

EXPLORE ENGLISH CANADA



**IMMERSE YOURSELF IN
CANADIAN CULTURE AND ATTEND
HIGH SCHOOL IN ENGLISH CANADA!**



2025 - 2026

INTRODUCTION

Canada is a large, diverse, and multicultural country that counts people from all over the world as Canadian citizens. Canada is the second largest country in the world, geographically!

The Global Choice Canada program offers placements ranging from metropolitan locations near major Canadian cities to smaller and more rural settings with tight-knit communities. Our schools provide many opportunities for students to develop their skills and leadership abilities through sports teams and after-school clubs.





WHY IS IT CALLED GLOBAL CHOICE?

The Global Choice program provides students with the opportunity to choose which part of Canada they're placed in. The 'choice' in Global Choice is that you're able to choose your school district.



Once you choose your program, you then get to pick your top 3 choices from the list of schools available. School choices are not always guaranteed and your ability to attend specific schools depends on factors such as your English level, dietary restrictions, or allergies that require specific homestay placements. If you submit your application late, this can also impact your school choices as some of your top choices might fill up. The only exception to the 'choice' is the program in Kingston, ON where students are unable to choose their school, they can only choose between an urban or rural placement.

PROGRAM HIGHLIGHTS:

- ★ **Extracurricular activities** including sports clubs, yearbook, band, cheerleading, prom committee, dance troupe, math & science club, and student council--among many others!
- ★ Placements are typically in **small, friendly, and safe communities**
- ★ Global Choice provides **continuous support** along with **Arrival, Mid-Stay, and End-of-Stay orientations.**
- ★ Our partners provide dedicated **Local Homestay Coordinators and emergency support that is available 24/7.**

A NOTE ON MULTICULTURALISM

Canadians come in all shapes and sizes. Canada is known as a multicultural country that promotes cultural and religious diversity. In the 2021 census, more than 450 ethnic or cultural origins were reported by Canadians. In practice, what this means is that individuals and families may strongly identify with their cultural origins even long after they immigrated to Canada. For example, an individual with Indian heritage may describe themselves as “Indo-Canadian”, even if they were born in Canada. Conversely, someone with the same background may simply think of themselves as “Canadian”. There is no correct way to define cultural heritage in Canada, as this is considered personal to the individual and family.

What is most important for students to understand is that Canadians are Canadian regardless of cultural origin. A family who immigrated to Canada and/or whose first language is not English or French is no less Canadian than anyone else. For Canadians, this is one of our most cherished cultural values.

IMPORTANT THINGS TO KEEP IN MIND

- **There are additional monthly fees for students with dietary restrictions.** This can include (but is not limited to) celiac disease, vegan, vegetarian, halal, lactose intolerance, and more. Your contact at AFS will let you know if this applies to you.
- **For grade 12 students, we can not guarantee a high school diploma.** This depends on your English level and ability to take higher level courses to earn credits towards graduation. In the provinces of Newfoundland and British Columbia, it is currently impossible to earn a high school diploma in 1 year as a foreign student due to provincial legislation.
- **Not all programs can accommodate students with certain allergies, dietary restrictions, or medical restrictions** due to limitations in the host family network. If you have any limiting factors please let the AFS representative in your country know so that they can provide you with a list of programs suitable for you.
- **Host families are compensated on a monthly basis to help with the cost of hosting students .**

PROGRAM OFFERINGS

PROGRAM	PROGRAMS LENGTHS OFFERED
<p>Upper Canada DSB Upper Canada region in Eastern Ontario</p>	<ul style="list-style-type: none"> • 10 Months • 5 Months • 3 Months (September only)
<p>Lambton-Kent DSB Chatham-Kent region in Southwestern Ontario</p>	<ul style="list-style-type: none"> • 10 Months • 3 Months
<p>Limestone DSB Kingston, Ontario</p>	<ul style="list-style-type: none"> • 10 Months
<p>Ottawa-Carleton DSB Ottawa, Ontario</p>	<ul style="list-style-type: none"> • 10 Months • 5 Months • 3 Months (February/March start)
<p>Louis Riel SD Winnipeg, Manitoba</p>	<ul style="list-style-type: none"> • 10 Months • 5 Months
<p>NISEP Eastern Newfoundland</p>	<ul style="list-style-type: none"> • 10 Months
<p>Kamloops - Thompson SD Kamloops, British Columbia</p>	<ul style="list-style-type: none"> • 10 Months • 5 Months (September only)
<p>Delta SD Vancouver, British Columbia</p>	<ul style="list-style-type: none"> • 10 Months • 5 Months

UPPER CANADA DISTRICT SCHOOL BOARD (UCDSB)

PROGRAM LENGTHS:

- 10 months
- 5 months
- 3 months (September start only)

The UCDSB operates in small towns in Eastern Ontario, just south of Ottawa. The UCDSB is a public education organization committed to quality education that fosters lifelong learning through creative and challenging learning experiences. Their team and staff help to ensure that all international students are made to feel welcome and that you have all the tools necessary to succeed in your placement. They provide multiple opportunities for students to develop their skills and leadership through sports teams and after school clubs.



HIGHLIGHTS:

- 1 hour from Ottawa. 1-2 hours from Montreal.
- Mostly rural placements with some placements in small cities like Brockville, Cornwall, and Rockland.
- Public transportation is only available in the city, there is little to no public transportation in rural areas.
- Some activities are available at an extra cost such as trips to Quebec City, Niagara Falls, Toronto, and more.

DID YOU KNOW?

Upper Canada was the original name of what is now known as the province of Ontario. 'Upper' refers to its geographic location along the Great Lakes as opposed to Lower Canada, modern day Quebec.



SCHOOLS	# STUDENTS	SCHOOL LOCATION
Almonte DHS	500	Almonte
Athens DHS	220	Athens
Brockville CI	650	Brockville
Carleton Place HS	750	Carleton Place
Char Lan DHS	265	Williamstown
Cornwall CVS	820	Cornwall
Gananoque SS	500	Gananoque
Glengarry DHS	300	Alexandria
North Dundas DHS	600	Chesterville
North Grenville DHS	700	Kemptville
Perth DCI	500	Perth
Rideau DHS	425	Elgin
Rockland DHS	440	Clarence-Rockland
Russell HS	500	Russell
Seaway DHS	460	Iroquois
Smiths Falls DCI	730	Smiths Falls
South Grenville DHS	475	Prescott
St. Lawrence SS	550	Cornwall
Tagwi SS	530	Avonmore
Thousand Islands SS	1100	Brockville
Vankleek Hill CI	400	Vankleek Hill

LAURA

FROM SWITZERLAND
EXCHANGE IN UPPER CANADA

"My name is Laura, I'm 20 years old and I went on an exchange in Russell, Ontario in Canada. Going on an exchange was a challenge for me because I was really shy and it helped me to open up to people, be more confident and extroverted. I love the journey it took me on and I fell in love with the country.

My host family was amazing and accepted me like I was part of their family, I participated to the family life. I helped my host brothers with their homework and cooked with my host parents, taking the full Canadian experience. We did a lot of activities together like going skiing or celebrating the holidays with the extended family. I was really close with my host mother, we watched a lot of tv shows together and we would always talk for hours. It felt like my real family and now I can say for sure that they are my second family.

I went to school in Russell. It was a small high school but all the people I've met there were really nice. I made a small group of great friends mixed in between exchange students from all around the world and Canadians. The courses I choose were interesting and the teachers were helping me if I had troubles with the language. I took part of pretty much every event at my school and that's how I met my friends, by participating in school activities. I was part of the prom and relay for life committee as well as an unofficial part of the student council.

I was in the last year so I got the opportunity to graduate from Russell High School and obtained a paper saying I finished high school in Canada. Being able to do that gave me a boost of confidence and I felt included in my school, I finished with really good marks. I loved my little high school, it was amazing to get to know people and enjoy the experience of a Canadian high school.

I am so thankful for my amazing experience because I have now a second Canadian family and amazing friends that I will keep for life."



LAMBTON KENT DISTRICT SCHOOL BOARD (LKDSB)

The LKDSB is located in Southwestern Ontario. The district serves the two small cities of Chatham and Sarnia, as well as several other smaller communities. They are located near many historic sites, such as the underground railroad, the Great Lakes and two provincial parks! The schools focus on personal relationships, priding themselves on the extensive support and communication they give to their students. The School District employs an Academic Coordinator, as well as two International Education Coordinators, who work solely with International students to ensure that they have the necessary resources to succeed in their program.



PROGRAM LENGTHS:

- 10 months
- 3 months

SPECIAL NOTE:

This program is not currently able to offer placements to students with **Celiac Disease**, due to homestay availability, and has very limited placements for students with **pet allergies** or other **dietary restrictions**. Please make sure you submit your application as soon as possible to guarantee a spot.

HIGHLIGHTS:

- 3 hours from Toronto.
- Public transportation is somewhat available in the larger towns of Chatham and Sarnia. But please note that most placements will be in rural locations where public transportation is not available.
- Some activities are available at an extra cost such as trips to Niagara Falls, camping, and more.

SCHOOLS	# STUDENTS	LOCATION
Blenheim District High School	325	Blenheim
Chatham Kent Secondary School	1200	Chatham
Great Lakes Secondary School	1000	Sarnia
John McGregor Secondary School	650	Chatham
Lambton Central Collegiate & Vocational Institute	800	Petrolia
Lambton Kent Composite School	300	Dresden
Northern Collegiate Institute & Vocational School	1100	Sarnia
North Lambton Secondary School	500	Forest
Ridgetown District High School	200	Ridgetown
Tilbury District High School	300	Tilbury
Wallaceburg District High School	600	Wallaceburg

DID YOU KNOW?



Hawaiian pizza was invented in Chatham, ON!

MARIAVITTORIA

FROM ITALY

EXCHANGE IN LAMBTON KENT

"I am Mariavittoria, a seventeen-year-old girl from Italy, and I did a 10 months exchange in a little town in Ontario, Canada.

The host family that I have lived with here in Canada is made up by the two hosts, Michele and Jim, and by another girl from Thailand that is doing my same exchange, called Best. We were lucky to have found host parents that wanted us to love Canada as much as they do, and so they brought us sightseeing in many places in our areas, such as Niagara Falls and Toronto. My favourite memory with them is when we visited Bayfield for a weekend, and we got to experience the Canadian Christmas and also have a lot of fun!

After spending 10 months in Canada, I have learned to love this country so much! Canada offers so many different scenarios and locations, from big cities to wild nature, from mountains to lakes, and that is why I like it so much. Canada, thanks to its beautiful nature, is a very colourful place to live in: I was indeed very lucky to have the change to experience it throughout each season, and to see how much it changes and how pretty it got with every season.

This exchange experience has taught me so much. Moving to the other side of the world is a very brave thing to do, and also being on your own for the first time makes you mature and grow in a way that you couldn't imagine. This experience has also pushed me to become very outgoing and very social, and it has

also showed me a world very different from the one that I grew up in, allowing me to become more accepting and open-minded. This time that I spent alone and away from my close ones has also given me the opportunity to learn a lot about myself, allowing me to discover my strengths and my weaknesses."



OTTAWA-CARLETON DISTRICT SCHOOL BOARD (OCDSB)



PROGRAM LENGTHS:

- 10 months
- 5 months
- 3 months (February to March start)

Ottawa, Canada's capital, is a major hub with a small town feel where you can embrace living in a major city while also exploring the great outdoors. OCDSB school staff are trained to be sensitive to the needs of international students to ensure a smooth transition into their new surroundings. The OCDSB has received the Canadian Bureau for International Education's Board of Directors Award for "Comprehensive Internationalization."

SPECIAL NOTE:

- This program is not currently able to offer placements to students with **Celiac Disease** due to homestay availability.
- Students with an **English level below B1** will only be able to attend one of the 5 schools that offers ESL courses. Those schools are marked in the table below with an *.

HIGHLIGHTS:

- Capital city of Canada, located 2 hours from Montreal and 4 hours from Toronto.
- Most placements are located in the suburbs of the city with easy access to downtown via public transportation.

DID YOU KNOW?

According to Forbes, Ottawa is the fourth cleanest city out of 300 major cities around the world.



SCHOOLS	# STUDENTS	SCHOOL LOCATION
A.Y. Jackson Secondary School	900	Kanata
Bell High School *	1200	Ottawa
Brookfield High School *	600	Ottawa
Cairine Wilson Secondary School	800	Orleans
Canterbury High School	1200	Ottawa
Colonel By Secondary School	1200	Gloucester
Earl of March Secondary School	2000	Kanata
Glebe Collegiate Institute	1500	Ottawa
Gloucester High School *	1000	Gloucester
Hillcrest High School	550	Ottawa
John McCrae Secondary School	1400	Nepean
Lisgar Collegiate Institute	1000	Ottawa
Longfields-Davidson Heights Secondary School	2100	Nepean
Merivale High School	950	Nepean
Nepean High School	1150	Ottawa
Ridgemont High School *	800	Ottawa
Sir Robert Borden High School	1150	Nepean
Sir Wilfrid Laurier Secondary School	950	Orleans
South Carleton High School	1150	Richmond
West Carleton Secondary School	1300	Dunrobin
Woodroffe High School *	900	Ottawa

EMMA

FROM ITALY

EXCHANGE IN OTTAWA

"My name is Emma and I was an exchange student from Italy. I spent six months in Ottawa, Canada and I started the journey in January 2021, during the covid pandemic.

I've always dreamed about going abroad, starting a new life, meeting new people and having incredible experiences. I know it may sound obvious, but I really found my second home, a place where I grew up and found myself. I became a young, confident and brave woman.

I discovered another culture literally from scratch, everyone knows a little bit of the Americans, but living in North America makes such a difference. You can experience their lifestyles, their habits, who they really are, without prejudices. I survived the coldest winter ever (-20 C degrees!) with my host family's tricks. I tried the famous beaver tails and I loved them. I attended a high school with a lot of incredible courses and I took the school bus.

I hope I can inspire others to do this journey, which changed my life and me forever."



LIMESTONE DISTRICT SCHOOL BOARD (LDSB)

The LDSB is located in Kingston, Ontario, a medium-sized city that has a population of 125,000 residents. Kingston is a heritage city with a rich history. It is home to Queens University and the Royal Military College. Kingston is a friendly town that is welcoming to newcomers, making it an ideal place for international students!

Schools are located in urban and rural settings in and around Kingston. Students in this program are unable to pick their school. However, they are able to indicate if they prefer to be located in an urban or rural location.

SPECIAL NOTE:

This program does not offer placements to students with **pet allergies** or **Celiac Disease** due to a lack of homestay availability. They also have limited placements available for students with dietary restrictions, so please ask first.

PROGRAM LENGTHS:

- 10 months



HIGHLIGHTS:

- Located halfway between Montreal and Toronto.
- Easy access to public transportation in the city, but limited or no access in rural areas.

SCHOOLS	# STUDENTS	LOCATION
Bayridge Secondary School	700	Kingston
Loyalist Collegiate & Vocational Institute	700	Kingston
Kingston Secondary School	1000	Kingston
Lasalle Secondary School	650	Kingston
Ernestown Secondary School	400	Odessa
Frontenac Secondary School	1100	Kingston
Sydenham High School	900	Sydenham

DID YOU KNOW?

Kingston is known as the “Limestone City” because of its many heritage buildings constructed using local limestone.



NEWFOUNDLAND (NISEP)



PROGRAM LENGTHS:

- 10 months

Come have the experience of a lifetime while exploring the breathtaking landscapes of Newfoundland & Labrador.

Placements vary from the capital city of St. John's to smaller, rural settings with more tight-knit communities. NISEP works to pair students with a family chosen to compliment their personality and interests. The schools also offer a wide range of sports, music, art, and science programs-- among many others.

SPECIAL NOTE:

Placements in the capital city of St. John's fill up fast. Submit your application as soon as possible to guarantee your spot!

HIGHLIGHTS:

- Family and community-oriented culture.
- Placements are mostly in small towns and rural areas.
- Students outside of the capital will not have access to public transportation.
- Perfect for students with a sense of adventure and a love for nature.

SCHOOLS	# STUDENTS	SCHOOL LOCATION
Ascension Collegiate	615	Conception Bay
Baccalieu Collegiate	200	Old Perlican
Carbonear Collegiate	490	Carbonear
Gonzaga High	715	St. John's
Holy Heart HS	980	St. John's
Holy Trinity HS	780	Torbay
Mount Pearl Senior	930	Mount Pearl
O'Donel High	700	Mount Pearl
Prince of Wales Collegiate	670	St. John's
Queen Elizabeth RH	600	Conception Bay South
Roncalli Central High	315	Avondale
St. Kevin's High	380	Goulds
St. Michael's RH	160	Bell Island
Waterford Valley High	760	St. John's



DID YOU KNOW?

St. John's waterfront is one of the most colorful in the world. The houses there were all painted different colors so ships could see them in the fog.

VANESSA

FROM GERMANY

EXCHANGE IN NEWFOUNDLAND

"Starting in September 2021, I had the amazing experience of doing an exchange in beautiful Newfoundland. Until my host family picked me up at the airport, I couldn't realize that the time had come for me to start my stay abroad.

The familiar and very friendly manner that my host parents showed me made me feel at home straight away. I lived in a small community called Bauline.

This is in the eastern part of the island of Newfoundland, which is often called The Rock because it is made almost entirely of stone. There are only about 500 people living in my community and it is right on the North Atlantic Ocean.

The school system is a little different to what we are used to in Germany. School starts at 8:05 in the morning and I took a yellow school bus to school, which stopped right outside my front door. You also only have 7 subjects in total but only 5 of your subjects every day and are therefore free at 2:05 pm. My first experiences at the school were all very positive. All the teachers are very friendly and understanding. At the beginning, I found it a little difficult to follow the teachers in class because they like to talk a lot and sometimes very quickly. But you get used to it over time and I could always count on the help of my classmates.

Outside of school, I played soccer once a week and we went to a fitness class together as a team every Tuesday. I also often went shopping with my best friends at a nearby mall. I visited the sights in my area with my host family.

I recently read this quote: "The best things in life are the people we love, the places we've been and all the memories we've made along the way" And during my time abroad, I was able to experience so many wonderful things and meet so many wonderful people. To sum up, I can only say that these five months were a complete success and I enjoyed every day I was there. I can only recommend it to everyone as it was a great experience."



LOUIS RIEL SCHOOL DIVISION (LRSD)

PROGRAM LENGTHS:

- 10 months
- 5 months

The LRSD is located in Winnipeg, the capital city of the province of Manitoba. Manitoba is a prairie province that is known for its expansive blue skies and 100,000+ lakes. Winnipeg is a large, urban center with over 800,000 residents. It is filled with parks, rivers, and historic architecture. It is also home to the largest urban Indigenous population in the country.

Along with the English program, the LRSD also has 2 French Immersion schools that students can attend. As a French Immersion student, you would go to school in French but live with an English-speaking family, giving you the opportunity to improve your skills in both languages! Students who wish to attend one of these schools will need at least a B1 French level.



HIGHLIGHTS:

- A multicultural city with many annual festivals and a number of professional sports teams.
- Easy to get around by public transportation

DID YOU KNOW?

The name 'Winnipeg' comes from the Cree word 'win-nipi' meaning 'muddy waters,' and refers to the silt carried by the two rivers that meet in Winnipeg.



SCHOOLS	# STUDENTS	LANGUAGE
Collège Béliveau	630	French Immersion
Collège Jeanne Sauvé	648	French Immersion
Dakota Collegiate	1235	English
Glenlawn Collegiate	1000	English
J.H. Bruns Collegiate	780	English
Nelson McIntyre Collegiate	307	English
Windsor Park Collegiate	604	English

KAMLOOPS-THOMPSON SCHOOL DISTRICT



PROGRAM LENGTHS:

- 10 months
- 5 months (September start only)

Kamloops is a medium-sized city of 90,000 located in the interior of British Columbia. Kamloops is a friendly and safe community with diverse geography and a semi-arid climate. This is the perfect place for a student who wants to be surrounded by nature, but also wants all the amenities of city living. The school district is committed to providing students with the chance to discover themselves while learning and living in a warm, friendly, and high-quality environment.

HIGHLIGHTS:

- 4 hours from Vancouver.
- Easy access to public transportation.
- Perfect program for students who want to live in a city but also love to do outdoor activities.

DID YOU KNOW?



There are 82 parks in Kamloops, covering a total of 1,350 hectares.

SCHOOLS	# STUDENTS
Clearwater Secondary School	240
NorKam Secondary	800
Sa-Hali Secondary	1040
South Kamloops Secondary	1000
Valleyview Secondary	1085
Westside Secondary	690
Kamloops School of the Arts	500

ALICE + GIULIO

FROM ITALY

EXCHANGE IN KAMLOOPS

"Here we are at the end of my experience! I have a bunch of things to say! I played in the School soccer team and I had so much fun with my team. I never played a team sport before and I enjoyed it so much. I'll never forget the trips that I did here with the international program, like Tofino Island or Jasper and Banff. I loved sharing the rooms with my friends. Another thing is that I made a lot of friends here, not just Canadian people but also Brazilians, Mexicans, Japanese, Germans...and more! I also got to see the northern lights! I'll never forget about this experience."

-Alice

"It's difficult to explain what I felt during my experience in Kamloops. I really believe that these 5 months helped me in order to understand myself and become more responsible. I will always remember all the amazing people that I met and I already miss them. In this period of time I visited a lot of places like Vancouver, Sun Peaks, Jasper and Banff national parks. But the best trip was the Tofino one, it was unforgettable. I had some bad moments there but at the end of the day I can say that it was an amazing experience."

-Giulio



DELTA SCHOOL DISTRICT

★ NEW ★
PROGRAM!



PROGRAM LENGTHS:

- 10 months
- 5 Months (September start only)

Delta, British Columbia is a suburb of Vancouver with a population of 110,000. It is the most south-west community on the Canadian mainland. The community is known for having a friendly, welcoming, safe, and inclusive atmosphere. Residents of Delta have easy access to parks, beaches, farmland, and open spaces. The Delta School District has award winning teachers and programs, with offers 24 hour support for students.

SPECIAL NOTE:

Spots in this program fill up quickly. Submit your application as soon as possible to ensure your top school picks.

HIGHLIGHTS:

- 30 minutes from downtown Vancouver.
- Easy access to the North Shore Mountains, Whistler, and Seattle.
- Mild climate with temperatures rarely falling below 0 degrees Celsius in the winter.
- Monthly sightseeing activities with other International students.

SCHOOL	# STUDENTS	LOCATION
Burnsview Secondary School	800	North Delta
Delta Secondary School	1400	Ladner
Delview Secondary School	800	North Delta
North Delta Secondary School	1200	North Delta
Sands Secondary School	800	North Delta
Seaquam Secondary School	1400	North Delta (Sunshine Hills)
South Delta Secondary School	1400	Tsawwassen

DID YOU KNOW?



Delta has the most sunshine in the Greater Vancouver area!