



Language and Culture Winter Program

LEARN ABOUT CANADIAN CULTURE AND PRACTICE YOUR ENGLISH

Located in the heart of British Columbia, Kamloops is only a 45-minute flight from Vancouver and is home to Thompson Rivers University (TRU). Kamloops provides a safe, family-oriented environment and is surrounded by natural beauty, making it a popular education destination for students from all over the world.

TRU has a solid reputation for providing a supportive academic environment and a friendly atmosphere. Our customized programs and individualized instruction help students reach their language goals.

Participants will:

- learn about cultural differences and similarities in our intercultural communication classes
- improve your English proficiency, especially in speaking and listening
- choose from one of our electives upon your arrival to TRU and increase your knowledge in a specialized topic

Minimum age requirement – 14 years

Study with TRU

For over 30 years, Thompson Rivers University (TRU) has been delivering customized training programs of the highest calibre, earning us worldwide recognition. Our intensive, short-term programs are strategically balanced to maximize learning opportunities while allowing participants enough time to gain an appreciation of Canadian culture and participate in carefully selected activities. The result is a rich and rewarding experience that will last a lifetime.



TRU Campus, located in the heart of Kamloops

Course descriptions

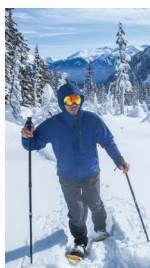
LANGUAGE STUDIES: Using a communicative, student-centered approach, instructors guide students through customized lessons and activities that focus on all aspects of language development. In addition to the core skills (speaking, listening, reading, and writing), students will also focus on vocabulary acquisition, reducing grammatical errors and learning content that will prepare them to participate in scheduled cultural activities.

INTERCULTURAL COMMUNICATIONS: A series of workshops that allow students to explore the intricate world of culture theory. These lessons are designed to highlight culture complexity, enhance appreciation of cultural differences and provide students with tools to assist them on their journey to intercultural fluency.

ACTIVITIES: These are sure to be a program highlight and may include tubing at Harper Mountain Tube Park, curling, snowshoeing at Sun Peaks Ski Resort, indoor rock climbing and more.

What is included?

- Homestay accommodations (begin one day before and end one day after the program date range). Homestay placement fee included. Additional dates may require an additional fee. Meals included.
- Guard.me medical insurance included. Can be removed if proof of coverage is provided.
- Pick-up and drop-off at Kamloops airport
- Free wireless internet on campus
- Kamloops transit pass
- Support of instructors in the classroom and during activities
- Orientation to TRU's campus and the city of Kamloops
- Costs of all scheduled cultural and recreational activities



Sample 3 Week Winter Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 16 BC Family Day TRU campus closed No classes	17 Welcome Reception 9 – 9:30 a.m. ISA-led orientation 9:30 – 11 a.m. Elective Selection noon – 12:30 p.m. Campus Tour 12:30 – 2:30 p.m.	18 Intercultural Communications 9 a.m. – noon Downtown Kamloops City Tour & Shopping 1 – 4 p.m.	19 Intercultural Communications 9 a.m. – noon Orientation to Kamloops 1 – 3 p.m.	20 Language Studies 9 a.m. – noon Elective 1 – 4 p.m.
23 Language Studies 9 a.m. – noon Curling 1 – 4 p.m.	24 Elective 9 a.m. – noon Language Studies 1 – 4 p.m.	25 Sun Peaks Resort Snowshoeing 8:30 a.m. – 5 p.m.	26 Elective 9 a.m. – noon Language Studies 1 – 4 p.m.	27 Language Studies 9 a.m. – noon Sleigh Ride 12:30 – 4:30 p.m.
March 2 Language Studies 9 a.m. – noon Dream Catchers 1 – 3:00 p.m.	3 Elective 9 a.m. – noon Language Studies 1 – 4 p.m.	4 Language Studies 9 a.m. – noon Language Studies 1 – 4 p.m. Kamloops Blazers Hockey Game 6:30 – 9:30 p.m.	5 Language Studies 9 a.m. – noon Indoor Rock Climbing 1 – 3:30 p.m.	6 Language Studies 9 a.m. – noon Language Studies 1 – 2 p.m. Closing Celebration 2 – 3:00 p.m.

PROGRAM DATES:

4-Week January 6 - 30, 2026
3-Week February 17 - March 6, 2026

ADDITIONAL FEES:

Custodianship: \$100

If required for a visitor visa.

For more information:

globaltraining@tru.ca

Thompson Rivers University
 805 TRU Way, Kamloops, BC V2C 0C8
 Canada

Apply online
truworld.ca/itc