



HIGH SCHOOL CANADA



THE CANADIAN JOURNEY

Established in 1979, our company has organically evolved around the **core values of Care, Integrity, Relevance, and Rigor**. These values extend to our partnerships, our students, our host families, and our employees. For our High School programme these values guide us to ensure that each student finds the best placement with the most appropriate set of supports. Our range of options underscore this tailor-made approach and our support services ensure that each student's needs throughout their academic year experience are met.

Canada is a highly sought destination for international high school students. Our highly ranked educational systems ensure that all Canadian youth emerge from their secondary schools ready to embark on continued higher learning or career-focused goals. Canada understands that to ensure a future of prosperity and development, we need to encourage graduates to become

high functioning, critical-thinking and goal-driven individuals, in order to take on the challenges of the 21st century.

So where does an international student fit into this Canadian model? Simple. **As Canadians, we embrace diversity as a means to understanding our place in global societies.** What better way to learn about other cultures than to invite them here to learn together with our students. International students in turn come to understand the Canadian culture, our respect for individuality and tolerance for differences.

Why choose CISS to support an international student with their educational goals? Enrolment in a school is not the only important consideration, but in tandem, the intricate levels of support that surround your child in the everyday must be ensured. CISS has a well-established network of advisors and local coordinators to support not just the academic needs, but the

social adjustments and cultural diversity that challenge students as they develop independence.

Our internal homestay team (Homestay) directly oversees 98% of our host family placements. This allows us to provide a common standard, regardless of where in Canada a student is placed. This, too, offers an added convenience as we manage the experience wholly.

CISS believes that the investment made in a child's education is one of the most important of their lives. Our goal is to ensure that every student is in a supportive home environment, in a well-matched school to meet their academic goals, and in a Canadian community that offers the most suitable cultural immersion into Canadian life.

Come on this Canadian journey with us. We are ready and waiting!

97%

OF OUR STUDENTS RECOMMEND CANADA AS A HIGH SCHOOL DESTINATION

96%

OF STUDENTS HIGHLY RATE THEIR OVERALL EXPERIENCE IN CANADA

91%

OF STUDENTS WOULD RECOMMEND THEIR HOST FAMILY



CONTENTS

- 04 Why High School with CISS ?
- 06 Why Choose Canada for your High School Experience?
- 08 Our Locations
- 10 Choose the right school for you (Public, Catholic-Public)
- 12 What makes Canadian Education unique
- 16 Your Home Away from Home
- 18 Choose your Canadian Experience
- 20 Making the Most of your Experience
- 22 Continue the CISS Experience



" Whenever I had a problem, or I needed to talk to someone, the CISS team was always there. When I wanted to play some sports, I had some questions or I needed help starting this new life, they were there to help me out."

Jimena, Spain

WHY HIGH SCHOOL WITH CISS



High School Placement Specialist

CISS is partnered with over 50 school districts across 4 Canadian provinces. We have over 400 schools to offer. With offices in Toronto and Vancouver, and local teams in all communities and regions, we offer the knowledge of each location to recommend the best placement for each student.

Variety of Options

We offer placement options in small towns, moderate cities or big metropolises, in schools of different sizes, with a great variety of subjects and extra-curricular activities. We work with families of varying compositions and interests, who are able to host students with different needs and goals. The more you tell us about yourself, the better the overall match for you!

Homestay Expertise

With our internal homestay department, we select and train families under strict standards and policies, ensuring students in any of our placement communities have a private bedroom in a welcoming home environment. We monitor other student placements, ensuring no more than one other international student is in the home. Our ultimate goal is your safety and comfort.



Best Canadian Experience

CISS looks after you from start to finish. After reviewing your application form, we strive to provide the best placement. From selecting host families, finding the best-matched communities and schools, advising students and supporting partners around the globe, we then oversee the arrival of students and supervise them throughout their stay. CISS seeks to deliver the best experience in Canada for all our students.

Student Care

Together with our partner schools, CISS coordinators are in constant contact with their students. From texts, calls, and personal visits, our teams spend a lot of time both sharing in the successes of our students, as well as mentoring students to work through struggles. CISS offers 24-hour emergency telephone assistance to ensure that emergency situations are handled promptly.

WHY WE ARE THE BEST...

We take you from inquiry to best placement by really considering who you are.

1

Inquiry

Tell us about yourself, your interests, your goals, your likes and your dislikes. Do you have a preference in Canada where you'd like to study?

2

Options

Based on your description, we'll offer placement options that match your profile. You have choices. We have many school options across five provinces. We do our best to ensure the right fit for you.

3

Acceptance

We work hard to secure your first placement choice. We ensure all paperwork is completed to get you to acceptance.

4

Support

Once in Canada, you are not alone. Our team of counsellors will monitor you to ensure all is going well, and mentor you to help overcome issues.

WHY CHOOSE CANADA FOR YOUR HIGH SCHOOL EXPERIENCE?

Our schools consistently rank number one among English-speaking countries for math, reading and science

Over the last decade, Canada's popularity as a high school abroad destination has steadily grown. From British Columbia in the west to the provinces of the Atlantic coast, Canada annually hosts tens of thousands of students from overseas on high school programmes. When these students return home, they tell their friends about their experience, generating ever greater waves of interest in Canadian schools. **So what's behind this trend? Why are so many students choosing Canada** when faced with more traditional options for schooling in an English-speaking country, such as the UK and the US? We think we know why.

HIGH EDUCATIONAL STANDARDS: First and foremost, international students have

discovered an important fact: Canada has one of the best education systems in the world, consistently ranked number one among English-speaking countries, and in the top 10 overall. Test results for reading, mathematics and science in the Programme for International Student Assessment (PISA) show that Canada's significant investments in its public education system over the past two decades are paying off. These impressive test scores have established Canada as a global leader in education planning and development.

EDUCATIONAL INVESTMENTS: Investments in public education take many forms, including infrastructure upgrades. Provincial Governments across the country have prioritized creating clean and comfortable

learning spaces equipped with the latest technology and teaching tools. This is especially obvious in the many "special interest" classes found in Canadian public schools. It is not uncommon, for example, to find schools with complete professional teaching kitchens, computer labs equipped with 3D printers and advanced robotics, or digital media labs with green screens, state-of-the-art video cameras and digital editing software. School Boards across the country incorporate the latest research on the link between physical space and learning when designing new schools and retrofitting older ones.

TEACHER EDUCATION: Even more significant investments, however, have been made in the pedagogy itself, and these have driven dramatic improvements in test scores and



At the top of UN rankings for high standards of living



Multicultural and respectful of the individuality of different cultures



Safe, stable and peaceful, Canada is a progressive and welcoming society

learning outcomes for students over the past 20 years. Canadian public school teachers are exceptionally well-trained, usually with a minimum of two university degrees. This rigorous approach to teacher preparation means Canadian teachers have comprehensive training at a level not found in many other countries. Teachers are encouraged to continually upgrade their knowledge and skills well after graduation, with life-long additional qualifications and skills courses to help them grow in their careers. Well-compensated financially, our teachers are motivated to get involved in academic planning and innovation, a method proven to vastly improve learning outcomes and the overall student experience.

HOLISTIC EDUCATION: Canadian education places a strong emphasis on holistic education and preparing students for the real world. In addition to traditional subjects, students are expected learn about global citizenship, the importance of the arts, and the value of team sports, to name just a few. To graduate from high school, students are required to volunteer in their communities to understand the role volunteering plays in nurturing a caring and compassionate society. Canadian educators recognize that school is about much more than just preparing workers; **our duty in 21st century schooling is increasingly to create well-rounded, innovative, critically thinking citizens who will lead us to a more just, sustainable, and equitable world community.**

RESPECT OF DIVERSITY: International students in Canada encounter both a country and an education system that highly values their knowledge and input, and genuinely welcomes them into the fabric of Canadian life. A deep and enduring respect for multiculturalism is truly a “Canadian value”. Canadians generally believe that diversity is a strength; that there is something to learn from opposing viewpoints rather than something to be conformed. Nowhere is this more vivid than in the old saying that Canada is a “cultural mosaic”, an idea that stands in stark contrast to the U.S.A. vision of itself as a “cultural melting pot”. As a result, international students find that their presence in schools is highly valued. Their opinions and perspectives are sought out, and there is a firm belief that Canadian students learn as much from them as they do from their time in Canada. Students from overseas encounter schools that have excellent support systems in place for them, from resources to help improve their English/

French, to clearly identified members of the administration responsible for their success. Schools are flexible and understanding about differences in language and subject competency, and will work with international students to ensure a successful experience. In short, international students in Canadian public schools are treated with respect and are genuinely considered full and valuable members of the community.

SAFETY: For parents, safety is of course one of the most important factors when considering where to send their child for high school abroad, and Canada is widely recognized as one of the safest countries in the world. Low crime rates combine with an unparalleled conscientiousness about safety and public order to create a secure setting and critical peace of mind for parents. Clean, safe and modern public infrastructure makes for a stress-free and highly stimulating experience. Many students report that they can feel it as soon as they arrive, this pervasive sense of safety that permeates Canadian society, from coast to coast.

From incredible natural beauty to culturally vibrant cities and towns, as a country, Canada has a lot to offer international students. Students in the east have the opportunity to see how two distinct founding cultures have managed to harmoniously coexist for hundreds of years while mastering the challenges of the physical environment. Students in the west encounter truly breathtaking mountain vistas just hours from world-class cities and modern amenities. No matter where in Canada they study, international students can expect to encounter people curious about who they are and what we can learn from them, while sharing the best of what we Canadians have to offer the world.

So what are you waiting for? Time to find out for yourself what all the fuss is about!

CANADIAN EDUCATION RANKS

#1 OF ENGLISH SPEAKING COUNTRIES IN READING, MATH AND SCIENCE

2018 PISA Report: Programme for International Student Assessment

THE IDEAL STUDENT



AGES

14-17

Open-minded, Adventurous, Eager to learn & Emotionally Mature



"I love pretty much everything about High School in Canada, but specifically the teachers: every teacher has their own teaching methods and it allows you to learn things from different perspectives"

Ipek, Turkey



BRITISH COLUMBIA

Adventure,
Mountains,
Modern cities,
Milder climate

POPULATION: 5,071,000
CAPITAL: Victoria

FAMOUS LANDMARKS:
Whistler, Vancouver,
Victoria island

EDUCATIONAL SYSTEMS:
Public Schools: Mainly
Semester & Few Linear

CISS DESTINATIONS:

- Burnaby
- Comox/Courtenay
- Langley
- Nanaimo/Ladysmith
- North Vancouver
- Parksville / Qualicum Beach
- Sooke/West Shore
- Sunshine Coast
- Surrey
- Upper Saanich
- Victoria
- Whistler/Squamish



ALBERTA

Natural Beauty,
Mountains, Cowboy
culture, Large and
Small cities

POPULATION: 4,371,000
CAPITAL: Edmonton

FAMOUS LANDMARKS:
Banff, Jasper National Park,
Royal Tyrell Museum of
Paleontology

EDUCATION SYSTEMS:
Public Schools: Semester

CISS DESTINATIONS:

- Calgary
- Red Deer

OUR LOCATIONS

Canada, the 2nd largest country in the world, has a diverse population, ranging from the First Nations (Native Canadians) to new immigrants. This diversity makes it a very welcoming place for students from all over the world. From smaller towns with a very community-based lifestyle, to big cities, full of activities and options, our placement choices are tailored to meet your personal profile, budget and programme goals.



17+
locations

POPULATION: 14,570,000
CAPITAL: Toronto

FAMOUS LANDMARKS: Niagara Falls, Toronto, CN Tower, Ottawa, Algonquin Park

EDUCATION SYSTEMS:
Public Schools: Mainly Semester & Few Linear

ONTARIO

Large cities,
Small towns,
Natural beauty,
Wide variety of
placements

CISS DESTINATIONS:

- Guelph & Orangeville
- London
- Muskoka
- North Bay
- Ottawa
- Owen Sound
- Peterborough
- Simcoe (Barrie, Collingwood, Orillia, Midland)
- Stratford + region
- St. Lawrence (Brockville, Cornwall) / Lanark (Carleton Place, Perth)
- Sudbury
- Thunder Bay
- Toronto
- Toronto East (Durham)
- Toronto West (Mississauga)
- Windsor



2
locations

POPULATION: 8,485,000
CAPITAL: Québec City

FAMOUS LANDMARKS:
Montréal, Québec City, Mont Tremblant Ski resort, Gatineau Park

EDUCATION SYSTEMS:
Public Schools: Linear

QUÉBEC

French culture,
Large cities &
Suburban towns,
Bilingual study

CISS DESTINATIONS:
• Montréal (English)
• Laval + Rosemère (English)



CHOOSING THE RIGHT SCHOOL FOR YOU

Public Schools

Deemed the school of choice for the vast majority of Canadians, public schools are widely available in every community, highly regulated by each provincial Ministry of Education, and open to students of all demographic, ethnic, cultural and socioeconomic levels.

With class sizes averaging 25 students, public schools deliver academic curriculum at varying levels, from the highest University level to more general levels aimed at students whose post-secondary plans may include avenues other than university. With a “no student left behind” philosophy, Canadian public schools prepare students for higher education and for life.

Complementing core academic studies are opportunities in the arts, technologies, music, business and more. International students are often amazed by the breadth of learning opportunities that exist in public schools.

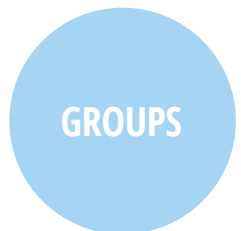
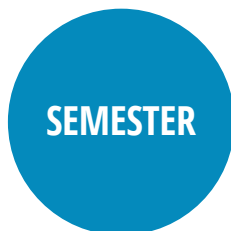
Catholic-Public Schools

Three provinces in Canada continue to offer **publicly funded** schools that follow the Catholic faith: Alberta, Saskatchewan and Ontario (where CISS offers this option). Elsewhere, only independent schools can choose to be faith-based.

Academically, Catholic schools offer the same academic classes and structure as non-denominational or secular schools. All curriculum is developed and monitored by the provincial Ministry of Education. Catholic schools provide a further layer of moral and ethical education through the teachings of the Catholic church.

At the high school level, registration into the school is open to students of all religions and faiths, fostering an environment of respect. Religious education is simply one aspect of the larger academic curriculum. Catholic schools are equally focused on developing core academic strengths, artistic and athletic pursuits, and ensuring graduates are well prepared for all post-secondary avenues available to them.

**PUBLIC &
CATHOLIC-PUBLIC
SCHOOL OPTIONS**

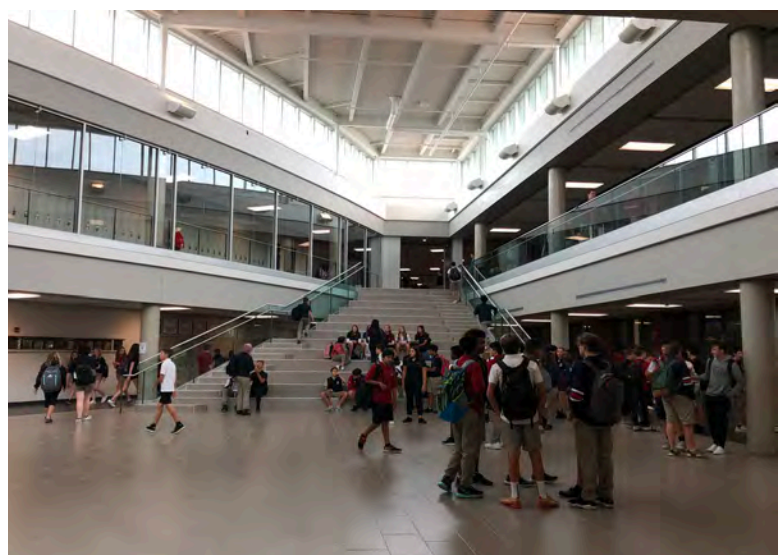




Public School

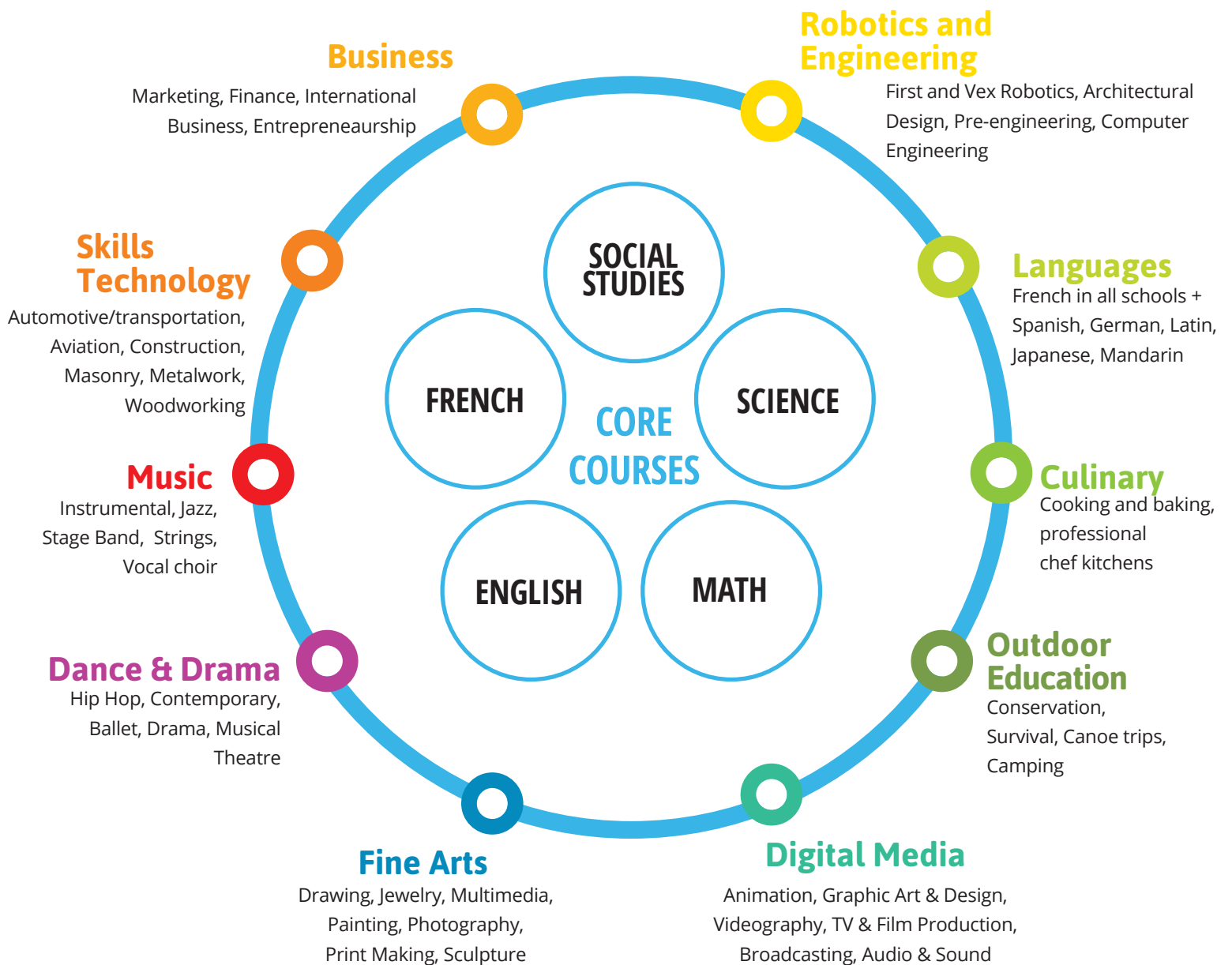


Catholic Public School



WHAT MAKES CANADIAN EDUCATION UNIQUE?

Students learn best by doing. Canadian education is focused on a HANDS-ON learning approach that combines theoretical and practical study with learning experiences. Core academic skills are augmented by arts, technology and other skills based on each student's intended career goals. Continual assessments allow students to monitor their results and adjust their studies ahead of final course exams. Specific options below vary by school.



SPORTS

Competitive sports are a cornerstone of the high school experience. International students are welcome and encouraged to try out! **In which sport will you be a star?**

Actual sports offered by each school will vary, as may the season in which the sport is played. Regular season play continues into regional and provincial championships. Some sports may require student to try out before being accepted onto a team.

SAMPLE

FALL (Sept to Nov)	WINTER (Dec to Mar)	SPRING (Apr to Jun)
Basketball (Girls)	Badminton	Baseball (Boys)
Cross Country Running	Basketball (Boys)	Rugby
Football (Boys)	Curling	Soccer (Girls)
Golf	Hockey	Track and Field
Soccer (Boys)	Ski (Nordic & Alpine)	
Tennis	Volleyball (Girls)	
Volleyball (Boys)	Wrestling	

CLUBS

Social, art, academic and interest clubs are an ideal environment for international students to meet their classmates in smaller settings. Friendships are more

easily made when you already have a common interest. Clubs meet before or after school, or during the lunch hour. **Get involved! It's the best way to make friends!**

SAMPLE

ARTS & CULTURE	SCIENCE & TECH	RECREATIONAL/SPORT
Art Club	DECA competitions	Environment Club
Bands - concert, jazz	Math Club	Geography Club
Choir, Dance, Drama	Robotics Club	Leadership Club
Fashion Show	Science Club	Multicultural Students
French Club	Stage Crew	Prom Committee
Musical Theatre	Yearbook Committee	Outdoor Club
Photography Club		Ski / Snowboard Club
Reading Club		Student Council

PROFILE

Typical School Schedule

TIME	
8am - 9am	Classes begin
Most classes are 70-80 min in duration 4-5 class periods daily	
12pm-2pm	Lunch Period
Typically 40-60 minutes	
2:30pm - 3:30pm	School day ends
After school sports or clubs meet until approx. 4:30-5:00 pm	

Typical School Facilities

School facilities vary. The following are the most common facilities in Canadian schools:	
Classrooms	Gymnasium(s)
Science labs	Sports Fields
Computer labs	Fitness Room
Cafeteria	Art Rooms
Auditorium	Music Rooms
Library/Learning Commons	Dance studio
	Media Arts
Student Counsellors	Technology-Workshops
Teaching kitchens	Student lounges



Age to Grade Equivalencies

AGE (by Dec)	GRADE
12	7
13	8
14	9
15	10
16	11
17	12

HIGH SCHOOL TIMELINE

The Canadian school year is 10 months long and operates from September until June. In most schools, students can begin their studies in either Semester 1 (September-January) or Semester 2 (February-June).

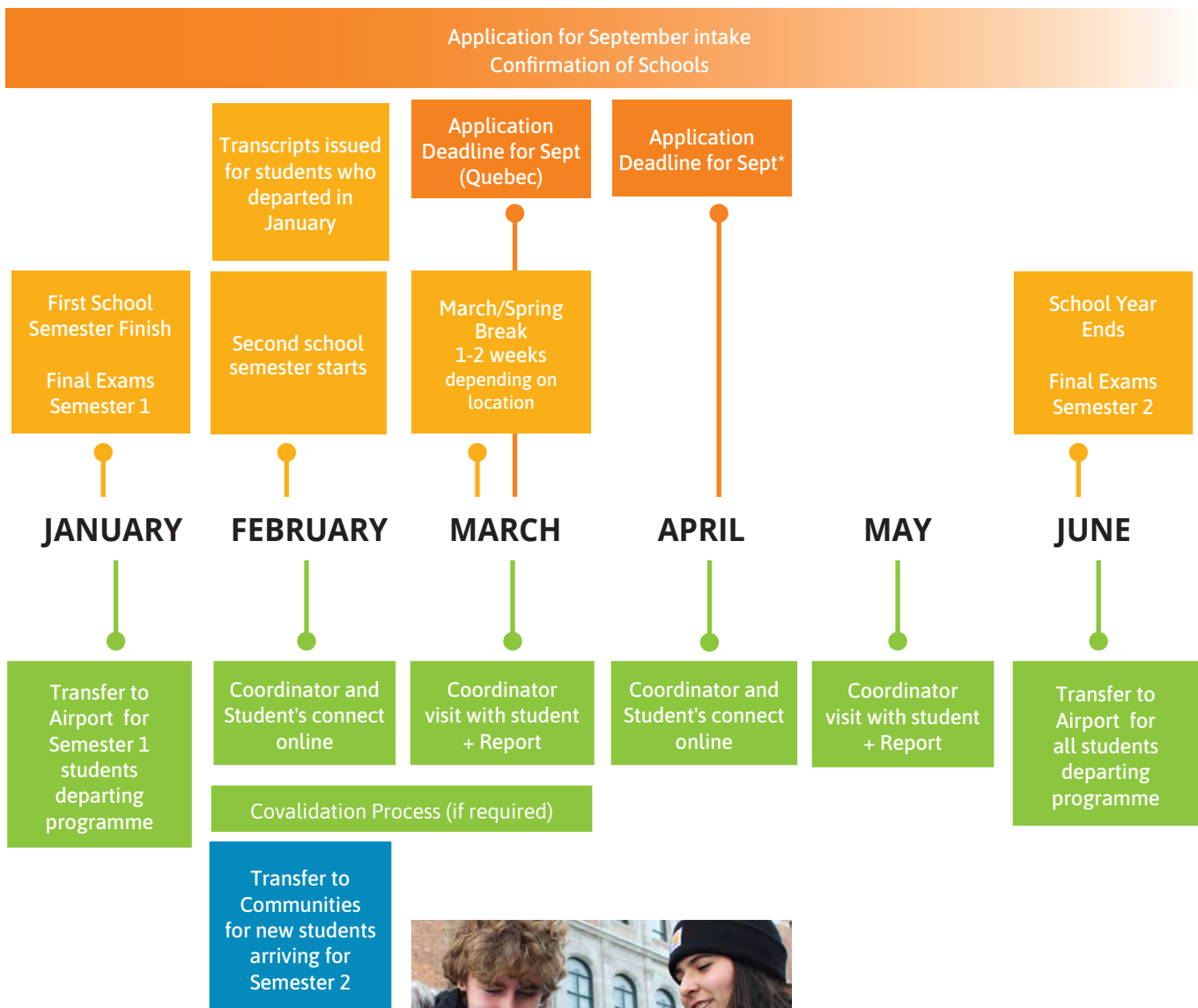
LEGEND

APPLICATION PROCESS

HIGH SCHOOL YEAR

CISS SERVICES (ON-GOING)

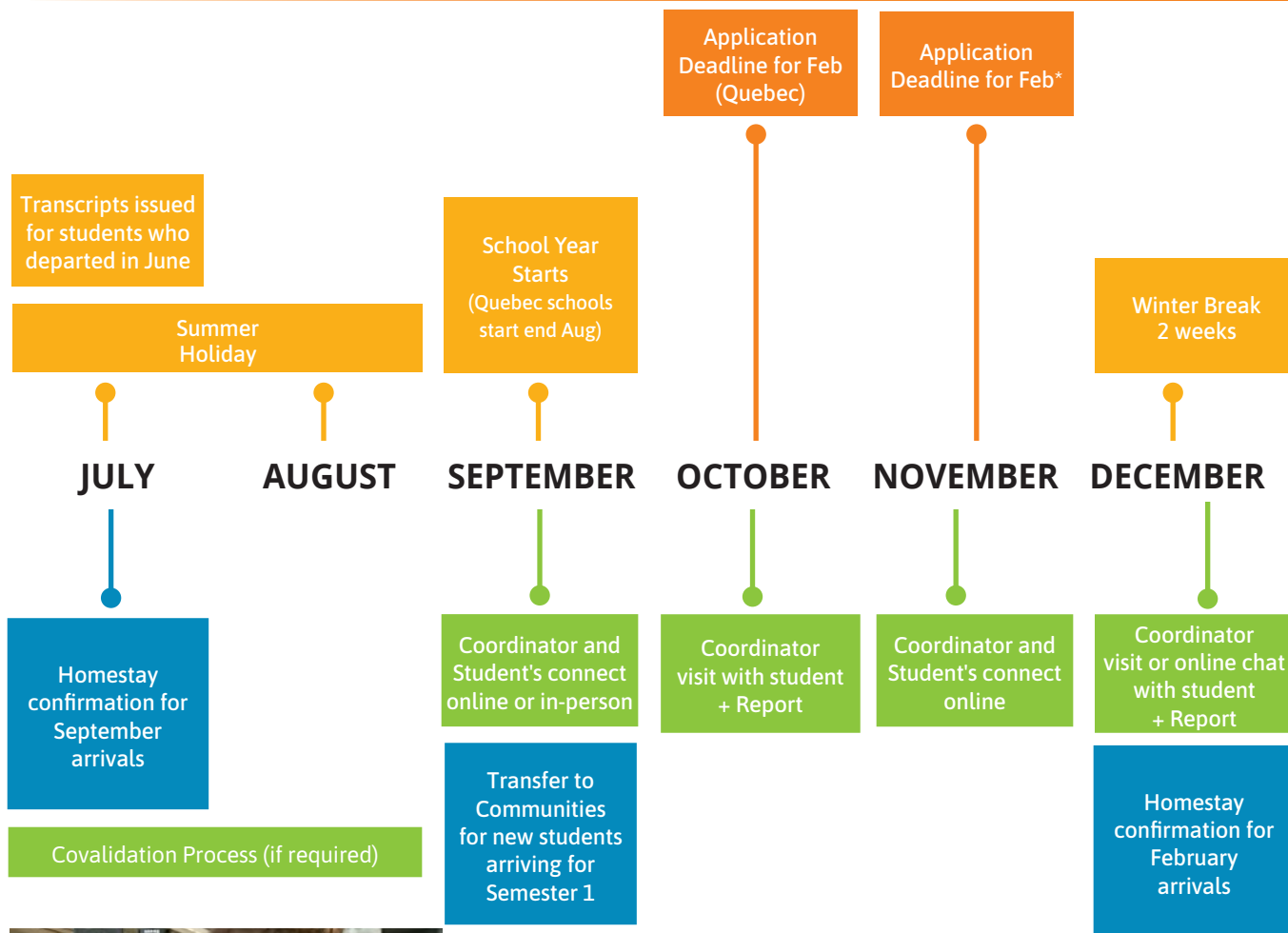
CISS SERVICES (NEW STUDENT)



Dates for specific events may vary.



Application for February intake
Confirmation of Schools



*School districts/boards control intake for their own schools, and may close applications earlier than the listed deadline.

YOUR HOME AWAY FROM HOME

The nurturing environment in a host family provides the support and care that students need to focus on their programme, achieve great academic results and successfully adjust to their new Canadian lifestyle.

This is the preferred option of accommodation for 99% of international students in Canada.



"Our student has been a dream come true. I adore her and so do the boys. She is polite, active, friendly and engaged. I couldn't have asked for a more pleasant student to welcome into my home. My entire family loves her."

- Wolfe family, Windsor

What is a homestay?

Host families are among the most welcoming and generous people in Canada. They open their homes and share their lives to ensure international students are in a secure and stable home environment while integrating into their new Canadian community and school.

Host families cannot be described in one "perfect" picture. Just as families around the world vary in their size, arrangements and demographics, so too do CISS host families. What they all have in common is their desire to share the Canadian experience and provide a caring home environment to students from around the world.

What are the requirements?

CISS's internal homestay team (Homestay) screens, interviews and constantly monitors host families to ensure top quality care, safety and comfort for each student. Host families must be willing to provide the care and nurturing that a teen student requires, not just scholastically, but also socially and culturally. An English-speaking home environment (or French where required) is critical to ensuring students see an increase in their linguistic fluency. Families are encouraged to include the student in their daily activities. For an international student, he or she will become a member of their new Canadian family.

Building this special relationship requires a openness by both the student and the host family.



Why do families host?

Families choose to host for a wide variety of reasons. Many are proud of their community and want to share this with newcomers or find hosting to be an ideal way for their own children to know more about the world through having international students. Others have grown children and see this as an opportunity to continue to be parents.



What is the screening process?

CISS employs regional homestay coordinators, who recruit the families. New families are often referred by current hosts, or respond to general information sessions. A personal home inspection ensures the home is clean and well kept, and that there is a suitable private bedroom for the student. Adult family members must, under provincial laws, submit to a police reference check.

Who monitors the family?

We are privileged to be a well-respected company, known for ensuring standards and personal contact with the hosting families. We employ coordinators in each city or region to manage, recruit and monitor the hosts in that area. During the programme, these coordinators closely monitoring each student's well-being through regular home visits and communication with host families. This information is incorporated into the CISS reports which are provided for every student, twice per semester.

This programme is so important. It can make you grow and discover new things. In the future you will always remember the people you met here and all the experiences you had.

Manuel, Spain

Are host families paid?

CISS host families are compensated for hosting a student. We stress, however, that the financial reimbursement is intended to help offset the costs of having another family member. It is never intended to constitute a supplemental income.

Can we select our host family?

Our capable student coordinators and homestay team do their best to review student interests, likes, dislikes, allergies, school placement and activity requests when making the best possible match. We understand that a host family can never replace the student's own family. We know that the host family may have a different composition or background. It is vital to overall success that students and natural parents receive their host family with an open mind and an open heart. Host families are people who have chosen to open their homes and their lives. CISS, therefore, does not typically present a choice of families.

We always monitor the student to ensure that our choice was indeed a good match.

5000+

REGISTERED HOST FAMILIES



Private
Bedroom in a
family home



A desk for
studying and
homework



Breakfast
Lunch
Dinner



Safe and
supportive home
environment

THE DIVERSITY OF HOST FAMILIES



**From different
cultures and
backgrounds, host
families can be:**

Nuclear Families
Blended Families
Single Adults
Couples

CHOOSE YOUR CANADIAN EXPERIENCE



The Classic

Our classic experience is the one most typical for an international student. This option provides the maximum degree of flexible and choice when it comes to placement city and school.

Designed to meet the needs of the typical international student, our CLASSIC programme offers integration into a local high school and host family. Placement is supported by athletics and extra-curricular opportunities.

- Maximum level of choice in terms of placement city and school
- Choice of classes is based on combination of core academic plus diversified learning based on student's interests and learning goals
- High level of confirmed acceptance into programme
- Covalidation possible

AGE
12 to 17
LANGUAGE LEVEL
All Levels
ACADEMICS
Minimum 65%
DURATION
5 or 10 Months
CLASSES
4 Classes / Semester
INTEGRATION
Integration into the School Life



Le Français

Le Français is a programme for students seeking more than just one French class in their timetable. CISS can arrange this in three different ways: Bilingual Experience, French Immersion and Francophone Experience.

Bilingual Experience: English school in a community where both French and English are spoken. Student can take one French language class

French Immersion: English school that offers a French Immersion programme (2-3 academic classes per year taught in French, in addition to a French language class)

Francophone Experience: French language schools in a Francophone community. All classes taught in French

- A combination of core academic plus diversified learning based on student's interests and learning goals as well as French class as per programme selected.
- Covalidation possible

AGE
12 to 17
LANGUAGE LEVEL
Intermediate + English Plus Intermediate + French
ACADEMICS
Minimum 65%
DURATION
5 or 10 Months
CLASSES
4 Classes / Semester
INTEGRATION
Integration into the School Life



The Graduate

Our Graduate programme is intended for students whose goal is to obtain a high school diploma from a Canadian high school and continue to a Canadian or US university.

This is a demanding option that requires highly academic and motivated students. Successful granting of a high school diploma is not a guarantee and is offered upon successful completion of all required diploma elements, both academic and other.

- Class timetable designed to maximize courses needed to fulfill diploma requirements
- School will perform a credit equivalency review and apply appropriate courses from student's home school toward diploma
- Additional non-class requirements must also be met including: passing required provincial tests and volunteer hours
- Students have the intention to apply to a Canadian or US university
- Covalidation possible

NOTE: not recommended for students entering their last year of high school. Requirements may be too broad to be accomplished in just one year.

*These are general guidelines. Conditions may vary according to community and school.

AGE
14 to 16
LANGUAGE LEVEL
Intermediate +
ACADEMICS
Minimum 75%
DURATION
Minimum 2 years
CLASSES
4 Classes / Semester
INTEGRATION
Integration into the School Life



The Canadian Explorer

In this lower-cost, no-choice academic year option, CISS chooses a placement in an Ontario city or town where the student will be one of only a few international students in the school, offering a truly unique Canadian high school immersion experience.

We have designed this programme for students aged 15 or 16, who are eager to embark on a full immersion in a typical school in a small Canadian town or city. CISS staff carefully select the the location and school in which the student will be placed. The placement options are subject to our ever-changing inventory.

- Students must be open-minded to accept their community, school and host family placement as the programme does not allow students to choose the location
- Locations are currently situated in Central and Northern Ontario
- Communities range in population from approx 8,500 to over 50,000 residents
- Average size of a high school ranges from 400 students to 1000+
- Covalidation possible

AGE
15 or 16 only

LANGUAGE LEVEL
Intermediate +

ACADEMICS
Minimum 70%

DURATION
5 or 10 Months

CLASSES
4 Classes/Semester

INTEGRATION
Integration into the School Life



The World Student

The World Student is one who seeks to take either AP (Advanced Placement) classes or be accepted into an IB programme for the purpose of furthering their university placement options in universities around the world.

The WORLD STUDENT is highly demanding, requiring an applicant with strong academic and English proficiency. IB or AP programmes may require students to have already completed similar pre-programme courses in home country.

- IB – student enrolls in programme and takes classes as per IB curriculum
- AP – student enrolls in select AP level classes at the grade 12 level. Class offerings vary by school.
- Additional costs apply
- Student must be able to rise to academic challenges and handle increased amounts of independent work
- Student is able to perform to programme standards in high level English environment
- Covalidation possible

AGE
17 for AP
16 for IB

LANGUAGE LEVEL
Advanced English

ACADEMICS
Minimum 75%

DURATION
5 or 10 months (AP)
2 years for IB

CLASSES
4 Classes / Semester

INTEGRATION
Integration into the School Life



The Experience

The Experience programme is designed as a non-academic, short-term integration to give students a sampling of life in Canada and in a Canadian school. Programme is non-credit with durations of 2, 3 or 4 months.

We understand that some students are not able to attend a full 5 or 10 month programme. Available therefore to individual as well as school groups, the Experience programme is designed as a non-academic, short-term integration to give students a sampling of life in Canada and in a Canadian school.

- Student timetable based on availability in courses. Limited requests for specific courses may be accommodated
- Select communities and schools only
- Programme offered for individuals or groups
- Group ESL possible
- This is a NON-CREDIT programme.
- Covalidation is not possible

AGE
12 to 17

LANGUAGE LEVEL
All Levels

ACADEMICS
Minimum 65%

DURATION
2, 3 or 4 months

CLASSES
4 Classes

INTEGRATION
Integration into the School Life

MAKING THE MOST OF YOUR EXPERIENCE!

You've taken the first steps in deciding to come to Canada; and now you understand the ups and downs of acclimatizing to life in a new culture. GREAT! Now let's discuss how you can get the most out of your experience.

When you arrive, the basic elements of your programme are already arranged: you have your new city, your school class timetable, a host family and your CISS coordinator that are ready to help you ease into your Canadian life. But to make all these elements work to become a great experience, you need to reach deep inside yourself.

Join Clubs: This is by far the best way to meet and connect with other students who will become your friends. It's very daunting to enter a new classroom for the first time, full of strangers (and to have to do this for EACH of your classes). Similarly, trying to make a friend in a sea of strangers in a huge cafeteria is not a simple task. Break it down. What do you enjoy doing? What are your hobbies? Do you like Photography? If so, join the photography club. You will suddenly be in a very small group of teens all with the same interest. Conversation will be easier, and smiles will come more readily. It's much easier to initiate a conversation with one or two people, than to try to hand-pick a friend in a classroom (but don't worry, that too will come as you get to know your classmates). Canadian high



schools offer a wide range of clubs to suit all interests- from arts and music, drama and fashion to math clubs, technology groups and more.

Try out for a sport: Are you a basketball player? Try out for the team! You cannot gain success if you don't try. Most coaches are happy to welcome new players - especially if you already have solid skills in a sport. Never played a sport? It might be a challenge to make the team, but lunchtime offers friendly recreational sports opportunities in the gym or outside. Don't be afraid. Some of our past students have become the 'star' player for their schools which gave them a real sense of belonging.

Communication: It's a two-way street! When someone takes an interest and starts to ask questions, answer back and then ask your own questions. By showing an interest, and actually communicating, rather than simply providing one-word answers, you will bring out your personality and show others what makes your heritage so great, and why you make an interesting friend. Our most successful homestay experiences are with students who talk to their families, who share their joys and their concerns. In today's world, communication is a key skill that employers and social partners seek.

Community involvement: Most Canadian diploma requirements include community service hours. The purpose is to ensure that students develop a sense of responsibility toward their community that will continue to serve them in adulthood. For international students, community involvement is an equally gratifying way to learn about their host city or town, and to learn about their environment outside of school. Communities are more than just shopping malls and brand name coffee shops. Independently owned shops and restaurants form the heart of neighbourhood and community.

It's time now to start your amazing new journey. Make it your own! Two students in the same school can have very different experiences. Seize the day! Seize every opportunity. No one else can make this perfect - that is only something that YOU can do!



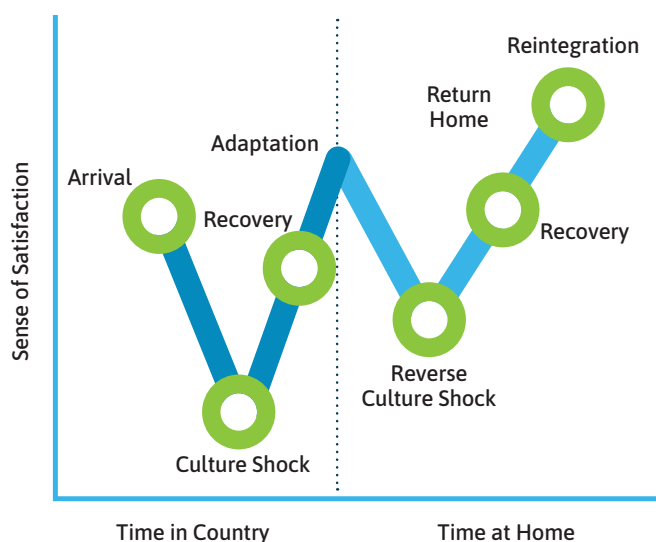
ADJUSTING TO CULTURE SHOCK



Studying in Canada is an exciting adventure. You will be confronted with many new experiences – food, family life, geography, weather, and of course your new school. In the first few weeks, you'll meet lots of new friends, and learn new things at a fast pace. Sounds wonderful, right? It is! But most students also experience some degree of culture shock, and it's important to be aware of the process.

How and when it happens, and how severely, is different for everyone, but after the initial “honeymoon period” wears off, students may find they start to feel a little low. Speaking English (or French) all the time suddenly feels less exciting than it was at the beginning, more like a chore. You start to miss the foods you love, and the people in your life “back home”. If you arrive in September, these negative feelings coincide with sun starting to rise later and set earlier as the northern hemisphere moves into the autumn cycle, worsening the feeling.

Don't despair! This is a totally normal process, and there is a great light at the end of the tunnel. The key to dealing with culture shock is being aware that it's happening, and using some strategies to help you through it. First, let's take a look at the typical process:



Most students hit the first dip somewhere around the end of September/early October (or end of February/early March, if you're starting in the second semester). One important strategy to help you deal with those feelings is to communicate. Talk to your host family or your CISS Coordinator about how you're feeling. Or your teachers and counselors at school. Take advantage of the fact that there are lots of people looking out for you in this programme.

It's also important to make plans to stay active. Staying in your room by yourself, texting friends or family back home, is the worst thing you can do. Remember why you came to Canada! So seize the day, get outside, and get active. Joining a club at school is a great way to improve your mood.

Don't have hobbies? This is a good time to pick up a new one. In the fall, hiking is a great way to get some exercise and appreciate the beautiful colours of autumn; if it's in February, you could try skating or skiing, activities which you can find anywhere in Canada. In fact, just the process of making plans helps your brain overcome the low emotions.

Soon enough you'll push through the dip and start feeling positive again. This is very powerful because it means you're starting to truly adapt and come to deeply understand your new “home”. Some of the most important learning will happen during this stage, and will continue until you leave.

So that's the end of Culture Shock, right? Not so fast! Look at the graph again; most people face a second dip when they return to their home countries. You'll start to question things about your own culture, and now you'll miss people and things you came to appreciate in Canada. You might find it's difficult to really make friends and family understand the experience you've been through, and sometimes that can feel a little bit lonely. But now you have the strategies – talk, make plans, stay active, and be aware of your own emotional journey. At the end, you'll be a much more mature person with a deep and enduring understanding of culture and the world, and that's one of the main objectives of the programme.

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SUMMER EXPERIENCES

CISS is proud to offer a variety of unique summer programmes, providing relevant learning and experiential opportunities.

- Join one of our **SUMMER CITY PROGRAMMES** and improve your **ENGLISH** while meeting new friends from around the world.
- Choose from a variety of courses designed to challenge young learners .
- Join our **GLOBAL LEADERSHIP** programme and explore what it means to make positive change in your community.
- Student starting to think about post-secondary education will benefit from the **ACADEMIC AND CAREER PREP** course.
- Discover a new path to success with our **ENTREPRENEURSHIP** course, which aims to develop integral skills such as critical thinking, innovative decision-making, problem-solving and teamwork.





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CUSTOMIZED GROUPS

Our Customized Group Study Tours offer students the chance to learn and practice English or French, become part of a new community, enjoy unique activities and have a genuine Canadian cultural and educational experience.

CISS tailors the Canadian experience according to the learning focus of the client. We can customize for study focus, duration, size of the group, type of accommodation, tour structure and excursions and activities. Active in over 40 locations across Canada, our team has a profound knowledge of each community, and is ready to work with you to build an unforgettable experience.

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