



Coast Mountains School District 82

INTERNATIONAL STUDENT HANDBOOK

For ISP Students

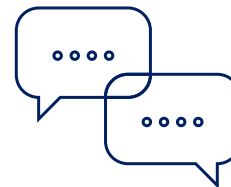


TABLE OF CONTENTS

ISP CONTACT INFORMATION.....	3
Homestay Liaison.....	3
International Student Program Administrator	3
WELCOME TO COAST MOUNTAINS SCHOOL DISTRICT	5
CLOTHING SUGGESTED FOR A YEAR IN TERRACE AND KITIMAT	6
WHAT TO EXPECT EMOTIONALLY THE FIRST COUPLE MONTHS	7
Culture Shock.....	7
The Honeymoon Stage	7
The Distress Stage.....	7
The Transition Stage	7
The Integration Stage.....	7
Tips And Tricks (To Minimize The Effects Of Culture Shock).....	8
Culture, Customs And Etiquette	9
Etiquette Around Your Host Family	9
At School.....	10
No Tolerance For Discrimination	10
LIFE IN YOUR NEW HOME.....	11
HOMESTAY RULES & EXPECTATIONS.....	13
AROUND THE HOME.....	14
Family Involvement	14
CURFEWS.....	15
FRIENDS	16
Excursions With Friends For High School Students.....	16
Day Ski Trips On Local Mountains	16
Visiting Friends.....	16
HOMESTAY FEES	17
HOMESTAY CONCERNS	17
Changing Homes.....	17
Drugs, Alcohol, Vaping And Smoking	18
Sexual Activity.....	18
Home Security.....	18
Emergency 911	18
LIMITATIONS	19
Driving.....	19
Overnight Trips.....	19
Hitchhiking.....	19
Smoking	19
Drugs/Alcohol.....	19

Visiting The United States	19
Tour Company Trips And Vacations	19
Paid Job While In Canada	19
STUDYING IN CANADA.....	20
Important Rules At School.....	20
Safety.....	20
Some Characteristics Of Canadian Education.....	20
Tutoring.....	20
Tips For Studying In Canada.....	21
School Expectations.....	21
Classroom Expectations.....	22
CMSD 82 INTERNATIONAL STUDENT EDUCATION ATTENDANCE POLICY.....	22
Absences	22
CHOOSING YOUR CLASSES.....	24
Helpful School Information	25
Getting Involved At School	27
CANADA & BRITISH COLUMBIA HOLIDAYS AND SPECIAL DAYS.....	28
GRADUATING STUDENTS.....	29
EXPLORE TERRACE, KITIMAT AND OTHER AREAS AROUND CMSD 82	30
EMERGENCIES AND MEDICAL.....	30
Emergency Contact Card	30
Medical/Dental	31
Personal Safety Tips	31
IN CONCLUSION	32

ISP CONTACT INFORMATION



Placement Schools

Terrace



Caledonia Senior Secondary
3605 Munroe Street
Terrace, B.C. V8G 3C4
Ph. 250-635-6531

Kitimat



Mount Elizabeth Middle Secondary School
1491 Kingfisher Avenue
Kitimat, B.C. V8C 1E9
Ph. 250-632-6174

International Student Education Office



Coast Mountains School District
3211 Kenney St, Terrace, BC, V8G 3E9
Ph: 250-635-4931
Email: study@cmsd.bc.ca
Web: international.cmsd.bc.ca

Homestay Liaison

Maiya Dominguez

Email: isphomestay@cmsd.bc.ca
Ph: 250-641-1399

International Student Program Administrator

Joe Dominguez

Email: joe.dominguez@cmsd.bc.ca
Ph: 250-638-4424

Secretary Treasurer

Ginger Fuller

Email: ginger.fuller@cmsd.bc.ca
Ph: 250-638-4434

School Advisors

Caledonia

Patsy Chant

Email: patsy.chant@cmsd.bc.ca
Ph: 250-635-6531

Mount Elizabeth

Sheila McInnis

Email: sheila.mcinnis@cmsd.bc.ca
Ph: 250-632-6174

Dani Shinde

Email: dani.shinde@cmsd.bc.ca

Ph: 250-635-6531

Katherine Johnsen

Email: katherine.johnsen@cmsd.bc.ca

Ph: 250-632-6174

Social Media

Facebook -

International Student Program - Coast Mountains School District 82

Emergency Contact

In the event of an emergency requiring police, fire/rescue, or ambulance phone: 911 (For urgent matters after hours: before 8:00 am and after 6:00 pm, and on weekends.)

For urgent matters that cannot wait until the next school day, when you need the assistance of a Homestay Liaison, the District Administrator, or Secretary Treasurer please phone: 250-641-1399
Emails will be answered during office hours.

****Please program the applicable numbers in your cell phone for emergency purposes****

Homestay Liaison Support:

Both the homestay families and the students have the support of the Homestay Liaison. If difficulties occur, the liaison is available for support on an ongoing basis. If you have a school issue, please contact the school principal or the ISP administrator (see contact list for email and phone number contacts). Homestay Liaison mediates between the host family and the student, and often do this by round table discussion with all parties present.

For emergencies, please contact the homestay liaison and the ISP administrator.

WELCOME TO COAST MOUNTAINS SCHOOL DISTRICT

On behalf of all the staff in our International Student Program, I would like to extend a warm welcome to all the new international students joining us at Coast Mountains School District. You are about to start an exciting adventure in Canada, and we are honored to support you.

To help you adjust to your new learning and living environment, we have prepared this orientation handbook. Take some time to familiarize yourself with this document. We have staff members ready to help you in both the home and school environments.

Enjoy your time in Terrace, Kitimat, and the surrounding area. We hope that you achieve your educational goals and make new lifelong friendships along the way. You are the master of your own success, so reach out and take advantage of this opportunity in your own unique way.

Sincerely

Joe Dominguez
International Student Program Administrator

CLOTHING SUGGESTED FOR A YEAR IN TERRACE AND KITIMAT

March/April/May

- Sweaters (fleece, wool, cotton, etc.)
- Hoodies, jeans
- Long and short sleeved shirts
- Pajamas
- Umbrella
- Sunglasses
- 7 – 10 pairs of underwear and socks



June/July/August/September

- Shorts, cropped pants, skirts
- T-shirts, light jeans
- Good walking shoes
- Bathing suit, sun hat, sunglasses
- Sandals
- Light sweater
- Light hoodies
- 7 – 10 pairs of underwear and socks



October/November

- Rain jacket, umbrella, warm coat
- Rain boots/shoes
- Long sleeves shirts
- Hoodies, sweaters
- Jeans, sweatpants
- Gloves
- Warm pajamas, slippers
- 7 – 10 pairs of socks and underwear



December/January/February

- Warm coat, umbrella
- Jeans, pants, tops, hoodies
- Warm hat
- Gloves and scarf
- Clothes you would wear in early spring or fall
- Warm pajamas, slippers
- 7 – 10 pairs of underwear and socks
- **For Ski Trips** - Ski pants, a ski jacket, goggles, and warm waterproof gloves



***Please note* This is a general guideline as to what to pack**

WHAT TO EXPECT EMOTIONALLY THE FIRST COUPLE MONTHS

CULTURE SHOCK

Culture shock is a very real psychological process everyone experiences upon arrival in a new country. There are four stages of culture shock and they affect everyone differently. The key to coping with culture shock is to understand the stages and that the feelings associated with each one is normal. Some become frustrated with how different things are in Canada and how tired they become having to use English all day, every day. The good news is that almost all students get past these feelings and end up having a wonderful experience in Terrace and Kitimat.

THE HONEYMOON STAGE

When students first arrive in Canada everything that is new and different is also wonderful and interesting. This is the only stage most tourists experience because they never have to settle into a new culture. This stage can last anywhere from a week to a month or more.

THE DISTRESS STAGE

This is the stage where the reality of being abroad for a longer period of time hits home. Cultural differences that you found interesting earlier in your stay can become taxing. You may feel confused, isolated and/or overwhelmed during this stage. This stage can be exhausting, particularly if learning English is proving a challenge as well.

THE TRANSITION STAGE

This is the most important stage to understand. During this stage, some students become angry or frustrated with Canadian life. They constantly compare it to their home culture and begin to lament the differences. Don't worry, this is normal. The key is to recognize the symptoms of this stage and not give in to them.

THE INTEGRATION STAGE

Cultural challenges and language issues begin to subside as students accept and embrace the differences that previously frustrated them. This is the stage when your study abroad experience becomes everything you hoped it would be; you feel confident and relaxed in your community, your school and your homestay.

While it is important to be aware of the stages listed above, it is equally important to point out that not everyone goes through every stage. Some students arrive and are immediately homesick. Others never experience the frustration of the transition stage and skip quickly to the integration stage. The key is to be aware of what is happening and to remember that people are available to help you like your Homestay Liaison and school counselor.



TIPS AND TRICKS (to minimize the effects of culture shock)

- **Do your research.** Know as much as possible before you leave so that there are fewer surprises once you arrive. Make use of the internet and don't hesitate to email your Homestay Liaison with as many questions as you like.
- **Be open-minded.** Don't judge and try not to compare. Canada is different from your home country. That's one of the reasons you chose it for your study abroad experience! Challenge yourself to learn about different ways of doing things; don't dismiss them as wrong or inferior.
- **Get involved.** Participate in school clubs and/or sports teams and, if possible, become active in the community.
- **Be patient.** Give yourself time to adapt to your new surroundings and to make new friends. Don't put pressure on yourself; it takes time to acclimate.
- **Keep active!** Feeling good physically will help you to feel good mentally. Make physical activity part of your daily routine and/or your school timetable.
- **Relax.** Make sure your day includes time set aside for mental rest. Studying, speaking English and navigating the day-to-day realities of a new country and culture requires a lot of energy. Spend some "down time" each day listening to music, surfing the internet or reading a book in your first language.
- **Manage your connections to home.** Keeping in touch with family and friends is vital and can be a valuable support during your overseas stay. Too much contact, however, can be counterproductive. Keep in touch but not at the expense of making new friends, participating in activities and/or keeping up with your studies.
- **Stay healthy.** Eat foods that are good for you and make you feel good. Get enough sleep at night. Consider taking a vitamin supplement. Don't wait too long to visit a clinic if you are feeling ill.
- **Ask for help.** You are not alone in Terrace and Kitimat. If you are feeling sad, lonely or frustrated, talk to your Homestay Liaison or a staff member at your host school. You have access to StudyInsured™ 24/7 Mental Health Phone line.

Most important of all: remember why you came to Canada! It is supposed to be different and challenging. If Canada was the same as your home country, there would be no reason to come.

CULTURE, CUSTOMS AND ETIQUETTE

Canadians are generally easy-going and fun-loving. We don't take ourselves too seriously and we aren't easily offended. There are, however, some cultural expectations and standards to be aware of.

Use common sense and keep the following Do's and Don'ts in mind:

- Do knock before entering a home (and wait to be invited inside).
- Do remove your shoes before entering someone's home.
- Do say "excuse me" if you bump someone accidentally.
- Do offer to hold the door open for someone else (even strangers) when entering a building.
- Do say "Good Morning" when you see family members at breakfast and "Good Night" when going to bed (don't just enter or leave a room without a greeting).
- Do use a tissue to blow your nose (don't sniffle in public because this sound is rude).
- Don't burp in public if possible.
- Don't slurp your food or chew with your mouth open.
- Don't ask an adult their age (unless you know them very well).

ETIQUETTE AROUND YOUR HOST FAMILY

Canadians generally get up early (6:00 to 7:00am), eat dinner early (around 6:00pm) and go to bed early (10:00 to 11:00pm). Dinner is at a scheduled time, and it is important not to be late and to respect the dinner hour.

Doors to bedrooms are generally kept open unless a person wants privacy. A closed door means that you must knock and wait for an invitation to enter. Canadians will think it strange if you always stay in your room with a closed door. Bathroom doors are kept open when no one is inside.

It is important to show the same respect for your host mother as for your host father.

Canadians value honesty and are usually quite direct. Apologize quickly when you make a mistake and try to solve the problem – making eye contact with the other person. Eye contact means honesty and sincerity and is very important in Canada.

Canadians speak quietly in public places; lower your voice level or laughter. Talk quietly on cell phones because loud phone conversations are annoying to Canadians.

Canadians eat quietly (don't make sounds when eating such as slurping). Do not eat with your mouth open, as this is offensive in Canada.

Canadians brush their teeth often to get rid of bad odors. Clothing should not give off unpleasant smells so change your clothes often and use deodorant. Canadians shower or bathe once a day

AT SCHOOL

Be polite. Say “please” and “thank you” when applicable and say “excuse me” if you require assistance or need to get someone’s attention. Do not interrupt people when they are speaking, particularly teachers.

Raising your hand and waiting for the teacher to call on you is standard protocol in all classrooms.

Appropriate Physical Contact. Canadians value their personal space, but some forms of physical contact are common. Handshakes are routine when being introduced to someone for the first time and a pat on the back is a common way of supporting or congratulating someone. Hugging is a final farewell or to console someone is also common.

Greeting Teachers. Canadians greet one another using their given/first names. In class, however, use Mr./Mrs./Ms. and your teacher’s second/family name: e.g. Mr. Smith.

Tutoring. If you request a tutor, please speak to your Homestay Liaison, who will make the appropriate referral to a qualified tutor/tutoring service.

NO TOLERANCE FOR DISCRIMINATION

It is important to be aware of gender roles in Canadian society. Women and men are equal in and out of the home. Housework is generally a shared responsibility.

Canada is a liberal and multicultural society. Discrimination of any kind is not tolerated. In Canada, all people including immigrants and visitors have the right to be treated equally without regard to race, ethnicity, gender, religion, sexual orientation or disability.

Important: all students are to be treated equally by one another regardless of any of the above-listed criteria including nationality. Students who bully other students in any way are subject to dismissal from the International Student Program.



LIFE IN YOUR NEW HOME

Life in a Canadian home is likely much as you have imagined it. Host families come in all shapes and sizes including those with and without children, some with two parents and some with one.

HEAT AND ELECTRICITY

Most Canadian homes have central heating (natural gas furnaces). Homes are generally kept warm during the day and cooler at night. They are well-built and insulated. However, Canadians prefer a cool temperature in the home. If you are cold, please tell your host family and ask for an extra blanket, etc. Canadians wear warm clothes inside the home such as a sweater or housecoat and slippers.

Canada's electrical supply and electrical outlets (sockets, wall plugs) are the same as the USA's. The electrical supply is 110 Volts and 60 Hertz (cycles per second). Canadians are generally very energy-conscious. Make sure you turn off the lights when you leave a room and that you turn off appliances and other electronic devices when you are finished using them.

FOOD AND DRINK

Families generally eat three meals a day. Breakfast is usually quick and light on weekdays. Cereal and/or toast are common and may be "self-serve". Most students bring bagged lunches prepared by their host families to school. Dinners are the biggest and most important meal of the day. It is a time to eat, relax and socialize. Some Canadians eat a lot of leftovers – either for lunch the next day or even for a dinner the next night.

Please make a point of maximizing the dinner experience; it is a great time to connect with your family and improve your English.

Please be sure to be home on time for dinner and if you plan to be out with friends, it is very important to tell the host parents well in advance that you won't be home for dinner.

Canadian food is very eclectic. In any given week a Canadian family might eat Italian pasta, a Chinese stir-fry, a North American bar-b-que and a British-style pot roast for dinner. Local grocery stores stock ingredients for meals made around the world. Please advise your host parents of any food allergies and let them know what foods you enjoy the most. Meals are usually served "home-style" which means you help yourself to the various dishes on the table.

Note: Water in Terrace and Kitimat is clean and drinkable straight from the tap. Most Canadians now feel that using plastic bottled water is not good for your health or the environment. Tap water in BC is the cleanest in the world and is very pure – coming straight from the local mountains. Please feel comfortable if your host family serves tap water.

IN THE BATHROOM/LAUNDRY ROOM



Showering

Most Canadians shower in the morning, before work or school. Please talk to the members of your family about the best time to shower in the morning so that there are no line-ups in the bathroom. If you plan to shower at night, try to do so before 9:00 pm so you don't disturb the family late at night. A typical shower in Canada lasts about 10 minutes. Remember that Canadian hot water tanks are quite small; so long showers can use up all the hot water for the whole house!

Clean-up

Please keep the bathroom area clean and dry after you use it. Remove all loose hair from the sink or tub so the drain won't clog. Put this in the garbage can. The bathroom should look the same when you leave as when you enter it.

Toileting

Sewer systems in Canada are high-capacity and plumbing in homes is durable. Toilet paper should be placed in the toilet, but feminine hygiene products should be placed in the garbage.

Washing Your Clothes

Canadians wash clothes approximately once a week. Put your dirty clothes in the hamper provided by the host family. The host will sort the clothes and wash all white and delicate clothes together and the darker colors and rough clothes like jeans will be washed separately. Canadians don't hand wash underwear and hang to dry each day like in Asia. Most Canadians have at least 7-10 items of underwear so they can have enough clean clothes until wash day.

NOTE: Please bring enough socks and underwear.

Bathroom/Bedroom Privacy

Canadians like their privacy – please knock on a bedroom door and wait to be invited inside. Do not simply walk into a bedroom or bathroom uninvited. Do not enter the host family member's bedroom when they are away because this is their private space.

Your privacy is also important to Canadian families, and they will respect your bedroom as well. However, please remember that the host parents, as adults, have the right to enter your bedroom for a variety of reasons when you are gone (for example to clean).

Family Life

Canadian family life is informal. Family members tease and joke and may even make fun of a parent. Parents are treated respectfully, but also casually and playfully.

Canadians love their pets and may treat their animals like family members. Dogs may even sleep on the bed at night with their owners. Don't tease or hurt the animals in the home.

Take note of special events in the home such as a birthday and help celebrate them. It is kind to make or buy a card and write a thoughtful message inside.

Interact with your host family. Do not stay in your room with the door closed. Sit in the living room and read a magazine, be with the family to watch TV, help in the kitchen and participate in family social gatherings.

HOMESTAY RULES & EXPECTATIONS

THE STUDENT IS RESPONSIBLE FOR FOLLOWING THESE GUIDELINES

Student will:

- ✓ keep their bedroom and bathroom tidy & clean up after themselves if they use the kitchen
- ✓ abide by homestay and school curfew
- ✓ introduce his or her friends to the homestay parent(s) and request permission to have guests in the home
- ✓ inform homestay parent(s) where he or she is going, with whom, and when he or she will return
- ✓ show respect to all family members, their belongings, and house rules
- ✓ be reachable by cell phone at all times when away from home
- ✓ not take food or drink into bedroom without permission from the homestay
- ✓ reimburse homestay family if he/she causes any damage
- ✓ make an effort to participate in family activities
- ✓ have written permission from parents and school coordinator if travelling outside of the Lower Mainland area or country
- ✓ not have students of the opposite gender in student's bedroom

THE HOMESTAY PARENT(S) IS RESPONSIBLE FOR PROVIDING THE STUDENT WITH

The homestay parent(s) will provide:

- ✓ a clean well-supervised environment
- ✓ clean bed linens and towels provided weekly
- ✓ three meals daily – breakfast, lunch, dinner and snacks
- ✓ reasonable use of the entire home and utilities and instruction in their use
- ✓ rules that are reasonable and age appropriate in conjunction with the school district
- ✓ a private bedroom with a bed and bedding, desk, closet, lamp, dresser, opening window, storage space for books and school materials.
- ✓ Internet access
- ✓ a key to the house
- ✓ space, time and opportunity to study and complete all school assignments
- ✓ assistance where possible with homework and assignments

- ✓ contact with the school regarding the student's academic progress and attendance at parent –teacher meetings as required
- ✓ transportation to and from the airport
- ✓ transportation to and from the school if it is more than a 20-minute walk

AROUND THE HOME

FAMILY INVOLVMENT

Students are staying in a homestay as a member of the family and are encouraged to participate in all family functions. We encourage families to eat the evening meal with their students, for conversation and family time. Students should be encouraged to take part in community activities such as outings through Parks and Recreation, local church youth groups, etc. The students should be included in family activities during the weekend.

PHONE USE

Students can use the family telephone but must use a calling card for long-distance calls.

CELL PHONES

- Students should note that they will need a cell phone in Canada. Host families need to be able to contact the students when they are away from the home and in case of emergencies.
- Cell phones should have a text message and voice message function.
- Cell phones must be fully charged when the student leaves the home.
- Students must answer their cell phones promptly when they are away from home (please do not turn off)
- All host family members should have the cell phone number.
- Please program the International Student Emergency cell phone number in your phone in case of emergency – 250-641-1399

COMPUTER USE

Host families should provide computer access for school projects and check emails from home. Host families do not have to provide unlimited internet time, and sometimes homestay families need to set very specific limits on any internet surfing.

There may be a time limit for how long a student can be on the computer.

If a host family finds their student surfing inappropriately, they will contact the Homestay Liaison, and the parents will be notified. If a student is caught looking at pornographic websites, there is immediate suspension of computer use in the home and possible dismissal.

HOUSEHOLD CHORES AND LAUNDRY

The students should keep their own rooms clean. They might be asked to help clear away the dishes, or put them in the dishwasher, and have some chores that are appropriate depending on the age of the student.

BABYSITTING AND DOG WALKING

International students must not be expected to be responsible for younger children or dog-walking at any time.

CURFEWS

Canadian families go to bed very early compared to some other cultures. Host parents will sleep at 10:00 to 11:00pm, so that is the quiet time in the home. If you must be up later than that to do homework, please be respectful and quiet in your room (know that everyone else will be sleeping). In Canada it is rude to call a home after 9:30pm because no one wants to be disturbed after this time.

High School Students

As a rule of thumb, most families set 9:00pm to 9:30 pm curfew Sunday through Thursday, and the weekend curfew would be 10:00pm or 11:00pm.

IF GOING OUT OF THE HOME, STUDENTS MUST

- Ask permission from the host family in advance (the host family can say no to your plans as a parent).
- Make sure that your cell phone is fully charged.
- Tell the host family all details about where you are going.
- Inform the family who they are going with and the friend's homestay contact information.
- Obey the curfew time and not come home after hours.
- Call the homestay if you miss a bus or will be late.

SLEEPOVERS

Students are only allowed to sleep away from the homestay house if there is adult supervision. Your host family needs to call the other home and talk to the adults to make sure that the sleepover is approved. Please give all contact information to your host parents in advance so they can talk to the other parents and give their approval. Note that a homestay parent may say no to your plan for a variety of reasons.

FRIENDS

EXCURSIONS WITH FRIENDS FOR HIGH SCHOOL STUDENTS

As with all teenagers, it is critical for the caregiver to know the whereabouts of the student during out of school hours. If you are going to the mall or visiting with friends, let your homestay parent know where you are, who you are with, when you will be home, contact info of your friend and ensure your cell phone is charged before you leave.

Your homestay parents have the right to say no for a variety of reasons. Remember, they are your real parents while you are living in Canada and even if you do not agree, they have the responsibility for your safety and well-being.

Obey all curfew times. If you disobey the house rules, the family has the right to limit your freedoms in the future.

DAY SKI TRIPS ON LOCAL MOUNTAINS

There should be a plan for students who go skiing with friends for local day trips.

1. Have a list of the names and student cell/home phone numbers for all students skiing (and parental contacts)
2. Have a plan for the day – start and end times, transportation plan.
3. Plan for contact during the day - text or call when off the mountain and on the way home.
4. Students must keep cell phones on, and phones must be fully charged.
5. Students need to ski on a buddy system – no one should ski alone.
6. Students should have a meeting plan – time and location.
7. Host families need to contact the custodian if students do not comply or if there is a concern.
8. Host families need to act as diligent parents regarding all day trips and make sure that the plan for the day is appropriate and acceptable.
9. Host families have the right to deny any trip if there is a concern that a student is not mature enough or able to follow the protocol. Beginning skiers should not ski without an adult, but lessons with a certified instructor are fine.
10. Students will be responsible to pay for their ski passes, ski rental, and other fees associated with day ski trips.

VISITING FRIENDS

Students must ask permission if they wish to bring another student into the house at any time for a visit. Most homestay parents are okay with the occasional sleepover, but the student must always make sure that it is convenient for the homestay. Please be respectful. Canadians generally like it when student friends are visiting, but there are times when this is not convenient for the family, so ask permission.

HOMESTAY FEES

HOMESTAY FEES

All international students have pre-paid homestay fees to the school district and do not need to pay.

DAMAGE IN THE HOME

Students are responsible for promptly reimbursing their families if they cause damage in the home. Don't be scared if an accident happens, that is normal and part of life. No one will be angry if something unexpected happens. Simply tell your host family and apologize. They will see if the damage can be fixed and come up with a solution to the problem.

VISITING PARENTS

The Homestay Program provides housing for students while they are attending school. Visiting parents **can't** be accommodated by the host families.

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 Liaison for help.

CHANGING HOMES

It will take some time to adapt to your new home because the culture and family environment is very different from what you are comfortable with. You will also be tired and uncomfortable from jet lag when you arrive and from anxiety about your new life.

Take some time to adjust to your new home and talk to your host family about any difficulties you are having. Canadians are open-minded and prefer for you to talk to them if you are having a hard experience.

If after some time you feel that you would like to change homes, please contact your Homestay Liaison.

Please note that the host family must be given two weeks' notice of a homestay change. You can either move immediately (or pay for two homes for 2 weeks) or stay in the first home for two weeks and move out at the end of that time. Your Homestay Liaison will help you in these situations and will guide you through the process.

- Contact your Homestay Liaison to discuss the opportunity to change Homestays. She will determine if the move is urgent or non-urgent.
 - If the move is urgent: the Homestay Liaison will plan for the move asap.
 - If it is not urgent: the host family and student will be coached by their Homestay Liaison on how to best manage the situation while a new home is being found.
- We do our best to make the moves in a timely manner, but unless it is urgent the student will need to remain in the homestay home until a new host family can be located and the paperwork completed.

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 International Student 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.**

SEXUAL ACTIVITY

International Students are expected to abstain from sexual activity with a partner while in CMSD82 School District Programs.

HOME SECURITY

You are also 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.

EMERGENCY 911

In most areas of North America, 911 is the universal call number if police, fire or ambulance personnel are required. If you require any of these services, do not be afraid to call. However, 911 is not a toy and should never be “tested.” Misuse of the 911 system is a Criminal Offense under the Criminal Code of Canada and punishable by fines and expulsion from the program. Make sure you have learned your Homestay address and phone number should you ever need to give it to emergency personnel or if you become lost or disoriented. That way, someone can always help you. You will be given a card with this information, but it is a very good idea to store it in your phone and memorize it as well.

LIMITATIONS



DRIVING

International students are not allowed to pursue getting a driver's license or to drive a car or any motorized vehicle while in Canada.

OVERNIGHT TRIPS

Students doing overnight trips must get permission from the school district and must have adult supervision of someone 25 years old and older that we can contact and verify for liability purposes. Homestays must inform us of the details of any trip the student is planning. There are forms that must be completed for overnight trips and must be submitted to the ISP Administrator for approval. Make sure to ask the Homestay Liaison for the forms well ahead of time.

HITCHHIKING

No hitchhiking is allowed.

SMOKING

Smoking is not permissible for any of our students. It is illegal for any underage person to purchase cigarettes in Canada; doing so will break the law.

DRUGS/ALCOHOL

It is not acceptable for international students to take drugs and consume alcohol. It is against the law and doing this will lead to immediate dismissal and expulsion from Canada.

VISITING THE UNITED STATES

Students from most countries require a US Visitor's Visa to enter the US. You will also need extra medical insurance for your trip. Students are not allowed to leave the country without contacting Joe Dominguez (District Administrator). You also need to prove that you will be under adult supervision and have the appropriate documentation. You also need written permission from your parents. Talk to your homestay parents in advance so they can make sure to help you with the requirements and can give approval.

TOUR COMPANY TRIPS AND VACATIONS

Students are not allowed to go on overnight trips without adult supervision. A tour company is not adult supervision! You are allowed to travel with your host family, a friend's family, an adult relative, or on a school trip with a teacher. Ask your host family about any trips you are planning to get the proper approval. Vacations and trips should not interfere with school attendance!

PAID JOB WHILE IN CANADA

Immigration Canada does not permit students to take a paying job in Canada while on Student Study Permits (Visas). To do so may result in a dismissal from Terrace and Kitimat School District.

STUDYING IN CANADA



IMPORTANT RULES AT SCHOOL

1. You must attend all classes – skipping classes is never permitted. Poor attendance could be a cause for dismissal from the program.
2. Don't be late for any class.
3. Do your homework and school assignments every day and hand them in on time.
4. No cheating or plagiarizing.

SAFETY

Never carry large sums of cash – especially not to school! Take care of your belongings at school. Do not leave an iPod, wallet, laptop, and other items unattended. School lockers may not be completely safe from theft, so it is best to always keep valuable items on you. Don't tell your locker combination to anyone.

SOME CHARACTERISTICS OF CANADIAN EDUCATION

You may find some differences between the educational value/system in your home country and that in Canada. It is essential for you to understand the appropriate and accepted roles for students in the Canadian education system. Here are some of the general characteristics of the Canadian educational system:

- Students are encouraged to ask questions for clarification, to challenge information, or to extend thinking. The philosophy of education in Canada includes the idea that students should be involved in an interactive learning process; that is, they should not sit passively and accept or memorize what the teacher says.
- Teacher-student relationships tend to be relatively informal compared to other countries.
- Group work is an important part of school learning; it values cooperation, tolerance, and compromise.
- Discussion is often used as a means of teaching. Students are expected to be able to discuss, in order to develop their ideas and opinions and to present them for reactions. One of the main objectives of a discussion is to arrive at a mutually satisfactory understanding or a solution to a problem.
- Students learn not just information, but how to arrive at conclusions, to solve problems, and to analyze. As part of this process, students are often asked how they got an answer, rather than just what the answer is.

TUTORING

If you request a tutor, please speak to your Homestay Liaison, who will make the appropriate referral to a qualified tutor/tutoring service.

TIPS FOR STUDYING IN CANADA

- Don't be afraid to ask questions if you don't understand. Teachers expect to be questioned. Make sure you understand assignments that are given. If you're quiet, that will be taken as a sign of understanding. Teachers are usually available before and after school for questions and extra help.
- Be on time for class. If you can't attend or be on time, notify the school in advance and explain the reason. If you miss classes, see the teacher the next day to find out what was missed.
- You will probably find the classes more informal in Canada. You will also have to organize your own time since you won't be given a schedule to cover non-class time. Plan your time carefully, balance schoolwork, English practice, and relaxation.
- Hand in all assignments on the day they are due. If you are not able to finish your assignment on time, talk to your teacher before it is due. If you miss any assignments/quiz/exam, see the teacher and ask if there is any way to make up.
- Organize your notes. Keep all handouts from your teachers.

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 ELL 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 Liaison 7 days for travel within Canada, and 30 days (about 4 and a half weeks) 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 achieve a minimum of 60% 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.

Cell Phones

Students must respect their teachers' expectations regarding cell phone use during instructional time – in the classroom or in other public areas of the school. 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 acceptable. Plagiarism most often occurs when students "cut and paste" information from the internet directly into their own writing assignments, or by copying the work of a classmate. To avoid plagiarism when using the internet or another source as a research tool, students are advised to make their own hand-written notes, and then use these notes for their assignment. Your teachers and the Teacher-Librarian will help students use citations and help you understand how to ethically use information. The use of AI is prohibitive in most classes and easily detectable. Be sure you know your teacher's expectations on the use of AI.

CMSD 82 INTERNATIONAL STUDENT EDUCATION ATTENDANCE POLICY

Background: Before arriving in Terrace, British Columbia the natural parents of each International Student sign a contract/agreement titled The International Student Agreement which states that, "There is an expectation that the international student will attend school regularly"

ABSENCES

If you are absent from school, please ask your Homestay parent to call the school to let the school know you are away. Also, ask your Homestay parent for a note to show your teachers explaining your absence when you return to school. As per below, disciplinary action may be taken for unreported and unexplained absences (also known as 'skipping').

Students who make the conscious choice to not attend school and are absent without

excuse will be subject to the following process:

Definition of “Unexcused” absence or unexcused tardiness (late) is the conscious choice by a student to miss a block or more of a class or classes that has not been deemed valid by the Homestay, advisor, administration, or custodian. Missing 1 full day could result in 4 unexcused absences.

Attendance Policy cont'd

1. 5 unexcused absences or being late for class - This will be addressed by the ISP School Counsellor. Phone call/email to Homestay parent, email to agent or natural parent and notify the ISP Administration. All interventions are documented.
2. 10 unexcused absences or being late for class - This results in the School Counsellor requesting a formal warning letter from the program. This Letter of Discipline will be written by the ISP Administration team and sent to the student, School Advisor, the Homestay, the Homestay Liaison, the agent, and parents back home. Such a letter may contain consequences including restricted curfew or ban from attendance of ISP activities for a period of time.
3. 20 unexcused absences or being late for class - If a student continues to miss classes for unacceptable reasons the ISP Administration team will meet with the student and review expectations and decide how missed learning will be remedied. A second Letter of Discipline will be issued by the ISP Administration team. In consultation with the School Counsellor, appropriate consequences will be implemented. Such a letter may contain consequences including restricted curfew or ban from attendance of ISP activities for a period of time. Natural parents, agents, and Homestay will be fully informed.
4. 30 unexcused absences or being late for class. If a student continues to miss classes after interventions and warnings listed in #1-3 above, the ISP Administration will set up a meeting for the team (ISP admin, school admin, School Counsellor and ISP Homestay Liaison, and Homestay). The goal of this meeting will be to determine the direction of the student. Student, agent, and natural parents will be formally notified of the team's decision through a Letter of Discipline - Final Warning issued by ISP Administration.
5. Violation of the ISP team's decision and recommendations will lead to the student immediately being dismissed from the program. ISP administration will contact the agent and parent to arrange an immediate flight home.
6. *Attendance will be monitored by the school administrator and District ISP Administrator. This attendance record will be given to School Counsellors and ISP Administration team on a regular basis. (Min. twice a month.)

CHOOSING YOUR CLASSES

You submitted a course request form which will be used by your School Counsellors to build your timetable. Your School Counsellor 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 a 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.

Here are the recommended 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 Connection 12

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!

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 most 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 ISP Administrator. 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 that are required to graduate in British Columbia.

To be eligible for admission to Canadian universities, 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.

School Program Fees

School program fees are paid with your tuition fees, such as: your locker fee and student activity fee. If you are on a sports team, extra fees will apply.

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.

Late

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 Counsellor will be notified. Disciplinary action by the Principal or Vice Principal 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 lunchtime. 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 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 of the following year. Before you leave for home, please see your School Advisor to ensure a process is in 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. Students may be required to walk up to 1 km to the nearest bus stop. All students who are placed with a homestay host that lives outside city limits can register for CMSD 82 school bus services with your Homestay parents' help. A bus pass within city limits will be printed for each student once the registration package is submitted, and approval completed.

GETTING INVOLVED AT SCHOOL . . .

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!

Fall/Winter Athletic Teams	Spring Athletic Teams	Athletic Clubs	Clubs
Volleyball Basketball (Boys and Girls) Soccer (boys) Cross-Country Running Track and Field Rugby (boys and girls)	Soccer (girls) Rugby Golf Track and Field	Intramurals Dance Weight Room	Student's Council Drama Dungeons and Dragons Robotics Board Games...and more International Student club Fishing Travel Club Drag Racing Climbing Club

CANADA & BRITISH COLUMBIA HOLIDAYS AND SPECIAL DAYS

Canada and BC recognize and celebrate several statutory holidays. On these days, most places of business – such as banks and grocery stores - are closed, including schools, universities, and colleges.

Labour Day – First Monday in September, last holiday weekend of summer. Honoring working people.

National Day of Truth and Reconciliation – September 30th This day honors the survivors of the Residential School system, their families, and communities.

Thanksgiving Day – October 14th. Celebration of harvest.

Remembrance Day – November 11th Memorial services are held for those who served their country in the Armed Forces.

Christmas Day – December 25th (Christian Celebration)

Boxing Day – December 26th

New Year's Day – January 1st Most celebrations occur on the evening of the 31st day of December, as Canadians celebrate the end of the old year and the beginning of the New Year.

BC Family Day – Third Monday, February 16th, 2026

Good Friday – April 3th, 2026 (Christian Celebration)

Easter Sunday – April 5th, 2026 (Christian Celebration)

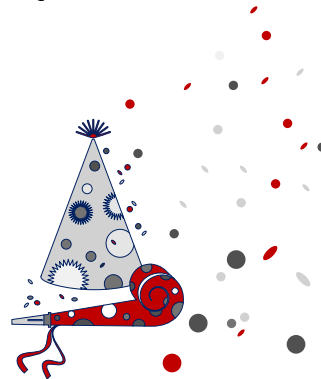
Victoria Day – May 19th. Commemorates the birthday of Queen

Canada Day – July 1st Canada's birthday.

Other Celebrated Days in Canada

Hallowe'en – October 31st

Valentine's Day – February 14th



GRADUATING STUDENTS



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.

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 ISP staff. The event involves formal 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. Tickets will go on sale in the Spring.

DRY GRAD

Our communities may host a Dry Grad celebration for graduating students. It is a large event only open to students who are graduating.

EXPLORE TERRACE, KITIMAT AND OTHER AREAS AROUND CMSD 82 . . .

There is a lot to explore in the CMSD82 Area!

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.

OUTDOOR RECREATION

You are living in a popular location for outdoor activities! A simple internet search will provide trails and more information.

If you are interested in biking, 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, Shames Mountain is a 45-minute drive where you can go alpine skiing, snowboarding and tubing on the weekends.

If watersports are your thing, Terrace and Kitimat are a paddling paradise. Launch a kayak, canoe or paddleboard and explore. Rent stand-up paddleboards and start exploring!

EMERGENCIES AND MEDICAL



EMERGENCY CONTACT CARD

Please ensure that you have an emergency contact card and some money on you while away from your home. The card should include your name, your homestay family name, address, and all phone numbers.

Call 911 if you need help from the police, fire department, or ambulance. 911 operators are available in all languages – ask for help in your language if needed. 911 is a free service.

MEDICAL/DENTAL

Medical Coverage

Upon arrival students are covered under a temporary private medical plan operated by StudyInsured™. Your package will include the medical card, information, and a list of local emergency hospitals.

If you are here for a full year, your medical coverage will change to the British Columbia Medical Service Plan (the government medical plan that all Canadians use) after 3 months. Your MSP card will be sent to you at the school when it arrives, and it will be used alongside your StudyInsured™ insurance.

The student must always keep the StudyInsured™ wallet card and their BC Medical Services Plan card (after 3 months) with them. In all medical situations you are highly encouraged to immediately contact StudyInsured™ to make sure you receive full benefits.

Dental Coverage

Regular dental care is not covered by the medical plan. If your teeth are damaged as a result of an accident, then the care is covered. If you need dental treatment while you are here, please talk to your homestay parent who will help to make an appointment for you.

Medical Care

In the event of an illness, please seek medical care as needed. Ask your homestay family or schoolteacher for help. If you are seriously ill or have a medical emergency, please go directly to the hospital and contact your host family immediately, Maiya Dominguez @ 250 641-1399, or Joe Dominguez @ 250-638-4424 or 250-615-9037.

PERSONAL SAFETY TIPS

On the Street

- Plan your route – know exactly where you are going and let others know your schedule.
- Avoid shortcuts & dark, isolated places.
- Carry ID, your StudyInsured™ wallet card and limited money.
- Never accept rides from strangers.
- 911 calls are free from any phone (pay-phone/cellular, etc.)
- Keep Homestay parents and friends informed of your whereabouts.
- Crossing street, wait for traffic lights and for traffic to be stopped; walk quickly – do not walk out into the road and expect traffic to stop for you.

Bicycling

- BC law requires that legal safety helmets be worn when riding a bike.
- Traffic rules for bikes are the same as for cars. Observe signs and traffic signals.
- Don't ride on the sidewalk or in crosswalks.
- Always wear brightly colored, reflective clothing and a helmet.

- Front and rear lights are required at night.
- Always lock your bike. Lock frame and wheel to the bike rack. U-Lock is recommended.

Scams / Fraud

- Never give or loan money to a person who approaches you on the street. People will take advantage of your trust.
- When you buy something make sure that you get a receipt and are charged the right amount.
- Make sure that your card is returned promptly.
- Never give your credit card information or copies of your card unless you are ready to buy something.

IN CONCLUSION

Embrace this experience! There will be good times and bad, times of nervousness and joy. In the end you will come out with new strengths you never thought possible. In the decades to come you will look back at your decision to study overseas as a landmark in creating who you are as an adult, allowing you to make a strong and unique contribution to the global community – in your own special way. We are proud to be a small part of your journey!

