


PREPARATION GUIDE

MY BIOSPHÈRE VISIT



Useful information to prepare
for my visit to the Biosphère.
Developed in collaboration
with the organization Giant Steps.

PREPARATION GUIDE

SUMMARY

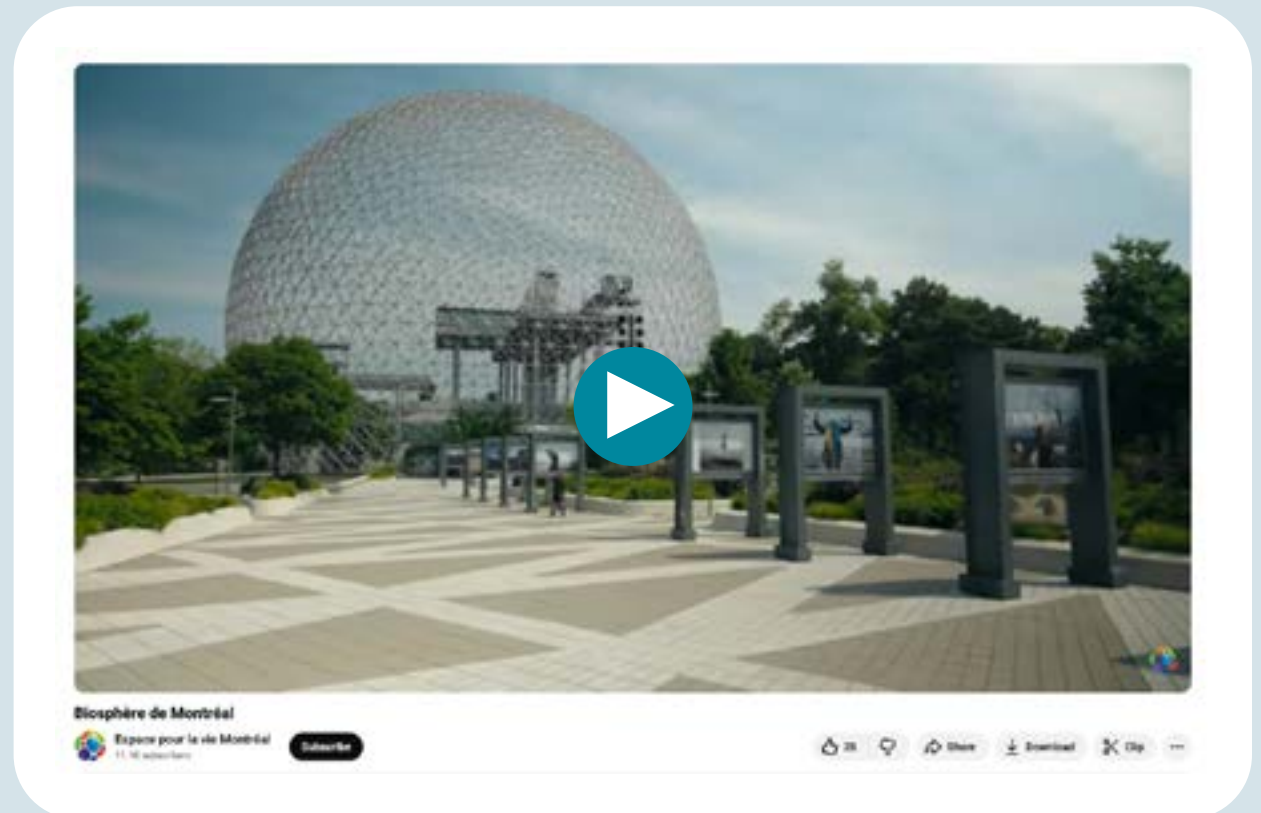
1. PREPARING FOR MY VISIT TO THE BIOSPHÈRE	PAGE 3
2. DURING MY VISIT TO THE BIOSPHÈRE	PAGE 10
3. OTHER ADAPTED SERVICES OFFERED AT ESPACE POUR LA VIE	PAGE 21
4. MAP OF THE BIOSPHÈRE	PAGE 22
5. COMMUNICATION BOARD	PAGE 23

PREPARING FOR MY VISIT TO THE BIOSPHÈRE

1

The Biosphère is a museum with scientific and artistic exhibitions that support the protection of the environment and biodiversity.

Before I buy my ticket, I can watch this [video](#) to get ready.



I BUY MY TICKET

I can buy my ticket online.

To buy my ticket online,
[I can click here.](#)

I choose the day and time that works
best for me.

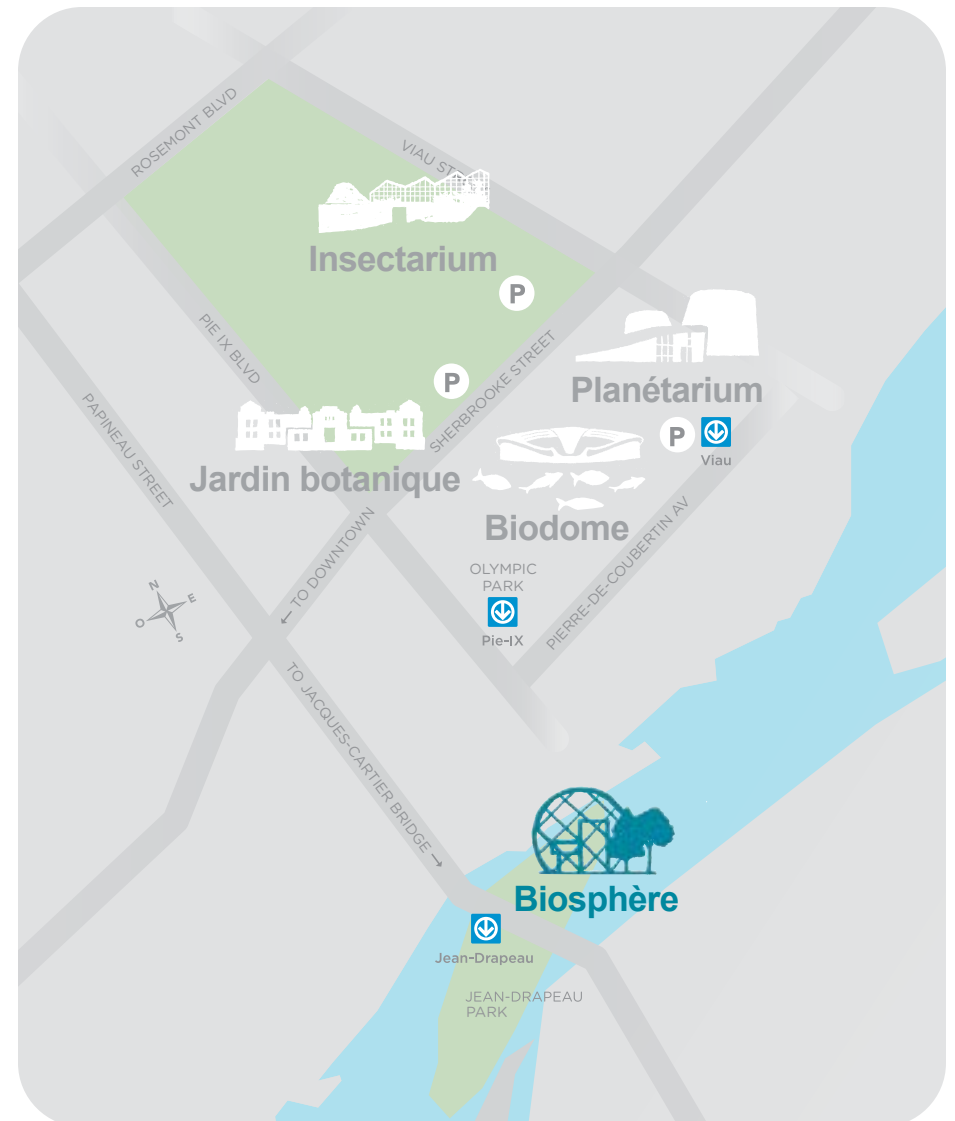
I keep my ticket on my phone so that
I can show it when I arrive.

I can also buy my ticket on-site.

The screenshot displays the 'Espace pour la vie' website interface. At the top left is the logo with the text 'espace pour la vie montreal'. A 'MY PASSPORT' button is in the top right. The main section is titled 'Ticketing' and features a large banner for 'Espace pour la vie Passport' with a 'Buy your Passport' button. Below this are three event cards: 'The Frontiers of Infinity' (Thursday evenings), 'Family Saturday' (from Saturday, December 6, 2020 to Saturday, April 4, 2021), and 'Sensory-friendly Moments'. Each card includes a description, a 'Regular tickets' button, and a 'CMMP Resident tickets (Greater Montreal)' button. Below the event cards is a 'Museums' section with five colored buttons for 'biodôme', 'biosphère', 'insectarium', 'jardin botanique', and 'planétarium'. Each museum button has a 'Regular tickets' button and a 'CMMP Resident tickets (Greater Montreal)' button. A small red download icon is in the bottom right corner.

BEFORE I LEAVE HOME

- [I check how to get there.](#)
- I make sure I am dressed comfortably.
- I can bring a water bottle, a snack, my communication device and anything else I need for the day.
- I can bring things that help me feel good, like my headphones or a toy.
- If I have a service dog, I can bring it with me.



I ARRIVE AT THE BIOSPHÈRE

The Biosphère is a very large building that I can see from far away. It looks like a big metal sphere.

There are two entrances to the Biosphère. I can use the one I prefer.



I GO INTO THE BIOSPHÈRE

If I need to buy a ticket, I go to the ticket counter. I might have to wait in line at the ticket counter if other people have arrived before me.

After I buy my ticket at the counter, or if I already have a ticket because I bought it online, I show it to the person at the entrance. I might have to wait in line before showing my ticket.

I can take a brochure at the entrance to help me find my way and learn about the different exhibitions.



THE BIOSPHÈRE'S SENSORY KITS



I can borrow a sensory kit for my whole visit. It has objects that can help me feel calm and comfortable.

Before lending me the sensory kit, a staff member will ask me to leave a piece of ID (a driver's licence, a healthcare card, a student card or another card with my name and photo on it).

I can get my ID back when I return the sensory kit before I leave.



BEFORE STARTING MY VISIT

Washrooms

Before I start my visit, I may want to use the bathroom.
I can find the bathrooms along the wall behind the ticket counter.

If I cannot find the bathrooms,
I can ask a staff member
to show me where to go.



DURING MY VISIT
TO THE BIOSPHÈRE

2



DURING MY VISIT

During my visit, I will see several exhibitions with interactive elements:

Touchscreens and headphones:

I can press buttons, watch videos, listen to sounds or listen to people speaking through headphones. I can learn more about different topics.



DURING MY VISIT, I WILL SEE

Art installations:

I may see creative artworks in the exhibitions.

I cannot touch some of the artworks.

I will see Do Not Touch signs next to them.



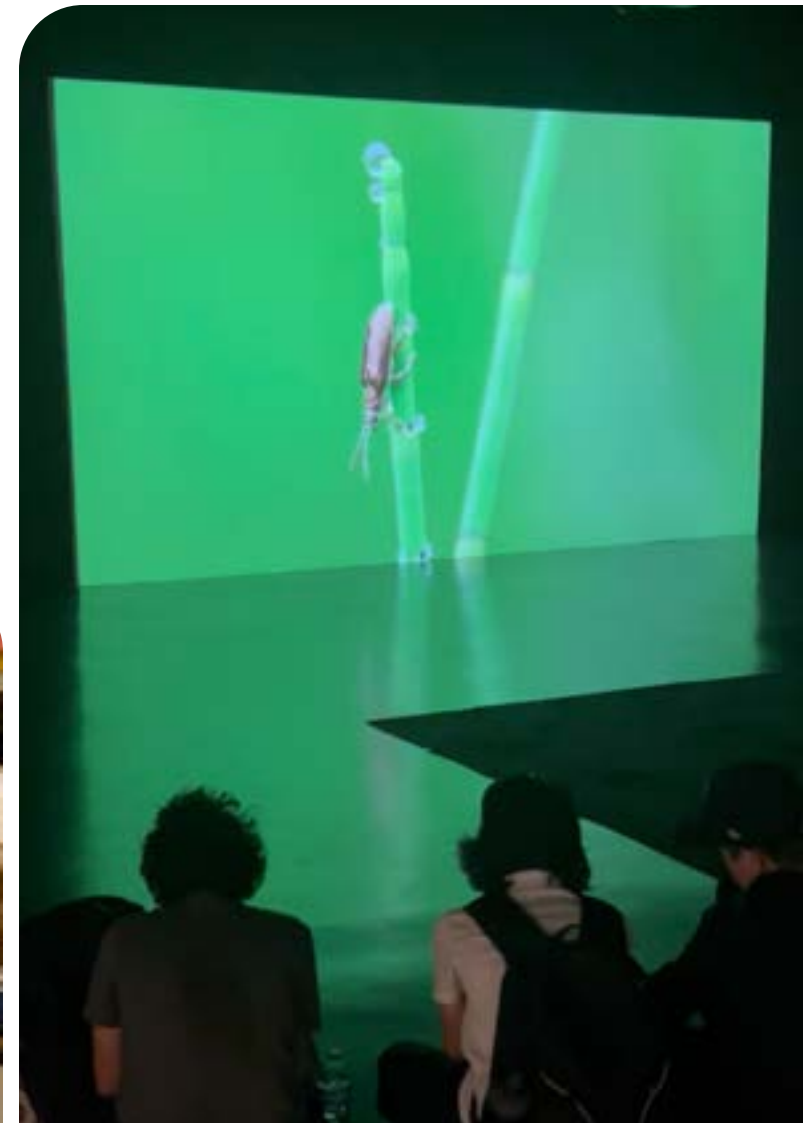
DURING MY VISIT, I WILL SEE

Hands-on activities:

There is a place where I can do arts and crafts.

Films on giant screen:

There may be music or loud sounds during the film.
These sounds may bother me.



DURING MY VISIT

I can also ask for printed guides to help me understand some of the exhibitions.

The museum is on several floors. I can use the stairs or the elevator to go from one floor to another. The rooms are numbered to help me know which ones to visit. I can look at the map to help me find my way.

Some rooms are bright because of the sunlight. Other rooms are very dark. If I do not like the lighting, I can go to a different room.



DURING MY VISIT

To get to the top floor of the Biosphère, I can take a glass elevator, but it may make me feel dizzy. If I prefer, I can take the stairs.

On the top floor of the Biosphère, I can go to an outdoor lookout to see a 360° view of the landscape around the Biosphère. I may feel dizzy. I can stay inside to look at the view if I do not feel comfortable going outside. The lookout may be closed if the weather does not allow it.



TAKING A BREAK

If I feel tired or if I need a break, I can go to a quiet place.
The Biosphère has places where I can sit and relax.

When I feel ready, I can continue my visit of the Biosphère.



GUIDED ACTIVITIES

Sometimes there are guided activities or guided tours at the Biosphère.
I don't have to take part if I don't want to.



ASKING FOR HELP AT THE BIOSPHERE

If I have a question, or if I need help, I can ask a staff member. Staff members wear uniforms or badges, and they can help me find what I need.



LEAVING THE BIOSPHÈRE

When it's time to leave, I go to the exit.
I can take a moment to think about what
I liked most during my visit to the Biosphère.

It's fun to learn and explore new places.

**Reminder: I won't forget
to return my sensory kit
if I have used one.**



OTHER SERVICES AT THE BIOSPHÈRE

I cannot buy a full meal at the Biosphère, but I can buy snacks and drinks from vending machines.

I can bring my cold meal and eat it at the tables in the entrance hall.

I can buy souvenirs from my visit at the ticket counter.



OTHER ADAPTED SERVICES AT ESPACE POUR LA VIE

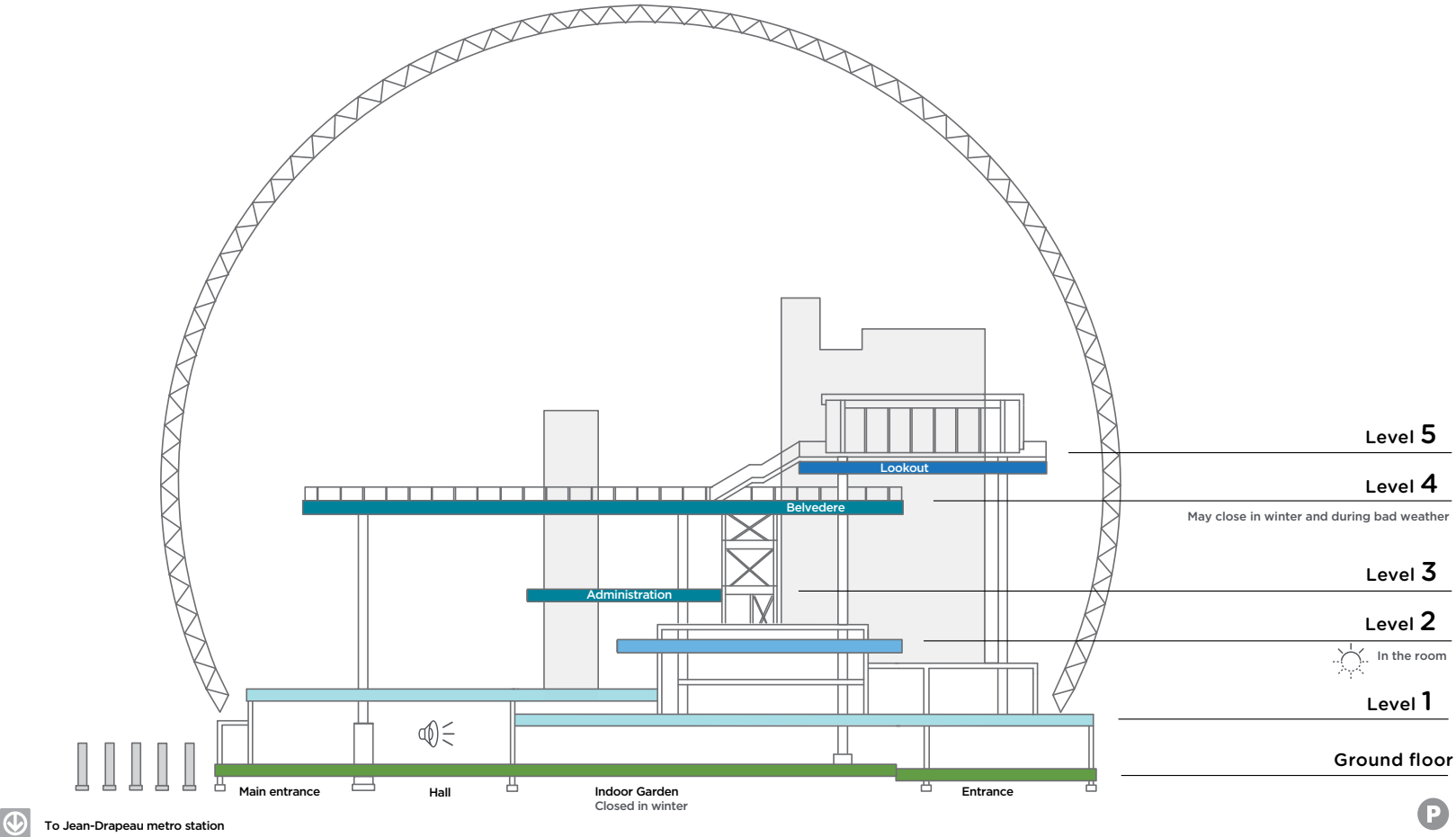
3

The five museums that make up Espace pour la vie would like the visitor experience to be as accessible as possible for everyone. If you have a functional limitation, or if you are with someone who has functional limitations, you can find [information for each museum to help you plan your visit.](#)



BIOSPHERE MAP

4



Legend

-  Metro
-  Low luminosity
-  Parking
-  High noise level

COMMUNICATION BOARD

5

je-moi-mon I-me-my	veux want	aller go	trop de bruit It's noisy	oui yes	assis-toi sit
toi you	laver wash	j'ai chaud I'm hot	je suis triste I'm sad	non no	attends wait
encore more	manger eat	j'ai froid I'm cold	je suis fâché I'm mad	j'aime I like	arrête stop
fini finished	boire drink	je suis malade I'm sick	je suis content I'm happy	je n'aime pas I don't like	silence quiet
aide help	marcher walk	je suis fatigué I'm tired	j'ai mal I'm hurt	maison home	bravo bravo
pause break	toilette toilet	j'ai peur I'm scared	c'est trop clair It's too bright	il fait noir It's dark	c'est cool It's cool

A	B	C	D		
E	F	G	H		
I	J	K	L	M	N
O	P	Q	R	S	T
U	V	W	X	Y	Z
1	2	3	4	5	6
7	8	9	0		

PHOTO CREDITS

PAGE 1 Espace pour la vie/ @jfsavaria

PAGE 6 Espace pour la vie/ Mélanie Dusseault

PAGE 7 Espace pour la vie/ Martine Asselin

PAGE 8 Espace pour la vie/ Mélanie Dusseault

PAGE 9 Espace pour la vie/ Martine Asselin

PAGE 10 Espace pour la vie/ Joséphine Loock

PAGE 11 1. Espace pour la vie/ Blanche photographe
2. Espace pour la vie/ Mélanie Dusseault

PAGE 12 Espace pour la vie/ Martine Asselin

PAGE 13 1. Espace pour la vie/ Blanche photographe
2. Espace pour la vie/ Martine Asselin

PAGE 14 Biosphère/ Steve Caron

PAGE 15 Espace pour la vie/ Mélanie Dusseault

PAGE 16 Espace pour la vie/ Mélanie Dusseault

PAGE 17 1. Espace pour la vie/ Blanche photographe
2. Biosphère

PAGE 18 1. Espace pour la vie/ Blanche photographe
2. Espace pour la vie/ Martine Asselin

PAGE 19 Espace pour la vie/ Mélanie Dusseault

PAGE 20 Espace pour la vie/ Martine Asselin

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