



## ENSEIGNANT PROGRAM

### General Information | École internationale de français

UQTR, 3351, boul. des Forges, C.P. 500, Trois-Rivières, Québec, Canada, G9A 5H7

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## École internationale de français in brief

The École internationale de français (ÉIF) offers participants of all ages and all nationalities the opportunity to learn French while immersed in Quebec culture.

Since 1974, ÉIF has been welcoming students, each with their own particular and unique motivation.

This diversity has stimulated the growth of a number of programs, each with its own mission. The École internationale de français offers programs for children, teenagers, adults, seniors and professionals. Each year, more than 1,000 students learn or improve French in these programs.

The qualified, professional staff of ÉIF of the Université du Québec à Trois-Rivières works hard to provide an enriching, safe, fun and quality experience for all participants.



### **Do you offer French courses for all levels?**

We offer French courses for all levels of language proficiency. A placement test enables us to determine your level and place you in the appropriate group.

### **Do you offer French courses for people of all ages?**

During the summer session, we offer French courses for people from age 0 to 99 years! During the fall and winter sessions, anyone who is 18 years and older can register for one of our programs.

## Université du Québec à Trois-Rivières -Savoir surprendre

The Université du Québec à Trois-Rivières (UQTR) is part of the Quebec Universities (QU) system and currently has over 14,000 students, including almost 1,000 foreign students. It is a university of human size where services focus on the individual.

The Université du Québec à Trois-Rivières offers many services available to students of the École internationale de français.

- Physical education and sports centre
- ATM
- Multiservice resource centre
- Computer technical help
- University chiropractic clinic
- Trois-Rivières university cooperative
- Physiotherapy clinic
- Podiatry clinic
- Library
- Language labs
- Café Bistro La Chasse Galerie
- Access to public transit
- Residences on campus
- 24 hour security

The Université du Québec à Trois-Rivières is located about five kilometres from downtown Trois-Rivières where students can find many restaurants and a lively atmosphere. The UQTR is also close to grocery stores, drug stores and a shopping centre.

**Is the university non-smoking?**

It is strictly forbidden to smoke inside UQTR buildings and in the university residences. In addition, smoking should not go more than 9 meters from any buildings.

**Is parking available on the university campus?**

You may purchase a daily, monthly, sessional or yearly parking permit.

**Are there computers available on campus?**

There are public computer rooms with Internet access available to students at all times. When they arrive, participants in the Destination Clic program are encouraged to contact their parents using these computers.

**Is there a sports center on campus?**

The center of sport and physical activity (CAPS) of the UQTR is one of the most complete centers in the area. Your student card gives you free access to the indoor and outdoor jogging track along with the Olympic sized swimming pool.

**Are there telephones on campus and in the residences?**

Public telephones are located on the main floor of each of the University's buildings. A local call costs \$0.50. There is also a telephone in each of the residences. Local calls are free, but you must obtain a calling card to make long distance calls. (available at the University COOP)

**Can I bring a laptop?**

WiFi service (wireless access zone) is free of charge and available throughout the University. Each room in the university residences has free Internet service (cable not included). You will require a RJ 45 cable. There is a limit on downloading.

### **Can I receive mail during my stay?**

It is important to provide your parents and friends with the correct address of the École internationale de français to ensure that you receive your mail:

Mr. or Ms. (your name)

École internationale de français

Université du Québec à Trois-Rivières

3351 Boulevard des Forges, P.O. Box 500

Trois-Rivières, Quebec G9A 5H7

CANADA



We will let you know where you can pick up your mail and messages.

### **Will my parents and friends be able to reach me in an emergency?**

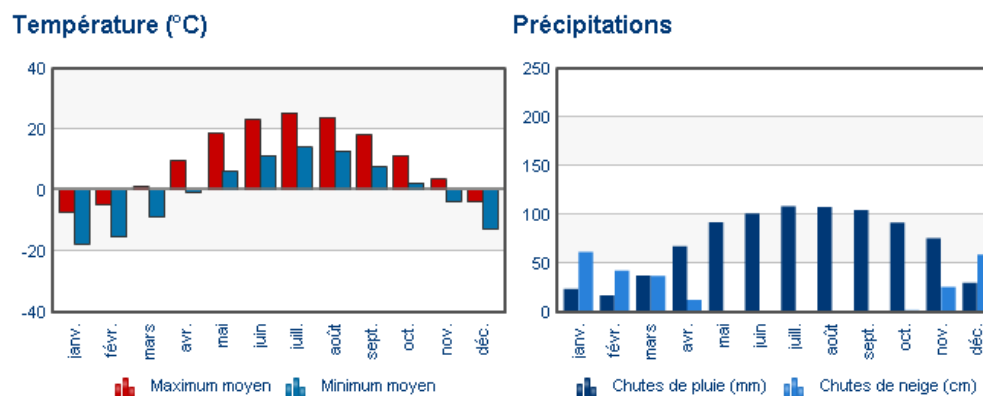
In case of emergency, the UQTR security guards can be reached 24 hours a day at 819-693-5050.

## In Quebec...

The city of Trois-Rivières is located in the La Mauricie region on the north shore of the St. Lawrence River, half way between Montréal and Quebec City.

La Mauricie is a region with many parks including La Mauricie National Park. The region's green spaces and waterways add to the splendour of Trois-Rivières.

Temperatures in Quebec vary somewhat during the four seasons of the year depending on where you are. Here is a chart of the average annual temperatures in the Mauricie region:



Source : Météo Média



Culturally, Trois-Rivières is an entirely French-speaking community and each of its seasons has something special to offer. Trois-Rivières is described as an “historic and cultural city” and participants in the ÉIF programs are privileged to be able to live their immersion experience in this Francophone city with such a rich culture.

Here are a few laws that may differ from one Canadian province to another:

In Quebec:

- ✓ The law prohibits minors (under 18 years old) from consuming alcohol and smoking;
- ✓ Minors may not enter establishments such as bars, night clubs and gaming rooms;
- ✓ Smoking is prohibited within 9 metres of all establishments.

### **Is Trois-Rivières a safe city?**

Trois-Rivières is among the safest cities in Canada.

### **Is it expensive to live in Trois-Rivières?**

The cost of living is among the lowest in Canada.



## *Enseignant* program

The *Enseignant* program is a three-week French immersion program designed for teachers and professionals. The program is offered only in the summer session and runs in the month of July.

French courses are offered every morning of the week. In the afternoon, participants attend various specialized workshops and/or conferences. Lively and varied socio-cultural activities are also scheduled over the three-week period. Discover Trois-Rivières and its surroundings, Quebec City, Montréal and much more!



## Admission

To enrol, participants must send the following documents:

### **CANADIANS**

- The admission and registration form (available online).
- The health form (available on line).
- A photocopy of your birth certificate or proof of your Canadian citizenship or permanent resident status (minimum size 4" X 6", both sides if applicable).

### **NON-CANADIANS**

- The admission and registration form (available online).
- The health form (available on line).
- A photocopy of your passport (minimum size 4" x 6").
- A photocopy of your health insurance policy (showing the start date and expiry date).

Payment covering program costs (payable on line, by VISA or MasterCard).

A cheque of the amount indicated in the admission letter, made out to École international de français UQTR. Your deposit will be refundable after room inspection and the completion of the program. Cheques may not be post-dated. Write the participant's name on the back of the cheque.

**Do I need to meet all of the eligibility criteria?**

Yes. You must meet all of the eligibility criteria before courses start.

**Do I need a study permit or CAQ (Certificat d'acceptation du Québec)?**

Foreign students do not require a study permit or CAQ for programs of less than six months. However, it is important to check with your embassy to see if a tourist visa is needed. For more information, visit the following website:  
<http://www.cic.gc.ca/english/study/index.asp>

**How do I know if I have been accepted to the UQTR immersion program?**

You will receive a letter by mail regarding your acceptance or not of your admissions application.



## Costs

The cost of this program is found under the [dates and costs](#) tab of the École internationale de français' website. The amount covers tuition fees, educational materials and lodging.

Transportation and meals costs to UQTR are the participant's responsibility.

## Residences

Participants stay in the student residences on campus, only a minute or so from the main buildings where most of the activities are held.

Each apartment has four bedrooms and a shared kitchen (no dishes, utensils, microwave oven or coat hangers), living room and bathroom. All the bedrooms have a single bed (provided with pillow and beddings), a desk and a closet. Apartments are usually all men or all women together, but it is possible to make different arrangements for family needs if requested prior to arrival.

Washing machines and dryers are available in the basement of each student residence at a cost of about \$1.50 per use of the washer and \$1.25 for the dryer.

Internet access is available free of charge in all bedrooms. Students must require an RJ 45 cable to activate the connection.

A telephone, with a call answering service, is available in each apartment. Local calls are free but a calling card is required for long distance calls.

Apartments are not equipped with air conditioning. Students may bring their own fan if they wish.

### **Where will I stay during my program?**

During your ÉIF program, you will stay in one of the [campus residences](#).

### **Will I be sharing an apartment?**

You will be sharing an apartment with three (3) other students in your program, but you will have your own bedroom (bed, desk and closet).

### **Can I choose my roommates?**

Only if you send your request to the housing coordinator at [eif@uqtr.ca](mailto:eif@uqtr.ca) at least two weeks before the program starts.

### **Can the apartments be co-ed?**

Apartments are always all men or all women together. It is possible to make different arrangements for family needs if requested prior to arrival.

### **Is the apartment furnished?**

The apartments are furnished and are also equipped with a stove and refrigerator. There are no microwave oven or television and there are no utensils, dishes, pots and pans, hangers, etc. Curtains, beddings and pillows are provided, but you should bring your own towels and washcloths, along with toiletries (shampoo, soap, etc.).

### **Where can I wash my clothes?**

Washers and dryers are available in the basement of each residence building. However, you should bring your own detergent.



**Can I bring my children or my spouse?**

Programs for families are offered during the summer session only. Informations are available at [uqtr.ca/eif](http://uqtr.ca/eif).

**Is it possible to arrive the day before the program starts or leave a day after it ends?**

The welcome day is the Sunday before the program starts. Departures are on the last day of the program. It is not possible to arrive a day earlier. However, if you wish to stay a day later, you must contact the program leader. Charges may be applied.



## Meals

There are no meals included in the cost of the program.

Participants can prepare their meals in their apartment or eat at the University cafeteria.

The apartments are equipped with a refrigerator and a stove, but the dishes (utensils, dishes, pots, etc.) are not provided. Therefore, you need to bring these materials if you think of cooking in your apartment.

The University is located near many restaurants and grocery stores.



## My immersion in French

### Placement test

Participants must take a placement test to determine their level of French. This will designate if you are in the beginner's or the advanced class.

### French course

The *Enseignant* program offers course content focused on the four language competencies (reading, writing, speaking and listening). The course focuses on improving written and spoken French according to the specific needs of the clientele by providing grammatical, lexical and cultural tools to enable them to communicate effectively in a variety of conversational situations in the classroom and in daily life. The course is three hours every morning from Monday to Friday.

**When do the courses start?**

The Monday of the first week.

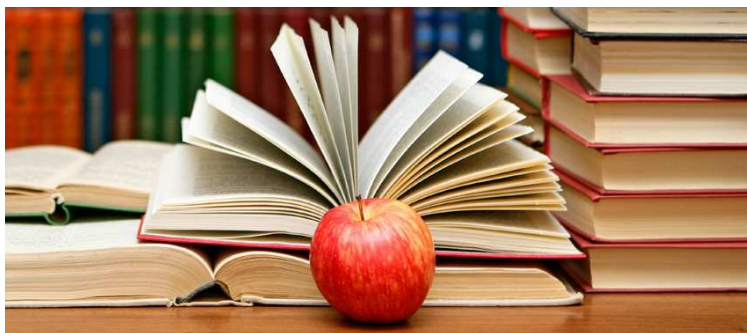
**Do I need to buy specific educational materials before I arrive?**

It is strongly recommended that you purchase a dictionary and a book on verb conjugation. These tools are available at the University bookstore.



## Optional workshops

To ensure quality learning suited to all students, ÉIF offers remedial sessions: *Aide aux devoirs* (help with assignments) and French-language laboratories. These workshops are available certain weekday evenings and are optional.



## Conversation workshops

The conversation workshops are 1.5 hours in length and take place in the afternoon.

The technician-monitor responsible for the group prepares a theme that encourages conversation among participants. The focus of these workshops is to correct errors in pronunciation, grammar and syntax, to learn new words and, especially, to practise the theoretical material taught during the morning French courses.

## Recognition of proficiency

At the end of the program, students receive a transcript from the Université du Québec à Trois-Rivières. Canadian students also earn three (3) university credits.

## Socio-cultural activities

A number of activities are organized so you can discover Quebec. Monday to Friday, evening activities allow you to discover Trois-Rivières and its surroundings. For example:

- Visit the old prison in Trois-Rivières
- Hike in La Mauricie National Park
- Visit to the Borealis Museum
- Rabaska boat activity

Please note that these activities are given as examples only as the programming may change without notice.

## Weekend trips

Weekends are the perfect time to discover Quebec. Visits to Trois-Rivières, Quebec City and Montréal are a must for participants. These trips are organized to allow you to visit the highlights of these historical cities and return the same day.

## Program rules

Certain rules are in place to ensure a safe and pleasant experience for all participants.

The French rule encourages participants **to speak French at all times and in all locations**. For the *Enseignant* program, we strongly recommend that participants use French to make the most of their immersion experience.

## General rules

- Participants must act respectfully and appropriately;
- Participants are responsible for all costs related to damaged property;
- It is strictly forbidden for friends or relatives not registered in a program to stay in apartments during the program period;
- It is strictly forbidden to consume alcoholic beverages outdoors on campus.

## Arrival and Departure

### Arrival

Students will be welcomed on the Sunday before the start of the program from 12:00 p.m. to 6:00 p.m.

### Departure

Students are expected to leave on the last Friday of the program or the next Saturday morning (charges may apply).

#### Early departure from the program

If a student must leave before the end of the program, he or she must first meet with the *Enseignant program* leader who must authorize the student's departure. If that departure takes place on a weekend, the student must inform his or her monitor. In addition, prior to leaving, the student must complete the early departure form and hand in keys, student card and library books.

## To get to École internationale de français

### **If travelling by plane**

1. From the airport Pierre Elliott Trudeau of Montreal, a shuttle service (747 Express Bus) is available 24 hours to the Central Bus Station of Montreal. Plan about 45 minutes for your transport. The fee is 8 \$ and you must pay in coins only. No tickets. Exact amount.
2. From the Central bus Station of Montreal, a bus service is available to the Central Bus Station of Trois-Rivières. Visit the Orleans Express website to view schedules. Plan about 2 hours for your transport.
3. From Central Bus Station of Trois-Rivières, taxis are available to take you directly to UQTR. Plan about 10 minutes for your transport.

It is also possible to use public transit. Visit the website of the Société de Transport de Trois-Rivières to view schedules. From Central Bus Station Trois-Rivières, take bus No. 3 leaving the downtown terminus and pointing directly at UQTR.

## If travelling by car:

### Google map

#### Directions from **Montréal:**

- ⊕ Autoroute 40 Est to Trois-Rivières
- ⊕ Take Autoroute 40 to Autoroute 55
- ⊕ Take Autoroute 55 Sud
- ⊕ Take Exit 183 to Boulevard Jean-XXIII
- ⊕ At the stop sign, turn left onto Boulevard Saint-Jean
- ⊕ At the stop sign, turn left onto Chemin Sainte-Marguerite (which becomes Boulevard Jean-XXIII)
- ⊕ Turn left on Boulevard des Récollets
- ⊕ Turn right onto Avenue Gilles-Boulet (entrance to UQTR)
- ⊕ The École internationale de français is on your left.  
Use the same entrance as for the Centre d'opération de sécurité.

#### Directions from **Quebec City:**

- ⊕ Autoroute 40 Ouest to Trois-Rivières
- ⊕ Take Exit 199 to Boulevard des Forges
- ⊕ Turn right on Boulevard des Forges (Nord)
- ⊕ Turn left on Rue Père-Marquette. The entrance to the university campus is immediately on your right. Follow the signs to Pavillon Ringuet.
- ⊕ The École internationale de français is on your right. Use the same entrance as for the Centre d'opération de sécurité.



## Parking

UQTR has a number of pay-as-you-go parking spaces. If you are travelling by car, you should obtain a valid parking permit for the duration of the program. Parking permits will be on sale on campus starting on the second day of the program.

## In my bag...

Participants should pack the following items for the summer session:

- |   |  |
|---|--|
| <input type="checkbox"/> Health insurance card  | <input type="checkbox"/> Long and short sleeve shirts                        |
| <input type="checkbox"/> Dictionary and grammar book, pencils and notebooks                     | <input type="checkbox"/> Long pants and shorts                               |
| <input type="checkbox"/> Warm clothes (scarf and wool socks in case of a change in temperature) | <input type="checkbox"/> Athletic wear                                       |
| <input type="checkbox"/> Umbrella   | <input type="checkbox"/> Running shoes                                       |
| <input type="checkbox"/> Waterproof and windproof jacket  | <input type="checkbox"/> Bathing suit, swim cap and sandals                  |
| <input type="checkbox"/> Insect repellant   | <input type="checkbox"/> A set of old clothes you do not mind getting ruined |
| <input type="checkbox"/> Sunscreen  | <input type="checkbox"/> Towels and washcloths                               |
| <input type="checkbox"/> Washing detergent  | <input type="checkbox"/> Soap, shampoo, toothbrush and toothpaste            |
|   | <input type="checkbox"/> Calling card (if desired)                           |
|   | <input type="checkbox"/> Beach towel   |
|   | <input type="checkbox"/> Alarm clock   |
|   | <input type="checkbox"/> Camera  |
|   | <input type="checkbox"/> Reusable water bottle                               |

## Medical insurance

**Canadian** participants are usually covered by their province's health insurance. Should a medical consultation be necessary during your stay, there may be fees to pay. It is important to verify reimbursement and compensation policies before leaving your home province. It is recommended that you make provision for additional funds. You must bring your health insurance card with you.

**Non-Canadian** participants must procure health insurance before leaving home. A photocopy of the policy must accompany the other documents required for admission. It is also possible to purchase insurance here, as soon as you arrive at the University.

## Useful links

Here are some useful links for additional information on the topics discussed above:

🔗 [Université du Québec à Trois-Rivières](#)

🔗 [École internationale de français](#)

🔗 [Enseignant program](#)

🔗 [Tourisme Trois-Rivières](#)

🔗 [Résidences sur le campus](#)

🔗 [Centre de l'activité physique et sportive](#)

## A week in *Enseignant* program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FRENCH CLASSES					Montréal	National Park of Mauricie
		LUNCH				
Conversation workshop  Conference	Conversation workshop	Vieux Trois-Rivières and Musée Boréal	Conversation workshop  Info week-end	Rabaska		
		DINNER				
Movie Or homework assistance	Movie or laboratory	Movie Or homework assistance	Movie or laboratory	Movie		