



# Personalized Language Coaching

Beyond the limits of traditional language courses

E n g l i s h • F r e n c h

**50**  
•YEARS•

# Welcome to atpal

## A MESSAGE FROM THE HEAD OF STUDIES



First of all, let me congratulate you on your new language project.

The school's coaching staff, which I take pride in belonging to myself, is composed of qualified professionals extensively trained in our exclusive, cutting-edge Assertive Learning™ techniques.

With over 10 years of teaching and administrative experience at ATPAL I know that you will feel at home here as a place where you can challenge yourself and reflect; a place where you'll not only learn but also achieve your goals. A place that you'll fondly evoke, and where you will want to return to as graduates for all the amazing memories and gratifying new experiences.

On behalf of the teachers, tutors and coordinators it's my privilege to offer you our best wishes as you set out on your journey to success with ATPAL.

**Burton Greenstein**  
Head of Studies



ATPAL

Applied Techniques for Productive and Assertive Learning

# FUNCTIONAL COMMUNICATION VS. LANGUAGE PROFICIENCY



In traditional language schools, students have fun and learn to inaccurately use the language. However, they soon realize that they won't reach a superior level of language proficiency.

The Assertive Learning System ALSYS is a true alternative to the misleading communicative methodology.

## WHAT IS ASSERTIVE LEARNING ?



It's a copyrighted, innovative way to rapidly achieve native-like proficiency in foreign language.

The Assertive Learning System™ provides both students and teachers effective strategies to achieve an early integration of the four basic skills: speaking, listening, reading and writing.

For more than 46 years, this exclusive learning system has helped students from all over the world to more efficiently learn foreign languages. It has been successfully tested in primary and high school language programs, private language schools and Corporate training.

Look for the ALSYS™ quality seal.

Only certified language schools and programs display the ALSYS™ logo.

Please visit [assertivelearning.org](http://assertivelearning.org) for more information about ALSYS™.

## WHY IS ATPAL FASTER AND MORE EFFICIENT THAN TRADITIONAL COURSES?



From the very beginning, the learners improve their level of performance.

Using ATPAL's proprietary software, students view their progress in real time and make the necessary adjustments with their teacher's assistance. Your time is never wasted.



Identify  
your  
weaknesses

Set  
effective  
targets

Design  
your  
solutions

Monitor  
your  
progress

Achieve  
your  
goals

# ATPAL LEARNING NATIVE-LIKE PERFORMANCE, INTEGRATING 4 SKILLS: SPEAKING, LISTENING, READING & WRITING

ATPAL's exclusive interactive learning system offers you a unique opportunity to take control over your language learning journey and decide not only how far you want to go but also how fast you want to learn.

GET READY TO WORK  
**ON NATIVE-LIKE  
PROFICIENCY FROM**  
*the first day!*

# Smart Training Fast Learning

## THE ATPAL EXPERIENCE

- Amazing Downtown location, steps away from the metro •
- Personalized learning •

**30%**  
FASTER  
LEARNING

**50**  
YEARS OF  
CONTINUOUS  
SUCCESS

**70%**  
SPEAKING  
& LISTENING

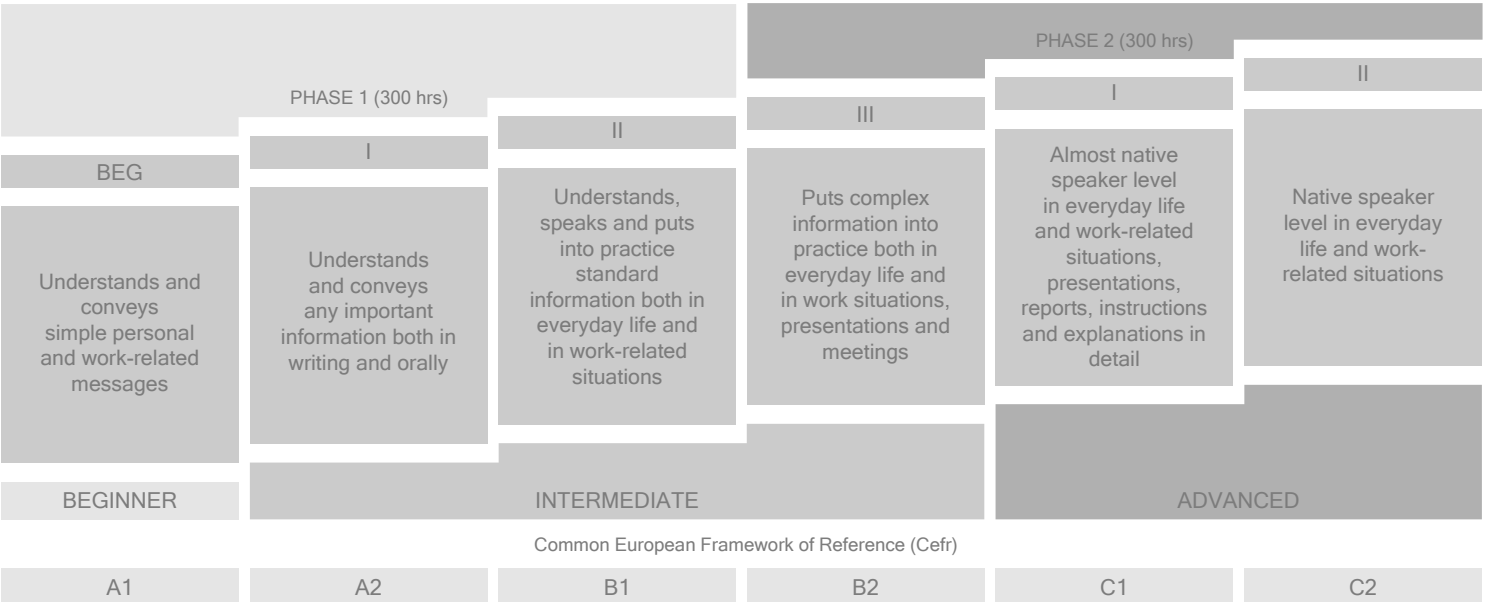
**12**  
STUDENTS  
AVERAGE PER  
CLASS



# PROGRESS THROUGH THE ATPAL LEVELS



ATPAL learners need to take a test to be able to move to the next level. Learners will progress faster if they meet the next level entry requirements.



English					
IELTS	3.0 - 3.5	4.0 - 5.0	5.5 - 6.5	7.0 - 7.5	8.0 - 9.0
TOEFL		35 - 45	46 - 85	86 - 105	106 - 120
French					
TEFaQ A1 - A2		TEFaQ B1 - B2		TEFaQ C1 - C2	





# ENGLISH AND FRENCH PROGRAMS



## INTENSIVE PROGRAMS STANDARD

Monday to Thursday - 9 am to 2:30 pm  
20 hours/24 lessons per week

## PLUS

Monday to Friday - 9 am to 2:30 pm  
25 hours/30 lessons per week

## PART TIME PROGRAMS

## BOOSTER

Monday to Thursday - 6:30 to 8:30 pm  
8 hours per week

## APP

Monday and Wednesday - 3 to 6 pm  
6 hours per week

Online Courses

Private Courses

FREE ONLINE TEST  
[atpalcanada.com](http://atpalcanada.com)

General English and French					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 - 11 AM (2 hours)					
11 - 11:15 AM (15 min)	COFFEE BREAK				
11:15 AM-12 M (45 min)					
12 M - 1 PM (1 hour)					
1 - 1:30 PM (30 min)	LUNCH BREAK				
1:30 - 2:30 PM (1 hour)					
Part Time					
3 - 6 PM (3 hours)					
6:30 - 8:30 PM (2 hours)					
Standard  Plus  Booster  APP					

# APP ACCELERATED PREPARATION PROGRAMS



With our Certificate preparation program, students perform regular practice tests and tasks that allow them to become familiar with the exam structure and content in only 24 hours of classroom time.

Duration: 3 weeks - 2 hours of training per day  
Language Requirements: Intermediate III



CERTIFY YOUR  
ENGLISH AND  
FRENCH IN  
**24 HOURS!**



TOEFL Validity: 2 years	IELTS Validity: 2 years	TEFaQ Validity: 2 years
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APP - Schedule					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 - 6 PM (3 hours)	APP		APP		



# OUR FACILITIES



CAFETERIA

RECEPTION

STUDENT LOUNGE



COMPUTERS

CLASSROOMS

RESOURCE CENTER















# MONTREAL, YOU WILL LOVE IT!

One of the largest bilingual and more vibrant cities in the world. Montreal is the second largest in Canada, with most residents speaking both official languages of Canada: English and French.

Known as the cultural capital of Canada, Montreal attracts more international students than any other Canadian city.

## Even more...

Ottawa Drive 2h / Train 2h

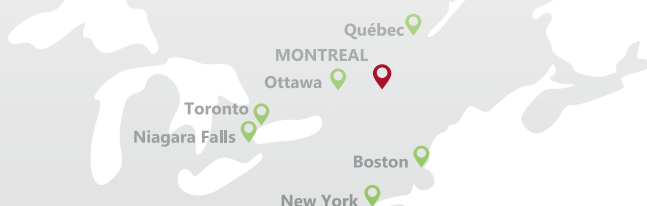
Niagara Falls Drive 6h30 / Train 7h30

Quebec City Drive 2h30 / Train 3h

Toronto Drive 5h30 / Train 5h

New York Drive 6h / Train 10h

Boston Drive 5h30



## Average Temperatures

Winter:

-4.1°C (24.6°F) -13.4°C (7.9°F)

Spring:

10.7°C (51.3°F) - 0.1°C (31.8°F)

Summer:

25.1°C (77.1°F) 13.2°C (55.8°F)

Fall:

12.8°C (55°F) 2.9°C (37.3°F)

Location:

Montreal, Canada

Languages:

English and French

Transportation:

Metro, buses, train,  
self-serve bike rental

Population:

Approx. 4 million

# THE BEST PLACE IN THE WORLD TO STUDY



## Awesome Student City

- Canada's University Capital
- Most bilingual population in Canada
- Ranked the #1 best city in Canada to be a student (QS 2022)

## Student Friendly

- Lower cost of living: 40% less than in comparable metropolitan areas
- World class educational institutions. Home to 4 major universities
- Affordable housing compared to other major cities in Canada and US
- One of the safest cities in the world

## Seriously Fun

- Great nightlife and amazing food
- Hosts many festivals: Jazzfest, Osheaga, Fantasia, F1, Just for Laughs, Beerfest... The list can go on and on
- Montrealers have reached the perfect balance between loving food and looking good

MONTREAL  
SIMPLY HAS  
SOMETHING  
*for everyone!*







Be  
Different







# ACCOMMODATION



We are committed to helping you connect with the Canadian lifestyle and make you feel at home in Montreal.

## Homestay Family

Enjoy your stay in Montreal with one of our friendly families. Carefully selected, regularly inspected homes, Wi-Fi included.

Room: Single

Bathroom: Shared

Languages Spoken: English, French or both

Meals: Full board, Half board or Self-catering

## Downtown Residences

This is the best option to enjoy complete independence within walking distance of the school. Fully self-contained with linen, crockery, kitchen utensils, appliances and laundry facilities, Wi-Fi included.

Room: Single/Shared

Bathroom: Shared

Meals: Self-catering







## Student House

A fully equipped and affordable option. A great way to interact with students from all over the world and make lots of new friends, Wi-Fi included.

Room: Single  
Bathroom: Shared  
Meals: Self-catering

# OTHER SERVICES



- Accommodation Bookings • Airport Transfers • Medical Insurance
- Academic Guidance • Trips and Excursions • Student Assistance





Applied Techniques for Productive and Assertive Learning



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**50**  
•YEARS•