



«Mon pays ce n'est pas un pays, c'est l'hiver»

- Gilles Vigneault

'My country is not a country, it is winter'

WEATHER :

HOW LONG DOES WINTER LAST ?

- Winter in Canada can last for almost 6 months!
- Snow usually arrives in November and sticks around until late March.

WEATHER FORECAST :

- Always check the weather forecast to dress accordingly before you go out!
- Always look at the "feels like" temperature when you choose your outfit of the day.

For example:

-5C with 10-15 km/h wind = feels like -8C

-5C with 25/30 km/h wind : feels like -17C

www.meteomedia.com/ca/meteo/quebec/montreal



SNOWSTORMS:

- ❖ 5 to 6 snowstorms during the winter
- ❖ Sirens and trucks during the night?
 - These are “snowblowers”, and “snowplows” clearing the snow as well as trucks with gravel, salt and sand to clear up the street.

BE CAREFUL !

Get out of the way while they are working !



PEDESTRIAN SAFETY :

- Sidewalks disappear in the winter and pedestrian are forced to walk on the street.
- Never assume drivers will see you or will be able to break on time: be a cautious walker!
- Always walk facing oncoming traffic and be prepared to climb up onto the snowbank if necessary



Walk carefully, it is slippery !

GETTING DRESSED FROM HEAD TO TOE:

How many layers ?

1. Undershirt – keep it tucked in
2. Warmth layer – Thin layers of loose-fitting clothing will trap body heat
3. Outer clothing – wind and waterproof outer layer
Jacket/Coats – features to look for:
 - Long, mid-thigh
 - Hoodie is a must
 - Cuffs that close around hand
 - Pockets to slip hands into
 - Coat should be large enough to accommodate a sweater



GETTING DRESSED FROM HEAD TO TOE:

Feet :

- Keep them dry and warm with smart wool socks and thermal insoles
- Waterproof boots, preferably knee-high
- Avoid leather soles since they are slippery on ice



Hands :

- Mittens are better than gloves
- Best option? Thick wool mittens or leather fur lined gloves !



GETTING DRESSED FROM HEAD TO TOE:

Head:

- Protect your ears and your forehead, wear a hat !
- Most of your body heat (80%) is lost through the head



Neck:

- Scarf and/or turtleneck sweater
- Protect your neck, your ears and your forehead !
- Roll up a long scarf and cover everything but your eyes !



WHERE TO SHOP :

Best quality/priceration :



Good prices :

AUBAINERIE



Best quality :



Where to shop?

- Montreal Eaton Center
- Saint-Catherine Street
- Metro stations: McGill or Peel



TIPS :

- Buildings, subway and buses are heated very well : unbutton your jacket, take off your hat, gloves and scarf to prevent sweating
- Locker are handy during the winter season
 - ✓ Have a pair of shoes in your locker or with you. Don't keep your boots and jacket inside all day long!



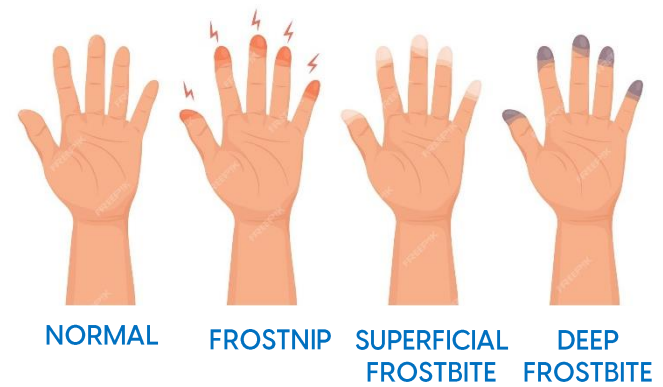
Paper tissue is always handy (coat pockets)

PHYSICAL HEALTH :



- ✓ **Sunshine:** It will help your mood (don't forget your sunglasses) ☺
- ✓ **Oxygen:** Start moving and go outside
- ✓ **Exercise:** Preferably outdoors
- ✓ **Skin:** Protect your skin by wearing sunblock and sunglasses
- ✓ **Healthy diet:** Eat a lot of fruits & vegetables
Vitamins: Get them from natural sources, but supplements do exist!
- ✓ **Use a moisturizer:** when the air is dry, your skin will be dry, flaky and itchy

WHAT IS FROSTBITE :



Frostbite is the partial-freezing of your skin if exposed to extremely low temperatures.

The first signs of frostbite are:

- Burning sensation
- Tingling in the area affected (nose, ears, fingers & toes)

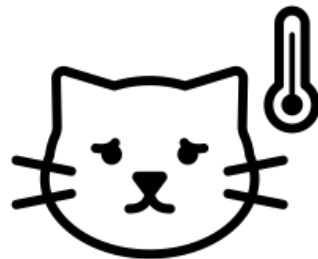
What to do?

- Skin to skin (ex: put your frozen fingers under your armpit or on your stomach!)
- Warm water (NEVER hot water)

Expose as little skin as possible in very cold weather!

Frostbite can happen in a very short time.

WHAT TO DO WHEN SICK:



COLDS OR FLU:

Generally, colds take one full week to work through the system.

There are no magic tricks, but you can get relief by :

- ✓ Resting in bed
- ✓ Drinking plenty (lemon infused honey and hot water)
- ✓ Gargling with warm salt water or using throat lozenges for a scratchy sore throat
- ✓ Taking counter medicines (you don't need to consult your doctor but ask the pharmacist for advice)

TIPS:

- ✓ Wash your hands often
- ✓ Always carry a lip balm and tissues

Do NOT go to the hospital!

HOW TO MAKE THE BEST OF WINTER :

- Lots of winter sports: skating, alpine skiing, snowboarding, cross-country skiing, sledding, snowshoeing (raquettes), hockey, etc!
- Where in Montréal? Mount Royal, Old-Port, Parc Maisonneuve or Parc Jean Drapeau.
- HEChange student committee: activities organized for exchange students throughout the semester.
- VISA student committee: dedicated to extreme sports and outdoor activities: www.facebook.com/visahec



BUYING AND RENTING YOUR EQUIPMENT:

Buy or Rent:

Poubelle du ski
8278 Boulevard Saint-Laurent
(514) 384-1315

Buy:

Sports Experts
930 Sainte-catherine O.
(514) 866-1914

Rent:

Many items are available for daily rentals such as skis, snowboards, helmets and other sports equipment on site, at the ski resort.



ICE SKATING:

Montréal, 169 skating rinks:

- Ice rink in the Old Port:
 - Skate rental, courses for beginners
 - DJ on weekends
 - Fireworks
- Lac des castors (Mont Royal)
- Atrium 1000 (indoor)

Notre-Dame-du-Mont-Carmel (Near Trois-Rivières):

- Domaine de la forêt perdue: a 15 km path in the forest!

Ottawa:

- Rideau Canal: try the world's largest skating rink



AND MORE :

Ski-Doo



Dogsledding



Ice climbing



Ice fishing



Winter spa – Thermal baths



FESTIVALS :

Igloofest :



Electronic music festival at the Old Port

From January 18th to February 10th , 2024 !

+ MANY OTHERS : Check [here](#)

Montréal en lumières :



Downtown Montreal (animations, music, lightshows, food)

From February 29 to March 10, 2024 !

Nuit blanche à Montréal :

All over the city, all night long (animations, activities, nightlife, food)

Saturday. March 2, 2024

QUÉBEC WINTER CARNAVAL :

Québec Winter Carnaval:



January 25th to February 11th, 2024 !

Ice & snow sculptures, night parades, skating, sugar shack, ice slide, winter camping, etc !

HAPPY WINTER IN MONTREAL ! ☺

