

# Short-Term Programs for International Students | 2025

KAMLOOPS, BC, CANADA



THOMPSON  
RIVERS  
UNIVERSITY

DU  
RR  
TR

Live it.  
Learn it.  
Speak it!



Hello!  
Weytk



# WHO ARE THESE PROGRAMS FOR?

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

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## 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, comfortable and safe 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 Resort 45 minutes away and Vancouver a three-hour drive away, you will be sure to find new and exciting adventures 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
  - Sustainability
  - English for Professional Success

## Global Citizenship

- Intercultural communication
- Sustainability
- Global citizenship
- Presentation skills
- Canadian culture and activity preparation

## Language and Culture Soccer Camp

- Strength and endurance training
- Soccer skills training from industry professionals
- Health and nutrition training
- Intercultural communication
- Language training

## 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
- Making Indigenous artwork
- Indoor rock climbing
- Kayaking
- Orchard visits
- Skiing/snowboarding
- Sleigh rides
- Tubing
- Waterfalls and nature visits

[truworld.ca/itc](https://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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Welcome Reception</b> 9 – 10 a.m. <b>Program Orientation</b> 10 – 11:30 a.m. <b>Elective Selection</b> 12:30 – 1:30 p.m. <b>Campus Tour</b> 1:30 – 3 p.m.	<b>Intercultural Communications Workshop</b> 9 a.m. – noon <b>Downtown City Tour</b> 1 – 4 p.m.	<b>Intercultural Communications Workshop</b> 9 a.m. – noon <b>Kamloops Overview</b> 1 – 4 p.m.	<b>Language Studies</b> 9 a.m. – noon <b>Elective</b> 1 – 4 p.m.	<b>Language Studies</b> 9 a.m. – noon <b>Language Studies</b> 1 – 4 p.m.
<b>Full day Cultural Activity</b> 8:30 a.m. – 5 p.m.	<b>Elective</b> 9 a.m. – noon <b>Language Studies</b> 1 – 4 p.m.	<b>Language Studies</b> 9 a.m. – noon <b>Language Studies</b> 1 – 4 p.m.	<b>Elective</b> 9 a.m. – noon <b>Language Studies</b> 1 – 4 p.m. <b>Cultural Activity</b> 6 – 9:30 p.m.	<b>Language Studies</b> 9 a.m. – noon <b>Language Studies</b> 1 – 4 p.m.
<b>Language Studies</b> 9 a.m. – noon <b>Cultural Activity</b> 1 – 4 p.m.	<b>Elective</b> 9 a.m. – noon <b>Language Studies</b> 1 – 4 p.m.	<b>Language Studies</b> 9 a.m. – noon <b>Cultural Activity</b> 1 – 4 p.m.	<b>Elective</b> 9 a.m. – noon <b>Language Studies</b> 1 – 4 p.m.	<b>Language Studies</b> 9 a.m. – noon <b>Afternoon Free</b>
<b>Language Studies</b> 9 a.m. – noon <b>Cultural Activity</b> 1 – 4 p.m.	<b>Elective</b> 9 a.m. – noon <b>Language Studies</b> 1 – 4 p.m.	<b>Full day Cultural Activity</b> 8:30 a.m. – 5 p.m.	<b>Language Studies</b> 9 a.m. – noon <b>Language Studies</b> 1 – 4 p.m.	<b>Language Studies</b> 9 a.m. – noon <b>Closing Ceremony</b> 1 – 3 p.m.

## GLOBAL CITIZEN

A sample of a three-week Global Citizen program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Opening Ceremony</b> 9 – 9:30 a.m. <b>Program Orientation</b> 9:30 – 11 a.m. <b>Campus Tour</b> 11 a.m. – noon <b>Downtown City Tour</b> 1 – 4 p.m.	<b>Intercultural Communications</b> 9 a.m. – noon <b>Cultural Activity</b> 1 – 4 p.m.	<b>Global Citizenship</b> 9 a.m. – noon <b>Presentation Skills</b> 1 – 4 p.m.	<b>Intercultural Communications</b> 9 a.m. – noon <b>Cultural Activity</b> 1 – 4 p.m.	<b>Global Citizenship</b> 9 a.m. – noon <b>Intercultural Communications</b> 1 – 4 p.m.
<b>Global Citizenship</b> 9 a.m. – noon <b>Intercultural Communications</b> 1 – 4 p.m.	<b>Full day Cultural Activity</b> 8:30 a.m. – 5 pm	<b>Global Citizenship</b> 9 a.m. – noon <b>Presentation Skills</b> 1 – 4 p.m.	<b>Intercultural Communications</b> 9 a.m. – noon <b>Cultural Activity</b> 1 – 4 p.m.	<b>Global Citizenship</b> 9 a.m. – noon <b>Intercultural Communications</b> 1 – 4 p.m.
<b>Global Citizenship</b> 9 a.m. – noon <b>Presentation Skills</b> 1 – 4 p.m.	<b>Intercultural Communications</b> 9 a.m. – noon <b>Cultural Activity</b> 1 – 4 p.m.	<b>Global Citizenship</b> 9 a.m. – noon <b>Presentation Skills</b> 1 – 4 p.m.	<b>Intercultural Communications</b> 9 a.m. – noon <b>Cultural Activity</b> 1 – 4 p.m.	<b>Global Citizenship</b> 9 a.m. – noon <b>Intercultural Communications</b> 1 – 2 p.m. <b>Closing Ceremony</b> 2 – 3 p.m.





# PROGRAM DESCRIPTIONS

Our open programs offer 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

**January 7 – 31, 2025 | \$4,275**

**February 18 – March 7, 2025 | \$3,795**

This program has all the components of our summer open programs, but with a winter spin. Visit Kamloops in the winter and embrace a true Canadian experience. Join in winter activities like skiing, curling, snowshoeing, and even a sleigh ride! 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

**February 18 – March 8, 2025 | \$1,395**

**August 6 – 22, 2025 | \$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.

### ADDITIONAL PROGRAM FEE

Starting in 2025, all TRU short-term programs will have the following additional fee:

| **Custodianship fee:** \$100/student (if required)

## Language and Culture Soccer Camp

NEW

**June 23 – July 10, 2025 | \$3,835**

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 a chance to showcase skills at the end of the program.



## Language and Culture programs

**July 2 – 25, 2025 | \$4,275**

**August 6 – 22, 2025 | \$3,795**

Improve your English skills and experience in Canada with our Language and Culture programs. Begin with an orientation and choose an elective, then join Intercultural Communication classes to learn cultural theories and strategies for communicating with people from other cultures. Based on your language level, you'll study English and your elective or engage in exciting cultural activities with students from around the world.

## Global Citizenship

August 6 – 22, 2025 | \$3,795

In our ever-changing world, it's important 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.

## Three week Enhanced Language and Culture Transition program

August 6 – 22, 2025 | \$3,295

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 Fall semester 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

» JANUARY PROGRAMS  
**November 1, 2024**

» FEBRUARY PROGRAMS  
**December 1, 2024**

» LANGUAGE AND CULTURE  
SOCCER CAMP  
**April 30, 2025**

» JULY PROGRAMS  
**April 30, 2025**

» AUGUST PROGRAMS  
**May 30, 2025**

**NOTE:** Participants are not counted until all portions of their application are complete, which includes homestay applications, custodianships (if required), and waivers.

## 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 will enjoy a furnished bedroom, three meals a day plus 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.

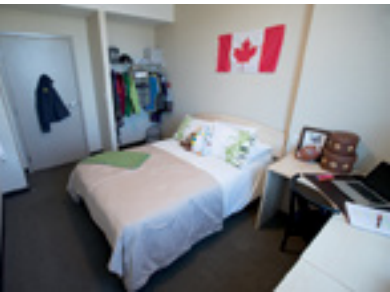
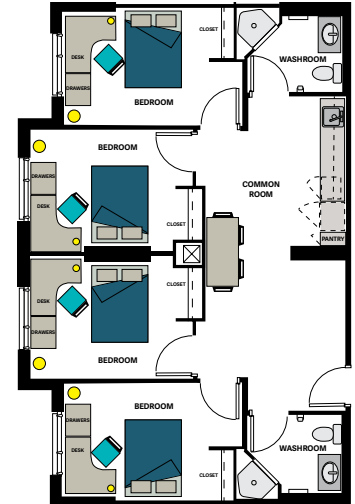
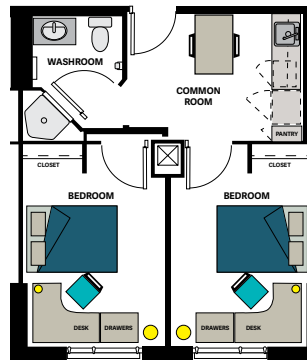
For more information about on-campus housing, visit [tru.ca/housing](http://tru.ca/housing)

## 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.



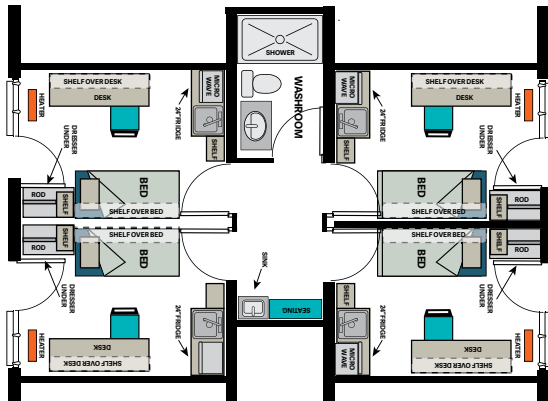
**North Tower floor plans:**  
2- and 4-bedroom suites



## McGill Residence (on campus)

This community is ideal for students looking for an active and 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





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International Training Centre, Thompson Rivers University  
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