



# Personalized Language Coaching

Beyond the limits of traditional language courses

E n g l i s h • F r e n c h

**46**  
•YEARS•

# Who are we?

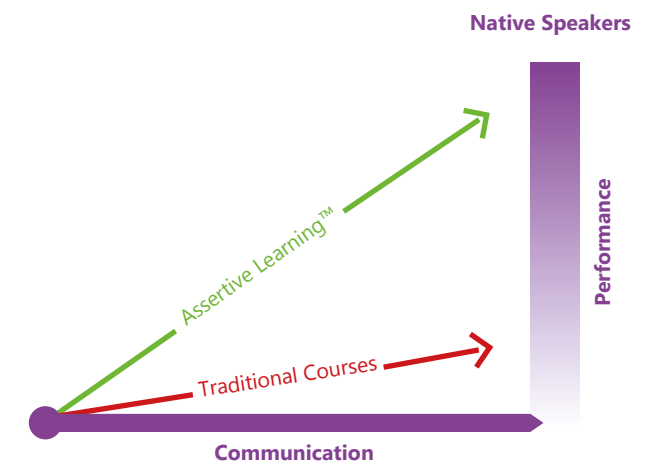
For more than 46 years, ATPAL (Applied Techniques for Productive and Assertive Learning) has helped students from all over the world to more efficiently learn foreign languages with the exclusive Assertive Learning™ system.

## What is Assertive Learning™?

The Assertive Learning™ system is a copyrighted, innovative way to rapidly achieve native-like proficiency in a foreign language.

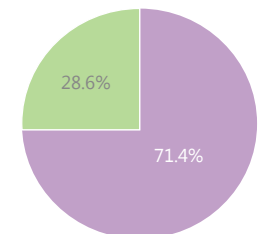
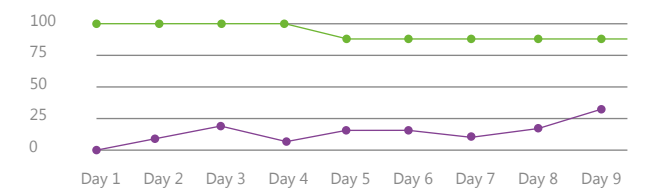
## WHY IS ATPAL FASTER AND MORE EFFICIENT THAN TRADITIONAL COURSES?

- From the very beginning, learners not only achieve good communication but also boost their level of performance.



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

Student Target Report





# TESTIMONIALS





"Atpal has various methods and activities which will help you improve your English skills fast".

EunJu Jung (Korea) 🇰🇷



"Atpal gives me the opportunity to have new experiences, meet new people while I learn English."

Alejandro Arias (Colombia) 🇨🇴



"I'm always amazed to see how quickly students improve when they follow the Atpal system. I feel great as a teacher knowing that our students leave the school equipped with the assertive problem-solving skills they'll need to succeed in life."

Tanya Dean (Canada) 🇨🇦  
ESL Teacher



"ATPAL is a perfect place for people who are serious about rapidly improving their English or French skills. As a teacher, I take a lot of satisfaction in helping students create strategies to overcome their language difficulties and reach their goals. At ATPAL, students are encouraged to take control of the learning process which allows them to focus on their needs."

Daniel Maxham (Canada) 🇨🇦  
ESL Teacher



"I'm atpal, I'm learning, I'm enjoying, I'm growing."

Wang Xuezhu (China) 🇨🇳



"Atpal is more than learning a language, it's to unlock your full potential."

Lorea Minetti (Venezuela) 🇻🇪

# TESTIMONIALS





"Living in Montreal and learning French is a dream come true thanks to ATPAL."

Saulo De souza (Brazil) 🇧🇷



"Being in Atpal helped me to find a goal."

Huh Jung Bum (Korea) 🇰🇷



"Their small classes are a great opportunity to talk and practice."

Ibrahim Sar (Saudi Arabia) 🇸🇦



"ATPAL is a personal experience. Here, people discover not only a new language and culture but also the extent of their own capabilities. Students get immersed in a different culture and become part of a family with a mission: to offer the best environment to achieve excellence. A message only exists in the voice that carries it. ATPAL helps you to cultivate a befitting and confident voice."

Gabriel Proulx (Canada) 🇨🇦  
FSL Teacher



"The ATPAL system works! ATPAL teaches students how to use their English or French, not just know the language. ATPAL uses a non-traditional system, with special techniques that helps students focus on their individual problems and overcome them. As a teacher, you see a great improvement of students' English or French over the course of their studies."

Jordi Struck (Canada) 🇨🇦  
FSL Teacher



"At Atpal I have enjoyed a different intellectual challenge in a charming city."

Ines Caraballo (Spain) 🇪🇸





**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

ATPAL uses the Assertive Learning System™, a copyrighted method for learning foreign languages faster.

**THE ATPAL EXPERIENCE**

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

**12**<sup>MAX</sup>  
STUDENTS  
PER CLASS

**30%**  
FASTER  
LEARNING

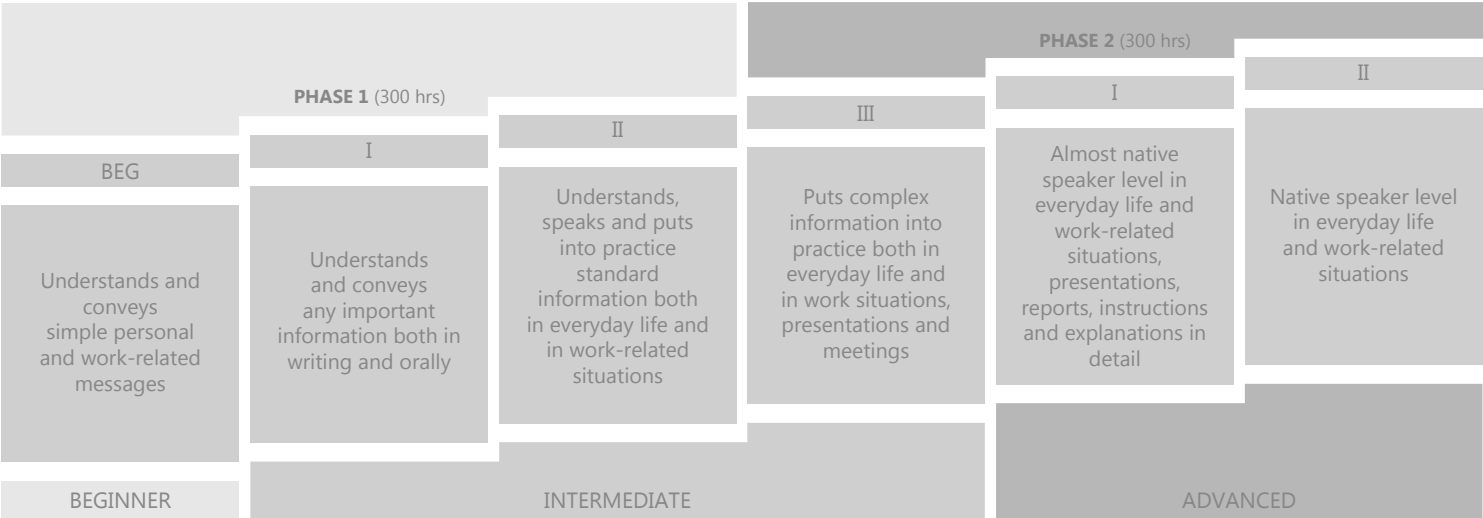
**70%**  
ORAL  
PRACTICE





# 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					
DEL F A1 - A2		DEL F B1 - B2		DAL F C1 - C2	



# ENGLISH AND FRENCH PROGRAMS



**Intensive - Full Time**  
5 days per week - 9 AM to 2:30 PM  
25 hours/30 lessons per week

**Language Boosters - Part time**  
Language Booster I (LB I)  
4 days per week - 3 to 5 PM  
8 hours/10 lessons per week

Language Booster II (LB II)  
2 days per week - 6 to 8 PM  
4 hours/5 lessons per week

**Online Courses**

**Private Courses**

## English and French PROGRAMS

**Start dates:** Every Monday  
**Minimum age:** 16 years  
**Levels:** Beginner to Advanced

FREE ONLINE TEST  
atpalcanada.com

General English and French					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 - 11 AM (2 hours)	Intensive Training	Intensive Training	Intensive Training	Intensive Training	Intensive Training
11 - 11:15 AM (15 min)	Coffee break				
11:15 AM-12 M (45 min)	Intensive Training	Intensive Training	Intensive Training	Intensive Training	Intensive Training
12 M - 1 PM (1 hour)	Intensive Training	Intensive Training	Intensive Training	Intensive Training	Intensive Training
1 - 1:30 PM (30 min)	Lunch break				
1:30 - 2:30 PM (1 hour)	Intensive Training	Intensive Training	Intensive Training	Intensive Training	Intensive Training
Language Boosters - Part Time					
3 - 5 PM (2 hours)	LB I	LB I	LB I	LB I	
6 - 8 PM (2 hours)		LB II		LB II	



# 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:** Advanced



CERTIFY YOUR  
 ENGLISH AND  
 FRENCH IN  
 24 HOURS!

<b>TOEFL</b> Validity: 2 years	<b>IELTS</b> Validity: 2 years	<b>DELF</b> Validity: For life	<b>TEFaQ</b> Validity: 2 years
-----------------------------------	-----------------------------------	-----------------------------------	-----------------------------------

APP - Schedule					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 - 5 PM (2 hours)	APP	APP	APP	APP	

# LANGUAGE PRACTICUM

**Develop your skills in a Canadian work environment**  
 Learn what it's like to work in a Canadian setting, practice and improve your target language and create unique networking opportunities!



### Voluntern Program

Positive unpaid work in a community center or a non-profit organization. You must commit to working between 16 and 30 hours per week.

**Placement Options:** Community Services, Wildlife Protection, Environmental Conservation. (C-50 Work visa is required)

### Career Tours

Enhance your learning experience by participating in a tour of the Canadian professional work environment. Visit a company of your preferred field, talk to like-minded career professionals and get exposure to real Canadian working life!

**Available Tours:** Business, Culinary, Engineering, Sports, Arts and Culture



### Farmstay & Ranchstay

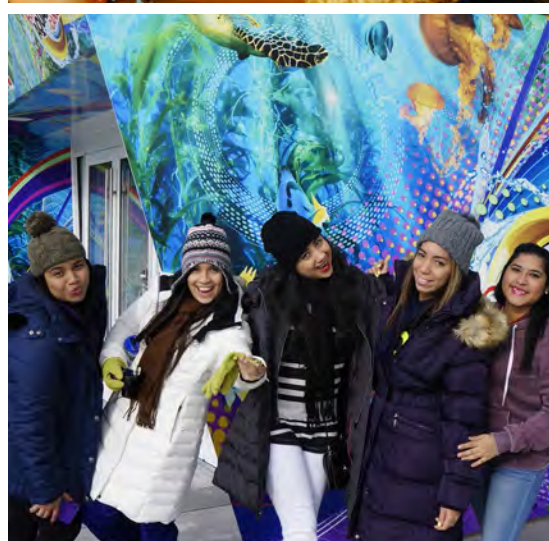
Experience real Canadian countryside staying in a family farm for 2 to 4 weeks, with accommodation and meals included. Practice the language while assisting your host family in the daily tasks of the farm.

**Available Placements:** Vineyards, Vegetable and Fruit Farms, Mixed Farms, Ranches

Details and Qualifications		
4 weeks of full-time study program	English or French intermediate or above	Minimum age is 18 years old in Quebec and Alberta and 19 in other provinces



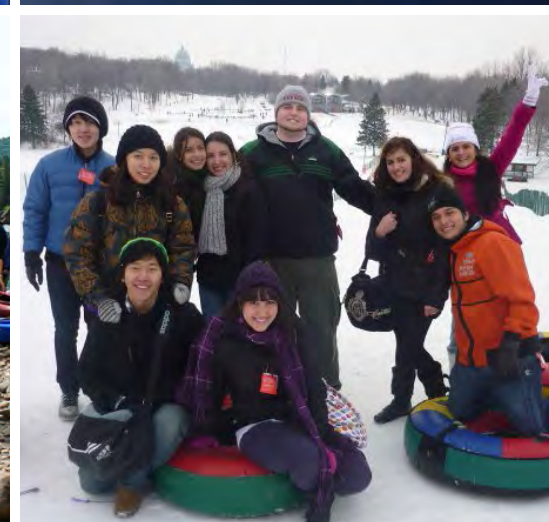
# atpal ACTI VITIES



# Be atpal



# ATPAL TRIPS



# atpal languages





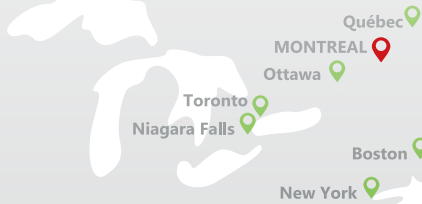
# MONTREAL, YOU WILL LOVE IT!

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



# 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 the world to be a student (QS 2017)

## 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

## 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:** Quebec, Canada

**Languages:** English and French

**Transportation:** Metro, buses, train,  
self-serve bike rental

**Population:** 3,269,000

MONTREAL  
SIMPLY HAS  
SOMETHING  
*for everyone!*







Be  
Different



# OUR FACILITIES



# OUR FACILITIES



CAFETERIA

RECEPTION

STUDENT LOUNGE

COMPUTERS

CLASSROOMS

RESOURCE CENTER







# 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

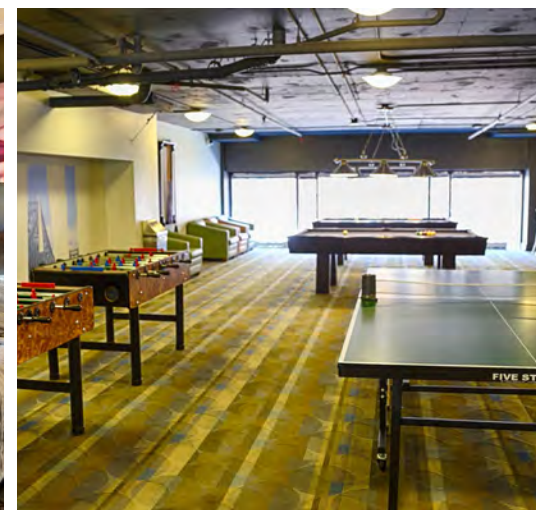
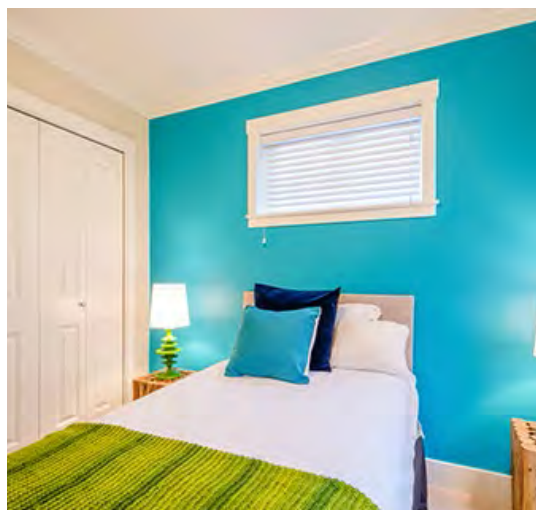
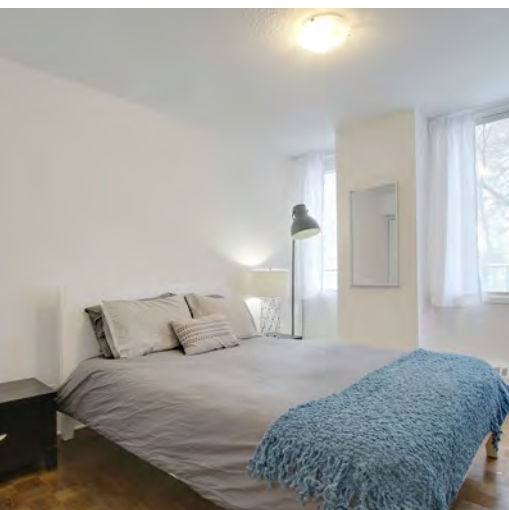
This is the best option to enjoy complete independence within walking distance of the school. Fully self-contained with linen, crockery, kitchen utensils, appliances and laundry facilities, Wi-Fi included.

**Room:** Single/Shared  
**Bathroom:** Shared  
**Meals:** Self-catering

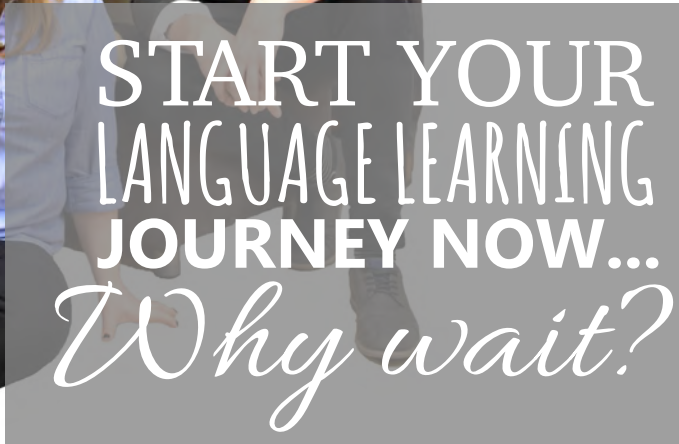
# OTHER SERVICES



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







● ● ● ● ● ●

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

## 2 STEPS AWAY FROM THE METRO







Applied Techniques for Productive and Assertive Learning



1117 St. Catherine W., Suite 507  
Montreal, Quebec, H3B 1H9 CANADA

T: +1 514 840.9075 | F: +1 514 844.0058  
info@atpalcanada.com

atpalcanada.com

46  
•YEARS•