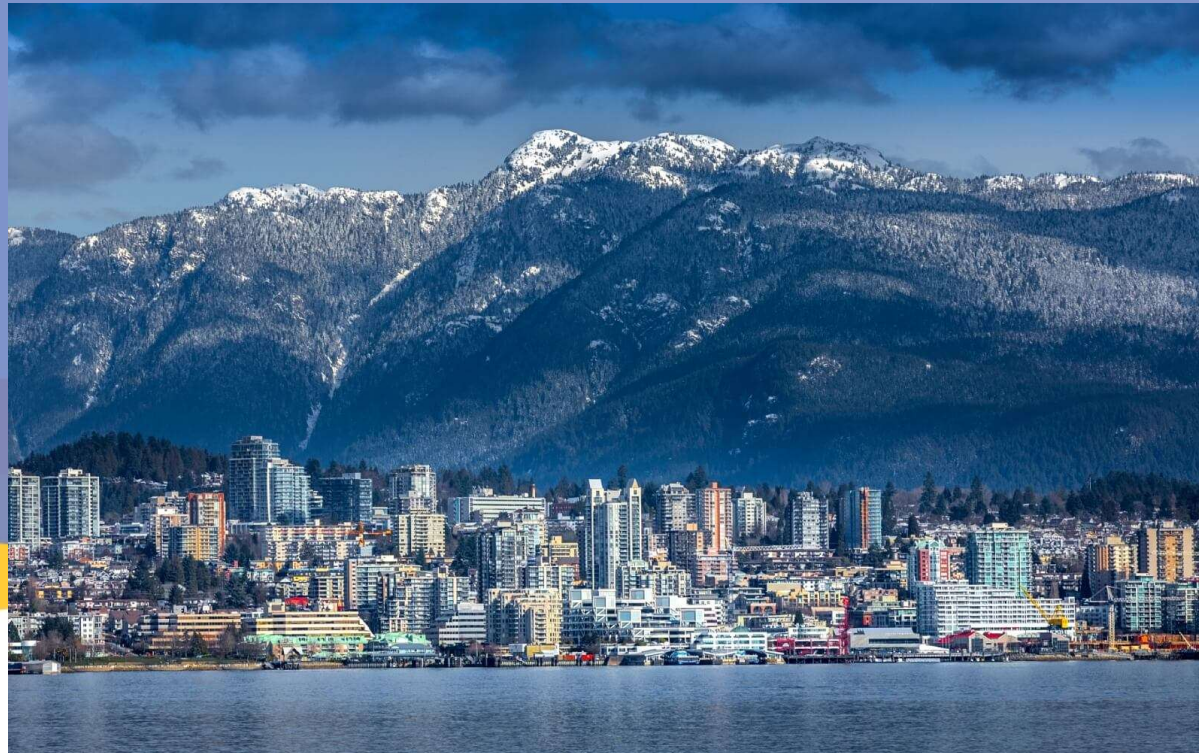




North Vancouver  
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# **INTERNATIONAL PROGRAM STUDENT HANDBOOK**

# About North Vancouver





- North Vancouver is an area of the Lower Mainland of British Columbia and forms part of Metro Vancouver, the third largest city in Canada (population 2.6 million). The region is located across the Burrard Inlet from the City of Vancouver, connected by Lions Gate Bridge, Ironworker's Memorial Bridge and the Seabus.
- North Vancouver has a population of ~160,000 residents. There are two separate municipalities: the *City* of North Vancouver (population ~65,000) and the *District* of North Vancouver (population ~94,000). Together, they are referred to as "North Vancouver", or "North Van" for short. The more urban *City* is in the middle, surrounded by the larger and more rural *District*.







- North Vancouver is an important shipping and rail centre and the site of a wide range of manufacturing and service operations.
- While industrial development has tended to be port related on or near the waterfront, there are also smaller industrial neighbourhoods that contain businesses ranging from technology firms to autobody shops to precision machinists to craft breweries.
- Retail and commercial development is concentrated in a number of vibrant “village” centre areas such as Deep Cove, Parkgate, Park & Tilford, Lynn Valley, Edgemont, Queensbury and Shipyards, as well as along the Lonsdale and Marine Drive corridors.





North Vancouver is known for outdoor recreation. The alpine recreation areas of Grouse Mountain and Mount Seymour are accessible year-round. Both have chairlifts and chalets and offer skiing and snowboarding in winter, as well as sightseeing, picnicking and hiking in summer. Grouse Mountain boasts a cable car "Skyride" as well.



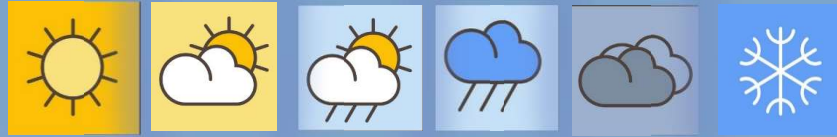
Mount Fromme offers some of the top mountain biking trails in the world, from easy single tracks to technical downhill riding.



Capilano Canyon and Lynn Canyon Park have suspension footbridges and attractive trails. Deep Cove offers picnicking, boating and swimming facilities. Cleveland Dam and the lake which it has created are also popular attractions.



North Vancouver enjoys a temperate coastal climate, although rainfall is greater at higher elevations and in the valley areas. Average annual rainfall ranges from 1,779 mm (70 in.) to 3,840 mm (150 in.). Average temperatures on the waterfront may range from 0° to 7°C in the winter and 14° to 28°C in the summer. Vancouver at sea level has about ten snow days per year.



- Public recreational facilities offer a wide range of indoor activities and programs, e.g. swimming pools, skating rinks, squash and racquetball courts, gymnasiums and fitness facilities. As 20% of North Vancouver is park land, free tennis courts and skateboard parks, walking, hiking and biking trails, and sports fields are located throughout the community.
- Skiing, snowboarding and snowshoeing are winter activities offered on both Grouse and Seymour Mountains. Grouse Mountain also offers ziplines, outdoor skating, and a wildlife refuge for their resident grizzly bears, Grinder and Coola.







- Appreciation for the arts is reflected in the variety of art galleries, public art works and theatres in North Vancouver. Presentation House, Centennial Theatre, MONOVA Museum and Archives, and the Deep Cove Cultural Centre are some of the publicly supported facilities in North Vancouver.
- There is a wide variety of restaurants, from fast food to fine dining choices from all parts of the world. Vancouver is known as a “foodie city”!







There are several shopping and retail areas in North Vancouver. Capilano Mall, Lynn Valley Centre, Lonsdale Quay Market, Shipyards, and Edgemont Village have a large variety of stores and services that offer everything you want and need.







We would like to thank the Coast Salish people, specifically the Skwxwú7mesh (Squamish) Nation and səliłwətaʔɪ (Tsleil-Waututh) Nation, upon whose unceded traditional territory the North Vancouver School District resides. Both the Squamish Nation Reserves (or Skwxwú7mesh Úxwumixw) and Tsleil-Waututh (which means “People of the Inlet”) are spread out across the area from Lions Gate Bridge to Cates Park.



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# IMPORTANT STUDENT INFORMATION







NORTH VANCOUVER SCHOOL DISTRICT NO. 44  
International Education Department  
2<sup>nd</sup> Floor, 2121 Lonsdale Avenue  
North Vancouver, BC  
V7M 2K6

Email: [international@sd44.ca](mailto:international@sd44.ca)

Office hours: Monday to Friday 9:00am to 4:00pm, excluding [statutory holidays](#)

# IMPORTANT CONTACT INFORMATION



Manager, International Programs	Amy Shoup	604-903-3494	<a href="mailto:ashoup@sd44.ca">ashoup@sd44.ca</a>
Program Coordinator, Elementary Administrative Assistant & Medical	Caroline Chambers	604-903-3298	<a href="mailto:cchambers@sd44.ca">cchambers@sd44.ca</a>
Secondary Administrative Assistant	Karin Chalmers	604-903-3846	<a href="mailto:kchalmers@sd44.ca">kchalmers@sd44.ca</a>
Secondary Administrative Assistant	Jennifer Woods	604-903-4610	<a href="mailto:jwoods@sd44.ca">jwoods@sd44.ca</a>

**PLEASE keep this information.** You will need the contact individuals and numbers for the following checklist.



# IMPORTANT INFORMATION



- Contact the International Education office by email to advise if/when there is a change in your living arrangements. \*We require your homestay parent's name, address, postal code, phone number and email.
- Contact the International Education office **at least 4 months BEFORE** your Study Permit or Passport expires. We will issue a letter for you to renew your Study Permit.
- We **MUST** have current Study Permit and Passport information for all students. If you have not already done so, please forward a copy of your extended Study Permit and/or Passport to the International Education office either in person at our office or by email.

# IMPORTANT INFORMATION



- Medical Insurance is mandatory for all International students and is arranged through the School District. Contact us right away if your insurance information is lost.
- Please contact the International Education office with any questions, concerns, or requests for letters. Schools do not provide letters for students in the International Education Program – but our office does!



## *Custodial Guardian Changes*



- If there is a change to, or request to change, who your custodial guardian is, the NVSD International Education Office must receive a new notarized Custodial Declaration and a signed custodial guardian responsibilities agreement.
- A fillable Custodial Declaration can be provided by the International Education office upon request.



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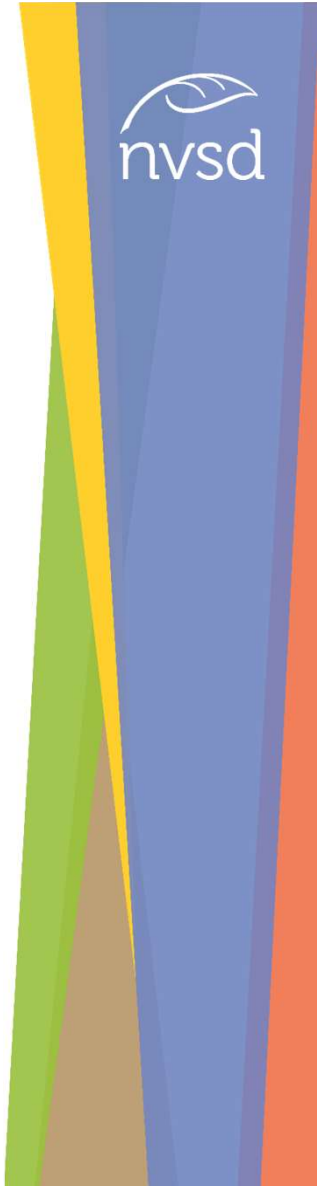
**SCHOOL GUIDELINES based on  
RESPECT, RESPONSIBILITY &  
SAFETY**





Schools provide guidelines based on the school's Code of Conduct. Guidelines are set out to make your school a positive, safe place to live and learn cooperatively.

- Attendance is mandatory in all classes.
- Students are responsible for arriving to class on time with the appropriate supplies, textbooks, and other materials.
- Observe the laws of Canada, school rules and School District policies. Respect the authority of School District employees.
- Respect the rights and property of others.
- Accept personal responsibility for learning and behaviour. Completion of homework, assignments and any missed class work is the responsibility of the student.



- Students are expected to strive to achieve their best. When a student needs extra help, arrangements should be made by the student to meet with the teacher.
- Individual teachers may have his/her own guidelines for the classroom. Be aware of these differences.
- Plagiarism (submitting the work of another person as your own) is a serious offense.
- Students should appreciate and understand the differences of others, including those of gender, race and cultural background.
- All students are encouraged to take pride in their uniqueness and accomplishments.



All students are entitled to a safe and healthy environment while at school.  
Students are prohibited from:

- Smoking on school property
- Disrupting the learning process of others
- Participation in physical, verbal or sexual abuse
- Intimidation or harassment of others
- Possessing, using, or distributing illegal or restricted drugs (including alcohol)
- Carrying, possessing or using weapons, or any items which could be used or perceived as weapons

# Medical Coverage



**guard.me**<sup>®</sup>  
International Insurance



- Students in NVSD's International Program studying for less than six months have comprehensive guard.me K-12 medical insurance.
- Students in NVSD's International Program studying for more than six months are enrolled in the NVSD's Medical Services Plan (MSP) Group Plan with a guard.me extended health medical insurance policy. MSP enrolment in this case is a BC Government requirement.
- The Program Coordinator at the NVSD International Education Office manages your medical coverage on your behalf. You should not enrol in MSP yourself.

- Students enrolled in MSP must have a valid Study Permit in order to qualify.
- You must apply to renew your Study Permit at least four months before it expires to ensure that you receive your renewed Study Permit before the old one expires.
- You must send a copy of your renewed Study Permit to the Program Coordinator at the NVSD International Education Office as soon as you receive it. This will ensure a continuation of your MSP coverage.

# *Medical Clinics in North Vancouver that accept guard.me insurance*



⊕ Lynn Valley Medical & Travel Clinic  
1200 Lynn Valley Road #102  
North Vancouver, BC V7J 2A2  
604 988 5389

⊕ Mount Seymour Medical Clinic  
333 Seymour Boulevard  
North Vancouver, BC V7J 2J4  
604 904 7712

⊕ Park & Tilford Medical Treatment Centre  
333 Brooksbank Avenue #1005  
North Vancouver, BC V7J 3S8  
604 983 2442

⊕ Pemberton Marine Medical Clinic  
1256 Marine Drive  
North Vancouver, BC V7P 1T2  
604 986 0677

**Note:** most clinics do not accept walk-in patients. If you need to visit a clinic, please call first. For urgent medical attention, visit North Vancouver Urgent and Primary Care Centre (UPCC) or Lions Gate Hospital.



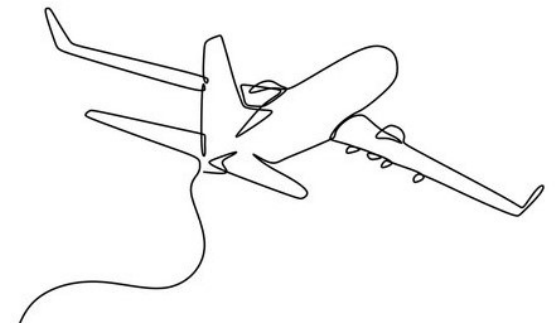
- If you go to Lions Gate Hospital, doctor's offices, or other medical clinics you may need to pay first and then submit a claim to guard.me for reimbursement.
- You are responsible for paying all invoices associated with your medical treatment in a timely manner.
- Claims can be submitted online for reimbursement: <http://guard.me>



## *At the end of your study program*



- Your medical coverage through the NVSD will end on the last day of your International Program.
- If you stay in BC after the last day of your program, you are responsible for managing your medical coverage after your medical coverage through the NVSD ends. This can include purchasing private medical insurance, and managing your MSP coverage, including paying the monthly premiums and contacting MSP before you leave BC.

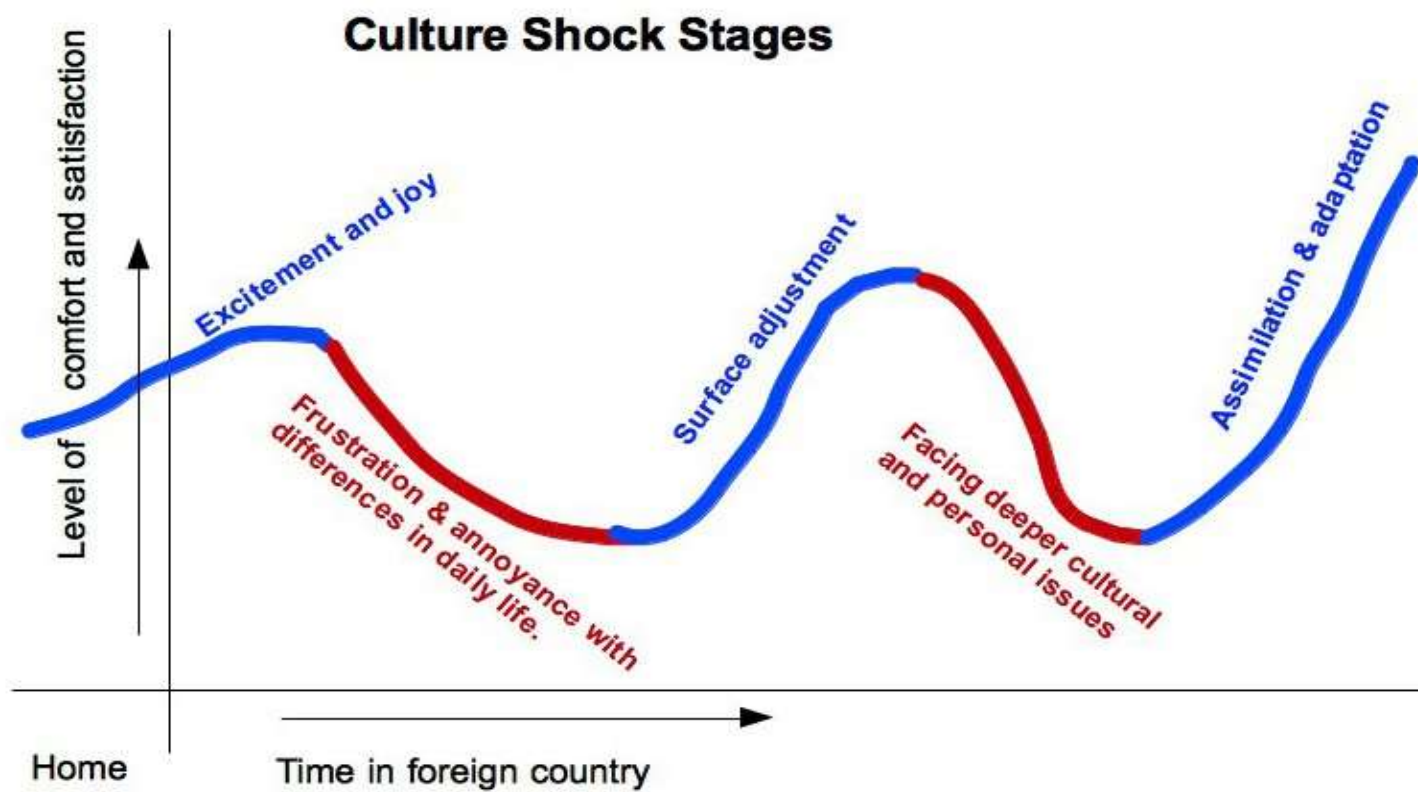




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# **Culture Shock**



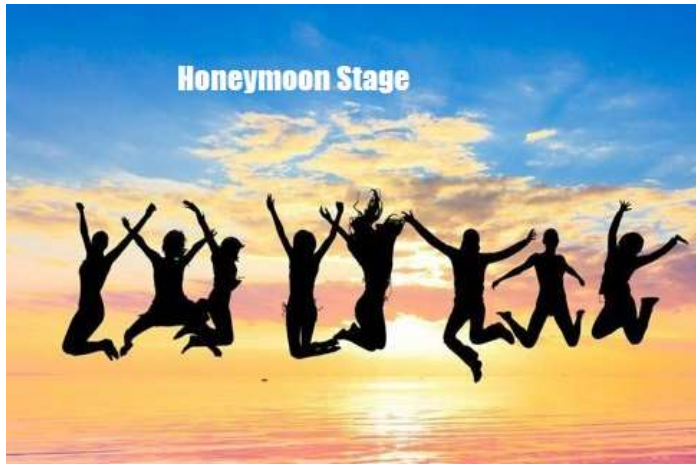


# Culture Shock & Cultural Adjustment



- Living and studying abroad can be a very new, exhilarating experience that provides exciting opportunities to explore the unfamiliar. It may also leave some feeling a little lost in their new world!
- Culture shock, a common phenomenon, is when there is a personal reaction to new or unfamiliar experiences.
- Cultural shock can happen at the beginning of an experience or it can show up in unexpected ways.
- Culture shock often has four stages...





## Honeymoon Stage

This is usually a very happy, positive stage where everything/everyone is new and almost everything is very exciting.



## Frustration Stage

This can be a challenging stage when miscommunication may happen more frequently. Small things such as not understanding the language, gestures, signs etc. become frustrating. Differences between home and new environment become more noticeable.

Differences are just differences and don't need to be rated.







## Adjustment Stage

This stage is when things start to feel more comfortable including: language, food, culture, people and transportation. Friendships often begin to form at this point.

## Acceptance Stage

The final stage of culture shock is when one starts to develop familiarity and comfort in routines and life in a new environment. Although the new culture and environment is not fully understood, the realization that complete acceptance/understanding isn't necessary and will evolve over time.



# Overcoming Homesickness



For people living abroad, homesickness is bound to creep in at some point. Acknowledging that homesickness and sadness are a natural part of an international experience is important. Stay in touch with family and friends from home, but begin to look for ways to establish new friendships and connections while in Canada. Reach out for help if/when you are ever feeling alone.



## Reverse Culture Shock

Be ready as you prepare and return home, perhaps before you are ready, to face a feeling of sadness as your experience comes to an end and you return to the routines of life in your home country.





*Happy by Choice*