

An aerial photograph showing a panoramic view of a city, likely Ottawa, with a large, ornate building (the Château Laurier) on a hillside overlooking a river and a cityscape. The sky is blue with some clouds.

Ottawa, Montreal, Quebec City

seeped in Canadian history and culture

The Ottawa-Montreal-Quebec City program will combine the history of Canada's capital, the culture of Montreal and the European-inspired architecture of Quebec city. This program will begin by exploring what civic engagement looks like in the 21st century, including site visits to the houses of parliament and one of the city's leading academic institutions.

In Montreal, students will explore the city's vibrant cultural scene, while diving into the complex and crucial relationship between English and French Canada. Once in Quebec city, students will stroll along cobble streets, visit boutiques and famous monuments, and soak in the rich history of French and British relations.

Potential Program Themes

- Sustainability & Environmental Protection
- Biodiversity, Geology & Earth Sciences
- Canadian History & Government
- Activism, Advocacy & Student Leadership
- Outdoor Education, Ecotourism & Adventure

Sample Itinerary

- DAY 1** | Travel from Vancouver to the stunning city of Ottawa, check in to the accommodation, unpack and sit down to dinner at a local restaurant.
- DAY 2** | Kick-off the trip with a tour of Parliament Hill, Rideau Hall and the Prime Minister's Residence and a stroll through the farmer market stalls in Byward Market.
- DAY 3** | Explore the Carleton University campus, take a scenic boat or bike tour along the Rideau Canal and pay a visit to the National Gallery of Canada.
- DAY 4** | Travel by coach to Montreal and visit sites, such as Montreal's Notre Dame Basilica, Rue St-Paul, and Old Port and enjoy local cuisine at Time Out Market.
- DAY 5** | Experience historic or contemporary fine art at the Museum of Fine Arts or the Biodome and enjoy live music at Place des Festivals in the evening.
- DAY 6** | Travel to Quebec City, explore the charming Old Town and visit the Musée de la Civilisation to learn more about the establishment of French America.
- DAY 7** | Experience the stone houses, galleries and outdoor bistros in Petit Champlain village and at dusk, see lights illuminate the city on the Levis-Quebec ferry.
- DAY 8** | Spend the morning eating breakfast, packing, and attending a debrief activity led by Insight before boarding the plane and travelling home.

Program Details

LENGTH

6-8 days

INTENDED GRADES

Grade 6-12

PROGRAM SIZE

12-24 students