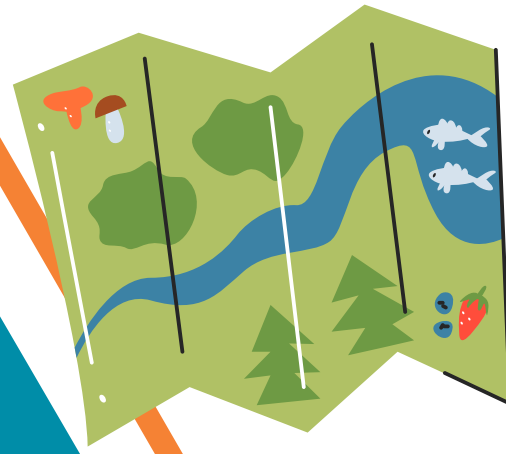


Junior Camp

AT
ILSC Vancouver

WELCOME GUIDE

2025



CAMP



LANGUAGE
SCHOOLS

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ARE YOU READY FOR THE EXPERIENCE OF A LIFETIME?

ILSC's Junior Camps are an exciting and fun way to learn English or French, and to connect with other students from around the world while getting a taste of the local culture at one of ILSC's unique locations.

This welcome guide will help you prepare for your visit, and give you tips and advice for while you're here so that you can get the most out of your experience. We look forward to meeting you!

Preparing for your trip



BEFORE YOU LEAVE



ILSC CUSTODIANSHIP SERVICES

Any child who is a minor (a child under the age of 18 in Ontario and Quebec and 19 in BC) who wants to study in Canada (without a parent or guardian) and is not a Canadian citizen or a permanent resident, must have a custodian, which is an adult appointed to them, who will provide the care and support they need while in Canada.

A custodian's responsibilities include:

- Assisting with the student's arrival and departure from Canada
- Providing consent (as required) for academic programs and activities (e.g., field trips)
- Responding 24/7 to emergency situations involving the student
- Assisting in accessing immediate and/or ongoing medical services
- Mediating disputes involving student and/or staff
- Advising the student's parents of any issues pertaining to the student's social, emotional, physical, or academic well being

The ILSC Campus Directors will act as custodians for all ILSC students with the exception of students travelling as part of a group that is accompanied by a chaperone. In this case, the chaperone would act as the custodian for the group of students. If a student has a relative or the student's parents have a friend who they would like to appoint as custodian, they may do so as long as the relative or friend lives near the school or residence and meets the requirements and can fulfill the custodian responsibilities. Once you have determined who you would like as your child's custodian, you must complete and submit a Custodianship Declaration form.

The Custodianship Declaration Forms (Custodian and Parents/Guardian) form consists of two pages:

- The first page needs to be signed by the custodian and notarized in Canada.
- The second page needs to be signed by the parents or legal guardians of the minor child and notarized in their home country.

All minor students must provide a notarized declaration, one signed by their parent or legal guardians in the country of origin, as well as one signed by the custodian in Canada, stating that arrangements have been made for the custodian to act in place of parent. The Custodianship Declaration Forms must be signed and notarized by a lawyer or notary public. The fee for the ILSC custodianship services and notarization costs are included in the tuition fees.

UNACCOMPANIED MINORS

An "Unaccompanied Minor" is any child between the age of 8-17 years old traveling without a parent or legal guardian.

Most airlines provide an "Unaccompanied Minor" program to assist children who are travelling alone from their point of departure to their destination. The unaccompanied minors are escorted by airline personnel until they reach their destination and are released to an ILSC Juniors Program team member. This program is mandatory for children between 8-11 years old and optional for children aged 12-17 years old. The airline charges an additional fee for this program.

ILSC ACADEMIC ENGLISH PLACEMENT TEST

Your language assessment will be conducted in person on your first day in a fun, interactive way! There's no need to complete an online test in advance—just arrive ready to participate and enjoy the experience.

What to pack



CHECKLIST OF THINGS TO BRING

IMPORTANT INFORMATION & ITEMS

- ☐ Letter of acceptance from ILSC
- ☐ This Welcome Guide (record important information on p. 15)
- ☐ Your passport and travel documents (leave photocopies of travel documents with your parent or guardian)
- ☐ Travel health insurance
- ☐ Any prescription medications that you require
- ☐ Canadian Dollars or credit cards to purchase snacks or souvenirs
- ☐ \$100 cash for Residence Security Deposit

TOILETRIES

- ☐ Toothbrush and toothpaste
- ☐ Shampoo/conditioner
- ☐ Soap
- ☐ Towel
- ☐ Sunscreen
- ☐ Skincare / body moisturizer
- ☐ Hairbrush / comb
- ☐ Hairdryer (if needed)
- ☐ Washcloth
- ☐ Feminine hygiene products

CLOTHING

- ☐ Underwear
- ☐ Socks
- ☐ Sweatshirts/sweatpants (for cool weather)
- ☐ T-shirts
- ☐ Shorts
- ☐ Jeans/pants
- ☐ Rain jacket (suitable for cool or rainy weather)
- ☐ Pajamas/sleepwear
- ☐ Swimsuit
- ☐ Sunhat
- ☐ Running shoes
- ☐ Casual shoes
- ☐ Flip-flops/sandals

MISC.

- ☐ Beach towel
- ☐ Refillable water bottle
- ☐ Regular medications (Acetaminophen or Ibuprofen)

PERSONAL ELECTRONICS

- ☐ Camera
- ☐ Mobilephone
- ☐ Headphones

SCHOOL SUPPLIES

- ☐ Backpack or school bag
- ☐ Pens and paper
- ☐ Notebook



Once you Arrive



AT THE AIRPORT



If you are coming from an international flight, you will be arriving at the international arrivals' terminal of the airport. If you are coming from a Canadian connecting flight, you will be arriving in the domestic arrivals terminal of the airport.



LANGUAGE
SCHOOLS

JUNIOR CAMP

**Welcome
Pablo Alves Torres**

All ILSC's locations are in major cities, and the airport will be between 20-45 minutes away from the school depending on which city you will be studying in.

When you arrive, there will be an ILSC Junior Camp staff member waiting for you inside the terminal. The person will be waiting for you with a sign with the ILSC logo and your name. This Junior Camp staff will greet you and help you find the driver assigned to pick you up and take you to your homestay.

If you don't see the Junior Camp staff member right away, don't worry; someone will be there waiting for you. If, after looking carefully, you can't find anyone with a sign with your name on it, go to the information booth and ask to make a phone call to the **ILSC Vancouver Junior Camp emergency phone number 416-459-5756**, which is always available, 24 hours a day from June 29, 2025 - August 10, 2025.















A Junior Camp staff member will answer the phone and make sure to connect you with the person picking you up.

Juniors Camp

Daily Schedule*

SCHEDULE

ILSC VANCOUVER JUNIOR CAMP WEEKLY SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00 am - 1:30 pm		ACTIVITY / SKILLS PLUS ACTIVITY 		ACTIVITY / SKILLS PLUS ACTIVITY 		ACTIVITY / SKILLS PLUS ACTIVITY 		
1:30 - 2:30 pm				LUNCH				
2:30 - 5:15 pm	ARRIVAL/ DEPARTURE DAY 		CLASS GENERAL ENGLISH OR SKILLS PLUS CLASS					
6:00 pm			EVENING WITH HOMESTAY FAMILY					

*Schedule may vary depending on activity. Students will be informed ahead of time if the schedule varies.



ILSC Vancouver Juniors Program Activity Schedule

ilsc LANGUAGE SCHOOLS		Junior Camps		at ILSC Vancouver (June - August 2025)			
ACTIVITY CALENDAR - 2025 SUMMER							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	29 Arrivals All Day	30 Capilano Suspension Bridge	July 1 Canada Day/ School Closed	2 Tour of UBC	3 Ambleside Park & Beach	4 Deep Cove Hike	5 Playland amusement park
Week 2	6 Arrivals/ Departure	7 Britannia Mine Museum	8 Lynn Canyon Pool Hiking	9 Macmillian Space Centre	10 Indoor Rock Climbing	11 Stanley Park/ Scavenger hunt	12 Big Splash waterpark
Week 3	13 Arrivals/ Departure	14 Science World	15 Canada Place/ Flyover simulation & Lookout	16 Vancouver street art Tours	17 Vandusen Botanical Garden	18 Kitsilano Beach & Volleyball	19 Cypress Mountain
Week 4	20 Arrivals/ Departure	21 Metrotown Shopping Trip	22 Gastown Vancouver & Lookout	23 Central Park Volleyball & Sports	24 Fun in the sun at Sunset Beach	25 China Town Guided walking tour & Chinese Garden	26 Whistler
Week 5	27 Arrivals/ Departure	28 Laserdome	29 Granville Island walk	30 Pacific Museum of Earth	31 Vancouver Aquarium	Aug 1 English Bay Beach and sports	2 Grouse Mountain
Week 6	3 Arrivals/ Departure	4 School Closed	5 Beaty Diversity Museum	6 Skating at Britannia Rink	7 Water Games at New Brighton Park Pool	8 Vancouver Art Gallery	9 Squamish Adventure

*All schedules are subject to change. This program officially closes on Sunday, August 09th, 2025.

The Homestay Experience

Our Student Accommodation Department will match you with a homestay family based on the information you included on your application (i.e., age, allergies, preferences). Prior to your arrival, you will receive a description of your homestay family including names of the family members, their ages, professions, and interests.

You are strongly encouraged to communicate with your family by e-mail or by phone before you arrive. Sending them a picture is also a good idea—this will help them find you at the airport. They are as curious about you as you are about them!

Your new family will do their best to make you feel at home. Please keep in mind that this may include helping with chores occasionally. If you follow the guidelines below, your stay will be enjoyable and memorable.



Keep your room tidy and make your bed every morning.



Offer to help with chores.



Respect all curfews and rules the family has.



Ask before borrowing something, and then always return it with a thank you.



If you make a mistake, apologize and ask if you can talk things over.



Do not be late! But if you are going to be late, call the family to let them know.



If you don't know how to use something, ask for help.



If something is upsetting you, talk to the family about your concerns.



Long-distance calls are to be made collect (charged to the person you are calling) or dialed on a long-distance telephone calling card.



If you feel ill, please notify the family right away.



Ask to use the internet or computer especially if you want to download something.

Internet is not always unlimited in North American cities.



Enjoy your experience with your homestay family!



EXTRA EXPENSES

Extra expenses may include activities outside of ILSC that are not part of your program package (i.e., Sunday activities or excursions that you may go on with your host family), personal items (shampoo, soap, toothpaste, etc.) and souvenirs.

The host family is not responsible for paying for these costs. Though your host family is responsible for providing you with three meals per day, it is always polite to offer to pay for your own meal if the family eats at a restaurant.

IMPORTANT HEALTH AND SAFETY TIPS



To ensure everyone's safety and enjoyment, it is essential that you understand and follow these safety regulations. Please use common sense and avoid doing anything you wouldn't do in your own country!



IN CASE OF ILLNESS OR INJURY

- Immediately report any accident or injury to your teacher or another staff member.
- Do not move a person who is injured.
- Follow the instructions of your teacher/ILSC staff, or medical staff.
- If there is no teacher or staff member available, call ILSC's emergency phone number or call 911.



YOUR BELONGINGS

- It is important to pay attention to your belongings in and out of school.
- Do not carry around large amounts of cash, or your passport.
- Remember to take your backpack off while you're on public transit. This is the polite thing to do for people standing behind you and it will also keep your belongings safe.
- When you are walking around keep your phone and other belongings in your bag, don't carry them in your hand.



TALKING TO STRANGERS

- In general, people are friendly, and it is safe to talk to strangers in public areas; however, if you are not feeling comfortable to talk with someone, you can always say "Excuse me, it is not a good time to talk," then move on.



IF YOU GET LOST

- Use WhatsApp on your mobile phone and call or send a message to the Juniors Program group. The Juniors Program Staff will have your location on WhatsApp and will be able to find you. You can also call the Juniors Program Emergency Phone number at **416-459-5756** and a Juniors Program staff will help you.
- DO NOT attempt to make your way back to the campus on your own.



IF THERE IS A FIRE

- If there is a fire, or you hear a fire alarm, calmly exit the building, and gather in a safe place outside with your classmates and your teacher or activity coordinator.
- Follow all instructions from your teacher, activity coordinator and/or firefighting staff who will inform you when it is safe to return to the building, or leave the area.



Medical Insurance

Health Coverage



MINOR ILLNESS

Students will receive medical attention at a clinic located within 5 km of the ILSC Vancouver campus for minor illnesses such as a sore throat, runny nose, cough, cold, flu, mild fever, skin irritations, or urinary tract infections. Guard.Me insurance will be billed directly.



MAJOR ILLNESS OR INJURY

If a student has a medical emergency such as broken bones, deep cuts, excessive bleeding, a high fever (over 38.8°C/102°F), severe pain or illness, or difficulty breathing, they will be taken to the nearest hospital for medical treatment. Payment can be made at the hospital, or the hospital **may*** mail the invoice to you. You can then submit a claim, including the invoice and/or payment receipts, to Guard.Me for reimbursement of eligible expenses.

Below is a summary of the medical benefits covered by the Guard.Me medical insurance plan:



BENEFIT SUMMARY

SERVICE	BENEFITS
Hospital	100% of eligible charges; Semi-private room; Private room where medically required
X-rays, Lab Testing	100% of eligible charges
Physician/Surgeon	100% of eligible charges
Psychiatric Hospitalization	100% of eligible charges; Hospitalization benefit is payable to a lifetime maximum of \$50,000
Psychotherapy	100% of eligible charges for a) psychiatrist inpatient fees following an emergency up to \$10,000 in addition to hospitalization benefit above or b) up to \$1,000 for outpatient psychiatrist or psychologist care
Eye Exams	100% of eligible charges up to \$100 for one non-emergency eye exam when 6 months of coverage is purchased
Paramedical Services	100% of eligible charges up to \$500 for Chiropractor, Acupuncturist, Naturopath, Chiropodist/Podiatrist – no referral from physician required
Physiotherapy/Speech Therapy	100% of eligible charges up to \$1,000; unlimited if provided as inpatient service
Private Nursing	100% of eligible charges up to \$15,000
Ambulance	100% of eligible charges

SERVICE	BENEFITS
Emergency Transportation	Taxi fare to or from a hospital or medical clinic up to \$100
Prescription Medication	100% of eligible charges to a maximum 30-day supply; unlimited when hospitalized
Dental – Accidental Injury	100% of eligible charges up to \$4,000 for Emergency dental treatment as the result of an injury caused by an accidental blow to the mouth
Dental – Emergency	100% of eligible charges up to \$600 for relief of pain and suffering when 6 months of coverage is purchased
Medical Equipment & Supplies	100% of eligible charges for crutches, canes, wheelchairs, walkers, casts, etc.
AccessAbility	For disabled students, coverage for Corrective Device Defect, Malfunction and Theft Protection
Annual Non-emergency Exam	100% of charges for one exam up to \$150 when 6 months of coverage is purchased
Out of Canada Coverage	All eligible expenses anywhere in the world except - coverage in USA limited to 30 days; no coverage in Home Country unless part of school or training program

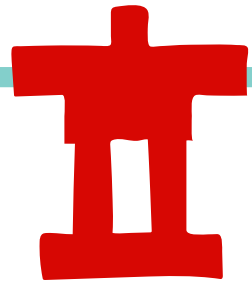
SERVICE	BENEFITS
Pregnancy	Serious complications to pregnancy covered
Family Transportation	When you are hospitalized for more than 7 days, up to \$5,000 for air tickets for 2 family members to join you; up to \$1,500 for expenses
Air Evacuation/Return Home	100% of the cost to transport you to the nearest hospital or to a hospital in your Home Country
Accidental Death and Dismemberment	\$50,000 (optional coverage available up to \$200,000)
Common Carrier	\$100,000
Trauma Counselling	Up to 6 sessions if an insured suffers a loss under the Accidental Death and Dismemberment benefit
Burial in Host Country	Up to \$5,000 for the cost of preparing the remains, cremation or burial and a burial plot in the location where death occurs
Repatriation of Deceased	Up to \$15,000 toward the cost of preparation and return to your Home Country

COVERAGE UP TO \$2,000,000

Important notice:

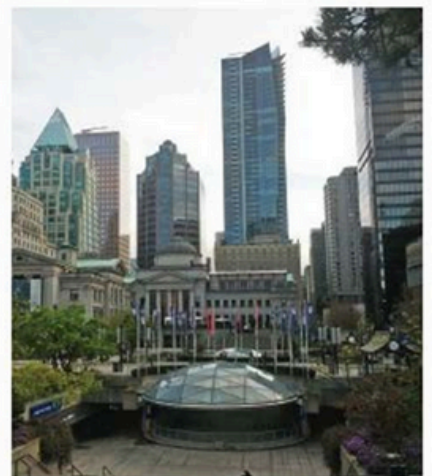
- This is a summary of benefits available under the [guard.me Canada](#) policy.
- Certain limitations and exclusions may apply.
- Full details are found in the [guard.me Canada](#) policy available at [www.guard.me](#)
- The actual policy wording governs.
- All benefits are in Canadian currency and are per 365-day period.
- Prior approval required for certain benefits.

EXPLORING VANCOUVER

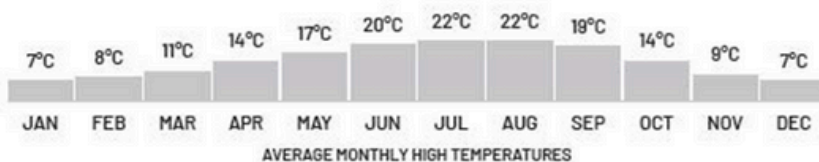


Come and discover Vancouver, a modern, magical city set among lush green mountain forests and beaches lapped by the Pacific Ocean.

Enjoy the friendly multicultural atmosphere of Western Canada's largest metropolis, where you can enjoy shopping, museums, and many outdoor adventures. ILSC–Vancouver campus is in the city's downtown, close to public transport, banks, restaurants, and shopping options.



ATTRACTIONS	TRANSPORTATION	ILSC CAMPUSES	CONTACT
<ul style="list-style-type: none"> 1 Vancouver Public Library 2 Canada Post Office 3 Queen Elizabeth Theatre 4 Time Square 5 Victory Square 6 Holy Rosary Cathedral 7 Steam Clock 8 Harbour Centre 9 Pacific Centre 10 Vancouver Art Gallery 	<ul style="list-style-type: none"> 1 Burrard Skytrain 2 Vancouver City Centre Station 3 Granville Skytrain 4 Waterfront Station 5 Stadium/Chinatown Station 6 Seabus Station 	<ul style="list-style-type: none"> R 555 Richards Street 91 554 Seymour Street 92 543 Seymour Street 93 540 Seymour Street 94 525 Dunsmuir Street 95 560 Granville Street Greyhound College 	<ul style="list-style-type: none"> 555 Richards Street Vancouver, B.C. Canada V6B 2Z5 tel: 604.683.9095 fax: 604.683.0771



Telephone Service



SIM CARD AND DATA PLANS

We use WhatsApp to communicate with students on their mobile phones. Getting an international SIM card can help lower your roaming and international calling costs while you're in Canada. You can use your current mobile phone—just swap the SIM card to get a local phone number and data plan!

SIM card plans range from \$9–\$19 per week or \$35–\$45 per month, depending on the package. For more details, visit gophonebox.com/plans.

If you would like to purchase a SIM card, please let us know on your first day of class, and a member of the Junior Program staff will assist you.



TELEPHONES/PAY PHONES



Vancouver has three area codes: 604, 236, and 778.

- You must always dial the area code along with the number
- If you're making a long-distance call, you must dial 011 + the country code (e.g., 011-55 for Brazil, 011-886 for Taiwan, etc.), followed by the phone number.
- It's recommended to bring a cell phone with you; however, some pay phones are still available at transit hubs, airports, shopping malls, and hotels.
- Local pay phone calls cost 50 cents, with no time limit.
- 911 is the emergency number that can be dialed for free from any telephone. 1-800 and 1-888 numbers are also free.

GETTING AROUND



SUBWAY



PUBLIC TRANSPORT

The ILSC Vancouver campus is located right downtown, and is only a 5-minute walk from the Seabus, two SkyTrain stations, and many buses that can take you around the city.

An ILSC Junior Camp staff will always accompany you on activities and will know the transit routes and fares required.

Students may need to travel on their own between their homestay and the ILSC campus each day. Your homestay family can explain the route and can help you choose the appropriate transit option.



FARES

Students are responsible for their own public transit fare.

CASH FARES				CASH
PASS TYPE	1-ZONE	2-ZONE	3-ZONE	
Adult	\$3.20	\$4.65	\$6.35	

Stored Values Fare:

PASS TYPE	1-ZONE	2-ZONE	3-ZONE	
Adult	\$2.60	\$3.85	\$4.90	

DAY PASS*		COMPASS CARD/TICKET		
PASS TYPE	ALL ZONES - ALL DAY NOT VALID FOR TRAVEL ON WCE			
Adult	\$11.50			

Monthly:

MONTHLY PASSES				COMPASS CARD
PASS TYPE	1-ZONE	2-ZONE	3-ZONE	
Adult	\$107.30	\$143.50	\$193.80	

NOTE: Fares are current as of Feb 2025 and are subject to change



ABOUT COMPASS

Compass is a reloadable fare card that works everywhere on transit in Metro Vancouver. To travel on SkyTrain, SeaBus or West Coast Express, you need a Compass Card or Compass Ticket to pay your fare and open fare gates, or to tap on a station validator.

You can keep using cash and bus transfers on buses, but you'll need Compass to transfer to SkyTrain or SeaBus.

Compass cards with stored value provide you with a discount on regular single fare rates. There is an additional \$6 fee for Compass Card (refundable card deposit).



TAXI & RIDE-HAIL SERVICES

- The meter starts at \$3.75 and increases according to time/distance.
- It is always polite to tip the driver.
- If the sign on top of the taxi is not lit, it is already occupied.
- Students may also choose to use ride-hail services like Uber and Lyft. These services can be booked through the Uber or Lyft mobile device apps or websites.



CONDUCT FOR CLASSROOM ACTIVITIES



LATENESS & ABSENTEEISM

You are expected to be on time for classes. Attendance, punctuality, and participation are important aspects of learning.

Students who attend class every day and on time:

- Learn more English!
- Get the class off to a good start!

Please note: if for any reason you are unable to attend a class or activity, please have your homestay parents notify the school **IN ADVANCE** with a written notice or a phone call.



ENGLISH ONLY POLICY

The English Only environment helps you:

- Think in English
- Improve your English faster
- Learn about other cultures
- Make friends!



LOOKING AFTER YOUR VALUABLES

Always keep your valuables with you: your wallet, bag, cellphone, electronic dictionary etc.



CELL PHONE POLICY

- Respect your teacher and classmates.
- Please turn your cell phone off during class time.



BEING ENVIRONMENTALLY FRIENDLY

Let's help take care of our planet! Remember the three R's:

- **Reduce:** Bring your own cup or bottle.
- **Recycle:** Use the correct recycling bins for beverage bottles, cartons, food scraps (compost), and paper.
- **Reuse:** Pack your lunch in reusable containers.

Learn



All our classes take place at the ILSC Vancouver Campus.

- **Number of language levels:** Our five-level Junior Camp curriculum is designed to meet the diverse needs of our students, to address the range in language skills and abilities, and to challenge each individual student to progress and excel, based on their level.
- **Number of lessons:** 17 lessons, 15 hours per week
- **Content:** Reading, grammar, vocabulary, and writing are taught in dynamic and interesting ways.

Speaking and listening are practiced through discussion topics that are interesting and relevant to today's youth.

- **Certificate:** Students will receive a progress report and an end-of-course certificate upon completion of the program.



Important Information



ILSC 24 HOUR EMERGENCY NUMBERS

You can call the emergency number at any time during your stay if you encounter an emergency. Someone is always available to answer the phone and assist you.

ILSC VANCOUVER JUNIORS PROGRAM EMERGENCY NUMBER

1.416.459.5756



CITY EMERGENCY NUMBER

If you have a serious emergency, like a fire, medical emergency, or need police help, and can't find an ILSC staff member, homestay family member, or teacher, you can contact local emergency services by dialing **911**.



Important Information



YOUR HOMESTAY FAMILY

NAMES: _____
ADDRESS: _____
PHONE NUMBER: _____
E MAIL: _____

YOUR HEALTH INSURANCE DETAILS

NAME OF HEALTH INSURANCE PROVIDER: _____
YOUR POLICY NUMBER: _____
EMERGENCY CONTACT NUMBERS: _____

EMERGENCY CONTACT IN YOUR HOME COUNTRY

NAME: _____
RELATIONSHIP: _____
PHONE NUMBER: _____
EMAIL ADDRESS: _____

YOUR PASSPORT INFORMATION

NAME: _____
DATE OF ISSUE: _____
CITY/COUNTRY OF ISSUE: _____
PASSPORT NUMBER: _____

IMPORTANT NOTES

OUR TEACHING PHILOSOPHY



Learning is more fun and effective when it's all about you!

We combine a set curriculum with the flexibility to match each student's unique interests and learning needs. You'll be excited to learn about things that interest you personally!



Learning is faster when it's combined with fun, everyday experiences.

Immersive activities like role-playing, field trips, and group games help you learn the language more quickly and in a fun way!



Students learn best when they feel confident, relaxed, and happy.

At ILSC, you'll be part of a supportive community of teachers, staff, and friends who will help you succeed on your amazing learning adventure.

CONNECT WITH THE ILSC COMMUNITY #MYILSC



ILSCFB



@ILSC



@ILSC



ILSCTV

Frequently Asked Questions



WHAT'S INCLUDED IN THE JUNIORS PROGRAM PACKAGE?

The package fee includes all entry fees to attractions (activities take place Monday to Friday and a full day on Saturday), your accommodation, and a full-board meal plan (3 meals per day plus snacks), provided by your homestay family.

HOW MUCH MONEY SHOULD I BRING?

Public transport fees are not included, so students should bring between \$22 and \$28 per week to cover their transportation to and from school, as well as during activities. Students should also bring enough money for personal needs, including shopping for personal items and souvenirs.

WHY IS PUBLIC TRANSPORTATION EXTRA?

Depending on the length and dates of a student's program, the most cost-effective transit option can vary. We've found that it's easy and affordable for students to purchase transit fares once they arrive. Homestay families and ILSC staff can help students choose the best fare option for their needs.

HOW DO I ADJUST TO A NEW COUNTRY?

The program is a fantastic opportunity to explore a new culture, improve your language skills, and make new friends from around the world. While it's super exciting, it can also be a little challenging at first.

When you arrive, you might feel tired for the first few days because of 'jet lag'—this is normal, and your body will adjust to the new time zone.

Trying new foods can also make your stomach feel a bit off until you get used to them.

Be patient, and don't worry, your body will naturally adapt. It's also a great idea to let your host family know how you're feeling so they can support you.

WHAT IF I FEEL HOMESICK?

Feeling homesick is totally normal, especially if it's your first time away from home and your family. Being in a new country, where everyone speaks a different language, can feel a bit overwhelming and cause some 'culture shock.' The best way to feel better is to talk about your experiences and how you're feeling with your friends, teachers, and host family. Sharing what you love about your home will help you feel more at ease. You can also try writing down your thoughts in a journal—it's a great way to express yourself!

WHY DO I HAVE TO SPEAK ENGLISH ALL THE TIME?

ILSC's 'English Only' or 'French Only' policy is here to help you learn faster! It might feel tough at first, but the people you meet at ILSC will understand your efforts and any frustrations, and they'll do their best to help you. If you meet someone who doesn't understand, try not to get upset. They might not know what it's like to learn a new language, or they could just be having a bad day. No matter what, keep going. Soon, your English or French will improve and be better than ever!

IS THE CITY SAFE?

ILSC campuses are in several big cities, and these cities are usually very safe. Students are always with ILSC staff during activities and stay with their host family in the evenings, so they're rarely alone. However, students may need to travel between their homestay and the ILSC campus on their own.

Even though the cities are safe and the people are friendly, it's important to stay aware of your surroundings. If you see anything that seems suspicious or makes you feel uncomfortable, let an ILSC staff member or your homestay family know right away. Even in the safest places, it's a good idea to stay alert after dark and travel with friends if you can!