

Nanaimo Ladysmith International Education

Student Handbook

2026-27



Rocky Mountains – 2026

Love Learning in Nanaimo Ladysmith!

***Nanaimo Ladysmith resides within the traditional, ancestral, and unceded territories of the
Snuneymuxw, Snaw-Naw-As and Stz'uminus First Nations***

International Education Contact Information

Nanaimo Ladysmith International Student Education Program Office

250-751-0197

Our office is open Monday through Friday from 8:00 am to 4:00 pm. You are welcome to call us during these hours with any general questions or concerns.

Dover Bay Secondary School

Room 201, 6135 McGirr Road, Nanaimo, BC, V9V 1M1

Email: ise@sd68.bc.ca

Web: <https://studyvancouverisland.ca/>

International Education Office Staff

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Homestay Coordinators

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Nanaimo District	Joanne Pyne	jpyne@sd68.bc.ca	250-740-2000
Wellington	Nicole McRae	nmcrae@sd68.bc.ca	250-758-9191

Emergency Contacts

For urgent matters, please use the Urgent Matters phone (call, don't text).

250-714 2252

This number is to be used for emergencies, such as a major illness or injury, being lost, involvement with law enforcement.

In the event of an emergency requiring police, fire/rescue, or ambulance phone

911

Top 11 Things to Remember as an ISE Student

1. **Build a great connection** with your Homestay family! One of the best ways to do this is through family meals. Attend **at least 4 family meals each week**. Remember to say “hello” when you come home and “goodbye” when you leave. Use good manners like “please” and “thank you” and show your appreciation.
2. **Communicate** clearly with your Homestay family and make sure you understand the expectations and routines in your home. Ask questions about your chores –laundry, cleaning the bathroom, etc. Remember, shower every day or two and **clean your room at least once per week!**
3. **Mobile Doctor** - register for the Mobile Doctor when you arrive in Canada and before you need it!
4. You **MUST** have a **fully functioning Canadian cellphone and data plan**, so you can be always contacted by your Homestay family and ISE. You need to let your Homestay parent know where you are, and if your plans unexpectedly change, you need to let them know the change right away.
5. **Illegal Substances** - Students are not permitted to acquire or consume alcohol, illegal drugs, cigarettes, or vaping products. Alcohol must not be consumed (even when part of a Homestay family celebration.) It is prohibited for a student to be in possession of fake ID. Breaking these rules could mean dismissal from the ISE program.
6. **Curfews** - You must communicate your schedule and recreation plans to your homestay each day. You are expected to be home for dinner unless you have discussed alternate plans with your homestay parent.
 - On **school nights**, you are expected home for dinner unless you have made prior arrangements and communicated this with your Homestay parent. If you have approval for a planned activity, you must be home by 9:00 pm. Exceptions can be made for team athletics and school events.
 - On **weekends**, you are expected home by 9:00 pm. Extensions can be made through discussion with your Homestay parent for social activities such as attending a movie, a sports event, dinner out, movie night at a friend’s, etc. All students are expected home by 11:00 pm at the latest.

You must communicate your plan including what you are doing, where you plan to be, who you will be with, your plan for safely getting home. If your plan changes unexpectedly, you must communicate the change to your Homestay parent right away. You are not permitted to be at the beach, parks, or wandering the community after dark unless you are with an approved adult over age 25.
7. **Parties and Sleepovers** - Students must obtain the permission of the Homestay family before attending. There must be a **responsible adult (parent of Homestay, 25+ years old) in attendance at all times in order for the student to attend**. The Homestay family must make prior contact by phone call – not text with the responsible parent who will be in attendance throughout the duration of the party.
8. **Driving with an N Driver** - In BC, drivers with an “N (Novice)” driver’s licence may only carry one passenger in their vehicle. **Students wishing to travel with an “N” licensed driver should discuss and seek permission from their host family. Do not overload a car!**
9. **School Work** – Students must attend all classes, on time, unless they are ill. It is expected that all ISE students do their best work and maintain good grades. Please ensure your studying is completed by 11:00 pm.
10. **Join clubs and teams at your school**. This will help you make friends and make your stay in Canada even better!
11. Feeling Uncomfortable? These people are here to help:
 - Struggling with School - International School Advisor, ISE District Coordinator
 - Feeling sad, depressed – Homestay parent, International School Advisor, Homestay Coordinator
 - Feeling ill (cold, flu, other) – Homestay parent, Guard.Me, Homestay Coordinator
 - Have a concern at your Homestay – Homestay Coordinator



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Welcome To Nanaimo Ladysmith Public Schools' International Student Education Program!



Larry Mattin,
District Principal

We would like to extend a warm welcome to all those students who are joining our Nanaimo Ladysmith family, and welcome back our returning students!

Our schools are full of opportunities, and our beautiful island has much to explore. Our west coast communities have rocky shores, sandy beaches, forested mountains, and clean air. We are surrounded by opportunities for hiking, skiing, biking, paddling and even surfing.

The students and staff of NLPS are an amazing group of people, continuing a tradition of excellence necessary to build the foundation for lifelong success. We have programs to meet university entrance requirements, and many fine arts, trades, business, and information technology courses. You can experience Culinary Arts, Metalwork, Dance, Woodwork, Drawing, Pottery, Film Editing, Digital Photography, Outdoor Education and more. Enjoy!

Introductions and Contact Information . . .

Homestay Coordinators

Your Homestay Coordinator is the first person to go to for information and help with:

- Contact information is on page 1
- Support with challenges or concerns in your Homestay
- Guidance following behaviour expectations and the International Student Agreement
- Safety concerns in the community and while at home
- Health and wellness concerns
- For permission to travel outside Nanaimo and Ladysmith without your Homestay and with completing the [Overnight Travel Application](#)

Your Homestay Coordinator will hold weekly drop-in sessions at your school.

School Advisors

Your School Advisor is the first person to go to for information and for help with questions about:

- Contact information is on page 1
- School routines, school supplies, lockers, and locks
- Course selection and timetable adjustments
- Graduation requirements and university pre-requisites
- Academic challenges, report card inquiries
- Guidance following behaviour expectations at school
- Safety concerns while at school
- Student comfort - support when feeling sad, frustrated, confused
- Student Activities - school athletics, clubs, and activities and ISE program activities and tours

School Counsellors

Your school counsellors are available for help with:

- Personal coaching: social and emotional guidance
- Student wellness: support when feeling overwhelmed, anxious, unhappy, lonely

Mandarin Support Worker

For assistance in Mandarin with:

- Registration, translations, Homestay, student support, and school and community questions

• Jim Ning Email: jim.ning@sd68.bc.ca Tel: (250) 802-1856 WeChat:



The International Student Education Office

- There are many staff supporting international students. If something is concerning you, please make sure we hear about it by letting one of us know. Students are welcome to drop-in to our Dover Bay Secondary International Student Education Office, call 250-751-0197, or email us at ise@sd68.bc.ca
- For assistance with Registration, Study Permits, Letters of Acceptance, Certificates of Attendance, Travel Requests, Tuition Fees, Homestays and Program Activities
- For questions about the International Student Agreement



Important Dates for 2025-2026

New Student Orientation	September 2-4	February	
September School Opens	September 8	Start of Semester 2 New Student Orientation Non-Instructional Day Family Day Holiday	February 1 February 2-5 February 12 February 15
National Day of Truth and Reconciliation	September 30	March Spring Vacation Good Friday & Easter Monday Schools reopen	March 15 - 29 March 26/29 March 30
October Thanksgiving Holiday Non-Instructional Day Non-Instructional Day	October 12 October 23 October 26	April Non-Instructional Days	April 26
November Remembrance Day Holiday Non-Instructional Day	November 11 November 30	May Non-Instructional Days Victoria Day Holiday	May 21 May 24
December Winter Vacation	Dec 21 -Jan 3	June End of Semester 2 Student Departure Extended Departure (with permission) Graduation Ceremonies Schools close Final Report Cards issued	June 24 June 25/26 June 28-30 June 28-30 June 30 Early July
January Schools reopen Semester 1 Ends Semester 1 Departure	January 4 January 28 January 29/30		

Other Celebrated Days in Canada:

Halloween – October 31st

Valentine's Day – February 14th

St. Patrick's Day – March 17th

Mother's Day – Sunday, May 9th

Father's Day – Sunday, June 20th

Extended departure dates for reasons other than final assessments or graduation, must be pre-approved by the District Principal of International Student Education.



Welcome from Your School Advisors . . .

Welcome to school! We are very excited to have you come and learn with us. We are here to support your school experience. We can help by showing you around, explaining our routines, answering your questions, and providing support if things become challenging. The first few weeks of any semester are extremely busy. Be patient with us, we will get to you.

You may find the Canadian school system different from what you are used to. It may be confusing at first, but by asking questions to your teachers and other students it will quickly become easier. Don't get discouraged! Your English will improve every day if you speak English as much as you can, even with your friends from your home country. Students who speak English at every opportunity find the most improvement the most quickly. Watch TV (not too late, though), listen to the radio, listen to your teachers and other students and practice, practice, practice. We really enjoy helping you learn our language and our Canadian customs.

You may be very tired for the first week or so. Get lots of sleep! It is a huge adjustment to move to another country. Give your body and mind a chance to adjust to new food, new language, and a new home. We hope you have a wonderful time with us!

We have included some information below that will help you get settled in.

Student Services – Contact your School Advisor for Support

School Counselling - Counsellors are available to deal with personal, educational or career issues. We encourage students to take advantage of our counselling services to obtain confidential assistance with personal issues, to plan their courses, set up peer tutoring, and to investigate their post-secondary plans.

Learning Assistance Center - Depending on your school it may be called the Hub or the Key. These centres provide a support system designed to help those students who have difficulties in certain areas of study. Students may receive assistance in studying certain topics or alternate materials may be provided with teacher input.

Learning Commons -traditionally called libraries, they are open and available for students before and after school and at lunch hour. We expect good study habits to be used during these times. You may read for pleasure, work on assignments, complete homework, or use any of the computer terminals available.

Textbook Use - There is no rental charge for textbooks during the school year; however, books are on loan, and they are the responsibility of the student. At the end of the semester, books must be returned in good condition. Damages and losses will be assessed. If a student loses a book, it should be reported to their class teacher. The student is expected to pay for the original and a replacement will be issued. If the lost book is found, the student will receive a refund.

Being Successful in School

Studying in a new country is a not only a rich personal experience, it also generates hope for our planet. By strengthening cultural understanding and by appreciating our environmental vulnerability, we can build a more peaceful and sustainable world. We are all invested in this future and recognize the importance of the international education you are about to experience.

Teachers and staff in the International Student Education Program are available to help you achieve your goals. Here are a few goals we hope you include:

- To learn English and to experience Canadian culture
- To mature into an aware, responsible global citizen
- To achieve academic success
- To build lifelong friendships, memories, and cultural understanding

Meeting People

- A common greeting practice for Canadians is “hand shaking.” People shake hands when meeting an adult for the first time.
- If people already know each other, they will generally just say “Hi” or “Hello” the next time they meet.
- When entering your Homestay, it is polite to find your host parent and say, “Hello, I am home.” It is disrespectful to enter a home with earbuds in.
- When leaving others in informal situations saying “Bye” or “See you later” is appropriate. Sometimes, Canadians will say something like, “Talk to you soon” or “I’ll talk to you later.”
- An adult may invite you to use their first name after you meet them, which is common. Otherwise, use Mr., Ms. or Mrs. as appropriate and the person’s last name (for example, Mr. Smith).
- Canadians maintain eye contact when conversing.
- Generally, people stand two or three feet apart from each other when conversing.
- Be interested in getting to know other people. In Canada, people often ask “How are you?”

Etiquette in Public Places

- People are generally uncomfortable with touching in public places. If you bump into somebody, say “sorry” or “excuse me.”
- Walk on the right side.
- It is not acceptable to spit in public.
- Hold swinging or heavy doors for people who are following you in and out of rooms.
- You may have to adjust your voice level to ensure it’s not too loud. Take your cue from the tones of other people.
- It is acceptable to ask people to speak more slowly or repeat words.
- If you’re the first person on an elevator, it’s common to hold the door for others, either physically, or by pressing the appropriate button on the control panel.
- If someone holds the door or elevator for you, say, “Thank you.”
- If someone thanks you, it is polite to say, “You’re welcome.”
- If someone offers you something it is polite to say “Yes, please” rather than “sure.”

School Expectations

Students who are accepted into the program agree to follow school expectations. Successful students show respect, demonstrate responsibility, commit to their studies, and engage in activities. These are the school district expectations:

- Attend all classes on time with the right materials.
- **Complete all assigned work.** Even if the work is difficult.
 - Ask the teacher or the ESL teacher, for extra help, attend study groups.
 - Additional tutoring in the community is available. Please contact our ISE office for details.
 - Read in English for 30 minutes each day.

- Be polite and courteous with all teachers and school staff.
- Be friendly and cooperative with other students.
- Participate in school activities such as teams, choir, clubs, and social events.
- **Plan appointments and vacations during school holidays so you do not miss school.** (Remember to hand in your [Overnight Travel Application](#) to your Homestay Coordinator **7 days prior to travel within Canada, and 30 days for international travel.**
- Speak English every opportunity you have, even with people who speak your home country's language!

Classroom Expectations

Academic Expectations – Students are expected to do their best and achieve good grades in each course. If you find a course challenging, please see your School Advisor as soon as possible. Our schools offer English Language support, your Homestay parents may offer support, and our communities have opportunities for additional tutoring.

Course Work and Assessments – You are expected to complete all class assignments and class exams in your courses. If you are planning to graduate in British Columbia, you are required to take the Ministry of Education Literacy 10 and 12 Assessments, and Numeracy 10 Assessment. Ensure that you have completed these assessments prior to returning home. If you are not graduating in British Columbia, you may be excused from taking these assessments.

International Student Education Attendance Policy

Attendance – Students are expected to attend all classes, every day. If you are absent from school, ask your Homestay parent to call the school to let them know you are away. Ask your Homestay parent for a note to show your teachers explaining your absence when you return to school.

Disciplinary action may be taken for unreported and unexplained absences (known as 'skipping'). These are absences not approved by the Homestay parent, school advisor, administration, or custodian. Missing 1 full day could result in 4 unexcused absences.

If you have unexplained absences, you will meet with your school advisor. If unexplained absences continue, it will be reported to your Homestay parent, an email will be sent to your agent and natural parent, and the Principal of the International Program will be notified. You may receive a Letter of Discipline, lose afterschool activities, lose permission to attend ISE activities, and have a restricted curfew. If attendance does not improve, you may be removed from the ISE program and be directed to return home.

Choosing Your Classes

You submitted a course request form which will be used by your School Advisor to build your timetable. Your School Advisor will work carefully with you to provide the best combination of courses possible. Your timetable will be created for you based on several factors:

- The courses you must take
- Space availability
- Scheduling availability
- Your interests

Your learning goals while you are studying with us will determine the courses you can choose from. This may be adjusted if you are planning to graduate in British Columbia and you need to take some extra English

classes, or if your home country requires you to take certain courses. Your School Advisor will help you determine the courses you need to take and will create your timetable for you. While your School Advisor will work to include the courses you are interested in, you may not always receive your first choice.

Requesting Course Changes – Your courses have been selected from the information on your International Student Education Application Form.

You are eligible to request a course change if your timetable does not meet requirements from your home country, does not meet graduation requirements in British Columbia (and you are staying to graduate), is incomplete, or you are struggling to pass the course. Your School Advisor will work to ensure your timetable meets these conditions.

You can request a course change for elective courses, although these changes can be very difficult to make. At the start of each semester, courses are often full. They are also only available at certain times which may conflict with the courses you are required to take.

Distance Learning Courses – To take a distance learning course, you must receive permission from your School Advisor and from the Principal of International Student Education. Distance Learning courses are only permitted when the course is unavailable in a regular classroom setting.

English Requirements – Most schools offer English Development courses for students learning English. These courses are taken in addition to English 10, 11 and 12.

To be eligible for admission to Canadian universities, international students complete a Language Assessment (like TOEFL or IELTS), or demonstrate that they have studied for 3, and sometimes 4, years in English.

Helpful School Information . . .

School Supplies – You may wish to purchase your school supplies once you arrive in Canada. We have a paper size that may be different from your home country. You will need pens, pencils, lined paper (8.5 by 11 inches) and a binder. Depending on the classes you are taking, you might also require a calculator, clothing for physical education and other specialty items. Your teachers will let you know on the first day of classes what is required for the course you will be taking with them. You are not required to bring a personal computer although if you have one it can be helpful for studying at home.

School Program Fees – Paid with your tuition fees, **pays for such items** as your locker fee, Student Activity Fee, Workbook Fee, Yearbook Fee, First Sport's Fee, - please see your School Advisor for details.

Dress Code - Students are expected to dress in a manner that reflects purpose and appropriateness. Students wearing inappropriate attire will be asked to cover up, change, or go home.

- Clothing is expected to be appropriate to a working and learning environment.
- Students must refrain from wearing clothes that promote drugs and alcohol, or portray sexual, violent, or racist themes.
- Students must refrain from wearing clothing that is derogatory regarding a person's ethnic background, national origin, religious belief, sexual orientation, or disability.
- Scent Free Schools – Check with your School Advisor if your school is scent free

Locks and Lockers – You will be given a combination lock and a locker at school to safely keep your school supplies and personal belongings in. Do not share your combination with anyone as it is confidential and

only for your use. If you are taking a Physical Education course, we recommend that you have a second lock to secure your things while you are in gym class.

Lates – Plan ahead to ensure you are on time for class. Each school and teacher will have consequences for students who are late. If late behaviour repeats, your School Advisor will be notified. Disciplinary action by the Principal, Vice Principal, or School Advisor will follow.

Leaving School During the Day – Students must check out at the office if they are required to leave school during the day for any reason. You are not allowed to leave, other than at lunch time. If you become ill while you are at school, go to the office. The secretaries will assist you to contact your Homestay parent for permission to go home. If you are unable to reach your Homestay parent, you will be able to lie down in the medical room.

School Announcements – All of our schools have daily announcements about upcoming events and activities. This is when you will learn about athletic team tryouts, club meetings and special events. Listen carefully to ensure you do not miss out! A written copy of the announcements will be posted at each school. Ask your School Advisor for the location.

International Student Announcements – There are many international student activities during the year. You will receive emails or text alerts of upcoming events. Your School Advisor will inform you of where in the school to look for information as well as the process for signing up for activities.

Yearbooks – Students in our schools publish a ‘Yearbook’ to record the events and memories from the school year. The Yearbook is covered by your tuition fees. You do not have to pay any more money for a Yearbook. Yearbooks are available in late June or in September/October of the following year. Before you leave for home, please see your School Advisor to ensure a process is place for you to receive your yearbook! Students should take the yearbook home with them, or it can be mailed to your home country at your expense. You **MUST** confirm the mailing address with your School Advisor.

School Bus – Students attending schools within their catchment area and those living beyond the established walk limits are eligible for bus service. Established walk limits are 4.3 km for students in grades 4-12. Students may be required to walk up to 3.2 km to the nearest bus stop. All students who require school bus service for Nanaimo Ladysmith Public Schools (NLPS), must have their Homestay parent register them for busing. A bus pass will be printed for each student once the registration package is submitted, and approval completed. Passes will be available for pick up the by the third week of school, but you can ride the bus until then without your pass. Registration for school bus passes is online on the school district website under the Families tab, Getting to School, [Bus Registration](#)

Cell Phones – In British Columbia, students are not permitted to be on their phones during instructional time. Ensure your phone is on mute to prevent disturbances. **Do not make or receive messages, check social media or be on the internet during instructional time.** Do not have your phone on speaker mode when making a call at school. Make phone calls before school, during break times, and after school. **Do not leave your class to make a phone call during class time unless it is an urgent matter.**

Plagiarism and AI - Presenting someone else’s work (words, ideas, images, etc.) as your work, without proper acknowledgement is not accepted. Plagiarism can occur when students “cut and paste” information from the internet directly into their own assignments, or by copying the work of a classmate. Your teachers will help you understand how to ethically use information. The use of AI is prohibited in most classes and easily detectable. Be sure you know your teacher’s expectations on the use of AI.

Graduating Students

Here are the required courses for students staying to graduate:

Grade 10	Grade 11	Grade 12
English 10	English 11	English 12
Math 10	Math 11 or 12	Elective 12
Science 10	Science 11 or 12	Elective 12
Socials 10	Socials 11 or 12	Elective 12
Physical Education 10	Elective 11	Elective 11 or 12
Elective 10	Elective 11	Elective 11 or 12
Elective 10	Elective 11	Elective 11 or 12
Career and Life Ed. 10	Elective 11	Career & Life Connections 12
	<i>*1 Indigenous Focused Course</i>	

Students planning to attend university must check the pre-requisite courses required for the program they wish to apply to. Check this with your Student Advisor early in your program!

Transcripts – If you are graduating from a Secondary School or High School in British Columbia, you will need to send your school transcript to universities you are applying to. We are unable to give you a final report card until all the marks are posted by your teacher. Typically, this is done the first or second week in July. You can access your school transcripts online and request that they be sent directly to most universities in Canada and many universities internationally.

Transcripts are available on the Ministry of Education website:

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/transcripts-and-certificates> You will need your Personal Education Number or PEN. Your PEN is different than your student number, is nine digits long, and can be found at the top of your report card.

Scholarships – There are several scholarships and bursaries that are available for graduating students to apply for. Please let your School Advisor know if you are planning to attend a college or university in British Columbia. Most Canadian universities offer scholarships for international students. Check their websites to determine your eligibility.

Diplomas – Your graduation diploma will be mailed to you in your home country, from the International Student Education Office, in September. Please ensure that the office has your correct mailing address before you leave for home.

Graduation Ceremony – All students graduating from our schools are encouraged to attend the Graduation Convocation Ceremony. This is a formal ceremony where students wear a graduation cap and gown and are formally recognized as high school graduates. The ceremony takes place during the last week of June. Students who are completing their Grade 12 year, but NOT graduating, may still participate in the graduation ceremony subject to the school's graduation protocols. To avoid disappointment, this must be confirmed prior to developing travel arrangements.

Prom – Prom is a formal dance and banquet sponsored by parent groups and held at the end of each school year for students in grade 12. Prom **is not** sponsored or organized by the schools or the ISE program. The event involves fancy dresses, suits and tuxedos, and an amazing array of food! This is a very popular event, and many students attend. If you are in grade 11, you will need a grade 12 sponsor to invite you to the event. Attendance at a Prom is at the discretion of your Homestay parents based on the maturity and level of responsibility shown by their student. Safe travel to and from prom must be determined ahead of time with your Homestay parent. Tickets will go on sale in the Spring.



Homestay Living

Your home-away-from-home is your place to relax and experience Canadian family life. Your Homestay family is there to provide you with a welcoming place, guidance when you need advice, and comfort when you have had a long day. Your Homestay parents will have expectations for you to follow and we have recommendations to help you build a successful Homestay experience.

- 1. Manners** - Be polite and courteous with all members of the family. Use good manners: say “please” and “thank you.” Saying, “Yes, please” is better than saying “sure”. Help in your Homestay and be part of the family. You can help by offering to set the table, bring in the groceries, or empty the dishwasher once in awhile. When visiting with another person from your country, speak English in front of your Homestay family.
- 2. Respect** - Treat your host family and their home and its possessions with care and respect. Your family will be respectful of your things, too. Please listen to your hosts as they teach you how to use their appliances especially the stove and laundry machines.
- 3. Home Time** - Be home at the agreed time, after school and on the weekend. Mealtimes with Homestay families are very important and should not be missed except for important functions. You can discuss any food concerns with your host parents. Tell them if you dislike a food or if you have a wish for a particular food. It would be nice for you to offer to prepare a traditional dish from your country for your family to enjoy. We require ISE students to have at least 4 meals with their host family per week. If you will be late for dinner, please give your host as much warning as possible. Let them know if you would like a plate of food left for you to heat up when you arrive home.
- 4. Community Time** – While in the community, all students must be under supervision and stay in regular communication with Homestay parents. (This is why you must have a phone plan with data!) Make sure your Homestay parents know where you are and when you will be home. If your plans change, let your Homestay parents know. Before dark, you need to be at a supervised location like your home, a friend’s home, a shopping mall, or recreation centre. You must not be at the beach, lake, park or any other unsupervised location after dark. Always be with a friend when ever possible. If drugs or alcohol show up.... leave immediately.
- 5. Effective Communication During Your Homestay** - Good communication is essential for a successful and enjoyable homestay experience. You and your host family should agree on the best way to stay in touch — whether that’s through WhatsApp, text messages, or phone calls. Please make sure to share enough detail when discussing your plans. For example, saying “I won’t be home for dinner” is not enough. A better message would be, “I would like to go to the mall now with friends. Is it okay if I miss dinner and be home by 8 PM? I will take the bus.” This gives your host family the information they need to plan their evening. If your plans change, be sure to let your host know as early as possible so they can adjust accordingly. Clear and timely communication shows respect and helps build a positive relationship with your host family.
- 6. Curfews** – Curfews are in place to keep you safe and to follow Canadian customs. You must communicate your schedule and recreation plans each day. You are expected to be home for dinner unless you have discussed alternate plans with your homestay parent.



- On **school nights**, you are expected home for dinner unless you have made prior arrangements and communicated this with your Homestay parent. If you have approval for a planned activity, you must be home by 9:00 pm. Exceptions can be made for team athletics and school events.
- On **weekends**, you are expected home by 9:00 pm. Extensions can be made through discussion with your Homestay parent for social activities such as attending a movie, a sports event, dinner out, movie night at a friend's, etc. All students are expected home by 11:00 pm.

You must communicate your plan including what you are doing, where you plan to be, who you will be with, your plan for safely getting home. If your plan changes unexpectedly, you must communicate the change to your Homestay parent right away.

- 7. Having Friends Over** - Be sure to ask for permission before inviting friends to your Homestay. Sleepovers are only permitted with advance approval from the Homestay parents of both you and your guest. It is the ISE student's responsibility to provide their host parents with the phone number, address, and names of the parents who will supervise you while at the sleepover. **Your homestay host must communicate directly (by phone call, not text) with your friend's homestay host or parent to confirm sleepover arrangements.** International Student Education Program rules prohibit sleepovers involving students of the opposite sex or chosen partners.
- 8. Energy Use** - Be sure to understand the operation of the heating thermostats and when they should be used. For example, don't leave heat at a high setting when you leave in the morning. As well, talk over the use of the shower to be sure the arrangement is suitable for all family members. Showers should not be longer than ten minutes to conserve hot water and energy.
- 9. Your Room** - Keep your room clean and tidy. Do not eat in your bedroom unless it is permitted. If you are permitted to eat in your room, be sure to bring your dishes out to the kitchen when you are finished. Dirty dishes in your room will begin to smell, mould, and attract insects. Clean the dishes and put them away or put them in the dishwasher. Your bedroom is your personal space. However, we recommend to Homestay parents that they do a quick room check with you once a week. Should you accidentally damage anything, tell your Homestay family immediately. Accidents do happen, and it is better to deal with the issue right away rather than wait.
- 10. Laundry** - Please talk with your Homestay family about the laundry requirements. Ask if you are expected to do your own laundry or if it can be done with the family's laundry. You may be assigned a specific day and time to do your laundry E.G. Saturday between 10:00 a.m. and 1:00 pm. Please be respectful of this arrangement so you do not inconvenience other family members. Your Homestay family may choose to wash your towels and bed linens; however, they may give that responsibility to you. Please ensure you understand who is doing this. If there are items you wish to wash by hand and hang to dry, ask where you can do this.
- 11. Cooking** – If you are interested in cooking while you are in your Canadian homestay you should first discuss this with your host parents. Learn how, what, and when you are permitted to cook. Your host parents will most likely want you to work with them in the kitchen before they permit you to cook or bake on your own.
- 12. Food Delivery Services (Skip the Dishes, Doordash, Uber Eats)** – discuss the use of these services, and the timing of deliveries with your Homestay parent before placing an order.

- 13. Phone Use – All ISE students are required to have an operating cell phone with data.** The number must be provided to your Homestay and the ISE Office. Be considerate with the use of your phone. Late night calls after 10:00 pm and before 6:00 am from local friends or family & friends overseas are not allowed (unless it is an emergency) to avoid waking the family, and ensure students are rested for school.
- 14. Family Expenses** - If a student has questions about costs or bills proposed by their Homestay family, the student should contact their Homestay Coordinator.
- 15. Travel Plans** - If you have travel plans, or have relatives coming to visit, be sure to discuss this with your Homestay parents and Homestay Coordinator at the earliest date possible. Applications for overnight travel outside or inside of Nanaimo-Ladysmith without your Homestay family must be completed at least 7 days in advance (30 days in advance if it is international travel.) More specific information is included at the back of this handbook. If you are away from Nanaimo Ladysmith and your return plans must be changed, call, text or email your Homestay parents and your Homestay Coordinator, immediately. You can find a copy of the [Travel Form on our website](#).
- 16. Visitors** – If you have relatives coming to visit, be sure to discuss this with your Homestay parents and Homestay Coordinator. Family members or friends are not permitted to stay overnight at your Homestay; they must have their own accommodation.
- 17. Well-being** - If you are lonely, worried or feel sick, talk to your Homestay parents, Homestay Coordinator, School Advisor or School Counsellor. They are all there to help you. It is a normal feeling to be worried or sad at times and if you are unwell, it is difficult to study successfully.
- 18. Homestay Concerns** - If you have a concern or a problem in your Homestay talk to your Homestay parents about it. Discussing disagreements or concerns as they arise is a typical Canadian practice. Canadians appreciate knowing about challenges and working to find solutions that will help everyone. If you are uncertain about how to discuss a problem, ask your Homestay Coordinator for help.
- 19. Student Moves** - The Homestay Coordinator makes every attempt to find a suitable match between a student and the Homestay family and will monitor the satisfaction of both parties through regular contact. When things are not working out with your host family, we encourage you to have a conversation with your host about the issues you are having. If such conversations do not resolve the issue, you are advised to contact your Homestay Coordinator.
- 20. Drugs, Alcohol, Vaping, and Smoking** - **The purchase, possession and/or use of drugs, alcohol, vape products and cigarettes are illegal for youth under the age of 19, in BC, and against program rules.** Friends help friends make good decisions. Keep each other safe and report worrisome behavior. Infraction of these rules can result in immediate dismissal from the ISE Program, confiscation of your Study Permit, and notification to Citizenship and Immigration Canada. Do not buy and do not consume, even if you are 19 years old.
- 21. Sexual Activity** - International Students are expected to abstain from sexual activity with a partner while in Nanaimo Ladysmith School District Programs.
- 22. Driving and Owning a Car** – Only multi-year, grade 12 students who are planning to attend post secondary institutions, can attain a BC Learners (L) driver's licence. Prior to applying, students must obtain permission from the District Principal of International Education. All other international students are not eligible to drive any motor vehicle.

23. ISE students as passengers in cars - Let your Homestay know who you are driving with and do not be part of overloading a car. An N (Novice) Driver may only have one passenger unless they are a member of the driver's immediate family.

24. Home Security - You are responsible for helping to maintain security in the home. Ensure doors and windows are locked before you leave the home. Take your keys with you and do not give copies of your keys or alarm codes to anyone. If you lose your keys, the family may feel the need to change the locks. You may be responsible for this charge. If you do lose your key, tell your Homestay parents. Do not borrow a key from another family member and copy it.

25. Emergency 911 - 911 is the universal number for police, fire and ambulance. If you require any of these services, do not be afraid to call. However, misuse of the 911 system is a Criminal Offense and punishable by fines and expulsion from the ISE program. Make sure you have learned your Homestay address and phone number should you need to give it to emergency personnel or if you become lost. It is recommended that you store it in your phone and memorize it well.

26. ISE students are **not permitted to have **paid employment**.** You have a Study Permit, not a Work Permit. You may volunteer though.

A good Homestay experience can build relationships that last a lifetime. When you put respect and responsibility together with patience, curiosity and humour, the foundation for a great Homestay experience is created!





Engage, Experience, Explore!

Getting Involved at School . . .

Fall Athletic Teams	Spring Athletic Teams	Athletic Clubs	Clubs
Volleyball Basketball Football Soccer (boys) Swimming Cross-Country Running	Soccer (girls) Rugby Golf Track and Field Badminton Ultimate Frisbee	Intramurals Dance Team Weight Room Triathlon Badminton	Students' Council Eco Club Energy Ambassadors Leadership Knitting Drama Improv Art Dungeons & Dragons Robotics Board Games & more!

School activities provide memories for a lifetime. Join your Canadian and International peers in athletics and clubs. Make new friends, improve your own well-being, and contribute to your Canadian community. There are choices for everyone and places where everyone belongs. See your School Advisor for information on getting involved in athletic teams, clubs, and events!

Exploring Nanaimo and Ladysmith . . .

There is a lot to explore in Nanaimo and Ladysmith!

Here's a link for the City of Nanaimo Parks and Recreation Information for activities in the community:
<https://www.nanaimo.ca/parks-recreation-culture>

Gym Memberships - students are minors, so they cannot join a gym without NATURAL parental consent.

Gyms will require minors and their adult co-signers to complete the gym application in person, which natural parents can not do. To work with gym rules, Mr. Hutchins and Mr. Mattin (District Principals) can act as a signatory. Our process is to have written consent from the natural parents via email. Once we have received this email, Mr. Hutchins or Mr. Mattin will accompany the student to the gym to act as a co-signer. **We kindly ask Homestays NOT to act as a co-signer for gym memberships, nor pay for gym memberships.**

Students should contact the gym to see what is required – e.g. credit card and Canadian cell phone number. Once the student has a Canadian phone number and any other requirements, the student can then contact Mr. Hutchins or Mr. Mattin to make an appointment to go to the gym.

Shopping - Our communities have a great selection of shops to explore. In Canada, a sales tax is added to the price of your purchase when you pay. For instance, if you want to buy a pair of shoes that cost \$70.00, you will be charged \$78.40. A sales tax of 12% is added to the sale price. For some items, a reduced sales tax of 5% is charged. These items include school supplies, some groceries and restaurant meals, clothing for students under 15 years of age, bicycles, and medications. It is very unusual to barter in Canada unless you are attending a 'junk sale' or 'garage sale'.

Restaurants – You will be able to find a wide variety of restaurants serving food from all over the world. In addition, many of our grocery stores carry ingredients from all over the world. It is usual to ‘tip’ your server when having a meal in a restaurant. The tip is generally 15 percent of the cost of the meal.

Sports/Dance/Horseback Riding – Nanaimo and Ladysmith offer great opportunities to continue your dedication to your sport or activity. e.g., Swimming – check out the Nanaimo Riptides or Ladysmith Orcas. Dance- there are some 20 dance studios between Nanaimo and Ladysmith. Horseback Riding – there are five stables offering horseback riding lessons. These community programs are not connected to our schools and require separate fees.

Music Equipment Rental – Continue practicing while in Nanaimo Ladysmith! You can rent instruments and music equipment by the month at retailers in the community.

Outdoor Recreation – You are living in a popular location for outdoor activities! Some of our favourite hiking trails include Westwood Lake, Neck Point, Piper’s Lagoon, Saysutshun Island, Jack Point and Holland Creek. A simple internet search will provide more trails and more information.

If you are interested in biking, check out Nanaimo’s Stevie Smith Bike Park and the Parkway Trail. Popular mountain biking areas are Westwood Lake and Doumont Road. Stop by a local bike shop for more ideas or check in with your Homestay regarding renting or borrowing a bike!

If you love snow sports, Nanaimo is a 90-minute drive to [Mount Washington](#) where you can go alpine and cross-country skiing, snowboarding and tubing on the weekends. You can catch the [ski bus](#) from Nanaimo and Ladysmith to Mount Washington.

If watersports are your thing, Nanaimo, Ladysmith, and the surrounding areas are a paddling paradise. Launch a kayak or canoe and explore the harbour or the historical shores of Saysutshun (Newcastle Island) Marine Provincial Park. Be sure to respect water conditions and know your ability. Always wear a Lifejacket and be prepared for cold water, currents, and wave and tidal conditions. Rent stand-up paddleboards and kayaks in the Nanaimo Harbour, on Gabriola Island, or at Transfer Beach Park in Ladysmith and start exploring!

Our beaches provide a perfect escape on a hot summer's day. Nanaimo's long oceanfront makes this an ideal place for families, swimmers, and sun worshippers. Beaches at local parks such as Piper's Lagoon, Departure Bay, Neck Point, Swy-A-Lana Lagoon, and Transfer Beach Park offer opportunities for swimming and snorkeling. There are also three indoor swimming pools to discover, two in Nanaimo and one in Ladysmith. Swimming needs to take place with a responsible adult present or an on-duty lifeguard.

Transportation . . .

Public Transit - Many locations, destinations and services are walking distance or a short bus ride. Walking routes are safe and there are public transportation systems. We recommend you put the [Nanaimo Transit](#) and Ladysmith Transit Apps on your phone. Please note that there is less service on Saturdays, Sundays, and in the evening. Plan your travel in advance.

Bus tickets can be purchased on the bus using an exact cash payment, or by using the UMO payment system. UMO can be used with a reloadable UMO Card (available at Nanaimo Transit vendors), or the UMO App can be added to your phone. We recommend using the UMO App. Here are links to the Transit UMO website:

<https://www.bctransit.com/umo/>
<https://www.bctransit.com/nanaimo/fares/>

If you take the transit bus to school each day, it is best to purchase a [30-Day Pass](#) at a cost of \$45 for students aged 13 – 18 years. Single zone tickets are \$2.75 and Ladysmith to Nanaimo is \$5.00.

Here are links to the schedules for Nanaimo and Ladysmith:

Nanaimo - <https://www.bctransit.com/nanaimo/schedules-and-maps/>

Ladysmith - <https://www.bctransit.com/cowichan-valley/schedules-and-maps/>

There is a transit route (70 NCX Nanaimo -Cowichan Express) connecting Ladysmith to Nanaimo and to Duncan providing seven trips Monday to Friday and six trips on Saturday. [The schedule is found here.](#)

Private Transit - There are also two private bus systems that connect Nanaimo and Ladysmith: the [Tofino Bus](#) and [Island Link Bus](#). You need to pre-book with them as they are not covered by your regular bus pass. There are also commercial taxi cabs servicing both communities. [Yellow Taxi](#) or [AC Taxi](#) service Nanaimo and Ladysmith. Ladysmith also has [Ladysmith Taxi](#) service. Uber is new to Nanaimo Ladysmith with service just starting up.

Bicycle - Nanaimo and Ladysmith are great places to bike ride. Many locals use bikes for recreation and transportation. It is the law to wear a bike helmet in British Columbia and it is very important that you always wear a helmet and visible clothing.

Student Travel Beyond Nanaimo and Ladysmith . . .

Trips Beyond Nanaimo and Ladysmith requires the permission of your Homestay parent.

Day trips – require the permission of the Homestay parents.

- Students must have demonstrated maturity and responsibility, be proficient in English, and have good work habits at school. **Students must never travel alone.**
- Students must have enough English to be able to ask for assistance and directions if required
- Students must not travel to Vancouver or Victoria, without their homestay, during the first month of their stay.
- Students must discuss with their homestay a safety plan including transportation routes, destinations, and contact numbers.
 - Refer to the [BC Ferries](#) and the [Hullo Ferries](#) website or app for updated sailing times as they are subject to seasonal changes.
 - Refer to the weather forecast to determine the potential for storm sailing cancellations and do not travel on these days.
- Students going to Vancouver are required to be on the **second** to last ferry back to Nanaimo. Homestay parents should check these arrangements carefully before giving consent.
- Students must always carry with them photo ID and emergency contact information.

Overnight Trips Without Homestay Family - Under no condition is an international student permitted to be away from Nanaimo Ladysmith overnight without the approval of the Homestay Coordinator nor be away from the homestay overnight within the community unless at another homestay house or a program sanctioned event. The [Overnight Travel Applications are located on our website](#). A student travelling out of town without program consent will be considered in breach of the Student Agreement. For reasons of student safety and legal responsibility, this rule is strictly observed.

- After discussion with their Homestay Parent, students must complete an “Overnight Travel Application” and submit it to the Homestay Coordinator at least 7 days prior to the departure date. Applications can be found on our website here.
- This application is to be signed by the Natural Parent prior to being submitted to the Homestay Coordinator. It is expected that the Homestay Coordinator will have confirmed the precise destination of the student and will have spoken personally with the adult who will assume responsibility for the student during this trip.
- Students are not permitted to stay in any accommodation (hotel, apartment, house) without an approved adult (25 years of age or older) present.
- The use of temporary rental accommodations through such agencies as Airbnb is not permitted unless you are in the company of a Homestay Parent.

Please note that International Travel, with or without a Host parent, also requires the Overnight Travel Application Form. Please submit the application at least 30 days prior to international travel.



Health and Wellness

Staying Safe . . .

Although our communities are safe places to live, practice the following safety habits to help ensure your well-being.

Always have your cell phone charged. You are required to maintain an adequate data plan, with a Canadian provider so you can connect and be connected with at all times. As per your Arrival Guide, we recommend [Phonebox](#) for your phone and data plan.

- Always travel with a friend or in a small group.
- When the days are shorter, be sure you are visible in the dark and especially around traffic and when crossing the road. Cross streets ONLY at crosswalks!
- Keep your personal documents, passport, study permits, and money over \$50 securely at home.
- Protect your bank cards, PIN numbers, phone, and valuables at all times. Do not leave your valuables unattended while at school or in the community, such as at a beach.
- Make sure you have a photo of both sides of your medical cards (GuardMe and MSP) stored in your phone. Ask your host parent(s) to also have these photos stored in their phone.
- Do not use alcohol, drugs, vape products or cigarettes as they are illegal for youth in BC and are against program rules. These products can impair decision-making and compromise safety and well-being. Substances can include toxic products that are life threatening. Keep each other safe and if you are worried about someone's behavior, talk to a trusted adult or your Homestay Coordinator.
- Beware of online scams and phone calls. Do not comply with demands to give out personal information (credit card number or passwords, etc.) over the phone. Be wary of false urgency. The scammer may try to convince you that you must act now. Hang up! Let your Homestay know of any unusual or concerning emails, texts, or calls.

If you need HELP . . .

- In case of emergency, call 911 for police, ambulance, or fire.
- For urgent or serious matters, call our Urgent Matters phone at (250) 714-2252. Add this number to your contacts. This number is to be used for emergencies such as a major illness or injury, being lost, or being involved with law enforcement.
- For all concerns, contact your Homestay parents for advice

Practices for Good Health . . .

Living and going to school in a new country can be amazing! You will get to experience a lot of independence as you explore and engage with your new life. While it's exciting, it also means you need to take really good care of yourself. It is so important that you put good habits in place to stay balanced and healthy. Not only do you need to look after your body, you also need to take care of your mind. You may experience challenges brought on by homesickness and/or high expectations.

Following these simple practices will promote good mental health and help you stay sharp for learning and for living.

- Practice the basics: Get enough sleep (8 to 10 hours), eat well and exercise regularly. Stay connected back home but set boundaries – avoid late night calls or messaging on school nights.
- Surround yourself with good people: Stay connected to friends and family back home while building new relationships here. Participate in school activities, join clubs, purposefully build connections.
- Stay on track: Reduce the potential to become overwhelmed. Set realistic goals and practice daily organization. If you need help, see your School Advisor or Homestay Coordinator.
- Lighten the load: Take time for self-care. Slow down to rest and repair, schedule in downtime away from technology. Learn how to take care of stress and quiet your mind.
- Focus on the positive: Practice kindness and find things to be grateful for. Focusing on the positive releases dopamine in our brains and helps us feel better.
- Build healthy habits: Our lives are made up of what we pay attention to. Go for walks, listen to music, enjoy healthy foods, drink water, develop friendships. Choose wisely.
- Build healthy social media habits: Studies show the more time we spend on social media the greater the chance of developing depression. Social media exposure can lead to comparisons that make us unhappy. If you struggle to manage healthy social media habits, it can be helpful to partner up with someone who has healthy habits and can lead the way.

If You Need Medical Care . . .

While you are in Canada, you have access to medical care. The cost is covered by medical insurance. When you first arrive, your International School Advisor will give you your GuardMe Insurance Card. Please take a photo of your card and always carry your Medical Insurance card with you. While you are covered by GuardMe, you may need to pay for medical services with cash and then be reimbursed later. Claims for reimbursement can be submitted online through [guard.me](https://www.guard.me). You can ask your Homestay Parent and Homestay Coordinator for help with this. There are several ways to receive medical services:

1. **Online Healthcare For All Students** - You can call 811 to get answers to health questions any time of day or night. A team of health service navigators will answer 811 calls and, depending on your questions, will direct you to an on-duty nurse, dietitian, or pharmacist. This service is available in more than 130 languages and will help you identify symptoms and provide you advice on when to seek medical treatment.
2. **Online GuardMe Services** - You can call a Mobile Doctor, covered by GuardMe Insurance, to receive medical advice, a diagnosis or prescription. Conditions that can be treated online include allergies, asthma, cold and flu, infections, insomnia, migraines, pink eye, and sore throats.

Visit www.guard.me/mobiledoctor to sign up. **You must have a Canadian phone number to register for this service.**

3. **Online Medical Service Plan Services** - Students with MSP Insurance, can book a virtual appointment in various ways:
 - Visit HealthLink BC. You must phone 811 first and they will refer you to an online doctor
 - Visit <https://virtualclinics.ca/#how-it-works> to sign up.
 - Visit <https://vivacare.ca/> to sign up.
 - Visit <https://rocketdoctor.ca/online-doctor-bc/> to sign up

4. In-Person Healthcare

- **Pharmacist Care**
 - Pharmacists can diagnose and prescribe medications for up to 21 ailments
 - **Nursing Care**
 - Nanaimo Youth Wellness Center – Nanaimo Public Health Unit – 1665 Grant Avenue
 - School Youth Mobile Clinics – see your School Advisor to make an appointment
 - John Barsby Wellness Center – for students attending John Barsby School
 - **Doctor Care**
 - Medical Arts Urgent and Primary Clinic – Port Place Mall – 250-753-3431
 - Central Nanaimo Urgent and Primary Care – 3260 Norwell Drive - 1-833-688-8722
 - You can make an appointment to see our ISE FAMILY DOCTOR through your Homestay Coordinator.
 - **Dental and Eye Care**
 - Emergency dental and eye procedures are covered by medical insurance.
5. **Urgent Care:** If you need urgent care, go to the Nanaimo Regional General Hospital, Ladysmith Community Health Center, or Oceanside Urgent Care. In emergencies, you can request an ambulance by calling 911. Be sure to notify your Homestay and Homestay Coordinator if you require emergency care.

Transportation to medical appointments – To arrange a ride for a medical appointment, first ask your host family and then your Homestay Coordinator. If you need to use a taxi, keep your receipt for reimbursement.

If you need Mental Health support . . .

If life is overwhelming, it is important to ask for help. If you are experiencing excessive fatigue, sadness, anxiety, depression, or irritability, and it doesn't go away after a several days, ask for help. There are many services in our community to support your well-being. Here are our recommendations for receiving support:

- See your school counsellor and/or school nurse
- Visit a Youth Wellness Center at the Public Health Unit or John Barsby School
- Contact a counselling clinician for private counselling or therapy
- Contact Child and Youth Mental Health
- Call the Crisis Line, Crisis Chat or Crisis Text - 24-hour Crisis Line - 1-888-494-3888
- Vancouver Island Crisis Society has great resources
- Visit the Brook's Landing Walk-In Clinic

If you need assistance to arrange supports, please talk with your Homestay parent first, and then your Homestay Coordinator. Both public and private clinicians are available to you.

If you are Experiencing an Immediate Crisis

- Call 911 and let the operator know it is a mental health crisis
- Go to a hospital emergency room
- The Suicide Helpline can be reached at 1-800-784-2433
 - **24-hour Crisis Line - 1-888-494-3888**
- Follow up by calling the Urgent Matters phone 250-714-2252



Program Activities

We are excited for you to Engage, Experience, and Explore all our Island, Province, and Country has to offer! Here is a list of potential activities. Stay tuned for dates and times and come experience traditional Canadian activities with us. You can find updates on our activities on our website studyvancouverisland.ca. 'True North' is the email we use to share upcoming trips and how to sign up. Watch for 'True North' emails and when activities are offered see your School Advisor for details. Check that 'True North' emails don't end up in your junk folder!

Some Fall Activities



Learn to Curl - Nanaimo Curling Club

This activity is a great Canadian experience filled with many laughs and tons of fun. Whether you're a brand-new curler or an experienced one the Nanaimo curling Center provides a great event for everyone!

Half day activity
Includes:
lunch and curling equipment.



Discover Victoria - Victoria, BC

Victoria is known for its stunning heritage architecture framed by ocean views and mountain vistas. It is considered one of the most beautiful cities in the world.

Full day excursion
Includes: bus and tickets to attractions



One Day Salish Sea Sailing Adventure

Learn about local coastal ecosystems while observing marine life. Gain sailing and navigational skills sailing a 68 foot sail boat with Captain Drew and his crew.

Full day adventure out of Nanaimo Harbour in the Salish Sea



Discover Vancouver Vancouver, BC

Vancouver is a coastal gem surrounded by beautiful mountains. Spend the day experiencing Vancouver's natural and urban highlights

One day excursion
Includes:
ferry, bus, and tickets to attractions



Festival of Lights – Ladysmith, BC

Celebrate the beginning of the Christmas season as Ladysmith simultaneously lights up the town with thousands of festive lights! Discover the spirit of Christmas and keep an eye out for Santa Claus.

November – Last Thursday
An evening event
Includes:
family dinner



Whale Watching Adventure

A whale watching adventure offers a thrilling opportunity to observe magnificent marine mammals in their natural habitat. Navigating the Salish Sea in search of orcas (killer whales), humpback whales, and other wildlife.



Discover Whistler Mountain Ski Trip x 2

Whistler Mountain is a famous winter destination playground attracting skiers, snowboarders, and winter enthusiasts from all over the world. Whistler Mountain offers spectacular recreation and Whistler Village overflows with Alpine charm.

Two-night, three-day excursion
Includes: ferry, bus, lift tickets, lessons and hotel.



Skating - Nanaimo

In Canada, millions of people lace up skates every year! Come learn the basics of skating and experience gliding across the ice. Guaranteed to bring on the laughter and fun times!

½ day activity
Includes: bus, activity fee and snacks



Winter Social and Farewell - Nanaimo

Gather your friends and come celebrate the completion of your first semester together. Enjoy music, dancing, and games. Share your stories and say farewell to students returning home.

January
An evening event
Includes: snacks



Mount Washington - Vancouver Island

Spend a day at Mount Washington! Enjoy snowshoeing, skiing, snowboarding, and tubing at Vancouver Island's winter playground. A true Canadian experience.

Full day activity
Includes: bus, activity fees



Discover Rocky Mountain Tour

The Rocky Mountains are renowned for their stunning scenery of emerald lakes, majestic mountains, amazing glaciers, and untouched wilderness. This tour includes visits to Lake Louise and Banff and hopefully some sightings of bears, moose, and mountain goats.

Three-night, four-day tour
Includes: ferry, bus, hotels and some meals.



Wild Play

WildPlay is an outdoor adventure park in a beautiful location beside Nanaimo River. We participate in ropes courses and ziplines designed for various skill levels and ages.

½ day activity
Includes: bus, activity fee and light dinner

Some Spring Activities



Bowling - Brechin Lanes or Splitsville, Nanaimo

Bowling is one of North America's most popular social activities. All it requires is a willingness to try something new and a good sense of humour! Join in for some friendly competition, some laughter, and some pizza

Half day activity
Includes: bus, activity fee, snacks



Discover Whistler Mountain Ski Trip – Whistler, BC

Whistler Mountain is a famous winter destination playground attracting skiers, snowboarders, and winter enthusiasts from all over the world. Whistler Mountain offers spectacular recreation and Whistler Village overflows with Alpine charm.

Two-night, three-day excursion
Includes: ferry, bus, lift tickets, lessons and hotel.



Discover Yukon –Whitehorse, YT -

Experience Canada's "True North!" Learn about the way of life in the Yukon and see the Aurora Borealis (Northern Lights). Option to do a half-day dog sledding experience.

Four-day excursion
Includes: ferry, flights, bus, winter clothing, hotels, and some meals



Discover Rocky Mountain Tour

The Rocky Mountains are renowned for their stunning scenery of emerald lakes, majestic mountains, amazing glaciers, and untouched wilderness. This tour includes visits to Banff and Jasper and hopefully some sightings of bears, moose, and mountain goats

Three-night, four-day tour
Includes: ferry, bus, hotels and some meals.



Surfing - Tofino, Vancouver Island

Join us on Vancouver Island's wild west coast! Learn surfing basics, perfect your pop-up and master your wave catching while learning about Canadian surf-culture.

Full day excursion
Includes: bus and activity fee



1 + 4 Day Salish Sea Sailing Adventure

Learn about local coastal ecosystems while observing marine life. Gain sailing and navigational skills sailing this 68 foot sail boat with Captain Drew and his crew.

Full day adventure out of Nanaimo Harbour in the Salish Sea



Appendix

International Student Agreement

This International Student Agreement outlines the expectations and obligations for students participating in the School District's International Program, as well as the responsibilities of their parents or guardians.

School Expectations. As a condition of participating in the School District's International Program, I agree to:

- Comply with all School and School District Rules, Policies, and Codes of Conduct.
- Not use ChatGPT to complete my assignments.
- Comply with the School District Network and Internet Appropriate Use Policy and the Privately-Owned Electronic Devices Appropriate Use Policy.
- Attend all registered classes, unless excused due to illness or injury by my host family.
- Complete all homework assigned and maintain a minimum 60% average in all courses.

Community Expectations. I agree to:

- Follow all laws of Canada and British Columbia.
- Not purchase alcohol, drugs, vapes, or cigarettes for myself or others.
- Not possess or consume alcohol, drugs, vapes, or cigarettes. If I become aware that these substances are present at a gathering, I will leave immediately.
- Remain under the supervision of, or maintain regular communication with, my host parents while in the community.
- Ensure my host parents always know where I am and when I will return. If my plans change, I will notify them immediately.
- Be in a supervised location (such as my host family's home, a friend's home, a shopping mall, or a recreation centre) between dusk and dawn. Unsupervised locations such as beaches, lakes, or parks are not permitted during these hours.

Homestay Expectations. I agree to:

- Comply with all Homestay rules and expectations set out in this Agreement.
- Show respect toward all members of my Homestay family.
- Follow the 9:00 p.m. curfew on weeknights, and request permission from my host family to stay out later on weekends.
- All guests of the opposite sex, and preferred partners, must be in homestay common areas when visiting.

Travel Expectations. I agree to:

- Obtain written approval from my ISE Homestay Coordinator for overnight trips outside Nanaimo at least 7 days in advance.
- Obtain written approval 21 days in advance for travel outside British Columbia, including holiday travel to my home country.

Other Commitments. I agree to:

- Maintain a Canadian phone number with active data for the duration of my stay.
 - Understand that participation in ISE trips and adventures depends on:
 - Good attendance
 - Maintaining a minimum grade of 60% in all classes
 - Being respectful, communicative, and considerate toward my host family
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