



# MONTREAL

C A N A D A



**Canada** is one of the safest and most prosperous countries in the world. The welcoming nature and multicultural heritage of Canadians makes experiencing Canadian culture exciting and different.

**Montreal,** founded in 1642, is one of North America's oldest cities. Often referred to as a festival city due to the numerous and varied activities that take place, you will have the chance to experience the best of live music, art, sports, and more, all year long.



# YOUR FUTURE HAS NO BORDERS



**Sainte-Anne-de-Bellevue**, home to John Abbott College and located in the English speaking section of Montreal, is nestled between two beautiful lakes on the western tip of the island (yes, Montreal is an island city!). It is a 50-minute public transit ride from the downtown core.

## **Academic Program**

While at John Abbott College, you will participate in 6 or 7 courses per semester (there are 2 semesters in 1 school year). These courses match the Swiss curriculum. All courses are offered in English (except Italian and German).

Physical education courses (fitness, team sports, canoeing, kayaking, etc.) are included in your curriculum. They are a great way to improve your English language skills.

Tutoring is available, free of charge, in all academic areas.

During the month of June, you will participate in an innovative program called **Leadership and Outdoor Education**.

During this course, you will learn valuable leadership skills while participating in rock climbing,

mountaineering, and canoeing activities, and a two night camping trip in the Canadian wilderness.

## **Homestay**

John Abbott College operates our own homestay program. Living with our multicultural families will give you the chance to experience a “real Canadian life”. Your host family will treat you like a member of their own family.

All of our host families undergo a police verification check and in-home interviews from our homestay coordinator. Your homestay experience will include a furnished bedroom and three meals a day plus snacks.

## **Extra-Curricular Activities**

The Student Activities department at John Abbott College plays an important role in strengthening your English communication skills. Most importantly, this is where you will make many **Canadian friends**.

You will be able to participate in things like:

- Intramural sports such as soccer, basketball, badminton, volleyball and more.

- Shows, featuring stand-up comedians, bands, magicians, etc.
- Student clubs in the following areas: anime, educational activism, the environment, model United Nations, breakdancing, kayaking, rock climbing, and many more!
- And trips to North American cities like New York, Toronto, Quebec City and Ottawa.

## **Personalized Attention**

It is very important to John Abbott College that you enjoy your experience with us. For that reason, we have a dedicated counsellor to guide you through your year in Montreal. You will meet with your counsellor regularly and your counsellor will connect you with the following services available at the College:

- 24 hour a day emergency access to a JAC staff member;
- on-campus medical clinic;
- a nutritionist, and psychologists to advise you about personal, career, and educational concerns.

**SEE YOU IN MONTREAL IN 2018-2019!**