



## Winter 101 Script

Slide	Script
1	This is a presentation of McGill University, School of Continuing Studies Language and Intercultural Communication and International Student Services. Winter 101 – staying warm and having fun in Montreal from December to March.
2	OK. Let's start with the facts. It is cold in winter in Montreal. In December, the average temperature is -5.6°C. January is the coldest month, with an average of about -9° C. It gets a warmer in February, with an average of -7.2°C. In March it starts to warm up, with an average of -1.2°C. Of course, some days are warmer and some days are colder. Sometimes, in January or February, is it around -20°C, but that is usually only for a few days a year.
3	On cold days, you have to remember the wind-chill factor. This is what a combination of the temperature and wind feel like. For example, if it is -10°C and there is no wind, it is not too bad. But if there is a 20 km/h wind when it is -10°C, it feels much colder, like -18°C, you feel much more uncomfortable. In Canada, when you hear the weather forecast on the radio or see it on your smartphone or the internet, they often give you two temperatures – the actual temperature, and what it feels like with wind.
4	If it is winter in Montreal and the sun is shining, sometimes those are the coldest days! This is because sometimes high pressure air comes down from the north. The sky is blue and everything is beautiful, but it is very cold: -15°C or -20°C. So when you get up in the morning and you see the sun shining, check the temperature before you go out!
5	Montreal usually gets a lot of snow. In December, we get around 60 cm of snow. In January, we get about 45 cm, and the same in February. In March we usually get less than 40 cm, and some more rain as the temperature warms up. All that snow is beautiful, but it makes walking and driving difficult. But don't worry, the city of Montreal of cleans up most of the snow all winter long.
6	Another thing to remember about winter in Montreal – Canada is a northern country, so we have short days in winter and long days in summer. In winter, the sun comes up late and goes down early. The day is shortest in December, and often you are getting up before the sun rises and returning home in the dark. By February it starts to get better and by the end of March, the day is about 12 hours long again.
7	OK, so what can you do? How can anyone survive the winter in Montreal? There are three and a half million people here, and we survive. How? Well, there are a few tricks and tips.



8	<p>First, you need the right clothes! Before you start shopping, there are a few things to consider: 1) how long are you going to stay? A few weeks, a few months or a few years. Good winter clothes can be used year after year. 2) Your budget – how much can you spend? Some winter clothes can be very expensive. 3) Style. Everyone likes to look good, but think carefully – is it practical for when it is -20°C? Can I wear these shoes in 15 cm of snow?</p>
9	<p>Let's start with boots. You need boots for winter. Sometimes, the snow can be deep, and the city puts salt and sand on the sidewalks and roads when it is icy. This means the snow can be very dirty, and it can destroy your shoes. You need winter boots that are waterproof and warm, with a rubber sole (bottom) so that you can be comfortable and walk safely on ice and in snow. Some companies that make good boots: Sorel, Kamik, Pajar and Merrell. Make sure they are comfortable – just because they look good, doesn't mean they are useful for winter in Montreal! You will have to spend between \$70 and \$200 for good boots. If they are too cheap, you may regret it. You can get second-hand boots on Craigslist or Kijiji, or at second-hand stores.</p>
10	<p>Next, let's talk about long underwear, which are also called long johns. When it is cold and windy, and you are outside, you will appreciate having it! You wear it like underwear under your regular clothes. It should be tight, but not restrictive. You can buy long underwear in department stores – you should expect to pay \$15 to \$30 for it. There are different types and fabrics. Some are warmer, and some are more "breathable", which means better for doing outdoor sports.</p>
11	<p>Canadian mothers always tell their children to put a hat on in winter! To stay warm, you need a tuque, a scarf and gloves. First, a tuque to cover your head – and especially your ears! Next, make sure your hands and fingers are protected – you can get frostbite when it is very cold. Finally, a scarf can make a big difference on cold, windy days!</p>



12	<p>The most important and biggest expense is the winter jacket or coat. It is a good idea to get a down coat – that has duck or goose feathers. It can be synthetic, too. It is a good idea to get a hood. It is good to have a waterproof coat too. Check the down count – higher better, and good jackets tell you temperature rating. It is good to get a <math>\frac{3}{4}</math>, knee-length coat. When you try on a coat, don't get something too tight. You should think about the layers: undershirt, shirt, sweater, that you may be wearing underneath the coat. A good quality coat is not cheap. You need to spend over \$100 on a coat. Also, there are some famous Canadian brands like Canada Goose, Kanuk, and Moose Knuckles. Their coats are very good quality and made in Canada and very expensive and fashionable. There are cheap counterfeit copies of these famous brands, but don't expect good quality. Remember – don't buy a coat just for the fashion – you need to be warm and comfortable in the Montreal winter!</p>
13	<p>So let's review how much you may have to spend to get good winter clothes: Boots are \$70 to \$200, long underwear is \$15 to \$30, tuques, gloves and scarves will be \$30 to \$90, and a coat will be \$100 to \$800. The total will be \$200 to \$900. it is a lot of money, and a huge range – you need to shop very carefully!</p>
14	<p>Where can you buy? There are many stores downtown near McGill: La Baie, Sports Experts, Simons, Winners and Manteaux Manteaux</p>
15	<p>But you can also buy second-hand and save money. Try Value Village, or the Salvation Army Thrift store for cheap, clean, used coats and boots.</p>
16	<p>OK. Another way to help you survive winter in Montreal is to take advantage of the Underground City. Many downtown buildings are connected to the metro system, so you don't have to walk outside in winter. There are over 32 km of tunnels, connecting hundreds of buildings and thousands of shops and restaurants. For example, you can walk underground from McGill metro to the our Continuing Studies building at 688 Sherbrooke West.</p>
17	<p>Many buildings on McGill campus are connected by tunnel, too.</p>
18	<p>By now, you must think Montreal winter is terrible. But, really, it is not so bad. Many Montrealers love winter, and do their best to enjoy it.</p>



19	<p>How can you get around the city? Here are some tricks. For walking, remember that sometimes the sidewalks are icy and very slippery. It can be easy to fall. Forget high heel shoes. Slow down when you walk, and lean forward a little, put your center of gravity over your feet – you have to walk a little like a penguin to stay safe on the ice.</p> <p>Montreal's public transit system – the metro and the bus, run all winter long. Remember that on very snowy days, the buses are sometimes late because of the traffic conditions.</p> <p>Montreal is a great city for cycling. And yes, some people ride their bikes even in winter. You have to be careful, and most importantly – be visible – use bright coloured clothes and lights on your bike.</p>
20	<p>Right behind McGill is Mount Royal Park – Montreal's Winter Playground! If you want to play in the snow – you can do everything there – tubing and sledding, cross-country skiing, and snowshoeing. You can rent equipment in the park, and at McGill's gym, too.</p>
21	<p>Enjoy the winter like a Canadian – try ice skating at the Old Port, at Beaver Lake in Mount Royal Park or in Lafontaine Park. Try playing hockey in one of the parks or even on McGill campus. You can also watch one of McGill's men's or women's hockey teams play against other universities. The tickets are only \$5 for McGill students!</p>
22	<p>There are many festivals and events in winter, and it is important to be active and get out to enjoy the season. During Christmas time, there are many concerts and events, and of course, the Christmas lights and decorations. If you like to dance to electronic music, check out Igloofest in January in the Old Port. The Fête des Neiges is Montreal's Snow Festival in January and February on the weekend in Jean-Drapeau Park. The High Lights Festival is in February, full of music, dance and food. The Nuit Blanche is an all-night party in downtown Montreal, with hundreds of free cultural events happening all night long. And the Saint Patrick's Day Parade in March is a celebration of Irish-Canadian culture.</p>
23	<p>By the end of March and the beginning of April, the snow starts to disappear, and you will wish it wasn't over – spring is here.</p>
24	<p>With a little preparation and a sense of adventure, everyone can enjoy the winter at McGill. Good luck and stay warm!</p>