

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.

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

WEEK 1 : July 6 to July 12

OPTIONAL ACTIVITIES 2020



Activity	Date	Duration	Price	Activity description	Additional information
Fine Arts Museum	Wednesday July 8	± 2 hours	\$16	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	Friday July 10	± 4 hours	\$57	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.
Aquarium	Friday July 10	± 3 hours	\$26	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.
Gourmet visit to island : Île d'Orléans	Sunday July 12	± 7 hours (full day)	\$83	A trip to an island located in the middle of the St. Lawrence River. You will taste the best cheeses on 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.
Hiking Mont St-Anne	Sunday July 12	± 5 hours	\$50	Enjoy the trails of the <i>Sainte-Anne</i> Mountain. Follow the interpretation panels 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. Possibility to go up or down the mountain on a panoramic gondola (not included). The hiking destination is subject to change.

WEEK 2: July 13 to July
OPTIONAL ACTIVITIES 2020



Activity	Date	Duration	Price	Activity description	Additional information
Ceramic Painting	Wednesday July 15	± 2 hours	\$26	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.
Bike Tour	Wednesday July 15	± 3 hours	\$32	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.
Lasertag (1)	Friday July 17	± 2 hours	\$42	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.
Rafting (1)	Saturday July 18	± 4 hours	\$100	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).
Canyon St-Anne (1)	Saturday July 18	± 4 hours	\$85	The Canyon <i>Sainte-Anne</i> zip line 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. *Mandatory waiver.
Beach Day	Saturday July 18	± 5 hours	\$36	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.
La Ronde – Six Flags	Sunday July 19	± 10 hours (full day)	\$108	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 20 to July 26

OPTIONAL ACTIVITIES 2020



Activity	Date	Duration	Price	Activity description	Additional information
Rock climbing (indoor)	Wednesday July 22	± 2 hours	\$36	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.
Fine Arts Museum	Wednesday July 22	± 2 hours	\$16	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.
Lasertag (2)	Friday July 24	± 2 hours	\$42	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.
Camping	Friday July 24 to 25	± 24 hours (two-days activity)	\$165	Scape 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.
Montreal Visit	Saturday July 25	± 10 hours (full day)	\$115	An itinerary that will take you to see the highlights of the city starting with a guided tour of the beautiful Basilique de Notre-Dame and of Pointe-à-Callière Museum. You will have the chance of discovering Montréal by yourself as well as enjoying the amazing panorama of the Montréal Ferris Wheel during your free time.	(+) Transportation, lunch and activities mentioned included. Dinner is not included. Other activities and food services available at the Old Port (\$).

WEEK 3: July 20 to July 26

OPTIONAL ACTIVITIES 2020



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Activity	Date	Duration	Price	Activity description	Additional information
Treetop Trekking (2)	Saturday July 25	± 4 hours	\$57	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.
Rafting (2)	Sunday July 26	± 4 hours	\$100	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).
Canyon St-Anne (2)	Sunday July 26	± 4 hours	\$85	The Canyon <i>Sainte-Anne</i> zip line 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. *Mandatory waiver.

WEEK 4: July 27 to August 2

OPTIONAL ACTIVITIES 2020



Activity	Date	Duration	Price	Activity description	Additional information
Bike Tour	Wednesday July 29	± 3 hours	\$32	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.
Montreal Culture and Sport	Saturday August	±14 hours (full day)	\$120	Visit the beautiful Basilique de Notre-Dame, an icon of Montreal + Discover Montréal by yourself during some free time + Enjoy a match of soccer of Montreal's team L'Impact.	(+)Transportation and tickets included. Lunch and dinner not included.
Whale Watching	Saturday August 1	± 10 hours (full day)	\$108	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.
Montreal Shopping	Sunday August 2	± 8 hours (full day)	\$82	Discover the biggest shopping destination in Montréal. Find more than 175 stores at the Eaton Centre. Multiple services also available to enjoy of your free time in the city.	(+)Transportation included. Lunch and dinner not included.
River Tubing	Sunday August 2	± 4 hours	\$46	Slowly trip down the Jacques-Cartier River located in a National Park. Enjoy a relaxed nature experience and splendid landscapes. METEO	(+)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.

WEEK 5: August 3 to August 7
OPTIONAL ACTIVITIES 2020



Activity	Date	Duration	Price	Activity description	Additional information
IMAX movie	Tuesday August 4	± 3 hours	\$31	The movie experience is taken to a whole 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 2020.