

R M I S S P

STUDY IN CANADA

ROCKY MOUNTAIN INTERNATIONAL STUDENT PROGRAM

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



HOST PARENT HANDBOOK



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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 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

Welcome to the Rocky Mountain International Student Program (RMISP)!



Thank you for opening your home, family, and heart to an international student (or two) this year. Without your participation as a host family, none of the benefits international education brings to our communities would be possible. We look forward to working with you to make your homestay experience as positive and productive as possible. Our goal is to make this a positive and enjoyable cultural experience for both the international student and you as a family!

This **Host Parent Handbook** is designed to give you the information and advice you need to thrive in our program. We hope you enjoy hosting with RMISP and have a memorable experience with your student(s).

MESSAGE FROM THE DIRECTOR OF INTERNATIONAL EDUCATION

Thank you very much for welcoming our international students into your homes and into your families. We hope this will be a culturally enriching and rewarding experience for you, your family and your student. We have a great team of staff members in RMISP who are here to help you with any aspect of your hosting experience. Please feel free to contact us at any time.

My sincere appreciation goes out to each of you and all that you do for our students. You play a key role in ensuring that our students have a memorable experience in Canada. We could not have a successful program without you!

Sincere regards,

Danielle Warren
Director, International Education
Rocky Mountain International Student Program

COVID-19

Now that the federal government of Canada has removed all entry requirements for unvaccinated individuals, we are no longer checking the vaccination status of prospective and incoming international students. If you have a significant medical concern for your household, please contact your Homestay Coordinator to discuss directly.

If there are any changes to public health, we'll keep you informed of any updates from federal and provincial health authorities and the Ministry of Education. Please be aware that we always operate within the federal and provincial health guidelines as part of a public school district.

GETTING READY

It's almost time for your student to arrive! Here are some things to think about and do beforehand:

- ✓ Ensure the **student's room** is ready (e.g. fully furnished, extra blankets available and perhaps a portable heater if the room is in the basement). Thoughtful touches such as a welcome card are always appreciated.
- ✓ Have a **house key/key code** ready for your student on the first day
- ✓ Prepare a wallet-sized **contact list** for your student. Include your home address, as well as home, work and cell numbers. Include emergency numbers.
- ✓ Write or type your **household guidelines** and leave a copy in the student's room. You could include things like curfew, dinner time, household tasks, not having food in the bedroom, or asking permission to invite guests over. Include whatever is important to you. You can also develop this list on the first day with your student, but putting it in writing is important and will help eliminate communication issues and misunderstandings.
- ✓ Do some **research** on your student's country to give insight into his/her culture and try to identify cultural differences. See "Cultural Differences" on page 15 for more information.
- ✓ Once your Homestay Coordinator indicates when your student will arrive, **connect** with your student before he/she arrives. This could help everyone learn a little more about each other's personalities, likes and dislikes, and expectations. And this will undoubtedly help make your first meeting more natural and less awkward!

STUDENT ARRIVAL

The day has finally come: your student arrives today! If this is your first time hosting, you're likely going to be as nervous as you are excited. If you have hosted before, it's still exciting! Regardless of how long your student is scheduled to be in Canada, the first few days can be crucial to the success of the placement. Set yourself and your student(s) up for success with the following strategies and actions:

- **Be available!** Greet your student at the airport and warmly welcome them. This is an expectation of hosting, and a crucial part of the welcome process.
- Being unavailable to your student upon arrival (e.g. away on holidays) will require placing the student in a temporary homestay. This can result in the student making a stronger initial connection with the temporary family and can make it difficult for the student to transition to his/her permanent home with you.
- Give your student a comprehensive **tour of your home**. Be as clear as you can about:
 - bathroom (e.g. shower curtains, what can be flushed down the toilet, bathroom schedule, etc.)
 - laundry facilities (let the student know if he/she will do the laundry or if you will. If he/she will, show how to work the washer and dryer. If you will, show where to put dirty laundry)
 - appliances (e.g. toaster, microwave, stove, etc.)
 - door locks
 - recycling practices
 - bedrooms (e.g. you can talk about privacy and knocking before entering)
 - common rooms (e.g. how to work the TV, sound system, etc.)

- snacks and food that it is okay for them to eat anytime, and those that are reserved for meals, etc. Creating a snack basket of healthy foods they enjoy can make this conversation easier.
- Discuss **household guidelines** as soon as possible. See sample guidelines in the Appendix. Having an open and honest conversation will avoid confusion and miscommunication later. You may need to re-evaluate the guidelines over time to take into account the student’s maturity, your family’s needs, etc. As mentioned before, it might help to write/type out the guidelines for your student.
- Discuss your family’s **schedule and routine**. You could include meal times, times you wake up and go to bed, and scheduled evening activities. Ask your student about his/her schedule and routine. Post a **calendar** in a visible place that includes both the family’s and student’s schedule.
- Discuss how your student will **get around town**. Many students come from large cities where public transportation is readily available or it’s too dangerous to walk to their destination. Talk about different means of getting around our small, safe towns (e.g. walking, biking, when you are available to drive, etc.). If your student will take the **school bus** to school, show him/her the bus stop and let him/her know the pick up/drop off times (see “Transportation” on page 9).
- Talk to your student about **food preferences and allergies**. It is a good idea to take your student grocery shopping with you so he/she can help choose foods. Show your student what he/she can make for breakfast, lunch and snacks. It could be helpful to make lunches the night before.
- Discuss **computer usage** and inform your student of your WiFi password. You may want to discuss time limits with electronics. Because of the time difference, some students stay up late to connect with their friends and families. For these students, suggest connecting with their family and friends on weekends, and let them know that they need to get to bed early on school nights.
- Ask your student if he/she needs help setting up a **bank account**. Most students use debit/credit cards and don’t need to open up a bank account.
- Ensure you have your student’s phone number for their cell phone in Canada and discuss preferred methods of communication.

Finally and most importantly, be patient with yourself and your student! Be mindful of jetlag and be prepared to take things slowly as you get to know one another and get used to being part of the same family.

INFORMATION AND ADVICE FOR HOSTING

COMMUNICATION

- Establish **open and honest communication** from the beginning. Try to address issues as they come up. Difficulties arise when a problem is left to grow.
- Realize that there are different communication styles. Some people may not be comfortable expressing feelings or talking about personal things – especially when you first meet.
- Typical Canadian communication is to make a suggestion or an indirect request – however many students come from cultures where they are spoken to very directly, and reminded often to do something, especially by their parents.
- Ask your students at the beginning of your time together how their parents talk with them, and ask them to do things such as chores, or household requests etc. This can help open up the conversation about communication styles before they become an issue.
- Although it might not feel natural at first, communicating directly, setting expectations and using clear language will help your student understand your expectations in your home.

FITTING INTO THE FAMILY

- One of the most important things a homestay family can do for their student is to talk to them and include them as part of the family. Your student should feel welcome to join the family if you are watching television, playing games or just “hanging out”.
- In the first few weeks especially, it is important to spend more time together. Show your student(s) their community and area, and explicitly invite them to do things with you. Later on as they develop friendships with other students this will likely naturally subside somewhat.
- Do not assume that just because your student stays in their room that they are not interested in spending time with you! Quite often students are hoping to be asked to spend time with the family but struggle to communicate this. Being a teen in a different culture away from parents and friends and speaking another language is stressful – please be caring and empathetic!
- Although most families and students hope that a strong bond will develop between them, it doesn’t always happen. Sometimes it just doesn’t work.

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 homestay family and their student may feel uncomfortable with each other. If that should happen in your situation, please let the Homestay Coordinator know.
- The first step in dealing with such difficulties is for RMISP staff to talk with you and your student 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 for the student, but please be advised that it is not always immediate.
- Unless it is truly a serious emergency/concern, students 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 for covering expenses such as nutritious meals, snacks, and beverages; gas and utilities.
- Students 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, etc.).
- If host families invite their student(s) out to a restaurant, movie, or event such as a hockey game, host families are expected to cover that expense. If the activity includes a big-ticket item (e.g. Lady Gaga concert, NHL game, etc.), students should be informed that if they wish to be included, they will need to pay for their own ticket.
- If your family goes on a trip, it is reasonable to expect the student to pay for his/her own airfare and hotel room (if student gets his/her own hotel room). Meals and shared accommodation do need to be covered by the host family.
- Do not lend your student cash, nor put things on your credit card for them.
- Think very carefully about lending your student bicycles, sports equipment or personal items. They may not come back to you in the same condition or as you expect, so this is not recommended.

CHORES

- During orientation, students are informed that Canadian children/teens are expected to do chores on a regular basis. They can be expected to do reasonable and regular chores such as washing dishes, tidying their room, doing their laundry, taking out the garbage or shoveling the walkway when it snows.
- Most international students come from families who have house cleaners, so these students may need more instruction on how to do the chores you assign. They may also need reminders; for example, sticky notes with reminders placed strategically around the home can help!
- Just as with other teenagers, expecting your student to independently recognize things that need to be done around the house can result in unmet expectations and frustration. Communicate clearly what you would like done, and within what timeline.

SLEEPOVERS AND RESPITE CARE

- Students may sleep over at friends' homes with the permission of their host parents for a maximum of two nights. Sleepovers of more than two nights' duration require Homestay Coordinator approval. **Please call the parents of the sleepover home to confirm arrangements and ensure a responsible adult will be present.**
- Students of different genders may not sleep over at one another's homes under any circumstance. If you are hosting a student who is/identifies as LGBTQI2S+ and is looking for clarity, please consult your Homestay Coordinator to discuss privately.
- Students may never be left in your home alone overnight regardless of age or any other factors. If you must be away and need respite care for your student, your Homestay Coordinator must be informed in advance, and will assist with setting up respite care. All overnight caregivers, no matter the duration of care, must have submitted a clear vulnerable sector criminal record check to the program in advance. The day-rate will be deducted from your monthly reimbursement to compensate the respite family.

ENGLISH-ONLY POLICY

- Students are expected to speak English when in the presence of host family members and their guests; if they do not, please remind them! Similarly, host family members are expected to speak English in the presence of their student 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.

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 the age of your student and what the legal age of the person they are in a relationship with can be. See the 'Dating and Relationships' graphic in the Appendix for more information.

TRANSPORTATION

- Host parents are responsible for making a reasonable number of trips to drive their students; this is especially important for families who live out-of-town, rurally or in areas without public transportation. We ask that as caring hosts you consider student safety, weather conditions, distance and reasonableness of requests for rides.
- If you aren't able to give your student a ride when they call at the last minute, talk to your student about planning ahead to get a ride the evening before or earlier in the day.
- 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 permitted to hitchhike under any circumstances.
- 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.
- There are restrictions as to how far a student is allowed to go with an N driver. Your Homestay Coordinator will provide this information.



ATTENDANCE AND SCHOOL WORK

- Please set expectations for your student about getting up in the morning with an alarm and going to bed at a reasonable time at night. If a student is sick or will be away, the host parent must contact the school or the student will have an 'Unexcused Absence' on their report card.
- If attendance and/or arriving to school late is becoming problematic for the student, the host parents should inform the Homestay Coordinator so that the coordinator can discuss this issue with the student and notify their agent/natural family. Program Coordinators will be checking student attendance once a month.
- Check in regularly with your student to ensure they are doing their homework and ask if they are having trouble with any courses. If your student is having issues, contact your Homestay Coordinator so that issues can be dealt with promptly.
- Many students come from cultures where children and teens are not expected to be as independent as in Canada. Additionally, the BC educational system is very different from other parts of the world. Particularly in the beginning, it is important as a Host Parent to check in with students to see how they are managing with executive functioning: completing assignments, handing in projects, scheduling enough time for homework, and asking teachers for help.



International students will have weekly meetings with their Homestay Coordinator and will complete surveys about school life, social life and homestay experience. These regular meetings and surveys help us to determine if things are going well or if extra support is needed.

TRAVEL

Our region of British Columbia is an amazing place to live and being part of your family is a special opportunity for your international student to see and experience it. Travel with your international student is encouraged and supported by RMISP. To facilitate trips with your student, you need to be aware of the following:

NO need to inform your Homestay Coordinator 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.

PROGRAM AND/OR NATURAL PARENT PERMISSION FOR:

- Unaccompanied trips (student travelling alone) or trips taken with someone other than a host parent or a program/school staff member. Rules and restrictions will apply on whom students may travel with.
- International trips, including trips to the US. Please notify your Homestay Coordinator a minimum of a week in advance. Natural parent permission and supporting documentation will be required. Trips involving air 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 trips, you must give a **minimum of 5 business days**. You can provide the following information via email or advise your student to contact their Homestay Coordinator directly. The following information will be required:

- 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 student to ensure there are no misunderstandings. **Important:** Remind your student to take their 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 the educational agent and RMISP staff. You will be contacted to determine if you are able to assist with transportation to the airport, if the student is flying.

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 student’s natural parents would have completed a high-risk waiver form, which may (or may not) allow them to engage in certain high-risk activities with host parents 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 your student communicates with their natural parents know when 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 you 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 / seadooing (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 HEALTH AND MEDICAL INSURANCE

STUDENT HEALTH AND WELL-BEING

Upon arrival, find out if your student has any new health concerns

Find out if your student has developed any new physical or mental health concerns or dietary restrictions since completing the initial program application. If so, please advise your Homestay Coordinator immediately.

What to do if your student is injured or sick?

If your student is injured/sick or you are worried about your student's physical, mental, or emotional well-being, inform your Homestay Coordinator right away.

Host Families are expected to assist their students with emergency trips to the doctor/dentist/medical professionals, and to take them to local appointments as needed. Please contact your Homestay Coordinator for clarification or questions.

Important note:

* All visits to the hospital or doctor's office, **must be reported to your Homestay Coordinator.**

MEDICAL INSURANCE

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.

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 STUDENT'S MEDICAL CARD:

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

HOMESICKNESS AND CULTURE SHOCK



Learning about homesickness and culture shock can help your student to cope with these potential challenges when moving to a new country. The following information may help you to understand what your student is going through and what you can do to help.

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 students feel like they 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 their 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 students; 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 students 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 students found interesting earlier in their stay can become taxing. They 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. Students may still experience some difficulties at this stage, but they can handle them more.



4. **Integration stage:** Students now feel confident and relaxed in the community, at school, and at home. They've gained a strong sense of belonging and feel at home in their 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

You can support and assist your student as he/she acclimates to life in Canada and with your family. Here are some tips:

- Talk to your student about how they feel – listen and ask questions. Remind him/her that it's normal to feel homesickness and culture shock. Talk about the stages and ways he/she can deal with it. If you feel your student needs extra help, call your Homestay Coordinator. School counsellors are also available for those students who require more counseling. Our staff will also communicate with the educational agent back in the home country so they are aware and can provide support from that side.
- Encourage your student to spend time with you, outside of their bedroom. Having meals together or doing activities together as a family can help students adapt.
- Encourage your student to get involved at school or in the community and to stay active. This can be a great way to make new friends, to introduce the student to the new environment, and to increase physical/mental health. You can show them how to access communities centres, courses and activities that are available for teens in your community.
- Speak slowly, clearly and without using slang. Sometimes writing things down can be helpful. You may have to repeat things several times. In some cultures it is impolite to admit you don't understand what a person is saying, so to ensure your student understood what you said, ask your student to repeat what you just said.
- Talk to your student about his/her culture and perhaps play a game or cook a meal together from his/her country.

Here are some helpful tips you can share with your student:

- 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!

CULTURAL DIFFERENCES

Students come from different countries that 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 from your student’s country and talk about these differences with your student. Ask them what they notice is different in Canada, and help them to recognize that this is their perception now, but could change as they spend more time here, and adapt to the culture. Do your best and encourage your student to talk about differences neutrally and without judgment. Things are not “better” or “worse” but just different.



STUDENT BEHAVIOUR

RMISP requires that host parents review and support the enforcement of the International Student Contract. Breaches of the Contract must be immediately reported to the Homestay Coordinator. The Contract can be found online and in the Appendix.

Note: while it can feel like a betrayal to report your student, rest assured that it is in the student’s best interest and that RMISP staff will be both fair and understanding. The program works with students, host parents, natural parents, and agents to mediate between parties and help students learn from their mistakes as much as possible.

Students must follow all of the rules contained in the International Student Contract, Student Handbook, their school’s code of conduct, School District 6, and the laws of Canada and BC. While RMISP does offer students opportunities for growth and learning in its discipline process, violations of certain rules will result in the student being dismissed from the program (examples include but are not limited to: any underage drinking, use of drugs and/or tobacco/vaping products, shoplifting, reckless/unsafe behavior towards themselves or others, and repeated offences).

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. In such cases, Host Families will no longer be compensated for hosting that student once they have left the home.

PROGRAM COMMUNICATION

We would like to know how you are doing and if you have any suggestions for us! RMISP values your feedback and it is our goal to keep communications with our families open, positive and supportive.

- Host families are requested to complete an online survey about their hosting experience twice throughout the school year. This is a great way to determine if things are going well or if extra support is needed.
- If you have any questions or issues at any time throughout the year, you can contact your Homestay Coordinator, Program Coordinator, or the Director of International Education by email or phone. Please make phone calls during standard office hours. If it is an emergency, then call at any time!
- No news is good news! If you have any questions, concerns or issues – PLEASE reach out to our staff. We cannot assist you unless we are aware of the challenges and frustrations you are facing.
- Keep up to date with RMISP on Facebook and Instragram. Join the Rocky Mountain International Student Program group or one of the sub-groups for your community's homestay program (if available).

RMISP ACTIVITIES

RMISP's Included Program Activity Schedule was created to introduce students to new cultural and recreational experiences like skiing, curling and canoeing etc. Every month, RMISP provides an 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. For a general, month-by-month guide, see the Included Program Activities Schedule in the Appendix. Please also refer to the Important Dates Guide for a high-level view of deadlines for the current school year. Your Homestay Coordinator will update you as well.

Thank you for hosting with RMISP! We look forward to working with you to make your homestay experience as positive and productive as possible.

If you still have questions after reading this handbook, please talk to your Homestay Coordinator or any of our staff.

APPENDIX

- Sample House Guidelines
- Dating and Relationships – Age of Consent Information
- What’s for Dinner: A guide to feeding international students
- Travel Permission Information Sheet
- Important Dates and Designated Airports
- Included Program Activities
- Homestay Family Contract
- Student Participation Agreement
- Ski and Snowboard Contract



SAMPLE House Guidelines

House Information

Address:

Home Phone:

Host Mom's Cell:

Host Dad's Cell:

Wifi Network: Password:

Front door lock code:

Garage door lock code:

House Maintenance, Good Habits and Great Practice

1. Making Plans
 - If you are not going to be home for dinner, tell us in the morning, if possible.
 - Let us know what your plans are after school or on weekends (where you are going, when you will be home). When plans change, call or text us.
 - If you will need a ride, please let us know as soon as possible.
2. Clean up after yourself – especially in shared spaces such as the bathroom, kitchen, living room. Rinse your dishes and put them into the dishwasher after you use them.
3. If something breaks, please let us know as soon as possible.
4. Turn off lights when you leave a room. Lock the door when you leave the house.
5. Friends are welcome when a host parent is home.
 - Let us know in advance, if possible.
 - Ask your guests to follow the house guidelines.
 - When in your bedroom, doors must stay open.
6. Food
 - Keep food in the kitchen/dining room. Do not eat or store food in your bedroom.
 - Water in bedrooms is OK.
 - Leave a note when you finish something (for example, milk, bread, snacks).
 - Make your own breakfast, snacks and lunches.
 - Clean out your lunch bag when you get home from school.

7. Dinner

- Please try to eat dinner with us daily.
- We usually eat around 6:00pm.
- If you are around, help set the table with dishes, glasses, silverware.
- Stay at the table until everyone is finished. No phones at the table.
- After dinner, everyone helps with clean up:
 - i. Clear the table
 - ii. Wash table, stove, countertops
 - iii. Put leftover food away
 - iv. Rinse plates and load the dishwasher
 - v. Wash, dry and put away pots and pans

8. Laundry

- Try to do full loads of laundry (the machines should not run with only 2-3 pieces of clothing). If you don't have a full load, ask to add your clothes to our laundry.
- When washer and dryer cycles are done, please remove clothes right away.

9. Chores

- Your bathroom - clean **every other week** (alternate with host brother)
 - i. Wash the sink
 - ii. Wash the tub and shower
 - iii. Scrub the toilet
 - iv. Wash the floor
 - v. Change the towels
- Bedroom
 - i. Keep wet towels and clothes off the floor (**daily**)
 - ii. Take out garbage (as needed)
 - iii. Wash your sheets and pillowcases (at least every two weeks)
 - iv. Vacuum the floor (at least every two weeks)
 - v. Dust the furniture (as needed)
- As needed, please help with shovelling snow, unloading groceries from the car, etc.



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!

WHAT'S FOR DINNER?

A guide to feeding international students and establishing food boundaries

Providing healthy, affordable and satisfying meals for international students can be one of the biggest challenges of hosting. These suggestions may help!



Involving your student

- When they arrive, bring students shopping and discuss food options and preferences.
- Discuss family rules and expectations around food (e.g. eating meals together, limits on junk food, try a bite of everything).
- Explain your reasons for limiting certain foods (family preferences/allergies, cost, convenience, sustainability, health, etc.).
- Check in with students throughout their stay to see if preferences have changed.



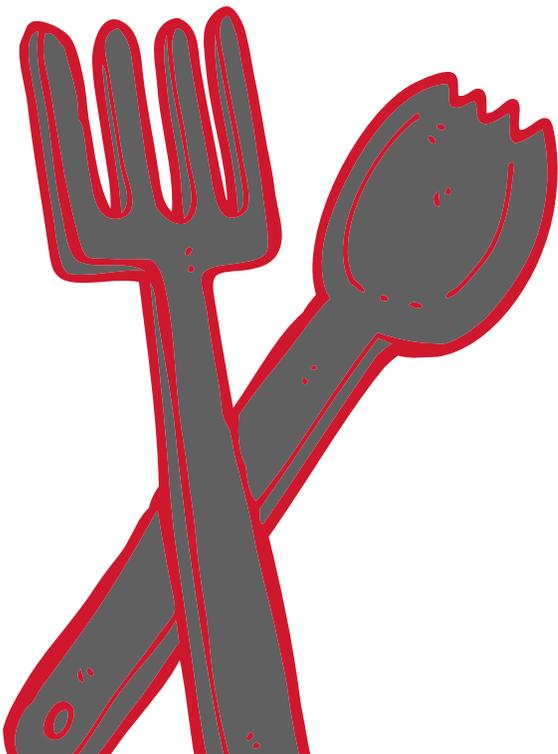
Establishing food boundaries

- Designate shelves in the fridge and pantry for food that students have free access to, separate from ingredients you are saving for meals. This helps students find things to snack on and to prepare their own breakfasts and lunches. Alternately, designate one shelf that is "off limits" and allow students to help themselves to everything else.
- Serve food plated rather than family style to manage portion size.
- Notify your students when you have plans for leftovers (e.g. son needs to eat after basketball practice, saving for tomorrow).



Accommodating picky eaters

- Remind students that homestay meals are an opportunity to grow and try new things.
- Offer something "familiar" to go along with meals they don't love - rice, bread, apple slices... (*something you know they like*).
- Invite students to help with the meal planning and/or meal preparation so they feel a sense of ownership.
- Do your best, but don't expect to change lifelong bad habits overnight (if at all).



ROCKY MOUNTAIN
INTERNATIONAL STUDENT PROGRAM

TIPS TO STRETCH YOUR FOOD BUDGET



Increase volume of side dishes (rice, mashed potatoes, pasta) when serving with meat



Homemade soups are a filling and healthy option for dinner or an after-school snack



Buy fruits and vegetables that are in season



Choose generic instead of name-brand foods



Buy muffins and bread on sale and freeze for later use



Serve water with dinner and keep juice for breakfast only



Once students have adjusted to Canadian meal times, close your kitchen at 9 PM - they don't need to prepare late-night meals

Find recipes and snack ideas at the Canada Food Guide website:

<https://www.canada.ca/en/services/health/campaigns/food-guide-teens.html>

EXPECTATIONS FOR ...

STUDENTS

HOST PARENTS

SHOPPING

Students should inform host parents when they use the last of something or when they have a special request for food.

Host parents do not need to make emergency shopping trips. Replace finished items or special requests on your next planned shopping trip.

SNACKS

Students may purchase their own junk food, if junk food is not a part of the family's normal shopping.

Host parents should try to accommodate reasonable requests (a bag of chips, a box of granola bars, etc).

MEAL PREP

Students can make their own breakfasts and pack their own lunches in order to reduce food waste.

Encourage students to get involved in meal prep to increase their interest and to find out what foods they like and dislike.

SPECIAL DIETS

Students are expected to disclose any special dietary requirements prior to their arrival in Canada.

If your student requires a special diet that is difficult to accommodate, inform your homestay coordinator.

DINING OUT

When students dine out often with friends, it can be disruptive to meal planning. Students must respect host parents' rules around eating with the family/missing meals.

When dining out as a family, host parents pay for student meals. Set limits before ordering (e.g. choose an appetizer or an entree, not both).

TRAVEL

Students pay for their own meals when on a school or program trip. Host parents are not required to provide money for these meals.

Host parents must pay for meals while on a family trip. It's okay to ask students to pay for their own airfare or hotel room, but not meals.



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

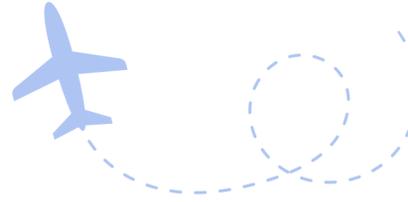
Web: www.rminternational.ca | Email: info@rminternational.ca

RMISP 2023-24 IMPORTANT DATES AND DEADLINES

May 31	Payment deadline for September arrivals
Semester 1	
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
Semester 2	
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, British Columbia
V1A 3M3 CANADA
TEL: 250-427-2245

HOMESTAY FAMILY CONTRACT – 2023-24

OFFICE USE ONLY

Received by: _____

Date: _____

This contract must be completed in full and signed **by each host parent**. Please return completed contracts with supporting documents to your Homestay Coordinator.

Street address: _____

Mailing address (if different): _____

City/Town: _____ Postal Code: _____ Landline: _____

HOST PARENT #1: _____ Gender: Male Female
Full legal name as it appears on your driver's license/passport

D.O.B: ____/____/____ Occupation: _____ Workplace: _____
Day Month Year

Email: _____ Mobile phone: _____ Work phone: _____

HOST PARENT #2: _____ Gender: Male Female
Full legal name as it appears on your driver's license/passport

D.O.B: ____/____/____ Occupation: _____ Workplace: _____
Day Month Year

Email: _____ Mobile phone: _____ Work phone: _____

ANNUAL HOMESTAY PARTICIPATION REQUIREMENTS

All Rocky Mountain International Student Program (RMISP) Host Parents must carefully read, complete, and submit this contract and all required supplemental documentation to the Homestay Coordinator on an annual basis by an identified deadline. Host Parents agree to inform the Homestay Coordinator of any changes to their home, family composition, pets, employment status, or other aspects of their personal life as originally detailed in your initial application.

Host Parent initials: _____ / _____
Parent #1 Parent #2

BC PROVINCIAL GUIDELINES FOR HOMESTAY

All RMISP Host Parents must agree to review the British Columbia K-12 International Student Homestay Guidelines, Host Family Handbook and the RMISP International Student Contract and Student Handbook. A copy of all guidelines is available on the RMISP website, and will be provided at the mandatory annual homestay orientation. Host Parent(s) agree to inform the Homestay Coordinator in cases where hosting cannot be undertaken in a manner that is consistent with the guidelines.

Host Parent initials: _____ / _____
Parent #1 Parent #2

- Host Parents must disclose if they operate a vacation rental or any short-term rental business in any part of the home.
- Host Parents may travel freely within 500 km of their municipality with their student(s) for day trips if they remain in Canada. Host Families wishing to travel beyond this distance or to take overnight trips must inform their Homestay Coordinator and the Program may need to obtain written permission from their student's natural parents in their home country. Host Parents must not allow their student(s) to travel beyond the local area without them unless they have permission from the Homestay Coordinator or as part of a school trip.
- Students may sleep over at a friend's home with permission from their Host Parent(s). Stays of longer than two nights must be approved by the Homestay Coordinator.
- Some Host Family holidays, travel, or extracurricular activities may involve significant additional costs and the student may reasonably be expected to contribute toward these costs if he/she chooses to participate (for example, a trip requiring airfare). Such trips are optional. Host Families must seek pre-approval from RMISP when inviting their student(s) on trips. If the student chooses not to participate in a Host Family holiday alternative homestay arrangements during the Host Family's absence must be arranged and/or approved by the Homestay Coordinator.
- Host Parents must not leave their students home alone overnight and Homestay Coordinators must approve any plans for alternate caregivers in advance. All caregivers must have a clear vulnerable sector criminal record check on file with RMISP prior to students being left in their care. This is mandatory.
- Host Parents are required to attend the annual Homestay Family orientation which includes the BC Provincial Guidelines for Child Abuse Reporting Protocol.
- Host Parents are not permitted to make travel arrangements directly with student's parents, agent, or other, and must inform the Homestay Coordinator of any requests. Students are not permitted to stay with Host Families past the program end dates under any circumstances.
- Host Parents are not permitted to pick up nor drop off students at the Calgary (YYC) airport under any circumstances due to issues with coverage for medical and vehicle insurance outside BC.
- Host Parents must not lend money to students nor use their credit cards to pay for student purchases.
- Host Parents acknowledge that they are not employees of School District 6 (Rocky Mountain) when acting in their role as Host Parents.
- In the event of a pandemic or local/provincial/national emergency, all members of the Host Family are expected to adhere to current federal, provincial, school district, and RMISP guidelines and regulations.

Host Parent initials: _____ / _____
Parent #1 Parent #2

INTERNATIONAL STUDENT RIGHTS AND EXPECTATIONS

Students in Rocky Mountain International Student Program 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

Student responsibilities and expectations for behavior in Host Family homes and program rules can be found in the International Student Contract and Student Handbook, available online and distributed during student and Host Family orientations.

IMPORTANT REQUIREMENTS AND ACKNOWLEDGEMENTS

Please review the following requirements and acknowledgements regarding custodianship, liability, confidentiality, and safety/security. Confirm your acceptance of these important terms and conditions of homestay program participation by initialing at the bottom of the section.

- 1) RMISP reserves the right to move a student without advance notice for any reason including but not limited to ongoing and irresolvable issues between the student and his/her Host Family and/or to ensure the health, safety and security of the student or members of the Host Family. The Director, International Education is the student's legal custodian in Canada, not the Host Parent(s).
- 2) Host Parents agree to assume all liability for loss or damage to their home caused by their student(s) and hereby release RMISP and its employees and agents from all liability arising out of their participation in the program, including but not limited to property damage or loss, or the debts, conducts and/or actions of the students assigned to the home.
- 3) Student application packages are private, confidential and the property of RMISP and/or the study abroad agency responsible for placing the student in the Rocky Mountain International Student Program. This information is confidentially provided to Host Parents for the express purpose of improving the homestay experience and ensuring the health, safety and security of the student. This information must not be copied, redistributed or shared with anyone outside the household. Please consult with your Homestay Coordinator if you have any questions. Upon completion or termination of a student placement, paper copies of student application packages must be destroyed or returned to the Homestay Coordinator; digital copies must be deleted.
- 4) Host Parents agree to provide criminal record checks to School District No. 6 (Rocky Mountain) for all individuals 18 years of age and older who are regularly living in the home at least once every three years and will immediately report to their Homestay Coordinator if any individual in the home (adult or child) is arrested for and charged with a criminal offence.
- 5) Host Parents confirm that no one living in or regularly visiting the home (friends, extended family members, etc.) is party to a restraining order and that to the best of their knowledge no one living in or potentially attending the home has a criminal record, mental illness, addiction, history of abusive behavior (physical, sexual, verbal, psychological), or other issue/encumbrance that might put an international student living in the home at risk.
- 6) Host Parents confirm that Host Family vehicle(s) used for student transport are in good operating condition and that proper winter tires will be used as recommended by ICBC and/or required by the Ministry of Transportation and Infrastructure (October 1 – April 30 annually).
- 7) Host Parents agree to support the terms and conditions of the International Student Contract, RMISP program rules, procedures and disciplinary processes, and promise to immediately report any student transgressions to program staff.

- 8) Host Parents must carry full personal liability insurance of not less than \$2,000,000 and must inform their homeowner/renter's insurance company that they will be hosting one or more international students. This should not increase rates but must be disclosed.

Host Parent initials: _____ / _____
Parent #1 Parent #2

LIABILITY EXCLUSIONS AND DISPUTE RESOLUTION

Host Parents understand and accept that School District No. 6 (Rocky Mountain) cannot 100% guarantee the placement of a student for any specific duration of time. Neither can the District nor RMISP staff guarantee the quality of the relationship between the student and the Host Family or any other relationship. Host Parents assume any and all risks related to their participation in this program and agree to release and hold harmless the Board of Education of School District No. 6 (Rocky Mountain), its officers, directors, employees, and agents from any and all claims for any injury, loss or damage, including injury, loss or damage caused by their negligent or intentional acts.

Host Parents agree that any dispute arising under the interpretation, application or performance of this contract or in any way arising out of their participation in the School District's International Programs will be resolved in a British Columbia Court and they agree that they will not bring proceedings in any other court or jurisdiction but that of British Columbia.

Host Parent initials: _____ / _____
Parent #1 Parent #2

SIGNING OF CONTRACT

I agree to respect and abide by all terms of this contract and those outlined in the Host Parent Handbook, the British Columbia K-12 International Student Homestay Guidelines and all policies and procedures of the RMISP and School District No. 6 (Rocky Mountain).

Host Parent #1: _____
Name (please print) Signature Date

Host Parent #2: _____
Name (please print) Signature Date

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ROCKY MOUNTAIN INTERNATIONAL STUDENT PROGRAM

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

Web: www.rminternational.ca | Email: 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.

ALPINE RESPONSIBILITY CODE

LEARNER
SKI & RIDE WITH CARE

THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE SLOPES, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** Always stay in control. You must be able to stop, or avoid other people or objects.
- 2** People ahead of you have the right-of-way. It is your responsibility to avoid them.
- 3** Do not stop where you obstruct a trail or are not visible from above.
- 4** Before starting downhill or merging onto a trail, look uphill and yield to others.
- 5** If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.
- 6** Always use proper devices to help prevent runaway equipment.
- 7** Observe and obey all posted signs and warnings.
- 8** Keep off closed trails and closed areas.
- 9** You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.
- 10** You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.

**Know the Code - Be Safety Conscious
It is Your Responsibility**

C.W.S.A.A. 08/2000

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