

## TOURIST INFORMATION

### Discover the Montreal Region

- Montreal is built on a 499 square kilometre island in the St. Laurent River.
- It has 3.3 million residents, representing 46 % of the Quebec population.
- Although the majority of Montreal's inhabitants are French speaking, both French and English are spoken throughout the city.
- Sainte-Anne-de-Bellevue is situated on the west end of the island, 45 kilometres from downtown Montreal.

### Tourist Information

More information about Montreal and the region, including maps and a calendar of events can be found on the following web sites:

- [www.tourism-montreal.org](http://www.tourism-montreal.org)
- [www.montrealcam.com](http://www.montrealcam.com)

You will also find some suggested activities in your Welcome Kit.

### Montreal Tourist Office

Infotouriste Centre  
1001 Square-Dorchester Street  
(corner Peel and Ste-Catherine Streets)

### Transportation in and around the City

- Consult this site for bus and metro schedules & maps: [www.stm.info](http://www.stm.info).
- Go to <http://www.stm.info/English/azimuts/a-index.htm> to check specific itineraries.

### Transport Fares

- The bus and metro fares are the same.
- Price of a one-way ticket: \$2.75 (**exact change required; the bus driver does not give change back**)
- 6 tickets: \$12.75 ; One-day pass: \$9.00
- When you get into the bus or metro, your ticket will also act as a transfer to be able to transfer to another bus or metro without paying again.
- There are also distributors inside metro stations.
- Be sure to get your ticket before entering the train.

### Public Transportation between Montreal and Sainte-Anne-de- Bellevue

- Metro (subway) and bus link Montreal downtown to Sainte-Anne-de-Bellevue.
- From metro station **LIONEL GROULX** (orange line or green) take bus # 211 West all the way to the end of the line.
- The bus drops you off in front of John Abbott College



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<b>Exchange Rate</b>	As the exchange rate fluctuates daily, participants should check the latest rate on the following web site: <a href="http://www.xe.net/currency">www.xe.net/currency</a> .
<b>Postage</b>	Rates for regular mail and postcards (up to 30g) are: <ul style="list-style-type: none"><li>• Within Canada: CAN \$0.54</li><li>• To the USA: CAN \$0.98</li><li>• To other countries: CAN \$1.65</li></ul> You can refer to: <a href="http://www.canadapost.ca">www.canadapost.ca</a> .
<b>Sales tax</b>	Most goods and services bought in Canada are subject to a 12.5% tax, which includes the Canadian GST (Goods and Services Tax) of 5%, and Québec's sales tax of 7.5%. <b>NOTE:</b> advertised prices almost never include the tax, which are added to the total of your purchase at the cash register.
<b>Tips for Service</b>	It is customary to tip restaurant waiters and taxi drivers between 10% and 15% of the bill.
<b>Smoking</b>	<ul style="list-style-type: none"><li>• Smoking is prohibited in indoor public places (restaurants, bars, schools, cafeterias).</li><li>• Bill 112 also forbids smokers from lighting up within <b>nine (9)</b> metres of any doorway leading to a health or social services institution, college, university or child-care facility.</li><li>• Since June 1<sup>st</sup>, 2007, it is strictly prohibited to litter in Montreal.</li></ul>

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