

## Welcome!

Montreal welcomes delegates of the 6<sup>th</sup> annual meeting of the Society for Science and Medicine, taking place from June 3 to 7, 2002.

Founded in 1642, Montreal is one of the oldest cities in North America. Most Montrealers are of French Canadian descent, but the city also boasts a strong international populace.

Visitors to Montreal often feel like they have stepped into a little corner of Europe, so please come enjoy our cultural diversity.

## Getting Around

### Driving

Posted speed limits are in kilometers and gasoline prices are in liters.

Rules of the road are similar to elsewhere in North America, except it is not legal to turn right at a red light.

Be cautious while driving, as the streets of Montreal can be quite chaotic. Drivers are aggressive, and pedestrians jaywalk regularly. Streets in the older parts of the city are quite narrow and in Old Montreal may even be paved in cobblestone.

### Public Transportation

Public transportation, consisting of a large network of buses and the underground subway system known as the Métro, is safe, clean, and reliable.

Most bus and métro routes run from about 5:30 AM to about 12:30 AM. During the off hours, night buses take over some of the major routes. Métro stations are identified by large blue-and-white signs of an encircled arrow pointing downward. Any métro station attendant can provide you with a map of the métro and bus systems.

Métro and bus tickets and passes can be used interchangeably and can be purchased at any métro station and in some convenience stores and pharmacies.

A one-day tourist card costs \$7.00 CDN, and a three-day card costs \$14.00 CDN. A strip of six tickets costs \$9.00, and a single adult fare is \$2.25.

You can also obtain information about buses and métros by calling A-U-T-O-B-U-S (514-288-6287).

## Useful information for visitors

### Climate

In early June, Montreal is usually warm during the day and cool at night. Expect weather in the high 60s or low 70s and be prepared for rain.

### Communications

The area code for the island of Montreal is 514. Nearby areas off island have a 450 area code. All calls from a 514 to a 514 area code are local. For 514-450 and 450-450 calls, some are local and some are long distance. For long distance calls, you must start your call by dialing '1'.

### Currency, Taxes, and Tipping

The unit of currency in Canada is the Canadian dollar (CDN). As of the spring of 2002, the Canadian dollar is worth approximately 0.63 USD, 0.65 EUR, and 77.6 JPY.

Many local restaurants stores accept U.S. currency (although they may not give you a favourable exchange rate) as well as major credit cards. Some accept traveller's checks.

Money changing stores are dotted throughout the downtown and tourist areas in Montreal. Major hotels also frequently offer money-changing services.

Most goods and services sold in Montreal are subject to two taxes: the 7% GST/TPS and the 7.5% QST/TVQ (which is calculated on top of the total plus GST/TPS amount).

Foreign travellers are eligible for a GST/TPS credit on their major purchases and hotel bills. GST/TPS reimbursement forms are available in major hotels and at the airports.

Standard tipping rates in restaurants, bars, and taxis is 15% of the pretax amount (which can be quickly calculated simply by adding the GST/TPS and QST/TVQ amounts together).

### Communicating on the Street

The official language in Montreal is French. However, most residents, especially those who work with the public, speak both French and English. If you approach someone in English and the person responds in French, don't be offended. Many Montrealers communicate simply by speaking their native tongue because they expect other Montrealers to understand both French and English. If this happens to you, simply state politely, in English, that you are a visitor and do not understand French.

## The Montreal Palais de Congrès (Conference Centre)

The official site of the Society for Science and Medicine congress is the Montreal Palais de Congrès

### Location and Getting There

The Palais de Congrès is located in the city block spanned by Saint-Antoine Street to the south, Viger Avenue to the North, Saint-Urbain Street to the east, and de Bleury Street to the west.

Place d'Armes is the nearest métro station to the Palais.

You may park inside the Palais for \$12.00 CDN a day. Outdoor parking lots, ranging in price from \$7.00 to \$10.00 per day, are located all along Viger Avenue, to the north of the Palais.

### Nearby Amenities

A **tourist centre** is conveniently located in the Palais, at the level of the Saint-Antoine Street entrance.

A nearby **pharmacy** is Obonsoins, at the corner of Viger Avenue and Saint-Urbain Street. This pharmacy sells international **calling cards**, **bus/métro tickets**, **souvenirs**, and **film**. They also develop film.

A **post office** can be found next to the Palais, on Saint-Antoine Street.

Nearby **banks** include:

*Banque Nationale*: corner Beaver Hill and Viger.  
*CIBC*: corner Saint-Urbain and de la Gauchetière.  
*HSBC*: corner Saint-Urbain and René Lévesque

### Nearby Restaurants

Listed below are some excellent restaurants within a 10 minute walk from the Palais.

#### Casual

1. **Casa de Matéo** (Mexican): Traditional Mexican food in a fun atmosphere.  
440 Saint-François-Xavier  
(514) 844-7448

2. **Chez Cora** (American): Excellent breakfast food and sandwiches. Open daily until 3:00 PM.  
205 Viger West  
(514)954-0440

3. Any of the numerous restaurants located along Saint-Laurent Street in Chinatown

### Fine Dining

1. **Bonaparte** (French): Old style French cuisine with a hint of 'nouvelle' delicacy. Closed for lunch on weekends.  
443 Saint-François-Xavier  
(514) 844-7368

2. **Gibby's** (French): A Montreal favourite, especially for steaks. Situated in a 200 year-old building. Dinner only.  
298 Place D'Youville  
(514) 282-1837

3. **NaGoYa** (Korean): Excellent sushi and Korean dishes. Lunch menu is excellent value.  
140 Notre Dame West  
(514) 845-5864

### Nearby Sights

The Montreal Palais de Congrès is located near many fascinating Montreal attractions.

#### If you have 5 to 20 minutes

1. Visit **Nôtre Dame Basilica**.

Built in 1829, Nôtre Dame is famous for its lavish and beautiful interior, which includes stained glass windows, paintings, statues, gold-tipped polychrome carvings, a rich altarpiece, and a ceiling painted blue with gold stars.

Open daily 7:00 AM to 8:00 PM

Guided tours daily 9:00 AM to 4:00 PM, except Sunday morning. (514) 849-1070

Exit the Palais at the Saint-Antoine Street exit, turn left (east) until you reach Saint-Urbain. Turn right (south), walk a block or so, and you see the two towers of the neogothic church looming up ahead.

2. Take a short walk in **Chinatown**

Exit the Palais at the Viger Street exit, turn right (east) and walk a couple of blocks to Saint-Laurent Boulevard. You will see the intricately designed Chinese archway that signifies the entrance to Chinatown. Turn left (north) up Saint-Laurent and enjoy the Asian atmosphere, stores, and restaurants.

#### If you have 20 to 60 minutes

1. Visit the **Saint-Sulpice Seminary**, which is to the right of the Notre Dame Basilica. Built in 1685, this is the oldest building in Montreal that is still standing.

2. Check out the beautiful building that comprise Montreal's **Hotel de Ville** (City Hall), **Palais de Justice** (Court House), and **Place Marguerite Bourgeoise**.

Exit the Palais at the Saint-Antoine Street exit, turn left (east) on Saint-Antoine Street and walk about three blocks. You will see the buildings on your right.

### If you have 20 to 60 minutes (cont'ed)

3. Stroll along Saint-Jacques Street, the old business street. Along here you'll see the **Centre Commerce de Mondial** (World Trade Centre of Montreal) at the corner of Saint-Jacques and de Bleury. Inside the Centre, you can find an atrium with a fountain that marks where the ruelle des Fortifications used to be. There's also a piece of the Berlin wall near the east entrance, which was given to Montreal for its 350<sup>th</sup> birthday.

Exit the Palais at the Saint-Antoine Street exit. Walk straight down Saint-Urbain Street until you reach Saint-Jacques Street. The Centre will be on your right.

### If you have over an hour

Pick up a map at the tourist office located in the Palais then check out **Old Montreal** or the **Old Port**.

**To get to Old Montreal:** Keep walking south past Notre Dame Basilica (Saint-Urbain Street will change names to Saint-Sulpice Street). Turn to your left to explore the narrow, cobblestone streets of Old Montreal. Places to check out in Old Montreal include:

*Place Jacques Cartier*  
*Centaur Theatre* (old Stock Exchange)  
*Place D'Youville*  
*Chateau Ramsay*

**To get to Old Port:** Keep walking straight beyond Notre Dame. When you reach de la Commune Street, there are sights to your left and your right. Places to check out at the Old Port include:

**Marché Bonsecours** (Bonsecours Market)  
*IMAX theatre*  
*The Clock Tower*  
*SOS Labyrinth*

### Other Excellent Attractions

Montreal has several other excellent attractions. If you have a half-day or more to spare, consider visiting one or more of the following places. The tourist office can tell you more about them:

#### Outdoors/nature

**Botanical Gardens:** These child-friendly gardens are touted as one of the best in the world. An exhibition which will be ongoing during your stay is Teas of the World.

**Mount Royal:** A nature park right in the centre of the city.

### Cultural

**Latin Quarter:** Located on Saint-Denis Street between Ontario and de Maisonneuve Streets, this is a haven of European styled outdoor cafés and shops.

**The Main:** A similar atmosphere can be found on Saint-Laurent Boulevard, nicknamed 'the Main'

**Plâteau de Montreal:** Considered one of the best neighborhoods in North America to live in, you will feel like you've walked into a little Paris suburb. This is the best area to try an authentic Montreal bagel.

### Entertainment

**Montreal Casino:** Located on nearby St. Helen's Island, the Casino is easily reached by car, bus, or métro. It boasts an extravaganza of gambling, food, and live shows.

**La Ronde Amusement Park:** Also on St. Helen's Island, La Ronde is a traditional amusement park, with rides and games that are fun for the whole family.

### Shopping

**The Underground City:** Montrealers have adapted to the harsh winters by building a network of underground tunnels and malls that join up with the métro system and shopping malls.

**St Catherine Street:** Some of Montreal's most exclusive shops are located on this downtown street, particularly the portion spanned by Bishop Street to the west and University Street to the East.

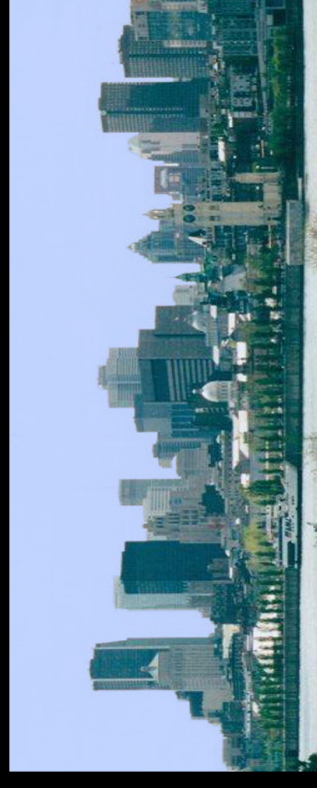
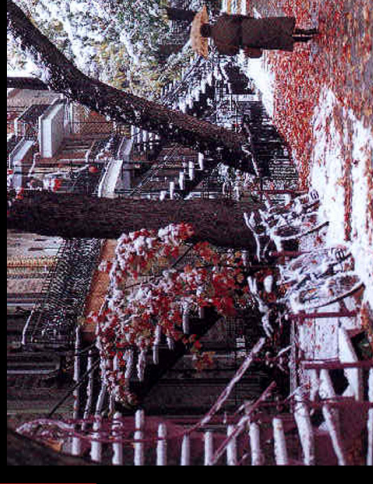
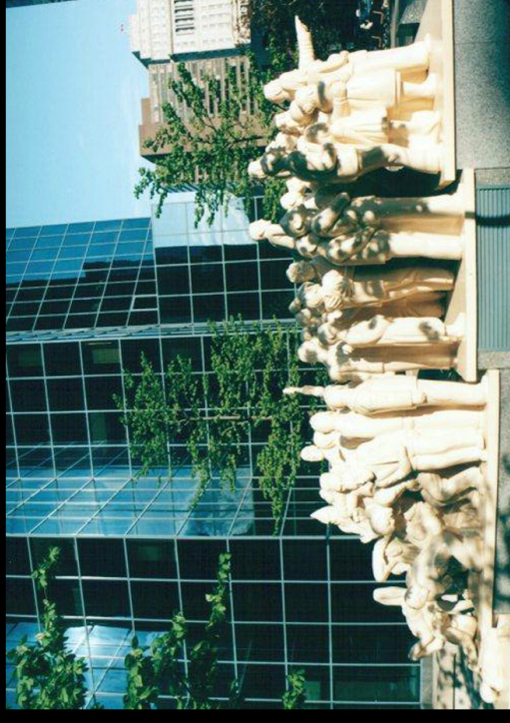
### Conference-Sponsored Events

Your conference organizers have conveniently organized the following tours. You learn more about and purchase tickets for these events at the Cultural Events Desk, located in the registration area on the 500 level of the Palais:

**Walking Tour of Old Montreal:** 9:00 AM to 12:00 PM Tuesday June 4. \$40.00 CDN per adult/\$25.00 CDN per child.

**Montreal City Bus Tour:** 9:30 AM to 4:30 PM Wednesday June 5. \$85.00 CDN per adult/\$50.00 per child (lunch included)

**Tour of Botanical Gardens and Insectorium:** 9:00 AM to 2:30 PM Wednesday June 5. \$75.00 CDN per adult/\$40.00 per child (lunch included)



# Guide to

# Montreal

