



UNIVERSITÉ DE
MONTPELLIER



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA



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FOODS PhD Platform – Field School in Quebec City

General Information and Logistics for Your Stay in Quebec City

Welcome to Quebec City

We are delighted to welcome you to Laval University.

We hope this training will inspire meaningful discussions, valuable networking, and enriching experiences that will advance your scientific career.

This guide provides practical information, tips, and logistical details to help make your stay as smooth and enjoyable as possible.

Don't Forget to Bring

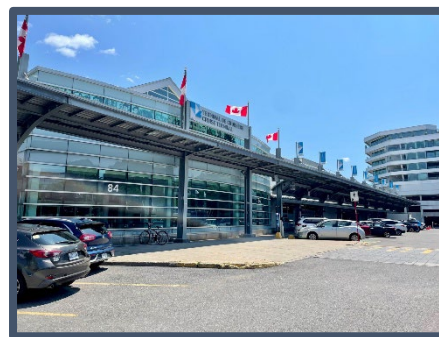
-  A packaging of a food item from your country.
-  Your swimsuit
-  A costume or accessory to celebrate Halloween (optional) 
-  Warm clothes

Meeting Venues

- Training site: Laval University — Service Pavilion, Room 1724, 2440 Hochelaga Blvd, Quebec City, QC G1V 0A6.
- Please bring a packaging of a food item from your country (or a photo of the packaging).
- BÉNÉFIQ Venue: Cruise Terminal (Port of Quebec), 84 Rue Dalhousie, Quebec City, QC G1K 4C4.



Service Pavilion



Cruise Terminal

Accommodation

- **Except for Québec-based participants**, accommodation is provided at [Hotel Universel Quebec](#) — 2300 Chemin Sainte-Foy, Quebec City, QC G1V 1S5 from October 28 to November 7.
- Rooms are based on **double occupancy** (shared with another participant).
- Breakfasts, one brunch, and several dinners (October 28, November 2, 4, and 6) are included.





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- The hotel has an indoor swimming pool — don't forget your swimsuit!
 - ⌚ Check-in: 16:00
 - ⌚ Check-out: 11:00



Meals

All meals are included during your stay.

Breakfast and brunch

- Oct. 29-31: Boston Pizza (Hotel Universel), **7:15-8:15**.
- Nov. 1: Boston Pizza (Hotel Universel), **7:30-8:30**.
- Nov. 2: Brunch at Boston Pizza (Hotel Universel), **10:30-12:00**.
- Nov. 3-7: Boston Pizza (Hotel Universel), **7:15-8:15**.

Lunch

- Oct. 29-31: Training site (Culinary Complex), **12:30**.
- Nov. 1: Grand Market of Quebec City (*Le Grand Marché de Québec*), 220 Bd Wilfrid-Hamel, Quebec City, QC G1L 5A7, **~12:30**.
- Nov. 3-4: Training site (Culinary Complex), **12:30**.
- Nov. 5-6: Cruise Terminal (Port of Quebec), 84 Rue Dalhousie, Quebec City, QC G1K 4C4, **12:30**.

Dinner

- Oct. 28: Boston Pizza (Hotel Universel), **19:30**.
- Oct. 29: Laval University, Desjardins Pavilion, rooms 4512 and 4514, **18:00**.
- Oct. 30: Laval University, Desjardins Pavilion, *Le Pub Universitaire*, **19:30**.
- Oct. 31: Training site (Culinary Complex), **~19:00**.

⚠ Feel free to bring your costume or any Halloween accessory!



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- Nov. 1: Dinner in Old Quebec, **19:00**.
- Nov. 2: Boston Pizza (Hotel Universel), **19:00**.
- Nov. 3: Training site (Culinary Complex), **~19:00**.
- Nov. 4: Boston Pizza (Hotel Universel), **19:30**.
- Nov. 5: Museum of civilization (*Musée de la civilisation*) – 85 Rue Dalhousie, Quebec, QC G1K 8R2 **~19:00**.
- Nov. 6: Boston Pizza (Hotel Universel), **19:30**.

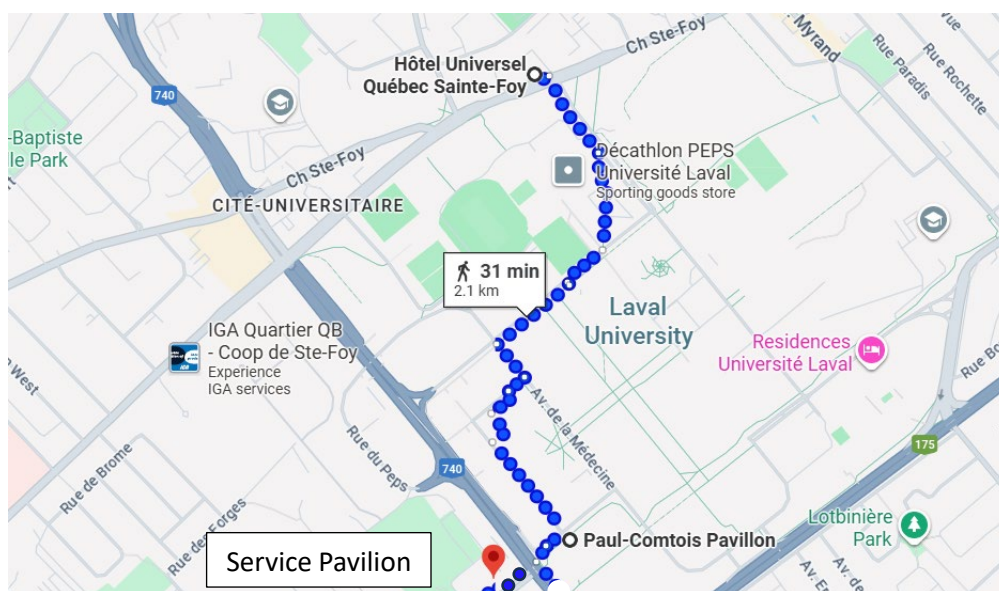
Transportation in Quebec City

Airport Transfers

Airport transfers have been arranged for students arriving on October 28 and departing on November 7 from Québec City Jean Lesage International Airport to Hotel Universel. Upon arrival, please look out for the sign marked **“Laval University”**.

Getting to the Training Site

On **October 29**, **Virginie and team members** will meet you in the hotel lobby at **8:20** to walk with you onto the training site.



Getting Around Quebec City



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Public transport:

- Operator: [RTC – Réseau de transport de la Capitale](#)
- Use the [Transit App](#) to plan your trips.

You'll receive an **occasional card** with **8 tickets** upon arrival (includes travel to BÉNÉFIQ).

Additional Tickets:

1. Buy with the *RTC Nomade Paiement* app — \$3.70 per ride or \$34.00 for a 5-day pass.
2. Pay on board (\$4 cash, exact change only). Ask for a **transfer** if needed — it allows free continuation on other routes within the validity period.

Taxis:

- 🚖 Taxi Laurier: (418) 651-2727
- 🚖 Taxis Coop Québec: (418) 525-5191
- 🚖 Taxi Coop Sainte-Foy Sillery: (418) 653-7777

Car sharing: [Communauto](#)

Bikes (weather permitting): [ÀVélo Québec](#)



Directions

To Get the Hotel Universel from Youville Square (Old-Québec) (Nov 1)



From: Youville Square



To: Hotel Universel Québec, 2300 Chemin Sainte-Foy, Quebec City, QC G1V 1S5

By bus (about 20 minutes): <https://maps.app.goo.gl/k6W3Bg2NBu6kd2XN6>

1. 🚶 Walk about 3 minutes to the **Metrobus 807** stop.
2. 🚌 Take the **Metrobus 807** toward Pointe-de-Sainte-Foy.
3. 🚏 Get off at **Laval University** (16 stops, about 16 minutes).
4. 🚶 Walk about 1 minute (≈ 60 meters) to your destination.



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To Get the Cruise Terminal (BÉNÉFIQ) from Hotel Universel (Nov 5-6)

- 📍 From: Hotel Universel Québec, 2300 Chemin Sainte-Foy, Quebec City, QC G1V 1S5
- 📍 To : 84 Rue Dalhousie, Quebec City, QC G1K 4C4

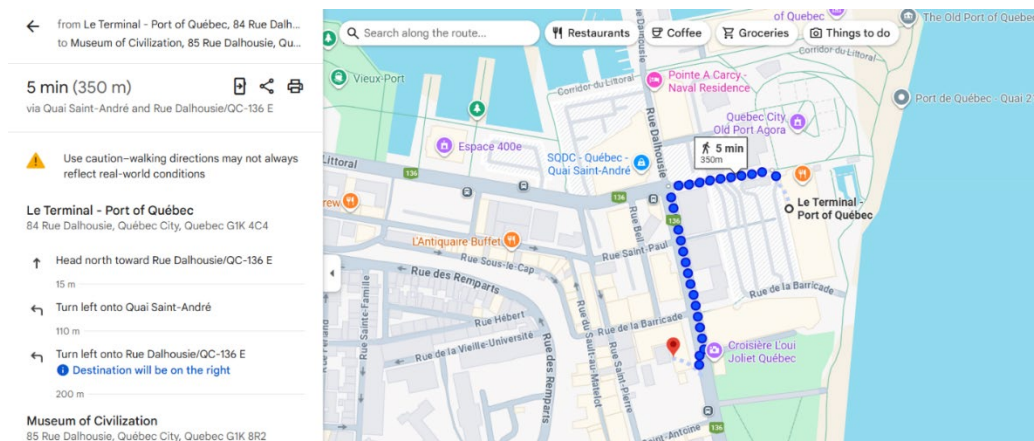
By bus (about 45 minutes): <https://maps.app.goo.gl/KoPw9nw9vuqFP5iz7>

1. 🚶 Walk about 1 minute to the Laval University bus stop.
2. 🚌 Take the **Metrobus 807** toward *Place d'Youville*.
3. 🚏 Get off at **H-Mercier** (13 stops, about 24 minutes).
4. 🔄 Transfer to the **RTC 11** toward *Gare fluviale (Est)*.
5. 🚏 Get off at **St-Pierre** (5 stops, about 4 minutes).
6. 🚶 Walk about 2 minutes (≈ 250 meters) to your destination.

To Get the Museum of civilization (*Musée de la civilisation*) (Cocktail Reception – Nov. 5)

- 📍 85 Rue Dalhousie, Quebec City, QC G1K 8R2

Walking from the Cruise Terminal (5 minutes): <https://maps.app.goo.gl/4KXCQ5gN2h1fRDGw8>



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To Get to Hotel Universel from the Museum of Civilization (Nov. 5)

- 📍 From: 85 Rue Dalhousie, Québec City, QC G1K 8R2
- 📍 To: Hotel Universel Québec, 2300 Chemin Sainte-Foy, Quebec City, QC G1V 1S5

By bus (about 34 minutes): <https://maps.app.goo.gl/M29CbUPXMKpZXnV96>

5. 🚶 Walk 1 minute to the M. Civilization bus stop.
6. 🚌 Take the **RTC 11** toward Pointe-de-Sainte-Foy.
7. 🚏 Get off at **D'Youville** (6 stops, about 6 minutes).
8. 🚶 Walk about 3 minutes to the **Metrobus 807** stop.
9. 🚌 Take the **Metrobus 807** toward Pointe-de-Sainte-Foy.
10. 🚏 Get off at **Laval University** (16 stops, about 16 minutes).
11. 🚶 Walk about 1 minute ($\approx$ 60 meters) to your destination.

To Get to Hotel Universel from the Cruise Terminal (Nov. 6)

- 📍 From: Cruise Terminal (Port of Quebec), 84 Rue Dalhousie, Quebec City, QC G1K 4C4
- 📍 To: Hotel Universel Québec, 2300 Chemin Sainte-Foy, Quebec City, QC G1V 1S5

By bus (about 44 minutes): <https://maps.app.goo.gl/7PdQ7NdYd4JGB2ff9>



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- Walk about 4 minutes to Espace 400 bus stop.
- Take the **RTC 11** toward Pointe-de-Sainte-Foy
- Get off at D'Youville (4 stops, about 5 minutes).
- Walk about 3 minutes to the **Metrobus** stop.
- Take the **Metrobus 807** toward Pointe-de-Sainte-Foy.
- Get off at Laval University (16 stops, about 21 minutes).
- Walk about 1 minute (≈ 60 meters) to reach the hotel.

* An alternative option is to take the RTC 18: <https://maps.app.goo.gl/n5anYZo77pghTW746>

School Bus Transportation

Some activities and site visits during the Field School will be organized using school buses.

- On Saturday: bus will leave the hotel at 9:00 a.m.
- On Sunday: bus will leave the hotel at 12:30 p.m.
- On Tuesday: bus will leave Laval University at 4:15 p.m.

Please follow the instructions from the team regarding departure times and meeting points.

Make sure to arrive on time so that the bus can leave as scheduled.



Emergency Numbers

- **All emergencies: 911**

Laval University contacts

Amélie Charest: 418-454-8963

Marie-Ève Bernier: (she lives just behind the Hotel Universel): 581-995-6499



Weather & Packing Tips

Here you will find information about the climate in Quebec according to the month of the year: [Québec City Weather : Temperatures and Tips for Each Month](#)

October: Avg. 11°C (52°F) / 2°C (36°F) — 2 cm snow ❄️, 99 mm rain 💧

November: Avg. 3°C (37°F) / -4°C (25°F) — 33 cm snow ❄️, 68 mm rain 💧



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⚠️ Bring a **warm coat, hat, gloves, and closed shoes** to stay comfortable outdoors.

🔌 Travel Adapter

You'll need a **Type A or B adapter** for Canada's plugs (120V, 60Hz). Most modern devices (110–240V) only require an adapter — a voltage converter is rarely necessary.

🏰 About Québec City

Quebec City is a vibrant and historic city, recognized as the cradle of French culture in North America and listed as a UNESCO World Heritage Site. It combines a rich architectural heritage with a dynamic research and academic environment, home to several universities and research centers that attract students and scholars from all over the world. Within its fortified walls, cobblestone streets lead to museums, cafés, and cultural landmarks, while just beyond the city, the scenic St. Lawrence River and surrounding landscapes offer endless opportunities to explore. Québec City embodies both tradition and innovation, making it an inspiring place to learn and discover.

☀️ Things to Do

Here are a few resources to inspire your free time:

- [What to Do in Québec City in October](#)
- [What to Do in Québec City in November](#)



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