

2025-26 STUDENT HANDBOOK

Welcome to RMISP!

Armstrong ✱ Cranbrook ✱ Enderby ✱ Fernie
Golden ✱ Invermere ✱ Kimberley ✱ Revelstoke
Salmon Arm ✱ Sicamous ✱ Sparwood

Emergency Number:



1-250-427-5985

RMISP KEY CONTACT INFORMATION

EMERGENCY NUMBER FOR CURRENT STUDENTS AND HOST PARENTS:

+1 250 427 5985

CUSTODIAN FOR STUDENTS:

Danielle Warren, Director of International Education

Office: 250-427-2245, Ext. 4422

Mobile: 250-908-8014

Email: danielle.warren@sd6.bc.ca



HOMESTAY COORDINATORS

Community	Schools	Homestay Coordinator	Phone	Email
Fernie Sparwood	Fernie Secondary Sparwood Secondary	Jen Hegedus	250-423-1760	jennifer.hegedus@sd6.bc.ca
Cranbrook	Mount Baker Secondary Laurie Middle School	Jeff Crozier	250-919-4500	jeff.crozier@sd6.bc.ca
Kimberley	Selkirk Secondary	Barbara Del Pino	250-427-6168	barbara.delpino@sd6.bc.ca
Invermere Golden	David Thompson Secondary Golden Secondary	Andrea Tucat	250-272-6040	andrea.tucat@sd6.bc.ca
Revelstoke	Revelstoke Secondary	Wendy Rota	250-439-9817	wendy.rota@sd6.bc.ca
Salmon Arm Enderby Armstrong Sicamous	Salmon Arm Secondary JL Jackson Secondary AL Fortune Secondary Pleasant Valley Secondary Eagle River Secondary	Laurie Brown	250-427-5728	laurie.brown@sd6.bc.ca

MANAGERS

Manager	Position	Office Phone	Mobile	Email
Ulli Murtagh	Homestay Manager	250-427-2245 ext. 4426	250-432-5904	ulli.murtagh@sd6.bc.ca
Kathleen Hadford	Program Manager	250-427-2245 ext. 4786	250-688-6725	kathleen.hadford@sd6.bc.ca

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. They can call any time (day or night) and do not have to give their 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.*



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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 other Indigenous Peoples 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 – the letter is not your actual study 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 a hard copy of your permit.

All students will be met by their host families or an RMISP staff member at the final destination airport. 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

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 but it's also wonderful and interesting! This stage can last anywhere from a month or more.



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2. **Distress stage:** Cultural differences that you found interesting earlier in your become taxing. You may feel confused, isolated, and/or overwhelmed during 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 sets in. You may still experience some difficulties at this stage, but you can them better.
4. **Integration stage:** You now feel confident and relaxed in the community, at and at home. You've gained a strong sense of belonging and feel at home in your environment.



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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:

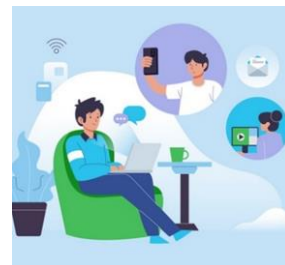
- Do your research. Know as much as possible before you leave so that there are fewer surprises once you arrive. Ask your Homestay Coordinator or host family questions.
- Be open minded. Don't judge and try not to compare. Canada is different from your home country. That's one of the reasons you chose 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 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.



in

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 urgent. Appointments are necessary.



not

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](https://www.studyinsured.com).

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 Healthy 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.
- 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.
- Massage, physiotherapy, chiropractor and other para-medical service benefits will only be paid if there is an official doctor referral in advance of any visit.
- When submitting medical claims, only the **RMISP** office address should be provided on medical forms, so all invoices and correspondence are sent to our office. DO NOT provide your address in your home country or your host family's address.

Rocky Mountain International Student Program

8676 Highway 95A

Kimberley, BC V1A 3M3

Office phone: 250-427-2245 / rminternational@sd6.bc.ca

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 BRING YOUR CARD(S), PASSPORT, AND STUDY PERMIT (IF YOU RECEIVED ONE) FOR IDENTIFICATION WHEN YOU GO TO THE CLINIC or HOSPITAL. THE MEDICAL STAFF REQUIRES THEM TO 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. Fees for joining sports teams and courses such as Outdoor Education must be paid promptly to the school, or you will not be able to participate. 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 their 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
- DON'T assume that Canadians will speak as directly as in your culture or that host families can read your mind 😊
- DO share what you are feeling, if you are having any issues, or if there is something you need

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 text 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, text or email your home, your host 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 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! Families turn down the heat when everyone is at school and work and turn it back 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.



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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). Please ensure you bring an adaptor or be prepared to purchase new small appliances in Canada (such as a hair straightener etc.).

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.

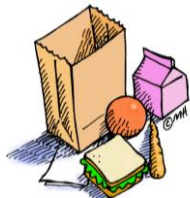
- *Find out when mealtimes are and come to the table on time.* If you won't be home for a meal or expect to be late, tell your host family in advance.
- *Inform your host parents of any food allergies* and let them know what foods you enjoy the most and foods you really dislike.

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

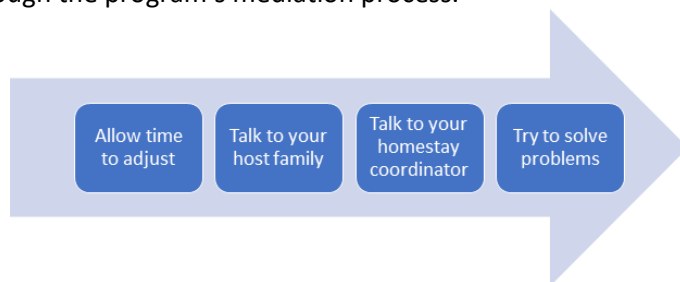
You need to find a balance between spending time independently, with friends, and with your host family. Your host family would like you to become part of the family, so find ways to bond with them:

- 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.
- Students must purchase their own ski/snowboard pass – they cannot be added to their host family’s ski/snowboard family pass.

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 within the local community on weekends or holidays only 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 9:30 PM on weeknights and 11:30 PM 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 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 private medical insurance. 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.

HIKING GUIDELINES

- Students are not permitted to go hiking alone or on overnight hiking trips without host parents.
- Students are permitted to go on easy to moderate day hikes up to 12 km round trip (6 km one way) with host parents or responsible adult (25 years and older) who must be well known to the program or host parent (no strangers or adults the student just met). Host parents cannot sign off on 'random adults' taking students anywhere. Host parents must get the cell phone number, full name and address of the person taking a student on a hike/trip.
- Students are permitted to go on easy to moderate trails up to 7 km with friends, but they must give their host parents a safety plan for approval **in advance** no matter the distance or duration. The safety plan must include the following details:
 - a) Date and time of departure and arrival
 - b) Location of the trail and difficulty rating
 - c) The name of the person/people accompanying you
 - d) Forecast of the weather
 - e) Cell phone service
 - f) Appropriate footwear and clothing
 - g) List of what you're bringing – food/water, emergency supplies, plan for emergency/injury, bear spray can only be carried/used by an adult

- Any difficult hike must have natural parent approval also in advance and meet all the above criteria.
- No hikes will be approved in deep backcountry, with snow on the ground; in avalanche risk areas; or areas with significant bear warnings/population. Hard/difficult hikes will only be approved if host parent/adult has significant trail and navigational experience.
- Fitness levels, time of year, weather conditions and elevation can change the rating level of any trail for a user. This should be kept in mind.

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 Program Legal Agreement. If you choose to use, hold, purchase, or be with people while they are using these items, you will be dismissed immediately.
- **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.
- **Sexual activities / sexual relationships** – students who engage in this will be dismissed immediately for their own safety (see pages 18-20).

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 aged 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
Backpacking (back-country hiking/camping)	Easy mountain biking within communities
Waterskiing / wakeboarding / tubing / kneeboarding / seadooing (all with lifejacket)	Camping
Indoor / outdoor rock climbing	Daytime, front-country hiking (see pg. 22 for rules)
Cliff jumping	Swimming
Motorized dirt biking/quadding (ATVs)/ snowmobiling (students cannot drive motorized vehicles of any kind)	Kayaking (if on flat/still water with lifejacket) Canoeing (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 only at designated range	In-bounds skiing/snowboarding – parents have already signed the RMISP Ski and Snowboard Contract
White water rafting (with life jacket)	
Trampoline park / ziplining / high-ropes park	
Downhill mountain biking at ski resorts/difficult areas	

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) nor engage in any sexual activities or sexual relationships while in the program. Students who engage in sexual relationships or activities will be dismissed from the program immediately.
- Students in dating and/or casual romantic relationships are not allowed to visit each other's homes unless a parent is present.
- Students must promptly 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 all of these rules will be immediately 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 and 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:

- respect household rules and follow curfews (as established by the host family, natural parents, and/or program)
- 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
- 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 regarding 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.

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, contact them directly, or complete the Trip Request Form on the following link: <https://www.rminternational.ca/current-students>. Include:

- 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.)
- Estimated cost for your hotel/airfare, if applicable

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, Homestay Manager, 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 overnight 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.

Optional student field trips such as Spring Break in Vancouver are an extra cost, and students must sign up and pay for the trip by specified deadlines.

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

International Student Program Legal Agreement

Ski and Snowboard Contract

INTERNATIONAL EDUCATION IN CANADA

The experience of a lifetime

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-school 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.

STUDENT’S AGE: BOY/GIRLFRIEND CAN BE:

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

EXAMPLES:

Her birthdate: June 1, 2012
His birthdate: October 1, 2010
Age difference: 1 year, 8 months
Status: **OKAY**

Her birthdate: June 1, 2012
His birthdate: May 1, 2010
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 to chaperone: _____

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: _____

RMISP 2025-26 IMPORTANT DATES AND DEADLINES

May 31	Payment deadline for September arrivals
Semester 1	
August 29-31	Mandatory arrival dates
September 2	School orientation / welcome activities
September 3	First full day of school for RMISP students
September 6	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 22 – January 2	Winter Break <i>*may vary by community</i>
January 5	First day of classes after Winter Break
January 23	End of first semester
January 24 – 25	Mandatory mid – year departures
Semester 2	
January 24 –25	Mandatory semester 2 arrivals
January 26	First day of second semester / orientation day for new students
March 16-27	Spring Break <i>*may vary by community</i>
May 15	June departure flight information due. <i>* all students must depart by June 28, 2026</i>
June 25	Last day of school
June 26-28	Mandatory departure dates

DESIGNATED BC AIRPORTS

Cranbrook, Fernie, Sparwood, Kimberley, Invermere, Golden	Canadian Rockies International Airport (YXC – Cranbrook) or Calgary***
Revelstoke, Salmon Arm, Armstrong, Enderby, Sicamous	Kelowna International Airport (YLW – Kelowna)

Airport transfer at start/end of program to/from the designated BC airport is included in fees. Transport at any other time such as Winter Break or Spring Break etc. to/from a BC airport will incur an additional fee of \$150 each way.

With the exception of the Calgary Airport Shuttle offered on the specific dates/times listed below, 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.

*****OPTIONAL Calgary Airport Shuttle Dates – only available on the following dates/times, must be pre-booked with RMISP staff, and \$150 additional fee for each way paid in advance**

Friday, August 29, 2025 (Arrivals before 17:00)

Saturday, January 24, 2026 (Departures after 15:00 / Arrivals before 17:00)

Friday, June 26, 2026 (Departures after 15:00)

Note: Information and dates may be subject to change.

Updated May 2024



**ROCKY
MOUNTAIN**
International Student Program

Included Program Activities

RMISP staff organize a program trip and
in-school activity **every** month -
a **\$2000 value** included at no extra cost!

LEARN MORE 



2025-26 Included Activities

Semester One

New Student Orientation, River Rafting, Welcome Lunch, Overnight Calgary/Banff Trip, Pumpkin Carving, Curling, Trivia Contest, Downhill Skiing/Snowboarding, Gingerbread House Decorating, X-Country Skiing or Snowshoeing, End of Semester Party

Semester Two

New Student Orientation, Downhill Skiing/Snowboarding, Valentine Card Making, Hot Springs Trip, Buddy Lunch, Overnight City Sightseeing Trip, Karaoke Café, Skybridge Adventure Park, Game Day, Farewell Parties

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



RMISP.CA



Vancouver Trip

Students may opt in to a five-day, four-night Spring Break trip to Vancouver. Additional fees apply. Learn more at rminternational.ca.

INTERNATIONAL STUDENT PROGRAM LEGAL AGREEMENT 2025-26

This document creates a legally binding agreement between the natural parents, international student, and District No. 6 for participation in the Rocky Mountain International Student Program

Student's name: _____
Family name(s) Given name(s)

The Board of Education of School District No. 6 (Rocky Mountain) (the "School District"), provides a dynamic academic and activity program to students studying in the Rocky Mountain International Student Program and its affiliated School Districts. This Agreement sets out the terms on which a student is accepted into the Rocky Mountain International Student Program and the obligations of those students and their families. Every international student and their 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" or "RMISP").

GENERAL CONDITIONS

When this Agreement is binding:

This Agreement is not binding upon the School District until the student applying for admission is accepted by the School District, an Official Letter of Acceptance has been issued, fees have been paid, and the agreement is signed by the student and their natural parent(s) or legal guardian(s).

Placement:

While the School District takes into consideration requests for placement at a particular school, the final decision on any school placement or registration in all courses is determined solely by the School District, taking into account space availability and homestay placement for the student based on the assessment by RMISP staff.

What I am agreeing to:

1. I agree that as a condition of participating in the School District's RMISP, my child:

- a. must comply with all of the laws of Canada and British Columbia;
- b. must comply with the School and School District rules, policies, host school's Student Code of Conduct, and all rules contained in the RMISP application and Student Handbook;
- c. must comply with the terms of this International Student Program Legal Agreement;
- d. must not purchase, use, or be in possession of alcohol, cannabis, illegal drugs, tobacco, or vaping products. Possession, use, or distribution of these products will result in immediate dismissal from the Program;
- e. must not use or be in possession of any weapons;
- f. must not drive a motor vehicle or obtain a driver's license while enrolled in RMISP;
- g. must attend all registered classes on time, unless unable due to illness or injury, and must have absences officially excused by host family or RMISP staff;
- h. must complete homework, projects, assignments, tests as assigned and not plagiarize any work;
- i. must pay all applicable class fees or extracurricular fees. If my child has already left the Program, any fees, missing/unreturned books, textbooks, or calculators will be invoiced to my child accordingly;

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

- j. must not undergo any type of body modification procedure including, but not limited to tattooing, piercing, and/or branding;
- k. must comply with the published Program arrival and departure dates. Parents are not permitted to make any alternate/private arrangements for travel with their host family or others. Students are not permitted to stay past mandatory program-end dates under any circumstances;
- l. must not miss school time for personal trips, volunteer work (school or community-based) or non-school based sport competitions. Students may only travel during school time with their host parents or natural parents if there is a trip planned outside the local area. All travel plans must be communicated well in advance and are subject to RMISP staff and natural parent approval;
- m. must not participate in any high-risk activities without Program approval and written consent from natural parent(s);
- n. must at all times, disclose their whereabouts to their host family and/or RMISP staff;
- o. must activate and maintain a Canadian mobile phone account with a local number while in the Program;
- p. must maintain an up-to-date Canadian Study Permit if the Program requires it and medical insurance through RMISP;
- q. must arrive with an intermediate or higher conversational English level, an age-appropriate level of reading and writing in English, and be able to understand teacher instructions;
- r. must adhere to current federal, provincial, school district, and RMISP guidelines and regulations in the event of a pandemic or local emergency.

PARENTAL REPRESENTATIONS

As parent(s) of the above-named student, I represent to the School District that:

- 1. my child has no history of engaging in criminal behaviour or sexual misconduct;
- 2. my child has no known history of any social, emotional, behavioral, physical, mental health-related issues (including but not limited to depression, anxiety, eating disorder, suicidal ideation, etc.) or pre-existing conditions that could affect their successful participation in school or a homestay family;
- 3. my child is able to succeed academically without additional support for any diagnosed or undiagnosed learning challenges;
- 4. I know of no reason why my child cannot successfully participate in the RMISP.

How this Agreement can be ended:

- 5. I agree that the School District and RMISP may end this Agreement at any time, without notice and without refunding any Program fees paid, and may dismiss my child from the Program if:
 - a. any information in my child's application for admission is untrue; including any undisclosed illness, medical or mental health conditions or undisclosed educational needs;
 - b. my child breaches any of the obligations set out in paragraph 1; or
 - c. my child is unwilling or unable to perform to a reasonable academic standard and age-appropriate behavioral standards in school and/or homestay.

Minimum Academic Standards:

- Passing grades in all subjects
- Participation in all classes; no unexcused absences
- Positive attitude and good work habits in all classes

- 6. I understand that any failure of my child to comply with all of the above will result in them being served Letters of Expectation, being placed on probation, suspension or dismissal as determined appropriate and necessary by Director of International Education, RMISP staff, and School District. The Program reserves the right to dismiss 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 themselves or those around them.

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

REFUND POLICY - Study Permit Denials, Withdrawals, False or Non-Disclosed Information

In the event that my child cannot participate in the RMISP, decides not to attend, or is asked to leave the Program for any reason, I agree that the following terms will apply:

1. **Full refund of fees paid** (less application and homestay placement fees), if the Study Permit is not approved by Immigration Refugees and Citizenship Canada (IRCC). The letter of rejection from IRCC must be provided along with the RMISP refund request form.
2. **Two-thirds (2/3) of fees paid** (less application and homestay placement fees) if student withdraws prior to the commencement of the Program (the 'Program' is defined as the dates specified on the Official Letter of Acceptance). A complete RMISP refund request form must be received before the Program commences.
3. **One-half (1/2) of the fees paid**, (less application and homestay placement fees) if the student withdraws after Program commencement but within the first 30 days (the 'program' is defined as the dates specified on the Official Letter of Acceptance). A complete RMISP refund request form must be received no more than one week after the end of the first calendar month.
4. **No refund of fees paid if:**
 - a. the student withdraws after the first 30 days of the Program (dates as specified on the Official Letter of Acceptance);
 - b. the student is found to be in violation of the law, policy, or regulation as determined by the Government of Canada, police, RMISP, and/or school administrators (violations may include but are not limited to chronic absenteeism, suspension from school, consumption of alcohol and drugs, significant behavioral issues, and/or failing to abide by the terms and conditions of the International Student Program Legal Agreement;
 - c. there is false information provided or non-disclosure on the application regarding a student's perceived learning and/or physical disability, undisclosed learning needs, behavioral concerns, mental health conditions, medical history, and/or criminal history.
5. **All refunds and/or overpayments are subject to a \$250 administrative fee.**

INFORMATION COLLECTION AND MEDIA RELEASE

I understand that for the purposes of my child's participation in the Program, the School District will collect, use, and disclose personal information about me and my child, including information about my child's health and education as well as contact information for me and my child. I understand that this information will be only collected, used, and disclosed for the purposes of offering and administering the Program as permitted by the British Columbia *Freedom of Information and Protection of Privacy Act* ("FIPPA") and the British Columbia *School Act* and may be confidentially shared with school authorities, medical and social service providers, homestay families, and others as required.

I understand that School District will collect, keep, use, and selectively share photographs, videos, and images of my child for use online or in print including but not limited to brochures, websites, newspapers, and social media. Please check one and initial:

☐

YES – I agree to the use of my and my child's personal information and photo for purposes consistent with the above.

☐

NO – I do not agree with the use of my and my child's personal information or photo for purposes consistent with the above.

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

ACCEPTABLE USE OF DIGITAL TECHNOLOGY AND ACCESS TO INTERNET

Students may be granted access to the Internet via School District networks. The purpose for student access to these networks is for educational purposes. Students must use Internet access responsibly and appropriately. All RMISP affiliated School Districts have a Student Acceptable Use of Digital Technology practice, policy, or procedure (available at rminternational.ca). I have discussed the responsible use of District technology resources with my child. I understand that in the event my child engages in inappropriate activities, the privilege to access school/District networks and devices may be revoked and other disciplinary action may result. I consent to my child's use of these networks on a personal or District device.

INCLUDED PROGRAM ACTIVITIES

Students enrolled in the RMISP will have the opportunity to participate in a wide variety of included Program activities, events, and trips which require bus transportation and/or overnight stays in hotels/motels. These trips are carefully planned, approved in advance, fully chaperoned, students are prepared with itineraries/directions, and they must sign a behavioral expectations contract before each trip. Safety and necessary equipment for the activity is provided. Activities may include, but are not limited to river rafting/canoeing, hiking, mountain biking, ice skating, skiing/snowboarding, other winter sports and community events. I understand my child will participate in all RMISP planned activities as deemed reasonable by the Director of International Education and School District, unless I advise RMISP staff that they are unable to do so.

HIGH-RISK ACTIVITIES

As parent(s) of a student attending the RMISP, I understand that my child may have the opportunity to participate in one or more high-risk activities with **a responsible adult (age 25 or older)** while in Canada. These activities could take place multiple times throughout your child's stay in Canada, however, they are not part of the Program's activity schedule. School District No. 6 (Rocky Mountain) cannot give its approval for your child to participate in these activities, however, you may consent to your child's participation in these activities by signing below. In so doing, you agree to indemnify and hold harmless the School District, its employees, and its host families. You further acknowledge that these activities are not recommended, approved, or in any way arranged or supervised by the School District or RMISP.

Please initial beside the high-risk activity that you allow your child to participate in. *Note: Private medical insurance may not cover all expenses related to high-risk activities. Consider the risk, likelihood of injury and whether you are willing to pay out of pocket for your child's medical care.* By initialling, you confirm that you understand and accept that your child's participation in these activities is solely your responsibility and completely at your discretion:

Parent #1 Initials	Parent #2 Initials	High-risk activities requiring natural parent consent	High-risk activities requiring natural parent consent	Parent #1 Initials	Parent #2 Initials
		Downhill mountain biking	Zip line/high-ropes park		
		Backpacking, hiking/camping	Horseback riding		
		Swimming in lakes/ivers	Indoor rock climbing		
		Waterski, Wakeboard, Kneeboard, Tube, Jet ski	Outdoor rock climbing		
		Target shooting / Archery	Snowmobile as passenger only		
		Hunting (no gun use)	Trampoline parks		
		Off-road vehicles (ATV, Quad) as passenger only	White water rafting		

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

MEDICAL AUTHORITY

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

I agree 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 significant medical emergency, mental health issue, and/or Program release/dismissal that requires me to accompany my child for the return trip to our home country.

I agree that if my child becomes seriously ill or incapacitated, the School District and Program may take such actions as it considers necessary, including securing medical treatment and transporting my child home at my own personal expense.

ASSUMPTION OF RISK

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

1. I understand that there are risks associated with my child enrolling in the School District and that my child will not be under constant supervision. I understand that medical and health emergencies can occur without warning. I waive and release all claims against the School District for the injury, loss, damage, accident, delay or expense resulting from my child's participation in the Program. I also release the School District and agree to indemnify it, with regard to any financial obligations or liabilities that the School District may incur as a result of claims by others, or that my child may personally incur, or any damage or injury to the person or property of others that my child may cause while participating in the Program and/or dismissal for failure to comply with Program rules.
2. Force Majeure Clause: In the event that the School District is not able to perform its obligations under this Agreement or the delivery of the Program is delayed or interrupted as a result of events outside of the School District's control, including, without limitation, because of strikes, pandemics, disease outbreak, work stoppages, accidents, acts of war or terrorism, civil or military disturbances, nuclear or natural catastrophes or Acts of God, and interruptions, loss or malfunction of utilities, communications, or computer (software and hardware) services, the School District will not be considered in breach of this Agreement by reason of such delays or non-performance and shall not be liable to the student or their parent(s)/guardian(s) for any loss, injury, or expense caused by or arising out of such delays, interruptions, or non-performance. In such circumstances, the School District will provide students and their parent(s)/guardian(s) with prompt notice of the intervening event and shall use reasonable efforts to resume the educational program as soon as it is legally permissible and the School District, acting reasonably, is practically able to do so. In such circumstances, the School District may, at its discretion, resume the educational program through alternative methods of delivery, including distance, online, or distributed learning. Additionally, RMISP cannot control the weather and/or other extraordinary or unforeseen local or global circumstances or situations which may delay, prevent, or alter the delivery of extracurricular activities, events, or trips and cannot be held responsible or liable for any loss suffered. No refunds will be offered.

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

3. I understand that my child may wish to participate in high-risk activities, extracurricular activities such as sports teams, school clubs, or field trips including trips to other Canadian provinces or the USA. I give my permission for my child to participate in such extracurricular activities, if the Custodian in their discretion considers such activity safe and appropriate, and agree that I will provide written my parental permission for these activities upon request. If the Custodian considers the situation unsafe or inappropriate for my child, I agree that I will accept this decision and fully support the Custodian / RMISP program.
4. I understand that additional risk/liability waivers and permission forms may be requested for activities coordinated by school-based Outdoor Education courses, sport teams, community organizations, or private tour companies/service providers who may require natural parental consent for my child to participate in specific activities.

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

1. Students must agree to follow all 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 are reminded of rules at orientation and during weekly meetings.
2. Students may be held financially accountable for any damage they cause to the property of their host family including but not limited to their home, household items, recreational equipment, and automobiles. Deliberate damage and vandalism will result in immediate dismissal from the program.
3. Students who wish to change their homestay placement must follow the RMISP process before a move is granted. Unless there is an urgent safety concern, students and host families are expected to meet separately with RMISP staff and then together in a friendly, safe and mediated conversation meant to improve communication, cultural understanding, and finding resolution. Students are not granted homestay moves upon request, without reason, or without going through the process.
4. Students must participate in mandatory group and/or individual meetings with the Homestay Coordinator 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. Students must also complete surveys designed to give Program administration feedback on the student's in-school and homestay experience.
5. The 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 emergencies or other extenuating circumstances as deemed necessary by a Homestay Coordinator, the Program, or school administration. Temporary placements may be required, and students may be placed in alternate homes until permanent arrangements can be made.
6. Students are responsible for their own debts, conduct, and actions while participating in the Program. Students must not ask host parents for use of their credit cards, to borrow money from, or lend money to host family members.

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

7. Students are not permitted to make private homestay or travel arrangements, pay host families directly, or negotiate alternate arrival/departure dates or arrival/departure locations. ALL such requests must go through RMISP staff.

STUDENT PARTICIPATION TERMS AND CONDITIONS

As an international student participating in the RMISP, I agree to the following:

1. I will obey the conditions of my Canadian Visa and Study Permit and the laws and rules of British Columbia, Canada, the International Student Program Legal Agreement, School District, and the host school Student Code of Conduct.
2. I will not buy, use, or possess alcohol, cannabis, tobacco and vaping products, or illegal drugs. I will never keep any alcohol, cannabis, tobacco and vaping products or illegal drugs in my homestay or my school locker. If I break these laws of Canada, I understand that I will be dismissed from the Program immediately.
3. I will not buy, use, or possess weapons including but not limited to firearms, air guns, knives, or martial arts tools, bear spray, or other dangerous equipment. I will never keep any of these items in my homestay or my school locker.
4. I will choose my friends carefully. I will not attend parties without adult supervision, or any “bush party”, nor spend time with anyone who uses alcohol, cannabis, illegal drugs, or weapons. I understand that I may be dismissed from the Program and sent home if RMISP staff determine I am engaging in unsafe behaviors and choose to seek out and/or regularly spend time with people who are not a good influence.
5. I will work hard to complete my schoolwork and be successful at school. I understand that academic achievement is my personal responsibility, and not that of teachers or RMISP staff. I agree to complete all homework, projects, assignments, and attend all scheduled tests.
6. At all times, I will maintain a positive attitude, good work habits, and a passing mark in all my courses.
7. I will attend all classes every school day, unless I am sick or attending an approved field trip. I understand my host parent (not my agent or natural parent) must call the school to excuse me if I miss any classes. If I choose to skip classes, I will be subject to Letters of Expectation, probation, or dismissal.
8. I will complete my own schoolwork and not submit the work or ideas of another person (friends, other students, the Internet, books, etc.) as my own in any academic assignments in my courses. I understand that copying someone else’s work is **plagiarism** and is forbidden. I understand that doing so may lead to receiving 0% on the assignment and a Letter of Expectation or probation.
9. I will not own, rent, or personally drive a motor vehicle, dirt bike, off road vehicle, snowmobile, etc. I will not attempt to obtain a Driver’s License learner’s permit and/or a Driver’s License while in Canada.
10. If I wish to arrange any travel outside my local community, I will follow RMISP rules and contact my Homestay Coordinator well in advance of the trip to request permission (minimum of 5 business days).
11. I will respect my host family and obey their rules. I will respect RMISP and School District staff. I will act respectfully while out in the community. I understand that I represent the School District, RMISP, and my home country while in Canada.

Student initials: _____

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

12. If I break something that belongs to my host family or damage their house, property, furniture, or personal belongings, I understand I am responsible for the cost of repairs or replacement. I understand that vandalism or intentional damage will lead to my dismissal.
13. I will leave Canada at the end of my study period as per the Program's departure dates. I will not attempt to make any alternate arrangements with my host family or others.
14. I will always respect cultural differences. I understand that discrimination based on nationality, gender, politics, or religion is illegal in Canada.
15. I understand that I must obey all of the above rules and those in the International Student Handbook, or I will be subject to increasing levels of discipline and/or potentially dismissed from the Program.

Sign and complete the Agreement below:

I, _____, [PRINTED NAME OF PARENT/GUARDIAN #1]

AND

I, _____, [PRINTED NAME OF PARENT/GUARDIAN #2]

APPLY FOR THE ADMISSION OF _____ (PRINTED NAME OF STUDENT).
I HAVE READ AND UNDERSTOOD **ALL** SECTIONS AND TERMS OF THIS AGREEMENT. I AGREE TO COMPLY WITH THIS AGREEMENT IN FULL AND THAT THESE TERMS AND CONDITIONS ARE BINDING ON ME AND MY CHILD.

SIGNATURE OF PARENT/GUARDIAN #1

TODAY'S DATE

SIGNATURE OF PARENT/GUARDIAN #2

TODAY'S DATE

I, _____, (PRINTED NAME OF STUDENT) HAVE READ AND UNDERSTOOD **ALL** SECTIONS AND TERMS OF THIS INTERNATIONAL STUDENT LEGAL AGREEMENT IN FULL, AGREE TO COMPLY WITH THIS AGREEMENT, AND THAT THESE TERMS AND CONDITIONS ARE BINDING ON ME AND MY PARENT(S).

SIGNATURE OF STUDENT

TODAY'S DATE

SKI AND SNOWBOARD CONTRACT

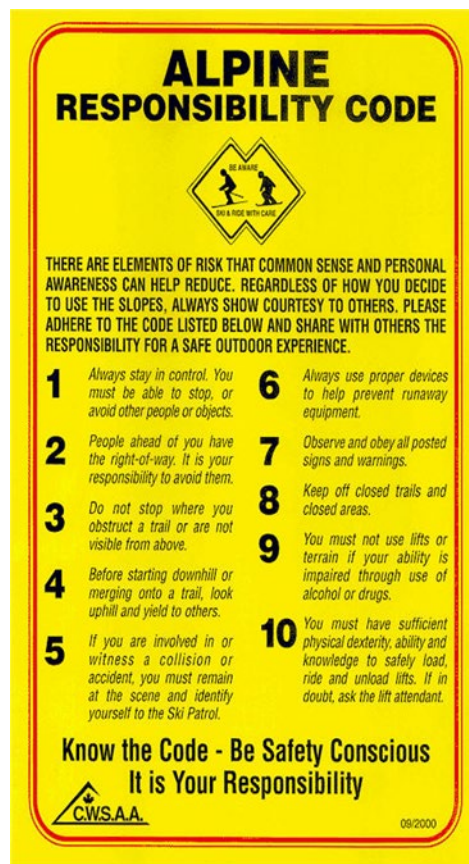
The following terms and conditions must be acknowledged and abided by students and acknowledged and accepted by natural parents in the Rocky Mountain International Student Program (RMISP). The purpose of this document is to require and support safe and responsible skiing/snowboarding by all students.

- 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 will revoke passes of students caught skiing/snowboarding Out of Bounds or on closed runs; rescue and injuries incurred in these areas will not be covered by medical insurance).
- 3) I understand that I am not permitted to backcountry or heli-ski while in this program.
- 4) I will not ski/snowboard on runs that exceed my ability level.
- 5) I understand that I cannot ski/snowboard alone and that I must always ski/snowboard with another person or in a small group.
- 6) I will always carry a cell phone with me.
- 7) I will not build or use jumps unsanctioned by the local ski resort.
- 8) I will not flip or "invert" off of any jumps.
- 9) I will wear an approved helmet at all times.

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

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, their host school, their host family, or with their friends. I accept the risks associated with my/our child skiing and/or snowboarding during their 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 Director of International Education 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 _____