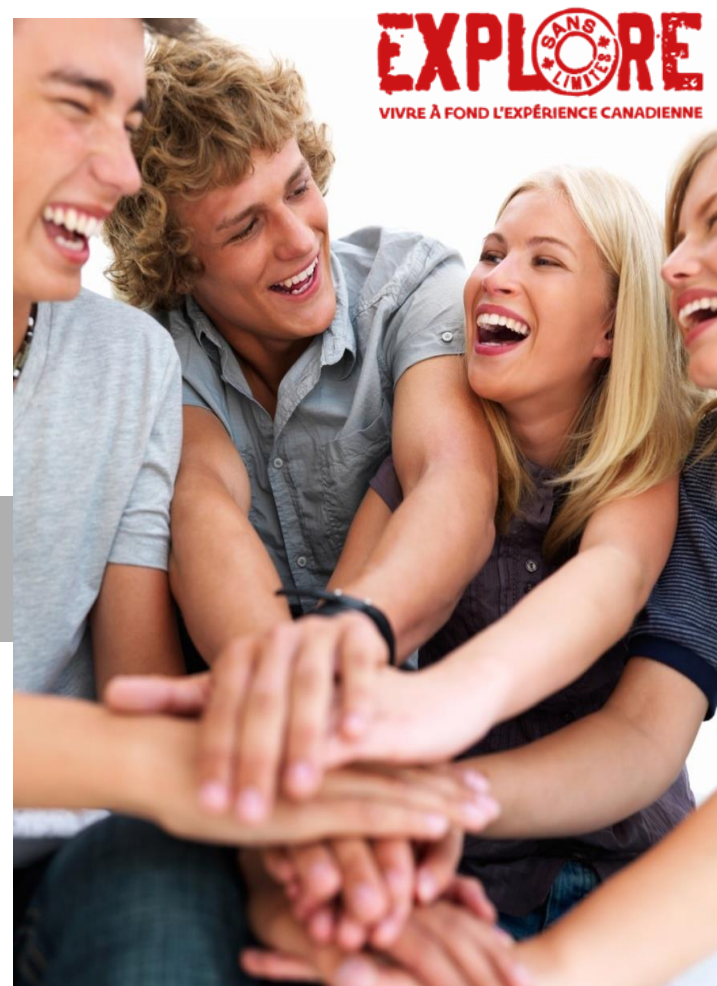




EXPLORE PROGRAM



General Information | École internationale de français

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

☎ 819 376-5124 – 1 888 343-8645 (Canada & U.S.) 📠 819 376-5166

www.uqtr.ca/eif - eif@uqtr.ca - facebook.com/eif.uqtr

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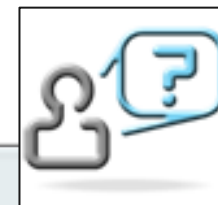
École internationale de français in brief

The École internationale de français (ÉIF) offers to participants of all ages and nationalities the opportunity to learn French while they are immersed in the Quebecois 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 1000 students learn or improve the French language throughout these programs.

The qualified and 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 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. UQTR is also close to grocery stores, pharmacies and a shopping centre.

Is the university non-smoking?

It is strictly forbidden to smoke inside buildings UQTR and in university residences. In addition, it should go more 9 meters outside the pavilions for smoking.

Are there any available parking areas on the campus?

It is possible to get a parking permit for the day, month, semester or for the whole year.

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 that I can use during my stay?

The center of sport and physical activity (CAPS) 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 and 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.

Can I bring a laptop?

WiFi service (wireless access zone) is available free of charge 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 for 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 case of emergency?

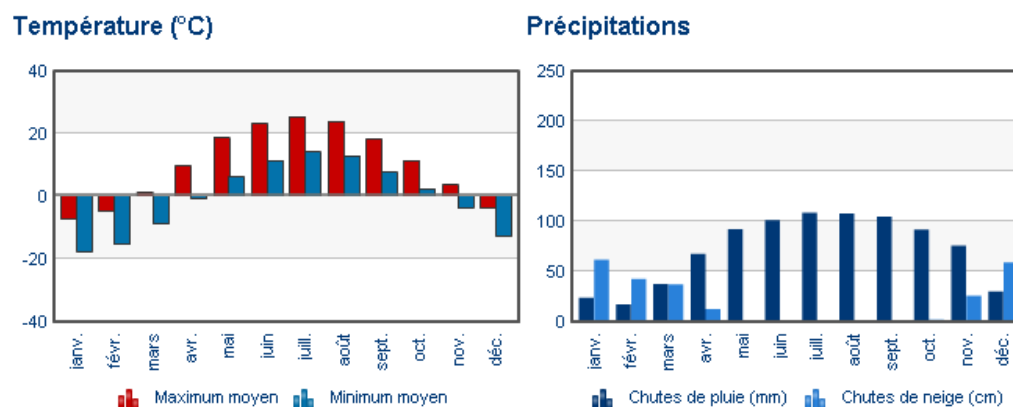
In case of emergency, UQTR security guards can be reached 24 hours a day at 819-376-5050.

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 EIF 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.



Explore

Explore is a bursary program for students wanting to learn French. It is open to Canadians aged 18 and older. Some participants are multilingual. The program is offered in the spring and summer sessions of the École internationale de français (ÉIF). Participants are housed on the campus of the Université du Québec à Trois-Rivières (UQTR) for the five weeks of the program. The spring session begins in mid-May and ends in mid-June, while the ÉIF welcomes students to the summer session from late June to mid-August.



Admission

To be eligible, students must meet the following criteria:

- Be a Canadian citizen or permanent resident (those who hold a student visa to study in Canada are not eligible);
- Have completed at least Grade 12 and be 18 years old before the start of the Explore program;
- Have been a full-time student for at least one semester of the current school year.

Applicants must complete the application form from the Ministry of Education available at

<http://www.myexplore.ca/en/page/?application>.

If you are accepted, you will receive a letter of confirmation indicating the procedure for completing your registration at UQTR.

Bursary and cost

Information about the exact amount of the bursary is available at www.myexplore.ca. The bursary is paid directly to ÉIF. It covers tuition fees, educational materials, lodging and meals. The École internationale de français provides all students with an income tax statement to include with their tax return since the bursary is taxable.

Return transportation costs, spending money (about \$75 per week is suggested) and registration fees are the student's responsibility. Registration fees must be paid to ÉIF prior to the start of courses. The amount is indicated in the admissions letter.

Students should be aware that a deposit is required and will be returned at the end of the program (return of keys and no damage to property).

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 bedding), a desk and a closet. Students share their apartment with other participants, either all male or all female, from the same program. Boys and girls are lodged on different floors.

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 require an RJ 45 cable to activate the connection.

A telephone, with call answer 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 at least two weeks before the program starts.

Can the apartments be co-ed?

Apartments are always all boys or all girls.

Is the apartment furnished?

The apartments are furnished and are also equipped with a stove and refrigerator. There is no microwave oven or television and there are no utensils, dishes, pots and pans, hangers, etc. Curtains, bedding 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.

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 Friday of the program. For an additional day to your program, you have to contact Camille Lauzière at the following number: 819-376-5011 ext. 2508

Can I bring my children or my spouse?

Programs for families are offered during the summer session only. Information at [family program](#).



Meals

An allowance will be given in instalments to cover your food expenses during the five weeks of the program.

The University is located close to many food outlets and restaurants.

Please note that the apartments are equipped with a refrigerator and stove but dishes (utensils, plates, pots and pans, etc.) and a microwave oven are not provided.

My immersion in French

French course

Courses are offered for 3.5 hours every morning from Monday to Friday. The teachers in the Explore program are qualified instructors or professors of Université du Québec à Trois-Rivières.

The French-as-a-second-language course of study is based on an integration of the four components of language (speaking, listening, writing and reading), coupled with enrichment of vocabulary and knowledge of grammar.

Optional workshops

ÉIF strives to offer quality learning opportunities suited to all students and therefore offers workshops to assist students: *S.O.S. Français* and French language labs. These workshops are available certain weekday evenings and are optional.

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Recognition of proficiency

One (1) credit represents 15 hours of learning activities. The five weeks of the Explore program correspond to six (6) credits. Students should contact the person responsible for their program of study at their home university if they have any questions related to the transfer of credits or course equivalencies.

Students must take the necessary steps to have their university credits recognized. They can send the course outline or transcript to the program director of their home university.

The [course description](#) can be consulted for further information.

At the end of the program, students must pass a final French test. They will then receive a certificate indicating that they have successfully completed the immersion program.

Socio-cultural workshops

On the first day of the Explore program, students will have the opportunity to familiarize themselves with the campus and learn how the program works. They will also be required to select their socio-cultural workshops at this time.

Here are the proposed workshops: newspaper, Quebec songs, theater, arts, student radio, environment and diction.

Twice a week, students will break into groups according to their interests for workshops that last 1.5 hours. These workshops take place in a more relaxed atmosphere that enables students to practise their French while expanding their vocabulary.

Conversation workshops

The conversation workshops, like the socio-cultural workshops, are 1.5 hours in length and take place in the afternoon. The Explore program includes two conversation workshops each week.

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 and sentence structure, to learn new words and, especially, to practise the theoretical material taught during the morning French courses.



When do the courses start?

The Tuesday of the first week.

Is course attendance mandatory?

Course attendance is mandatory for all students. Participation in activities organized by the École internationale du français is also mandatory. Absences must be justified to administration.

How are we marked?

Since these are university courses, you will have assignments, work and tests during the session. To complete the course, you must pass the final examination and the post-test in the case of the spring and summer programs. These two tests are taken on the last day of courses. If the courses are successfully completed, the Registrar will send you a transcript indicating the number of university credits earned for the courses passed.

The marking system:

A+ = 4.3	A = 4	A- = 3.7
B+ = 3.3	B = 3	B- = 2.7
C+ = 2.3	C = 2	C- = 1.7
	D+ = 1.3	D = 1

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.

If I have already been a student at UQTR and need my transcript, how do I obtain it?

Please go to: <http://www.uqtr.ca/crms/relevedenotes.shtml> .

Campus activities and free time

The École internationale de français is proud to offer its students a diverse program of activities. Over the program's five weeks, a number of activities are organized on campus to promote conversation and group spirit.

ÉIF offers the following activities, among others:

- ★ Quebec night
- ★ Casino night
- ★ Sports activities
- ★ Costume ball
- ★ Theme night
- ★ Student show
- ★ Movies

Students have some free time during the week and on weekends.

There are also a number of off-campus activities during the five weeks of the program such as a day at the beach and supper at a sugar shack.

Weekend trips

Activities

Weekends are the perfect time to discover Quebec. Visits to Trois-Rivières, Quebec City and Montréal are a must for students.

Most trips take place on Saturday and students return to campus the same day. Transportation is provided by bus. These activities are included in the Explore bursary and, therefore, are a mandatory part of the immersion program.

Optional activities

A few optional activities, that require payment of a fee and registration, are also offered to students.

Program rules

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

The French rule stipulates that participants in the different programs **must speak French at all times and in all locations**. At the beginning of the five weeks, each student has five immersion points to his or her credit. Each time the rule is broken, two immersion points are lost. However, one of the two points lost can be regained by completing a “buy-back” activity.



A student who loses all of his or her points during the program is automatically expelled from ÉIF and has 24 hours to leave the campus of the Université du Québec à Trois-Rivières.

The main goal of the French rule is to ensure the effectiveness of the immersion program.

Blue cards can also be awarded by ÉIF staff or partners to students who make an effort to improve their French.

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 to stay in apartments during the program period;
- Cell phones are not allowed during workshops.

Conditions of participation

By submitting the duly completed application form, you undertake to:

- accept the principles and rules set by ÉIF;
- comply with all applicable federal, provincial and municipal laws including, in particular, the minimum age for the consumption of alcohol or tobacco products, which vary from province to province;
- attend all courses, workshops, trips and activities that are part of the immersion program.

Arrival and departure

The amounts incurred for travel to the university are the participant's expense. Les agences Voyages Campus/Travel Cuts give students prices and preferential conditions change dates and the ISIC (International Student Card) card.

To get to École internationale de français :

If travelling by plane

- 1.** From the Montreal Pierre Elliott Trudeau airport, 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 10 \$ 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 the 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.

Arrival

Students are to arrive on the Sunday before the program begins.

A cash refundable deposit (amount in the admissions letter) is required to obtain the keys to your apartment. The deposit will be returned at the end of the program when you handed in your keys.

If you plan to arrive before 9:00 a.m., a secure location will be available for your luggage. Once the office is open, you can collect the key to your room and receive other useful information.

Departure

Students are expected to check out on the last Friday of the program.

Early departure from the program

If for a serious reason, you must leave before the end of the program, you must first meet with the pedagogical counsellor who must authorize your departure. If you have leave early on a weekend, you must inform the security guards. In addition, prior to leaving, you must complete the early departure form and hand keys, student card, library books.

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"/> Spending money (about \$75 per week, including cash) | <input type="checkbox"/> Long pants and shorts |
| <input type="checkbox"/> Dictionary and grammar book, pencils and notebooks | <input type="checkbox"/> Athletic wear |
| <input type="checkbox"/> Warm clothes (scarf and wool socks in case of a change in temperature) | <input type="checkbox"/> Running shoes |
| <input type="checkbox"/> Umbrella | <input type="checkbox"/> Bathing suit, swim cap and sandals |
| <input type="checkbox"/> Waterproof and windproof jacket | <input type="checkbox"/> A set of old clothes you do not mind getting ruined |
| <input type="checkbox"/> Insect repellant | <input type="checkbox"/> Towels and washcloths |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Soap, shampoo, toothbrush and toothpaste |
| <input type="checkbox"/> Washing detergent | <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 |

Languages at Work program (only at the spring session)

Participants in the Explore program are also eligible for a summer job program following the immersion course in the spring session only. For more information, consult the following website:

<http://languagesatwork.ca/index.php?lang=en>.

In brief, Languages at Work is a three-week program offering numerous and varied job opportunities. Depending on the job, students can work 30 to 35 hours per week.

Privilège program (only at the summer session)

The École internationale de français of UQTR is pleased to offer you an additional week of learning French following the five-week Explore program. The cost of this program can be found at the [Privilege program](#). The Privilège program consists of 15 hours of course time, representing one university credit. Costs include tuition fees and lodging. The Privilège program offers courses in French in the morning and assignment help workshops. The program also offers participants two cultural activities in the Mauricie region during the week.

To register, complete the Privilège program admissions form.

Medical insurance

Students 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. Students must bring their health insurance card with them.

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](#)
- 🔗 [Explore](#)
- 🔗 [Social insurance card](#)
- 🔗 [Birth certificate](#)
- 🔗 [Foreign students](#)
- 🔗 [Languages at Work program](#)
- 🔗 [Tourisme Trois-Rivières](#)
- 🔗 [Campus residences](#)
- 🔗 [Physical education and sports centre](#)



A week in the Explore program

SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 a.m. to 12:00 p.m. & 9:00 a.m. to 12:30 p.m.	FRENCH CLASSES					Visit of la Mauricie National Park	Sports
Lunch							
1:30 p.m. to 5:00 p.m.	WORKSHOPS				Free time		Movie
Dinner							
Evening	Sports	Movie	Info week-end	S.O.S. Français	Theme evening		S.O.S Français

A week in the Privilège program (only in summer)

SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m. to 11:30 am	FRENCH CLASSES				
Lunch					
Afternoon	Work-shop Free time	A C T I V I T Y	Work-shop Free time	A C T I V I T Y	Check out and departure at 11:00 a.m.
Dinner					