



STUDY IN CANADA

# ROCKY MOUNTAIN INTERNATIONAL STUDENT PROGRAM

Revelstoke | Golden | Invermere | Kimberley | Cranbrook | Fernie | Sparwood



# INTERNATIONAL STUDENT HANDBOOK



## RMISP KEY CONTACT INFORMATION

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# SOCIAL SERVICES

## CONTACT INFORMATION



*REPORT BULLYING BC is an anonymous and confidential online reporting tool for students. **Report bullying!** Visit [www.erasebullying.ca](http://www.erasebullying.ca) for more information.*



*The **BC Helpline for Children** (1-800-663-9122) may be called to report when a child or youth under 19 years of age is being abused or neglected. There is a legal duty to report your concern to a child welfare worker.*

*The **Helpline for Children** (310-1234) for children or youth to call if they need to talk to someone. No area code is needed and they can call any time (day or night) and do not have to give a name.*



*The **Kids Help Phone** (1-800-668-6868) provides counselling and mental health support.*

*The **Kelty Mental Health Resource Center** (<http://keltymentalhealth.ca>) provides resources regarding mental health issues, substance use, medications and healthy living.*

***Here to help – Mental health** (<https://www.heretohelp.bc.ca/>) information provides information and tips on taking care of your mental health.*

**www.**  **international.ca**

**Rocky Mountain International Student Program**

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## WELCOME TO THE PROGRAM

### The Rocky Mountain International Student Program (RMISP) Welcomes you to beautiful British Columbia, Canada!



This **Student Handbook** is designed to give you the information and advice you need to thrive in our program. If you still have questions after reading this handbook, talk to your Homestay Coordinator.



## MESSAGE FROM THE DIRECTOR OF INTERNATIONAL EDUCATION

Welcome to the Rocky Mountain International Student Program in beautiful British Columbia, Canada. Our program has a rich history and has been providing the very best educational experience for students from all over the world for over 30 years. Our caring and dedicated staff is committed to fostering student success and we are excited to introduce you to all of the world-class recreational, cultural, and academic opportunities we offer in our schools, communities, and region. We are here to support you and help make your study abroad experience unforgettable!

Sincerely,  
Danielle Warren  
Director, International Education  
School District No. 6 (Rocky Mountain)



## INDIGENOUS LANDS ACKNOWLEDGEMENT

We are honoured to live, work, and play on the unceded and shared ancestral territories of the Secwépemc, Ktunaxa, Sinixt, Okanagan, and Saik'uz First Peoples and the chosen home of the Metis and other Indigenous People of B.C.

## WHAT TO EXPECT ON ARRIVAL

Everyone arriving in Canada is required to go through an interview with a Canada Border Services Agency (CBSA) employee when they arrive in Canada. CBSA will want to ensure that you have all of the proper documentation to enter Canada and will ask questions regarding the items you are bringing with you into Canada. For information regarding the required documents, please see the Immigration, Refugee and Citizenship Canada website [HERE](#).

### Study Permits

Students who are attending school in Canada for longer than 5 months must apply for a Study Permit and pick up their permit at the first port of entry (airport) into Canada. You must show the officer your official letter of invitation – that document is not your permit! Students who may extend their stay beyond 5 months should also apply for a study permit and pick this up at the airport.

Students staying for less than 6 months must have all appropriate visitor permits/eTA to enter Canada.

When picking up your Study Permit at the airport:

- Make sure you have all of your documentation handy and organized
- Follow the signs upon arrival to Canada Border Services/Customs/ Immigration/ Baggage
- Present your passport, study permit invitation letter, and all other documents to the CBSA agent
- Receive your study permit and ensure that the information is accurate and correct, and that your permit is secured where you will not lose it before transiting to your next flight or exiting the arrivals hall

**If you have applied for a study permit, you must not leave the airport of your first port of entry into Canada without the permit.**

All students will be met by their host families or an RMISP staff member. Look for a sign with your name on it.

## STUDENT ORIENTATION AND FIRST DAY OF SCHOOL

All students will attend a program orientation, school orientation, and welcome activity day (river float/rafting) in September. For students starting in late January/February, students will attend a program/school orientation and the February ski day. Details about orientation and the first day of school will be sent by email from your Homestay Coordinator prior to your arrival in Canada.

Please ensure we have your correct student email address in our system. Check your junk mail, just in case. Check with your Homestay Coordinator or RMISP staff to confirm we have your correct email!

**You must bring your original study permit with you to program orientation and give it to the staff to make a copy and return to you.**

## WEATHER

**SPRING AND FALL:** Spring and fall are both beautiful times of year in RMISP. Summer is very warm, even into late September. Weather can change very quickly here, so check the forecast and bring appropriate clothing for the weather.

To check the forecast in your community, check the weather app on your phone or visit the Environment Canada website: [https://weather.gc.ca/canada\\_e.html](https://weather.gc.ca/canada_e.html)

Wed 26 May	Thu 27 May	Fri 28 May	Sat 29 May
 20°C	 21°C	 14°C	 19°C
Mainly cloudy	Cloudy	Showers	A mix of sun and cloud



**SUMMER:** Summers in the RMISP region tend to be hot and dry. You can expect an average of 21C in June, much warmer in July/August, and an average of 20C in September.

### Tips on what to wear in the warmer seasons:

- bring shorts and light clothing if you are here in June and September
- sunscreen



**WINTER:** RMISP's host communities can get quite cold in the winter. **Bring clothing suitable for temperatures as low as -30 and/or be prepared to purchase very warm clothing once you arrive.** Most of the time, expect winter temperatures to be between 1C and -15C (daytime highs). The good news is, while cold, it is typically very sunny and we have some of the best snow conditions across Canada!

### Tips on what to wear in the colder seasons:

- layer your clothing beneath a water-resistant outer jacket when it is cold and/or snowy
- wear a warm hat that covers your ears when it is cold
- bring or buy warm boots and gloves for November – March



## HOMESICKNESS AND CULTURE SHOCK



Learning about homesickness and culture shock can help you cope with these potential challenges when moving to a new country.

**HOMESICKNESS** is the stress caused by separating from home, family, and friends. Moving to a new culture with unfamiliar people, language, and different customs can make you feel like you don't belong, and in more serious cases, can lead to anxiety or depression. Not everyone will experience significant negative effects of homesickness.

*Possible symptoms:* staying in your room; loss of appetite; sleepiness; stomach issues; headaches; persistent negative thoughts about new environment; feeling anxious and lonely; difficulty concentrating; feeling overwhelmed or easily frustrated; depressive symptoms such as being self-critical; spending less time with friends; or putting less effort into school.

**CULTURE SHOCK** is the stress caused by adapting to a new culture and environment. Moving to a different country can have many challenges; for example: new school and teaching methods; living away from home; new food, climate, and language; new friends and support systems.

There are 4 stages of culture shock that affect everyone differently. Everyone who is adapting to a new culture will experience some level of culture shock:

1. **Honeymoon stage:** Shortly after you arrive in Canada, everything is new and different, but it's also wonderful and interesting! This stage can last anywhere from a week to a month or more. 
2. **Distress stage:** 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. 
3. **Transition stage:** This is the stage where life gradually starts to get better and routine sets in. You may still experience some difficulties at this stage, but you can handle them better. 
4. **Integration stage:** You now feel confident and relaxed in the community, at school, and at home. You've gained a strong sense of belonging and feel at home in your new environment. 

**Current research** shows that homesickness and culture shock are most intense when students first arrive. For many students, homesickness goes away in a few weeks. Culture shock, however, may continue for months or longer. It can be re-triggered at holidays or if a family member is unwell.



Good news - there are strategies for dealing with homesickness and culture shock!

### STRATEGIES FOR DEALING WITH HOMESICKNESS AND CULTURE SHOCK:

- Do your research. Know as much as possible before you leave so that there are fewer surprises once you arrive. Ask your Homestay Coordinator or host family questions.
- 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.
- Practice gratitude and self-care. Reflect daily on the interesting things you have learned, and what you are grateful for both at home and in Canada. Spend some time each day doing something that helps you relax, enjoy, and find happiness.
- 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 adjust.





- 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.

- 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 require a lot of energy. Spend some “down time” each day listening to music, spending time in nature, or reading a book in your first language.

- Manage your connections to home and screen time. Keeping in touch with family and friends is vital and can be of 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.



- Ask for help. You are not alone in RMISP. If you are feeling sad, lonely, or frustrated, talk to your host family, Homestay Coordinator or a staff member at your host school.

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

## MEDICAL SERVICES AND INSURANCE

### MEDICAL SERVICES IN YOUR COMMUNITY

In an emergency situation, go to a **hospital**. Call 911 if you require an ambulance.

Use a **medical clinic** when you feel like you need to see a doctor but the situation is not urgent. Appointments are necessary.

Go to your local **pharmacy** to purchase prescription and non-prescription medication. You'll need to visit a Canadian doctor or pharmacist to get a prescription – you cannot use a doctor's prescription from your country. Ask the doctor in your country which of the Canadian brands they recommend.



If you are bringing medication into the country, check the following Government of Canada website for details: <https://www.canada.ca/en/health-canada/services/drugs-health-products/compliance-enforcement/importation-exportation/personal-use-health-products-guidance/document.html>

## MEDICAL INSURANCE

Talk to your host parents if you would like to see a doctor and they will support you with making and getting you to your medical appointment. If your host parents are not available, talk to your Homestay Coordinator.

All RMISP students receive medical coverage through **Study Insured™**.

**studyinsured™**

More information about the Comprehensive+ Plan and the

StudyInsured™ processes for getting medical care and submitting a claim can be found

here: [STUDYINSURED](#). Through StudyInsured™, all students will have access to Virtual Health Care where they can access a licensed doctor over video chat, and also the Stay Health at School program which offers 24/7 mental health support.

**Important Notes:** Pre-existing conditions and certain high risk activities are NOT covered by private medical insurance. Additionally, serious illness and injuries (hospitalization, surgery of any kind, MRI/CT scans, emergency care outside Canada) MUST be reported to StudyInsured™ Assistance within 48 hours, otherwise eligible benefits may not be fully paid. Contact your Homestay Coordinator right away and they or your host family will help assist you.

Students who are eligible for BC's Medical Service Plan (MSP) will be enrolled by RMISP staff. More information on MSP coverage can be found here: [MSP](#)

### YOUR MEDICAL CARD:

- You will receive a Study Insured medical card via email, and a print out from your Homestay Coordinator. If you are eligible for MSP, you will also receive a BC Services Card three months after your arrival to Canada.
- **ALWAYS SHOW YOUR CARD(S) AND PASSPORT FOR IDENTIFICATION WHEN YOU GO TO THE CLINIC or HOSPITAL SO THAT THE MEDICAL STAFF CAN BILL DIRECTLY TO INSURANCE,** otherwise you will need to pay the bill with your own money and submit a claim later (which can be very expensive).

## MONEY AND SHOPPING

### ACCESSING CASH

- You can exchange money or receive wire transfers at a bank or credit union. You can open a bank account with TWO pieces of identification.
- Automated Teller Machines (ATM) are accessible 24 hours a day on-site at each bank and at other locations throughout each community.
- Some stores may give you cash back on your debit card when you purchase something.



### USING DEBIT/CREDIT CARDS

Almost all stores and restaurants accept credit or debit cards in addition to Canadian cash.



## BUDGETING YOUR MONEY

Make sure to budget the allowance you receive from your natural parents so you can pay for high priority items. You must not borrow money from your host families. If you need help with budgeting, ask your host family for help.



## SHOPPING

Ask your host family for advice on shopping for particular goods and services. If you cannot find what you are looking for in your host community, you can buy it online or you can wait until we go on one of our program trips to a larger city.

## TIPPING

While not mandatory, tipping is common practice at restaurants in Canada. If the service you receive from your server is good, please add 10-15% to the total bill as a tip. Some people even tip up to 20%.

## CANADIAN CULTURE, CUSTOMS, AND ETIQUETTE



People from your country might have different perspectives on what a family is and looks like, politeness/respect, personal space, table manners, health, cleanliness, how to use the bathroom, greeting people, communicating with people, getting rides around town, household chores, and when and what they eat.

Research the customs in Canada and talk to your host family about these differences. Discuss what you notice is different in Canada. Do your best to be open-minded and talk about differences neutrally and without judgment. Things are not “better” or “worse” - they are just different.

Here are some cultural expectations and standards to be aware of. Use common sense and keep the following DOs and DON'Ts in mind:

- DO say “please” and “thank you” when asking for/receiving something
- DO knock before entering a home (and wait to be invited inside)
- DO remove your shoes before entering someone’s home
- DO offer to hold the door open for someone else when entering a building
- DO say “excuse me” if you bump someone accidentally
- DON'T speak your native language when there are English-speaking people around
- DON'T ask an adult his/her age (unless you know them very well)
- DON'T burp or pass gas (flatulence) in public if possible
- DON'T slurp your food or chew with your mouth open
- DON'T interrupt people when they are speaking

## GREETINGS:

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 as a final farewell or to console someone is also common.

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



## EQUALITY:

It is important to be aware of gender roles in Canadian society. Women and men are equal both in and out of the home. Earning an income, raising children, and doing housework are generally shared responsibilities between both parents.

Canada is a liberal and multicultural society. Discrimination of any kind is not tolerated. We do not “joke” about race, ethnicity, gender, religion, sexual orientation, weight, appearances, or disability. In Canada, all people, including immigrants and visitors, have the right to be treated equally and without judgment and discrimination.

**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 (in person, online, or otherwise) are subject to dismissal from the Rocky Mountain International Student Program and may be reported to law enforcement if required.*

## IMPROVING YOUR ENGLISH

Your study-abroad experience in RMISP is a great opportunity to improve your English. To support this opportunity, RMISP has designated each high school as an English-only campus. The rest is up to you! Here are some helpful tips:

- Make Canadian friends! Talking with friends about topics of interest to you and them is a great way to improve your oral English.
- Join a club or team; doing so will introduce you to new people and present you with opportunities to speak and listen to English in meaningful situations.
- Connect with your host family! The people you live with have the greatest potential to help you improve your English. Talk with them as much as you can and ask them questions about the language if you are having trouble.
- Don't worry about making mistakes; people are not going to correct your grammar or pronunciation outside of the classroom. Speak freely with a focus on exchanging information and making connections with other people.
- Keep an English journal; write to yourself each night in English. If you like, you can share your journal with an English teacher to get feedback on your writing.
- Learn the lyrics of your favorite English songs; read the news in English; and watch movies in English.
- Don't be shy! The communities of RMISP are friendly places. It is common to chat with people in line ups and other public places.

## LIFE IN YOUR NEW HOME

Life in your new home may be different than what you're used to. Here are a few tips for adapting to your new home. If you are unsure of what to do, what time to do it, or how to use something, just ask your host family or your Homestay Coordinator.

When you arrive at your new home, please call or email your family in your home country to let them know you have arrived safely. If you didn't have the opportunity or device to do so at the airport when you first arrived and you require assistance to call or email your home, your homestay family will be happy to assist you.

Ask for a tour of your new home when you first arrive. Your host will show you where everything is, with special care to point out your bedroom and bathroom; the kitchen and dining area; the laundry room and so on. Please make sure you understand how to use the:

- bathroom, including the bath/shower, toilet, and sink
- appliances and entertainment items, like the TV, microwave, etc.
- safety features of the home; fire extinguisher, as well as what to do in the event of a fire, and where to locate the emergency phone numbers.

Within the first couple of days, ask your host family for a tour of your new neighborhood, including directions to and from your school and any local attractions or meeting places.

### HEAT, ELECTRICITY, GARBAGE & RECYCLING

Most Canadian homes have central heating (natural gas furnaces); some are heated by electricity or wood. Homes are generally kept warmer during the day and cooler at night. Please bring some warm pajamas and slippers if you are staying through the winter! Some families turn down the heat when everyone is at school and work and turn it back up when they get home. If your room is too cold at night, let your host parents know so they can give you extra blankets or adjust the heat in your room.



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. In Canada, the electrical supply is 110 Volts and 60 Hertz (cycles per second).

Canadian households separate their garbage and recycling. Recycling and taking care of the environment is a very common Canadian value. Please ask your host family how to sort these items in your home and where they go.

### FOOD AND BEVERAGES

It is important for all students to TRY new foods! Food is a big part of culture and can be a highlight of the experience of visiting or living in a different country. Keep an open mind and try new foods as part of your cultural experience.

**Families generally eat three meals a day.**

- *Find out when mealtimes are and come to the table on time.* If you won't be home for a meal or expect to be late, tell your host family in advance.
- *Inform your host parents of any food allergies* and let them know what foods you enjoy the most and foods you really dislike.

### Will you have to cook?

- It's common for teenagers to prepare their own breakfast and pack a lunch. *Ask your host family if you will be making these meals.* They will let you know where the food is, but if you are not sure what to make or how to do it, don't be afraid to ask for help!
- Some families ask their children to cook the occasional dinner. Perhaps you can cook a special dish from your country.

### What can you expect at mealtimes?

- **Breakfast** is usually quick and light on weekdays. Cereal, fruit and/or toast are common breakfast items and may be "self-serve" in your homestay.



- During the week, **lunch** is almost always eaten at school. Many students bring bagged lunches. Sandwiches or leftovers from dinner the night before are common lunch items. If you prefer a hot meal, some schools offer a Hot Lunch program. There may also be meals for sale in the school cafeteria. Ask your school office staff about it.

- **Dinner** is the biggest and most important meal of the day. It's usually eaten at some point between 5:00 PM and 7:00 PM. For some families, sharing a meal together is very important. Sharing dinner together with your family is a great way to bond with them. Please note that in some homes, weekday suppers may be quick and light because of evening activities for school-aged children.



- You can bring **snacks** to school, have a snack after school, and/or even before you go to bed. Common snacks are fruit, cut-up vegetables, crackers and cheese, peanut butter on toast, granola bars, etc. Find out what snacks your host family has available and when it's an appropriate time to have a snack. Don't forget to clean up after you make a snack.
- Remember, water is the best way to hydrate yourself and should always be your preferred **beverage**. You can drink water straight from the tap in RMISP host communities.



- Some families may have more 'junk food' than others. Whatever the case at your homestay, be careful about what you eat and drink. Too many sugary beverages and/or too much 'junk food' will negatively impact your health and your overall enjoyment of your Canadian experience.

### BATHROOM/LAUNDRY ROOM

Most Canadians shower in the morning, before work or school, though some also shower at night. Please talk to the members of your family about the best time to shower in the morning so that there are no line-ups at the bathroom. If you plan to shower at night, try to do so before 9:00 PM. A typical shower in Canada lasts about 10 minutes. Don't forget to clean up after a shower and hang up your towel!

Sewer systems in Canada are usually high-capacity and plumbing in homes is good, however you should only flush toilet paper down toilets – never paper towel or other objects. Feminine hygiene products should be wrapped in tissue and placed in the garbage.

Washing your clothes in Canada is easy but it is not inexpensive. Do not wash your clothes until you have enough to make a full load. If you do your own laundry, ask for instructions on when and how to use the machines.

## INFORMATION AND TIPS FOR LIVING WITH A HOST FAMILY

Your homestay placement is an important part of your study-abroad experience in RMISP. We want your experience to be the best it can possibly be, in and out of school. To achieve this goal, policies and procedures are in place for the benefit of both host families and students.

### COMMUNICATION

Speak openly and honestly with your host family from the start. If you have questions or problems, it is best to discuss them immediately with your family. Problems can grow if you don't deal with them right away. If it's really difficult for you to talk about something with your family, talk to your Homestay Coordinator about it so they can help you. **PLEASE JUST ASK!** 😊

### FITTING INTO YOUR HOST FAMILY

You need to find a balance between spending time independently, with friends, and with your host family. Your host family would like you to become part of the family, so find ways to bond with them:

- Talk to your host family after school or at dinner.
- Do chores with your host family. Ask your host family if they need help with dinner or washing dishes.
- Ask your host family if they want to do something like go for a walk, play badminton weekly at the local gym, play cards/board games, teach them a game from your country, or watch a movie.
- Respect your host family's rules and schedule. Participate in family events, celebrations, meals and chores/errands, just like other family members.

### IF THINGS DON'T WORK OUT

Homestay Coordinators work hard to match students with the right family and most of the time the placements are very successful. If things don't seem perfect right away, remember that it takes time to settle in and adjust to the new relationship.

- Sometimes a host family and their student may feel uncomfortable with each other. If that should happen in your situation, please let your Homestay Coordinator know.
- The first step in dealing with such difficulties is for RMISP staff to talk with you and your host family separately and then together to try to identify the problems and come up with appropriate and agreeable solutions. The goal of this mediation is to find harmony, improve communication, and mend the relationship.
- If that truly isn't possible, the Homestay Coordinator will do their best to find a new home, but please be advised that it is not always immediate.
- Unless it is truly a serious emergency/concern, you will not be moved out of a home immediately, or without going through the program's mediation process.



## **WHO PAYS FOR WHAT**

- Host families are responsible to cover expenses such as nutritious meals and beverages; gas and utilities (water, internet, power).
- You are responsible to cover certain expenses such as toiletries, medication, cell phone, extra-curricular activities such as Outdoor Ed, sports teams, choir/band, field trips, winter clothing, ski resort passes, ski/snowboard gear, and “junk food” (such as pop, candy, snacks etc.).
- If your host family invites you to a restaurant, movie, or event such as a hockey game, your host family is expected to cover that expense. If the activity includes a big-ticket item (e.g. Lady Gaga concert, NHL game, etc.), your host family should inform you that if they you wish to be included, you will need to pay for your own ticket.
- If your family goes on a trip, it is reasonable for them to expect you to pay for your own airfare and hotel room (if you get your own hotel room). Meals and shared accommodation need to be covered by the host family.
- You must not borrow money from your host family or ask them to put things on their credit card for you.

## **INTERNET CONNECTIVITY /COMPUTER USAGE**

All homestays are required to provide Internet access. Most families have high speed wireless internet access but some have limited data that they can use each month. You must ask your host family for details – especially if you are into gaming and streaming.

It’s common for parents in Canada to limit their children’s usage of electronics for various health reasons (e.g. the family may collect electronic devices or turn off WI-FI access at bedtime). Talk to your host parents about your needs and discuss a reasonable amount of time to use your electronics each day.

Because of the time difference, some students stay up late to connect with their friends and families online. This can be disruptive for host-family members when they are trying to sleep. Don’t forget: teenagers need about nine hours of sleep to function well and to maintain physical and mental health at a time when their bodies and brains are growing so quickly. Talk to your host family about what’s appropriate in your home and what’s best for your health.

## **SLEEPOVERS**

- Students may sleep over at the homes of Canadian or international friends for a maximum of two nights with host parent approval. Sleepovers of more than two nights’ duration require Homestay Coordinator approval.
- Students of different biological sexes may not sleep over at one another’s homes. If you identify as LGBTQIA2S+ please feel free to speak confidentially with your Homestay Coordinator or RMISP staff about your specific situation.
- Students must never be left in the home alone overnight regardless of age or any other factors.

## **ENGLISH-ONLY POLICY**

You are expected to speak English when in the presence of host family members and their guests as well as at school and on RMISP activities; it’s impolite if you don’t! Similarly, your host family is expected to speak English in your presence at all times.

## **CURFEWS**

As a general rule, students in Grades 10 – 12 (15 years and older) should be home by 10:00 PM on weeknights and 12:00 AM on weekends unless an earlier curfew is requested by the natural parents. Students in Grades 7 – 9 (12 – 14 years old) should be home by 8:00 PM on weeknights and 10:00 PM on weekends unless an earlier curfew is requested by the natural parents.

- Host parents may, at their discretion, approve a later curfew for a specific event or activity provided it is being chaperoned by a responsible adult.
- Extensions of curfews and/or requests for sleepovers will not be approved at the last moment if situations and/or arrangements cannot be confirmed by the host parents.

## CHORES

Most Canadian children are expected to help with chores on a regular basis. They can be expected to do a few chores such as washing dishes, tidying their rooms, doing their laundry, taking out the garbage, or shoveling the walkway when it snows. Ask your family about their expectations, how often the chores should be completed, and what to use to do them. Doing chores with your family is actually another good way to bond with them!

## SAFETY AND SECURITY

RMISP's host communities are all quite safe and welcoming. That said, here are some precautions:

### ENVIRONMENT:



- **Wildlife** - bears and deer are the most common wildlife to be aware of. You will get more information about wildlife safety at a lunch meeting.
- **Cold weather** - dress appropriately for the weather (e.g. hat, gloves, boots, and warm jacket) or you could be at risk of frostbite and/or hypothermia.

### PHYSICAL ACTIVITIES:



- **Skiing out-of-bounds** is not permitted. Your ski pass will be taken away from you by the resort, but more importantly, out-of-bound areas are not controlled; this can cause an avalanche which can result in injury or death. You may only ski/snowboard in-bounds on marked resort runs.
- **Back country ski/snowboarding** is not permitted nor covered by medical insurance if you are not on a tour with a professional tour company. There have been many avalanches in the past few years, so this activity is generally not considered safe.
- **Wearing a bicycle helmet** is the law in B.C. because it protects the most important part of your body – your brain. You need to wear it at all times while riding a bike.

### PROHIBITED ACTIVITIES:



- **Hitch hiking** is illegal. Accepting rides from strangers can be dangerous. Find out from your host parents how to get around town and when they can drive you.
- **Do not purchase or use alcohol, illegal drugs, cannabis, tobacco and/or vaping products** – they are illegal, unsafe, and a violation of the International Student Contract. If you choose to use, hold, purchase, or be with people while they are using these items, you will be sent home.
- **Do not attend parties** where there is no adult supervision (25 years or older). You must immediately leave any gathering where there is underage drinking and/or drug use.
- **Do NOT engage in sexting.** Sexting means sending and receiving sexual messages, images or videos (e.g. nude or partially nude photos of yourself and/or others) through technology such as a phone, email, or webcam. Here are some reasons why you must not engage in sexting:

- It is **illegal to send** sexual photos/videos of anyone who is, or appears to be, under 18. This can be considered child pornography. This includes taking and sending sexual photos/videos of yourself if you are, or appear to be, under 18.
- It is also **illegal to save** child pornography of any kind on a phone, computer, cloud storage, or any other kind of device. It is **illegal to share** child pornography by showing it, forwarding it through text/email/online apps, and/or posting it on the Internet.
- The consequences of engaging in sexting for the victim can result in bullying, loss of friends, depression, and suicide.
- This is taken very seriously in Canada and police investigation followed by legal action are likely to occur; you will also be dismissed from the program.

## HIGH-RISK ACTIVITIES

### Appropriate equipment:

International students must wear the appropriate equipment for all activities. This includes but is not limited to life jackets for canoeing and other boating and helmets for skiing, ice skating, skateboarding, and cycling. **Note: wearing a bicycle helmet is the law in B.C. and students can be fined for not wearing one.**

### Waivers:

As part of the application process, your natural parents would have completed a high-risk waiver form, which may (or may not) allow you to engage in certain high-risk activities *with your host parent(s) or other responsible adult age 25 or older.*

Natural parents will need to sign an additional waiver if a company is providing the activity (e.g. trampoline park operator) or if RMISP staff feel that the activity is very high risk. Please ensure that you let your natural parents know when you're participating in an approved high-risk activity. Talk to your Homestay Coordinator about these activities as far in advance as possible. Host parents are **NOT** legal guardians, so they cannot legally sign these waivers.

### High-risk activities that do and don't require ADDITIONAL natural parent consent:

High-risk activities requiring additional natural parent consent	Activities NOT requiring additional natural parent consent
Back-country skiing (professional tour guide only)	Biking
Backpacking (back-country hiking/camping)	Camping
Waterskiing / wakeboarding / tubing / kneeboarding / seadooring (all with lifejacket)	Canoeing (with lifejacket)
Indoor / outdoor rock climbing	Hiking
Cliff jumping / bungee jumping	Swimming
Motorized dirt biking/quadding (ATVs)/ snowmobiling (students cannot drive motorized vehicles of any kind)	Kayaking (if on flat/still water with lifejacket)
Horseback riding	Skateboarding/longboarding
Hunting (students are not allowed to fire a gun and can only go with adults who hold a valid hunting license)	Ice skating/hockey
Target shooting	In-bounds skiing/snowboarding – parents have already signed the RMISP Ski and Snowboard Contract
Mountain biking / white water rafting (with life jacket)	
Trampoline park / ziplining / high-ropes park	

## STUDENT RELATIONSHIPS

- International students are permitted to enter into romantic relationships with other students, but they are not permitted to do so with non-students (e.g. a 20-year-old ski resort employee) or engage in any sexual relationships while in the program.
- Students in dating and/or casual romantic relationships are not allowed to visit each other's homes unless a parent is present.
- Students must inform their Homestay Coordinator about their relationship.
- Students must follow the boundaries set by their host family for expected behaviour in the home (e.g. open bedroom door policy, required to remain in public areas of the home, etc.).
- Students must follow the school's non-PDA policy (Public Display of Affection) (this includes RMISP trips).
- Canada has age-of-consent laws that are relevant to international students. It is important to know what the legal age of the person you are in a relationship with can be. See the 'Dating and Relationships' graphic in the Appendix for more information.
- Students not following these rules will be dismissed from the Program.

## STUDENT RIGHTS AND RESPONSIBILITIES

Students in RMISP homestays have the right to a welcoming, caring, and culturally sensitive environment where they are shown respect, consideration and tolerance. Students should be able to expect:

- to be included in the Host Family unit and considered part of the family for meals, activities, trips, chores, and daily life
- for Host Families to welcome them to the family, home, community and provide assistance as needed and where possible
- to only regularly hear English spoken and communicate in English in the main home areas
- a private bedroom with a closet, night table, lamp and bed
- shared access to a bathroom
- access to a washer and dryer to clean their clothes
- to feel safe and secure in their homestay
- three nutritious meals per day plus intermittent snacks and beverages
- a key to the home and/or an access code for the door lock or alarm
- free Internet connectivity in their home (and reasonable access to it)
- to not be exposed to behavior (including speech, expressive conduct, electronic communication) that intimidates or exposes the student to physical harm, ridicule, hatred or contempt, defamation, bullying, harassment and/or cyber-bullying by anyone (Host Family members or visitors) in the home
- to not be exposed to conduct (including expressive conduct) that impacts the rights of others or may be seen as discriminatory as set out in the B.C. Human Rights Code by anyone (Host Family members or visitors) in the home
- to not be subjected to second-hand smoke inside the home

Students in Rocky Mountain International Student Program homestays must agree to abide by the following rules and accept the following responsibilities:

- show consideration, respect and tolerance to all host family members and their pets
- not discuss the private matters of the host family outside the home unless it is with a program staff member and involves the safety and/or security of the student and/or someone else
- always be suitably clothed in the presence of host family members
- never touch host family members in an inappropriate manner
- never use abusive or sexually-oriented language with host family members
- not enter host family bedrooms without permission
- not borrow money from host family members
- respect household rules and follow curfews (as established by the host family, natural parents, and/or program)
- clean up after themselves in the home and keep their bedrooms neat and tidy
- accept household duties (chores) that are assigned by host parent(s) as might be reasonably expected of a child of the same age and/or other children in the family
- inform their host family if they will not be home for a meal or will arrive home late
- consult with the host family before using household appliances or equipment and use them in ways that have been approved by the family
- promptly reimburse the host family for damages to household items
- use the telephone and/or Internet for reasonable lengths of time or as prescribed by natural parents, host parents, and/or Homestay Coordinator
- never participate in the viewing of sexually explicit photos, movies, Internet sites, or written materials while in the home and/or while using the host family's Internet connection
- invite guests to the home only with the knowledge and permission of the host family
- dating students are not allowed to visit each other's homes unless a parent is present
- ensure relationships comply with Canadian age-of-consent laws and are with other high school students
- not purchase or possess weapons of any kind
- be tolerant and respectful with regard to race, religion, gender, and disabilities
- never resort to physically threatening or violent behaviour

**Important:** The Rocky Mountain International Student Program reserves the right to move students without notice if a Homestay Coordinator or the Director of International Education believes the student's safety and/or security is at risk. Students may also be moved (on short notice or otherwise) in cases of family emergencies and other extenuating circumstances as deemed necessary by a Homestay Coordinator or the Director of International Education. Temporary placements may be required until more permanent situations can be arranged.

### 2023-24 INTERNATIONAL STUDENT CONTRACT

*Students participating in the Rocky Mountain International Student Program and their parent(s) have agreed to the terms and conditions of the student contract as a condition of admission. The contract is reprinted below for informational purposes.*

Every international student and his/her parent(s) must read and agree to the following terms and conditions to be eligible to participate in the Rocky Mountain International Student Program (hereafter referred to as "the Program")

- 1) International students are subject to all national, provincial and local laws and agree to abide by them. Breaking the law will result in immediate dismissal from the program.

- 2) International students are not permitted to purchase or use illegal drugs, cannabis, alcohol or tobacco and/or vaping products. Possession or use of these products will result in immediate notification of the student's natural parents and/or agent and will result in dismissal from the program.
- 3) While participating in the program, international students are not permitted to undergo any type of body modification procedure including but not limited to tattooing, piercing and/or branding. Failure to abide by this rule will result in notification of the student's natural parents and/or agent and may result in dismissal from the program.
- 4) International students are not permitted to participate in any high-risk activities (bungee jumping, backcountry skiing, white water rafting, etc.) without written consent (e.g. High-Risk Waiver form) from the program and/or natural parent(s).
- 5) Academic achievement is a program priority. Students who receive more than one "I" grade (Incomplete) on a report card and/or one "I" on consecutive report cards will be put on academic probation. If there is no improvement, students may be dismissed from the program.
- 6) International students must earn a minimum of an "S" grade (Satisfactory) for their Work Habits (attitude and effort) on their report cards. Students who receive more than one "N" grade (Needs Improvement) on a report card and/or one "N" on consecutive report cards will be put on academic probation. If there is no improvement, students may be dismissed from the program.
- 7) All students must attend classes and be on time. Repeated transgressions may result in academic probation. If there is no significant improvement, students may be dismissed from the program.
- 8) International students in the homestay program are not permitted to drive while participating in the Rocky Mountain International Student Program.
- 9) All students must wear helmets when participating in high-risk activities including but not limited to skiing/snowboarding, ice skating, skateboarding/longboarding, biking and horseback riding. Natural parents and/or agents will be notified of non-compliance.
- 10) All students must, at all times, disclose their whereabouts to their host family and/or program staff. Untruthfulness regarding whereabouts may lead to dismissal from the program.
- 11) Students must activate and maintain a Canadian mobile phone account with a local number while in the program. Failure to comply may result in the student being excluded from program trips and activities.
- 12) In the event of a pandemic, all students must adhere to current federal, provincial, school district, and RMISP guidelines and regulations.

In addition to the above-listed terms and conditions, international students are subject to their Student Code of Conduct and all other school rules and regulations as applicable to all students at their host school.

School District No. 6 (Rocky Mountain) reserves the right to dismiss from the program any student whose health (physical, mental, or emotional) and/or behaviour, as determined by the administration of the host school and/or program staff, compromises the safety or security of the student or those around him/her. Students dismissed from the program for this or any of the above-listed reasons may not be eligible for a refund.

## TRANSPORTATION AND TRAVEL

### TRANSPORTATION

#### Program restrictions:



- Students are not allowed to drive or undertake the process of qualifying to drive. Students are not allowed to purchase or rent a vehicle. This includes cars, motorbikes, dirt bikes, ATVs, or snowmobiles. There are no exceptions to this rule.



- Students are not allowed to drive with someone who has an 'L' license unless that person is a member of their host family.



- If the driver has an 'N' license, no adult supervisor is required but only 1 non-family passenger is allowed (international host siblings do not count as family members) unless the driver is accompanied by a supervisor aged 25 or older.
- Students are not permitted to hitchhike under any circumstances.
- There are restrictions as to how far a student is allowed to go with an N driver. Your Homestay Coordinator will provide this information.

#### Getting around the community:

- Public transportation is not available within most communities, so find out how to get around town (e.g. bike, walk, school bus, etc.).
- Host parents are responsible for making a reasonable number of trips to drive students; this is especially important for families who live rurally.
- Some families are not able to give students a ride when they call at the last minute, so talk to your host parent about when they are able to drive and try to ask your host parent for a ride the evening before or earlier in the day.

### TRAVEL

Generally, you need program permission, and in some cases also natural parents' permission, to travel and you must have adult supervision for overnight stays (adult must be 25 years or older). Rules and restrictions will apply on whom students may travel with.

#### NO need to inform the program for:

- Day trips with the host family that are within 500 km of your community and in Canada.

#### INFORM your Homestay Coordinator when:

- A trip with your host family exceeds 500 km in distance within Canada and/or involves overnight stays.

#### INFORM your Homestay Coordinator; submit a TRAVEL REQUEST FORM; and natural parent permission will be needed for:

- Unaccompanied trips (student travelling alone) or trips taken with someone other than a host parent or a program/school staff member.
- International trips, including trips to the US. You must notify your Homestay Coordinator a minimum of a week in advance. Natural parent permission and supporting documentation will be required. Trips involving travel to/through the USA may require you to register online with the Department of Homeland Security before travelling.

This process can take up to 72 hours. More information: <https://esta.cbp.dhs.gov/esta/>



\*\*International students traveling to the USA will be issued an I-94 Arrival/Departure record (cost is US\$ 6). An I-94 can be valid for three or six months depending on the student's nationality and US visa issued in the home country. For more information, here's the link: <https://www.cbp.gov/travel/international-visitors/i-94> **NOTE: In addition to requiring an I-94, some students (e.g. Mexico, China) also require a US travel visa. This must be processed in advance and cannot be obtained at the border.**

When notifying your Homestay Coordinator of any upcoming trip, you must give a **minimum of 5 business days**. You can provide the following information to them via email or contact them directly. The following information will be required:

- Your full name
- Destination as well as the address and phone number of the accommodation
- Name, number, and email of chaperone
- Mode of transportation and flight numbers if applicable
- Departure and return dates
- Reason for trip (e.g. hockey tournament for host family sibling)
- Trip details (itinerary: e.g. watch hockey games, visit museum, go ziplining, etc.)

Prior to departing for any trip requiring an overnight stay and/or other additional arrangements/costs, please discuss the trip with your host parents or the adult chaperone to ensure there are no misunderstandings. **Important:** take your passport and medical insurance cards on all trips, both domestic and international.

\*\*\* Any plans or requests for mid-year student travel for the winter break or spring break and/or transportation to airports etc. must be directed to your Homestay Coordinator. These plans require program and natural parent permission, coordination, additional costs/fees, and will be arranged by your agent and RMISP staff.

## COMMUNICATION WITH RMISP

RMISP wants to make sure that you are having the best experience possible, so we provide you with as much support as we can and check in with you regularly. Here are the different ways we support and communicate with you:

- **IN PERSON:**
  - Attend weekly mandatory group meetings during lunch hours or after school.
  - Schedule a time to meet with your Homestay Coordinator.
- **BY PHONE:**
  - Text message or phone your Homestay Coordinator. You must be considerate when you contact them by doing so only between the hours of 9:00 AM and 5:00 PM (Monday to Friday). If it is an *urgent emergency*, you can call the RMISP emergency number, before your Homestay Coordinator.
  - Students **MUST** purchase a Canadian mobile phone or a Canadian SIM card for a mobile phone from their home country and provide the number to their host parents and Homestay Coordinator. The phone must be active for the duration of their stay in Canada so that



they can be contacted if/as needed. Students can purchase reasonably priced “pay & talk” plans with any local cell phone provider.

- DIGITALLY
  - Email (ensure we have your correct address), text, or Whats App your Homestay Coordinator.
- SURVEYS
  - Complete mandatory online surveys about life at school, community, and home. Your Homestay Coordinator will discuss any issues with you.

### RMISP EMERGENCY CONTACT INFORMATION

If you have a true and valid emergency, call your Homestay Coordinator, Program Coordinator, or the RMISP emergency line 250-427-5985

If not an emergency, contact your Homestay Coordinator during office hours only (Monday to Friday): 9:00 am to 5:00 pm

### ATTENDANCE

If you are sick or will be away, your host parent must contact the school or you will receive an ‘Unexcused Absence’ on your report card. Inform your host parents and your Homestay Coordinator any time you are feeling sick or get injured. Make sure you inform your natural parents as well.



### PROGRAM ACTIVITIES

RMISP’s Included Program Activity Schedule was created to introduce students to new cultural and recreational experiences and fully take advantage of every opportunity in beautiful British Columbia! Every month, RMISP provides an included student program activity at no extra charge. These activities are a great way for students to explore what our region has to offer. Some of the activities are 2-day excursions, which include trips to bigger cities in Canada.

Dates are confirmed as activity and event bookings are made. Please note that activities are subject to change or cancellation due to weather or provider availability. For a general month-by-month guide, see the Included Program Activities Schedule in the Appendix. Please also refer to the Important Dates and Deadlines guide to be aware of deadlines for the current school year. Your Homestay Coordinator will update you as well.

We hope you enjoy your stay in Canada as part of the Rocky Mountain International Student Program. Our goal is to make your study-abroad experience the best it can possibly be and for you to create lifelong friendships and memories. If you still have questions after reading this handbook, talk to your Homestay Coordinator.

*Thank you for choosing RMISP for your study-abroad experience!*

# APPENDIX

- Dating and Relationships – Age of Consent Information
- Travel Permission Information Sheet
- Important Dates and Designated Airports
- Included Program Activities
- Student Participation Agreement
- Ski and Snowboard Contract





# INTERNATIONAL EDUCATION IN CANADA

The experience of a lifetime

ROCKY MOUNTAIN  
INTERNATIONAL STUDENT PROGRAM



## DATING AND RELATIONSHIPS IN CANADA

### Who can international students date?

The "age of consent" in Canada is 16 years. International students aged 14 or older may date other high or middle-school students who are within 5 years of their own age and who are enrolled in school. Students aged 12 or 13 may date someone up to 2 years older. **IMPORTANT:** the Criminal Code definition of sex includes all forms of sexual touching ranging from kissing to intercourse.

#### IF YOUR AGE IS:

#### HIS/HER AGE CAN BE:

#### EXAMPLES:

19 years old	14, 15, 16, 17, 18, 19
18 years old	14, 15, 16, 17, 18, 19
17 years old	14, 15, 16, 17, 18, 19
16 years old	14, 15, 16, 17, 18, 19
15 years old	13, 14, 15, 16, 17, 18, 19
14 years old	12, 13, 14, 15, 16, 17, 18, 19
13 years old	12, 13, 14, 15
12 years old	12, 13, 14

Her birthdate: June 1, 2010  
 His birthdate: October 1, 2008  
 Age difference: 1 year, 8 months  
 Status: **OKAY**

Her birthdate: June 1, 2010  
 His birthdate: May 1, 2008  
 Age difference: 2 years, 1 month  
 Status: **ILLEGAL**

Why are some numbers red? Because two years = exactly 730 days! It may be okay for a Grade 10 boy born in October to date a Grade 8 girl born in June, but it is not okay for a Grade 10 boy born in May.

# CONFUSED?

Talk to your Homestay Coordinator!



# TRAVEL PERMISSION INFO SHEET

Give your Homestay Coordinator the following information at least one week in advance of your trip. Use of this form is not mandatory. You can fill in this form or type the information into an email.

Student name: \_\_\_\_\_

Destination: \_\_\_\_\_

Accommodation: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_

Chaperone: \_\_\_\_\_  
Name Relationship

Chaperone phone: \_\_\_\_\_ (mobile)

Chaperone email: \_\_\_\_\_

Mode of transportation: \_\_\_\_\_

Flight numbers if applicable: \_\_\_\_\_

Departure date: \_\_\_\_\_ Return date: \_\_\_\_\_

Reason for trip: \_\_\_\_\_

\_\_\_\_\_

Trip details: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Will you be missing school? Yes | No (circle)

Date submitted: \_\_\_\_\_



## ROCKY MOUNTAIN INTERNATIONAL STUDENT PROGRAM

8676 Highway 95A  
Kimberley, BC V1A 3M3 Canada  
Phone: 250-427-2245

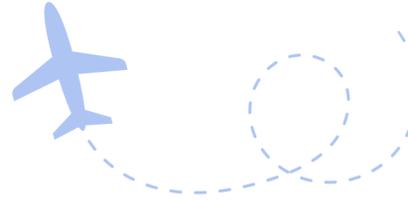
Web: [www.rminternational.ca](http://www.rminternational.ca) | Email: [info@rminternational.ca](mailto:info@rminternational.ca)

### RMISP 2023-24 IMPORTANT DATES AND DEADLINES

May 31	Payment deadline for September arrivals
<b>Semester 1</b>	
September 1 – 3	Mandatory arrival dates
September 5	School orientation / welcome activities
September 6	First day of school for RMISP students
September 9	Program orientation
November 15	Deadline to submit extension requests for second semester <i>(extension approvals will be confirmed after mid-semester report cards / no later than November 30)</i>
November 30	Payment deadline for January arrivals
December 25 – January 5	Winter Break <i>*may vary by school district</i>
January 8	First day of classes after Winter Break
January 26	End of first semester
January 27 – 28	Mandatory mid-year departures
<b>Semester 2</b>	
January 27 – 28	Mandatory semester 2 arrivals
January 29	First day of second semester / orientation day for new students
March 18 – April 1	Spring Break <i>*may vary by school district</i>
May 15	June departure flight information due. <i>* all students must depart by June 29, 2024</i>
June 26	Last day of school
June 27 – 29	Mandatory departure dates

### DESIGNATED AIRPORTS

School District 5	Cranbrook, Fernie, Sparwood	Canadian Rockies International Airport (YXC – Cranbrook)
School District 6	Kimberley, Invermere, Golden	Canadian Rockies International Airport (YXC – Cranbrook)
School District 19	Revelstoke	Kelowna International Airport (YLW – Kelowna)
School District 91	Vanderhoof, Fort St. James	Prince George International Airport (YXS – Prince George)
<p><i>Airport transfer at start/end of program to/from the designated airport is included in fees. Transport at any other time to/from an airport will incur an additional fee of \$150 each way.</i></p> <p><i>No airport transfer by staff or host families to/from Calgary (YYC) is permitted for any community or any purpose due to legal/insurance reasons. Students are not permitted to arrange private transfers or travel alone.</i></p>		



# Included Program Activities

## Semester One



### September Welcome Activity

River rafting, scenic river float or canoeing

### October City Sightseeing Trip\*

Overnight trip to Calgary and Banff/Lake Louise

*\* Day trip to Prince George for SD91 students*



### November Curling Activity

Learn to curl! Instruction, gear and snacks provided

### December Ski & Snowboard Day\*\*

Hit the slopes for a day of skiing or snowboarding  
Includes lesson, rental, lift ticket

*\*\* Overnight trip for SD91 students*

### January Winter Sport Activity

Cross-country skiing, fat biking, snowshoeing or other local activity

## Semester Two

### February Ski & Snowboard Day

Skiing or snowboarding at a nearby resort  
Includes lesson, rental, lift ticket

### March Overnight Winter Camp

Two days of winter fun... ice fishing, skating, snowballs, campfires, games and more!



### April Canadian Heritage Trip

Overnight trip to national park, historic site and city sights

### May Hike & Hot Springs

A scenic hike followed by a swim at nearby hot springs

### June Farewell Events

End-of-year celebrations in every community



Activities and events may vary and are subject to change due to weather/road conditions or other circumstances beyond our control.





## ROCKY MOUNTAIN INTERNATIONAL STUDENT PROGRAM

8676 Highway 95A  
Kimberley, BC V1A 3M3 Canada  
Phone: 250-427-2245

Web: [www.rminternational.ca](http://www.rminternational.ca) | Email: [info@rminternational.ca](mailto:info@rminternational.ca)

# STUDENT PARTICIPATION AGREEMENT – 2023/24

Student's name: \_\_\_\_\_  
Family name(s) Given name(s)

Date of birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Country of birth: \_\_\_\_\_  
Day Month Year

Citizenship: \_\_\_\_\_ First language(s): \_\_\_\_\_ Gender:  M  F

Grade in Canada: \_\_\_\_\_ Student email address: \_\_\_\_\_

### INTERNATIONAL STUDENT CONTRACT

Every international student and his/her parent(s) must read and agree to the following terms and conditions to be eligible to participate in the Rocky Mountain International Student Program (hereafter referred to as "the program").

- 1) International students are subject to all national, provincial and local laws and agree to abide by them. Breaking the law may result in immediate dismissal from the program.
- 2) International students are not permitted to purchase or use illegal drugs, cannabis, alcohol or tobacco and/or vaping products. Possession or use of these products will result in immediate notification of the student's natural parents and/or agent and may result in dismissal from the program.
- 3) While participating in the program, international students are not permitted to undergo any type of body modification procedure including but not limited to tattooing, piercing and/or branding. Failure to abide by this rule will result in notification of the student's natural parents and/or agent and may result in dismissal from the program.
- 4) International students are not permitted to participate in any high-risk activities (bungee jumping, backcountry skiing, white water rafting, etc.) without written consent (e.g. High-Risk Waiver form) from the program and/or natural parent(s).

- 5) Academic achievement is a program priority. Students who receive more than one “I” grade (Incomplete) on a report card and/or one “I” on consecutive report cards will be put on academic probation. If there is no improvement, students may be dismissed from the program.
- 6) International students must earn a minimum of an “S” grade (Satisfactory) for their Work Habits (attitude and effort) on their report cards. Students who receive more than one “N” grade (Needs Improvement) on a report card and/or one “N” on consecutive report cards will be put on academic probation. If there is no improvement, students may be dismissed from the program.
- 7) All students must attend classes and be on time. Repeated transgressions may result in academic probation. If there is no significant improvement, students may be dismissed from the program.
- 8) International students in the homestay program are not permitted to drive while participating in the Rocky Mountain International Student Program.
- 9) All students must wear helmets when participating in high-risk activities including but not limited to skiing/snowboarding, skateboarding/longboarding, biking and horseback riding. Natural parents and/or agents will be notified of non-compliance.
- 10) All students must, at all times, disclose their whereabouts to their host family and/or program staff. Untruthfulness regarding whereabouts may lead to dismissal from the program.
- 11) Students must activate and maintain a Canadian mobile phone account with a local number while in the program. Failure to comply may result in the student being excluded from program trips and activities.
- 12) In the event of a pandemic, all students must adhere to current federal, provincial, school district, and RMISP guidelines and regulations.

In addition to the above-listed terms and conditions, international students are subject to their Student Code of Conduct and all other school rules and regulations as applicable to all students at their host school.

School District No. 6 (Rocky Mountain) reserves the right to dismiss from the program any student whose health (physical, mental, or emotional) and/or behaviour, as determined by the administration of the host school and/or program staff, compromises the safety or security of the student or those around him/her. Students dismissed from the program for this or any of the above-listed reasons may not be eligible for a refund.

_____	_____	_____
Parent/Guardian #1 name (please print)	Parent/Guardian #1 signature	Date
_____	_____	_____
Parent/Guardian #2 name (please print)	Parent/Guardian #2 signature	Date
_____	_____	_____
Student name (please print)	Student signature	Date

**HOMESTAY PROGRAM TERMS AND CONDITIONS**

Students in the School District No. 6 (Rocky Mountain) homestay program are in the custodial care of the International Education Manager (or other program staff member) and must adhere to the following participation terms and conditions:

- Students may be held accountable for any damage they cause to the property of their host family including but not limited to their home, household items, and automobiles. Deliberate damage, particularly vandalism, may result in dismissal from the program.
- Students who wish to change their homestay placement must follow RMISP protocol before a move is granted.
- Students must make an effort to participate in family activities to maximize their homestay experience.
- Students are expected to speak English when in the presence of host family members or guests.
- Students must agree to follow the Homestay Policies and Procedures detailed in the *International Student Handbook* and any new guidelines or rules issued by program administration during their stay in the program.
- Students must complete online surveys designed to give program administration feedback on the student’s in-school and homestay experience.
- Students must participate in group and/or individual meetings with the Homestay Coordinator at their host school or elsewhere to receive program information and/or evaluate and support the ongoing success of the homestay placement. Students may also need to be available for in-home visits/meetings if necessary.
- The Rocky Mountain International Student Program reserves the right to move students without notice if a Homestay Coordinator or program/school administration believes the student’s health, safety and/or security is at risk. Students may also be moved (on short notice or otherwise) in cases of family emergencies and other extenuating circumstances as deemed necessary by a Homestay Coordinator or program/school administration. Temporary placements may be required until permanent arrangements can be made.
- Important: Regardless of the specific restrictions or directions indicated above, students wishing to travel outside their local area unaccompanied, with friends or with adults other than their designated host family members, school staff/chaperones, or RMISP staff/chaperones may have to obtain special permission from the program and/or their natural parents/guardians in their home country. By signing below, the student confirms he/she will not undertake such travel without informing his/her Homestay Coordinator and his/her natural parents.

The natural parent(s)/guardian(s) hereby release(s) School District No. 6 (Rocky Mountain) and its employees and agents from all liability arising from their child’s homestay placement(s), including but not limited to property damage or loss, or the debts, conducts and/or actions of the host family members or other visitors to the home. Students are responsible for their own debts, conduct and actions while participating in the Rocky Mountain International Student Program.

\_\_\_\_\_  
Parent/Guardian #1 name (please print)      Parent/Guardian #1 signature      Date

\_\_\_\_\_  
Parent/Guardian #2 name (please print)      Parent/Guardian #2 signature      Date

\_\_\_\_\_  
Student name (please print)      Student signature      Date

## HOMESTAY RULES AND RESPONSIBILITIES

Students in Rocky Mountain International Student Program homestays must agree to abide by the following rules and accept the following responsibilities:

- show consideration, respect and tolerance to all host family members and their pets;
- not discuss the private matters of the host family outside the home unless it is with a program staff member and involves the safety and/or security of the student and/or someone else;
- always be suitably clothed in the presence of host family members;
- never touch host family members in an inappropriate manner;
- never use abusive or sexually-oriented language with host family members;
- not enter host family bedrooms without permission;
- not borrow money from host family members;
- respect household rules and follow curfews (as established by the host family, natural parents, and/or program);
- clean up after themselves in the home and keep their bedrooms neat and tidy;
- accept household duties (chores) that are assigned by host parent(s) as might be reasonably expected of a child of the same age and/or other children in the family;
- inform their host family if they will not be home for a meal or will arrive home late;
- consult with the host family before using household appliances or equipment and use them in ways that have been approved by the family;
- promptly reimburse the host family for damages to household items;
- use the telephone and/or Internet for reasonable lengths of time or as prescribed by natural parents, host parents, and/or Homestay Coordinator;
- never participate in the viewing of sexually explicit photos, movies, Internet sites or written materials while in the home and/or while using the host family's Internet connection;
- invite guests to the home only with the knowledge and permission of the host family;
- dating students are not allowed to visit each other's homes unless a host parent is present;
- ensure relationships comply with Canadian age-of-consent laws and are with other high school students;
- not purchase or possess weapons of any kind;
- be tolerant and respectful with regard to race, religion, gender and disabilities;
- never resort to physically threatening or violent behaviour.

\_\_\_\_\_  
Parent/Guardian #1 name (please print)

\_\_\_\_\_  
Parent/Guardian #1 signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian #2 name (please print)

\_\_\_\_\_  
Parent/Guardian #2 signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student name (please print)

\_\_\_\_\_  
Student signature

\_\_\_\_\_  
Date

**MEDIA RELEASE**

I hereby give permission to School District No. 6 (Rocky Mountain) to collect, keep, use and share photographs, videos, and images of me (student) / my son or daughter (parents) for use online or in print including but not limited to brochures, websites, newspapers, and social media.

\_\_\_\_\_  
Parent/Guardian #1 name (please print)

\_\_\_\_\_  
Parent/Guardian #1 signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian #2 name (please print)

\_\_\_\_\_  
Parent/Guardian #2 signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student name (please print)

\_\_\_\_\_  
Student signature

\_\_\_\_\_  
Date

**MEDICAL AUTHORITY AND RELEASE**

I/we, as parents of the student, do hereby authorize the School District staff and the homestay parent(s) to consent on behalf of my child to any necessary medical testing and treatment. I/we, as parents of the student, agree that if our child has a pre-existing medical condition, we must ensure that any required treatment for the condition is covered by the medical insurance provider, and should any medical insurance provider refuse to accept responsibility for any treatment received by my child, I/we will accept all financial responsibility related to any such treatment.

\_\_\_\_\_  
Parent/Guardian #1 name (please print)

\_\_\_\_\_  
Parent/Guardian #1 signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian #2 name (please print)

\_\_\_\_\_  
Parent/Guardian #2 signature

\_\_\_\_\_  
Date

**PARTICIPATION TERMS AND CONDITIONS FOR PROGRAM ACTIVITIES, EVENTS, & TRIPS**

Students in the Rocky Mountain International Student Program (RMISP) will have the opportunity to participate in a wide variety of activities, events, and trips which require bus transportation and/or overnight stays in hotels, motels, or hostels. Parents and students must acknowledge and accept the following terms and conditions for participation:

- Students are responsible for keeping the bus clean and will not be permitted to get off the bus at any stop until the trip supervisors and/or driver assess the cleanliness of the bus
- Students must remain in their hotel room after CURFEW (10:00 PM unless otherwise stated) and must not leave their rooms without permission after that time except in the case of an emergency)
- Room assignments will vary depending on accommodation arrangements; students must be prepared to stay in a room with other students of the same gender and to share a double or queen-sized bed with another student of the same gender
- Students are ambassadors for their school, their host community, and their country; they are expected to behave appropriately and respectfully at all times and to follow the instructions of the trip supervisor(s)
- Students are responsible for reviewing the trip itinerary including the IMPORTANT NOTES section in advance of departure to ensure they are prepared for the trip and that they are accepting of the schedule
- Students will arrive at all meeting places and departure points on time or early

_____	_____	_____
Parent/Guardian #1 name (please print)	Parent/Guardian #1 signature	Date
_____	_____	_____
Parent/Guardian #2 name (please print)	Parent/Guardian #2 signature	Date
_____	_____	_____
Student name (please print)	Student signature	Date

**NATURAL PARENT ACKNOWLEDGEMENTS**

Parents of students participating in the Rocky Mountain International Student Program must acknowledge and accept the following:

- 1) that RMISP has no control over labour disputes and cannot be held responsible or liable for any loss suffered by my son/daughter due to a strike or other job action that may result in the failure to deliver educational programming and/or related services/opportunities including but not limited to school sports teams, clubs, field trips, program activities, and/or homework support;
- 2) that RMISP cannot control the weather and/or other extraordinary or unforeseen circumstances or situations which may delay, prevent, or alter the delivery of school programming and/or program activities, events, or trips and cannot be held responsible or liable for any loss suffered by my son/daughter as a result; and
- 3) that the information in my son’s/daughter’s application documents will be shared with school district staff and his/her host family (prospective and confirmed) and may be shared with medical professionals, law enforcement, and/or government agencies as required to ensure his/her safety and well-being and/or to comply with the laws of British Columbia and Canada.

_____	_____	_____
Parent/Guardian #1 name (please print)	Parent/Guardian #1 signature	Date
_____	_____	_____
Parent/Guardian #2 name (please print)	Parent/Guardian #2 signature	Date

**NATURAL PARENT FINAL CONFIRMATIONS AND COMMITMENTS**

Parents of students participating in the Rocky Mountain International Student Program must confirm the following:

- 1) that my son/daughter has no history of criminal behaviour or sexual misconduct;
- 2) that my son/daughter does not have any undisclosed medical, mental, physical, or emotional challenges or conditions including but not limited to drug or alcohol abuse, self-harming behaviour, eating disorders, anxiety and depression;
- 3) that I will stay in regular contact with my son/daughter (weekly at minimum) for their duration of his/her stay in the program and immediately report any concerns about his/her health or well-being;
- 4) that the application form for my son/daughter as submitted to the program (directly or via an agency) is both accurate and complete;
- 5) that I will not permit my son/daughter to extend his/her stay in Canada beyond the 'approved departure dates' as indicated on the RMISP Mini Calendar.
- 6) that I will fly to Canada on short notice and at my own expense if requested by the program (and at its sole discretion) in the event of a medical emergency, mental health issue, legal problem, and/or program release/dismissal that requires me to accompany my son/daughter for the return trip to our home country; and
- 7) That my son/daughter will not be permitted to miss school for trips with friends or non-parental family members. Students may only travel during school holidays with friends or non-parental family members who are 25 years or older. Students may travel during school time and/or during school holidays with their host parents or natural parents.
- 8) that I know of no reason why my son/daughter cannot successfully participate in the Rocky Mountain International Student Program.

Parent/Guardian #1 name (please print)	Parent/Guardian #1 signature	Date
Parent/Guardian #2 name (please print)	Parent/Guardian #2 signature	Date



# SKI AND SNOWBOARD CONTRACT

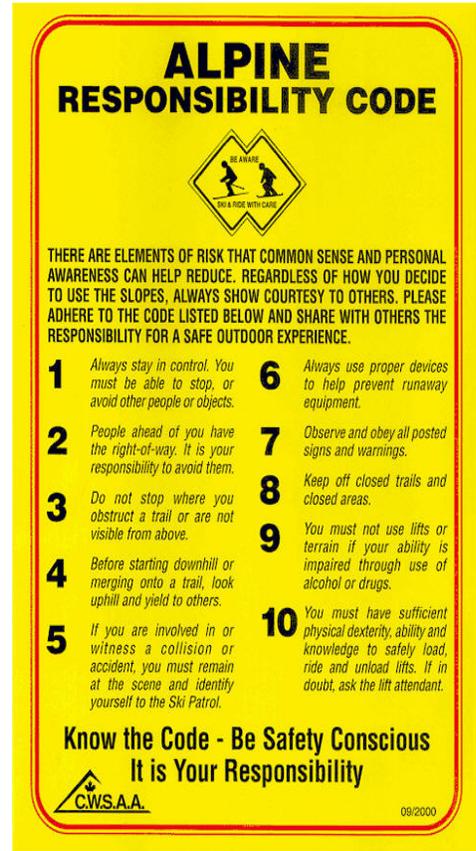
The following terms and conditions must be acknowledged and abided by students and acknowledged and accepted by natural parents in the Rocky Mountain International Student Program (RMISP). The purpose of this document is to require and support safe, responsible skiing/snowboarding by all students.

- 1) I will ski/snowboard safely and conscientiously at all times and follow the Alpine Responsibility Code (see box at right);
- 2) I will not ski/snowboard Out of Bounds or on closed runs. (**Important:** ski resorts may revoke passes of students caught skiing/snowboarding Out of Bounds or on closed runs; injuries may not be covered by medical insurance);
- 3) I will not ski/snowboard on runs that exceed my ability level;
- 4) I understand that it is highly recommended that I not ski/snowboard alone and that I should always ski/snowboard with a friend/partner or in small groups. If I do choose to ski/snowboard alone I will carry a cell phone with me;
- 5) I will not build or use jumps unsanctioned by the local ski patrol;
- 6) I will not "invert" off of any jumps without my natural parents' consent;
- 7) I will wear an approved helmet at all times as per the International Student Contract.

Failure to comply with the above-listed terms and conditions and/or any verbal instructions given by program or resort staff could result in natural parent notification, suspension of ski/snowboard privileges, and/or program probation.

## STUDENT ACKNOWLEDGEMENT

I will be safe, responsible, and compliant with this contract and the Alpine Responsibility Code when I ski and/or snowboard.



\_\_\_\_\_  
Student name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## PARENT ACKNOWLEDGEMENT

I understand that my/our child may have the opportunity to ski/snowboard with the program, his/her host school, his/her host family, his/her friends, and/or alone. I accept the risks associated with my/our child skiing and/or snowboarding during his/her stay in Canada as part of RMISP and confirm my acceptance of the terms and conditions articulated above. I further acknowledge that it is my/our responsibility to inform the International Education Manager if my/our child requires learn-to-ski/snowboard lessons as provided by the ski resort in my child's host community. I/we will cover the cost for these lessons payable to the local ski resort.

\_\_\_\_\_  
Parent #1 name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent #2 name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date