




# North Vancouver School District Québec Trip 2026

FAMILY INFORMATION EVENING  
OCTOBER 1ST, 2025



North Vancouver  
School District  
student leadership council



We would like to thank the Coast Salish people, specifically the Skwxwú7mesh Nation and Tseil Waututh Nation, on whose unceded traditional territory the North Vancouver School District resides. We value the opportunity to learn, share and grow on this traditional territory, and appreciate the privilege of working together toward strong futures for Indigenous children and all children. We are committed to doing our part in the journey to truth and reconciliation.

# *Traditional Acknowledgement*

# This meeting will cover:



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Purpose of the trip

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Trip Dates

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Highlights

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Meals

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Safety and Security

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Mobile Phones

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Travel Insurance

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Estimated Budget

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Application Process

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Questions



# Purpose of the Trip



To improve aural and oral French language skills in an authentic French environment.

To deepen students' **understanding and appreciation** of French Canadian history and culture.

To **build social connections** with other French Immersion students.

# Who can participate in the 2026 Québec Trip?



- Grade 8 NVSD French Immersion students who:
- -are motivated to improve and practice their French communication skills
- -are curious and interested in French Canadian culture
- -are willing to take on new challenges and experiences

# Québec Trip Dates



May 24th  
May 30th,  
2026





# Accommodations



## **Auberge du Mont** in Saint-Gabriel-de-Valcartier



# Supervision

- NVSD teacher chaperones
- Auberge group leaders





# Historical/Cultural Activities





# Cabane à sucre



## Sugar shack:

French Canadian Pea  
Soup

served with homemade  
bread

Oven baked omelet  
Maple flavor brown  
beans

Crispy salted pork  
sizzlings

Maple ham

Meat pie

Roasted potatoes

Homemade fruit ketchup

Maple syrup

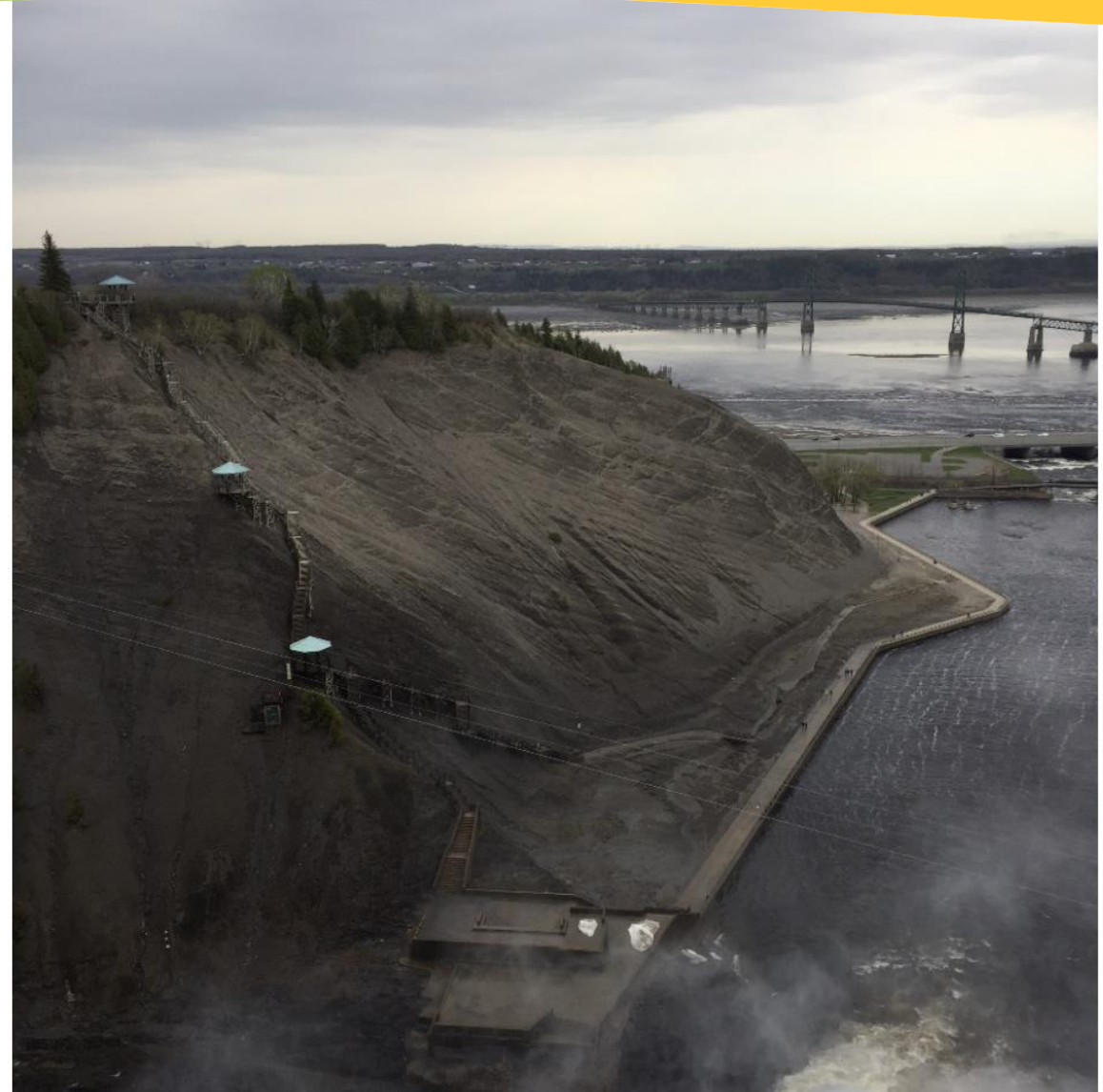
Homemade pancake  
with maple syrup

Maple taffy on the snow





# Les Chutes Montmorency





# Itinerary and Associated Risks



- Group plane and bus travel
- Outdoor activities: hiking
- Walking trips (groups, partners): Old Quebec, shopping, etc with indirect and direct supervision
- Circus School (acrobatic/gymnastic equipment)

# Safety and Security



- School District and Auberge du Mont employees will **supervise**
- Students will spend most of the week in large groups (**Direct Supervision**)
- Students will also be permitted to travel in small groups or partners for brief periods of time (**Indirect supervision with frequent check-ins**)
- Students are expected to listen, be cooperative and always respectful with all group chaperones
- Behavioural expectations will be discussed in detail with participating students

# Examples of meals you will be served\*



## Breakfast at L'Auberge

- Eggs, toast, hash browns, bacon or sausage (alternating), pancakes or golden bread or waffles (alternating), cereal, fruit salad, yogurt, juice, milk.
  - Gluten free bread will be available
  - Dairy free "milk" will also be available

## Packed Lunches

- Texan chicken wrap (no dietary restrictions)
- Veggie wrap (vegetarian option)
- Turkey sandwiches (no dietary restrictions)
- Mac n cheese (no dietary restrictions)
- Spaghetti with tomato sauce (dairy free option)
- Chickpea curry with coconut milk, vegetables and rice (vegan, gluten free and dairy option)
- Spring rolls with chickpea spread, rice vermicelli and crunchy vegetables (vegan, gluten free and dairy option)

## Dinner

- Pizza, tacos, pasta, roasted chicken

\*subject to change

*Some meals will be at restaurants where students will have the option to order what they would like.*



# Cell Phones



Students will turn in their phones to chaperones during parts of the day and overnight.

This will support full immersion in the language experience and will ensure adequate rest.



# Estimated Costs and Payment Schedule



- Approximately \$3,400/student
- Price includes flights, accommodations, chaperones (trip costs + TOC costs), field trips, entrance to all activities, insurance and most meals\*
- Payment will be in two installments: October 30<sup>th</sup>, 2025 and February 2nd, 2026



# Group Travel



The District Québec trip based on group travel discounts :

- Students may not book flights independently or use air miles, discounts, or other personal arrangements.
- Full participation in the group itinerary, including all flights, is required.
- Personal travel or excursions away from the group are not allowed.



# Travel Insurance



- The Manulife Premium Protection Plan Group insurance will be purchased for all travelers.
- Option to purchase additional travel insurance.
- Please note that a valid provincial health card is required – (if you do not have a valid provincial health card please let us know for options and prices for a Visitor to Canada Medical Plan and Cancellation coverage options)
- Click [here](#) to read the document regarding the travel insurance included with the trip.

# What costs are not covered?

- Meals en route during travel days (3 to 4 meals anticipated)



- Spending money (souvenirs, etc.)



- Additional student travel/medical/accidental insurance



# Application Process



- Application/Registration form, Informed Consent Approval and Medical Form will be accepted between October 2nd and October 10<sup>th</sup> (until 3:00pm)
- Previous two trips required a lottery (as we had more applicants than we could accommodate)
- Drop off all completed packages with all forms here at ESC Reception on the 2nd floor. Attn: Tracy Langer



# Important Dates



October 1 <sup>st</sup> , 2025	Family Information Meeting
October 10 <sup>th</sup> , 2025	Informed Consent Approval Form, Student Medical Form, Application/Registration Form due to the Education Services Centre (2 <sup>nd</sup> floor, reception desk, 2121 Lonsdale Ave) by 3:00pm. Applications received after this time will not be included in the lottery and names will be added to the waitlist in order received.
Week of October 20 <sup>th</sup> , 2025	Families will be informed if their child has been selected for the District Quebec Trip.
October 30 <sup>th</sup> , 2025	Payment \$1500 due via School Cash Online.
February 2 <sup>nd</sup> , 2026	Balance of payment due (approximately \$1900) via School Cash Online.
February 2026	Meeting with students and chaperones 3:45 – 4:45pm.
April 2026	Meeting with students and chaperones 3:45 – 4:45pm.
May 13 <sup>th</sup> 2026 at 6:00pm	Mandatory Student and Parent/guardian meeting 6:00pm at the Education Services Centre.
May 24 <sup>th</sup> 2026	Departure to Quebec.
May 30 <sup>th</sup> 2026	Return to Vancouver.

# Testimonies



“My daughter was on the Quebec Exchange last week and I just wanted to reach out to you and everyone involved to thank you for organizing and providing this incredible experience for the students. ”

“I honestly can not imagine taking all those teens across the country. Your energy and patience is incredible. My daughter had such a wonderful time! She is full of stories, adventures, and great memories. ”

# Questions?

- Contact:
- Tracy Langer, District French Facilitator
- [tlanger@sd44.ca](mailto:tlanger@sd44.ca)

