

PREPARATION GUIDE

MY PLANÉTIARIUM VISIT

Useful-information guide for
preparing my visit to the Planétarium.

Developed in collaboration with
the organization Giant Steps.

PREPARATION GUIDE

TABLE OF CONTENTS

1. 5 STEPS TO PREPARE FOR MY VISIT TO THE PLANÉTIUM	PAGE 3
2. WHAT HAPPENS INSIDE THE PLANÉTIUM	PAGE 10
3. SENSORY-FRIENDLY MOMENTS AT THE PLANÉTIUM	PAGE 15
4. OTHER ADAPTED SERVICES OFFERED AT ESPACE POUR LA VIE	PAGE 20
5. PLANÉTIUM MAP	PAGE 21
6. COMMUNICATION BOARD	PAGE 23

I PREPARE MY VISIT TO THE PLANÉTARIUM

1

The Planétarium is a museum where I can learn more about stars, planets and space.

Before buying my ticket, I can:

- Watch [trailers for films](#) currently being shown, to choose what I want to see.



STEP 1

I CAN BUY MY TICKET ONLINE

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

1. I can choose to come during Sensory-friendly Moments, which are adapted for people with sensory sensitivities (light, sound, etc.).
2. I can choose to come at another time that suits me.

I'm keeping my ticket
on my phone to show
it when I arrive.

The screenshot displays the website for Espace pour la vie Montréal. At the top left is the logo, and at the top right is a 'MY PASSPORT' button. The main section is titled 'Ticketing' and features several promotional cards:

- Espace pour la vie Passport:** A card with a butterfly and planet image, offering a passport to five museums for 12 months. It includes buttons for 'Buy your Passport' and 'Buy the Passport as a gift'.
- Planetarium - The Frontiers of Infinity:** A card for Thursday evenings featuring an immersive film about space and consciousness.
- Biosphère - Family Saturday:** A card for Saturday events from December 2025 to April 2026, offering family time at the Biosphère.
- Planetarium - Sensory-friendly Moments:** A card for Tuesday and Sunday evening shows, specifically tailored for visitors with autism and other sensory sensitivities.

Below the ticketing section is a 'Museums' grid with six colored buttons for different locations:

- biodôme** (blue)
- biosphère** (teal)
- insectarium** (orange)
- jardin botanique** (green)
- planétarium** (purple)

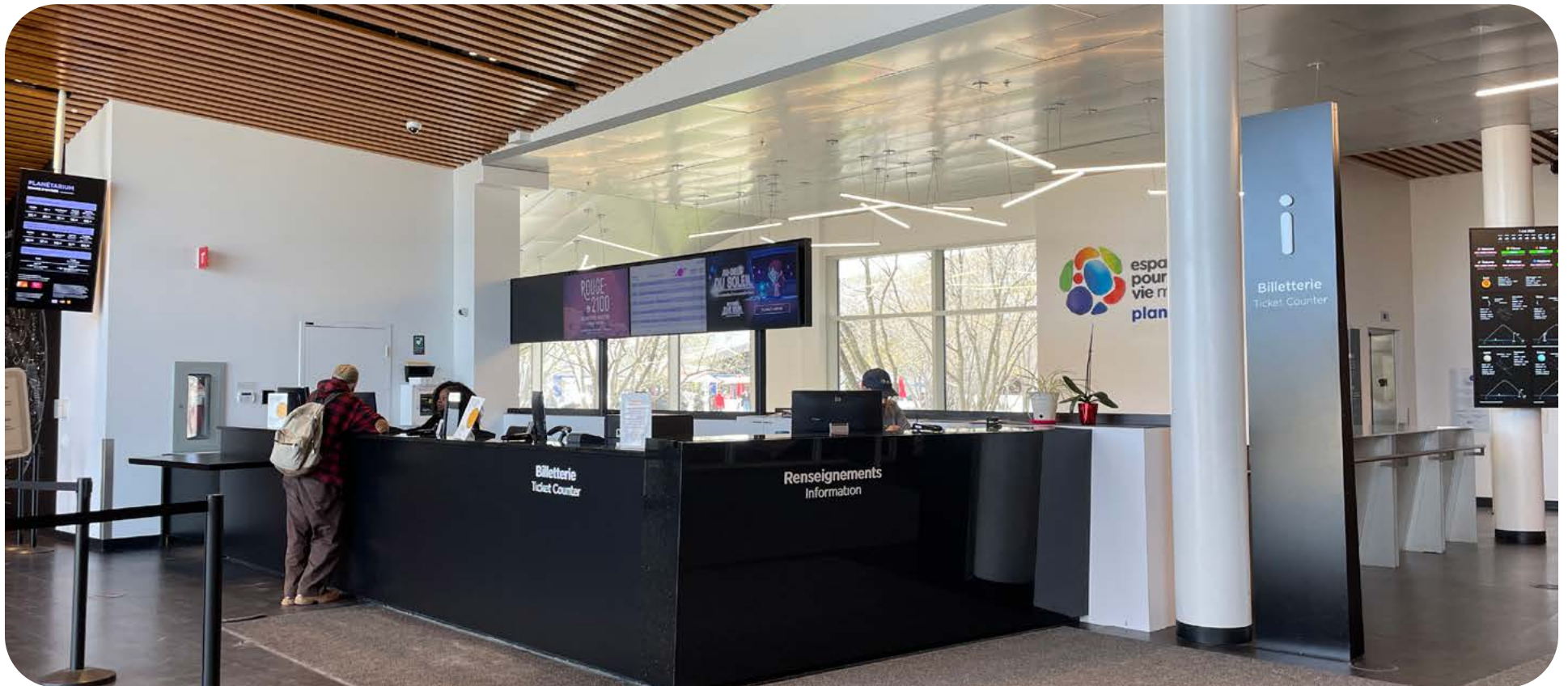
Each museum button has a 'Regular tickets' link and a 'CMM* Resident tickets (Greater Montreal)' link below it. Two callout lines with circles labeled '1.' and '2.' point to the 'Sensory-friendly Moments' and 'planétarium' cards, respectively.

STEP 1

I BUY MY TICKET ON SITE

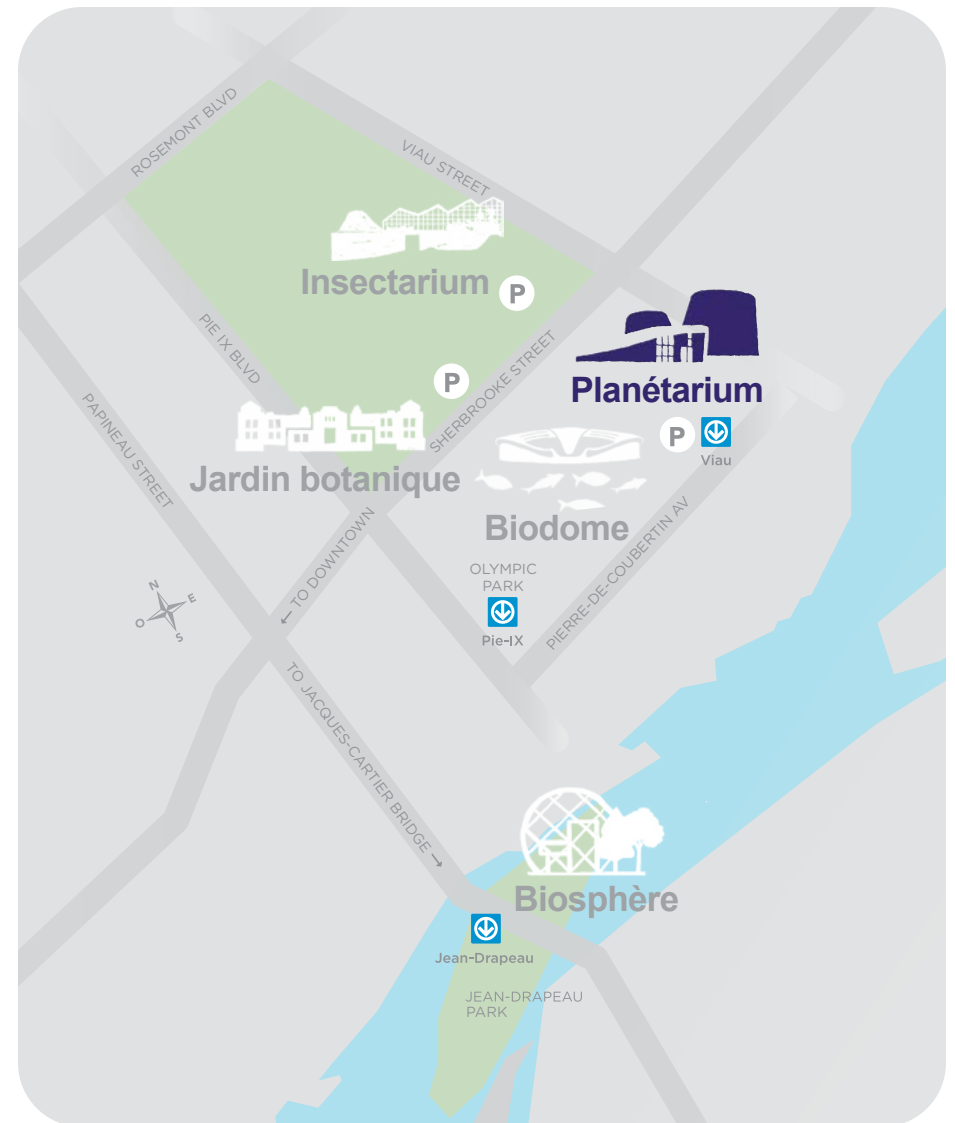
I can buy my ticket on site.

To buy a ticket directly at the Planétarium when I get there, I go to the ticket counter. It's possible I'll have to wait in line at the ticket counter if other people have arrived before me.



STEP 2 BEFORE LEAVING

- [I check how to get there](#)
- I make sure I'm comfortably dressed.
- I can bring a water bottle, a snack, my communication device and everything I need for the day.
- I can bring things that help me feel at ease, like my headphones or a toy.



STEP 3

I ARRIVE AT THE PLANÉTARIUM

The Planétarium is a white building with two metallic cones pointing skyward, like telescopes.

I go in through the front door.



STEP 4 I GO INTO THE PLANÉTIARIUM

If I already have a ticket, I show it to the person at the entrance.
I don't have to stand in line at the ticket counter.

If I need to buy a ticket, I go to the ticket counter.



STEP 5 THE PLANÉTIARIUM'S SENSORY KITS

I can borrow a sensory kit for as long as my visit lasts. It contains objects that can help me feel better and feel calmer.

Before lending me the sensory kit, the Planétarium employee will ask me to leave a piece of ID (driver's license, medical card, student card or other card with my name and photo on it). I can get my ID card back when I return the sensory kit at the end of my visit.



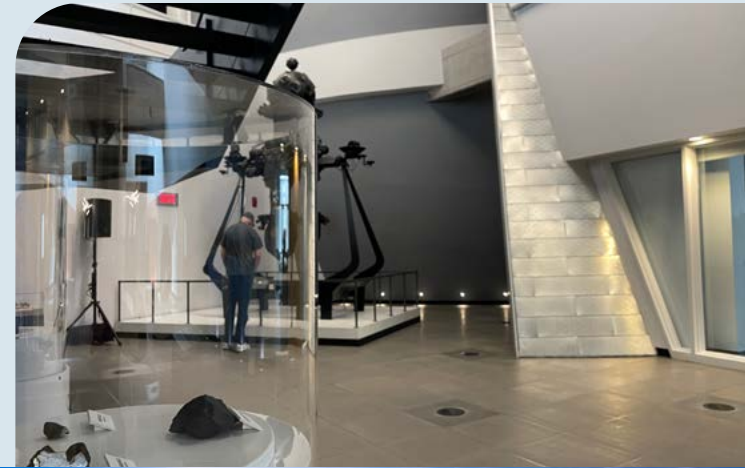
DURING MY VISIT TO THE PLANÉTARIUM

2

Inside the Planétarium

Inside the Planétarium I'll see exhibits about space, stars and planets.

I could also watch shows in the theatres, where there are projections on dome-shaped ceilings.



BEFORE STARTING MY VISIT

Washrooms

Before starting my visit, I might want to go to the toilet. It's located in a straight line from the front door. If I don't find the toilet, I can ask the staff there to show me where to go.



THE PLANÉTIARIUM SHOW VENUES

To see shows, I head to the theatre at the time indicated on my ticket.

There are two theatres at the Planétarium:

- Chaos Theatre
- Milky Way Theatre

To find out which theatre
I should go to, I look at my ticket.

Before going into the theatre,
I might have to get in line
with the other people who
want to see the show.



I WATCH A SHOW

In the theater it's dark, so that I can see the show and the stars, which are projected on the ceiling.

If it's too dark, I can go out. The projections may have a level of light that changes during the show.



SOUND AND LIGHT AT THE PLANÉTARIUM

In the theatres, the light can sometimes be soft and sometimes strong. There may also be lights that flash on and off, and fast-moving images. Some people can sometimes feel temporary dizziness. Sound can also be soft sometimes and loud at other times.

If the light or the sound are too strong for me, I can wear my headphones, close my eyes for a moment or leave the theatre and use the quiet room to take a short break.

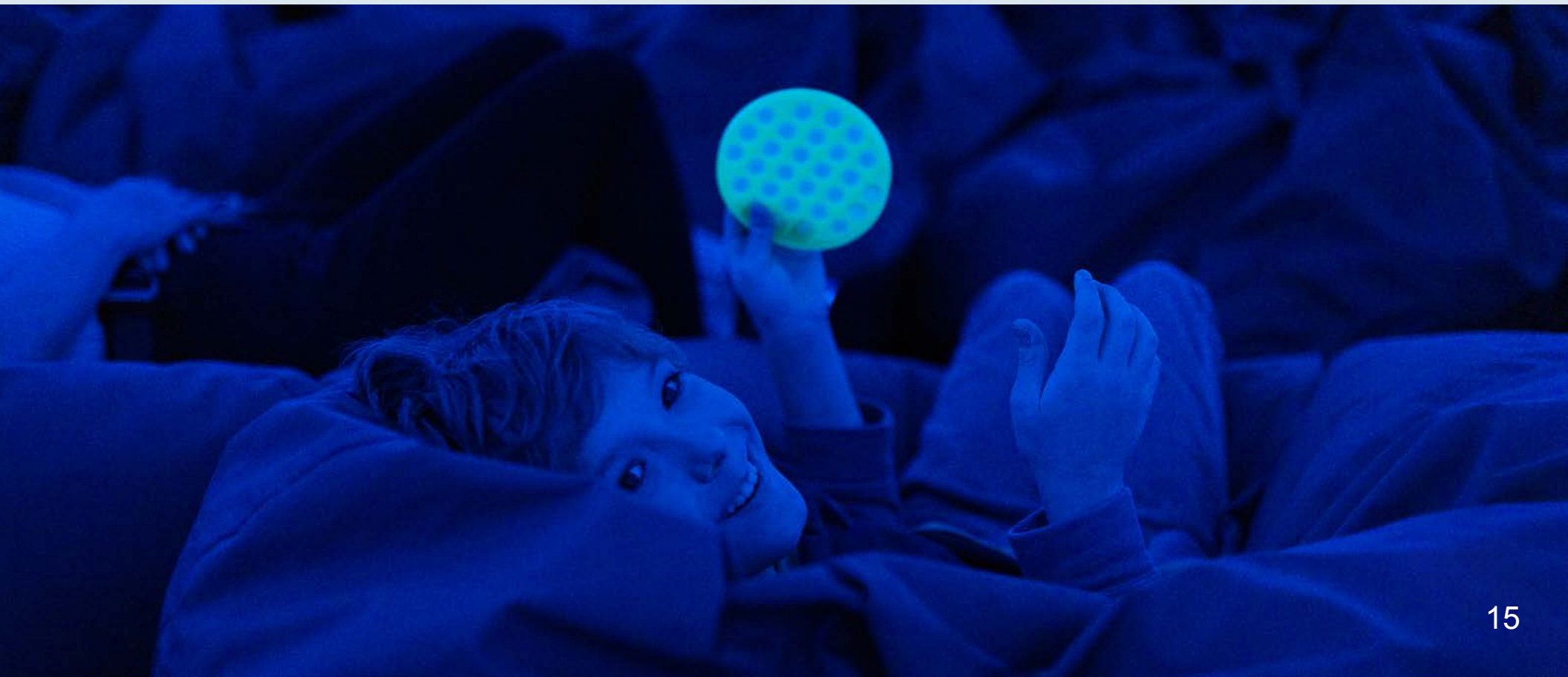


SENSORY-FRIENDLY MOMENTS AT THE PLANÉTIARIUM

3

The Planétarium offers Sensory-friendly Moments for people who need a calmer environment where sound and light are less strong. I can look at the Sensory-friendly Moments schedule on their website [by clicking here](#).

During Sensory-friendly Moments, I can enter and leave the theatres when I need to.



TAKING A BREAK AT THE PLANÉTARIUM

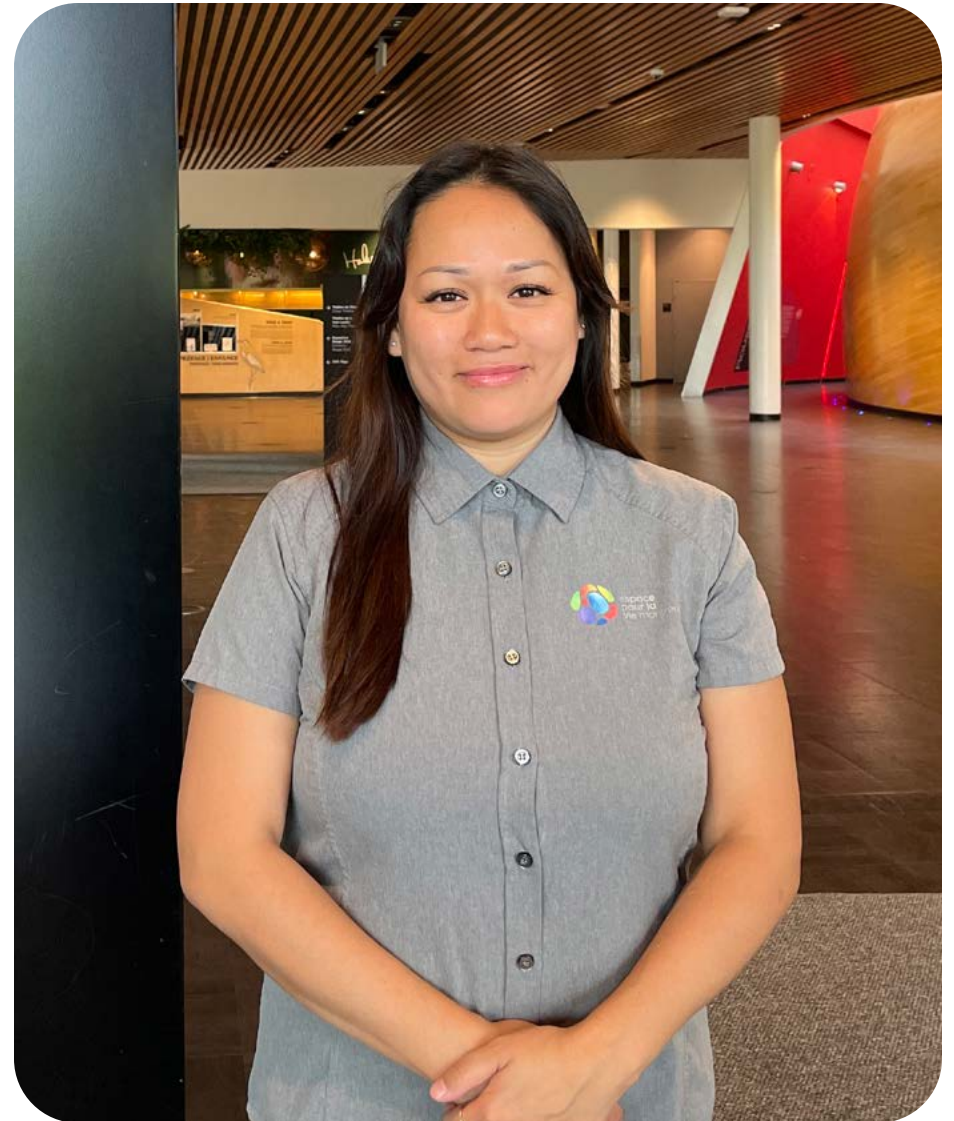
If I feel tired or if I need a break, I can go to a calm space in the Planétarium. There are places where I can sit down and relax.

I can ask the staff if I can use the quiet room. There are different types of seats and sensory tools in this room to help me calm down.



I ASK FOR HELP

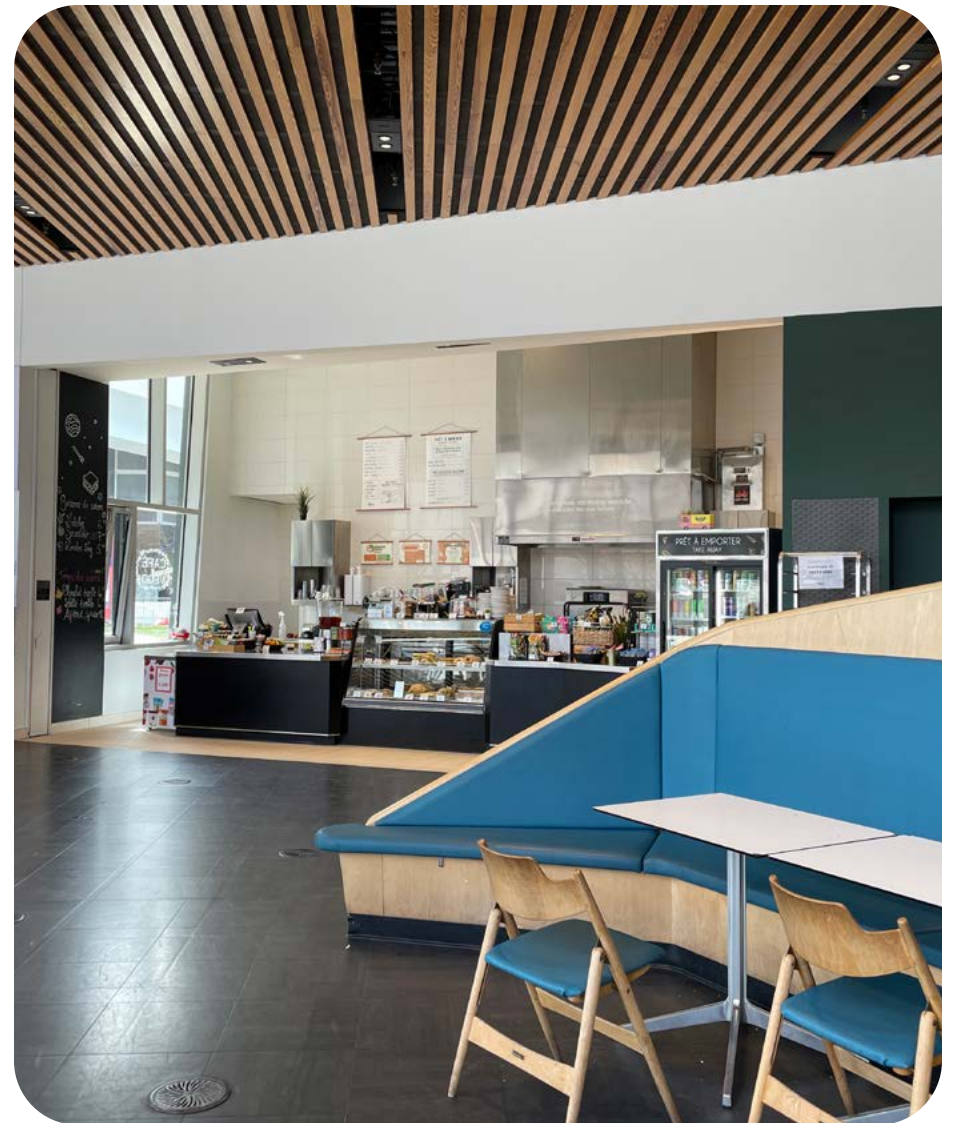
If I have a question or if I need help, I can always ask a member of the Planétarium staff. Staff members wear uniforms or badges, and can help me find what I need.



THE PLANÉTIARIUM RESTAURANT

The Planétarium has a restaurant where I can eat or buy a snack.

There's also a gift shop where I can buy souvenirs of my visit.



THE END OF MY VISIT TO THE PLANÉTARIUM

When it's time to leave, I head for the exit.
I can take the time to remember my favorite
moment of my Planétarium visit.

It's fun to learn and to explore new places.

**Reminder: I don't forget
to take back the sensory kit
if I used one.**



OTHER ADAPTED SERVICES OFFERED AT THE ESPACE POUR LA VIE

4

The five Espace pour la vie museums want to offer visitor experiences that are as accessible as possible for everyone. If you have a functional limitation or if you're accompanying a person with functional limitations, for each museum you'll find [information allowing you to plan your visit.](#)



COMMUNICATION BOARD

6

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/ Raymond Jalbert	PAGE 15	Espace pour la vie/ Mélanie Dusseault
PAGE 2	Espace pour la vie/ Raymond Jalbert	PAGE 16	Espace pour la vie/ Marie-Joëlle Filion
PAGE 6	Espace pour la vie/ Marie-Joëlle Filion	PAGE 17	Espace pour la vie/ Marie-Joëlle Filion
PAGE 7	Espace pour la vie/ Marie-Joëlle Filion	PAGE 18	Espace pour la vie/ Marie-Joëlle Filion
PAGE 8	Espace pour la vie/ Marie-Joëlle Filion	PAGE 19	Espace pour la vie/ Mélanie Dusseault
PAGE 9	Espace pour la vie/ Mélanie Dusseault	PAGE 20	Espace pour la vie/ Mélanie Dusseault
PAGE 10	1. Espace pour la vie/ Marie-Joëlle Filion 2. Espace pour la vie/ Eva Blue		
PAGE 11	Espace pour la vie/ Marie-Joëlle Filion		
PAGE 12	Espace pour la vie/ Marie-Joëlle Filion		
PAGE 13	Espace pour la vie/ Mathieu Rivard		
PAGE 14	Espace pour la vie/ Mélanie Dusseault		