

General conditions:

- All our optional activities take place during free time. Monitors accompany the students during the activities.
- The 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 unreachd 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.

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: Some of the activities require a long-distance trip (maximum of 3 hours one-way trips). For these activities, we offer the transportation service 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 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. Prices to be confirmed.

WEEK 1 : July 5 to July 10

OPTIONAL ACTIVITIES 2021



Activity	Date	Duration	Activity description	Additional information
Fine Arts Museum	Wednesday July 7	± 2 hours	Self-guided tour of the museum. Discover an entirely new version of the media guide around the Four Figures of Modern Art. This completely revamped version gives you targeted comments on more art pieces and more content.	(+) Transportation to go included. Students must have a bus ticket for the return by public transport.
Treetop Trekking	Thursday July 8	± 4 hours	Treetop Adventure Park (Four paths). 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.	(+) Transportation included. 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.
Gourmet visit to island : Île d'Orléans	Saturday July 10	± 7 hours (full day)	A trip to an island located in the middle of the St. Lawrence River. You will taste local products of the island, take a picture at the observation tower, and stop at the sugar shack for a typical Québécois meal before going to the farm to pick up some strawberries. End your visit at the chocolate shop of the island.	(+) Transportation, lunch and all entrances included. Some of the activities might change in case of rain.

WEEK 2: July 11 to July 17

OPTIONAL ACTIVITIES 2021



Activity	Date	Duration	Activity description	Additional information
Rafting (2 groups)	Sunday July 11	± 4 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.	(+) 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.
Ceramic Painting	Sunday July 11	± 2 hours	Participate in a ceramic painting workshop directly in the art studio. You will paint your own Breakfast cup and will be able to take back home your creation.	(+) Material and cup included. Students must have 2 bus tickets for transportation to the activity. Drinks and snacks available onsite for sale during the workshop.
Canyon St-Anne	Wednesday July 14	± 4 hours	A “hike” up the face of a rock. The Canyon <i>Sainte-Anne</i> Via Ferrata offers a unique experience at the meeting of the St. Lawrence Lowlands and the Canadian Shield. In addition to breathtaking views, you will experience intense sensations while suspended 60 metres above the ground.	(+) Transportation and lunch included. 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.
Lasertag	Friday July 16	± 2 hours	Join a team and create a strategy to complete the mission. Play safer and cleaner than a regular paintball game in a 2-floor maze.	Transportation not included: students must have 2 bus tickets. Comfortable shoes are recommended.
La Ronde – Six Flags	Saturday July 17	± 10 hours (full day)	Amusement park with ferry wheels, rollercoasters and many other exciting rides!	(+) Transportation, tickets and snacks included. Dinner not included. Please note that we cannot accommodate students with allergies or specific diet requirements for the snack offered. However, multiple food services will be available onsite.

WEEK 3: July 18 to July 24

OPTIONAL ACTIVITIES 2021



Activity	Date	Duration	Activity description	Additional information
Beach Day	Sunday July 18	± 5 hours	Enjoy a summer day at the beach of the Beauport Bay. Activities and services available onsite to have a relaxing and enjoyable day.	(+) Transportation and snacks included.
Aquarium	Wednesday July 21	± 3 hours	Self-tour of the Aquarium. Encounter the 10,000 marine animals that inhabit the Aquarium: fish, reptiles, amphibians, invertebrates and marine mammals.	(+) Transportation included. The Animal's shows schedule will only be available on site.
Rock climbing (indoor)	Friday July 23	± 2 hours	Whether you are 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.

WEEKS 4 and 5: July 25 to August 4
OPTIONAL ACTIVITIES 2021



Activity	Date	Duration	Activity description	Additional information
Hiking Mont St-Anne	Sunday July 25	± 5 hours	Enjoy the trails of the <i>Sainte-Anne</i> Mountain. Enjoy the view in the chair lift that will guide you to the mountain peak. A breathtaking landscape awaits you: the unique panorama overlooking St. Lawrence River, the south shore of Québec City, <i>Île d'Orléans</i> and the Laurentian Mountains (about 8km for the loop).	(+)Transportation, entrance and lunch included. Comfortable sports clothes and shoes are necessary for the activity. The hiking destination is subject to change.
Bike Tour	Wednesday July 28	± 3 hours	Guided tour along the St. Lawrence River. You will pass by the Old Port, the lower-town and the Champlain Boulevard. You will take a break at the observation tower on the dock. (19 Km).	(+) Bike, helmet and bottle of water included. Students must have 2 bus tickets for transportation to the activity.
IMAX movie	Thursday July 29	± 3 hours	The movie experience is taken to a completely new level! Enjoy the magnitude of the impressive visuals and the great sound quality of a non-conventional theater.	(+)Transportation and entrance included. The film and the language version (French or English) is to be determined by Imax on July 2021.
Whale Watching	Saturday July 31	± 10 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.
River Tubing	Sunday August 1	± 4 hours	Slowly trip down the Jacques-Cartier River located in a National Park. Enjoy a relaxed nature experience and splendid landscapes.	(+)Transportation included. What to bring? Sunscreen, towel and bathing suit, a woolen waistcoat (if the temperature is not hot), a bottle of water, dry clothes to change after the activity. Water shoes are recommended.