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.

LAURENTIAN

2024-2025, Laurentien Multipurpose Planner Type: Catholic Kindergarten Planner

I Believe God is my Father

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

This line from the Bible means God created me.

God, my Father, gave me special gifts and talents.

I am God's beloved child.

I am made in God's image.

Based on Genesis 1-2 and CST on Human Dignity.

I Live in Community

Love and human dignity come from being created in God's Image.

God invites us to respect, care for, and love each human life because it reflects His image.

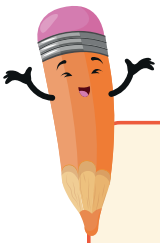
I am a child of God. I am a member of God's family.

God created all humans.

I Celebrate

God's family on earth is the Church.

My home, my school and my **parish** are all part of God's Church family. Catholics worship God as a family during the **Liturgy of the Eucharist.**



Research the meaning of...

Parish: _____

Liturgy of the Eucharist: _____

LAURENTIEN

I Make Good Choices

As God's child, I try to love as God loves. Virtues are the characteristics God wishes me to grow in my heart and mind, and practise in my daily actions. They help me grow in God's love.

I learn how to love as God does in my Catholic school. Some Catholic schools might choose a monthly virtue to practise. Some might focus on a Church teaching, a Scripture verse or a Catholic graduate goal.

This September, my class is focusing on:

_____

_____

I can use this focus to help me set weekly goals.

I Pray

Sign of the Cross

God, my Father,

I am very glad to be your child. I thank you for my family, my friends, my teacher and my classroom. This school year, help me to learn to love as you do. Help me to learn to be the best person I can be. Bless my home, school and parish communities.

Amen

Sign your name, print your initials or draw a picture of yourself on the blank below:

I am a child of God! My human family is part of God's family too.

September 2024
Septembre

MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
During the school year, some classes might attend Liturgy of the Eucharist at a church building. Other classes might invite a priest to say Liturgy of the Eucharist at their school. When my school or class celebrates God's love at Liturgy of the Eucharist, I will be sure to note the date and location on the calendar in my school planner.						**1** 22ND SUNDAY IN ORDINARY TIME *WORLD DAY OF PRAYER FOR THE CARE OF CREATION*
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-GŎN PRIEST, PAUL CHŎNG 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** ST. JOHN DE BRÉBEUF AND ST. ISAAC JOGUES AND COMPANIONS (F)	**27** ST. VINCENT DE PAUL (M)	**28**	**29** 26TH SUNDAY IN ORDINARY TIME *WORLD DAY OF MIGRANTS AND REFUGEES*
30 ST. JEROME (M)						

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

September 2024
Septembre

Sunday Gospel
Mark 7:31-37

Jesus Cures
a Deaf Man

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?

ecoschools ecoécoles CANADA **Environmental learning and certification programe**

MONDAY/LUNDI 2 — DAY/JOUR | DAY-CARE SERVICE/SERVICE DE GARDE Lunch PM | BUS/AUTOBUS Lunch PM | WALK/À PIED Lunch PM

TUESDAY/MARDI 3 — DAY/JOUR | DAY-CARE SERVICE/SERVICE DE GARDE Lunch PM | BUS/AUTOBUS Lunch PM | WALK/À PIED Lunch PM

ST. GREGORY THE GREAT (M)

WEDNESDAY/MERCREDI 4 — DAY/JOUR | DAY-CARE SERVICE/SERVICE DE GARDE Lunch PM | BUS/AUTOBUS Lunch PM | WALK/À PIED Lunch PM

THURSDAY/JEUDI 5 — DAY/JOUR | DAY-CARE SERVICE/SERVICE DE GARDE Lunch PM | BUS/AUTOBUS Lunch PM | WALK/À PIED Lunch PM

FRIDAY/VENDREDI 6 — DAY/JOUR | DAY-CARE SERVICE/SERVICE DE GARDE Lunch PM | BUS/AUTOBUS Lunch PM | WALK/À PIED Lunch PM

LAURENTIEN

BOOKS I HAVE READ / LIVRES QUE J'AI LUS :

SIGNATURE:

SIGNATURE:

SIGNATURE:

SIGNATURE:

SIGNATURE:

Words of the week / Mots de la semaine

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

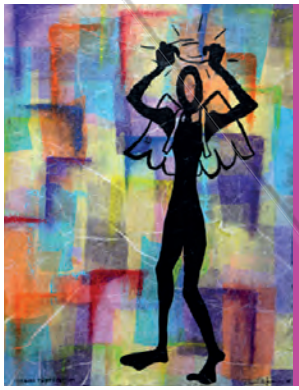
14.

I Believe in God the Father

My classmates and my teacher are also part of God's family.

LAURENTIEN

Catholic Graduate Expectations



I AM
A BELIEVER!

I AM A TEAM
PLAYER!

I HAVE
A VOICE!

I CARE!

I HAVE IDEAS!

I HAVE
RESPONSIBILITIES!

I AM A
LEARNER
FOR LIFE!

LAURENTIEN

Used with permission of the Institute for Catholic Education, Ontario, Canada.

THE TEN COMMANDMENTS

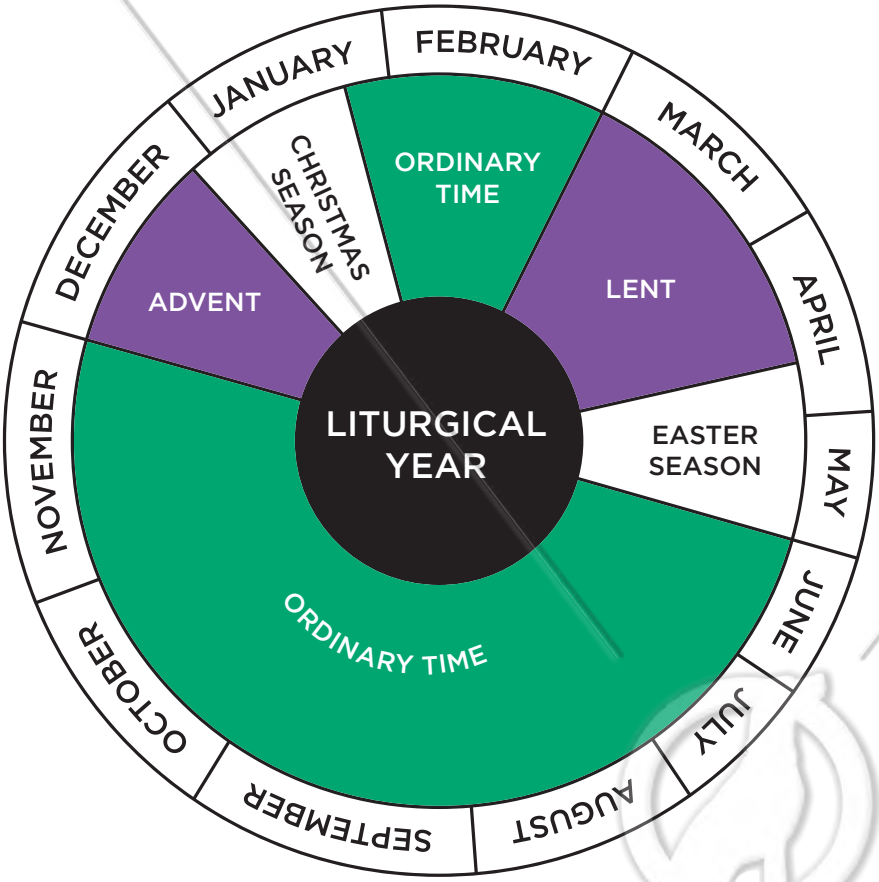
1. I am the Lord thy God: You shall not have strange gods before me.
2. You shall not take the name of the Lord thy God in vain.
3. Remember to keep holy the Lord's day.
4. Honour thy father and thy mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against thy neighbour.
9. You shall not covet thy neighbour's wife.
10. You shall 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.

LAURENTIEN

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.

LAURENTIEN

Dates to Remember

ADVENT
December 1 to December 24 Morning, 2025

Advent is a time of preparation.

CHRISTMAS
December 25, 2025

We celebrate the Solemnity of The Nativity of the Lord.

EPIPHANY
January 5, 2025

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

ASH WEDNESDAY
March 5, 2025

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

LENT
March 5 to April 17 Morning, 2025

Lent is a solemn time of preparation for Easter.

PALM SUNDAY
April 13, 2025

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

HOLY WEEK
April 13 to Holy Thursday Morning on April 17, 2025

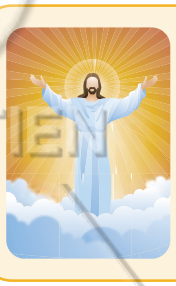
This is the final week of Lent.

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.

EASTER
April 20, 2025

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



THE ASCENSION OF THE LORD
June 1, 2025

We commemorate Jesus rising bodily into heaven after His resurrection.

PENTECOST
June 8, 2025

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

LAURENTIEN

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

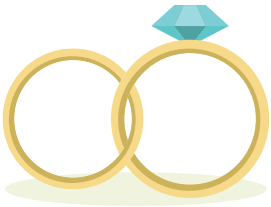
SACRAMENT OF RECONCILIATION

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

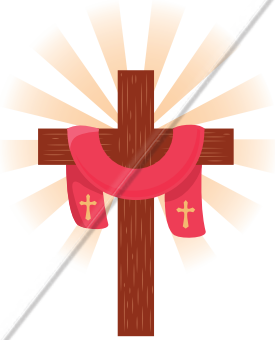
The Sacrament of Anointing of the Sick provides those experiencing serious illness, or those who are near death with the strength, peace and courage they need to endure their trials. It unites their suffering to that of Christ on the cross. Its grace may provide healing of the body, but its essential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

Source: Catechism of the Catholic Church www.vatican.va

LAURENTIEN

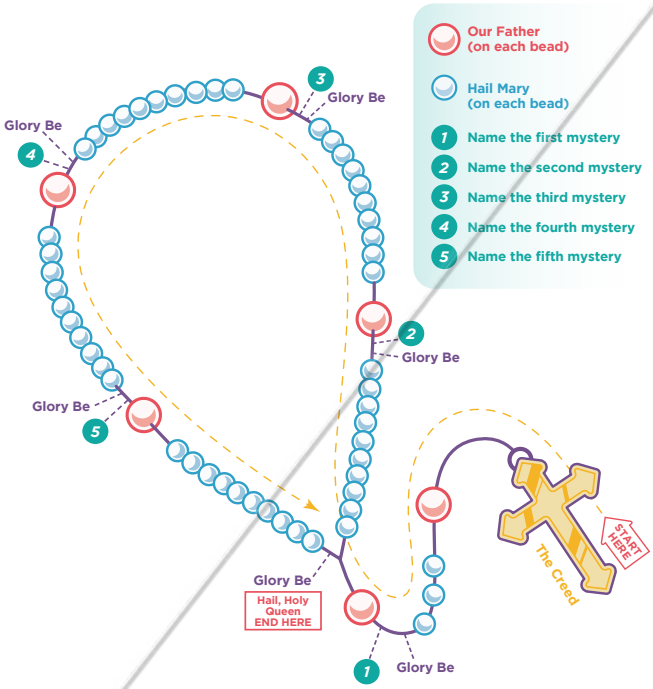
Prayers

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

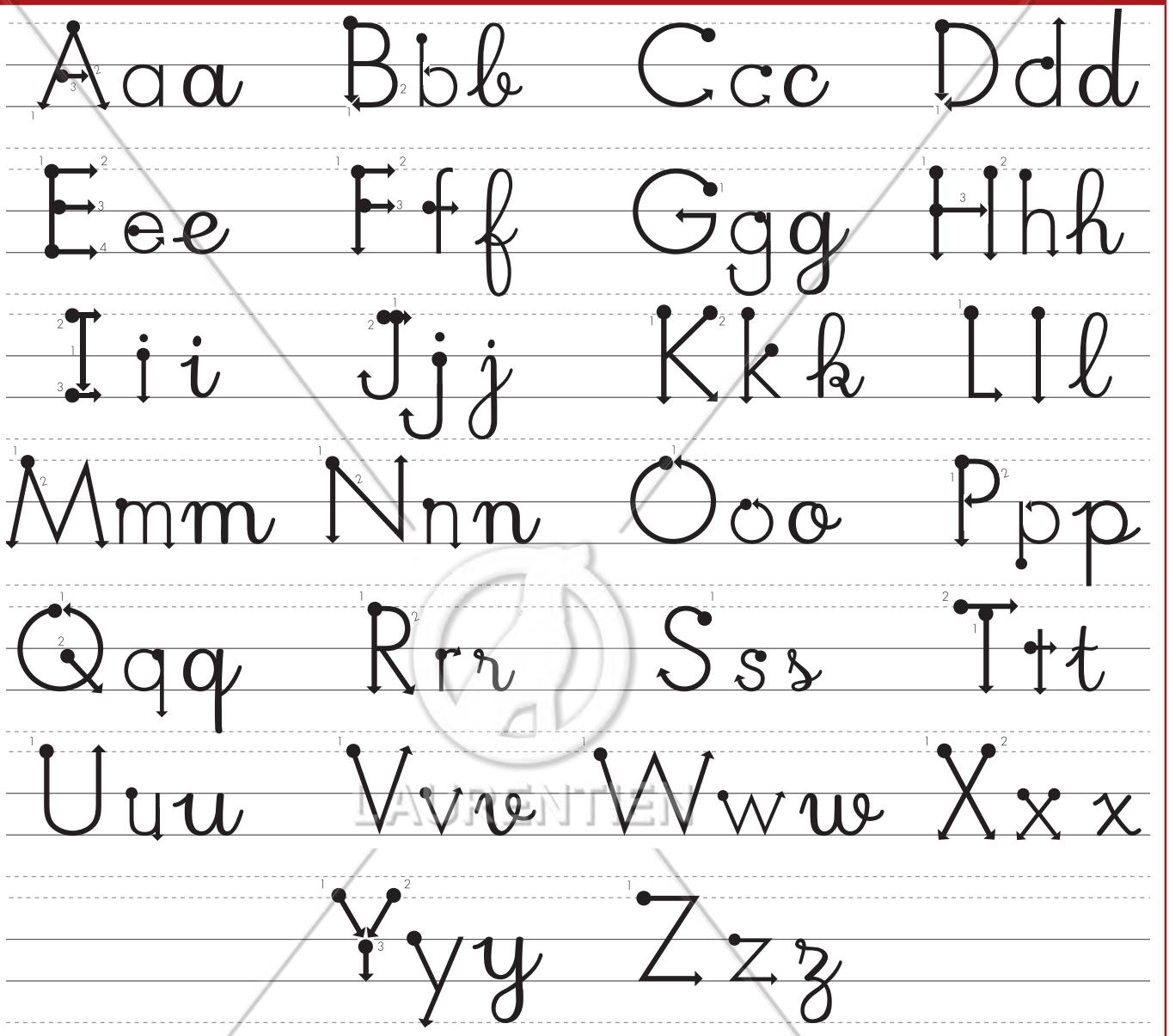
O Jesus, through the
Immaculate Heart of Mary,
I offer you my prayers, works, joys,
and sufferings of this day
for all the intentions of
Your Sacred Heart,
in union with the Holy Sacrifice
of the Mass
throughout the world,
in reparation for my sins,
for the intentions of all my
relatives and friends,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

HAIL MARY

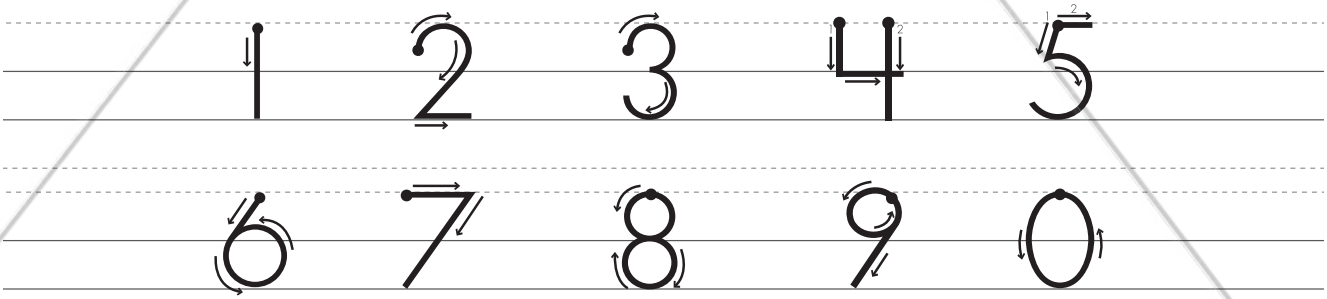
Hail Mary, full of grace,
the Lord is with thee.
Blessed art thou among women
and blessed is the fruit
of thy womb, Jesus.
Holy Mary,
Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

Learn to Trace

Alphabet



Numbers



Tables

Addition

Table 1	Table 2	Table 3	Table 4	Table 5	Table 6
0 + 1 = 1	0 + 2 = 2	0 + 3 = 3	0 + 4 = 4	0 + 5 = 5	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**
7 + 1 = 8	7 + 2 = 9	7 + 3 = 10	7 + 4 = 11	7 + 5 = 12	7 + 6 = 13
8 + 1 = 9	8 + 2 = 10	8 + 3 = 11	8 + 4 = 12	8 + 5 = 13	8 + 6 = 14
9 + 1 = 10	9 + 2 = 11	9 + 3 = 12	9 + 4 = 13	9 + 5 = 14	9 + 6 = 15
10 + 1 = 11	10 + 2 = 12	10 + 3 = 13	10 + 4 = 14	10 + 5 = 15	10 + 6 = 16
11 + 1 = 12	11 + 2 = 13	11 + 3 = 14	11 + 4 = 15	11 + 5 = 16	11 + 6 = 17
12 + 1 = 13	12 + 2 = 14	12 + 3 = 15	12 + 4 = 16	12 + 5 = 17	12 + 6 = 18

Table 7	Table 8	Table 9	Table 10	Table 11	Table 12
0 + 7 = 7	0 + 8 = 8	0 + 9 = 9	0 + 10 = 10	0 + 11 = 11	0 + 12 = 12
1 + 7 = 8	1 + 8 = 9	1 + 9 = 10	1 + 10 = 11	1 + 11 = 12	1 + 12 = 13
2 + 7 = 9	2 + 8 = 10	2 + 9 = 11	2 + 10 = 12	2 + 11 = 13	2 + 12 = 14
3 + 7 = 10	3 + 8 = 11	3 + 9 = 12	3 + 10 = 13	3 + 11 = 14	3 + 12 = 15
4 + 7 = 11	4 + 8 = 12	4 + 9 = 13	4 + 10 = 14	4 + 11 = 15	4 + 12 = 16
5 + 7 = 12	5 + 8 = 13	5 + 9 = 14	5 + 10 = 15	5 + 11 = 16	5 + 12 = 17
6 + 7 = 13	6 + 8 = 14	6 + 9 = 15	6 + 10 = 16	6 + 11 = 17	6 + 12 = 18
7 + 7 = 14	7 + 8 = 15	7 + 9 = 16	7 + 10 = 17	7 + 11 = 18	7 + 12 = 19
8 + 7 = 15	**8 + 8 = 16**	8 + 9 = 17	8 + 10 = 18	8 + 11 = 19	8 + 12 = 20
9 + 7 = 16	9 + 8 = 17	**9 + 9 = 18**	9 + 10 = 19	9 + 11 = 20	9 + 12 = 21
10 + 7 = 17	10 + 8 = 18	10 + 9 = 19	**10 + 10 = 20**	10 + 11 = 21	10 + 12 = 22
11 + 7 = 18	11 + 8 = 19	11 + 9 = 20	11 + 10 = 21	**11 + 11 = 22**	11 + 12 = 23
12 + 7 = 19	12 + 8 = 20	12 + 9 = 21	12 + 10 = 22	12 + 11 = 23	**12 + 12 = 24**

Subtraction

Table 1	Table 2	Table 3	Table 4	Table 5	Table 6
1 - 1 = 0	2 - 2 = 0	3 - 3 = 0	4 - 4 = 0	5 - 5 = 0	6 - 6 = 0
2 - 1 = 1	3 - 2 = 1	4 - 3 = 1	5 - 4 = 1	6 - 5 = 1	7 - 6 = 1
3 - 1 = 2	4 - 2 = 2	5 - 3 = 2	6 - 4 = 2	7 - 5 = 2	8 - 6 = 2
4 - 1 = 3	5 - 2 = 3	6 - 3 = 3	7 - 4 = 3	8 - 5 = 3	9 - 6 = 3
5 - 1 = 4	6 - 2 = 4	7 - 3 = 4	8 - 4 = 4	9 - 5 = 4	10 - 6 = 4
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	Table 8	Table 9	Table 10	Table 11	Table 12
7 - 7 = 0	8 - 8 = 0	9 - 9 = 0	10 - 10 = 0	11 - 11 = 0	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

LAURENTIEN

Tables

Multiplication

Table 1	Table 2	Table 3	Table 4	Table 5	Table 6
1 x 1 = 1	2 x 1 = 2	3 x 1 = 3	4 x 1 = 4	5 x 1 = 5	6 x 1 = 6
1 x 2 = 2	**2 x 2 = 4**	3 x 2 = 6	4 x 2 = 8	5 x 2 = 10	6 x 2 = 12
1 x 3 = 3	2 x 3 = 6	**3 x 3 = 9**	4 x 3 = 12	5 x 3 = 15	6 x 3 = 18
1 x 4 = 4	2 x 4 = 8	3 x 4 = 12	**4 x 4 = 16**	5 x 4 = 20	6 x 4 = 24
1 x 5 = 5	2 x 5 = 10	3 x 5 = 15	4 x 5 = 20	**5 x 5 = 25**	6 x 5 = 30
1 x 6 = 6	2 x 6 = 12	3 x 6 = 18	4 x 6 = 24	5 x 6 = 30	**6 x 6 = 36**
1 x 7 = 7	2 x 7 = 14	3 x 7 = 21	4 x 7 = 28	5 x 7 = 35	6 x 7 = 42
1 x 8 = 8	2 x 8 = 16	3 x 8 = 24	4 x 8 = 32	5 x 8 = 40	6 x 8 = 48
1 x 9 = 9	2 x 9 = 18	3 x 9 = 27	4 x 9 = 36	5 x 9 = 45	6 x 9 = 54
1 x 10 = 10	2 x 10 = 20	3 x 10 = 30	4 x 10 = 40	5 x 10 = 50	6 x 10 = 60
1 x 11 = 11	2 x 11 = 22	3 x 11 = 33	4 x 11 = 44	5 x 11 = 55	6 x 11 = 66
1 x 12 = 12	2 x 12 = 24	3 x 12 = 36	4 x 12 = 48	5 x 12 = 60	6 x 12 = 72

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

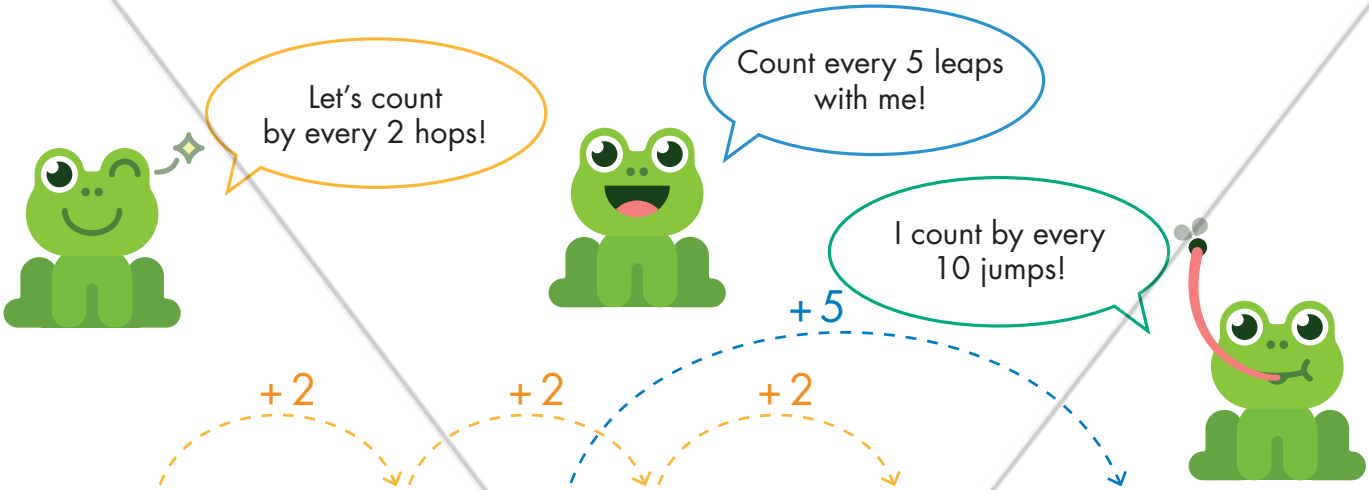
Division

Table 1	Table 2	Table 3	Table 4	Table 5	Table 6
1 ÷ 1 = 1	2 ÷ 2 = 1	3 ÷ 3 = 1	4 ÷ 4 = 1	5 ÷ 5 = 1	6 ÷ 6 = 1
2 ÷ 1 = 2	4 ÷ 2 = 2	6 ÷ 3 = 2	8 ÷ 4 = 2	10 ÷ 5 = 2	12 ÷ 6 = 2
3 ÷ 1 = 3	6 ÷ 2 = 3	9 ÷ 3 = 3	12 ÷ 4 = 3	15 ÷ 5 = 3	18 ÷ 6 = 3
4 ÷ 1 = 4	8 ÷ 2 = 4	12 ÷ 3 = 4	16 ÷ 4 = 4	20 ÷ 5 = 4	24 ÷ 6 = 4
5 ÷ 1 = 5	10 ÷ 2 = 5	15 ÷ 3 = 5	20 ÷ 4 = 5	25 ÷ 5 = 5	30 ÷ 6 = 5
6 ÷ 1 = 6	12 ÷ 2 = 6	18 ÷ 3 = 6	24 ÷ 4 = 6	30 ÷ 5 = 6	36 ÷ 6 = 6
7 ÷ 1 = 7	14 ÷ 2 = 7	21 ÷ 3 = 7	28 ÷ 4 = 7	35 ÷ 5 = 7	42 ÷ 6 = 7
8 ÷ 1 = 8	16 ÷ 2 = 8	24 ÷ 3 = 8	32 ÷ 4 = 8	40 ÷ 5 = 8	48 ÷ 6 = 8
9 ÷ 1 = 9	18 ÷ 2 = 9	27 ÷ 3 = 9	36 ÷ 4 = 9	45 ÷ 5 = 9	54 ÷ 6 = 9
10 ÷ 1 = 10	20 ÷ 2 = 10	30 ÷ 3 = 10	40 ÷ 4 = 10	50 ÷ 5 = 10	60 ÷ 6 = 10
11 ÷ 1 = 11	22 ÷ 2 = 11	33 ÷ 3 = 11	44 ÷ 4 = 11	55 ÷ 5 = 11	66 ÷ 6 = 11
12 ÷ 1 = 12	24 ÷ 2 = 12	36 ÷ 3 = 12	48 ÷ 4 = 12	60 ÷ 5 = 12	72 ÷ 6 = 12

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

LAURENTIEN

Numbers 1-100 grid



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

+10
+10
+10

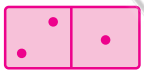
LAURENTIEN

Game of numbers

2

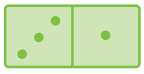
1 + 1 = 2
2 - 1 = 1

3



2 + 1 = 3
1 + 2 = 3
3 - 1 = 2
3 - 2 = 1

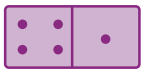
4



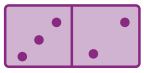
3 + 1 = 4
1 + 3 = 4
4 - 1 = 3
4 - 3 = 1

2 + 2 = 4
4 - 2 = 2

5

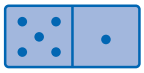


4 + 1 = 5
1 + 4 = 5
5 - 1 = 4
5 - 4 = 1

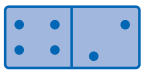


3 + 2 = 5
2 + 3 = 5
5 - 2 = 3
5 - 3 = 2

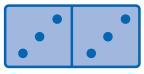
6



5 + 1 = 6
1 + 5 = 6
6 - 1 = 5
6 - 5 = 1

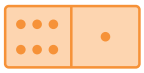


4 + 2 = 6
2 + 4 = 6
6 - 2 = 4
6 - 4 = 2



3 + 3 = 6
6 - 3 = 3

7

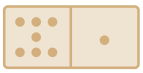


6 + 1 = 7
1 + 6 = 7
7 - 1 = 6
7 - 6 = 1

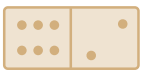
5 + 2 = 7
2 + 5 = 7
7 - 2 = 5
7 - 5 = 2

4 + 3 = 7
3 + 4 = 7
7 - 3 = 4
7 - 4 = 3

8



7 + 1 = 8
1 + 7 = 8
8 - 1 = 7
8 - 7 = 1

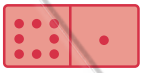


6 + 2 = 8
2 + 6 = 8
8 - 2 = 6
8 - 6 = 2

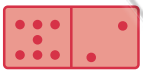
5 + 3 = 8
3 + 5 = 8
8 - 3 = 5
8 - 5 = 3

4 + 4 = 8
8 - 4 = 4

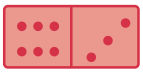
9



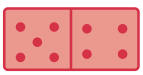
8 + 1 = 9
1 + 8 = 9
9 - 1 = 8
9 - 8 = 1



7 + 2 = 9
2 + 7 = 9
9 - 2 = 7
9 - 7 = 2



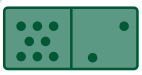
6 + 3 = 9
3 + 6 = 9
9 - 3 = 6
9 - 6 = 3



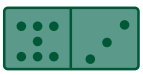
5 + 4 = 9
4 + 5 = 9
9 - 4 = 5
9 - 5 = 4

10

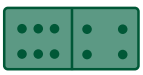
9 + 1 = 10
1 + 9 = 10
10 - 1 = 9
10 - 9 = 1



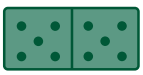
8 + 2 = 10
2 + 8 = 10
10 - 2 = 8
10 - 8 = 2



7 + 3 = 10
3 + 7 = 10
10 - 3 = 7
10 - 7 = 3

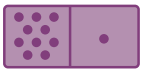


6 + 4 = 10
4 + 6 = 10
10 - 4 = 6
10 - 6 = 4

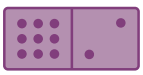


5 + 5 = 10
10 - 5 = 5

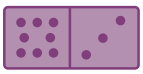
11



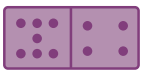
10 + 1 = 11
1 +10 = 11
11 - 1 = 10
11 -10 = 1



9 + 2 = 11
2 + 9 = 11
11 - 2 = 9
11 - 9 = 2



8 + 3 = 11
3 + 8 = 11
11 - 3 = 8
11 - 8 = 3

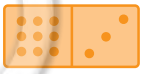


7 + 4 = 11
4 + 7 = 11
11 - 4 = 7
11 - 7 = 4

6 + 5 = 11
5 + 6 = 11
11 - 5 = 6
11 - 6 = 5

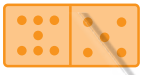
12

10 + 2 = 12
2 +10 = 12
12 - 2 = 10
12 -10 = 2

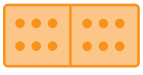


9 + 3 = 12
3 + 9 = 12
12 - 3 = 9
12 - 9 = 3

8 + 4 = 12
4 + 8 = 12
12 - 4 = 8
12 - 8 = 4

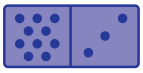


7 + 5 = 12
5 + 7 = 12
12 - 5 = 7
12 - 7 = 5

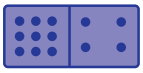


6 + 6 = 12
12 - 6 = 6

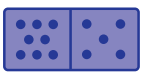
13



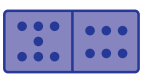
10 + 3 = 13
3 +10 = 13
13 - 3 = 10
13 -10 = 3



9 + 4 = 13
4 + 9 = 13
13 - 4 = 9
13 - 9 = 4

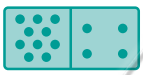


8 + 5 = 13
5 + 8 = 13
13 - 5 = 8
13 - 8 = 5

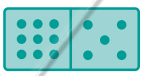


7 + 6 = 13
6 + 7 = 13
13 - 6 = 7
13 - 7 = 6

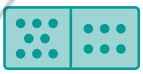
14



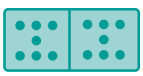
10 + 4 = 14
4 +10 = 14
14 - 4 = 10
14 -10 = 4



9 + 5 = 14
5 + 9 = 14
14 - 5 = 9
14 - 9 = 5

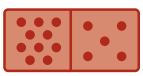


8 + 6 = 14
6 + 8 = 14
14 - 6 = 8
14 - 8 = 6

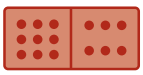


7 + 7 = 14
14 - 7 = 7

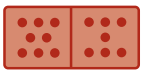
15



10 + 5 = 15
5 +10 = 15
15 - 5 = 10
15 -10 = 5

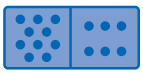


9 + 6 = 15
6 + 9 = 15
15 - 6 = 9
15 - 9 = 6

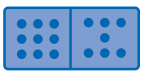


8 + 7 = 15
7 + 8 = 15
15 - 7 = 8
15 - 8 = 7

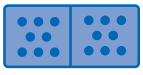
16



10 + 6 = 16
6 +10 = 16
16 - 6 = 10
16 -10 = 6

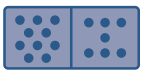


9 + 7 = 16
7 + 9 = 16
16 - 7 = 9
16 - 9 = 7

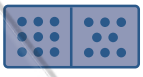


8 + 8 = 16
16 - 8 = 8

17

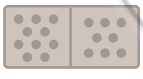


10 + 7 = 17
7 +10 = 17
17 - 7 = 10
17 -10 = 7

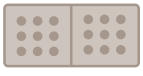


9 + 8 = 17
8 + 9 = 17
17 - 8 = 9
17 - 9 = 8

18



10 + 8 = 18
8 +10 = 18
18 - 8 = 10
18 -10 = 8



9 + 9 = 18
18 - 9 = 9

LAURENTIEN

Useful Information

TIME EQUIVALENTS

1 leap year = 366 days
1 year = 365 days
1 year = 12 months
1 year = 52 weeks
1 month = 4 weeks (approx.)
1 week = 7 days

1 day = 24 hours
1 hour = 60 minutes
1 minute = 60 seconds
1 decade = 10 years
1 century = 100 years

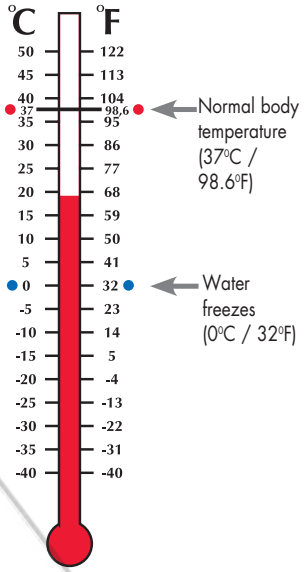
DAYS OF THE WEEK

- 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

A NICKEL = 5 cents = 5¢ = $0.05

A DIME = 10 cents = 10¢ = $0.10

A QUARTER = 25 cents = 25¢ = $0.25

A DOLLAR = 100 cents = 100¢ = $1.00

TWO DOLLARS = 200 cents = 200¢ = $2.00

ORIENTATION

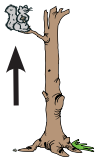
on

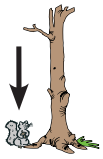
under

in

in front

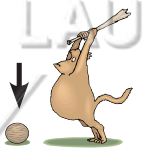
behind

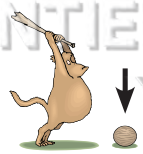

up


down

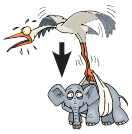
in the middle

on the edge


on the left


on the right

above


under

SYMBOLS OF DANGEROUS PRODUCTS[1]

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

POISON

FLAMMABLE

EXPLOSIVE

CORROSIVE

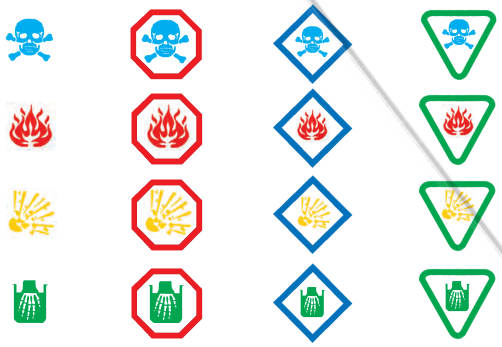
Figures below indicate the DEGREE of danger.

DANGER

WARNING

ATTENTION

The TYPE of danger as well as its DEGREE.



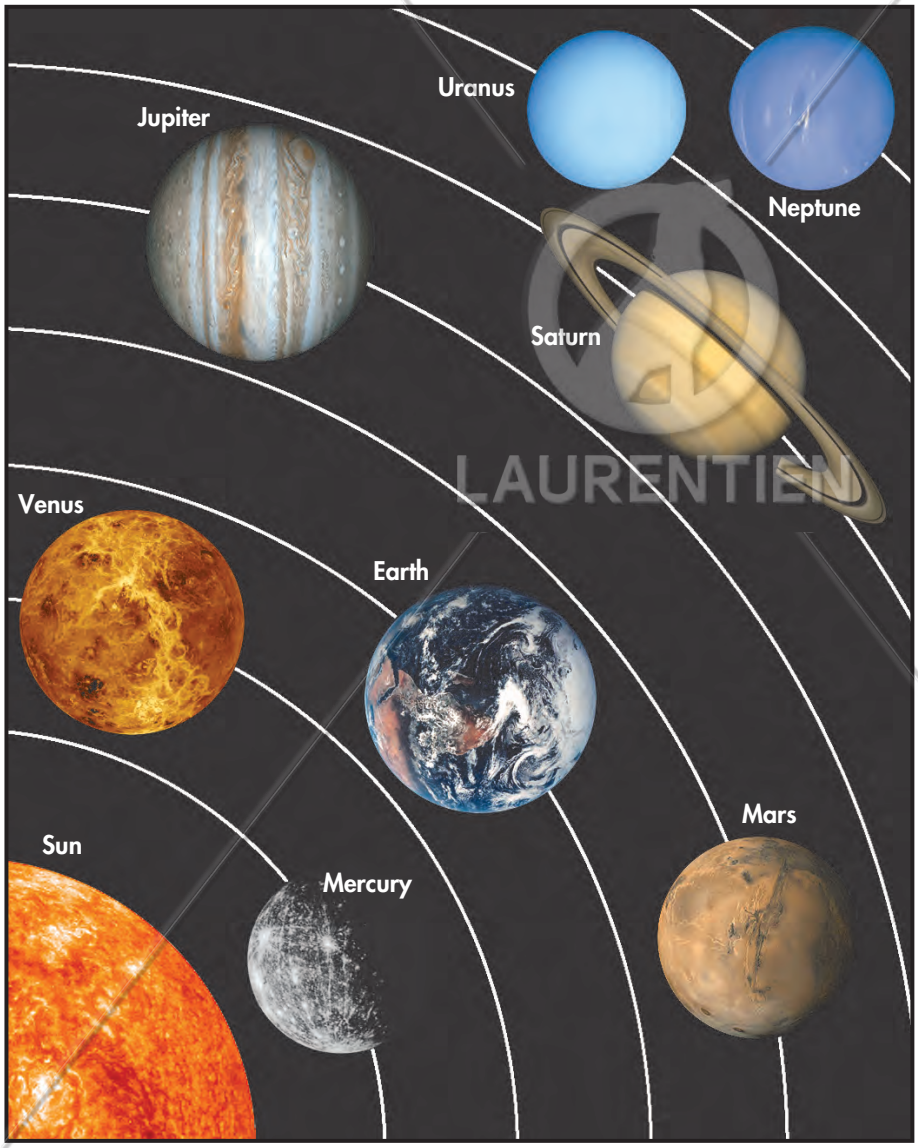
[1] *Source : Health Canada.*

LAURENTIEN

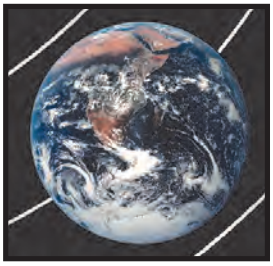
Solar System

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).



LAURENTIEN



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 X 10^{24} kg

Surface area:
510 064 472 km^2

Continental surface area:
149 500 000 km^2 (29.3%)

Oceanic surface area:
360 500 000 km^2 (70.7%)

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

Map of Canada

© 2006. Her Majesty the Queen in Right of Canada, Natural Resources Canada.

Provinces and Territories of Canada

Provinces

Alberta

Capital: Edmonton
Motto: *Fortis et liber*
(Strong and free)
Size: 661,848 km²

Flower: Wild Rose

Tree: Lodgepole Pine

British Columbia

Capital: Victoria
Motto: *Splendor sine occasu*
(Splendour without diminishment)
Size: 944,735 km²

Flower: Pacific Dogwood

Tree: Western Red Cedar

Manitoba

Capital: Winnipeg
Motto: *Gloriosus et liber*
(Glorious and free)
Size: 647,797 km²

Flower: Prairie Crocus

Tree: White Spruce

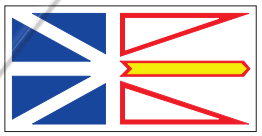
New Brunswick

Capital: Fredericton
Motto: *Spem reduxit*
(Hope restored)
Size: 72,908 km²

Flower: Purple Violet

Tree: Balsam Fir

Newfoundland and Labrador

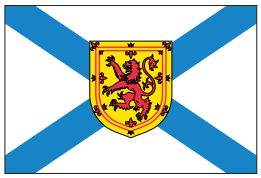


Capital: St. John's
Motto: *Quaerite prim regnum dei*
(Seek ye first the Kingdom of God)
Size: 405,212 km²

Flower: Insect-eating Pitcher Plant

Tree: Black Spruce

Nova Scotia



Capital: Halifax
Motto: *Munit haec et altera vincit*
(One defends and the other conquers)
Size: 55,284 km²

Flower: Mayflower

Tree: Red Spruce

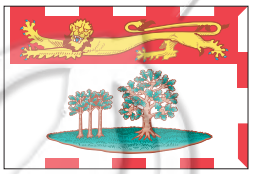
Ontario

Capital: Toronto
Motto: *Ut incepit fidelis sic permanent*
(Loyal she began, loyal she remains)
Size: 1,076,395 km²

Flower: White Trillium

Tree: Eastern White Pine

Prince Edward Island

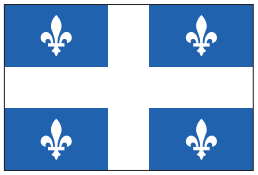


Capital: Charlottetown
Motto: *Parva sub ingenti*
(The small under the protection of the great)
Size: 5,660 km²

Flower: Lady's Slipper

Tree: Red Oak

Quebec

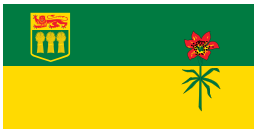


Capital: Quebec City
Motto: *Je me souviens*
(I remember)
Size: 1,542,056 km²

Flower: Blue Flag

Tree: Yellow Birch

Saskatchewan



Capital: Regina
Motto: *Multis e gentibus vires*
(From many peoples strength)
Size: 651,036 km²

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

LAURENTIEN

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 Principe, 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						
4						
5						
6						
7						
8						
9						
10						

LAURENTIEN