



**ASPENGROVE**  
SCHOOL



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# INTERNATIONAL STUDENT HANDBOOK

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## IMPORTANT CONTACTS

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|                  |                                       |                           |                                 |
|------------------|---------------------------------------|---------------------------|---------------------------------|
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## ESSENTIAL STUDENT SUPPORT SERVICES

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**Advisory Teachers** Each school day you will have class time with your Advisory Teacher. Your advisor is ready to provide general help navigating school (academic) issues such as homework, time management, unclear expectations etc..

**Student Resource Centre** The Student Resource Center offers targeted assistance for students experiencing difficulties in particular subject areas or with English Language Learning. Support may include specialized tutoring for challenging topics or alternative learning materials developed in collaboration with your instructors.

**School Counsellor** We actively encourage students to utilize these confidential services for personal support with social, emotional, and well being issues.

**Student Ambassadors** You will be matched with one of our Student Ambassadors prior to your arrival at Aspengrove. They will help you learn more about the school community, our campus, and social opportunities within the school community.

**Homestay Team** Our Homestay Team is here to support you with ensuring you are having the best possible experience at Aspengrove. You can go to them regarding participation in out of school activities, challenges with your homestay family, and planning for breaks and holidays.

## YOUR PATH TO ACADEMIC SUCCESS

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Studying internationally offers profound personal growth while contributing to global understanding and cooperation. Through cultural exchange and environmental awareness, we collectively work toward a more peaceful and sustainable world. Your international educational experience plays a vital role in this mission.

Our faculty and staff are dedicated to helping you achieve these important objectives:

- Develop English fluency while experiencing authentic Canadian culture
- Grow into a globally-aware and socially responsible citizen
- Attain your academic goals and aspirations
- Create lasting friendships, memories, and cross-cultural understanding

We have the same expectations for you as all other Aspengrove students. It is important that you review the Aspengrove School Student & Parent Handbook.

## BUILDING CONNECTIONS: CANADIAN SOCIAL CUSTOMS

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**Initial Introductions** Handshakes serve as the standard greeting when meeting Canadian adults for the first time. For subsequent encounters with acquaintances, simple verbal greetings like "Hi" or "Hello" are appropriate.

**Home Etiquette** When returning to your homestay, locate your host family and announce your arrival with "Hello, I'm home." Similarly, when departing, casual farewells such as "Bye" or "See you later" work well. Canadians often add phrases like "Talk to you soon" or "I'll speak with you later."

**Forms of Address** Adults may invite you to use their first names after introduction, which is common practice. Otherwise, maintain formality with titles like Mr., Ms., or Mrs. followed by their surname (for example, Mr. Johnson).

**Conversation Practices** Maintain eye contact during discussions and position yourself approximately two to three feet away from others. Show genuine interest in getting to know people – Canadians frequently ask "How are you?" as both greeting and sincere inquiry.

### Public Behaviour Guidelines

**Physical Interactions** Canadians generally prefer minimal physical contact in public settings. If you accidentally bump into someone, offer a polite "sorry" or "excuse me." Always walk on the right side of walkways and corridors.

**Common Courtesies** Hold doors (swinging or heavy ones) for people entering or exiting behind you. Monitor your speaking volume to match the ambient noise level of your surroundings. Don't hesitate to ask others to speak more slowly or repeat themselves when needed.

**Elevator Etiquette** If you're first to board an elevator, hold the door for others either manually or by using the door control buttons. Always express gratitude when

someone holds doors or elevators for you with "Thank you," and respond to thanks with "You're welcome."

**General Public Conduct** Spitting in public spaces is considered unacceptable. Adjust your voice level appropriately for different environments, taking cues from those around you.

### Canada's Diversity

Canada's Multiculturalism - Canada is a multicultural society whose ethnocultural make-up has been shaped over time by immigrants and their descendants. Each new wave of immigration has added to the nation's ethnic and cultural composition. The diversity of the Canadian population is a source of pride.

**Discrimination** – Canada has strong policies against discrimination. The Canadian Human Rights Act states: For all purposes of this Act, the prohibited grounds of discrimination are race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, marital status, family status, genetic characteristics, disability and conviction for an offence for which a pardon has been granted or in respect of which a record suspension has been ordered. This law protects citizens against discrimination and discourages individuals/groups from discriminating against others. Schools also enforce strict policies on any discriminatory behaviour. Respect for all is expected.

## YOUR GUIDE TO A SUCCESSFUL HOMESTAY EXPERIENCE

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Welcome to your homestay journey! Living with a Canadian family while studying at Aspengrove School will be an incredible opportunity for cultural exchange, language learning, and personal growth. This manual will guide you through each stage of your homestay experience to help make it as rewarding as possible.

### Rules and What Happens When Students Break Them

Students at Aspengrove are expected to follow our [Code of Conduct](#). The Code of Conduct outlines how we care and respect ourselves, our environment and others. We expect our students to follow the rules of our school and to contribute to a positive environment.

Students that are unable to follow the [Code of Conduct](#) will be subject to

progressive disciplinary action. This includes a meeting with administration, time after school, service hours, and even in-school suspensions. Parents will be communicated with if their child is unable to consistently follow expectations.

## 5 Reasons for Early Dismissal from the Program

There are some behaviours that are unacceptable to our community. The following is a list that outlines prohibited activities that may result in a students being dismissed from Aspengrove School.



- ✓ **Alcohol or drug use** – It is illegal for underage people to consume alcohol and drugs. It is a rule of this program that no international student may consume alcohol or drugs. Choosing to do so is a reason for being sent home. It is important to understand that Canadian culture may be different from your home culture and it is important to respect rules and laws.
- ✓ **Failing grades** – You are coming to Canada as an international student. The purpose of your stay is primarily to get an education. It is expected that you attend classes, engage in learning opportunities, and complete assigned work. If you require extra help to support you academically, the school and program can help you navigate this process.
- ✓ **Disrespectful behaviour** – Be respectful. How you treat people will demonstrate how successful you want your international experience to be. Disrespecting your teachers, your host family, your program representatives, other students, etc. could all lead to removal from the program. Remember to be polite and considerate of others. Your reputation is yours to manage.
- ✓ **Breaking the law** – You will be a visitor to Canada and subject to Canadian/provincial laws. Breaking the law is a reason for being sent home immediately. (Technology rules could be identified here: illegal to share images of anyone without their permission; sharing of nude photos of anyone under the age of majority is considered sharing child pornography and is a criminal offense)
- ✓ **Independent travel** – Choosing to travel independently is a reason for being sent home early. The program will provide travel opportunities. With program permission, you may travel with your host family. Students are not permitted to travel alone or with other students. (Included in this: spring break resort holiday organized for youth, ski holidays organized for youth, etc.)

## STAGE 1: BEFORE YOU ARRIVE - PREPARING FOR YOUR JOURNEY

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### Building Relationships Before You Leave Home

Establishing a connection with your host family before you arrive in Canada is an important step in easing your transition. If possible, set up a video call using Zoom, WhatsApp, or WeChat. During these conversations, take the opportunity to share information about your own family, interests, hobbies, and everyday life. In turn, learn about your host family's members, pets, daily routines, and their local neighborhood. Don't forget to exchange email addresses and phone numbers. It's also a good idea to save this information in your phone and write it down in a notebook, just in case your phone isn't accessible during travel.

### Preparing for Travel

As you prepare to leave for Canada, make sure you gather all important travel documents and pack essential items. Here's a list of what you should bring:

- Valid passport and study permit
- Flight tickets and travel insurance documents
- Contact information for your host family (saved in your phone and written down)
- Contact information for Aspengrove School
- Cell phone (required) and laptop or tablet (recommended)
- International calling plan or calling card for the first few days

Pack essential items in your carry-on luggage in case your suitcase is delayed. Include a few of your favorite snacks to share with your host family as a way to introduce your culture. When choosing clothing, pack based on the season you are arriving in and ask your host family what kind of weather to expect. Bring a few small

personal items that offer comfort or remind you of home—they can help ease homesickness during the first few days.

## What to Bring to Canada

Here is a list of essential items to help with your packing. There are plenty of stores to help you if you forget or need anything; however, some items are essential you bring with you:

- Copies of important documents (passport, birth certificate, student visa)
- Prescriptions/medical requirements (a full-year supply or a doctor's prescription to be filled in Canada)
- Toiletries
- Glasses/Contacts
- Laptop/Phone/Chargers/Headphones

## Clothing suggestions:

### Fall:

- Layers, i.e. Sweaters, light jackets
- Long-sleeve shirts
- Pants or jeans
- Sneakers, hiking shoes

### Winter:

- Warm coat, waterproof jacket
- Sweaters, long-sleeve shirts
- Pants or jeans
- Hiking shoes
- Hat, gloves

### Spring:

- Light jacket or sweater
- Long-sleeve/t-shirts
- Jeans or pants
- Sneakers, hiking shoes

### Summer:

- T-shirts and shorts
- Hat and sunglasses
- Light dresses
- Light sweater/jacket for cooler evenings

You do not need to bring bedding, towels, or other home items. These will be provided by the Homestay family.

## STAGE 2: ARRIVAL DAY - YOUR FIRST DAY IN CANADA

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### Airport Arrival

Upon your arrival at Nanaimo Airport, your host family will be there to greet you. In

most cases, one or two family members will meet you to keep the experience from becoming overwhelming. Before you board your final flight to Nanaimo, send a message to confirm your arrival time. Make sure your host family's contact information is easy to access—either in your phone or written down.

If your flight is delayed, don't worry—your host family will be notified through the airport. If your luggage is lost, your host family will assist you in reporting the issue to the airline. In case you face difficulties communicating with airport staff, use Google Translate or gestures to help express yourself.

### First Steps at Your New Home

One of the first things to do upon arrival is to call your family back home to let them know you've arrived safely. Your host family will understand and help you make a short call. If you don't have a Canadian phone plan yet, consider using an app such as Facetime, Whats App, or WeChat, while you are connected to the internet

Expect to feel tired or even overwhelmed during your first day. Long flights and time zone changes affect everyone differently, so allow yourself time to rest and begin adjusting to your new environment. Your host family will support you through this transition and understand that it may take time to feel fully settled.

## STAGE 3: YOUR FIRST FEW DAYS - SETTLING IN

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### Understanding Jet Lag

Jet lag is common after long-distance travel and crossing multiple time zones. You may experience fatigue, difficulty sleeping, or changes in appetite. On average, it takes about one day per time zone to adjust completely. To recover more quickly, set your watch to local time as soon as you arrive. Try to stay awake during daylight hours and avoid long naps. Drink water, eat meals at local times, and get light exercise to help reset your body clock.

### Getting Oriented

Take time to unpack and organize your room so it feels comfortable and familiar. Ask your host family where to store your luggage and any seasonal clothing you won't need right away. Keep important documents such as your passport and study permit

in a safe place. During your first few days, your host family will take you shopping to purchase toiletries and any additional items you may need.

They will also give you a tour of the house, showing you how to use household appliances like the microwave, stove, and washing machine. You'll learn where everything is stored, how the internet works, and what the expectations are for sharing space and using common areas. Canadian homes typically have a few basic rules to keep things running smoothly, such as removing shoes at the door, separating recycling, and asking before adjusting the thermostat.

Be sure to familiarize yourself with emergency procedures and memorize your host family's phone number and address. The emergency phone number in Canada is **911**.

## Setting Up Communication

Many international students arrive with a Canadian phone plan already arranged. If you do not have one, we recommend setting up a Canadian phone plan during your first week. Many students choose a prepaid or month-to-month plan to avoid long-term contracts. One popular option is [PhoneBox](#), which specializes in phone plans for international students.

Practice saying your host family's names and address clearly. This is helpful in case you ever need to tell a bus driver or ask someone for directions.

## Understanding Household Rules

Your host family will explain their daily routines, including meal times, shower schedules, curfews, and expectations around visitors. They will also share household responsibilities and explain how screen time and device use are managed in the home. You may be invited to family outings or events, and participating in these will help you feel more connected.

It's normal to have questions or to feel unsure about some rules. Don't be afraid to ask for clarification. If you don't understand something, ask for it to be repeated or written down. Some host families will provide a list of house rules to help you remember important details.

## Daily Life Adjustments

You are expected to attend school every day unless you are sick. If you are unwell, your host family will notify the school. Take time to review your school's handbook

and become familiar with academic expectations. Please remember that international students on a study permit are not allowed to work during their stay.

Meal times in Canada may differ from what you're used to. Canadian lunches are usually simple and packed in advance. Ask your host family to help you prepare lunches for school and learn what kinds of food are commonly eaten. Don't hesitate to share your preferences and dietary needs. Shopping together is also a great way to learn about local food and make choices that suit your tastes.

Spending time outside your bedroom is key to building a relationship with your host family. Practice speaking English every day and look for opportunities to join in family activities. Helping with meals or household chores is a great way to learn new skills and show appreciation.

## STAGE 4: ADJUSTMENT PERIOD - FINDING YOUR RHYTHM

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### What to Expect

The first few weeks in a new country can be filled with learning and adapting, both for you and your host family. During this time, you'll become more familiar with household routines, expectations, and Canadian customs. Your host family may adjust their daily habits temporarily to help you feel comfortable and supported. This period of change is completely normal, and it may take some time before everything starts to feel familiar.

### Building Independence

As you grow more confident, begin developing your independence. Learn to navigate your neighborhood, including how to use public transportation and find local stores or services. Practice making phone calls in English, even if it's just to ask for store hours or directions. These small steps help you build confidence and independence, which are essential for a successful experience.

### Remember Your Strengths

It's easy to feel uncertain in a new cultural setting, especially if your language skills are still developing. But remember—back home, you are competent, capable, and

socially skilled. Those strengths haven't disappeared; you're simply learning how to apply them in a new context. Give yourself time and patience as you adjust, and know that you'll gain confidence with every new challenge you overcome.

## STAGE 5: CULTURE SHOCK - A NORMAL PART OF ADAPTATION

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### Understanding Culture Shock

When you first arrive, you may feel excited by all the new experiences, sights, and people. This initial period—often called the “honeymoon phase”—can feel thrilling. However, after a few weeks, it's common to enter a phase of frustration or homesickness. You might feel overwhelmed by the differences between your home culture and Canadian culture. Things you initially enjoyed, like the food or lifestyle, may suddenly feel irritating or unfamiliar.

This stage is known as culture shock, and it's a normal part of adapting to life in a new country. Experiencing discomfort or frustration does not mean you made a mistake by coming—it simply means you are growing.

### Common Culture Shock Symptoms

You may notice changes in your emotions, habits, or motivation. Some students feel sad or irritable, avoid social activities, or have trouble sleeping. It's also common to feel tired, lose interest in food, or have difficulty concentrating. These are signs that your body and mind are adjusting to a very different environment.

### Coping with Culture Shock

To manage culture shock, stay active and connected. Avoid isolating yourself in your room or spending too much time online. Join school clubs, sports, or activities that interest you, and talk to your host family about how you're feeling. Sharing your emotions can be incredibly helpful, and it also builds trust and understanding with your host family. Remember, culture shock is temporary, and it gets better with time.

If you find yourself feeling very sad, anxious, or overwhelmed for more than a few days, it's important to seek help. You are never alone, and support is available. Here are some resources:

- **Emergency (Police, Fire, Ambulance):** 911
- **The Stay Healthy at School (SHAS) program:** 1-833-646-1524.
- **Aspengrove School – School Counsellor:**

As time goes on, you'll enter the recovery phase. You'll start feeling more balanced, recognize the positive aspects of both cultures, and become more comfortable with your surroundings. This is when stronger relationships with your host family often form, and you begin to appreciate how much you've grown.

## STAGE 6: CULTURAL SHARING - THE BEST PHASE

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### Enjoying Your Experience

By now, you've settled into a routine and are more comfortable in your new environment. Your English has likely improved, and you understand your host family and school community much better. Misunderstandings become rare, and when they do happen, they're easier to resolve. You may feel more independent and confident in your daily life.

### Making the Most of This Time

This is the perfect time to share your own culture with your host family and friends. You can teach them a few words in your language, cook a traditional dish, or share music or customs from home. Keep exploring Canadian culture and taking part in new experiences. Try something you've never done before—whether it's a sport, festival, or outdoor adventure.

Build friendships with classmates and participate actively in school life. Take photos and write about your experiences to remember how far you've come. These memories will be some of the most meaningful parts of your exchange.

## STAGE 7: PREPARING FOR DEPARTURE - ENDING WELL

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### Final Weeks

As your program comes to an end, it's normal to experience mixed emotions. You may feel excited to see your family and return home, but also sad to say goodbye to the people and places you've grown close to. Take time to reflect on everything you've learned and how you've changed. You've taken on a big challenge, and you should be proud of your accomplishments.

### Practical Preparations

Start organizing your belongings early to avoid a last-minute rush. Make sure you know your airline's luggage limits, as excess baggage fees can be expensive. If you have more than you can carry, consider shipping items home. Be sure to return all borrowed school materials, including textbooks, to avoid extra fees.

Use these last few weeks to take final photos, visit favorite places, and create lasting memories with your host family and friends. You may want to organize a farewell dinner or write thank-you cards to those who made your stay meaningful. A photo album or scrapbook is a wonderful way to capture and remember your time in Canada.

### Departure Day

Your host family will accompany you to the airport as part of their responsibility. If possible, check in for your flight online to save time. Your host family will likely stay with you until you pass through security, so don't hesitate to ask for help with any last-minute issues.

Make sure your departure plans, especially connecting flights, are clear—especially if you're traveling through major airports like Vancouver. Knowing what to expect will help you stay calm and confident as you head home.

## TIPS FOR SUCCESS THROUGHOUT YOUR STAY

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### Communication

Always ask questions if you're unsure. It's better to ask than to guess. Use tools like

Google Translate, hand gestures, or even simple drawings if words aren't enough. The more you practice English, the better you'll become—just be patient with yourself. Communication challenges are a normal part of the journey.

### Cultural Understanding

Approach every difference with curiosity rather than judgment. Try to understand the “why” behind things that seem strange to you. Sharing your culture while learning about Canada's helps build deeper relationships and mutual respect.

### Building Relationships

Treat your host family as more than just people providing housing—think of them as a second family. Show interest in their lives, participate in traditions and daily routines, and offer to help around the house. Respect privacy and shared spaces, and always show gratitude for their support.

### Personal Growth

Keep a journal to reflect on your experiences and how you're changing. Set goals for your time in Canada and challenge yourself to try new things. This adventure is not just about travel—it's about growing as a person. Be proud of the courage it took to take this step.

### Maintaining Connections

Stay connected with friends and family back home, but don't let those ties prevent you from building new ones. Find balance between your past and present experiences. The friendships you build here will likely last a lifetime, and they are an important part of your international journey.

### Remember

Your homestay experience is a unique opportunity for personal growth, cultural exchange, and language learning. There will be challenging moments, but with patience, openness, and good communication, this can be one of the most rewarding experiences of your life. Your host family wants you to succeed and feel at home, and Aspengrove School is here to support you throughout your journey.

Welcome to Canada, and congratulations on taking this brave step toward your future!

## DETAILED STUDENT GUIDELINES - LIVING SUCCESSFULLY WITH YOUR HOST FAMILY

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### Your Status as an Aspengrove Student

As an international student at Aspengrove School, your responsibilities extend beyond the classroom and into your homestay environment. You are always considered an Aspengrove student, even while living with your host family. This means that all school rules apply to you at all times, including when you are at home. While your host family is there to help resolve minor issues, serious matters involving discipline will be handled by the school. Your host family and the school work together as partners in supporting your well-being and academic success.

### Getting Involved in Your Community

We encourage you to participate actively in school events, clubs, and local community activities whenever possible. Volunteering is a great way to meet new people who share similar interests, and it gives you an excellent opportunity to practice English and learn more about Canadian culture. Don't hesitate to ask your host family or school staff for information about volunteer opportunities that align with your interests.

### Family Life and Activities

Your host family will likely invite you to take part in various activities such as family visits, sports games, grocery shopping, and other daily errands. These seemingly routine outings can become the most enriching aspects of your homestay. Even if these experiences seem ordinary or unfamiliar, being open to them can help you better understand Canadian life.

It's important to communicate with your host family about how involved you wish to be in family life. While most students enjoy participating in family events, it is completely normal to need time alone as well. In your first few weeks, try to join in even if you feel shy. If academics are your main focus, make this clear to your host family so they can support your goals. Strive to balance your study time with family interaction, rather than spending all your time alone in your room.

### Safety and Rules

Aspengrove requires host families to set curfews to ensure students' safety. This is a

standard practice and not intended to limit your freedom. It's important to respect curfew times for both weekdays and weekends and to never walk alone at night. If your previous experience involved more freedom, try to understand that curfews are set out of concern for your well-being.

On school nights, you must be home by 9:00 p.m. if you have an approved plan. Exceptions may be made for team athletics, school-sponsored events, or other activities approved by your host family.

On weekends, your host family may set a 9:00 p.m. curfew as a general expectation. Exceptions may be approved for social activities such as attending a movie, sporting event, dinner with friends, or a movie night at a friend's home. Regardless of the activity, you must be home by 11:00 p.m. unless your host family has approved an exception in advance.

Any changes to your curfew must be discussed with and approved by your host family before you make plans.

Before leaving the house, you must communicate your plans with your host family, including:

- Where you will be
- Who you will be with
- Your plan for getting home safely
- Your expected time of return

You are not permitted to be at beaches, parks, or wandering around the community after dark unless you are accompanied by an approved adult who is at least 25 years of age. When you are out in the evening, you must have a safe, approved plan for returning home and should not walk home alone after dark.

You should also review your host family's weekly schedule, especially busy times like mornings when everyone is preparing for the day. Find out how much time you need to get ready and how that fits with family routines. Flexibility is key, and schedules may need to be adjusted on both sides. Always inform your host family well in advance if you have plans that require transportation, and make sure they know where you're going and when you'll return.

## Household Responsibilities

You are expected to contribute to household chores just like any other member of

the family. Even if you haven't done chores before, your host family will explain what's expected and show you how to complete tasks. Common responsibilities include washing dishes, tidying your room, and doing your own laundry. You should be doing the same level of chores as other family members your age. Remember, you're not a guest or a servant—you're part of the family.

## Communication Technology

All Aspengrove International students must maintain operational cell phones with data plans, providing numbers to both homestay families and the Aspengrove School. Respect quiet hours by avoiding calls between 10 PM and 6 AM (emergency exceptions apply) to ensure family rest and your academic preparation.

For student safety, all international students are required to share their location with their host family and the school through an approved location-sharing app (such as Find My or another app agreed upon by the school). Location sharing must remain enabled at all times unless otherwise approved by the school. If location sharing is disabled or a phone is turned off for any reason, students are expected to notify their host family and the school in advance whenever possible.

Every family has its own household rules and expectations. Similar to our Away for the Day policy, we encourage students to engage with their host families, participate in co-curricular activities, spend time with friends, and develop healthy habits around phone use. Students are expected to respect and follow the rules of their host family, recognizing that these expectations may differ from those in their family at home.

Aspengrove expects students to put their phones on Do Not Disturb at bedtime. Host families may also ask that you leave your phones outside of your bedroom.

Immediately upon arrival, your host family will establish telephone expectations, especially with regard to international calls. It is reasonable for you to phone home on a regular basis; however, it is important to find the most logical and accessible way for calls to be made. Cell phone and direct dialling are strongly discouraged for international calls. Please be aware that these methods can come with hefty charges. Utilizing apps such as Facetime, Whats App, or WeChat, while you are connected to the internet is often the best option.

Students are required to bring their own laptops. Be sure to ask your host family for WiFi access and follow any rules about internet use. Technology is a helpful tool for communication and schoolwork, so use it responsibly. As with cell phones, students

are asked to avoid gaming and social media on the computers between 10pm and 6am.

## Food and Meals

In your first few weeks, your host family might prepare a variety of foods to help you discover what you like. It's helpful to share your food preferences and dislikes with them. Going grocery shopping together is a great way to choose foods you enjoy. Feel free to add items to the grocery list and always communicate if you are uncomfortable trying something new.

Canadian mealtime customs may be different from those in your culture. For instance, if you're used to politely refusing second helpings several times, explain this to your family. If making noise while eating is a sign of appreciation in your culture, you'll gradually learn quieter customs here. Your host family understands this transition and will help you learn Canadian table manners, so be patient with yourself.

Understand your host family's expectations around meals. Some families eat together at set times, while others may be more flexible. You may be expected to prepare your own breakfast and lunch, so ask for help learning how to make school lunches. You're generally expected to be home for dinner. If you want to eat out occasionally, always ask for permission ahead of time rather than deciding at the last minute.

Healthy snacks between meals are usually fine. Ask which snacks are available to you. Be mindful of food marked with sticky notes, as this usually indicates items saved for a particular purpose. If your family takes you to a restaurant, they will cover the cost, as meals are part of your homestay arrangement.

## Personal Care and Living Arrangements

Find out whether your host family does laundry or expects you to do it yourself. Many students have not used a washing machine before, so ask for instructions if needed. Respect the laundry schedule and be careful with detergent and machine settings.

Canadian bathrooms might differ from what you're used to. Learn how the shower and bath systems work, especially how to use the shower curtain properly to avoid water damage. Be mindful of shower length to ensure everyone has access to the bathroom. It's normal to flush toilet paper in Canadian toilets, but feminine hygiene products should be disposed of in the trash. If the toilet clogs, ask where the plunger

is and how to use it. Your host family will provide essentials like soap, towels, and toilet paper, but you are responsible for your own toiletries such as toothpaste and shampoo.

## Social Life and Safety

As you make new friends, you may wish to have sleepovers or attend social activities. Always seek your host family's permission well in advance. They will need to speak with the adult at your friend's home and confirm that a responsible adult will be present. Your host family is responsible for your safety, so this step is essential.

Occasionally, your host family may ask you to help supervise younger children. This should only be for short periods and only if you feel comfortable.

## Privacy

While you have a private room in your family's home, you should understand that you cannot restrict access to that space and, if warranted, host-families may feel the need to search this space. If you choose to bring drugs or alcohol or other restricted goods into the household, for example, your host parent(s) may search the space. This same privacy rule applies to a school locker. Your locker belongs to the school. You may put your belongings in the locker but the school may search it at any time, if warranted.

## Personal Space Maintenance

Keep your bedroom clean and organized. If permitted to eat in your room, promptly return dishes to the kitchen to prevent odors, mold, and pest attraction. While your bedroom remains your private space, expect weekly informal check-ins with your host parents. Report any accidental damage immediately – honesty and prompt communication prevent minor issues from becoming major problems.

## Energy Conservation

Learn proper thermostat operation and appropriate usage times – avoid leaving heat settings high when departing in the morning. Discuss shower scheduling to accommodate all family members, limiting shower time to ten minutes for water and energy conservation.

## Home Security Responsibilities

Help maintain household security by ensuring locked doors and windows before leaving. Carry your keys consistently and never share copies or alarm codes. Lost keys

may require lock changes at your expense – report losses immediately to your host parents rather than borrowing and copying other family members' keys.

## Serious Rules and Consequences

As an international student, you must follow the same rules as Canadian students when it comes to drugs, alcohol, and smoking. Use of illegal substances is strictly forbidden and will lead to removal from the program. This rule applies at all times, including weekends and off-campus situations. Underage drinking is illegal and carries the same consequences.

You should be cautious in social settings, especially if drugs or alcohol are involved. Be prepared to leave a situation that feels unsafe. If drinking alcohol is part of your family culture or strictly forbidden in your religion, speak with your host family so they understand your perspective. They are there to help you navigate these situations safely.

## Religious Respect

Your religious beliefs will be respected. No one will attempt to change your faith. If you wish to attend religious services, your host family can help you find a suitable place of worship. Similarly, you are expected to be respectful of your host family's beliefs, even if they differ from your own.

## Transportation and Driving

You are not permitted to drive in Canada, even if you have a license from your home country.

## Insurance and Damage

Your host family's insurance covers general accidents, but you are responsible for any intentional damage you cause. Normal wear and tear is not your responsibility. Always be careful with your host family's belongings, and if you break something accidentally, inform them immediately.

## School Success

You are required to attend school daily unless you are ill. If you're sick, your host family will inform the school. Avoid skipping classes or having unexcused absences. For extended absences, such as family emergencies, the school must provide approval.

Canadian grading systems can differ from those in your home country. IB grading may seem especially complex at first. If you have concerns about your performance, talk to your teachers. It's normal for grades to vary across educational systems, so don't be discouraged.

Make sure to complete all homework and seek help if you need it. Your host family is there to support your studies and will receive your report cards. They will also attend parent-teacher conferences on your behalf. If you need tutoring, speak with the school about available options. Peer tutors are often free or low-cost, while professional tutors may charge a fee.

### Names and Personal Respect

Take time to learn and correctly pronounce the names of your host family members. Don't avoid using names due to embarrassment—practice makes perfect. Ask each person what they prefer to be called and write their names down to help you remember. Using people's names shows respect and helps you build relationships.

Similarly, teach your host family how to pronounce your name properly. Be patient while they learn. Your name is a vital part of your identity, and if you have a nickname you prefer, let them know.

**Remember,** your homestay experience is about becoming a part of a Canadian family while preserving your own identity and cultural background. Be open, communicative, and respectful, and you will build meaningful relationships and memories that last a lifetime.

## MANAGING YOUR MONEY

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### Spending Money and Daily Expenses

You should plan to arrive in Canada with access to some pocket money from your first day, as you may need to exchange currency or visit a bank before other arrangements are in place. For your safety, avoid carrying large amounts of cash with you to school or leaving significant sums in your locker. Most transactions in Canada can be completed using a debit or "Interac" card, which is safer and more convenient than cash.

Budget approximately \$150-\$300 per month for personal expenses not covered by your program fees. This should cover social activities with friends, personal gifts, haircuts, and additional personal supplies that aren't included in your homestay arrangement. Keep in mind that some months may have higher expenses if your host family takes you on trips, sightseeing, or other activities. Remember that students arrive with varying financial situations—some have strict budgets while others have more disposable income. If you're concerned about managing your spending, don't hesitate to discuss this with the school.

## Banking in Canada

In most cases, students and their natural parents set up an account in their home country with a bank card which can operate here in Canada. This allows your parents to monitor spending and regulate access to additional needed funds.

You will be personally responsible for your account and money—your host family should not co-sign or share accounts with you.

## Important Financial Rules

Your host family is not permitted to lend you money under any circumstances. If you experience financial difficulties, discuss this directly with the school rather than asking your host family for assistance. Additionally, as an international student, you are prohibited by law from gaining employment while studying in Canada. You may not earn income during your stay as a student.

## SCHOOL-RELATED EXPENSES

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Some school activities, such as field trips, special events, school supplies, or uniforms, may require additional payment throughout the school year.

If you receive a permission form for a field trip or activity that requires payment, your host parent should sign the form. The school will bill your student account for the cost, or you may choose to pay for the activity yourself.

For other school-related purchases, such as school supplies or uniforms, you may either:

- Pay for the item yourself using your own bank account, or
- Ask the school to bill your student account.

If you have any questions about school-related charges or payment options, please contact the school office before making a purchase.

## TRAVEL GUIDELINES

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### Travelling with Your Host Family

If your host family invites you to join them on a trip, this is a great chance to explore more of the country and meet new people. If the trip is more than just a short local outing, you must complete a [Travel Request Form](#) and submit it to the Director of International Students for approval before the trip. Make sure to read the Travel Checklist Summary to help you and your host family plan properly.

### Travelling Without Your Host Family

You are not allowed to travel on your own unless you receive special permission from the school. If you are planning to travel independently (for example, visiting friends or joining a tour), you must fill out the [Travel Request Form](#) and have it approved by the **Director of International Students** before making any arrangements. Be sure to check the **Travel Checklist Summary** first.

### Overnight Travel Without an Adult

Overnight travel without an adult is **not allowed**. All overnight trips must include an adult and must be approved by your natural parents. Make sure all necessary permissions are in place before planning an overnight stay.

### School Trips and Activities

For international school trips (such as tournaments or band trips), you'll need the same documentation required for international travel with your host family. Your host family can help facilitate the necessary permission letters.

For day-long field trips, your host family can sign permission forms, and costs will be covered by your school deposit. If they're uncomfortable signing these forms, the school can discuss alternatives.

## Missing School for Travel

If your travel plans will cause you to miss school, you are responsible for informing the school and all your teachers. You must obtain all missed assignments and complete all work according to the original schedule. While your host family may help remind you of these responsibilities, the accountability is ultimately yours.

You're strongly encouraged to plan travel so it doesn't interfere with school time, since education is the primary reason for your visit to Canada.

## TRAVEL CHECKLIST SUMMARY

[Travel Request Form.](#)

| Type of Trip                                                                  | With Homestay Parents    | Without Homestay Parents                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Day Trip – Outside of Nanaimo</b>                                          | • No permission required | <input type="checkbox"/> Permission from the Homestay Parents required<br><input type="checkbox"/> Consult Director of International Students                                                                                                                                                                                                                                |
| <b>Overnight Trip – Outside of Nanaimo but within BC (no flight required)</b> | • No permission required | <p>* Permission required. Should not be a regular occurrence.</p> <input type="checkbox"/> Discuss travel plan with your student & their natural parents<br><input type="checkbox"/> Consult Director of International Students<br><input type="checkbox"/> Complete the Travel Request Form to be signed by natural parents<br><input type="checkbox"/> Submit forms to the |

|                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Director of International Students at least 5 days prior to departure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Overnight Trip – Outside of BC</b>     | <ul style="list-style-type: none"> <li>• Permission required <ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss travel plan with your student &amp; their natural parents</li> <li><input type="checkbox"/> Inform Director of International Students</li> <li><input type="checkbox"/> Complete the Travel Request Form to be signed by natural parents</li> <li><input type="checkbox"/> Submit forms to the Director of International Students at least 5 days prior to departure</li> </ul> </li> </ul>                                                                                                                   | <ul style="list-style-type: none"> <li>* Permission required. Should not be a regular occurrence. <ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss travel plan with your student</li> <li><input type="checkbox"/> Consult with Director of International Students</li> <li><input type="checkbox"/> Complete the Travel Request Form to be signed by natural parents</li> <li><input type="checkbox"/> Submit forms to the Director of International Students at least 5 days prior to departure</li> </ul> </li> </ul>                                                                                                                                                            |
| <b>Overnight Trip – Outside of Canada</b> | <ul style="list-style-type: none"> <li>• Permission required <ul style="list-style-type: none"> <li><input type="checkbox"/> Inform the Director of International Students</li> <li><input type="checkbox"/> Complete the Travel Request Form and submit</li> <li><input type="checkbox"/> Obtain a Letter of Enrollment from <a href="mailto:admissions@aspengroveschool.com">admissions@aspengroveschool.com</a></li> <li><input type="checkbox"/> Obtain a Parental Consent Letter: <a href="http://travel.gc.ca/letter">travel.gc.ca/letter</a></li> <li><input type="checkbox"/> Apply for a Travel Visa - if required</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>*Only permitted for school-sanctioned trips or with/to visit natural family <ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss travel plan with your student</li> <li><input type="checkbox"/> Discuss with Director of International Students</li> <li><input type="checkbox"/> Complete the Travel Request Form and submit</li> <li><input type="checkbox"/> Obtain a Letter of Enrollment from <a href="mailto:admissions@aspengroveschool.com">admissions@aspengroveschool.com</a></li> <li><input type="checkbox"/> Obtain a Parental Consent Letter: <a href="http://travel.gc.ca/letter">travel.gc.ca/letter</a></li> </ul> </li> </ul> |

|  |                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <input type="checkbox"/> Check vaccine and COVID testing requirements for destination and return to Canada (Outside Canada)<br><input type="checkbox"/> Bring Passport, study permit or visa if applicable<br><input type="checkbox"/> Bring proof of vaccine status, if applicable<br><input type="checkbox"/> Submit forms and letters to the Director of International Students at least 15 days prior to departure (Outside Canada) | <input type="checkbox"/> Apply for a Travel Visa - if required (unless travelling to home country)<br><input type="checkbox"/> Check vaccine and COVID testing requirements for destination and return to Canada<br><input type="checkbox"/> Bring Passport, study permit or visa if applicable<br><input type="checkbox"/> Bring proof of vaccine status<br><input type="checkbox"/> Submit forms and letters to the Director of International Students at least 15 days prior to departure |
|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## HEALTH CARE AND WELLNESS

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### Staying Safe

Even though our communities are generally safe, it's important to follow these safety practices to protect yourself:

- **Keep your phone charged** at all times. You are required to have an adequate data plan with a Canadian provider to ensure you are always reachable. As recommended in your Arrival Guide, consider using [PhoneBox](#) for your phone and data plan.
- **Travel with a friend or in a small group** whenever possible.

- During darker months, **make sure you are visible at night**, especially near roads and traffic. **Only cross streets at designated crosswalks.**
- **Store important items securely at home**, including your passport, study permit, personal documents, and any cash over \$50.
- **Always safeguard your bank cards, PIN numbers, phone, and other valuables.** Never leave these items unattended, whether at school or in public places like the beach.
- **Take photos of both sides of your medical cards** (StudyInsured and MSP) and store them on your phone. Ask your host parents to do the same.
- **Do not use alcohol, drugs, vape products, or cigarettes.** These substances are illegal for youth in BC, violate program rules, and impair judgment. They also pose serious risks to your health. Look out for your friends too—if you're concerned about someone's behavior, talk to a trusted adult or your School Counsellor.
- **Be alert to scams.** Avoid giving out personal information like credit card numbers or passwords over the phone. Be cautious of messages or calls that create a false sense of urgency. If something feels suspicious, hang up immediately and inform your host family of any concerning emails, texts, or calls.

### If You Need HELP...

- **In case of emergency**, dial **911** for police, ambulance, or fire services.
- **For urgent issues** outside of regular hours (after 6:00 pm, before 8:00 am, or on weekends), call Dr. Kern at (778) 268-3204

- For general concerns, contact your **Homestay parents** for support and advice.

## PRACTICES FOR GOOD HEALTH

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Living and studying in a new country is an incredible experience, offering you newfound independence and opportunities. However, it's also essential to take care of both your body and mind. You may encounter challenges like homesickness or stress from high expectations. These healthy habits can help you stay well-balanced and resilient:

- **Stick to the basics:** Aim for 8 to 10 hours of sleep, eat nutritious meals, and get regular exercise. Stay in touch with family back home, but set boundaries—avoid late-night calls on school nights.
- **Choose positive relationships:** Stay connected with loved ones while building new friendships here. Join school clubs, attend events, and take steps to connect with others.
- **Stay organized:** Prevent feeling overwhelmed by setting realistic goals and practicing daily planning. If you need help, talk to your Advisory Teacher or School Counsellor.
- **Prioritize self-care:** Make time to rest and recharge. Schedule breaks from screens and practice ways to manage stress and calm your mind.
- **Focus on gratitude:** Acts of kindness and gratitude help release feel-good chemicals in your brain, improving your overall mood.
- **Develop healthy habits:** Your daily routines shape your life. Make choices that support your well-being.
- **Manage social media wisely:** Excessive use can lead to feelings of sadness or comparison. If you're struggling with this, find a friend with healthy online habits and learn from them.

## Emergency Situations

In the event of a medical emergency or accident, your host family will promptly notify the Head of School. You should also know how to contact the school yourself, in case you ever need to report a health concern directly.

## StudyInsured™ Health Insurance

You have health insurance through StudyInsured™ for your entire stay in Canada. This plan covers new and emergent illnesses and injuries while you're away from home. Carry your StudyInsured™ insurance card with you at all times—this is very important.

When you need to see a doctor, visit an emergency room, or fill a prescription, present your insurance card and you typically won't need to pay upfront. If a clinic, hospital, or pharmacy doesn't accept the card directly, you'll need to pay initially and then submit your receipt to StudyInsured™ for reimbursement. Visit <https://studyinsured.com/aspengroveschool> to find local clinics and submit claims.

## Medical Services Plan (MSP)

If you have a valid study permit for six months or longer, you must apply for MSP (British Columbia's provincial health coverage) upon arrival. Aspengrove School will handle this application and cover the monthly fees for you. You'll remain covered by StudyInsured™ even after MSP begins, and you'll likely find it quicker and more efficient to book doctor appointments through your StudyInsured™ policy.

## Mental Wellness Support

Moving to another country can be exciting but also challenging, especially if this is your first time away from home. It's normal to experience issues like depression, anxiety, loneliness, culture shock, or other concerns that feel difficult to manage alone.

The Stay Healthy at School (SHAS) program provides you with 24/7 access to a toll-free mental health line. This service offers private and confidential one-on-one counseling for mental health concerns. You'll be connected instantly to mental health professionals who can assist you without judgment, in multiple languages, whenever you need support. Visit [www.stayhealthyatschool.com](http://www.stayhealthyatschool.com) for more information about this valuable resource.

## RESOLVING CONFLICTS AND CHALLENGES

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### Working Through Difficulties

Not every homestay match will be perfect, and that's normal. When problems or conflicts arise with your host family, the first approach should be open communication and discussion, treating the situation as you would any family disagreement. Often, honest conversation resolves issues quickly.

If you or your host family struggle with rules and expectations, involve the school to help with communication and mediation. The school will make every effort to keep you with your current family while resolving issues to everyone's satisfaction.

### When Changes are Necessary

Moving to a different host family should be considered a last resort. Learning to deal with challenging situations and adapt to circumstances are important life skills, and leaving a placement at the first sign of difficulty may not serve your best interests in the long run.

If a move becomes necessary, the school will make the decision in consultation with you and your host family, considering everyone's best interests. Depending on the situation, you might move at the end of the month or immediately. If you request the move, your host family will receive 48 hours' notice.

It's important to understand that student moves can happen for many reasons, some of which have nothing to do with your behavior or your host family's efforts. Sometimes the school may need to make changes without detailed explanation due to privacy considerations.

If you want to discuss the possibility of changing host families, contact the Director of Enrollment to discuss the matter confidentially.

## EMERGENCY SITUATIONS AND TEMPORARY CHANGES

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### When Your Host Family Is Away

Your host family is expected to remain in the Nanaimo Regional District throughout your stay. However, if they have an emergency and need to be away, arrangements will be made for you to stay with another approved host family.

If both parents in your host family will be away for more than two days, leaving you in the care of another adult in the home, the school must be notified and that adult must have completed a criminal record check. You are never to be left alone overnight without an adult present, regardless of your age.

For extended family absences, you'll be placed with a temporary host family approved by the Director of International Students. If your host family experiences a family emergency that would be inappropriate for you to be involved in, the school will arrange a short-term alternate placement for you.

Understanding these guidelines will help you navigate your international student experience successfully. Remember that the school, your host family, and various support services are all available to help you make the most of your time studying in Canada. Don't hesitate to reach out for assistance when you need it.

## IMPORTANT HOMESTAY GUIDELINES: WHAT YOU NEED TO KNOW

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To help you have a safe, positive, and respectful experience with your host family, here are some important reminders based on what's expected from your Homestay parents. These guidelines also help you understand your responsibilities as a member of the household.

### **1. Build a Strong Relationship**

Sharing regular family meals—especially dinner at least four times a week—is a great way to bond with your host family. It helps you feel more connected and included in daily life.

## 2. Understand Expectations and Routines

Every home is different. Your host family will explain their household routines and how to do chores like laundry, dishwashing, or cleaning your bathroom. Don't hesitate to ask if you're unsure!

## 3. Speak Up Early if There's a Problem

If something feels uncomfortable or challenging, it's okay to talk about it. Your host family is encouraged to reach out for help early—and you can too. The Admissions Team is here for both you and your host parents, and if needed, can connect you with the right person to assist you further.

## 4. Keep Your Phone On and Stay in Touch

You must have a working cell phone with data and keep your host family informed of your whereabouts. If your plans change, let them know right away.

## 5. No Drugs, Alcohol, Smoking, or Vaping

You are not allowed to use or have any alcohol, drugs, cigarettes, or vaping products—even during celebrations. Fake ID is also strictly forbidden.

## 6. Follow Your Curfew

You must return home or be at a safe indoor location by dusk. Your host family will share their curfew expectations with you. They must be respected, even if they are different from your curfew at home.

## 7. Parties and Sleepovers Need Approval

You must get permission from your host family before attending any party or sleepover. A responsible adult (25+) must be present, and your host family must speak with that adult in advance.

## 8. Health and Mental Wellness Support

You are covered by **StudyInsured** for health care and have access to **The Stay Healthy at School (SHAS)** mental wellness program. Please don't hesitate to use these services if you need support.

## 9. Travel

You are not allowed to travel on your own unless you receive special permission from the school and overnight travel without an adult is **not allowed**. You must fill out the [Travel Request Form](#) and have it approved by the Director of International Students before making any arrangements

### 10. You Are Not Allowed to Drive

Even if you have a driver's license from home, you are **not permitted to drive** while in the program. Be aware of who is driving you. If your driver has an "N" license, they are only allowed to carry one non-family passenger unless otherwise approved.

## Aspengrove International Student Participation Terms 2026-27 School Year

Welcome to Aspengrove School. The following document outlines the expectations of your child while attending Aspengrove School. Please sign and return with your application package.

1. While in Canada, I am always under the jurisdiction of the national, provincial, and local laws. I will obey all laws and refrain from illegal activity (shoplifting, stealing, harming others, inappropriate use of technology, etc.).
2. I will not possess or purchase or consume alcohol, cannabis, or use illegal drugs while enrolled at Aspengrove School.
3. I will obey the rules of my home stay and will make every effort to adjust to, and become a member of, the host family and community. This includes any curfews, chores, and other rules they have established.

4. I will obey the rules of the school I attend. These rules include, but are not limited to, attendance, actively participating in classroom work, and adhering to the standards for personal technology use as outlined in the Aspengrove Student Handbook.
5. I agree to take part in co-curricular activities, including at least one school or community sport, club, or regular activity each semester.
6. I will make every effort to speak English at all times.
7. I will not drive motorized vehicles except within the context of a formal driver's training program. Driver's training may be taken only with the written permission of my parents, and I will allow Aspengrove School to hold my driver's license until I return to my home country.
8. I understand with the acknowledgement of my host family and consent of my custodian while in Canada, I can travel throughout Vancouver Island and British Columbia with them, a student group, or other family.
9. Travel outside of British Columbia requires approval from the Aspengrove School to travel. Travel outside British Columbia must be chaperoned by a responsible adult (minimum age of 25) and requires written approval, in English, from my family.
10. I will also advise Aspengrove School at least two weeks prior to my departure of my plans to travel.
11. I understand my program fees cover my monthly charges for room, board, medical insurance, and tuition.
12. I understand visits by my family or friends from my home country are permitted no sooner than six weeks after my arrival at Aspengrove. If my family or friends visit, they are responsible to plan for their lodging outside the home of my host family. Please inform Aspengrove Senior School Principal if your family is visiting.
13. I recognize I will make a full academic effort and, as a student at Aspengrove. Report cards will be shared with parents.
14. I understand while enrolled at Aspengrove School a custodian will be assigned to me. The custodian can make decisions (i.e., emergency medical or legal decisions) and sign waivers (ie, swimming, skiing, or other activities) on my behalf. The custodian will use fair and reasonable judgment.
15. I understand I should limit communication with my natural family and friends in my home country. This will help to ensure I enjoy a full cultural experience and stay engaged with the group.
16. Upon arrival at Aspengrove, I can contact my family and then it is recommended communication is limited to once a week. I understand once I am enrolled as an Aspengrove student, I remain in the school for the duration of my studies in secondary school. I cannot return to the program and live on my own or with a friend.
17. I confirm the information provided in this application is complete

**Program Termination:** Aspengrove International Student Program reserves the right to terminate participation for the violation of program participation terms and/or when a participant's mental and/or physical health, as determined solely by the Aspengrove School, is

in jeopardy. Students who are expelled from the Aspengrove School will not be given a refund. If a student's education or homestay needs are greater than disclosed in the application process, or change during the student's stay in the program, Aspengrove School has the right to terminate participation in the program and send the student home at their own expense.

I understand I am expected to follow and obey all the terms stated. I also understand if I do not, I will be sent back to my home country immediately at my own expense. I understand all matters relating to this contract will fall under the legal jurisdiction of the Province of British Columbia.

**Parents' Note:** Students above the age of 16 are legally entitled to privacy in matters related to personal medical care or prescription drugs in the Province of British Columbia. By signing this application, I declare the information provided herein is complete and correct to the best of my knowledge. I am responsible for the accuracy of the information provided and any inaccuracies may result in program termination.

*Student's Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_

*Parent's Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_

## IMPORTANT DATES 2026/2027

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### SEPTEMBER 2026

- **Sept 2:** New Student Orientation (OSC closed)
- **Sept 3:** Opening Day Grades 1-12 JK and Kindergarten Gradual Entry
- **Sept 3,4 & 8:** (OSC closed for JK and K, OSC open for Grades 1-5)
- **Sept 7:** Labour Day (No School, OSC Closed)
- **Sept 11:** Welcome Back BBQ
- **Sept 28:** Individual Photo Day (wear formals)
- **Sept 30:** National Day for Truth and Reconciliation (school & OSC closed)

## OCTOBER 2026

- **Oct 12:** Thanksgiving (School & OSC closed)
- **Oct 23:** Professional Development Day (No Classes, OSC Open)
- **Oct 30:** Junior School Conferences (No Classes for Junior School, OSC Open)
- **Oct 30:** Spooktacular

## NOVEMBER 2026

- **Nov 2:** Individual Photo Retake Day
- **Nov 11:** Remembrance Day (No School, OSC Closed)
- **Nov 12-13:** November Break (No classes, OSC open)
- **Nov 27:** Pro D Day (No classes, OSC open)

## DECEMBER 2026

- **Dec 18:** Last day before Winter Break (OSC Closed)
- **Dec 22 – Jan 9:** Winter Break, No classes  
(OSC available during the weeks of Dec 21-24 and Jan 4-8)
- **Dec 25-Jan 1:** (OSC Closed)

## JANUARY 2027

- **Jan 1:** New Year's Day (OSC Closed)

- **Jan 4-8:** (OSC Open)
- **Jan 11:** Back to School: Classes Resume
- **Jan 29:** Junior School Conferences (No classes for K-5, OSC Open)

## FEBRUARY 2027

- Feb 12: Professional Development Day (No Classes, OSC Closed)
- Feb 15: Family Day (School Closed, OSC closed)

## MARCH 2027

- **Mar 12:** Last day before Spring Break (OSC Closed)
- **Mar 15 – 25:** Spring Break – (No classes, OSC open)
- **Mar 26:** Good Friday No School, OSC Closed)
- **Mar 29:** Easter Monday (No School, OSC Closed)
- **Mar 30:** Back to School

## APRIL 2027

- **April 23:** Professional Development Day (No School, OSC Open)

**MAY 2027**

- **May 21:** Professional Development Day – (No classes, OSC Open)
- **May 24:** Victoria Day (No School, OSC Closed)
- **May 28:** Junior School Student-Led Conferences (No classes for JK-5, OSC Open)

**JUNE 2027**

- **June 23:** Final day of school for all grades. Half day, early dismissal at 12:35. (OSC Closed)
- **June 24-June 30:** Report card writing days (ELC & OSC Closed)
- **June 28:** Summer Camps Begin