Short-Term Programs for International Students | 2023
KAMLOOPS, BC, CANADA

Live it
Learn it
Speak it!
Hello!
WHO ARE THESE PROGRAMS FOR?

Thompson Rivers University offers many short-term, non-credit programs throughout the year for international students. Students participate in exciting, uniquely Canadian activities with a diverse group of students from around the world.

1. Meet students from around the world

Join fellow international students and experience beautiful British Columbia and life at TRU. Embark on a true adventure with new friends while learning about intercultural communication, global citizenship, STEM, sustainability, leadership and more.

2. Kamloops: the Tournament Capital of Canada

Kamloops is a modern, safe, and comfortable city in the interior of BC. The vibrant city of about 100,000 people is set in a spectacular semi-arid desert and gets over 2,000 hours of sunshine every year. With 13 golf courses, over 200 lakes within a one-hour drive, the world-famous Sun Peaks Ski Resort 45 minutes away and Vancouver a three-hour drive away, you will be sure to find a new and exciting adventure here!

3. Choose your own adventure in BC

British Columbia is Canada’s third largest province and covers a vast landscape. From the beautiful ocean views of the Lower Mainland, to the mountainous regions of eastern BC, to the semi-arid desert of the Thompson-Okanagan, you will enjoy this beautiful province.
Live it. Learn it. Speak it.
SHORT-TERM SUMMER PROGRAMMING

*Language assessment to take place at start of program*

**Language and Culture**
- Intercultural communication
- Language training
- Canadian culture and activity preparation
- Choose one specialized elective:
  - Applied English
  - Global Citizenship
  - Healthy Choices
  - Leadership
  - STEM Skills
  - Study Skills
  - Sustainability
  - Workplace English

**Global Citizenship**
- Intercultural communication
- Sustainability
- Global Citizenship
- Presentation Skills
- Canadian culture and activity preparation

**Language and Culture**
**Soccer Camp 2023**
- Strength and endurance training
- Soccer skills training from industry professionals
- Health and nutrition training
- Intercultural communication
- Language training
- International soccer tournament

**Online Language and Culture**
- Intercultural communication
- Language training
- Canadian culture
- Virtual cultural activities
- One-to-one sessions
- Conversation café

**PROGRAM ACTIVITIES**
Exciting adventures our students have taken with us:
- Curling
- Gold panning
- Hiking
- Ice skating
- Indigenous artwork
- Indoor rock climbing
- Kayaking
- Orchard visits
- Skiing/snowboarding
- Sleigh rides
- Tubing
- Waterfalls and nature visits

truworld.ca/itc
SAMPLE SCHEDULES

Activities vary depending on the time of year.
TRU is closed during Canadian statutory holidays so no classes or activities will occur on these days.

LANGUAGE AND CULTURE

A sample of a four-week Language and Culture program. The three-week programs have a similar schedule, but one week shorter.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>Welcome Reception</td>
<td>Intercultural Communications Workshop</td>
<td>Intercultural Communications Workshop</td>
<td>Language Studies</td>
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<td>Orientation</td>
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<td>10 – 11:30 a.m.</td>
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<td>Elective Selection</td>
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<td>Campus Tour</td>
<td>Downtown City Tour</td>
<td>Language Studies</td>
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<td>1:30 – 3 p.m.</td>
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<td>Full day</td>
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<td>Cultural Activity</td>
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<tr>
<td>Cultural Activity</td>
<td>Language Studies</td>
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<td>Language Studies</td>
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<td>Closing Ceremony</td>
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**GLOBAL CITIZEN**

A sample of a three-week Global Citizen program.

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<thead>
<tr>
<th>MONDAY</th>
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</thead>
<tbody>
<tr>
<td>Opening Ceremony 9 – 9:30 a.m.</td>
<td>Intercultural Competency 9 a.m. – noon</td>
<td>Global Citizenship 9 a.m. – noon</td>
<td>Intercultural Competency 9 a.m. – noon</td>
<td>Global Citizenship 9 a.m. – noon</td>
</tr>
<tr>
<td>ISA-led Orientation 9:30 – 11 a.m.</td>
<td>Cultural Activity 1 – 4 p.m.</td>
<td>Presentation Skills 1 – 3 p.m.</td>
<td>Cultural Activity 1 – 4 p.m.</td>
<td>Intercultural Competency 1 – 3 p.m.</td>
</tr>
<tr>
<td>Campus Tour 11 a.m. – noon</td>
<td>Downtown City Tour 1 – 4 p.m.</td>
<td>Global Citizenship 9 a.m. – noon</td>
<td>Intercultural Competency 9 a.m. – noon</td>
<td>Global Citizenship 9 a.m. – noon</td>
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<td>Global Citizenship 9 a.m. – noon</td>
<td>Intercultural Competency 8:30 a.m. – 5 pm</td>
<td>Global Citizenship 9 a.m. – noon</td>
<td>Intercultural Competency 9 a.m. – noon</td>
<td>Global Citizenship 9 a.m. – noon</td>
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<tr>
<td>Intercultural Competency 1 – 3 p.m.</td>
<td>Cultural Activity 9 a.m. – noon</td>
<td>Presentation Skills 1 – 3 p.m.</td>
<td>Cultural Activity 1 – 4 p.m.</td>
<td>Intercultural Competency 1 – 3 p.m.</td>
</tr>
<tr>
<td>Global Citizenship 9 a.m. – noon</td>
<td>Intercultural Competency 9 a.m. – noon</td>
<td>Presentation Skills 1 – 3 p.m.</td>
<td>Cultural Activity 1 – 4 p.m.</td>
<td>Global Citizenship 9 a.m. – noon</td>
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<tr>
<td>Presentation Skills 1 – 3 p.m.</td>
<td>Cultural Activity 1 – 3 p.m.</td>
<td>Global Citizenship 9 a.m. – noon</td>
<td>Intercultural Competency 9 a.m. – noon</td>
<td>Intercultural Competency 1 – 2 p.m.</td>
</tr>
<tr>
<td>Closing Ceremony 2 – 3 p.m.</td>
<td>Global Citizenship 9 a.m. – noon</td>
<td>Intercultural Competency 9 a.m. – noon</td>
<td>Cultural Activity 1 – 3 p.m.</td>
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</tbody>
</table>
PROGRAM DESCRIPTIONS

Our open programs are an exciting opportunity to explore BC, meet people from around the world and work on your language skills. No matter your language level or area of interest, there is something for you at TRU.

### Winter Language and Culture program

**February 13 – March 3, 2023 | $3,075**

This program has all the components of our summer open programs, but with a winter spin. Embrace a true Canadian experience by visiting Kamloops in the winter and participate in traditional winter activities such as skiing, curling, sleigh rides and snowshoeing. In between spending your time outdoors, you will participate in language classes and study different cultural theories and strategies for communicating.

### Online Language and Culture programs

**February 13 – March 3, 2023 | $1,395**

**July 11 – 29, 2023 | $1,395**

**August 8 – 26, 2023 | $1,395**

A great option for students interested in meeting new people and improving their intercultural communication skills but cannot travel. The Online Language and Culture program allows you to immerse yourself virtually in elements of Canadian culture, explore aspects of intercultural communication, participate in an elective and experience an individualized learning experience through one-to-one sessions with your instructor.

### Language and Culture Soccer Camp

**NEW**

**June 26 – July 14, 2023 | $3,155**

Take your soccer skills to the next level and meet other players from around the world. Participate in soccer skills training, language studies, strength training and cultural activities. Learn from TRU’s varsity soccer team, the WolfPack, and improve your knowledge of health and nutrition from industry experts. You will have the chance to participate in a tournament at the end of the program.

### Language and Culture programs

**NEW**

**July 5 – 28, 2023 | $3,450**

**August 9 – 25, 2023 | $3,075**

Choose an elective, attend an orientation and a TRU campus tour. Participate in Intercultural Communications classes where you will learn about different cultural theories and strategies for communicating. During these lessons you will be assessed and assigned to a class that matches your language level. From there, you will typically start your days with either Language Studies or your elective of choice and then participate in one of our many exciting cultural activities!
Global Citizenship

**August 9 – 25, 2023 | $3,075**

In our ever-changing world, it’s more important than ever to have a good understanding of how to participate in change and promote cultural understanding. Regardless of your career path, the knowledge and skills you will gain in these interesting courses will serve you well for the rest of your life.

3-week Enhanced Language and Culture Transition program

**August 9 – 25, 2023 | $2,575**

We have added additional sessions to our three-week Language and Culture program to meet the needs of international students starting academic programs in September. Topics includes:

- Enhanced Language Studies
- Enhanced Study Skills

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

CUSTOMIZED PROGRAM OPTIONS

We create customized programming to meet your needs. Some examples of previous programs include:

- English and Golf
- English and Skiing
- English and the Environment
- Business English and Canadian Culture
- Language and Music
- Language and Culinary Arts
- Customized teacher training

Contact [globaltraining@tru.ca](mailto:globaltraining@tru.ca) for more details on these programs or to request a customized program for your organization.

APPLICATION DEADLINES

**FEBRUARY PROGRAMS**

- **January 13, 2023**
  - LANGUAGE AND CULTURE SOCCER CAMP
  - May 26, 2023

**JULY PROGRAMS**

- **June 2, 2023**

**AUGUST PROGRAMS**

- **July 7, 2023**

HOMESTAY

**Live with a Canadian family.**

Managed by TRU World Staff, TRU’s Homestay Program is a great way to experience Canadian culture and practice English by living with local families or individuals. More than 450 carefully selected Canadian homestay providers are in this program. Students get a private, furnished bedroom, three meals a day (and snacks) and a chance to live as part of a Canadian family while sharing their own culture.
**HOUSING**

During the summer, housing options at one of our TRU Residence buildings may be available. These rooms fill up quickly so apply early to secure your spot.

For more information about on-campus housing, visit [tru.ca/housing](http://tru.ca/housing)

**North Tower (On Campus)**

Enjoy one of the best views in the city at the 11-storey North Tower. Access premium amenities such as a cardio room, dance studio, patio with large BBQ, games room and regular social activities.

**McGill Residence (On Campus)**

This community is ideal for students looking for an active, close-knit, communal experience. The newly renovated McGill Residence has amenities that include laundry, games room, kitchen and study room.

**McGill Residence Floor Plan:** 4-bedroom quad