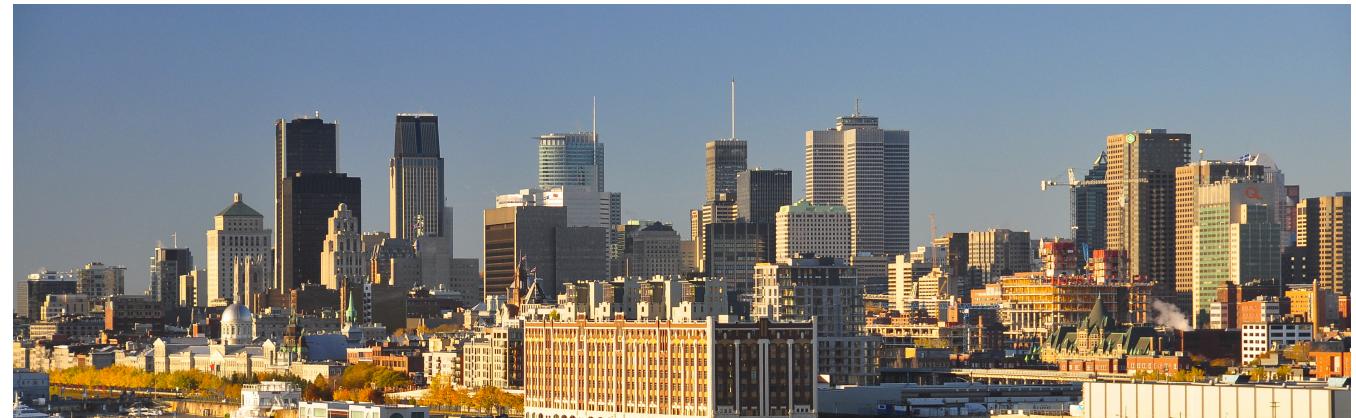


Dare to Discover

Welcome to Montreal!
Bienvenue à Montréal!

SSUNS 2014 Montréal Tourism Package



**Dare to Challenge,
Drive the Change**



SSUNS is so much more than one weekend.

SSUNS is proud to be a conference that brings delegates together from around the world. Over our many years of experience, we have grown from a small, local conference to one that invites high school students from all corners of the globe to join us in a weekend of debate and simulation of the United Nations.

We recognize, though, that a single weekend might be a might be a challenging financial commitment for international delegations. As such, what we are excited to offer this year is a unique tourism package for SSUNS 2014 which begins the week before the conference. By turning the SSUNS weekend into a travel experience, we hope to bring delegations even closer to each other before

the conference begins, and introduce you to the city of Montreal.

The SSUNS Secretariat, composed of native Montrealers and international students alike, is excited to share with incoming delegations a taste of the amazing city we call home. Designed specifically with SSUNS delegates in mind and flexible to suit individual requests, we hope to extend the SSUNS weekend to an exciting pre-conference week.

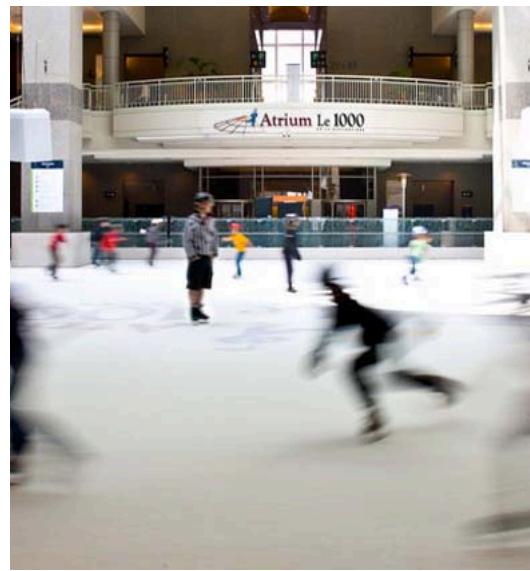
This document will outline our proposed tourism package. For any questions or special requests, please feel free to contact Koray Demir, Deputy Director of Public Relations, at koray.deppr@ssuns.org.

Dare to Discover Itinerary Overview

For a more specific, day-to-day schedule, please consult the following pages. This page is intended as a general overview of the proposed Dare to Discover SSUNS package.

Additionally, for any tailored activities or changes you may want to plan in order to best suit your delegation, please feel comfortable to contact Koray Demir at koray.deppr@ssuns.org to make your arrangements. Note that this guide does not explain all of the logistical details of the proposed itinerary, but strives to offer a thorough overview of what delegates could expect by following our suggested tour package. To officially register a delegation for this plan, or for any other questions, please contact Koray Demir at the e-mail address provided above.

	Nov. 1 st (Sat)	Nov. 2 nd (Sun)	Nov. 3 rd (Mon)	Nov. 4 th (Tue)	Nov. 5 th (Wed)	Nov. 6 th (Thr)
Morning	Travel to Montreal	McGill & the Mountain	Notre Dame Basilica Visit	DAY TRIP DAY - Early wake-up	Dim Sum Breakfast, Chinatown Visit	Preparation for the conference, tailored activities
Noon & Afternoon	Travel, Arrival in Montreal <i>Bienvenue!</i> Afternoon	Old Port of Montreal Museum or Historical Site of Choice	Exploring The Underground City Biodome Visit	Day Trip events, see page 7 for more details.	Saint Joseph's Oratory Poutine Lunch	SSUNS Registration, Free time for Delegates
Evening	<u>Bonsoir!</u> Evening Dinner at classic Montreal diner Return to hotel & skating at Atrium Le 1000	Montréal en Lumières - World Famous Lantern Festival at Botanical Gardens	Unwinding Evening Event Dinner at restaurant of choice on trendy Crescent St.	Dinner in city of chosen day trip, return to hotel late evening.	Catered Pre-Conference Evening	SSUNS 2014 Opening Ceremonies



Morning - Travel and Arrival

We recommend planning travel such as to arrive in Montreal the afternoon of November 1st. Most major cities in North America and many in Europe and Asia have direct flights to the Pierre-Elliott Trudeau Montreal Airport (see appendix I - air travel).

Upon your arrival, a bus will be waiting to bring you to the Hilton Bonaventure Hotel. Depending on the time of your arrival, you can either check in or leave your baggage at the front desk and check in later, at your convenience.

Bienvenue! Afternoon

Once you are settled into the hotel, we invite you to explore the heart of downtown Montreal. A convenient two-block walk away from the Hilton, Sainte-Catherine Street is the most vibrant and exciting boulevard in the downtown area. Delegates are encouraged to explore the surrounding area to see all that urban Montreal has to offer - right near their hotel.

Bonsoir! Evening

We encourage you to start your Montreal experience with an authentic diner experience. Renowned for their delicious smoked meat sandwiches - which are second-to-none - a number of classic restaurants await delegates in the heart of downtown, eager to welcome them to a city that takes food seriously.

Upon your return to your hotel, we suggest a light evening of indoor skating in the lobby of the neighbouring *Atrium Le 1000*. Accessible by an underground passage, delegates can skate in the tallest building in the city, then return to the hotel at their leisure, whenever they wish to relax after a long day's travel.

Day 1:

*Bienvenue
chez nous!*

**Checking in
& getting
your feet
wet -
welcome
to our city!**

Sunday,
November 2nd
2014



Day 2: The Old & the New

Highlighting
the best of
Montreal's
history,
modern
culture and
festivals

McGill & the Mountain

We invite you on this morning to take the walk of a McGill student - up iconic University Street and through our campus. Over 200 years old, McGill's buildings are an amazing mix of old and new, and always buzzing with life.

As you continue to walk up campus, you will eventually reach Mount Royal, the famous mountain at the heart of the city. A short walk up to the mountain observatory will give you a gorgeous, full view of the city you'll be calling home for the next week.

One-of-a-Kind: The Old Port

Montreal's urban hustle and bustle suddenly shifts gears when you move from concrete to cobblestone, skyscrapers to hundred-year old buildings. The Old Port of Montreal, full of European charm, is the city's old downtown district. Huge efforts have been made to maintain its authenticity, and a stroll through its historic districts is a walk through time.

Later in the afternoon, we will offer you a variety of nearby options - from museums to landmarks and exhibitions. Please consult appendix II, "activities", for more information.

Montréal, illuminé

On its last day of its 2014 run, we are excited to invite you to the Light and Lanterns Festival at the Montreal Botanical Gardens. World-famous, this evening exhibition is inspired from the Far East and brings the already-stunning botanical gardens to life.

If you arrive earlier in the day, you can also visit the nearby Olympic Park or Insectarium at your leisure before moving to the exhibition. In appendix I, we'll explain how to comfortably reach these landmarks by Montreal's convenient subway network, the metro.



Prière de nous accompagner

To begin this morning, we would like to highlight Montreal's unique religious heritage by introducing you to the biggest and most impressive church in Montreal. The Notre-Dame Basilica is truly unique and stands in the heart of the historic Old Port - between its towering structures and massive stained-glass windows, no visit to Montreal would be complete without paying it a visit.

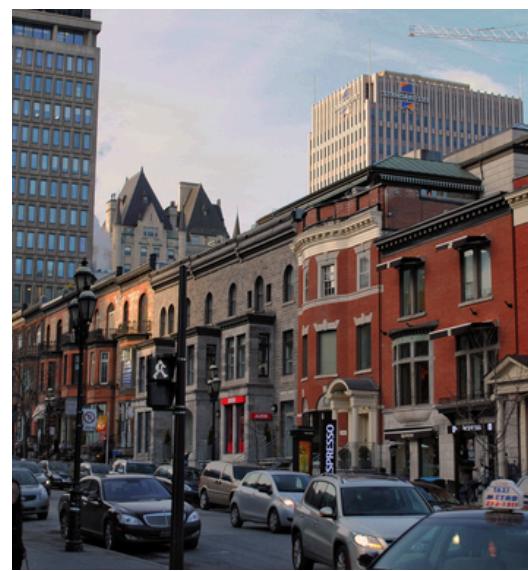
Nearby, delegates will be encouraged to visit the eclectic Bonsecours Market, where merchants sell a variety of different goods with classic Montreal charm.



Up in Trees & Under the Streets

Montreal is home to over 33 kilometres of "underground city" which allow pedestrians to comfortably move from one place to another during our notorious winters. Delegations will be given a map of the underground network to explore, dine and shop at their leisure.

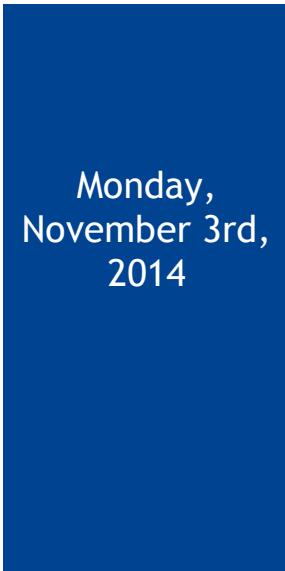
Later in the afternoon, delegates will be directed to the Biodome - Montreal's famous indoor ecosystem. Much more than a simple zoo, the Biodome guides visitors through rainforests, tundra and everything in between, with all sorts of animal species imaginable.



A Night on the Town

To relax in the evening, we have offered a variety of unique activities that local high school students enjoy especially. At your delegation's choosing, we will arrange one for you in particular. Please consult appendix II for more specific information.

Afterwards, we invite you to visit Crescent Street, one of the trendiest and most vibrant restaurant streets in the city. We will arrange a group dinner for your entire delegation at a restaurant of your choosing.



Monday,
November 3rd,
2014

Day 3:
One in a
Million

Between
unique sights
and an
unparalleled
underground
city, today is
all about
what makes
Montreal
without
other.



Quebec

A City of Walls and Treasures

Canada's birthplace, history simply courses through Quebec's arteries and alleyways. Being the site of many major battles, Old Quebec is fortified and surrounded by large walls, the likes of which cannot be seen elsewhere on the continent. For this reason among others, the entire district was named a UNESCO World Heritage Site in 1985.

Delegates can visit these fortifications and trace back the steps of military generals from hundreds of years ago, overseeing the iconic Saint-Lawrence River. Afterwards, they can explore the Plains of Abraham, where decisive battles to secure Canada were fought between English and French forces. They can also visit several Native American sites and explore the culture of the Huron-Wendat nation.

Ultimately, though, Quebec is known for its ubiquitous charm. Despite being a large city, it is considered quaint, calm and European, hosting a diverse variety of restaurants, boutiques and attractions that combine the best of new and old, mixing traditional Canadian patrimony and exciting cultural imports from around the world.

Tuesday, November 4th,
2014

Day 4:

On The Road Again

Although we are incredibly proud of Montreal, we feel it is our responsibility as hosts to welcome you to some other extraordinary cities nearby. Today, your delegation will have the option of travelling to either **Quebec City** or **Ottawa**, each one approximately two hours out of Montreal. Whether you choose the city where Canada was born or the heart of contemporary Canadian politics, we are sure you will enjoy your pre-conference day trip!

The Bonaventure Hilton is conveniently located a five-minute walk to the downtown bus station and the central train station.

While this page will present an overview of activities that each city offers, page 10 will outline the specific logistics of either trip.



Ottawa

The Heart of a Nation

Although not as large as Canada's other urban centres, what it lacks in size, Ottawa more than makes up for in influence and history. As the administrative and political heart of the Canadian Government, there is no shortage of engaging ways to spend a day in the city.

Of course, no trip to Ottawa would be complete without a visit to the Canadian Parliament. Delegates will be able to take a tour of the Parliament building and, if organized in advance, may participate in a question-answer period.

Delegates can also visit the Canadian Museum of History, which presents an interactive and comprehensive walk through Canada's history. Should they be willing, delegates can also take a tour of the University of Ottawa campus.

In the end, Ottawa lets delegates immerse themselves in Canada's past and traditions while getting a glimpse at the actual workings of high-level politicians today - perhaps the most appropriate start to a weekend of Model UN!

Wednesday,
November 5th,
2014



Day 5:
From Many,
One

Montreal is
incredibly
proud of its
unique,
multicultural
background.
Discover it
with us
today!

From Far Away

No doubt will your delegation be (understandably) tired after travelling yesterday! We recommend a leisurely morning at your delegation's convenience, beginning with classic morning brunch at one of Montreal's most famous dim sum restaurants in the heart of bustling Chinatown.

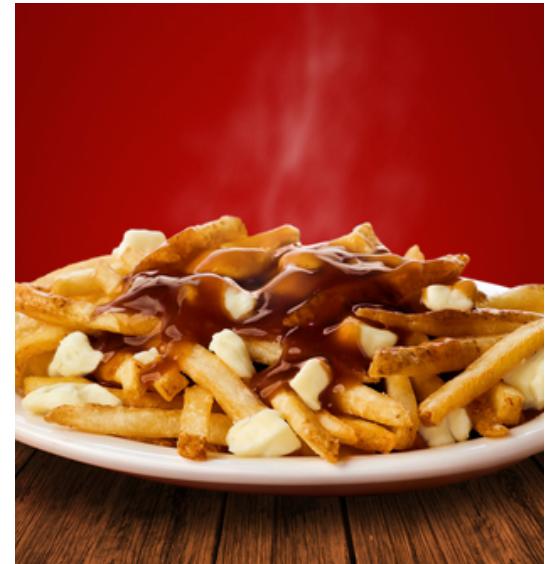
At their leisure, delegates will have some time to explore Chinatown and the nearby area.



As Québécois as it Gets

We invite you then to travel to Saint Joseph's Oratory, a national treasure and the largest church in Canada. Overlooking Montreal's historic Westmount district, travelling to the Oratory is a chance to see the city from a whole new angle.

Afterwards, we would like to invite you to one of Montreal's famous *poutine* restaurants for dinner- rest assured, there will be other items on the menu as well, but we would encourage you to try our province's signature snack!



As You Like It

For this final pre-conference evening, we are completely open to your suggestions. Whether your delegates would prefer to visit Montreal's AMC forum to unwind and watch a movie, go skating once more or just relax and prepare for tomorrow, please let us know and we will make all of the necessary arrangements.

On that note, it would also be our pleasure to make suggestions for you if you would like to continue exploring Montreal, either on this night or Thursday morning!

Appendix 1: Travel

International Delegations

Air Travel

As previously mentioned, Montreal is very easily accessible by air. The international Pierre Elliot Trudeau airport is one of the busiest in the country, and is conveniently located thirty minutes away from Montreal proper.

All major cities in North America are accessible by direct flight. In addition, many European and Asian cities also have nonstop flights to Montreal. Other flights often require a connection in Vancouver, Toronto or the United States - we would recommend consulting travel websites or local travel agents to determine the most convenient route for your delegation.

As November is not a particularly busy season for Canadian tourism, flight should not be especially expensive. Nevertheless, we recommend booking your flights as early as possible to avoid potential increases in pricing as we approach the date of the conference.

The 747 City Bus leaves the airport up to six times an hour during peak afternoon times, and always has at least one departure time per hour, even in the early morning. It conveniently stops one block away from the Bonaventure Hilton. The fare is \$10 per person, and is substantially cheaper than any other taxi or bus option.



La STM vous donne des ailes.

At A Glance

Flight Prices as of April 2014:

Nonstop:

- Vancouver -> Montreal, CAD \$720
- Paris -> Montreal, CAD \$670
- Berlin -> Montreal, CAD \$970
- London -> Montreal, CAD \$688
- San Francisco -> Montreal, CAD \$607
- Chicago -> Montreal, CAD \$443



Transfer Required

- Singapore -> Montreal via Istanbul, CAD \$1700
- Sydney -> Montreal via LAX, CAD \$1700
- Tokyo -> Montreal via Chicago, CAD \$1154
- Beijing -> Montreal via New York, CAD \$1220
- New Delhi -> Montreal via Paris, CAD \$1344

New England & East Coast

You may find it more convenient, if you are not very far from Montreal, to take a bus instead of a flight. Bus prices vary, but standard coaches are often much less expensive than flights. For example, if booked in advance, bus tickets from Toronto frequently cost less than \$50 per person.

For more information about buses as an alternate option to air travel, please feel free to contact us or consult individual companies' websites for travel:

- Megabus: <http://www.megabus.com/>
- Greyhound: <https://www.greyhound.ca/>
- La Québécoise : <http://www.autobus.qc.ca/?lang=en>

Appendix 1: Travel (cont.)

Travel Within Montreal:

Metro

Montreal's award-winning public transit system is perhaps best symbolized by its underground network, known locally as the Metro. Although many major locations are convenient walking distance from your hotel, the corresponding metro stops for other sites included in the proposed tour are as follows:

Hilton Bonaventure Hotel: Bonaventure Station, Orange Line

McGill University: McGill Station, Green Line

Botanical Gardens: Pie-IX Station, Green Line

Biodome: Pie-IX Station, Green Line

Old Montreal: Champ-de-Mars Station, Orange Line

Crescent Street: Lucien-L'Allier Station, Orange Line

Chinatown: Place d'Armes Station, Orange Line

Saint-Joseph's Oratory: Côte des Neiges Station, Blue Line



Travel to Québec City & Ottawa

For the day trip event, your delegation may choose to reach Quebec or Ottawa via train or bus. Via Rail trains operate between Montreal and either city, and are a comfortable, efficient way to travel. Furthermore, the Central Train station is conveniently attached to the Bonaventure Hilton. Train fare can potentially be as low as \$30, if tickets are purchased in advance.

However, trains depart and arrive on fixed schedules. Moreover, the train station in Ottawa or Quebec may not necessarily be near the attractions and locations you wish to visit, potentially requiring additional transfers onto city buses.

Buses, although likely more expensive, can be hired specifically for your trip and both drop off and pick up your delegation off at specific locations and times. Either yellow school buses and coach buses are available. However, reservations must be made relatively early to ensure the best prices and availability, which vary on a case-by-case basis and are not standard, unlike trains.

Please inform us of which option you would prefer at the absolute latest by **October 1st, 2014**. It would be our pleasure to walk through the process with you and help with all bookings, but we would need to know as early as possible in order to ensure the lowest prices for your group.

Appendix 2: Activities

Museums:

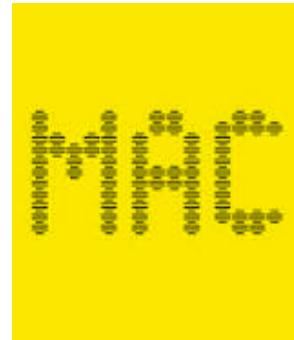
On Day 2, we suggested that you explore one of Montreal's famous museums. Ranging from classic to contemporary and everything in between, here are some of Montreal's most famous museums and exhibitions:



Museum of Fine Arts:

Open: 10:00 AM - 5:00 PM
<https://www.mbam.qc.ca/en/>
Metro: Guy Concordia Station

Welcoming a variety of travelling and temporary exhibits as well as a permanent display of masterpieces from around the world, the Museum of Fine Arts is a staple of Downtown Montreal.



Museum of Contemporary Art:

Open: 10:00 AM - 6:00 PM
<http://www.macm.org/en/>
Metro: Place des Arts Station

Constantly surprising locals and visitors alike with its unorthodox and exciting exhibits, the MAC brings both its hallways and city streets to life with the most interesting in modern art.



Biosphere Environment Museum

Open: 10:00 AM - 6:00 PM
<http://www.ec.gc.ca/biosphere/>
Metro: Jean Drapeau Station

Housed in the American pavilion from the 1967 World Fair, the Biosphere is located on the quaint and scenic St-Helen's Island off the south coast of Montreal.



Montreal Science Centre:

Open: 10:00 AM - 5:00 PM
<http://www.montrealsciencecentre.com>
Metro: Champ de Mars Station

Home to many interactive exhibits that highlight the best of modern science, the Science Centre enjoys popularity for these diverse exhibitions, IMAX theatre and iconic location in the Old Port.



Redpath Museum

Open: 11:00 AM - 6:00 PM
<http://www.mcgill.ca/redpath/>
Metro: McGill Station

This free-to-enter, interdisciplinary museum is a highlight of the McGill campus. Featuring many interactive presentations and exhibits, students and visitors alike often take time out of their days to pass by Redpath and check out current exhibitions.

Appendix 2: Activities (cont.)

To Unwind:

For the later part of Day 3, we suggested a relaxing evening where delegates could choose from a variety of activities that are popular with high school students in Montreal. Some of our recommendations are:

Laser Quest:

Metro: Peel Station

The perfect way to unwind, Laser Quest offers a night of laser tag for students and their friends at reasonable prices. They accommodate large and small groups alike - reservations are ideally made in advance to ensure that your group will be able to participate.



Putting Edge:

Metro: Peel Station

Adapting mini-golf to Montreal's chilly winters, Putting Edge has brought the game indoors and provided a unique glow-in-the-dark environment with catchy music, vibrant colours and more than enough holes to enjoy your evening.

