

Planétarium visit preparation guide

Useful-information guide for preparing my visit to the Planétarium,
developed in collaboration with the organization Giant Steps.



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I prepare my visit to the Planétarium

The Planétarium is a museum where I can learn more about stars, planets and space. Before buying my ticket, I can:

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

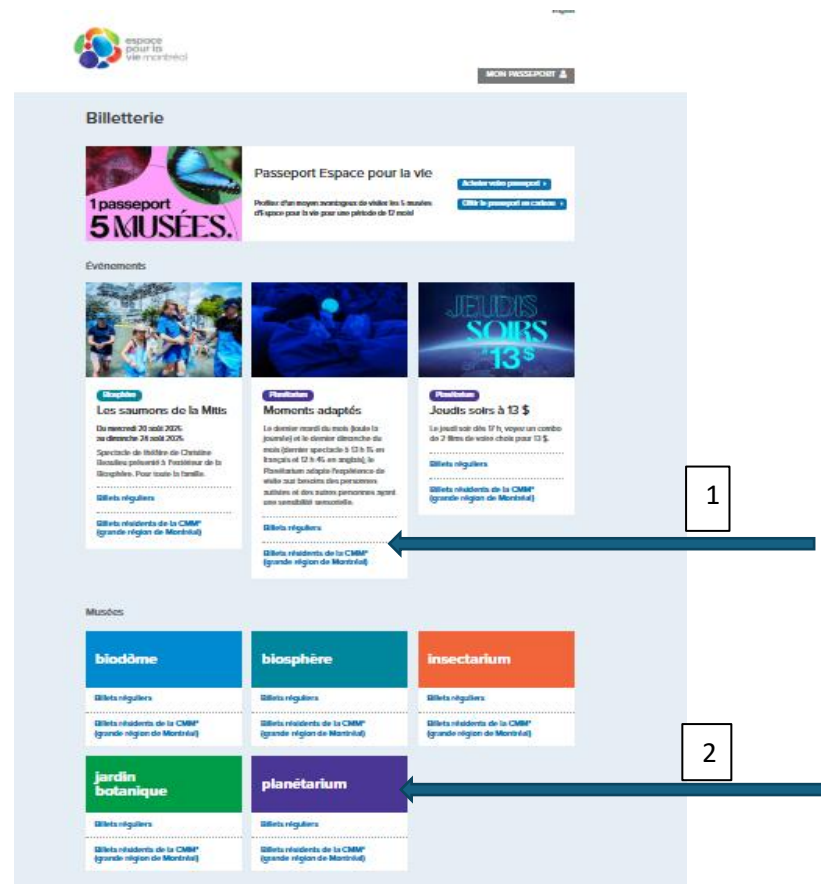


I can buy my ticket online

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

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

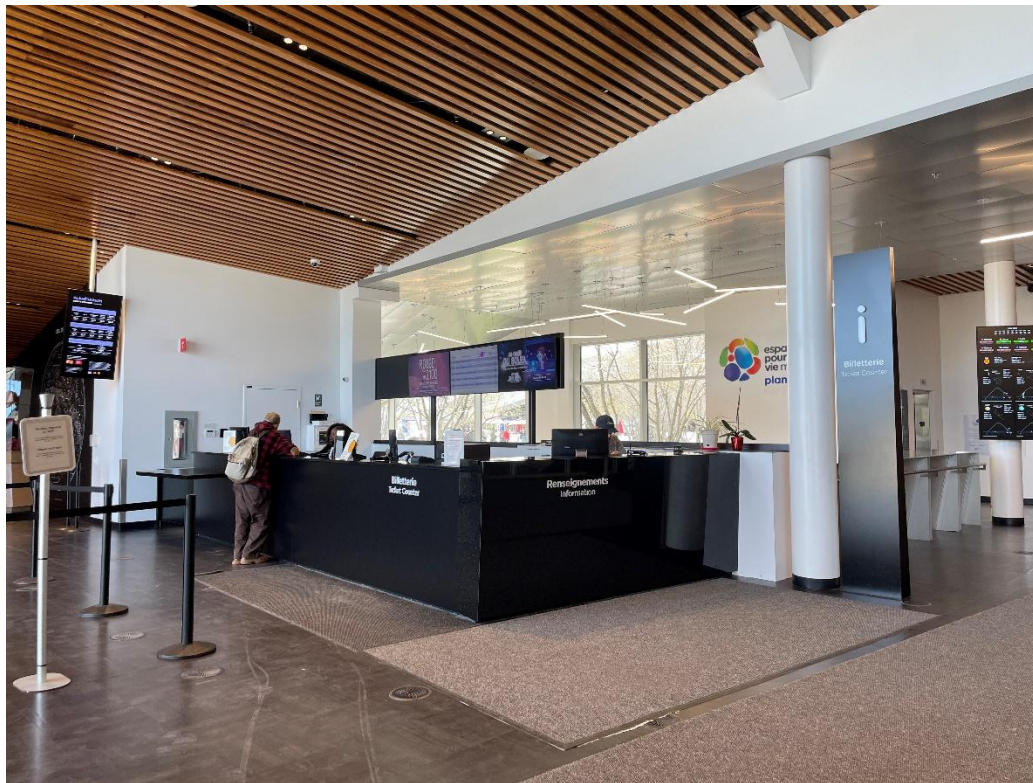
I'm keeping my ticket on my phone to show it when I arrive.



The screenshot shows the 'Billetterie' (Ticketing) section of the Espace pour la vie website. At the top, there's a 'Passport Espace pour la vie' section with a '1 passeport 5 MUSÉES.' offer. Below this, the 'Événements' (Events) section features three main cards: 'Les saumons de la Mitis', 'Moments adaptés' (Adapted Moments), and 'Jeudis Soirs 13\$'. The 'Moments adaptés' card is highlighted with a blue arrow pointing to it from a box labeled '1'. Below the events, the 'Musées' (Museums) section displays a grid of museum options: 'biodôme', 'biosphère', 'insectarium', 'jardin botanique', and 'planétarium'. The 'planétarium' card is highlighted with a blue arrow pointing to it from a box labeled '2'. Each museum card lists ticket types: 'Billets réguliers' and 'Billets résidents de la CMM' (grande région de Montréal).

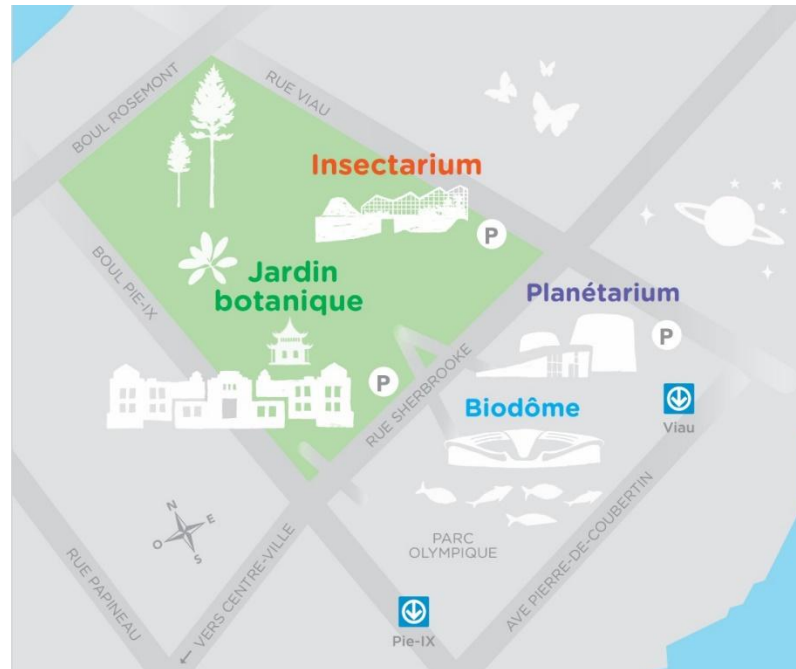
I can buy my ticket on site

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



Before leaving

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



I arrive at the Planétarium

The Planétarium is a white building with two metallic cones pointing skyward, like telescopes. I go in through the front door.



I go into the Planétarium

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

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



The Planétarium's sensory kits

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

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



Inside the Planétarium

Inside the Planétarium I'll see exhibits about space, stars and planets. I could also watch shows in the theaters, where there are projections on dome-shaped ceilings.



Before starting my visit

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



The Planétarium show venues

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

There are two theaters at the Planétarium. To find out which theater I should go to, I look at my ticket.

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



I watch a show

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

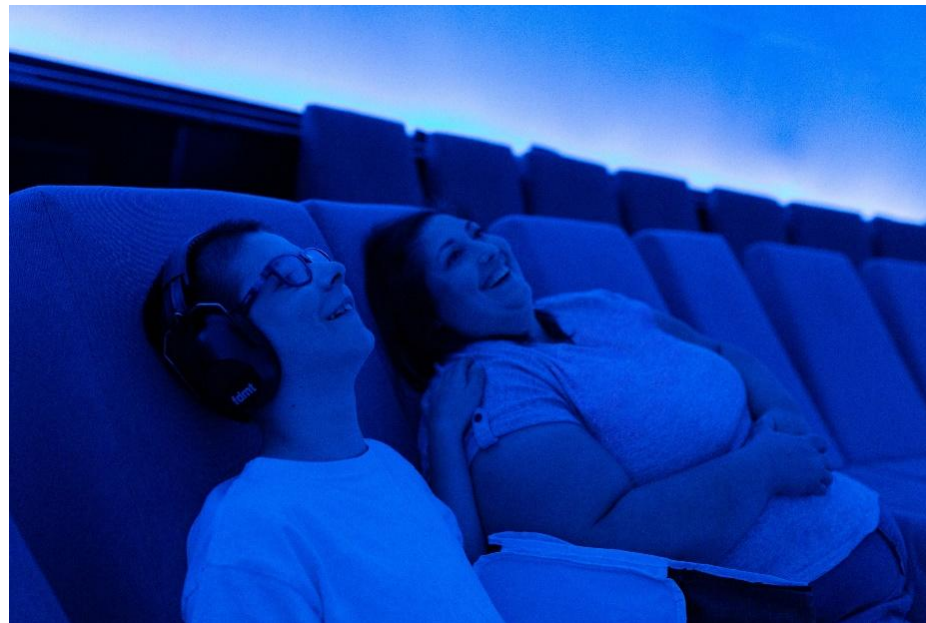
If it's too dark, I can go out. The projections may have a level of light that changes during the show.



Sound and light at the Planétarium

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

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



Sensory-friendly Moments at the Planétarium

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

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



Taking a break at the Planétarium

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

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



I ask for help

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



The Planétarium restaurant

The Planétarium has a restaurant where I can eat or buy a snack. There's also a gift shop where I can buy souvenirs of my visit.



Adapted services at the Planétarium

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



The end of my visit to the Planétarium

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

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

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



Tableau de communication

Communication Board

Conçu par
Created by



je - moi - mon I - me - my	veux want	aller go	trop de bruit It's noisy	oui yes	assis-toi sit	A	B	C	D		
toi you	laver wash	j'ai chaud I'm hot	je suis triste I'm sad	non no	attends wait	E	F	G	H		
encore more	manger eat	j'ai froid I'm cold	je suis fâché I'm mad	j'aime I like	arrête stop	I	J	K	L	M	N
fini finished	boire drink	je suis malade I'm sick	je suis content I'm happy	je n'aime pas I don't like	silence quiet	O	P	Q	R	S	T
aide help	marcher walk	je suis fatigué I'm tired	j'ai mal I'm hurt	maison home	bravo bravo	U	V	W	X	Y	Z
pause break	toilette toilet	j'ai peur I'm scared	c'est trop clair It's too bright	il fait noir It's dark	c'est cool It's cool	1	2	3	4	5	6
						7	8	9	0		

Plan du

Planétarium

