



En Français à Québec 2024 – Optional activities - General conditions:

- Almost all our optional activities take place during free time. Monitors accompany the students during the activities.
- Spots are limited. We work on a first-arrived first-served basis. A waiting list will be open once full capacity is reached. Spots will be offered to students on the waiting list in case of cancellations.
- Registration for optional activities is made online only. We privilege the online credit card payments (Visa or MasterCard) for a safe and ease transaction. The possibility of paying with a debit card or a check from a Canadian bank is exceptionally available for Canadian residents only.
- If the minimum number of students is unreached for an activity, the College might cancel it and will inform the participants before proceeding to refund.
- All the activities held outdoors will take place despite the weather, unless extreme conditions prohibit it.
- A waiver is mandatory for some activities. A signed copy of the waiver requested should be sent along with the registration documents to complete the student's file. The original waiver will be requested the day of the activity. Students registered to these activities could be denied to participate, if they do not present the original waiver needed. In this case, the activity is not refundable.
- Students are responsible of verifying the official lists of the activities onsite. For any change concerning the student's participation (e.g. the student does not want to participate anymore, name is not on the official list, sold the spot to other student), please refer to the direction team on campus as soon as possible.
- The majority of the activities will be held in French. However, the use of English or other languages might be necessary for safety reasons. If one of the activities required a minimum level of French, it will be specified on the 'additional information' section.
- Please note that some changes to the activities' itinerary described in this document might apply.
- If a student can not participate due to Covid-19 or other illness/ health issue, the activity will not be refunded.

Food services: We try our best to accommodate students with allergies and strict diet requirements that were declared on the online registration form. However, some of our suppliers do not offer meals options for them.

Please note that for excursions outside Quebec City (full day), we have scheduled a moment in the itinerary for students to buy their own dinner meal (not included).

Transportation: For activities requiring a long-distance trip (\pm 3 hours one-way trips), the transportation service is in scholar buses. The students registered to our activities must travel in our buses only. They cannot arrive by themselves where the activity takes place. Some other activities require the students to have a public transit pass/ticket, please verify the 'additional information' section.

Schedules: The activities will be reconfirmed every week during the summer program. We strongly recommend students to arrive before the departure hour confirmed. Since these activities are not mandatory, we will not tolerate lateness. In the case a student misses the ride to the activity; no refund will apply. The return hour given is approximate. Some changes on the return hours for the full-day activities might apply.

The following activities might be subject to change. Rest assured, if there is a change of plans, the activity will be replaced with a new activity of the same value.

Please note that optional activities are NOT refundable in any case.



WEEK 1: July 1st to July 6
OPTIONAL ACTIVITIES 2024



Activity	Date	Duration	Activity description	Additional information
Pottery Painting	Wednesday July 3	± 3 hours	Participate in a ceramic painting workshop directly in the art studio. You will paint your own breakfast cup and take back home your creation.	(+) material and cup included. Transportation not included: Students must have 2 bus tickets for transportation to the activity. Drinks and snacks for sale available onsite during the workshop.
Onhwa Lumina	Friday July 5	± 2.5 hours	You are invited to Wendake, near the city of Quebec, to discover an enchanted night walk that celebrates the Huron-Wendat Nation and their way of life. As night falls, you will be transported along a 1.2-kilometre pathway infused with the magic of light, sound and video projections.	(+) Transportation and entrance included. The walk takes place outside, students must wear clothes suitable for the weather.
Rafting (1)	Saturday July 6	± 7 hours	Navigate the Tewkesbury section (9.6 km of rapids) of the Jacques Cartier River aboard an inflatable raft. Complementary activities: Cliff jumping and White-water swimming. Always a hit!	(+) Transportation and snacks included. What to bring: a towel and dry linen for after the descent, bermuda or swimsuit, woolen sweater (on a cool day). *Mandatory waiver.
Visit to the island: Île d'Orléans (1)	Saturday July 6	± 9.5 hours (full day)	A trip to an island located in the middle of the St. Lawrence River. You will have the opportunity to discover some local products and producers, stop at the sugar shack for a typical Québécois meal, visit wonderful gardens and going to the farm to pick up some strawberries.	(+) Transportation, lunch, supper and all entrances included. Some of the activities might change in case of rain. Vegetarian and vegan options** THIS ACTIVITY IS NOT RECOMMENDED FOR VEGETARIAN NOR VEGAN STUDENTS as there won't be any meal option for them at lunch.

WEEK 2: July 7 to July 13

OPTIONAL ACTIVITIES 2024



Activity	Date	Duration	Activity description	Additional information
Montreal Visit (1)	Sunday July 7	± 14 hours (full day)	An itinerary that will take you to see the highlights of the city starting with the best top view of Montreal in Mont-Royal. You will have the chance to discover Montréal by yourself walking, shopping and having dinner in the Old Port.	(+) Transportation and entrance to Basilica Notre-Dame-de-Montréal included. Lunch and dinner not included.
Visit to the island: Île d'Orléans (2)	Sunday July 7	± 9.5 hours (full day)	A trip to an island located in the middle of the St. Lawrence River. You will have the opportunity to discover some local products and producers, stop at the sugar shack for a typical Québécois meal, visit wonderful gardens and going to the farm to pick up some strawberries.	(+) Transportation, lunch, supper and all entrances included. Some of the activities might change in case of rain. Vegetarian and vegan options** THIS ACTIVITY IS NOT RECOMMENDED FOR VEGETARIAN NOR VEGAN STUDENTS as there won't be any meal option for them at lunch.
Rafting (2)	Wednesday July 10	± 7 hours	Navigate the Tewkesbury section (9.6 km of rapids) of the Jacques Cartier River aboard an inflatable raft. Complementary activities: Cliff jumping and White-water swimming. Always a hit!	(+) Transportation and snacks included. What to bring: a towel and dry linen for after the descent, bermuda or swimsuit, woolen sweater (on a cool day). *Mandatory waiver.
Valcartier Vacation Village: Waterpark	Saturday July 13	± 8 hours (full day)	Village Vacances Valcartier is a waterpark with over 35 slides, 100 water games, 2 theme rivers and a gigantic wave pool. All pools are heated!	(+) Transportation, tickets and lunchbox included.

WEEK 3: July 14 to July 20

OPTIONAL ACTIVITIES 2024



Activity	Date	Duration	Activity description	Additional information
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La Ronde – Six Flags	Sunday July 14	± 14 hours (full day)	Amusement park with ferry wheels, rollercoasters and many other exciting rides!	(+) Transportation, lunch and tickets included. Dinner not included. *Please note that cash is not accepted in the park.
Sea kayak: Exploration of Île d'Orléans	Sunday July 14	± 5 hours	A sea kayak trip on the St. Lawrence River to discover Île d'Orléans and soak up the summer scenery on this 3-hour excursion. Enjoy breathtaking views of Île d'Orléans and learn more about its history and maritime life.	(+) Transportation, snack and equipment included. What to bring: clothes that can get wet, bathing suit, cap or hat, sunglasses, change of clothes, water shoes or shoes that can get wet, towel. *Mandatory waiver.
Rock climbing (indoor)	Tuesday July 16	± 2.5 hours	Whether you're a beginner or advanced, come and try the tracks and blocks that the professional team of climbers have to offer.	(+) Transportation and equipment included. Sportswear is recommended.
Moonlight yoga	Wednesday July 17	± 2.5 hours	Come and enjoy an experience connected to the energy of the Moon, which will shine brightly! An opportunity to learn the different phases of this extraordinary star, while moving, breathing & taking care of yourself in the great outdoors! Welcome to all!	Transportation not included: Students must have 2 bus tickets for transportation to the activity. Sportswear is recommended.
Camping (1)	Friday and Saturday July 19 & 20	Friday afternoon to Saturday afternoon	Escape the daily grind at campus to undergo the real Canadian outdoor experience. Enjoy the beauty of the Jacques-Cartier National Park and stay the night in a ready-to-camp tent.	(+) Transportation, shared (mixed) accommodation, supervision, meals and outdoor activities included. Students should only bring their personal items in a backpack, including

			There will be plenty of time for leisure and multiple outdoor activities.	a towel. All materials for camping are included. Very limited spots.
Camping (2)	Saturday and Sunday July 20 & 21	Saturday afternoon to Sunday afternoon	Escape the daily grind at campus to undergo the real Canadian outdoor experience. Enjoy the beauty of the Jacques-Cartier National Park and stay the night in a ready-to-camp tent. There will be plenty of time for leisure and multiple outdoor activities.	(+) Transportation, shared (mixed) accommodation, supervision, meals and outdoor activities included. Students should only bring their personal items in a backpack, including a towel. All materials for camping are included. Very limited spots.
Whale Watching	Saturday July 20	± 12 hours (full day)	Go north of Québec towards the Saguenay Natural Marine Park. On the way, stop at the <i>Sainte-Irénée</i> town beach for a lunch before arriving at the <i>Sainte-Catherine</i> Bay. You will go on a whale watching cruise on St. Lawrence River. During the three-hour guided cruise, you will undoubtedly enjoy exceptional panoramic views and encounter some of the 13 marine species that visit the Canadian waters every summer.	(+) Transportation, tickets and lunch included. Dinner not included. Students must expect cold weather during the cruise activity. Warm clothes are strongly recommended.



WEEK 4: July 21 to July 27

OPTIONAL ACTIVITIES 2024



Additional information

Activity Date Duration Activity description

<p>Treetop Trekking (1)</p>	<p>Sunday July 21</p>	<p>± 6 hours</p>	<p>Come climb, crawl and test your balance on natural wood structures in the middle of the forest! This activity takes place several meters in the air (up to 10m) and it requires a good physical condition. We do not recommend it if you are afraid of heights.</p>	<p>(+) Transportation and lunch included. <u>It is recommended to bring: gloves (e.g. cycling, climbing), sportswear (very short shorts are to be avoided, question of comfort with the harness). Closed shoes or sports shoes are required (sandals prohibited). Long hair should be tied. *Mandatory waiver. The parent's signature is mandatory if the student is less than 16 years old.</u></p>
<p>Bike Tour</p>	<p>Wednesday July 24</p>	<p>± 4 hours</p>	<p>Guided tour on bike along the St. Lawrence River. You will pass by the Old Port, the lower-town, the Champlain Boulevard and the observation tower on the dock. (19 Km ride)</p>	<p>(+) Transportation, bike, helmet and bottle of water included.</p>
<p>Paddleboard on Jacques Cartier river</p>	<p>Wednesday July 24</p>	<p>± 4.5 hours</p>	<p>A tailor-made paddleboarding experience! Come develop your skills and balance in the heart of the Jacques-Cartier! You'll learn all kinds of tips and tricks to help you get started or take your paddling to the next level! Games and challenges will be offered for all levels, and you'll have the chance to enjoy nature at its purest! Welcome to all!</p>	<p>(+) Transportation, lunch and equipment included. What to bring: clothes that can get wet, bathing suit, cap or hat, sunglasses, change of clothes, water shoes or shoes that can get wet, towel, sunscreen, water bottle. <u>*Mandatory waiver. Very limited spots.</u></p>

<p>Treetop Trekking (2)</p>	<p>Saturday July 27</p>	<p>± 6 hours</p>	<p>Come climb, crawl and test your balance on natural wood structures in the middle of the forest! This activity takes place several meters in the air (up to 10m) and it requires a good physical condition. We do not recommend it if you are afraid of heights.</p>	<p>(+) Transportation and lunch included. <u>It is recommended to bring: gloves (e.g. cycling, climbing), sportswear (very short shorts are to be avoided, question of comfort with the harness). Closed shoes or sports shoes are required (sandals prohibited). Long hair should be tied.</u> *Mandatory waiver. The parent's signature is mandatory if the student is less than 16 years old.</p>
<p>Museum of Civilization</p>	<p>Saturday July 27</p>	<p>± 2.5 hours</p>	<p>Self-guided tour of the museum and access to touring exhibitions. It is a visitor-oriented museum with a participatory and interactive approach for stimulating wonderment and encouraging discovery. Magnificent exhibits of international calibre about Québec culture and history but also about society and climate changes.</p>	<p>(+) Transportation, tickets and feature exhibition access included</p>

WEEK 5: July 28 to August 1

OPTIONAL ACTIVITIES 2024



Additional information

Activity	Date	Duration	Activity description	Additional information
Montreal Visit (2)	Sunday July 28	± 14 hours (full day)	An itinerary that will take you to see the highlights of the city starting with the best top view of Montreal in Mont-Royal. You will have the chance to discover Montréal by yourself walking, shopping and having dinner in the Old Port.	(+) Transportation and entrance to Basilica Notre-Dame-de-Montréal included. Lunch and dinner not included.