



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 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

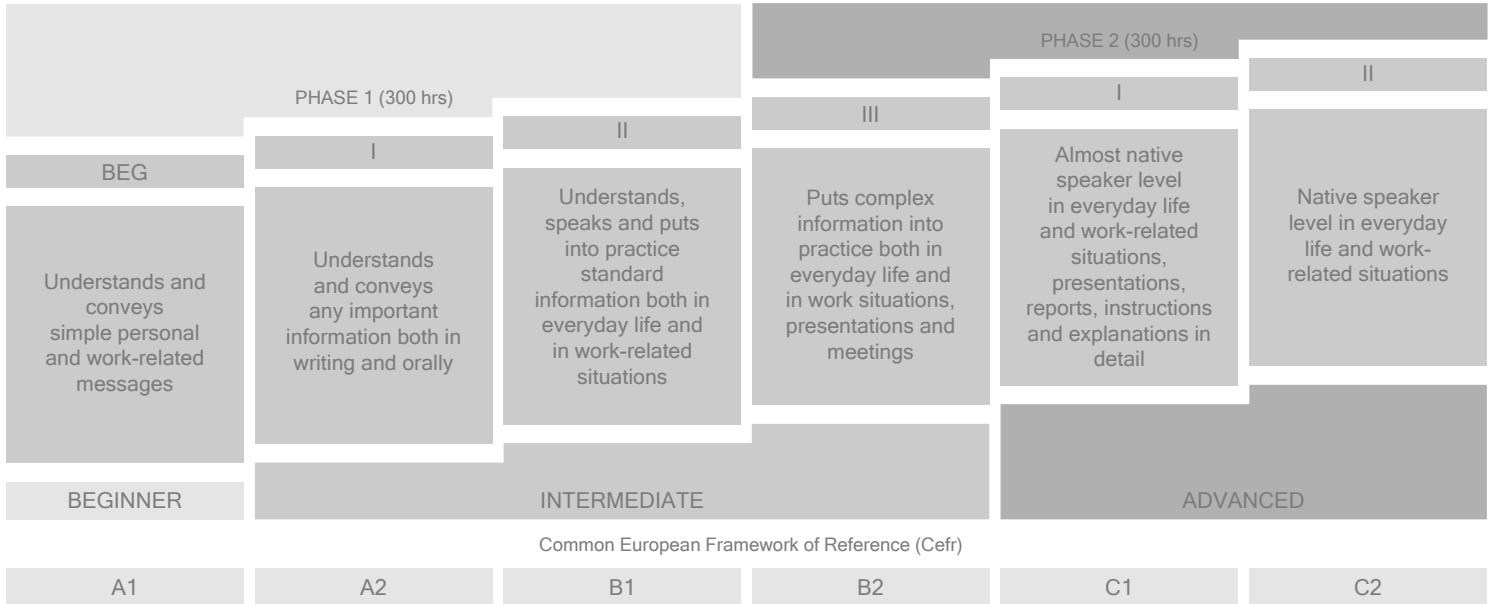
70%
SPEAKING
& LISTENING

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

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

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 |
|----------------------------|----------------------------|----------------------------|

| 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

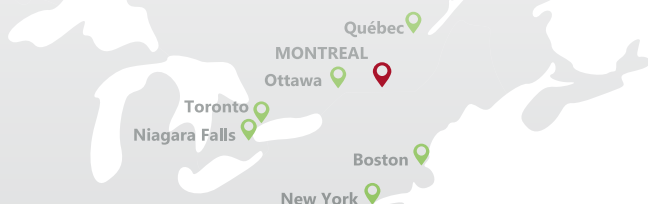
Niagara Falls Drive 6h30 / Train 7h30

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



Läyden

LÄYDEN





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

Furnished Studios and Apartments

This is the best option to enjoy complete independence. Downtown location. Fully self-contained with linen, crockery, kitchen utensils, appliances and laundry facilities, Wi-Fi included.

Room: Single
Bathroom: Single
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

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

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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