



CHECKLIST - What to bring with you and what to leave at home

- A photocopy of photo identification (student card, driver's licence, etc.).
- A photocopy of your SIN card if you have received an Explore Bursary.
- Your health insurance card and, if you are under your parents' plan, the insurance number and details of their plan. Please note: provincial health cards will be honoured. If you are an international student, you must purchase health care insurance for the duration of your stay in Canada.
- Any medication which you regularly require.
- Personal toiletries and money for the laundromat.
- A cell phone or a phone card that will work in Quebec.
- Warm clothing and rain gear appropriate to northern maritime climate because the weather is often variable and can be cool.
- Spending money (about \$400-\$500) for optional trips and activities.
- A dictionary, notebooks, pens and pencils (Please note that textbooks will be distributed on the first day of classes. Required texts for all courses will be loaned to you for the duration of the course and must be returned in good shape by the final exam. For certain courses you will have the option to purchase new or used textbooks.)
- You may rent a bicycle from your host family or from the local bike shop (Sports Le Basque-Ecotone, 83 Notre Dame E. 418-851-4636) for about \$50-\$70 for 5 weeks. A helmet and reflective clothing are strongly recommended.
- Musical instruments, if you play and it is convenient to pack.
- A swim suit and beach towel. Your host family will provide bed linens and towels.
- Sports equipment (tennis and badminton racquets, baseball equipment, etc.)
- A pair of gym shoes with non-marking soles and gym clothes.
- Hiking boots or good walking shoes for the various excursions (you may wish to take advantage of low tide in the St. Lawrence).

LEAVE THE FOLLOWING INFORMATION WITH SOMEONE AT HOME:

- WHILE AT THE SCHOOL, PLEASE HAVE ANY MAIL OR PARCELS ADDRESSED TO YOU AS FOLLOWS :**
YOUR NAME
A/S ÉCOLE D'IMMERSION FRANÇAISE DE TROIS-PISTOLES, C.P. 7070, 455 JENKIN, TROIS-PISTOLES (QC) G0L 4K0
- PLEASE LEAVE THE SCHOOL'S TELEPHONE NUMBER WITH A FAMILY MEMBER, IN CASE OF AN EMERGENCY: 418.851.1752**