

STAND UP to bullying

Remember that you do not deserve to be bullied or harassed.

For those who are experiencing bullying

- Talk to an adult that you trust.
- Spend your time with friends who you can count on to support and stick up for you.
- Appear confident and let the person doing the bullying know that it is not okay.
- Stand up for yourself without being aggressive.

For those who are bullying others

- Talk to someone you trust who can help you find ways to have healthy relationships.
- Ask a friend to tell you if they notice if you start to bully others.
- You do not have to like everybody, but you do have to respect everybody.
- Challenge yourself to be more inclusive of others and to be a good friend.
- Everyone has power. Use yours in a positive way to help others, not hurt them.

For those who are witnessing bullying

- By getting help, you are part of the solution.
- If you see somebody who is being bullied, assess the situation; intervene if you feel safe.
- Don't laugh or cheer on bullying—refuse to go along with it.
- Talk to the person who has been bullied. Let them know that they do not deserve to be treated like that and show them that you care.



No to cyberbullying

- Protect your personal information online—never give out your passwords, even to your closest friends.
- Before you send a text, ask yourself if you are ok if the whole world sees it because private messages and photos can go public.
- If someone is cyberbullying you, ask for help, find tips to help protect yourself at www.cybertip.ca and www.cyberbullying.ca, and always save any messages you receive as evidence.
- Be kind online. Do not post or pass on anything negative about another person.

For more information, visit the Canadian Red Cross website by scanning the QR code.





We Believe in God the Father

*Then God said, "Let us make humankind[c] in our image,
according to our likeness..."*
Genesis 1:26

*Then the LORD God formed Humans from the dust of the ground,
and breathed into his nostrils the breath of life;
and the man became a living being.*
Genesis 2:7

God is our Creator and Father. Church teachings based on Scripture and **Tradition** help us understand what it means to have received life from God. We are created in God's image and likeness. God gifted us with a soul, free will, the ability to **reason**, the ability to love as God does and human dignity.



We Live in Community

God created us to live in community.

Our Catholic community includes our home, our school, and our parish.

We also live in the larger community of neighbourhood, city or town, province and country. We encounter other religious faiths and many diverse cultures in our community.

This school year, let us remember that everyone we encounter has human dignity. We can practise Jesus' commandment to love God with our whole heart and soul and to love our neighbour as ourselves.

We Celebrate

The Liturgy of the Eucharist is a celebration of our praise, thanksgiving, and remembrance of God's saving love. It follows a particular **Liturgical rite**.

This year, we might attend Liturgy of the Eucharist with our school or our classroom. We also might get to plan a Liturgy.

It's good practise to note the date and location of our school or classroom Liturgy of the Eucharist in this planner. If I take help plan the liturgy, I can keep track of my timelines and due dates in this planner as well.

LAURENTIEN

We Make Good Choices

God is good. As God's children, we try to love and act as God does. We try to choose good ways of thinking and acting. Virtues are the habits of mind and heart that help us choose these good ways of being.

Some Catholic schools or classrooms choose a specific virtue to practise. Others focus on a Church teaching, a Scripture verse or a Catholic graduate goal to help us develop **virtuous** habits and thoughts.

We Pray

God, my Father,

Thank you for the many wonderful gifts you have granted me. Thank you for both the Catholic and the **secular** community that surrounds me. This school year, help me to put into practice the good habits and practices you wish me to develop. Help me treat everyone with dignity and respect. Bless my studies and help me to put into my heart the good things I learn.

Amen



This September, we are focusing on:

Use this focus to help set your weekly goals.





Inquiry Question!

Research the meaning of...

Tradition:

Reason:

Liturgical rite:

Virtuous:

Secular:

September 2024

Septembre

Monday
Lundi

Tuesday
Mardi

Wednesday
Mercredi

Thursday
Jeudi

Friday
Vendredi

Saturday
Samedi

Sunday
Dimanche

						1 22ND SUNDAY IN ORDINARY TIME <i>World Day of Prayer for the Care of Creation</i>
2	3 ST. GREGORY THE GREAT (M)	4	5	6	7	8 23RD SUNDAY IN ORDINARY TIME
9	10	11	12	13 ST. JOHN CHRYSOSTOM (M)	14 THE EXALTATION OF THE HOLY CROSS (F)	15 24TH SUNDAY IN ORDINARY TIME
16 ST. CORNELIUS and ST. CYPRIAN (M)	17	18	19	20 ST. ANDREW KIM TAE-GÖN priest, PAUL CHÖNG HA-SANG, and Companions, martyrs (M)	21 ST. MATTHEW (F)	22 25TH SUNDAY IN ORDINARY TIME
23 ST. PIUS OF PIETRELCINA (M)	24	25	26	27	28	29 26TH SUNDAY IN ORDINARY TIME <i>World Day of Migrants and Refugees</i>
30	ST. JEROME (M)		ST. JOHN DE BRÉBEUF and ST. ISAAC JOQUES and Companions (F)	ST. VINCENT de PAUL (M)		

(M) = Memorial (F) = Feast (S) = Solemnity

September 2024

Septembre

We Believe in God the Father
My Weekly Goal is:

*This school year, we might learn a variety
of prayer formats. We can develop the
habit of praying regularly.*



Sunday Gospel
Mark 7:31-37
**Jesus Cures
a Deaf Man**

Monday / Lundi 2

Day / Jour

Message ☐

Signature



Tuesday / Mardi 3

Day / Jour

ST. GREGORY THE GREAT (M)

Message ☐

Signature



Wednesday / Mercredi 4

Day / Jour

Message ☐

Signature



September 2024

Septembre

Challenge!



There are many active and sustainable ways to get to school, such as walking, cycling, busing, and carpooling. Grab a friend and create a map of active and sustainable ways to get to school. How many ways can you think of?



Environmental learning
and certification program
ecoschools.ca

Words of the week / Mots de la semaine

Thursday / Jeudi 5

Day / jour

Message ☐

Signature



Friday / Vendredi 6

Day / jour

Message ☐

Signature



I am reading / Je lis

Parent-teacher Communication / Communications parents-enseignant(e)



Aurélie Rivard, originally from Quebec, was born with an underdeveloped left hand. Her perseverance brought her several medals and she was named an International Athlete in 2020.

November 2024

Novembre

**We Believe Jesus Christ is God's
Only Son, Our Lord.**
My Weekly Goal is:

*The Beatitudes and Ten Commandments
together help us live as God's children
and love our neighbour. They make
our communities healthier, safer
and happier places to be.*



Sunday Gospel
Mark 12:38-44
**The Widow's
Offering**

Monday / Lundi 4

Day / Jour

ST. CHARLES BORROMEO (M)

Message ☐

Signature



Tuesday / Mardi 5

Day / Jour

Message ☐

Signature



Wednesday / Mercredi 6

Day / Jour

Message ☐

Signature





November 2024

Novembre



Did you know?



Idling is when we let a vehicle's engine run while it is parked. Letting cars idle wastes money and fuel, and causes pollution that contributes to climate change.



Environmental learning
and certification program
ecoschools.ca

Words of the week / Mots de la semaine

Thursday / Jeudi 7

Day / jour

Message ☐

Signature



Friday / Vendredi 8

Day / jour

Message ☐

Signature



I am reading / Je lis

Parent-teacher Communication / Communications parents-enseignant(e)



Repeatedly bullied, Nova Scotia's **Elsie Morden** created the "No Time for That" tour during her final year of high school. She shared her story with students from more than 450 schools.

We Believe Jesus is God from God
My Weekly Goal is:

*This January, you could think about
 your home, your school, or your Church
 community. What might you do to help
 one of these communities develop to
 its full potential?*



Sunday Gospel
 Luke 3:15-16, 21-22
**The Baptism
 of Jesus**

Monday / Lundi 6

Day / Jour

Message ☐

Signature



Tuesday / Mardi 7

Day / Jour

ST. ANDRÉ BESSETTE (M)

Message ☐

Signature



Wednesday / Mercredi 8

Day / Jour

Message ☐

Signature



January 2025

Janvier



Trivia

How many different species of birds were recorded by Canadians of all ages in the Great Backyard Bird Count in 2023?

Answer: Over 250 unique species were spotted with nearly 58,000 submissions!



Environmental learning
and certification program
ecoschools.ca

Words of the week / Mots de la semaine

Thursday / Jeudi 9

Day / Jour

Message ☐

Signature



Friday / Vendredi 10

Day / Jour

Message ☐

Signature



I am reading / Je lis

Parent-teacher Communication / Communications parents-enseignant(e)



Rebecca Schofield (1999–2018) — Although she passed away in 2018, New Brunswick teenager Becca Schofield's #BeccaToldMeTo movement inspired acts of kindness and community engagement across Canada.

April 2025

Avril

We Believe in the Resurrection

My Weekly Goal is:

*If any special Lenten or Holy Week events
are happening in your school or Church,
add the information to this planner.*



Sunday Gospel
John 8:1-11

**Jesus Forgives
a Sinner**

Monday / Lundi 31 Mar. / mars

Day / Jour

Message ☐

Signature



Tuesday / Mardi 1

Day / Jour

Message ☐

Signature



Wednesday / Mercredi 2

Day / Jour

Message ☐

Signature





Did you know?

Dr. Bondar, the first Canadian woman in space, is also the only astronaut to use fine art photography to explore Earth's natural environment from the surface. The Bondar Challenge is a contest for students to learn about the art of photography and to discover nature. Visit ecoschools.ca/bondarchallenge to participate.



Environmental learning
and certification program
ecoschools.ca

Words of the week / Mots de la semaine

Thursday / Jeudi 3

Day / Jour

Message ☐

Signature



Friday / Vendredi 4

Day / Jour

Message ☐

Signature



I am reading / Je lis

Parent-teacher Communication / Communications parents-enseignant(e)



Professional Canadian tennis player **Félix Auger-Aliassime** of Montréal made his ATP Tour debut as a 17-year-old in 2018.

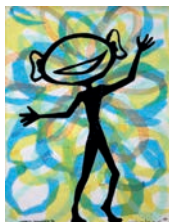
Digital Citizenship

Our Online Activity in Light of the Catholic Graduate Expectations



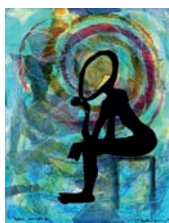
#DiscerningBeliever: I am committed to witnessing to my faith.

- I believe that God is always with me – even in my online activity.
- I witness online to my experience of God's love expressed to me in Jesus Christ.



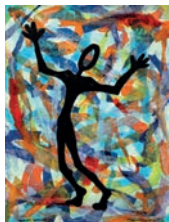
#Effective Communicator: I communicate with others as Jesus would want me to.

- I communicate clearly, honestly and with sensitivity while online.
- I use my voice online to speak up for others and show I care about them.



#ReflectiveCreativeHolisticThinker: I use my ideas to solve problems and make decisions guided by a formed conscience.

- I share my ideas in a respectful way.
- I approach conflict online with knowledge, understanding and prayer.



#SelfDirectedResponsibleLifelongLearner: I am committed to ongoing learning and becoming all God intends me to be.

- I set goals and continually work to improve myself as a digital citizen.
- I reflect on the digital footprint that my online activity creates.



#CollaborativeContributor: I work with others online to contribute to the common good.

- I collaborate with others online.
- I value everyone's work and use other's digitized media ethically.



#CaringFamilyMember: I relate to others online as brothers and sisters in Christ, neighbours on the World Wide Web.

- I treat all people online with respect as we are all created in God's image.
- I represent myself well during my online interactions.



#ResponsibleCitizen: I work for peace and justice and the common good.

- I am a peacemaker in the digital world.
- I stand up for what is right even when it's not popular.

THE TEN COMMANDMENTS

1

I am the Lord thy God:
You shalt not have
strange gods
before me.

2

You shalt not
take the name of the
Lord thy God
in vain.

3

Remember to keep
holy the Lord's day.

4

Honour thy father and
thy mother.

5

You shalt not kill.

6

You shalt not
commit adultery.

7

You shalt not steal.

8

You shalt not bear
false witness against
thy neighbour.

9

You shalt not covet
thy neighbour's wife.

10

You shalt
not covet thy
neighbour's goods.

THE BEATITUDES

1

Blessed are the poor
in spirit, for theirs
is the kingdom
of heaven.

2

Blessed are they who
mourn, for they will
be comforted.

3

Blessed are the meek,
for they will inherit
the land.

4

Blessed are they who
hunger and thirst for
righteousness, for
they will be satisfied.

5

Blessed are
the merciful,
for they will be
shown mercy.

6

Blessed are the clean
of heart, for they will
see God.

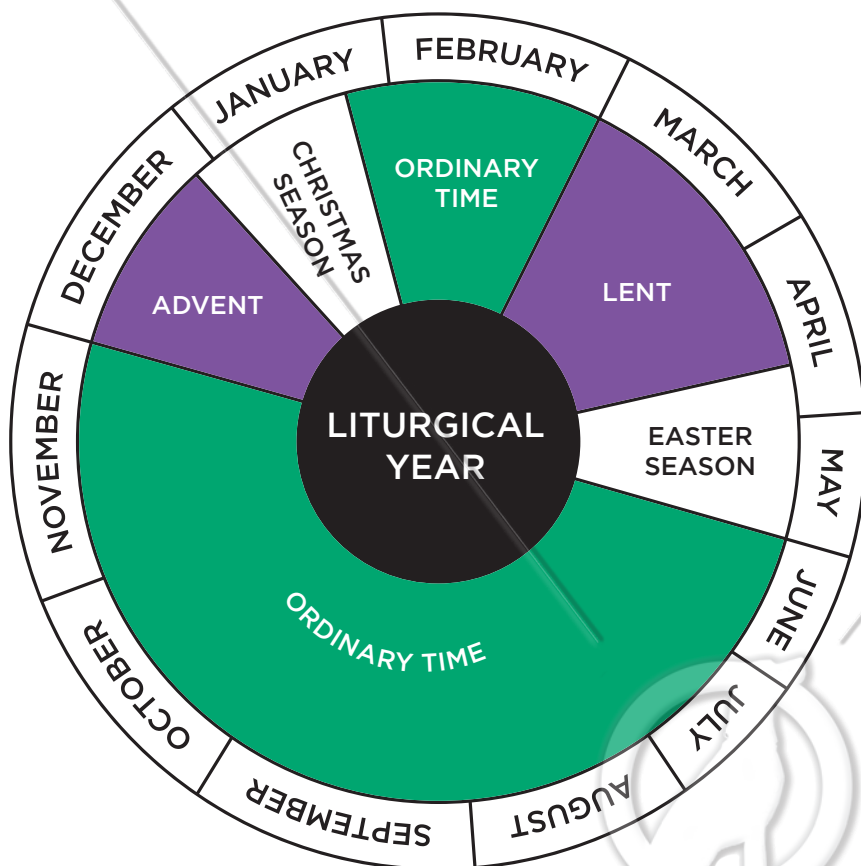
7

Blessed are the
peacemakers, for they
will be called children
of God.

8

Blessed are they
who are persecuted
for the sake
of righteousness,
for theirs is the
kingdom of heaven.

Celebrating During the Liturgical Year



"Celebrate" means to mark an important event. The Liturgical Year is the cycle of the Church celebrations of Sundays, Seasons and Feasts. All celebrations honour the Paschal Mystery: the Life, Death and Resurrection of Jesus. For example, we commemorate in a special way the Birth of Jesus, and his Resurrection. Year after year, these great celebrations return...

The Church's celebrations may generally be called feasts. However, there are three basic classifications of feasts.

- **Solemnities (S):** These are the most important feasts. They celebrate the most significant mysteries of the Catholic faith.
- **Feasts (F):** These celebrate other key components of our faith. On Feast Days we celebrate a title of Jesus or Mary, or important saints or events.
- **Memorials (M):** Memorials celebrate other aspects of our faith such as other saints, or characteristics of Jesus or Mary.

HOLY DAYS OF OBLIGATION

The Church asks that we attend particular liturgical celebrations. These are holy days of obligation.

Canadian Holy Days of Obligation

- **Sundays:** Sunday is our most important Feast Day. We gather as community to celebrate the Paschal mystery.
- **Solemnity of The Nativity of the Lord (Christmas):** December 25.
- **Solemnity of Mary, the Holy Mother of God:** January 1.

A Note on Ordinary Time

(September 1 to November 30, 2024, and June 9 to August 31, 2025)

Ordinary Time refers to the times of the year that fall outside the Seasons of Advent, Christmas, Lent and Easter. We continue to celebrate solemnities, feasts and memorials during Ordinary Time.

Dates to Remember



ADVENT

December 1 to December 24 Morning, 2025

Advent is a time of preparation.



HOLY WEEK

April 13 to Holy Thursday Morning on April 17, 2025

This is the final week of Lent.



CHRISTMAS

December 25, 2025

We celebrate the Solemnity of The Nativity of the Lord.



EASTER TRIDUUM

From Holy Thursday Evening, April 17 until the Easter Vigil on Holy Saturday, April 19, 2025

These last three days of Holy Week commemorate the final three days of Jesus' life.



EPIPHANY

January 5, 2025

It commemorates the "wise men" (magi) who came from far away to pay homage to the newborn King, Jesus.



EASTER

April 20, 2025

Easter is when Christians celebrate the Resurrection of Jesus. It is the high point of the Christian year.



ASH WEDNESDAY

March 5, 2025

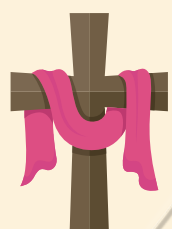
This is the first day of Lent. It is a solemn celebration.



THE ASCENSION OF THE LORD

June 1, 2025

We commemorate Jesus rising bodily into heaven after His resurrection.



LENT

March 5 to April 17 Morning, 2025

Lent is a solemn time of preparation for Easter.



PENTECOST

June 8, 2025

On that day, the Apostles received the Holy Spirit and began proclaiming the resurrection of Jesus.



PALM SUNDAY

April 13, 2025

Palm Sunday is the day we remember Jesus' solemn entry into Jerusalem.

The Seven Sacraments

The Sacraments of the Catholic Church are visible signs of the invisible grace of God. They were instituted by Jesus Christ who entrusted their care to the Church. Jesus lives and acts through the Sacraments. They proclaim, celebrate and make present the Paschal Mystery: that Christ's life, death and resurrection saved and redeemed the world. The whole liturgical life of the Catholic Church revolves around the Eucharist and the sacraments. There are seven sacraments in the Church: Baptism, Confirmation, Eucharist, Penance, Anointing of the Sick, Matrimony and Holy Orders.

THE SACRAMENTS OF INITIATION: *The Foundations of Christian Life*



SACRAMENT OF BAPTISM

Baptism initiates a person into the Christian life. It is the gateway to the other Sacraments. The grace of Baptism marks the receiver with the invisible seal of Christ. It frees humans from original sin and from personal guilt. It enables them to be reborn in the Holy Spirit as children of God, brothers and sisters of Christ and members of the Church.



SACRAMENT OF CONFIRMATION

The sacrament of Confirmation completes the sacramental grace of baptism. It unleashes the power of the Holy Spirit, received at Baptism. This strengthens the ability of the person who receives the sacrament to witness to Jesus Christ and remain faithful to Him. It marks the receiver with the seal of the Holy Spirit.



SACRAMENT OF THE EUCHARIST

The Eucharist is the source and summit of the Christian life. It completes initiation into the Catholic Church. The Eucharist is real and spiritual food for the Christian journey. The real presence of Jesus Christ manifests in the form of bread and wine. The celebration of the sacrament recalls, gives praise and thanks for, and makes present the Paschal mystery. Its grace unites the receiver with Christ, strengthening the ability to imitate Christ and resist the temptation to sin. All the other sacraments centre around the Eucharist.

THE SACRAMENTS OF HEALING: Continue the Healing and Saving Work of Christ



SACRAMENT OF RECONCILIATION

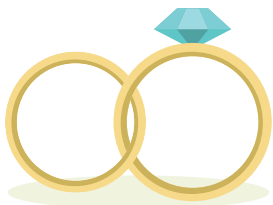
Baptism is the first instance of the forgiveness of sins. However, humans remain tempted to sin. Through the Sacrament of Reconciliation, the receiver confesses and receives pardon for all sins. The Sacrament is necessary for the forgiveness of mortal sins which rupture the relationship with God. Its grace reconciles the receiver with God, enables continued conversion of heart, inspires repentance and provides strength to resist temptation.



SACRAMENT OF ANOINTING OF THE SICK

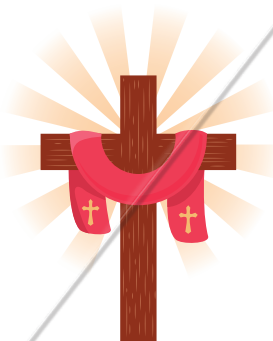
The Sacrament of Anointing of the Sick provides those experiencing serious illness, or those who are near death with the strength, peace and courage they need to endure their trials. It unites their suffering to that of Christ on the cross. Its grace may provide healing of the body, but its essential purpose is to provide healing of the soul, unity with Christ and forgiveness of sins.

THE SACRAMENTS AT THE SERVICE OF COMMUNION: Build Up and Serve the Church



SACRAMENT OF MATRIMONY

Matrimony is a covenantal relationship. The spouses commit to a lifelong partnership of service for the good of the other. Each helps build up the other as a follower of Christ. The spouses agree to be open to the arrival of children and to educate their offspring in following Christ. Therefore, the family is the domestic Church. The grace of the sacrament strengthens the couple's love and faithfulness.



SACRAMENT OF HOLY ORDERS

Holy Orders is the Sacrament through which men are ordained to carry on the mission of Christ's Apostles. There are three levels of Holy Orders: deacons, priests and bishops. Through the grace of the Holy Spirit, the receiver is provided with special powers of Christ to administer sacraments and care for the Church.

Prayers

THE SIGN OF THE CROSS

In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

ACT OF CONTRITION

O my God, I am sorry
for having sinned.
I love you with all my heart.
With your help, I will
try not to sin again.
Amen.

GLORY BE

Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

THE LORD'S PRAYER

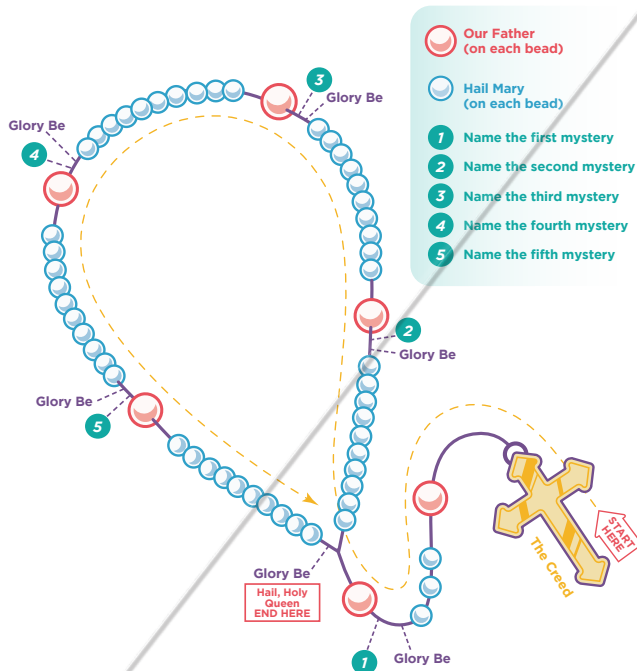
Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth,
as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those
who trespass against us,
and lead us not into temptation,
but deliver us from evil.
Amen.

THE MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of our Holy Father the Pope. Amen.

HAIL MARY

Hail Mary, full of grace,
the Lord is with thee.
Blessed art thou among women
and blessed is the fruit
of thy womb, Jesus.
Holy Mary,
Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

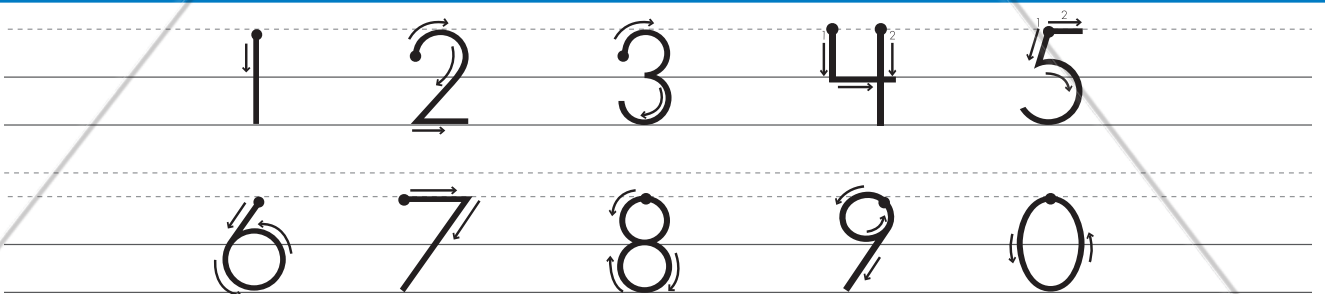


Learn to Trace

Alphabet



Numbers



Tables

Addition

Table 1	0 + 1 = 1	Table 2	0 + 2 = 2	Table 3	0 + 3 = 3	Table 4	0 + 4 = 4	Table 5	0 + 5 = 5	Table 6	0 + 6 = 6
	1 + 1 = 2		1 + 2 = 3		1 + 3 = 4		1 + 4 = 5		1 + 5 = 6		1 + 6 = 7
	2 + 1 = 3		2 + 2 = 4		2 + 3 = 5		2 + 4 = 6		2 + 5 = 7		2 + 6 = 8
	3 + 1 = 4		3 + 2 = 5		3 + 3 = 6		3 + 4 = 7		3 + 5 = 8		3 + 6 = 9
	4 + 1 = 5		4 + 2 = 6		4 + 3 = 7		4 + 4 = 8		4 + 5 = 9		4 + 6 = 10
	5 + 1 = 6		5 + 2 = 7		5 + 3 = 8		5 + 4 = 9		5 + 5 = 10		5 + 6 = 11
	6 + 1 = 7		6 + 2 = 8		6 + 3 = 9		6 + 4 = 10		6 + 5 = 11		6 + 6 = 12
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	10 + 7 = 17		10 + 8 = 18		10 + 9 = 19		10 + 10 = 20		10 + 11 = 21		10 + 12 = 22
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Subtraction


Table 1	1 - 1 = 0	Table 2	2 - 2 = 0	Table 3	3 - 3 = 0	Table 4	4 - 4 = 0	Table 5	5 - 5 = 0	Table 6	6 - 6 = 0
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	6 - 1 = 5		7 - 2 = 5		8 - 3 = 5		9 - 4 = 5		10 - 5 = 5		11 - 6 = 5
	7 - 1 = 6		8 - 2 = 6		9 - 3 = 6		10 - 4 = 6		11 - 5 = 6		12 - 6 = 6
	8 - 1 = 7		9 - 2 = 7		10 - 3 = 7		11 - 4 = 7		12 - 5 = 7		13 - 6 = 7
	9 - 1 = 8		10 - 2 = 8		11 - 3 = 8		12 - 4 = 8		13 - 5 = 8		14 - 6 = 8
	10 - 1 = 9		11 - 2 = 9		12 - 3 = 9		13 - 4 = 9		14 - 5 = 9		15 - 6 = 9
	11 - 1 = 10		12 - 2 = 10		13 - 3 = 10		14 - 4 = 10		15 - 5 = 10		16 - 6 = 10
Table 7	7 - 7 = 0	Table 8	8 - 8 = 0	Table 9	9 - 9 = 0	Table 10	10 - 10 = 0	Table 11	11 - 11 = 0	Table 12	12 - 12 = 0
	8 - 7 = 1		9 - 8 = 1		10 - 9 = 1		11 - 10 = 1		12 - 11 = 1		13 - 12 = 1
	9 - 7 = 2		10 - 8 = 2		11 - 9 = 2		12 - 10 = 2		13 - 11 = 2		14 - 12 = 2
	10 - 7 = 3		11 - 8 = 3		12 - 9 = 3		13 - 10 = 3		14 - 11 = 3		15 - 12 = 3
	11 - 7 = 4		12 - 8 = 4		13 - 9 = 4		14 - 10 = 4		15 - 11 = 4		16 - 12 = 4
	12 - 7 = 5		13 - 8 = 5		14 - 9 = 5		15 - 10 = 5		16 - 11 = 5		17 - 12 = 5
	13 - 7 = 6		14 - 8 = 6		15 - 9 = 6		16 - 10 = 6		17 - 11 = 6		18 - 12 = 6
	14 - 7 = 7		15 - 8 = 7		16 - 9 = 7		17 - 10 = 7		18 - 11 = 7		19 - 12 = 7
	15 - 7 = 8		16 - 8 = 8		17 - 9 = 8		18 - 10 = 8		19 - 11 = 8		20 - 12 = 8
	16 - 7 = 9		17 - 8 = 9		18 - 9 = 9		19 - 10 = 9		20 - 11 = 9		21 - 12 = 9
	17 - 7 = 10		18 - 8 = 10		19 - 9 = 10		20 - 10 = 10		21 - 11 = 10		22 - 12 = 10

Tables


Multiplication											
Table 1	$1 \times 1 = 1$	Table 2	$2 \times 1 = 2$	Table 3	$3 \times 1 = 3$	Table 4	$4 \times 1 = 4$	Table 5	$5 \times 1 = 5$	Table 6	$6 \times 1 = 6$
	$1 \times 2 = 2$		$2 \times 2 = 4$		$3 \times 2 = 6$		$4 \times 2 = 8$		$5 \times 2 = 10$		$6 \times 2 = 12$
	$1 \times 3 = 3$		$2 \times 3 = 6$		$3 \times 3 = 9$		$4 \times 3 = 12$		$5 \times 3 = 15$		$6 \times 3 = 18$
	$1 \times 4 = 4$		$2 \times 4 = 8$		$3 \times 4 = 12$		$4 \times 4 = 16$		$5 \times 4 = 20$		$6 \times 4 = 24$
	$1 \times 5 = 5$		$2 \times 5 = 10$		$3 \times 5 = 15$		$4 \times 5 = 20$		$5 \times 5 = 25$		$6 \times 5 = 30$
	$1 \times 6 = 6$		$2 \times 6 = 12$		$3 \times 6 = 18$		$4 \times 6 = 24$		$5 \times 6 = 30$		$6 \times 6 = 36$
	$1 \times 7 = 7$		$2 \times 7 = 14$		$3 \times 7 = 21$		$4 \times 7 = 28$		$5 \times 7 = 35$		$6 \times 7 = 42$
	$1 \times 8 = 8$		$2 \times 8 = 16$		$3 \times 8 = 24$		$4 \times 8 = 32$		$5 \times 8 = 40$		$6 \times 8 = 48$
	$1 \times 9 = 9$		$2 \times 9 = 18$		$3 \times 9 = 27$		$4 \times 9 = 36$		$5 \times 9 = 45$		$6 \times 9 = 54$
	$1 \times 10 = 10$		$2 \times 10 = 20$		$3 \times 10 = 30$		$4 \times 10 = 40$		$5 \times 10 = 50$		$6 \times 10 = 60$
	$1 \times 11 = 11$		$2 \times 11 = 22$		$3 \times 11 = 33$		$4 \times 11 = 44$		$5 \times 11 = 55$		$6 \times 11 = 66$
	$1 \times 12 = 12$		$2 \times 12 = 24$		$3 \times 12 = 36$		$4 \times 12 = 48$		$5 \times 12 = 60$		$6 \times 12 = 72$
Table 7	$7 \times 1 = 7$	Table 8	$8 \times 1 = 8$	Table 9	$9 \times 1 = 9$	Table 10	$10 \times 1 = 10$	Table 11	$11 \times 1 = 11$	Table 12	$12 \times 1 = 12$
	$7 \times 2 = 14$		$8 \times 2 = 16$		$9 \times 2 = 18$		$10 \times 2 = 20$		$11 \times 2 = 22$		$12 \times 2 = 24$
	$7 \times 3 = 21$		$8 \times 3 = 24$		$9 \times 3 = 27$		$10 \times 3 = 30$		$11 \times 3 = 33$		$12 \times 3 = 36$
	$7 \times 4 = 28$		$8 \times 4 = 32$		$9 \times 4 = 36$		$10 \times 4 = 40$		$11 \times 4 = 44$		$12 \times 4 = 48$
	$7 \times 5 = 35$		$8 \times 5 = 40$		$9 \times 5 = 45$		$10 \times 5 = 50$		$11 \times 5 = 55$		$12 \times 5 = 60$
	$7 \times 6 = 42$		$8 \times 6 = 48$		$9 \times 6 = 54$		$10 \times 6 = 60$		$11 \times 6 = 66$		$12 \times 6 = 72$
	$7 \times 7 = 49$		$8 \times 7 = 56$		$9 \times 7 = 63$		$10 \times 7 = 70$		$11 \times 7 = 77$		$12 \times 7 = 84$
	$7 \times 8 = 56$		$8 \times 8 = 64$		$9 \times 8 = 72$		$10 \times 8 = 80$		$11 \times 8 = 88$		$12 \times 8 = 96$
	$7 \times 9 = 63$		$8 \times 9 = 72$		$9 \times 9 = 81$		$10 \times 9 = 90$		$11 \times 9 = 99$		$12 \times 9 = 108$
	$7 \times 10 = 70$		$8 \times 10 = 80$		$9 \times 10 = 90$		$10 \times 10 = 100$		$11 \times 10 = 110$		$12 \times 10 = 120$
	$7 \times 11 = 77$		$8 \times 11 = 88$		$9 \times 11 = 99$		$10 \times 11 = 110$		$11 \times 11 = 121$		$12 \times 11 = 132$
	$7 \times 12 = 84$		$8 \times 12 = 96$		$9 \times 12 = 108$		$10 \times 12 = 120$		$11 \times 12 = 132$		$12 \times 12 = 144$

Division											
Table 1	$1 \div 1 = 1$	Table 2	$2 \div 2 = 1$	Table 3	$3 \div 3 = 1$	Table 4	$4 \div 4 = 1$	Table 5	$5 \div 5 = 1$	Table 6	$6 \div 6 = 1$
	$2 \div 1 = 2$		$4 \div 2 = 2$		$6 \div 3 = 2$		$8 \div 4 = 2$		$10 \div 5 = 2$		$12 \div 6 = 2$
	$3 \div 1 = 3$		$6 \div 2 = 3$		$9 \div 3 = 3$		$12 \div 4 = 3$		$15 \div 5 = 3$		$18 \div 6 = 3$
	$4 \div 1 = 4$		$8 \div 2 = 4$		$12 \div 3 = 4$		$16 \div 4 = 4$		$20 \div 5 = 4$		$24 \div 6 = 4$
	$5 \div 1 = 5$		$10 \div 2 = 5$		$15 \div 3 = 5$		$20 \div 4 = 5$		$25 \div 5 = 5$		$30 \div 6 = 5$
	$6 \div 1 = 6$		$12 \div 2 = 6$		$18 \div 3 = 6$		$24 \div 4 = 6$		$30 \div 5 = 6$		$36 \div 6 = 6$
	$7 \div 1 = 7$		$14 \div 2 = 7$		$21 \div 3 = 7$		$28 \div 4 = 7$		$35 \div 5 = 7$		$42 \div 6 = 7$
	$8 \div 1 = 8$		$16 \div 2 = 8$		$24 \div 3 = 8$		$32 \div 4 = 8$		$40 \div 5 = 8$		$48 \div 6 = 8$
	$9 \div 1 = 9$		$18 \div 2 = 9$		$27 \div 3 = 9$		$36 \div 4 = 9$		$45 \div 5 = 9$		$54 \div 6 = 9$
	$10 \div 1 = 10$		$20 \div 2 = 10$		$30 \div 3 = 10$		$40 \div 4 = 10$		$50 \div 5 = 10$		$60 \div 6 = 10$
	$11 \div 1 = 11$		$22 \div 2 = 11$		$33 \div 3 = 11$		$44 \div 4 = 11$		$55 \div 5 = 11$		$66 \div 6 = 11$
	$12 \div 1 = 12$		$24 \div 2 = 12$		$36 \div 3 = 12$		$48 \div 4 = 12$		$60 \div 5 = 12$		$72 \div 6 = 12$
Table 7	$7 \div 7 = 1$	Table 8	$8 \div 8 = 1$	Table 9	$9 \div 9 = 1$	Table 10	$10 \div 10 = 1$	Table 11	$11 \div 11 = 1$	Table 12	$12 \div 12 = 1$
	$14 \div 7 = 2$		$16 \div 8 = 2$		$18 \div 9 = 2$		$20 \div 10 = 2$		$22 \div 11 = 2$		$24 \div 12 = 2$
	$21 \div 7 = 3$		$24 \div 8 = 3$		$27 \div 9 = 3$		$30 \div 10 = 3$		$33 \div 11 = 3$		$36 \div 12 = 3$
	$28 \div 7 = 4$		$32 \div 8 = 4$		$36 \div 9 = 4$		$40 \div 10 = 4$		$44 \div 11 = 4$		$48 \div 12 = 4$
	$35 \div 7 = 5$		$40 \div 8 = 5$		$45 \div 9 = 5$		$50 \div 10 = 5$		$55 \div 11 = 5$		$60 \div 12 = 5$
	$42 \div 7 = 6$		$48 \div 8 = 6$		$54 \div 9 = 6$		$60 \div 10 = 6$		$66 \div 11 = 6$		$72 \div 12 = 6$
	$49 \div 7 = 7$		$56 \div 8 = 7$		$63 \div 9 = 7$		$70 \div 10 = 7$		$77 \div 11 = 7$		$84 \div 12 = 7$
	$56 \div 7 = 8$		$64 \div 8 = 8$		$72 \div 9 = 8$		$80 \div 10 = 8$		$88 \div 11 = 8$		$96 \div 12 = 8$
	$63 \div 7 = 9$		$72 \div 8 = 9$		$81 \div 9 = 9$		$90 \div 10 = 9$		$99 \div 11 = 9$		$108 \div 12 = 9$
	$70 \div 7 = 10$		$80 \div 8 = 10$		$90 \div 9 = 10$		$100 \div 10 = 10$		$110 \div 11 = 10$		$120 \div 12 = 10$
	$77 \div 7 = 11$		$88 \div 8 = 11$		$99 \div 9 = 11$		$110 \div 10 = 11$		$121 \div 11 = 11$		$132 \div 12 = 11$
	$84 \div 7 = 12$		$96 \div 8 = 12$		$108 \div 9 = 12$		$120 \div 10 = 12$		$132 \div 11 = 12$		$144 \div 12 = 12$


Numbers 1-100 grid



Let's count by every 2 hops!



Count every 5 leaps with me!



I count by every 10 jumps!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Game of numbers

2



$$\begin{array}{l} 1 + 1 = 2 \\ 2 - 1 = 1 \end{array}$$

3



$$\begin{array}{l} 2 + 1 = 3 \\ 1 + 2 = 3 \\ 3 - 1 = 2 \\ 3 - 2 = 1 \end{array}$$

4



$$\begin{array}{l} 3 + 1 = 4 \\ 1 + 3 = 4 \\ 4 - 1 = 3 \\ 4 - 3 = 1 \end{array}$$



$$\begin{array}{l} 2 + 2 = 4 \\ 4 - 2 = 2 \end{array}$$

5

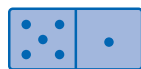


$$\begin{array}{l} 4 + 1 = 5 \\ 1 + 4 = 5 \\ 5 - 1 = 4 \\ 5 - 4 = 1 \end{array}$$



$$\begin{array}{l} 3 + 2 = 5 \\ 2 + 3 = 5 \\ 5 - 2 = 3 \\ 5 - 3 = 2 \end{array}$$

6



$$\begin{array}{l} 5 + 1 = 6 \\ 1 + 5 = 6 \\ 6 - 1 = 5 \\ 6 - 5 = 1 \end{array}$$



$$\begin{array}{l} 4 + 2 = 6 \\ 2 + 4 = 6 \\ 6 - 2 = 4 \\ 6 - 4 = 2 \end{array}$$



$$\begin{array}{l} 3 + 3 = 6 \\ 6 - 3 = 3 \end{array}$$

7



$$\begin{array}{l} 6 + 1 = 7 \\ 1 + 6 = 7 \\ 7 - 1 = 6 \\ 7 - 6 = 1 \end{array}$$



$$\begin{array}{l} 5 + 2 = 7 \\ 2 + 5 = 7 \\ 7 - 2 = 5 \\ 7 - 5 = 2 \end{array}$$



$$\begin{array}{l} 4 + 3 = 7 \\ 3 + 4 = 7 \\ 7 - 3 = 4 \\ 7 - 4 = 3 \end{array}$$

8



$$\begin{array}{l} 7 + 1 = 8 \\ 1 + 7 = 8 \\ 8 - 1 = 7 \\ 8 - 7 = 1 \end{array}$$



$$\begin{array}{l} 6 + 2 = 8 \\ 2 + 6 = 8 \\ 8 - 2 = 6 \\ 8 - 6 = 2 \end{array}$$



$$\begin{array}{l} 5 + 3 = 8 \\ 3 + 5 = 8 \\ 8 - 3 = 5 \\ 8 - 5 = 3 \end{array}$$



$$\begin{array}{l} 4 + 4 = 8 \\ 8 - 4 = 4 \end{array}$$

9



$$\begin{array}{l} 8 + 1 = 9 \\ 1 + 8 = 9 \\ 9 - 1 = 8 \\ 9 - 8 = 1 \end{array}$$



$$\begin{array}{l} 7 + 2 = 9 \\ 2 + 7 = 9 \\ 9 - 2 = 7 \\ 9 - 7 = 2 \end{array}$$



$$\begin{array}{l} 6 + 3 = 9 \\ 3 + 6 = 9 \\ 9 - 3 = 6 \\ 9 - 6 = 3 \end{array}$$



$$\begin{array}{l} 5 + 4 = 9 \\ 4 + 5 = 9 \\ 9 - 4 = 5 \\ 9 - 5 = 4 \end{array}$$

10



$$\begin{array}{l} 9 + 1 = 10 \\ 1 + 9 = 10 \\ 10 - 1 = 9 \\ 10 - 9 = 1 \end{array}$$



$$\begin{array}{l} 8 + 2 = 10 \\ 2 + 8 = 10 \\ 10 - 2 = 8 \\ 10 - 8 = 2 \end{array}$$



$$\begin{array}{l} 7 + 3 = 10 \\ 3 + 7 = 10 \\ 10 - 3 = 7 \\ 10 - 7 = 3 \end{array}$$



$$\begin{array}{l} 6 + 4 = 10 \\ 4 + 6 = 10 \\ 10 - 4 = 6 \\ 10 - 6 = 4 \end{array}$$



$$\begin{array}{l} 5 + 5 = 10 \\ 10 - 5 = 5 \end{array}$$

11



$$\begin{array}{l} 10 + 1 = 11 \\ 1 + 10 = 11 \\ 11 - 1 = 10 \\ 11 - 10 = 1 \end{array}$$



$$\begin{array}{l} 9 + 2 = 11 \\ 2 + 9 = 11 \\ 11 - 2 = 9 \\ 11 - 9 = 2 \end{array}$$



$$\begin{array}{l} 8 + 3 = 11 \\ 3 + 8 = 11 \\ 11 - 3 = 8 \\ 11 - 8 = 3 \end{array}$$



$$\begin{array}{l} 7 + 4 = 11 \\ 4 + 7 = 11 \\ 11 - 4 = 7 \\ 11 - 7 = 4 \end{array}$$



$$\begin{array}{l} 6 + 5 = 11 \\ 5 + 6 = 11 \\ 11 - 5 = 6 \\ 11 - 6 = 5 \end{array}$$

12



$$\begin{array}{l} 10 + 2 = 12 \\ 2 + 10 = 12 \\ 12 - 2 = 10 \\ 12 - 10 = 2 \end{array}$$



$$\begin{array}{l} 9 + 3 = 12 \\ 3 + 9 = 12 \\ 12 - 3 = 9 \\ 12 - 9 = 3 \end{array}$$



$$\begin{array}{l} 8 + 4 = 12 \\ 4 + 8 = 12 \\ 12 - 4 = 8 \\ 12 - 8 = 4 \end{array}$$



$$\begin{array}{l} 7 + 5 = 12 \\ 5 + 7 = 12 \\ 12 - 5 = 7 \\ 12 - 7 = 5 \end{array}$$



$$\begin{array}{l} 6 + 6 = 12 \\ 12 - 6 = 6 \end{array}$$

13



$$\begin{array}{l} 10 + 3 = 13 \\ 3 + 10 = 13 \\ 13 - 3 = 10 \\ 13 - 10 = 3 \end{array}$$



$$\begin{array}{l} 9 + 4 = 13 \\ 4 + 9 = 13 \\ 13 - 4 = 9 \\ 13 - 9 = 4 \end{array}$$

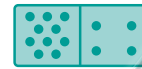


$$\begin{array}{l} 8 + 5 = 13 \\ 5 + 8 = 13 \\ 13 - 5 = 8 \\ 13 - 8 = 5 \end{array}$$



$$\begin{array}{l} 7 + 6 = 13 \\ 6 + 7 = 13 \\ 13 - 6 = 7 \\ 13 - 7 = 6 \end{array}$$

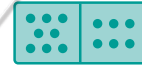
14



$$\begin{array}{l} 10 + 4 = 14 \\ 4 + 10 = 14 \\ 14 - 4 = 10 \\ 14 - 10 = 4 \end{array}$$



$$\begin{array}{l} 9 + 5 = 14 \\ 5 + 9 = 14 \\ 14 - 5 = 9 \\ 14 - 9 = 5 \end{array}$$



$$\begin{array}{l} 8 + 6 = 14 \\ 6 + 8 = 14 \\ 14 - 6 = 8 \\ 14 - 8 = 6 \end{array}$$



$$\begin{array}{l} 7 + 7 = 14 \\ 14 - 7 = 7 \end{array}$$

15



$$\begin{array}{l} 10 + 5 = 15 \\ 5 + 10 = 15 \\ 15 - 5 = 10 \\ 15 - 10 = 5 \end{array}$$

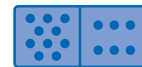


$$\begin{array}{l} 9 + 6 = 15 \\ 6 + 9 = 15 \\ 15 - 6 = 9 \\ 15 - 9 = 6 \end{array}$$



$$\begin{array}{l} 8 + 7 = 15 \\ 7 + 8 = 15 \\ 15 - 7 = 8 \\ 15 - 8 = 7 \end{array}$$

16



$$\begin{array}{l} 10 + 6 = 16 \\ 6 + 10 = 16 \\ 16 - 6 = 10 \\ 16 - 10 = 6 \end{array}$$

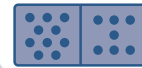


$$\begin{array}{l} 9 + 7 = 16 \\ 7 + 9 = 16 \\ 16 - 7 = 9 \\ 16 - 9 = 7 \end{array}$$



$$\begin{array}{l} 8 + 8 = 16 \\ 16 - 8 = 8 \end{array}$$

17



$$\begin{array}{l} 10 + 7 = 17 \\ 7 + 10 = 17 \\ 17 - 7 = 10 \\ 17 - 10 = 7 \end{array}$$



$$\begin{array}{l} 9 + 8 = 17 \\ 8 + 9 = 17 \\ 17 - 8 = 9 \\ 17 - 9 = 8 \end{array}$$

18



$$\begin{array}{l} 10 + 8 = 18 \\ 8 + 10 = 18 \\ 18 - 8 = 10 \\ 18 - 10 = 8 \end{array}$$



$$\begin{array}{l} 9 + 9 = 18 \\ 18 - 9 = 9 \end{array}$$

Useful Information

TIME EQUIVALENTS

1 leap year = 366 days	1 day = 24 hours
1 year = 365 days	1 hour = 60 minutes
1 year = 12 months	1 minute = 60 seconds
1 year = 52 weeks	1 decade = 10 years
1 month = 4 weeks	1 century = 100 years
(approx.)	
1 week = 7 days	

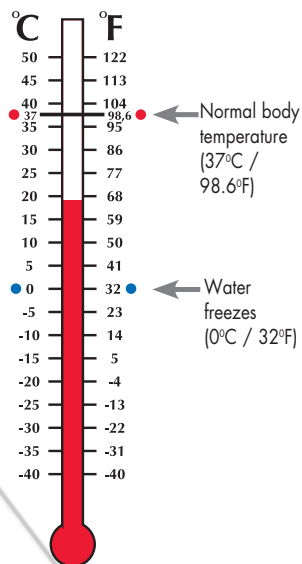
DAYS OF THE WEEK

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

MONTHS OF THE YEAR

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

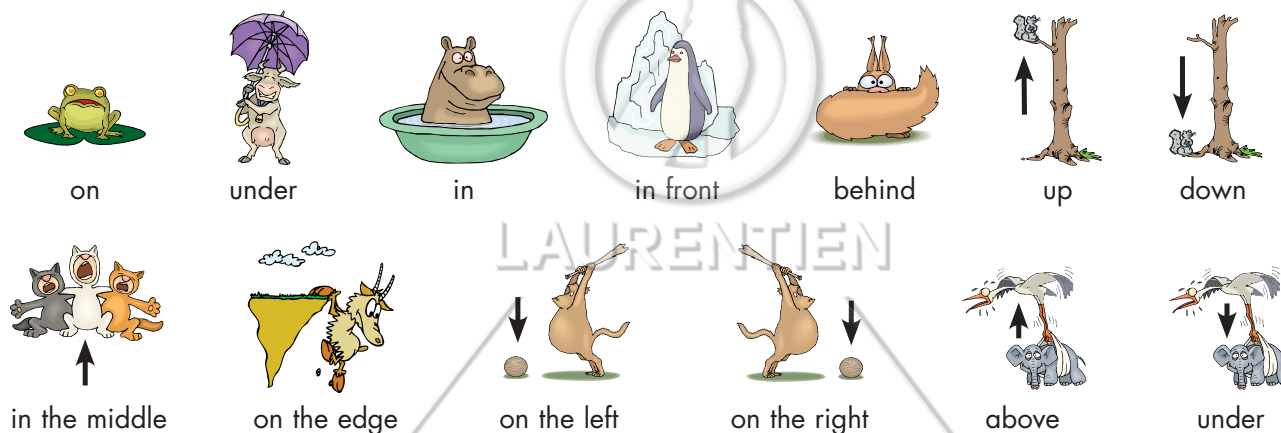
TEMPERATURE



COINS



ORIENTATION



SYMBOLS OF DANGEROUS PRODUCTS¹

The symbols below indicate the TYPE of danger related to a product.



Figures below indicate the DEGREE of danger.



The TYPE of danger as well as its DEGREE.

TYPE

DEGREE

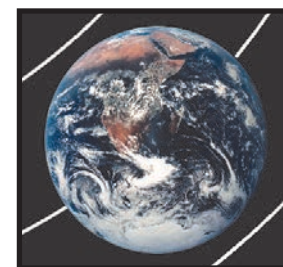


¹ Source: Health Canada.

Solar System

Planet*	Distance from the Sun (10 ⁶ km)	Diameter (km)	Mass (10 ²⁴ kg)	Rotation period (hours)	Orbital Period (days)	Mean surface temperature (°C)	Number of Moons
Mercury	57.9	4879	0.330	1407.6	88	167	0
Venus	108.2	12 104	4.87	-5832.5	224.7	464	0
Earth	149.6	12 756	5.97	23.9	365.2	15	1
Mars	227.9	6792	0.642	24.6	687	-65	2
Jupiter	778.6	142 984	1898	9.9	4331	-110	79
Saturn	1433.5	120 536	568	10.7	10 747	-140	82
Uranus	2872.5	51 118	86.8	-17.2	30 589	-195	27
Neptune	4495.1	49 528	102	16.1	59 800	-200	14

* On August 24, 2006, the International Astronomical Union (IAU) formally downgraded Pluto from an official planet to a dwarf planet (like Eris and Ceres).



Earth

The Earth is the solar system's fifth largest planet and the third in distance from the Sun. It spins from west to east around its polar axis. This rotation causes the alternation of day and night. As it rotates, the Earth also orbits around the Sun. This causes the change of seasons.

Age of the Earth:

approx. 4.5 billion years

Orbital speed:

107 218 km/h

Rotation speed:

1670 km/h

Equatorial circumference:

40 030 km

Mass:

5.97×10^{24} kg

Surface area:

510 064 472 km²

Continental surface area:

149 500 000 km² (29.3%)

Oceanic surface area:

360 500 000 km² (70.7%)

Source: <https://nssdc.gsfc.nasa.gov/planetary/factsheet/> NASA, October 2019
















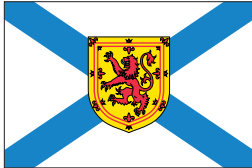





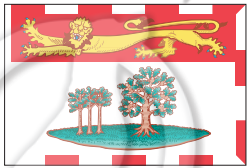







Map of Canada



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Provinces and Territories of Canada

Provinces

Alberta  Capital: Edmonton Motto: <i>Fortis et liber</i> (Strong and free) Size: 661,848 km ²   Flower: Wild Rose Tree: Lodgepole Pine	British Columbia  Capital: Victoria Motto: <i>Splendor sine occasu</i> (Splendour without diminishment) Size: 944,735 km ²   Flower: Pacific Dogwood Tree: Western Red Cedar	Manitoba  Capital: Winnipeg Motto: <i>Gloriosus et liber</i> (Glorious and free) Size: 647,797 km ²   Flower: Prairie Crocus Tree: White Spruce	New Brunswick  Capital: Fredericton Motto: <i>Spem reduxit</i> (Hope restored) Size: 72,908 km ²   Flower: Purple Violet Tree: Balsam Fir	Newfoundland and Labrador  Capital: St. John's Motto: <i>Quaerite prim regnum dei</i> (Seek ye first the Kingdom of God) Size: 405,212 km ²   Flower: Insect-eating Pitcher Plant Tree: Black Spruce
Nova Scotia  Capital: Halifax Motto: <i>Munit haec et altera vincit</i> (One defends and the other conquers) Size: 55,284 km ²   Flower: Mayflower Tree: Red Spruce	Ontario  Capital: Toronto Motto: <i>Ut incepit fidelis sic permanent</i> (Loyal she began, loyal she remains) Size: 1,076,395 km ²   Flower: White Trillium Tree: Eastern White Pine	Prince Edward Island  Capital: Charlottetown Motto: <i>Parva sub ingenti</i> (The small under the protection of the great) Size: 5,660 km ²   Flower: Lady's Slipper Tree: Red Oak	Quebec  Capital: Quebec City Motto: <i>Je me souviens</i> (I remember) Size: 1,542,056 km ²   Flower: Blue Flag Tree: Yellow Birch	Saskatchewan  Capital: Regina Motto: <i>Multis e gentibus vires</i> (From many peoples strength) Size: 651,036 km ²   Flower: Western Red Lily Tree: White Birch

Territories

Northwest Territories



Capital: Yellowknife
Size: 1,346,106 km²



Flower: Mountain Avens Tree: Tamarack Larch

Nunavut



Capital: Iqaluit
Motto: *Nunavut Sanginivut*
 (Nunavut, our strength)
Size: 2,093,190 km²

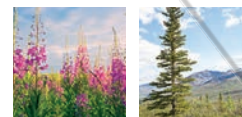


Flower: Purple Saxifrage

Yukon



Capital: Whitehorse
Size: 482,443 km²



Flower: Fireweed Tree: Subalpine Fir

World Map



America

Antigua-and-Barbuda, St. John's
 Argentina, Buenos Aires
 Bahamas, Nassau
 Barbados, Bridgetown
 Belize, Belmopan
 Bermuda, Hamilton
 Bolivia, La Paz, Sucre
 Brazil, Brasilia
 Canada, Ottawa
 Chile, Santiago
 Colombia, Bogotá
 Costa Rica, San Jose
 Cuba, Havana
 Dominica, Roseau
 Dominican Republic, Santo Domingo
 Ecuador, Quito
 El Salvador, San Salvador
 French Guyana, Cayenne
 Grenada-and-Carriacou, St. George's
 Guatemala, Guatemala City
 Guyana, Georgetown
 Haiti, Port-au-Prince
 Honduras, Tegucigalpa
 Jamaica, Kingston
 Mexico, Mexico City
 Nicaragua, Managua
 Panama, Panama City
 Paraguay, Asuncion
 Peru, Lima
 Saint Lucia, Castries
 Saint Vincent and the Grenadines, Kingstown
 Suriname, Paramaribo
 Trinidad-and-Tobago, Port-of-Spain
 Uruguay, Montevideo
 U.S.A., Washington D.C.
 Venezuela, Caracas

Europe

Albania, Tiranë
 Andorra, Andorra la Vella
 Austria, Vienna
 Belgium, Brussels
 Bosnia Herzegovina, Sarajevo
 Bulgaria, Sofia
 Belarus, Minsk
 Croatia, Zagreb
 Czech Republic, Prague
 Denmark, Copenhagen
 Estonia, Tallinn
 Finland, Helsinki
 France, Paris
 Germany, Berlin
 Greece, Athens
 Greenland, Nuuk
 Hungary, Budapest
 Iceland, Reykjavik
 Ireland, Dublin
 Italy, Rome
 Latvia, Riga
 Liechtenstein, Vaduz
 Lithuania, Vilnius
 Luxembourg, Luxembourg
 Malta, Valletta
 Moldova, Chisinau
 Monaco, Monaco
 Montenegro, Podgorica
 Netherlands, Amsterdam
 Norway, Oslo
 Poland, Warsaw
 Portugal, Lisbon
 Republic of Macedonia, Skopje
 Romania, Bucharest
 San Marino, San Marino
 Serbia, Belgrade
 Slovak Republic, Bratislava
 Slovenia, Ljubljana
 Spain, Madrid
 Sweden, Stockholm
 Switzerland, Berne
 Ukraine, Kiev
 United Kingdom, London



Africa

Algeria, Algiers
 Angola, Luanda
 Benin, Porto-Novo
 Botswana, Gaborone
 Burkina Faso,
 Ouagadougou
 Burundi, Bujumbura
 Cameroon, Yaoundé
 Cape Verde, Praia
 Central African Rep.,
 Bangui
 Chad, N'Djamena
 Comoros, Moroni
 Congo, Brazzaville
 Côte d'Ivoire,
 Yamoussoukro
 Dem. Rep. of the Congo,
 Kinshasa
 Egypt, Cairo
 Equatorial Guinea, Malabo
 Eritrea, Asmara
 Ethiopia, Addis Ababa
 Gabon, Libreville
 Gambia, Banjul
 Ghana, Accra
 Guinea, Conakry
 Guinea-Bissau, Bissau
 Kenya, Nairobi
 Lesotho, Maseru
 Liberia, Monrovia
 Libya, Tripoli

Madagascar,
 Antananarivo
 Malawi, Lilongwe
 Mali, Bamako
 Mauritania, Nouakchott
 Mauritius, Port Louis
 Morocco, Rabat
 Mozambique, Maputo
 Namibia, Windhoek
 Niger, Niamey
 Nigeria, Abuja
 Rep. of Djibouti, Djibouti
 Rwanda, Kigali
 São Tomé and Príncipe,
 São Tomé
 Senegal, Dakar
 Seychelles, Victoria
 Sierra Leone, Freetown
 Somalia, Mogadishu
 South Africa, Pretoria
 Sudan, Khartoum
 Swaziland, Mbabane
 Tanzania, Dodoma
 Togo, Lomé
 Tunisia, Tunis
 Uganda, Kampala
 Zambia, Lusaka
 Zimbabwe, Harare

Asia

Afghanistan, Kabul
 Armenia, Yerevan
 Azerbaijan, Baku
 Bahrain, Manama
 Bangladesh, Dhaka
 Bhutan, Thimphu
 Brunei, Bandar Seri Begawan
 Cambodia, Phnom Penh
 Cyprus, Nicosia
 Dem. People's Rep. of Korea,
 Pyongyang
 Georgia, Tbilisi
 India, New Delhi
 Indonesia, Jakarta
 Iran, Tehran
 Iraq, Baghdad
 Israel, Jerusalem
 Japan, Tokyo
 Jordan, Amman
 Kazakhstan, Astana
 Kuwait, Kuwait
 Kyrgyzstan, Bishkek
 Laos, Vientiane
 Lebanon, Beirut
 Malaysia, Kuala Lumpur
 Maldives, Malé

Mongolia, Ulaanbaatar
 Myanmar, Naypyidaw
 Nepal, Kathmandu
 Oman, Muscat
 Pakistan, Islamabad
 People's Republic of China,
 Beijing
 Philippines, Manila
 Qatar, Doha
 Rep. of Korea, Seoul
 Russia, Moscow
 Saudi Arabia, Riyadh
 Singapore, Singapore
 Sri Lanka, Colombo,
 Sri Jayawardenapura Kotte
 Syria, Damascus
 Tajikistan, Dushanbe
 Thailand, Bangkok
 Turkey, Ankara
 Turkmenistan, Ashgabat
 United Arab Emirates,
 Abu Dhabi
 Uzbekistan, Tashkent
 Vietnam, Hanoi
 Yemen, Sana'a

Oceania

Australia, Canberra
 Fed. States of Micronesia,
 Palikir
 Fiji, Suva
 Kiribati, Tarawa
 Marshall Islands, Majuro
 Nauru, Yaren District
 New Caledonia, Noumea
 New Zealand, Wellington
 Papua New Guinea, Port
 Moresby
 Samoa, Apia
 Solomon Islands, Honiara
 Tonga, Nuku'alofa
 Tuvalu, Funafuti
 Vanuatu, Port Vila

Timetable

	to : :	to : :	to : :	to : :	to : :	to : :
1						
2						
3						
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10						