



Synesis Formation & Recrutement
440, boul. René-Lévesque Ouest, Suite 1400
Montréal, Québec H2Z 1V7 514-861-9550 / 877-861-9550
Montréal · Pointe-Claire · Laval · Boucherville

Local Hotels/Information - Montreal

Training Location - Montréal

Synesis is located at 440, René-Lévesque West, Suite 1400, Montréal, Québec, H2Z 1V7. Our Phone Number is (514) 861-9550

1. DIRECTIONS FROM P.E.T. INTERNATIONAL AIRPORT TO SYNESIS' OFFICES

- 1 Exit Airport and follow directions for Autoroute 20 Est
- 2 Continue on Autoroute 20 for 10 minutes (approx.)
- 3 Follow signs for Montreal (Centre-Ville), which will lead you onto Highway 720 (Autoroute Ville Marie E.)
- 4 Exit at Guy st.
- 5 Turn right at traffic light at Rene-Levesque boul.
- 6 Continue on R-Levesque for about 6-8 blocks
- 7 Synesis will be on your right between St-Alexandre and Bleury st.

2. SUBWAY STOPS



Place-des-Arts and Square-Victoria

For more information: <http://www.stcum.qc.ca/>

3. GETTING AROUND

Public Transit - The Société de Transport de Montréal (STM) operates a world class public transit system. The clean and easy-to-follow system includes subways and buses.

Fares 2004

Weekly Pass	\$18
Six-ticket strip	\$11
Cash fare	\$2.50
Tourist Card	\$8.00 / 1 day or \$16.00 / 3 days*

Note: Transit fares are not taxable

*The STM **Tourist Card** allows you to roam the city at will and discover all Montreal has to offer. Unlimited public transit access for an entire day is just \$8.00. Or, if you plan on spending more time out and about, there is a three-day card for only \$16.00.

NOTE: Exact change or token/ticket is needed for boarding buses and some subway stations. Transfers between vehicles and lines are available for continuous trips.

Taxis - Meters start at \$2.75 and increase at \$1.30 per kilometer. A typical trip in downtown Montréal will cost \$8 to \$10 dollars depending on traffic.

4. RENTAL CARS

Budget Car and Truck Rental – 1-800-214-6094
Hertz Canada Ltd. – 1-800-263-0600

Taxi from the airport

Taxi Diamond – 514-273-6331 - \$ 31

5. BUSINESS HOURS

Most office hours are 9 a.m. to 5 p.m., Monday to Friday. Most shops are open from 10 a.m. to 5:30 or 6 p.m., Monday to Saturday. Many store hours are extended to 9 p.m. on Thursdays and Fridays, and most stores are open Sundays 12 noon to 5 p.m.

6. TELEPHONE

- The emergency number for all health, safety and crime emergencies is 911.
- Dial 411 for an operator to aid with locating a number. Dialing 0 will also get you an operator for general assistance.
- Pay phones cost 25 cents per call. Phone credit cards are available at many convenience stores.
- Toronto is in the 514 area code, which needs to be dialed before dialing the seven-digit phone number. Some calls to the 450 area are local, but require dialing the 450 before the seven-digit number. When dialing long-distance numbers, start with a 1, then the area code, followed by the seven-digit number.

7. ATTRACTIONS

The Montreal Museum of Fine Arts, 1380 Sherbrooke St. West , (514) 285-2000. The Museum is easily accessible by public transit (bus #24 or Guy-Concordia Metro). <http://www.mmfa.qc.ca/en/index>.

Pointe-à-Callière Museum, The Museum is located close to other attractions, in Old Montréal, next to the Old Port. 350 Place Royale, Old Montréal (514-872-9150). **By metro:** Place d'Armes station, **By car:** Pay parking lot in the Old Port, **By bus:** Reserved parking opposite the Museum.

Old Montréal, Old Montréal, with an area of one square kilometre, welcomes hundreds of thousands of visitors every year. It is easy to reach by public transport or by car. [Vieux-Montréal : site officiel](#)

Olympique Park, 4141 Pierre-De Coubertin Avenue, 514-252-8687 or 1-877-997-0919 **By metro:** Viau and Pie-IX stations

Bell Centre, 514-925-5656 / 1-800-363-3723. **By metro:** Line 2 - Orange: Lucien-L'Allier (West of Bell Centre) & Bonaventure (East of Bell Centre), **By car:** Several highways and bridges lead

to the Bell Centre. Highways 10, 20, 40; Champlain, Victoria, Jacques-Cartier and Mercier bridges and the Louis-H.-Lafontaine Tunnel.

La Ronde, largest theme park and the most complete family attraction in the province. **By metro:** Jean-Drapeau Station, 167 La Ronde bus. Papineau Station, 169 La Ronde bus. **By car** Jacques-Cartier Bridge : Parc Jean-Drapeau exit.

Eaton Center, Ailes de la Mode, Place Cathédrale, Montréal Trust and Complexe Desjardins are all part of the Montréal Souterrain. Shops, restaurants, Hotels and some subway stations are all connected to the underground network.

8. RESTAURANTS

Movenpik - 1 Place Ville-Marie, 514-861-8181
Le Grand Comptoir - 1225 Phillips Square, 514-393-3295
Schwartz's World Famous Smoked Meat - 3895 St Laurent, 514-842-4813
Le Parchemin - 1333, rue University, 514-844-1619
L'Envol de Chine - 400, boulevard René-Lévesque Ouest, 514-866-8788
Baton Rouge - 160 Ste Catherine Ouest 514-282-7497
Toqué - 900, Place Jean-Paul-Riopelle, 514-499-2084
Rôtisserie St-Hubert – Complexe Desjardins, 514-284-3440

9. HOTELS / ACCOMODATIONS

Hotel Inter-Continental Montreal, 360, rue Saint-Antoine Ouest, 514-987-9900
Delta Hotels, 777, University street, 514-879-1370
La Tour Centre Ville, 400, René-Lévesque West, 514-866-8861
Four Points by Sheraton Hotel & Suites, 475, Sherbrooke West, 514-842-3961
Carlson Hôtels (Radisson Hôtels & Resorts), 555, de la Commune West, 514-844-3222
Loews Hôtel Vogue, 1425, de la Montagne, 514-285-5555