

## Ottawa and Quebec City Grade 9 Helpful Tips

### Weather

The average temperature to expect in Ottawa and Québec is between -5°C and -15°C. As we know, in Canada, weather fluctuates. Add in a wind chill factor and it may be very cold. Please ensure that you bring appropriate winter clothing (boots, hats, scarves, mitts, snow gear, warm socks, etc). Some of our tours will have us outside for a few hours. Warmth is important.

While travelling at this time of the year, your top priorities should be:

- 1) Keeping warm and dry from the rain and/or snow (dress in layers)
- 2) Being comfortable.

### What to pack?

Each person will be permitted to take one suitcase (to be stored under the bus) and a carry on equivalent to a backpack that you can have on the bus.

You will also be allowed to have a bag for your skates, helmet, and snow pants. This bag will be kept in a separate area in coach's luggage bays.

During the trip, each student must come prepared for the various indoor and outdoor activities.

Here is a guideline of items to include:

- Winter coat and accessories including warm gloves, hat, scarf, snow pants or insulated wind pants and
- Warm socks. (we will be doing outside winter activities)
- Two warm sweaters
- Winter boots or hiking boots. (no sneakers for outdoor activities)
- Two pair of socks per day
- Underwear
- Two pair of jeans
- T-shirts
- PJ's and slippers or flip-flops for walking in the hotel
- Personal toiletries such as toothbrush, toothpaste, comb, brush, deodorant, etc.
- A pillow for the motor coach
- One person per room can bring a hair dryer. There are hair dryers in the rooms, but an extra may be helpful.
- Skates and helmet in separate bag
- You should have three bags:
  - Suitcase
  - Backpack for bus
  - Bag for skates and helmet

**You must be able to easily carry your own luggage!**

## **Money**

Breakfast and dinner will be prearranged in restaurants or in the hotels. Lunch will be in shopping mall food fairs and each student will be given \$10.00 allowance for food.

Spending money is at the discretion of the students and parents. Debit cards are accepted at most retailers. A good guideline would be to budget \$75-100 for souvenirs and clothing.

## **Safe Travelling in Major Urban Centres**

1. Listen attentively to your tour director's and chaperone's information and recommendations
2. Carry identification and emergency numbers with you, as well as a copy of your itinerary. You will be provided with stickers that have the emergency numbers on them for the trip.
3. Use the Buddy System
  - a. It is always best not to be alone – travel in groups of 3-4
  - b. Do not enter a store or restaurant by yourself, even if your group is waiting outside
4. Know where you are and where you are going. Always look like you have a purpose and a destination.
5. If you get lost:
  - a. Don't panic
  - b. Stay in a public place where there are people
  - c. Call the Target Tours emergency number
  - d. If you feel the need to, you can call the police (911)
  - e. You should also call home
6. If you are at the meeting point and the group has already left, stay put and do #5 a,c, e
7. Never point, stare or laugh when you are confronted with something new
8. Do not stop to talk to strangers who are trying to give or sell you something
9. Never buy stuff from street vendors – it's never what it seems to be, and there is no warranty.
10. Be aware of your surroundings and don't flash money around. Don't have all of your money, bank cards, etc in your wallet – keep some in your pockets (just in case)
11. Try not to look too much like a tourist – don't carry big backpacks or purses.
12. Be careful when crossing streets. Only cross at crosswalks, street corners with lights, or at stop signs and designated crossing areas – we are NOT in PEI anymore!
13. At the hotel, don't go to the lobby by yourself
14. At the hotel, always wear something on your feet in the lobby and hallways.

## Traveling on the Motor coach

- Travelling by motor coach is one of the best ways to see the country. Here are a few guidelines to make the journey comfortable for you and your classmates.
- Please remain seated while the motor coach is moving unless you need to use the washroom. This is for safety reasons in case the driver needs to make a quick stop.
- The washroom on the coach is for emergencies only. There is a small holding tank on the coach and it can create an odour if used repeatedly. Take advantage of restroom facilities during rest stops and dinner stops.
- Garbage bags are provided at the front and back of the coach. Please treat it as your home and stash your trash.
- You are permitted to eat and drink on the coach but you should only have liquids with covers or caps to avoid spillage. Also, no sunflower seeds or small candies that can stick to the floor are permitted.
- **No photos are to be taken at night.** The driver will be distracted by the flash of the camera.
- The noise level on the coach should be reasonable and not be disruptive to the driver. It is very important for the driver to be able to hear outside sounds such as horns, sirens, etc.
- Videos – Each coach is equipped with a DVD player. Movies should be rated for all audiences on the coach. Chaperones have the final say as to whether a movie is well suited for the audience.

**Absolutely NO energy drinks are permitted during the trip.** Any found will be confiscated. Please do not have caffeinated beverages on the bus either. They make you have to go to the bathroom and even if they give you energy, when the energy level drops, it drops quickly.

## At the Hotel

- Staying at a hotel with your friends can create fond memories that will last a lifetime. There will also be other guests staying at the hotel at the same time. Please be respectful of other guests and staff in the hotel. You are ambassadors of your school and your province.
- No running in the halls or stairwells.
- Travel with a buddy where ever you go.
- Get snacks ahead of time – snacks are expensive at hotel, and we are not permitting a stream of people to the lobby.
- If walking to the lobby or through the hotel, always have footwear such as slippers or flip-flops on your feet.
- Phones will be turned off for outside calls
- You will be sharing a room with at least three of your classmates. Please take your turn in the washroom.
- Pay attention to when you are required to be in your rooms and when lights are to be turned off as established by our chaperones. Remember there are other guests in the hotel and we do not want the front desk to receive complaints.
- We will have overnight hotel security on duty. They will be patrol the halls after the lights are to be turned off. If they hear noise after this time, they will knock on your door once and give a warning. If they come back and hear more noise, they will contact a chaperone who will take action to remedy the situation.
- When checking out, please make sure you have all your belongings. Check closets, dressers, under beds and the bathroom for forgotten items.
- Dress for breakfast – not in your PJ's!