

Short-Term and Customized Programs | 2026

Kamloops, BC, Canada

Live it. **Learn it.** Speak it!



THOMPSON
RIVERS
UNIVERSITY

TRU



Welcome! Weyt-kp.



At Thompson Rivers University (TRU), our short-term and customized programs immerse you in hands-on learning and unforgettable Canadian experiences, all on a campus known for its breathtaking setting and global community. You'll build real skills, explore new perspectives, form new friendships and leave with the confidence to take your next step anywhere in the world.





TRU's campuses in Kamloops and Williams Lake are on the unceded and ancestral lands of the Tkémłúps te Secwépemc and the T'exelc. As an international student, you'll study in a place shaped by Secwépemc history and culture and join a community that learns from and respects these lands.

A WORLD OF PERSPECTIVES.

DISCOVER TRU.



A truly global campus

14,000+ students including 3,000+ international students from 100+ countries and regions.



Diverse program offerings

Our short-term programs can be customized for any topic TRU offers. This includes, business, science, arts, health, trades, engineering, education, law, tourism, AI and more.

Language support

We offer services to program participants in Chinese (simplified and traditional), Korean, Russian, Spanish, Hindi and English.



Flexible pricing

Programs are built with participants in mind. We provide flexible pricing options, so all programs can be adjusted to suit almost any budget.



YOUR HOME AWAY FROM HOME: KAMLOOPS

EXPLORE BC AND BEYOND



100+
lakes within
an hour's drive

2,000+
hours of sunshine

One of BC's
**most
affordable
cities**

1,500+
events and activities
every year

100,000+
people in our
thriving city

truworld.ca/itc

WHERE EVERY PROGRAM HELPS YOU GROW

For more than 30 years, TRU's International Training Centre has delivered short-term and customized programs trusted by families, schools, governments and organizations around the world. With any program you choose, you'll experience high-quality instruction, hands-on learning and a supportive community that helps you thrive.

Every short-term program provides:

- experienced, certified instructors who understand the needs of diverse learners
- student-centred learning that encourages participation and personal growth
- customized, content-based curriculum
- small class sizes for individualized attention
- flexible assessment options to track progress
- engaging cultural and recreational activities
- collaborative learning environments
- a safe, supportive learning environment
- an intercultural campus community
- end of session surveys to ensure consistent program quality



Colegio Mexicano de Estudios de Posgrado Jurídicos y Económicos.



SHORT-TERM PROGRAMS

Whether you are joining one of our open programs or looking for customized group training, we'll work with you to make your experience enjoyable and hassle-free. The ITC team has more than six decades of combined experience creating programs for international learners.

We provide:

- fast, professional registration for groups and individuals
- development of customized programs for groups
- pre-arrival support
- letters of acceptance for visa applications
- visitor visa application assistance through our partner BorderPass
- medical insurance for the duration of your program
- customized cultural activities
- homestay, residence or hotel accommodation booking
- airport or bus station pick-up and transportation
- participant support while on campus
- free campus WiFi
- cultural and recreational activities
- knowledgeable, supportive instructors





Seohyun Kwak
SOUTH KOREA

"Most of the people I met in Kamloops were supportive and patient, so even though my English was not perfect, they waited for me and treated me with respect.

This helped me speak English with more confidence. Living in a multicultural, English-speaking environment also helped me figure out my career goals as an international nurse working with NGOs."

Language and culture program student, January 2026



OPEN PROGRAMS

FOR AGES 14 TO 30

Learn alongside enthusiastic English learners from around the world. Enjoy a schedule designed to help you meet your goals. Experience Canadian culture with plenty of opportunities to practice English in real life situations and build lifelong friendships.

While learning English is the main focus, we also curate fun activities that enrich your language learning experience. The result is a motivating program that builds your English skills, broadens your perspective and prepares you for new opportunities.

What is included:

- Homestay accommodations, including meals
- Dormitory or hotel accommodation is also available
- Pick-up and drop-off at a designated airport or bus depot
- Free Wi-Fi on campus
- Support from instructors in the classroom and during activities
- Access to library and computer labs
- Certificate of completion
- Unlimited use of the Kamloops transit system
- All scheduled cultural and recreational activities
- Support from our international student advisors

Language and culture programs

Length: 3 to 4 weeks | Age groups: 14 to 30

Offered in January, February, July and August every year, our language and culture programs welcome individuals and small and large groups. Each program builds your skills in speaking, listening, writing, reading, vocabulary and grammar.

Take part in hands-on workshops that strengthen your intercultural communications skills.

All programs include an orientation to TRU's campus and the City of Kamloops.

Enhanced language and culture transition program

Length: 3 weeks | Age groups: 17 to 30

We've added six enhanced sessions to our three-week summer language and culture program.

This program includes:

- Enhanced language studies: focused on helping students achieve the best possible results on the Accuplacer test.
- Enhanced study skills: practical workshops on efficient study strategies are explored.

Reduced rates are offered for students enrolled in a TRU academic program.

Language and culture soccer program

Length: 3 weeks | Age groups: 14 to 30

Take your soccer skills to the next level. This program blends language studies and cultural activities with soccer skills training and strengthen training. Learn from TRU's varsity soccer team, the Wolfpack, and build your understanding of health and nutrition from industry experts. Enjoy showcasing your skills at the end of the program.

COURSE DESCRIPTIONS

These courses are a key part of our open programs. They are often the highlight for students and can also be included in any customized program.

Language studies

Using a communicative, student-centred approach, instructors guide students through customized lessons and activities with a focus on language development. Along with speaking, listening, reading and writing, students focus on vocabulary development, reducing grammatical errors and learning content that prepares them for scheduled cultural activities.

Intercultural communication skills workshops

All language and culture programs begin with four interactive workshops that help students build strong intercultural communication skills. Participants explore the meaning and basic elements of culture, experiment with verbal and non-verbal communication and reflect on their own strengths and weaknesses to deepen their cultural awareness. During these sessions, we also assess each student's English level to help place them in the right group for the remainder of the program.

Electives

Students can choose one elective from the options below. We do our best to ensure each student gets their first choice, however if it isn't available, then second or third choices may be considered.



- **Applied English:** Students work with a partner to choose an interesting topic, research it and create a poster-style presentation.
- **Global citizenship:** Students gain a deeper understanding of their rights and responsibilities as a global citizen and explore key concepts such as diversity and privilege.
- **Healthy choices:** Students learn about healthy eating, exercise and maintaining their mental well-being, while building their English vocabulary.
- **Leadership skills:** Students explore basic leadership theory, identify their own leadership style and learn about effective communication techniques.
- **STEM English skills:** Designed for students with interests in science, technology, engineering or mathematics. Students learn field-specific terminology, develop functional language and practise working with numbers in English.
- **Sustainability:** Students discover ways to make safer, cleaner choices for the planet, learn about zero-waste living and explore sustainability projects on campus.
- **English for professional success:** Participants practise professional workplace skills including introductions, project planning, public speaking, presentation skills and job interview techniques.

Open program recreational activities

Our program activities are dependent on the season. Some may include:

- curling
- gold panning
- hiking
- ice skating
- indigenous artwork
- indoor rock climbing
- kayaking
- orchard visits
- skiing/snowboarding
- sleigh rides
- snowshoeing
- student social/dance
- tubing
- waterfalls and nature visits
- waterpark/waterslides
- wildlife park



4-WEEK LANGUAGE AND CULTURE PROGRAM (SAMPLE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Arrive in Kamloops</p> <p><i>SAMPLE</i></p>	<p>Welcome reception 9 – 9:30 a.m.</p> <p>Program orientation 9:30 – 11 a.m.</p> <p>Selection of elective 11 a.m. - noon</p> <p>Campus Tour 1 – 3 p.m.</p>	<p>Intercultural communications workshop 9 a.m. – noon</p> <p>Downtown city tour 1 – 4 p.m.</p>	<p>Intercultural communications workshop 9 a.m. – noon</p> <p>Orientation to Kamloops 1 – 3 p.m.</p>	<p>Language studies 9 a.m. – noon</p> <p>Language studies 1 – 4 p.m.</p>
<p>Language studies 9 a.m. – noon</p> <p>Elective 1 – 4 p.m.</p>	<p>Full day seasonal cultural activity 8:30 a.m. – 5 p.m.</p>	<p>Elective 9 a.m. – noon</p> <p>Language studies 1 – 4 p.m.</p>	<p>Elective 9 a.m. – noon</p> <p>Language studies 1 – 4 p.m.</p> <p>Student social 7 – 10 p.m.</p>	<p>Language studies 9 a.m. – noon</p> <p>Language studies 1 – 4 p.m.</p>
<p>Language studies 9 a.m. – noon</p> <p>Seasonal cultural activity 1 – 3 p.m.</p>	<p>Elective 9 a.m. – noon</p> <p>Language studies 1 – 4 p.m.</p>	<p>Language studies 9 a.m. – noon</p> <p>Language studies 1 – 4 p.m.</p>	<p>Elective 9 a.m. – noon</p> <p>Seasonal cultural activity 1 – 4 p.m.</p>	<p>Language studies 9 a.m. – noon</p> <p>Afternoon free</p>
<p>Elective 9 a.m. – noon</p> <p>Language studies 1 – 4 p.m.</p>	<p>Language studies 9 a.m. – noon</p> <p>Seasonal cultural activity 1 – 3 p.m.</p>	<p>Full day seasonal cultural activity 8:30 a.m. – 5 p.m.</p>	<p>Language studies 9 a.m. – noon</p> <p>Language studies 1 – 4 p.m.</p>	<p>Language studies 9 – 10 a.m.</p> <p>Closing ceremony 10:30 a.m. – 12:30 p.m.</p>



CUSTOMIZED PROGRAMS

Customized programs are available for both small and large groups. They can include specific areas of study, such as intercultural communication, along with specialized training in any area or field TRU offers.

TRU has partnered with educational institutions, governments, corporations, non-profits and agents to build tailored programs. We have a proven track record of meeting the unique requirements of our partners. Programs can be delivered on the TRU campus, elsewhere in Canada, online or abroad.

We draw on the strengths of our academic departments to develop programming in almost any field; we can include cultural and recreational activities at your request. The programs below are examples; however, we are also happy to design a program tailored to your exact needs.

English for specific purposes

English for specific purposes (ESP) programs are intensive and target the precise vocabulary and expressions required in a particular field of study. These programs build listening, speaking, reading and writing skills to support effective communication in professional contexts.

Trades and technology

We work with partner organizations to assess knowledge and skills against international standards and develop customized programs that upgrade technical and operational abilities.

Business

We offer programming in areas such as international trade policy, international business, management practice and leadership development.

Additional areas of expertise

We also offer customized programming in:

- business English and sports (e.g., golf or skiing)
- environmental sustainability
- tourism
- engineering
- trades and technology
- information technology
- natural resources sciences
- tourism and adventure studies
- AI and computer science
- health sciences
- social work
- psychology
- early childhood education
- culinary arts
- arts
- regenerative agriculture



Eito Hayashi
JAPAN

“Living in Kamloops felt like a dream to me. I met so many kind and welcoming people, and they helped me understand how important it is to embrace different cultures and values. While studying at TRU, I also volunteered at a childcare centre for my fieldwork. There, I learned more about Canadian education and how children are supported in a caring environment. Because of this experience, I realized that in my future career, I want work that involves helping people from different countries.”

*Short-term program student,
fall 2025*

PROFESSIONAL DEVELOPMENT PROGRAMS

Our professional development programs introduce participants to the latest developments in theory and practice within their field. Each program explores current, widely relevant themes and delivers course content in a communicative, learner centred format. Our instructional team acts as facilitators, creating space for reflection, collaboration and real-world application.

A popular feature of these programs is the dedicated time for small group and one-on-one seminars. As with our customized programs, professional development can be delivered on the TRU campus, elsewhere in Canada, online or abroad.

When participants complete the program, they leave with practical techniques, strategies and resources they can apply immediately in their workplace.

Professional development for educators or administrators

We have delivered professional development programs to thousands of educators at all levels, often in partnership with local school districts or other educational organizations. We also have strong expertise in institutional development, including curriculum design, faculty development and the creation or expansion of educational systems and institutions.

Depending on the needs of the group, we can include the following optional topics such as:

- techniques and methodology
 - English for educators
 - educational leadership
 - intercultural communication
 - Canadian culture
 - music, drama and art in the classroom
 - education and the media
 - global education
- Programs may also include:**
- guest speakers
 - poster sessions and/or portfolio preparation
 - Canadian adventure activities

Skill development and field work programs

We offer customized programs that prepare students and professionals to succeed in technical work. Engineers and technologists need strong technical knowledge, but they also need the communication skills required to work with supervisors, colleagues and clients in today's global workforce.

Our programs combine technical skill development, enhanced English proficiency and hands-on experience. Skill development and field work programs can be customized for a wide range of trades or technical fields, including:

- Water and wastewater technology
- Architectural and engineering technology
- Heavy-duty equipment
- Industrial mechanic (millwright)/machinist

4-WEEK AI FOR REAL WORK PROGRAM (SAMPLE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Welcome reception 9 – 9:30 a.m. Orientation 9:30 – 11 a.m. Campus tour 11 a.m. – noon Downtown city orientation 1 – 4 p.m.	Intercultural communications 9 a.m. – noon AI for the workforce 1 – 4 p.m.	Global citizenship 9 a.m. – noon Global employment skills 1 – 4 p.m.	Intercultural communications 9 a.m. – noon AI for the workforce 1 – 4 p.m.	AI for the workforce 1 – 4 p.m. Global employment skills 1 – 4 p.m.
Global citizenship 9 a.m. – noon Global employment skills 1 – 4 p.m.	Intercultural communications 9 a.m. – noon AI for the workforce 1 – 4 p.m.	Full day seasonal cultural activity 9 a.m. – 5 p.m.	Intercultural communications 9 a.m. – noon AI for the workforce 1 – 4 p.m.	Global citizenship 9 a.m. – noon Seasonal cultural activity 1 – 3 p.m.
Full day seasonal cultural activity 8:30 a.m. – 5 p.m.	Intercultural communications 9 a.m. – noon AI for the workforce 1 – 4 p.m.	Global citizenship 9 a.m. – noon Global employment skills 1 – 4 p.m.	Intercultural communications 9 a.m. – noon AI for the workforce 1 – 4 p.m.	Global citizenship 9 a.m. – noon Free afternoon
Global citizenship 9 a.m. – noon Global employment skills 1 – 4 p.m.	Intercultural communications 9 a.m. – noon AI for the workforce 1 – 4 p.m.	Global citizenship 9 a.m. – noon Seasonal cultural activity 1 – 3 p.m.	Intercultural communications 9 a.m. – noon Global employment skills 1 – 4 p.m.	Programs debrief 9 – 10 a.m. Closing ceremony 10:30 a.m. – 12:30 p.m.

BUILD YOUR OWN EXPERIENCE

Weekend excursions and day trips

We offer optional weekend excursions and day trips that can be added to any customized or professional development program and tailored to your group's needs and budget. Previous trips have included visits to Vancouver, the Okanagan wine country, Banff, Sun Peaks and Whistler Blackcomb.

Job shadowing opportunities

Available for certain customized programs, the job-shadowing module gives students the chance to gain Canadian workplace experience in a local business.

The module integrates classroom learning with practical exposure to day-to-day operations. Students begin by observing and following a trained employee, then gradually take on additional duties. After completing the job shadow, students leave with valuable experience to add to their résumé.



HOUSING

Homestay

Managed by TRU World staff, TRU's Homestay program is an excellent way to experience Canadian culture and practise English while living with local families or individuals. More than 450 carefully selected Canadian homestay providers participate in the program. Students enjoy a furnished bedroom, three meals a day plus snacks and the chance to live as part of a Canadian family while sharing their own culture.

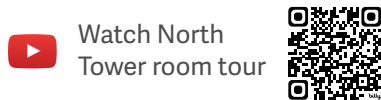




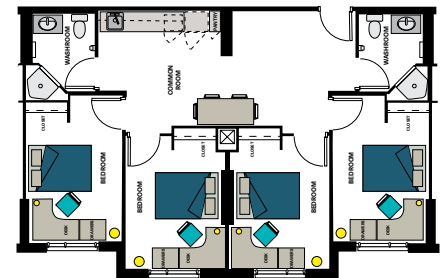
North Tower residence

During the summer, rooms at one of our TRU Residence buildings may be available.

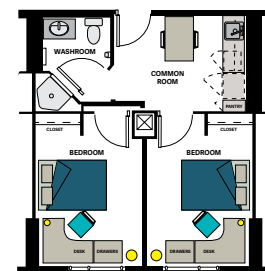
The 11-storey North Tower offers one of the best views in the city and includes premium amenities such as a cardio room, dance studio, patio with a large barbecue, games room and regular social activities.



North Tower 4 Bedroom Plan



North Tower 2 Bedroom Plan



Hotel

Hotel accommodations may be available depending on the season. Check with the ITC team for current options and booking details.

Meals are included in homestay accommodations, but not in residence or hotel options.

APPLY FOR YOUR CANADIAN VISITOR VISA WITH BORDERPASS AT TRU

Applying for a visitor visa is a crucial step in starting your TRU journey. That's why we've partnered with BorderPass to give international students access to expert immigration support at no extra cost.

BorderPass guides you through completing your visitor visa, ensuring accuracy and completion, which increases your chances of success! With BorderPass, you receive:

- A secure online platform to prepare and submit your application
- Personalized guidance from trusted Canadian immigration lawyers
- Ongoing updates on your visa status and key deadlines

TRU covers all legal fees and subscription fees for applicants. Students are responsible only for applicable government (IRCC) fees for visitor visa processing and biometrics.

Learn more at tru.ca/borderpass







truworld.ca/itc

International Training Centre, Thompson Rivers University
globaltraining@tru.ca

