valid passport.

PLEASE NOTE: All passports must be valid for at least 6 months beyond the conclusion of your trip.

For any further detailed information, please refer to the following website for any new updates:

US: <https://travel.state.gov/content/passports/en/country/canada.html>

# Interested in visiting Québec with your students?

Speak with your tour consultant today for help with:

- > Pricing
- > Planning your custom itinerary
- > Available curriculum-focused activities
- > Getting school board approval
- > And more



Click here to speak with your tour consultant

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