

  
Ville de Gaspé

 **La Cité**  
UNIVERSITAIRE  
FRANCOPHONE

 **EXPLORE 2023**

icômonic

**BIENVENUE**  
Welcome





## EXPLORE À GASPÉ! 2023



Université  
de Regina



La Cité  
UNIVERSITAIRE  
FRANCOPHONE

Offered by La Cité Universitaire Francophone

University of Regina

Explore Gaspé: July 4th to August 4th, 2023

This document is clickable!



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# ADVENTURE AWAITS!



By the bridge, Photo by Maya D, Explore 2022

## So, you're considering our Explore Program

La Cité universitaire francophone is proud to present our Explore Program in Gaspé, and is equally proud of all our participants. Thank you for taking the time to discover what our program could offer you.

### Is this program for me?

To find out if you would be a good fit for the program please go through the following:

- I have a genuine interest in learning and socializing with my peers in French.
- I will be 16-17 years old during the program and am prepared to take on the responsibilities of living away from home for five weeks. (Doing my own laundry, getting and / or cooking my own food on the weekends when the kitchen is closed, cleaning, managing my time to make it to classes / activities, abiding to rules, etc.)
- I am able to commit to the program from **July 04, 2023 to August 04, 2023**.  
Due to the immersive nature of Explore, we are unable to accommodate late arrivals, early departures, or other program interruptions.
- I am prepared to share apartment living spaces and potentially have a roommate (there are double and single rooms allocated at random.)
- I understand that to get around town there are limited transportation options.  
Our program will arrange for transportation on group outings, but during free-time and weekends, getting around means non-vehicle transportation. (This is standard for small towns, but can be an adjustment if you're used to the transportation options that big cities offer.)
- With the help of my parent or guardian, I can arrange my transportation to and from Gaspé. (If you're traveling to Gaspé by plane we plan to arrange a group rate for a flight from Montreal to Gaspé through a partnered airline.)
- I want to try new experiences and enjoy nature / outdoor activities!

# HOME AWAY FROM HOME

## What to expect?

So you checked off the boxes on the previous page and decided this program is for you. Explore takes course over 5 weeks. During this time you will be expected to speak in French and abide by the rules.

## Accommodations

Lodging is through *Cégep de la Gaspésie et des Îles : Gaspé Campus*. Virtual tours can be found on their website listed below.

(Note: Washers and dryers are available at a cost of \$2 per use with change available on location.

Apartment Life, Photo by Isabella T Explore 2022



**Cégep de la Gaspésie  
et des Îles**

<https://cegepgim.ca/en/campus/gaspé-campus/>



## Residence Rules

1. The participant will be living in residence and will be responsible for his/her/their room key. Should the key be lost, the participant will have to pay a fee of \$50 to replace it. 
2. Keep apartment common area entryway doors locked at all times. No one outside of the Explore program is permitted in the apartments or resident areas.
3. When hosting guests (other Explore participants) in your room, you place a *guest door hanger* up, with the guest(s) name(s) written clearly in the allocated spaces. All roommates need to be informed and agree on who is hosted in their room *beforehand*. You are permitted to host guests during free time up until half an hour before *curfew*, at which time you are expected to be in your own apartment area.
4. **Zero tolerance** possession / consumption policy for cannabis and / or alcohol.

5. You must be in your apartment half an hour before curfew / and in your bed at Curfew. **Curfew is at 10:30 p.m. From Sunday to Thursday and 11:30 p.m. Friday and Saturday:** Curfew means you must be in your room.

6. **Quiet Hours** are from **10:30 p.m. to 7 p.m. from Sunday to Thursday and 11:30 p.m. to 8 p.m. Friday and Saturday.** During this time limit conversations and loud noises (such as hairdryers, speakers, etc.)

7. To enjoy Gaspé's beautiful sunrise, the earliest you are permitted to leave your apartment is **4:30 a.m.** and you must inform a staff member the night before. This privilege can be revoked.

8. You are expected to clean up after yourself. A cleaning schedule for general cleaning will be made upon arrival.

# SOMETHING NEW EVERY DAY!

## Sample Schedule

Here's a sneak peak at what a typical week might look like for you. Everything except the optional activities is included in our programming.

	lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche
7 h	7 h 15 – 8 h 15 Déjeuner	7 h 15 – 8 h 15 Déjeuner					
8 h							
9 h	8 h 30 - 10 h 30 Cours	8 h 30 - 10 h 30 Cours					
10 h	15 min Pause Santé	15 min Pause Santé	13 h 30 – 16 h Activité Optionel				
11 h	10 h 45 – 12 h 15 Cours	10 h 45 – 12 h 15 Cours					
12 h							
13 h	12 h 15 – 13 h 15 Dîner	12 h 15 – 13 h 15 Dîner					
14 h							
15 h	13 h 30 – 16 h 15 Ateliers (+15 min Pause Santé)	13 h 30 – 16 h 15 Ateliers (+15 min Pause Santé)	13 h 30 – 17 h Libre	13 h 30 – 16 h 15 Ateliers (+15 min Pause Santé)	13 h 30 – 16 h 15 Ateliers (+15 min Pause Santé)		
16 h	45 min Pause Santé	45 min Pause Santé		45 min Pause Santé	45 min Pause Santé		
17 h	17 h – 18 h Souper	17 h – 18 h Souper					
18 h	18 h – 20 h Activités culturelles facultatives						
19 h							
20 h	20 h – 22 h Libre	18 h – 23 h Libre					
21 h							
22 h	22 h Aux résidences 22 h 30 Couvre-Feu			22 h Aux résidences 22 h 30 Couvre-Feu			
23 h					23 h Aux résidences 23 h 30 Couvre-Feu	23 h Aux résidences 23 h 30 Couvre-Feu	

## Weekdays:

Language classes run in the mornings while the afternoons are dedicated to workshops and cultural activities. Breakfast, lunch and diner are provided on weekdays.

## Weekends:

With the exception of the camping weekend, weekends consist of one optional activity on Saturday. The rest of your weekend is spent the way you want.

## Meals:

All meals are made on-site by our contracted chef, Monday to Friday (with the exception of the camping trip). Dietary restrictions or considerations are communicated with La Cité once registration fees are paid. Meals are not provided on weekends, but we allocate \$20 per day to each participant to help with grocery costs, and / or ordering food. You'll get to decide how to budget your funds.



## French Expectations

Learning another language is **hard**, there's no sugar coating that fact. This program is designed as an intensive immersion experience over the course of **5 weeks**. Please note that the first few weeks can be especially hard for beginners, but it gets easier!

It's normal to feel overwhelmed at first. To help adjust, we have a mental health professional on-site.. Stick with the program and keep trying your best, you may find yourself wishing it wasn't over by the end of the 5 weeks! Maybe you'll even be dreaming in French by that point!

That said, the immersion aspect of the program falls apart when program facilitators take on the role of "language policing" – we cannot stress this enough: **we don't want to be language policing!** Participants must be as committed to talking in French as we are, even – and perhaps **especially** if it's hard to do so.

Naturally there are instances in which speaking English would be appropriate:

- Communicating with your friends and loved ones *back home* during free time / breaks.  
Note: New friends made during the program don't count. Fellow participants are reading the same document as you. Don't be *that person* who switches to English the moment Explore staff are out of earshot – that person can end up being sent home – but more than that, it also defeats the purpose of going to Quebec in the first place. If you want to socialize in English during your summer there are plenty of other great summer programs that allow you to do so. Please do not ruin the immersion experience for others.
- Expressing concerns (such as mental health, personal, learning difficulties, etc.) to a program facilitator.
- Speaking with our mental health professional.
- And of course whenever you don't know how to say something in French you're welcome to say "Comment dit-on [insert english word or saying you don't know in french yet here]" – and don't worry if you don't even know how to say that yet! It's one of our first lessons for our beginner classes!

The primary goal of our immersion program is to provide an environment where students actively enhance their French language skills. It is important to emphasize your active role in your own learning experience. The quality of your learning experience is directly related to the continued effort you choose to make and your willingness to speak French at all times.

You will be expected to communicate only in French throughout the five weeks. It is imperative that students who wish to hear French and practice speaking it at all times have the opportunity to do so. If you speak in a language other than French, this hinders other students' progress as well as your own.

# GET ACTIVE!

Pavillon des sports Marcel-Bujold, Explore 2022

## Workout

The Cégep also has a training facility **Pavillon des sports Marcel-Bujold**. Our partnership allows participants to have free access to their training room and pool! Some of our activities will also be located in their gymnasium.

## Get Outdoors

Gaspé offers unique scenery and is the perfect destination for any outdoor enthusiast. Our Explore program takes advantage of this unique landscape and we incorporate outdoor activities whenever possible. We expect students to participate to the best of their ability.

Behind the Cégep, there are hiking trails, lookout points, and a baseball field. An outdoor community running track is also only a short ways away.

## The Camping Trip

The last weekend of Explore includes a two-night/ three day camping trip that's beginner friendly. If you've never pitched a tent don't worry – we're happy to teach you. If you're an experienced camper, your skills will be appreciated by your peers. Our group campsite is in a field clearing at **Aube Sur Mer**. While not a wooded camping spot, the proximity to the ocean and low light pollution at night make it a memorable occasion.



Camping Trip Explore 2022

# A ONE OF A KIND OPPORTUNITY



Percé, photo by Alix H. Explore 2022

## What is the cost?

### Bursary students

*The bursary does not include:*

- Registration fee of **\$275**  
*(non-refundable and payable only if you receive a bursary)*
- Travel expenses
- Optional activities
- Personal expenses

Reminder to Explore participants receiving a **\$2,800 bursary**:

These funds go directly toward covering tuition fees for the courses, instructional materials, meals, accommodations, workshops, and other programming activities. We ensure that the funding for this unique learning opportunity is going toward students who genuinely **want** to learn and improve their French. In other words, students who will get the most out of what the Explore program offers. So please consider the amount of commitment and dedication involved before confirming your application.

### Non-bursary students

- Program fees of **\$2,800** *(Covers: Tuition fees, textbooks, room and board and participation in all compulsory activities)*
- Registration fee of **\$275**  
*(non-refundable)*
- Travel expenses
- Optional activities
- Personal expenses

# LEARN



## Classes (Cours)

Participants are divided into three class groups based on their placement test to ensure each student gets an educational experience tailored to their skill level. Beginners will be mastering basics while intermediate and more advanced level students can build on the knowledge they already have.

That's not to say you'll be stuck in the same classroom all day. Classes will merge for certain group projects, or a lesson will take place at a library or outside!

## Cultural Activities (Activités culturelles)

Cultural activities is an umbrella term we use for social outings and activities. Everything from dodgeball, capture the flag, friendship bracelet making, an evening at the beach, trivia night, movie screenings, walking to the local ice cream shop, and so much more are on the table! Participants are encouraged to offer suggestions to plan these outings according to their interests.



# MORE THAN MEETS THE EYE!

## Workshops (Ateliers)

Students rotate through 5 different workshops throughout Explore. These workshops are designed to give students the opportunity to practice French while also learning new practical skills that can serve them in other aspects of life.

## Sailing

We have a great partnership with **École de Voile le Cormoran**. They offer our participants a unique 4-session program over the course of Explore. Students start by building on basic skills through canoeing and paddling before taking on the more technical skills required for sailing.



Sailing Workshop! Photo by Janie M. Explore 2022

## Art and Wellness

Expressing yourself isn't always easy, especially in another language. This workshop aims to give students the tools to channel emotions and feelings into creative outlets. All students submit a final project for our end-of-year gallery.

## "Bain Gaspésian"

This workshop is about immersing in the Gaspé community! Outings to the museum, helping volunteer with a kids camp, and discovering community are all activities you'll get to enjoy.

## Theater / Improv

This workshop is designed to get students out of their shell. Being silly, dancing, singing and the like are all encouraged! Everyone also has a role in our end-of-year production.

## & More!

We leave a little room for flexibility in our program. The 5th workshop is TBD by our staff. In previous years, we've done journalism, music, but it might be something else entirely this year!



Year-End Gala 2022

# CHOOSE YOUR ADVENTURE!

## Optional Activities

When paying your registration fees, we have several optional activities available at an additional cost that are incorporated into our program. These activities are optional, though we encourage you to participate in all you can.

### Optional Activity 1: A Day in Percé (\$20-\$80)

1. **\$20** Day Trip to Percé
2. **\$60** Day Trip to Percé
  - + Approx. 1h Cruise around Percé Rock
  - + \*visit to Bonaventure Island:
3. **\$100** Day Trip to Percé
  - + Approx. 2h30 Cruise: \*\*Whale watching
  - + \*visit to Bonaventure Island



<http://croisieres-julien-cloutier.com/web/english/>



Percé Cruise, Photo by Alix H, Explore 2022



\*When conditions allow, cruises make a drop-off stop at **Bonaventure Island National Park** wharf. Here you have the option to visit the island or remain aboard to return to Percé. The island offers several hiking trails and lookout spots, not to mention it is also home to the largest northern gannet colony in North America! Return trips to the mainland take approx. 15 mins and are offered periodically throughout the day so you can choose how long you wish to stay if at all (provided you're not late for our return bus trip back to Gaspé!)

\*\* "Please note that we are working very hard to give you the chance to watch whales, but at no time can we guarantee that the whales will be there."

- Les Bateaux de Croisière Julien Cloutier Inc.



### Optional Activity 2: Canyoning (\$80)

Think of it like hiking through a river with natural slides and jumps to enjoy along the way!

"Canyoning takes you on a unique adventure between land and water. Set in a breathtaking location shaped but thousands of years of water flow, this aquatic adventure allows you to explore natural waterslides, emerald green pits, rock walls and waterfalls. Climbing, cliff Jumping, sliding and other surprises await!"

<https://aubergegaspe.com/en/activities/canyoning/>



AUBERGE GRIFFON AVENTURE

# CHOOSE YOUR ADVENTURE!

## Optional Activity 3: – Sea kayaking (\$60)



- Participants build on basic manoeuvres
  - This activity is during the 3-day camping trip
  - Opportunity to visit seal colonies
  - Departure from magnificent Cap-aux-os
- Fees: 2.5 hrs excursion / \$60



## Optional Activity 4 – Micmac Interpretation Site (\$30 - \$75)



### Cultural Experience (\$30)

Guided tour, bannock tasting, barley and venison soup, souvenir gift.

### Basket weaving workshop (\$45)

Traditional woven cedar basket making workshop (materials provided)

## Other Activities

While you're in Gaspé, there are other activities that you can partake in that are outside of our scheduled programming.

### Bonus Sailing

- In addition to the 4 sailing workshops that are included with the program, participants can make their own arrangements with **École de Voile Le Cormoran** for additional nautical activities during free time and weekends when scheduling allows. There is also equipment rental available for things such as boogie boarding, kayaking, and more!

### Local Restaurants & Cafés



Brise-Bise is a local restaurant that former students have enjoyed visiting. With varying menu options, you can try the catch of the day, a burger, salads, and more!



Another local gem to try is Paquebot Café. With specialty coffees, a unique spin on a London Fog (known as a Gaspé Fog!) as well as meal options available, this trendy café is a great place to visit.



If you've never been to an authentic *boulangerie*, you are in for a real treat! Fresh specialty breads are made in-store, with side options of soup and drinks!

## & So Much More!

This list is far from all inclusive! You'll have the chance to explore your own favourite places.

# NEW EXPERIENCES!



Gaspé night view, Photo by Maya D. Explore 2022

## How do I Apply?

We offer a limited number of spots. Only **42 students** aged **16-17 years old** will be able to participate. We want to ensure smaller class sizes to make it easier to form friendships and network with other learners. All applications are made through the The OLP (Explore, Destination Clic, and Odyssey) website:



**OFFICIAL LANGUAGES PROGRAMS**

**PROGRAMMES DE LANGUES OFFICIELLES**

BILINGUALISM IN ACTION | BILINGUISME EN ACTION

<https://englishfrench.ca/explore/apply-now/>

Create your account and go through the application. You will be prompted to list your “top three locations”. Be sure to list our program **La Cité universitaire francophone (Gaspé)** among your top picks. Placing it as your number one pick will increase the likelihood of being one of the 42 participants selected for our program.

## What happens once I’m accepted?

La Cité will contact you with the next steps. But here’s a brief overview of what to expect:

- **In late March to early April:** you will be able to pay your Registration fees (\$275) as well as fees for any optional activities you wish to partake in.
- **In early April:** we will have information for transportation arrangements so you can coordinate your arrival and departure and potentially benefit our group discounts for flight bookings.
- **In early May:** we will have a telephone interview (known as our “pre-test”)
- **Throughout June and July:** La Cité will be in contact with you with any additional information you may need to know.
- **July:** get packing! **Explore starts July 4th!**
- **Explore runs July 4th to August 4th.**



SEE YOU IN  
GASPÉ!