

**Synchronous classes, workshops and activities**

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| <p><b>10:30am- 12:30pm</b><br/><b>French class</b></p> <p><b>1pm - 2pm</b><br/><b>Teamwork</b></p> <p><i>2pm - 3pm</i><br/><i>Student council – July 12-19-26</i><br/><i>(non mandatory)</i></p> <p><i>2pm - 2:30pm</i><br/><i>SOS français</i><br/><i>(non mandatory)</i></p> <p><b>3pm - 4pm</b><br/><b>Clubs</b></p> | <p><b>10:30am- 11:30am</b><br/><b>Conversation class</b></p> <p><b>11:30am- 12:30pm</b><br/><b>Option 1</b></p> <p><b>1pm- 2pm</b><br/><b>Option 2</b></p> <p><i>2pm - 2:30pm</i><br/><i>SOS français</i><br/><i>(non mandatory)</i></p> <p><b>3pm - 4pm</b><br/><b>Clubs</b></p> | <p><i>10:30am - 11am</i><br/><i>SOS français</i><br/><i>(non mandatory)</i></p> <p><b>11am- 12pm</b><br/><b>French class</b></p> <p><b>12:30pm- 1:30pm</b><br/><b>French class</b></p> <p><b>1:45pm-2:45pm</b><br/><b>Workshop A</b></p> <p><b>3pm - 4pm</b><br/><b>Clubs</b></p> | <p><i>10:30am - 11am</i><br/><i>SOS français</i><br/><i>(non mandatory)</i></p> <p><b>11am-12pm</b><br/><b>Teamwork</b></p> <p><b>12:30pm- 1:30pm</b><br/><b>Conversation class</b></p> <p><b>1:45pm- 2:45pm</b><br/><b>Option 3</b></p> <p><b>3pm - 4pm</b><br/><b>Clubs</b></p> | <p><b>11am - 12pm</b><br/><b>Workshop B</b></p> <p><b>12:30pm-1:30pm</b><br/><b>Well-being activities</b></p> |



GMT/UTC-5 (Québec City time).

Clubs: once per week according to the Student choice of Club.

Schedule subject to change.

**Asynchronous activities and important dates**

| Week 1   | Week 2  | Week 3   | Week 4  | Week 5  |
|--|---|--|---|---|
| <p><b>Before DAY 1:</b><br/><b>Watch the Welcoming ceremony and Day 0 videos</b></p> <p><b>Day 1: Monday, July 5th</b></p> | <p><b>Survey about week 1</b></p> <p><b>Week 2 video</b></p> <p><b>Special quest</b></p> <p><b>Old Quebec and Petit Champlain virtual visit</b></p> | <p><b>Survey about week 2</b></p> <p><b>Week 3 video</b></p> <p><b>Special quest</b></p> <p><b>Human 2.0</b></p> <p><b>Ile D'Orléans and Montmorency Falls virtual visit</b></p> | <p><b>Survey about week 3</b></p> <p><b>Week 4 video</b></p> <p><b>Special quest</b></p> <p><b>Conference</b></p> <p><b>Iconic Quebec outdoor sites virtual visit</b></p> | <p><b>Survey about week 4</b></p> <p><b>Week 5 video</b></p> <p><b>Special quest</b></p> <p><b>Human 2.0</b></p> <p><b>Talent show</b></p> <p><b>Circus</b></p> |
|  |   | <p><b>Mid-term exam: Wednesday and Thursday</b></p>  | <p><b>End of 4-week program: Friday</b></p>   | <p><b>Final exams: Wednesday and Thursday</b></p> <p><b>Gala 4pm-5pm: Thursday</b></p>  |

Asynchronous activities to be done during free time (week or weekends).

Activities subject to change.

| Légende: | Activities                | Group              | Format       | Type  |
|----------|---------------------------|--------------------|--------------|---|
|          | French class              | French group       | Synchronous  | Mandatory   |
|          | Conversation class        | French group       | Synchronous  | Mandatory   |
|          | Teamwork                  | French group       | Synchronous  | Mandatory   |
|          | Option                    | 3 different groups | Synchronous  | Mandatory   |
|          | Workshop                  | 2 different groups | Synchronous  | Mandatory   |
|          | Club                      | 1 specific group   | Synchronous  | Mandatory - One day per week only   |
|          | Well-being activity       | 1 specific group   | Synchronous  | Mandatory   |
|          | SOS Français              | No specific group  | Synchronous  | Non-mandatory – If needed   |
|          | Virtual visits and videos | Individually       | Asynchronous | Mandatory and non-mandatory activities - During free time (week or weekend) |

| <i>Choices of Workshops</i> |                     |
|-----------------------------|---------------------|
| <i>Cooking</i>              | <i>Photography</i>  |
| <i>Nature and outdoor</i>   | <i>Globetrotter</i> |
| <i>Communication skills</i> |                     |

| <i>Choice of Options</i> |                                     |
|--------------------------|-------------------------------------|
| <i>Phonetics</i>         | <i>Creative writing and reading</i> |
| <i>Quebec's culture</i>  | <i>Global issues</i>                |
| <i>Debate</i>            | <i>Slam</i>                         |

**Examples of Clubs\*:** Youth and society, Philosophy, Diversity and inclusion, etc.

**Examples of Well-being activities\*:** Dance, Yoga, arts, Fitness, etc.

*\*Final choices to be confirmed.*