

**MHS CHOIR TRIP**  
**May 26 - 31st, 2023**  
**Montreal, Quebec, Boston**

**Trip Itinerary**

*Please note this itinerary is subject to change. As we work to finalize the details with our performance venues, we will update the itinerary accordingly and provide you with a final schedule before departure. Below is an overview of events each day:*

**Friday May 26th, 2023**

*Morning:*

- Luggage Checks
- Buses depart Montgomery High School at 8:30 AM, stopping en route for rest breaks and an independent lunch stop

*Afternoon:*

- Cross the border around 3:30 PM
- Check-in to Hotel Fairfield Inn and Suites Montreal Airport

*Evening:*

- Dinner at local restaurant
- Attend a 7:30 performance of *J.S. Bach's B Minor Mass* in the **Maison Symphonique of the Place-des-Arts Performance Center**
- Return to the hotel

**Saturday May 27th, 2023**

*Morning:*

- Breakfast buffet in the hotel
- Transfer to the city center and have an acoustical rehearsal prior to our concert at **St. James' Church**
- Transfer to **Dorchester Square**, just above the **Underground City**, Montreal's vast mall that stretches below the city center
- Free time for lunch

*Afternoon:*

- Guided Orientation Tour of **Montreal** including a scenic overview from **Mont Royal**, where we will take a group photo
- Return to the hotel

*Evening:*

- Pizza and Bowling Party at Laurentian Lanes

## Sunday May 28<sup>th</sup>, 2023

### *Morning:*

- Breakfast buffet in the hotel
- Depart for Quebec at 9:30 AM with an independent lunch stop en route

### *Afternoon:*

- Arrive in the village of **Cap-Santé**
- Concert at 3:00 PM in the historic 18th century **Eglise-Sainte-Famille**
- Continue to Quebec
- Check-in to the Hotel Quebec Best Western Plus City Centre

### *Evening:*

- Free time to explore **Quebec Old City**
- Dinner
- Return to the hotel

## Monday May 29<sup>th</sup>, 2023

### *Morning:*

- Breakfast buffet in the hotel
- Guided Walking Tour (**Dufferin Terrace, Place Royale, Basilique du Notre Dame**)
- Potential Informal Concert at **Basilique du Notre Dame**
- Free time for lunch in the city center

### *Afternoon:*

- Travel 30 minutes North and West of Quebec to the **Huron-Wendat First Nations Community**
- Activities on the Wendat land:
  - Visit the **Traditional Site**, where guides will explain the history and traditions of the Wendat, including canoe making, the kinds of food they ate, clothing, and much more; they will also demonstrate **Wendat Traditional Music and Dancing**
  - Explore the **Longhouse, Sweat Lodge, Smokehouse and Tipi** (teepee)
  - Make a **Medicine Wheel** (similar in style to a 'dreamcatcher')

### *Evening:*

- Transfer to **Huron Wendat Hotel and Museum** and visit the **Ekionkista' National Longhouse**
- Dinner
- **Onhwa' Lumina**, a self-guided walk after the sun has set; described as a "Dreamlike Journey through the Forest,<sup>1</sup> celebrating the Wendat way of life in light and song
- Return to the hotel at 10:30 PM

## **Tuesday May 30<sup>th</sup>, 2023**

### *Morning:*

- Breakfast
- Check out of the hotel
- Transfer to the **Beaupré Coast**, an interesting and historical area along the river
- Visit **Marie's Bread Oven** where students will be able to sample traditional pastry
- Visit the **Copper Museum**, an amazing display of the life work of Albert Gilles, a world-renowned craftsman and artist; students will have the opportunity to create their own engraving
- Tour of the **Basilica of St. Anne-de-Baupré**, followed by an informal concert

### *Afternoon:*

- Stop at the **Montmorency Waterfall National Park**; Hike up near the falls for a group photo
- Stop for lunch, then depart for New Hampshire

### *Evening:*

- Stop for dinner
- Check-in to the Hotel Holiday Inn Express and Suites

## **Wednesday May 31<sup>st</sup>, 2023**

### *Morning:*

- Breakfast
- Check out of the hotel and depart for Boston
- Guided walking tour of **historical sites in Boston**
- Shopping, free time, and an independent lunch at **Quincy Market**

### *Afternoon/Evening:*

- Depart for New Jersey with rest breaks en route, arriving at MHS approximately 7:30 PM

### **Hotel Information**

#### **May 26 - 28: Hotel Fairfield Inn and Suites Montreal Airport**

Address: 700 Michel Jasmin Ave  
Montreal, Quebec H9P 1CS, Canada  
Phone: +1 514-631-2424

#### **May 28 - 30: Hotel Quebec Best Western Plus City Centre**

Address: 330 De La Couronne  
Quebec City, Quebec G1K 6E6, Canada  
Phone: +1 418-649-1919

#### **May 30 - 31: Hotel Holiday Inn Express and Suites**

Address: 4 Amherst Rd  
Merrimack, NH 03054  
Phone: (603) 429-3600

### Passports

Once we are in Canada, we will collect all student passports/visas/green cards and keep them in the hotel safe. Because of this, **students must have an additional form of photo ID** on their person at all times. School IDs will suffice as supplemental ID., We do not want students traveling at any time without a form of photo ID.

Students SHOULD MAKE PHOTOCOPIES OF THEIR PASSPORTS and keep them on them at all times as well. We also suggest all travelers put a copy of their passport in their luggage and personal items.

### Medications/Nurse

Please note that students may not carry any medications on them at any time with the exception of pre-approved epi-pens or inhalers. This includes over the counter medications.

All prescription medications must be given to the nurse prior to our departure and **MUST** be in their **original container labeled with all prescription information**. Please put your medication (in its container) in a Ziploc bag with the student's name on it. It is possible that customs agents will ask to compare the medications we are carrying with the medical form (in the attached handbook).

**\*\*\* ALL MEDICATIONS ARE DUE TO THE NURSE BY FRIDAY 5/12/23 \*\*\***

### Money

The best way to access money is if students have an ATM card. This must be an **actual ATM card linked to a bank account...not** a gift card that you can draw on. ATM cards are best because if lost, they can be deactivated and you also get the most current exchange rate.

We would recommend students have about \$25-30 a day with them for lunch/drinks/snacks. Of course what you bring for souvenirs is at your discretion.

### Luggage and Carry-On Checks

- Any **bags that will accompany the students will be inspected** by the appropriate faculty prior to departure; this includes carry-on and personal items
- Once all luggage is checked, it will be locked and secured and remain inaccessible in the choir room until it is loaded on the buses
- Beyond snacks, entertainment, clothes, and toiletries, specific items to ask students to point out to ensure they are packed are:
  - o Concert Attire (black and white as per the choir handbook)
  - o Music/ Binder
- Students should **not leave anything at school that they will not need on the trip.**

### Packing List Additions

Please see the packing list in the "travel tips and tricks" section of this packet. In addition to the items listed there, please pack the following:

- **Concert Performance Attire** - we will be performing in two formal concerts.
- **Concert Attendance Attire** - business casual attire for the Bach Mass in b minor on 5/26 (Day One).
- Pack so you can dress in layers. Normal temperature for this time of year is 50's or 60's. Having the ability to dress in layers will make things much more convenient for you.
- The Huron-Wendat tour is outside and will encompass the evening. Plan for that!
- Always check the forecast as well right before we depart.

### Bus Check-Ins

- Attendance by name will always be taken when loading on the buses. The most time-saving instruction is to be seated, quiet, and attentive to attendance and instructions.
- Students will not be dismissed off the bus until given specific instructions (meeting points and times).
- STUDENTS MUST SIGHT-SEE IN GROUPS OF 3 or MORE. No students may walk around in pairs or alone.
- Students must sight-see within given parameters for each area.

### Hotel Check-in Procedures

IMPORTANT: When arriving anywhere, DO NOT allow students to immediately get off. Wait until Ms. Makvana, Mr. Woodworth, Mr. Warshafsky, or Ms. Pino give the OK to allow students to get off.

- When we arrive at our hotels, we will check in at the front to verify rooms and keys are ready for our group.
- Luggage crews will be dismissed from each bus to unload the luggage, Luggage crew students will line the luggage on the sidewalk adjacent to the bus, then return for dismissal directions. Students will be given specific instructions on where to go and when to meet with their chaperones.
- Chaperones will be asked to come off the bus and get the keys to distribute to room captains.

IMPORTANT: Students should report to their rooms immediately and wait there for a chaperone to check their room condition. Students should take an inventory of their room for the following:

- Check that the room had been cleaned from previous occupants.
- Check the TV is functioning.
- Check the room/bathroom to make sure that there are no items left behind from previous guests.
- Check the lights and general condition of the room.

When checking student rooms:

- Provide the meeting time/ dress code for any upcoming event.
- Provide students with the nurse's room number and any information about taking timely medication.

## Hotel Etiquette

We are not the only guests in the hotel - we are staying where other clientele are paying good money to have a peaceful and relaxing stay. We cannot disrupt them in any way. A set of policies will be in effect at all times in the hotel:

- When occupying your room, the door **MUST** be propped/latched open, even if it is just the assigned occupants. Until lights out, if it is at all occupied, the door is to remain open.
- At all times remain respectful and considerate of noise. Keep your voices down.
- Lights out means **GO TO SLEEP**. We do not want to receive any complaints from the front desk at any hour that anyone from our party is causing a disturbance.
- Students must be dressed appropriately and completely when walking through the hotel. Shoes at all times.
- When walking through the hotel, be aware of all occupants and refrain from running and noise.
- Rooms must be kept **CLEAN** and **ORDERLY**. Trash should never be left anywhere.
- Students should not congregate in any areas except in their assigned rooms or lobby area for meeting purposes.
- At **NO TIME** should students exit the hotel for any reason unless as part of a planned group activity.
- Do not order anything to or charge anything to the room.
- Nothing combustible (including matches, candles etc.) can be brought, bought, or used in the rooms.

## Hotel Check-out Procedures

- Students strip the beds of linens and blankets to ensure no personal items are left behind.
- Blankets should be folded and placed on the bed.
- Linens and towels should be placed in the tub.
- Students should clean their space completely and dispose of all trash.
- A tip of \$1-\$2 per person per night should be left for housekeeping services.
- Students place all luggage directly outside their door and wait for their room chaperone to do a walk-through. Luggage crew students are dismissed first to help load the buses.
- Ensure that students have left the room in acceptable condition and ensure they have not left any personal items (especially chargers) behind.
- Students should leave remotes and room keys on the nightstand or dresser.
- Dismiss students to the bus to load their luggage and carry-ons and then report to breakfast.

## A Note on passing through Customs/Immigration

When we arrive in Canada, we will need to pass through immigration. An immigration officer will ask to see your passport and we will likely ask you some questions. Be polite, respectful, and courteous. Answer their questions honestly. Here are some of the questions they may ask you:

Q: What is the purpose of your visit to Canada?

A: I am traveling with my high school choir on a school trip.

Q: What parts of the country will you be visiting?

A: Montreal and Quebec.

Q: What will you be doing while here?

A: Sight-seeing and performing concerts in the cities we visit.

Q: How long will you be staying?

A: 6 days, we will be leaving on March 31st.

Please remember not to make any jokes. This needs to be taken seriously. Passing through customs and immigration can be a quick process if everyone acts maturely and answers their questions honestly.

### **Cell Phones**

We are **requiring** all students traveling to Canada to have a **cell phone that will work while we are in Canada**. Students will need **MOBILE coverage** in order to receive potential **phone calls and text messages** through the Remind App. Wifi access is not sufficient.

### **Meals**

- Buffet Breakfast daily; 5 Dinners
- Students will need money with them to buy lunch each day

### **Safety**

- District Administration is present
- 1 Faculty chaperone will be taken for every 10 students on the trip
- A district nurse will travel with us at all times
- A security guard will be patrolling the hallways where our rooms are located in the hotel
- Deluxe Private Motorcoach
- 1 TRC Tour Manager throughout the entire trip, and a local representative for the Quebec and Montreal portions of the tour



## Montgomery High School

### Choir Performance Tour Montreal & Quebec

# Get Ready, Set, *Off We Go!*

## What to do first? Copy your passport.

U.S. citizens need a passport when entering Canada by land, air, or sea. Plan to make photocopies of the picture page of your passport and keep a copy in your luggage. Leave another copy at home with someone who can be easily contacted. It's easier to replace a lost passport if you have a copy of the document. You could also scan the passport, attach it to an email, and email it to yourself, so that you can retrieve it from anywhere you have email access.

Very important: Report a lost passport to your tour manager immediately!

## Canada Weather

Canadian weather can vary wildly this time of year. Check the ten day forecast for Quebec before we depart. The trick is to layer clothes to be ready for any temperature. Hopefully the weather will be mild and beautiful, but ....

There is nothing worse than being cold and wet on tour. Make sure to take a pair of waterproof shoes or boots. Buy a cheap plastic poncho you can stick in your pocket.

## Cash

Take some cash-perhaps \$100. Don't take too much because it's easily lost and you can't replace it.

## ATM's are Everywhere

Plan to use credit cards for any major purchases and an ATM card to replenish cash that you've spent. Don't forget your PIN number.

## Credit Cards

Visa and MasterCard are widely accepted. American Express is accepted in many places but not as widely. Use credit cards to pay when you can. You'll get a better exchange rate than with cash exchange, and you may have insurance coverage on purchases.

Before you leave, call your credit card companies and tell them you will be making some charges in Canada. In these days of identity theft, credit card companies sometimes refuse a charge that seems abnormal.

If you lose your credit cards, debit cards, ATM cards or your cash, advise your Tour Manager quickly.

## Travelers Checks

Many travelers would still like to use these, but they are no longer reliably accepted by retailers and restaurants. If you happen to run across one that does, they will not give you a favorable exchange rate.

Please be aware that cashing travelers checks at a bank may be totally inconvenient. Banks are not always open when you need cash, and you may not have time.

## Exchange Rate

As of April, 2023 one Canadian Dollar \$1.00 CAN is equal to \$0.74 US, or US \$1.00 = CAN \$1.34

In other words, if it costs \$5.00 in Canadian Dollars, it would cost you \$3.73 in US Dollars, more or less.

### Look inside for info on:

- Calling home
- Tips on packing
- What to pack
- What to expect

## Cell Phones - Student's are Required to have a working cell phone.

Carriers differ so check with your provider before you go.

**Calls and Texts** Some plans provide coverage within your existing plan.

Others offer add-ons at a moderate cost.

**DATA** This gets trickier: If your plan does not include international data use...

### TURN OFF DATA ROAMING

Apps using background refresh can consume significant amounts of data and result in very high bills.

**Again ... Check with your carrier before you leave.**



## Internet

The internet is widely available, maybe even on our bus. It is highly recommended **NOT** to "surf" social media sites UNLESS you are connected to the internet, or you know for sure Free Data Roaming is included in your plan.

To be safe ... **Turn off data roaming**

This may produce anxiety, but I guarantee you WILL survive without seeing every Tweet, Post, Story, or Reel from your friends.

What you might not survive is presenting your parents with a bill for hundreds of dollars.

## Your luggage

Each traveler may take:

- One good-sized bag. Suggested **maximum** weight 40 lbs, **maximum** size (62 linear inches.) You've got to be able to lift it.  
Remember: this is not a 14 day ski trip!  
Your good-sized bag should have wheels as part of the suitcase frame! (VERY important) We will have limited luggage space on the bus, and all luggage must fit in the luggage bay.
- One back pack is permitted in addition to your larger bag.

## Tips on packing from the pros

*You will have to carry your own luggage off the bus and in and out of the hotel. Light is good! If your suitcase is already expanded when you leave home, you are bringing too much. You will want to save space for the great stuff you will buy!*

*Bringing a different outfit for every day is not savvy traveling. Instead, pack color-coordinated "mix-and-match" separates, so that each garment goes with several other garments. Choose wrinkle-free fabrics, such as polyester.*

*Try packing the Navy way: To prevent wrinkles and save space, roll your clothes rather than fold them. Place your rolled clothes in separate 2-gallon-size Ziploc plastic bags or use those plastic travel bags made by SpaceBag that you roll up to save space (underwear in one, shirts in one, etc.).*

## What clothes should you bring?

**Pack as light as possible** but still have everything you need. Plan your wardrobe around mix-and-match separates, and layering. Clothes stay fresher at cooler temperatures. Lay out what you need; pack 1/3 of it and leave the rest at home. This is not a long trip.

**We suggest that you bring:**

- Concert attire, including concert shoes
- Comfortable tops and T-shirts
- Comfortable pants/skirts
- Comfortable walking shoes.
- A weatherproof jacket and a light sweater or warm shirt to wear under the jacket on cooler evenings.
- A fold-up umbrella or plastic poncho
- Underwear and socks/hose
- Sleepwear
- Toiletries
- Don't bother with a travel iron.  
If your non-wrinkle clothes wrinkle, steam the wrinkles out in your shower overnight. How? See below. Better yet, convince yourself that wrinkles look good!

### Hair dryers, Curling Irons

Most hotels supply a hair dryer. But if you have specific needs we suggest consulting with roommates. No need to have four devices per room.

### Power Strips

Do make sure at least one person in each room brings a power strip. Better... Two.

That way there are enough outlets to recharge all your devices.

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## How to steam the wrinkles out

Before you go to bed, turn on the hot water in your shower, turn off the exhaust fan, turn off the light, and shut the door. Let the bathroom fill with steam (about three minutes).

Open the door, turn off the water, and hang your garment on a hanger on the shower curtain rod. Quickly shut the door.

By morning, most wrinkles will be gone.

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**MHS CHOIR TRIP**  
**May 26th - 31st, 2023**  
**Montreal and Quebec, Canada**

**Parent Permission Form**

I hereby give my daughter/son, listed below, permission to accompany the MHS Choirs on our Canadian concert tour from May 26th, 2023 to May 31st, 2023.

By completing this form and submitting the initial payment, I certify that:

- I have read and agree with the payment schedule and cancellation penalties.
- I agree to follow the payment schedule and make timely payments and understand that failure to do so could result in removal from the trip.
- If our plans change, and I should need to cancel participation in the trip, I will do so in writing. I understand that timing is important in this matter, as it relates to penalties for withdrawal.
- I have been made aware that we are encouraged to purchase a "cancel for any reason" travel insurance policy. Information will be provided. This will allow you to cancel participation for any reason and receive 75% of lost funds back should you cancel past the date a full refund is possible, according to the cancellation policy.
- I understand that the Montgomery Township Board of Education or administration has the right to cancel this trip at any time should events present an immediate safety concern to our students and staff. Should this decision be made, depending upon the timing of the decision, it may not be possible to refund portions of your trip payments up to and including the entire cost. All parents are strongly encouraged to purchase "cancel for any reason" travel insurance policy that is being offered which, in the event of a cancellation such as this, would allow families to recoup 75% of their tour cost.

Rules and Regulations

We at Montgomery High School are very proud of the students who have participated in music trips over the past years. On several occasions we have received congratulatory comments from hotels, parks and carriers concerning the exemplary behavior of our students. Because we hope to continue our good reputation, we ask that students demonstrate appropriate conduct for the duration of the trip. The following rules and regulations have been adopted for all high school trips.

- All Montgomery High School rules, regulations and consequences will be in effect at all times.
- All students must remain in locations and areas designated for the trip.
- Students must attend all scheduled events, including scheduled report times by chaperones.
- All students must travel by designated transportation. Appropriate behavior on all modes of transportation is essential.

On all overnight trips, the following additional rules also apply:

- Students must complete and submit a medical questionnaire.
- Students must obey all curfews and remain in their rooms after curfew.
- Students must report to their designated chaperone at the time requested.
- Luggage, rooms and personal possessions will be subject to search at the discretion of the lead chaperone.
- Students will be held responsible for damage to hotel rooms, buses, or other venues we travel to.
- Visitations with persons not part of our group are not permitted without pre-arranged administrative approval.
- Any violation of local laws will be handled by local law enforcement

Consequences

Any violation of the above rules will result in the appropriate consequences (including the possibility of being sent home at the parent's expense) and the offending student may be placed on disciplinary restriction. Seniors may be excluded from senior activities including Graduation, Prom, Senior Trip, and Dinner Dance; underclassmen may be excluded from all class trip activities, forfeit their senior parking privileges and participation in other senior activities. In no cases will expenses be remunerated. Should any large problem develop during the course of the trip due to the irresponsibility of any students, those students may be asked to return to Montgomery at their own expense, and all fees paid for the trip will be forfeited. This expense includes the cost of a chaperone accompanying those students home. Administration will determine if a problem warrants sending the student home. Examples of behaviors that could cause this to occur include but are not limited to:

- The use of drugs or alcohol
- Violation of local laws
- Refusal to follow the directions of chaperones
- Conduct that jeopardizes the safety and/or success of the trip for other students

As the legal guardian of the traveling student, I understand and agree to these terms and conditions and give this student permission to travel with the choirs on the Canadian Concert Tour.

Student Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Montgomery Township Schools  
**MEDICAL INFORMATION TRIP FORM**

**DESTINATION: Montreal/Quebec (CANADA)**  
**DEPARTURE DATE/TIME: May 26**  
**RETURN DATE/TIME: May 31**  
**SUPERVISING TEACHERS: Jeff Woodworth, Neelam Makvana**

Dear Parent/Guardian:  
While your child is attending this trip he or she may need medical attention.  
In order to avoid delay in obtaining your consent, please fill out this form and sign it.

I (We) \_\_\_\_\_, parent/guardian of \_\_\_\_\_ student name  
give consent to any X-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital  
care to be rendered at a recognized medical facility. This treatment will be under the general or special  
supervision of a licensed physician or surgeon if the school authorities are unable to contact me.

\_\_\_\_\_  
Parents/guardian signature \_\_\_\_\_  
date

**\*\*\*\*There WILL be a school nurse on this trip\*\*\*\***

**List any Allergies or Medical Conditions your child has and note if they will be carrying an Epi-Pen  
or inhaler (include the name of the medication).**\_\_\_\_\_

Cell Phone(mom)_____	Cell Phone (dad)_____
Work Phone(mom)_____	Work Phone (dad)_____
Child's Doctor.....	Phone.....
Insurance Co._____	Policy#_____

**Medication(s) Required for this Trip{please check appropriate boxes}**

- My child will not require medication during this trip.
- My child will need medication during this trip (List below)
- If a nurse is present on this trip my child can have Tylenol or Advil

**Prescription and over the counter medication must be in the original pharmacy labeled container.**

Medication _____	Dose _____	Time _____
Medication _____	Dose _____	Time _____
Medication _____	Dose _____	Time _____
Medication _____	Dose _____	Time _____

**Parent/Guardian Signature \_\_\_\_\_ date \_\_\_\_\_**