

TOURIST INFORMATION

- Discover the Montreal Region**
- Montreal is built on a 499 square kilometre island in the St. Laurent River.
 - It has 3.8 million residents, representing 47 % 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, 35 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
- www.montrealcam.com

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

Montreal Tourist Office Infotouriste Centre
 1255 Peel 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.

- Transport Fares**
- The bus and metro fares are the same.
 - Price of a one-way ticket: \$3.00 (**exact change required; the bus driver does not give change back**)
 - 2 tickets: \$5,50 ; One-day pass: \$10.00
 - 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.
 - Make sure keep your ticket with you as it is your proof of purchase.

- 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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Exchange Rate As the exchange rate fluctuates daily, participants should check the latest rate on the following web site: www.xe.net/currency .

Postage Rates for regular mail and postcards (up to 30g) are:

- Within Canada: CAN \$1
- To the USA: CAN \$1.20
- To other countries: CAN \$2.50

You can refer to: www.canadapost.ca

Sales tax Most goods and services bought in Quebec are subject to a 14.975% tax, which includes the Canadian GST (Goods and Services Tax) of 5%, and Québec's sales tax of 9.975%. Other provinces may have varying rates.

NOTE: advertised prices almost never include the tax, which are added to the total of your purchase at the cash register.

Tips for Service It is customary to tip restaurant waiters and taxi drivers between 10% and 15% of the bill, or an amount equivalent to the Sales Tax.

Smoking

- Smoking is prohibited in indoor public places (restaurants, bars, schools, cafeterias).
- Bill 112 also forbids smokers from lighting up within **nine (9)** metres of any doorway leading to a health or social services institution, college, university or child-care facility.
- Since June 1st, 2007, it is strictly prohibited to litter in Montreal.
