

# High School in Canada



**SHAMBHALA SCHOOL**  
*"Genuine Delight in Learning"*



**International  
Language  
Institute**





## English preparation and cultural adjustment

**S**pend your summer preparing for admission to a Nova Scotia high school by attending the International Language Institute (ILI). If you qualify academically for entry into the Nova Scotia High School curriculum and complete ILI's 500- Level course, you will be admitted to full-time study at the Shambhala School in Halifax. The ILI qualifying course is equivalent to the B1+ Level of the Common European Framework of Reference (CEFR).

Prior to arriving in Halifax, ILI will administer a standardized online placement test to determine your current level of English. Your test results will determine if you are ready to take ILI's 500-Level course. If you are not yet ready, the test will indicate how

many weeks of English you may need to prepare for the Shambhala program. Students may enter Shambhala School in September, November, or March. Students seeking full credit are required to attend Shambhala School

from September to June.

Morning classes make up ILI's Core Curriculum. Afternoon classes supplement and support the morning classes and focus on individual language skills or exam preparation.

Daily Schedule						
Weekly Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>First Morning</b> 8:30 – 10:00	Integrated Skills	Integrated Skills	Integrated Skills	Integrated Skills	Integrated Skills	Occasional weekend activities (Optional)
10:00-10:20	Break	Break	Break	Break	Break	
<b>Second Morning</b> 10:20-11:50	Integrated Skills	Integrated Skills	Integrated Skills	Integrated Skills	Integrated Skills	
11:50-1:00	Lunch	Lunch	Lunch	Lunch	Lunch	
<b>First Afternoon</b> 1:00 – 3:15	Focused skills, special topics	Focused skills, special topics	Focused skills, special topics	Focused skills, special topics	Focused skills, special topics	Scheduled recreational, social or cultural activity (optional)
3:15 – 3:30	Break	Break	Break	Break	Break	
<b>Second Afternoon</b> 3:30 – 5:30	Enhanced Class	Enhanced Class	Enhanced Class	Enhanced Class	Enhanced Class	





# Attend a top high school

**S**hambhala School is an ideal environment for international students to develop their English language skills. The school is firmly committed to small classes where individual attention is encouraged.

Our curriculum emphasizes sustainable energy and environmental stewardship. Students develop confidence and emotional resilience through mindfulness practices, group training, teaching in psychology, and retreats in the beautiful Nova Scotia wilderness.

Shambhala School has partnered with International Language Institute so high school students can improve their English ability before joining our classes.

The school was founded in 1993 by parents and teachers to provide non-religious education to students from Grade 1 to 12 in a caring, nurturing environment. With about 120 students,



the school maintains a high academic standard that meets and exceeds the standards set by the Nova Scotia Department of Education. Students have attended a wide variety of universities all over the world.



## Live with a host family

**W**hen you live with an ILI host family, you will share meals in a Canadian household, be introduced to new cultural traditions, practice your English, and experience a Canadian lifestyle. You will also have the comfort of knowing that a caring, responsible adult is available to help you with the many challenges that accompany the adventures of living and studying in a new country.

An ILI host family provides a private room for your exclusive use, three meals a day, seven days a week, laundry facilities, and plenty of great conversation. All families are approved by the Host Family Coordinator and ILI has host families available for students under the age of 19 who require legal guardianship in Canada. Upon your arrival in Halifax, the Coordinator will meet you at the airport, bring you to your new home, and introduce you to your family.





# Halifax, a safe, modern city

