

# EXPLORE VANCOUVER



*Essentials Tips for International Students*





## ABOUT US

Since its establishment in **1990**, International House Vancouver has consistently received acclaim for delivering **exceptional educational programs**. Whether you're aiming to enhance your language proficiency or fast-track your career, IH Vancouver stands out as a **globally-recognized institution** and a leading provider of English language and academic preparation programs in Canada.

### NEW WESTMINSTER CAMPUS

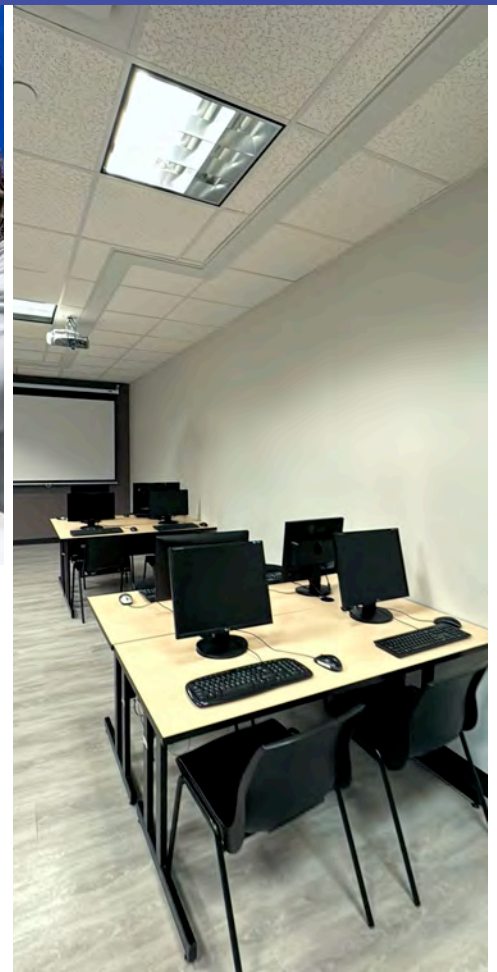
Scan the QR code to find the IH Campus



Our school is situated in the heart of Downtown New Westminster, a city nestled on the north bank of the Fraser River within British Columbia's Lower Mainland. This vibrant area is part of Metro Vancouver and harmoniously blends historical elements with modern urban life, providing a unique atmosphere that offers both traditional charm and contemporary conveniences.

In New Westminster, students are welcomed into a **safe community** that boasts a high quality of life, picturesque river views, and easy access to the bustling city life and educational opportunities of nearby communities. It is an excellent location for both academic pursuits and personal enjoyment.

Our campus is designed to enhance your learning experience. It features modern facilities, including a student lounge, complimentary high-speed Wi-Fi Internet access, Microsoft Office, and Adobe Creative Cloud. Just steps from the campus, you can enjoy **convenient access** to local amenities such as a SkyTrain station, a cinema, diverse shops, various dining options, and the scenic Westminster Pier Park.



## IH VANCOUVER

Step into a world of possibilities with our dynamic language programs. Whether you are pursuing your Canadian study dreams through our **Pathway Programs**, refining your fluency with **General English**, **Academic English** and **Exam Preparation**, or exploring the richness of language at every proficiency level, we are dedicated to your language success. Elevate your professional journey with **Business English** and join our International Experience Canada (IEC) programs to work and study in Canada.

## IH CAREER COLLEGE

With over 20 years of teaching and training expertise, we maintain global quality standards for an engaging and enjoyable educational journey. Our **Business & Hospitality Programs** empower students with vital language and cultural skills for today's workplace. Led by industry experts, our courses offer both theory and hands-on training for success. We welcome you to join our reputable **Teacher Training Programs** in Vancouver, our program offers practical English teaching skills designed for today's classrooms.



## IH MODERN LANGUAGES

We offer classes in **14 languages**, both in person and online, along with immersive camp programs for teenage learners. Our expert instructors in Modern Languages, all native speakers, provide high-quality lessons. Small class sizes and tailored exercises ensure personalized attention, helping you build confidence and fluency quickly. Our **Camp Programs** blend language education with cultural immersion, combining in-class lessons and engaging activities to create unforgettable experiences.



# WELCOME TO **VANCOUVER**

*Vancouver is one of Canada's most dynamic cities, known for its stunning natural beauty and vibrant urban culture.*

Nestled between the Pacific Ocean and the rugged Coast Mountains, this city offers a perfect mix of outdoor adventure and city living. Whether you're an adrenaline junkie seeking outdoor thrills or someone who loves soaking in culture and fine dining, Vancouver has something for everyone.

With a mild climate, stunning views at every turn, and a diverse mix of cultures, Vancouver is [a year-round destination](#). The city is a haven for nature lovers and city explorers alike, offering everything from tranquil parks to world-class restaurants. Let's dive into the must-see sights and activities that make Vancouver one of the most sought-after destinations in the world.

Vancouver Downtown Map



## BEACHES: ENGLISH BAY & KITSILANO BEACH

Vancouver boasts some of the most beautiful beaches in Canada. English Bay is a lively spot for sunbathing, swimming, and enjoying outdoor sports like volleyball and frisbee. Kitsilano Beach, or “Kits Beach,” is another popular destination for relaxation and swimming, with the added bonus of stunning views of the city and mountains.

## GRANVILLE ISLAND: A CULTURAL HUB

Located just a short distance from downtown, Granville Island is a must-visit for foodies, art lovers, and anyone who enjoys a lively atmosphere. The bustling [public market](#) is filled with fresh produce, artisanal goods, and delicious street food. Explore the island's galleries and theaters, or take in the view of False Creek as you stroll along the waterfront.

## GASTOWN

Vancouver's historic gem, features the iconic Steam Clock, which chimes every 15 minutes, and Maple Tree Square, the city's birthplace with the Gassy Jack statue. The neighborhood offers unique boutiques, global cuisine at cozy cafes and craft breweries, and a lively nightlife scene with cocktail bars and live music venues. Highlights include walking tours exploring its rich history and ghost stories, as well as art galleries showcasing local and indigenous works. For travelers, Gastown also has several unique [souvenir shops](#) where you can find locally made crafts, Canadian clothing, vintage collectibles, and artisan gifts perfect for taking home.

# EXPLORE DOWNTOWN

## YALETOWN

Yaletown is a trendy waterfront neighborhood known for its scenic Seawall walk, vibrant dining scene with rooftop patios and craft cocktail bars, boutique shops, and green spaces like [David Lam Park](#). Seasonal highlights include outdoor patios in summer and festive lights in winter, adding to its modern and relaxed charm.

[Yaletown Brewing Company](#) is a local favorite for craft beer and hearty pub food, offering a wide selection of beers brewed in-house. The menu features classic dishes like fish and chips, along with other pub favorites, all served in a relaxed, inviting atmosphere. It's a great spot for enjoying flavorful brews and delicious comfort food in the heart of Yaletown.

## STANLEY PARK: NATURE IN THE HEART OF THE CITY

Stanley Park is Vancouver's crown jewel, offering a sanctuary of nature just steps from the city's downtown. This 1,000-acre park is perfect for walking, cycling, and enjoying the views of the ocean and mountains. The Seawall, a scenic route that circles the park, offers stunning vistas of Vancouver's skyline and Stanley Park's lush greenery. Don't miss the famous Totem Poles, a display of Indigenous art that's one of the largest collections in the world. Stanley Park is a Vancouver landmark offering a scenic Seawall for [walking](#) and [cycling](#), the peaceful Lost Lagoon, the Vancouver Aquarium, indigenous totem poles, and several beaches like Third and Second Beach, perfect for relaxation and outdoor activities.





# VANCOUVER'S MULTICULTURAL FLAVOUR ADVENTURE

Vancouver's culinary scene is a vibrant tapestry of global flavors, shaped by the city's multicultural heritage and proximity to the Pacific Ocean. From fresh seafood to innovative vegan options, the [diverse range of cuisines](#), including influences from China, India, Japan, Mexico, and beyond, reflects the city's rich cultural fabric. Sustainability is at the heart of Vancouver's dining culture, with many restaurants emphasizing locally sourced, eco-friendly ingredients. With stylish atmospheres and a focus on high-quality, fresh food, Vancouver offers a dynamic and unforgettable dining experience that caters to every palate. It's a must-visit destination for any food lover.

Vancouver's food scene is complemented by a thriving craft brewery culture, which dates back to the early 1980s when local brewers began experimenting with small-batch production. [Microbreweries](#) now produce a wide variety of beers, from IPAs to stouts, using locally sourced ingredients. This craft beer movement has become a vital part of the city's identity, offering tours and tastings for visitors. Vancouver is also renowned for its exceptional [ice wine](#), produced in the nearby Okanagan Valley. The region's cool climate allows for grapes to freeze naturally on the vine, creating a rich and sweet wine that has earned global acclaim.

## CANADIAN REPRESENTATIVE RESTAURANTS

Explore the heart of Canadian cuisine with dishes that showcase the country's rich culinary heritage. From poutine to butter tarts, Vancouver's Canadian restaurants offer an authentic experience that highlights regional specialties and fresh, local ingredients. Enjoy classic comfort foods that reflect the cultural diversity and abundance of natural resources that define Canada.

Popular spots include The [Keg Steakhouse & Bar](#), known for its Canadian steaks; and [Seasons in the Park](#), which offers stunning views and is a perfect stop after exploring Queen Elizabeth Park. Make a stop at [Cactus Club Cafe](#) to enjoy their famous Szechuan Chicken Lettuce Wrap or the decadent Butternut Squash Ravioli with Prawns, perfectly complemented by their refreshing Signature Sangria. Another must-visit is [Joe Fortes Seafood & Chop House](#), especially during happy hour for their fresh oysters – a perfect treat for seafood lovers!



## BEST BREAKFAST AND BRUNCH

Start your day right with Vancouver's top brunch spots, where locally sourced ingredients and innovative twists on classic dishes take center stage. Whether you're craving classic eggs Benny, avocado toast, or a plant-based breakfast, the city's brunch culture offers a laid-back yet sophisticated dining experience. Perfect for food lovers looking to enjoy a relaxed morning with fresh, flavorful food.

Top recommendations include [Jam Cafe](#). This famous and award-winning brunch cafe in Victoria and Vancouver BC serves delicious southern comfort food with hospitable service. The [Acorn](#) is perfect for plant-based brunch lovers, offering creative and flavorful dishes. [OEB](#) is an emerging powerhouse in the brunch scene, known for standout menu items like their 'Truffled Squash' or "DO NOT EVEN GO."





## BREWERIES AND CRAFT BEVERAGES

Vancouver is also renowned for its thriving craft beer scene, with local microbreweries creating a variety of beers, from crisp IPAs to rich stouts, using ingredients sourced from the region. Visit local breweries to experience the city's artisanal beer culture firsthand with tours and tastings. [33 Acres Brewing](#), [Parallel 49 Brewing](#), [Steamworks Brewing](#), and [Craft Beer Market](#) are standout spots to sample locally brewed beers. Pair your beers with delicious pub fare or gourmet snacks, such as burgers, pretzels, or cheese platters, to enhance the experience.

For wine enthusiasts, Vancouver is also known for its exceptional ice wine, produced in the nearby Okanagan Valley. Made from grapes naturally frozen on the vine, this sweet and rich wine is a must-try.



## INTERNATIONAL FLAVORS

Vancouver's international dining scene reflects the city's multicultural spirit, offering bold spices, fresh flavors, and comforting dishes from around the world. Chefs create high-quality meals with unique twists on tradition.

For a taste of Cambodia, [Phnom Penh](#) Restaurant in Chinatown stands out with its bold, flavorful dishes—don't miss their famous crispy chicken, a must-try favorite. [Anh and Chi](#), known for modern Vietnamese cuisine, offers a fresh and innovative take on classic dishes. [Big Way Hot Pot](#) delights diners with its customizable hot pot experience, perfect for groups to enjoy a hearty, interactive meal. [Song by Kin Kao](#) brings a creative approach to Thai-inspired comfort food. [Minami](#), a standout for contemporary Japanese cuisine, is renowned for its elegant aburi sushi and beautifully crafted dishes that seamlessly blend traditional techniques with modern flavors. For a cozy, rustic Italian experience, [Nook](#) serves up simple yet delicious fare. If you're craving vibrant, authentic Mexican street food, [La Taqueria](#) is the perfect spot.



Discover Vancouver's vibrant dining and bar scene by taking advantage of happy hours, typically held in the late afternoon. During this time, you can enjoy discounted drinks and appetizers, making it a great way to experience local flavors affordable.

Plan Your Visit: Check local restaurants and bars for happy hour timings.

Arrive Early: Popular spots can fill up quickly.

Explore Local Favorites: Use this time to try unique menu items and regional specialties.

Happy hours are a perfect way to relax and enjoy Vancouver's lively social atmosphere without overspending!

Happy hours are usually 3-6 PM, with some late-night options

## TRAVEL TIP: ENJOY VANCOUVER'S HAPPY HOURS



Picture taken by an IH student

# TOP DESTINATIONS OUTSIDE OF VANCOUVER

*The top destinations near Vancouver offer breathtaking natural beauty and endless outdoor adventures, drawing travelers from around the world!*

## CANADIAN ROCKY MOUNTAIN PARKS

**Distance from Vancouver:** 9-10 hours by car (or a short flight to Calgary + 1.5 hours by car)

**Why Visit:** Banff National Park is one of Canada's most stunning destinations, offering breathtaking views of mountains, lakes, and wildlife. Winter activities include skiing and snowboarding, while summer visitors can enjoy hiking, cycling, and boat tours on Lake Louise and Moraine Lake. The town of Banff itself is a charming alpine village with plenty of dining and shopping options. Along the highway, if you're lucky, you might spot wildlife like elk, deer, moose, or bears, as many animals cross the Trans-Canada Highway using specially designed wildlife crossings such as overpasses, underpasses, and fencing.



## WHISTLER & SQUAMISH

**Distance from Vancouver:** 1.5-2 hours by car

**Why Visit:** Whistler is famous for its world-class ski slopes, making it a top destination in both winter and summer. Skiing, snowboarding, and mountain biking are popular activities, while hiking and scenic lakes like Lost Lake and Alta Lake are perfect in the warmer months. The pedestrian village offers great dining and shopping experiences. Squamish, known as the "Outdoor Recreation Capital of Canada," is ideal for rock climbing, mountain biking, and hiking. Don't miss the Sea-to-Sky Gondola, which offers stunning panoramic views of the mountains, ocean, and islands.



## KELOWNA (OKANAGAN VALLEY)

**Distance from Vancouver:** 4-5 hours by car

**Why Visit:** Kelowna is renowned for its exceptional vineyards and wine tours. Explore famous wineries like Mission Hill Family Estate, Quails' Gate Winery, and The View Winery & Vineyard. The region also offers beautiful lakes, beaches, and plenty of outdoor activities, with Big White Ski Resort nearby in the winter.



## VICTORIA

**Distance from Vancouver:** 1.5 hours by ferry + 30 minutes by car

**Why Visit:** As the capital of British Columbia, Victoria combines colonial history and stunning natural beauty. Key attractions include Butchart Gardens, the Royal BC Museum, and Inner Harbour. It's ideal for whale watching, high tea, and exploring the charming, historic city.



## SUNSHINE COAST

**Distance from Vancouver:** 1.5 hours by car and ferry

**Why Visit:** The Sunshine Coast offers a tranquil retreat with coastal scenery, small towns like Gibsons and Sechelt, and outdoor activities such as kayaking and paddleboarding. It's perfect for nature lovers and those seeking relaxation in peaceful surroundings.

## SPRING

### *A SEASON OF BLOSSOMS AND CULTURE*

Vancouver bursts into color during the Vancouver Cherry Blossom Festival (Late February to early May), where you can picnic under cherry trees in full bloom, enjoy guided walks, and capture stunning photos. For those seeking outdoor adventure, spring is the perfect time to hike the iconic Grouse Grind, Stanley Park, or the lush trails in Lynn Canyon, or try kayaking and paddleboarding in the serene English Bay.



## SEASONAL EVENT

## FALL

### *FILM, BEER, AND HARVEST ADVENTURES*

The Vancouver International Film Festival continues into the fall, providing screenings and discussions for film lovers. For a spookier experience, visit Granville Island in October for Halloween celebrations, featuring costume contests, pumpkin carving, and family-friendly fun. Autumn is also the season for Vancouver Craft Beer Week, where you can explore local breweries, attend tasting events, and enjoy beer-pairing dinners. The fall foliage in Garibaldi Provincial Park and Cypress Mountain makes this the perfect season for a scenic hike or a road trip along the Sea-to-Sky Highway.

## SUMMER

### *FESTIVALS AND OUTDOOR THRILLS*

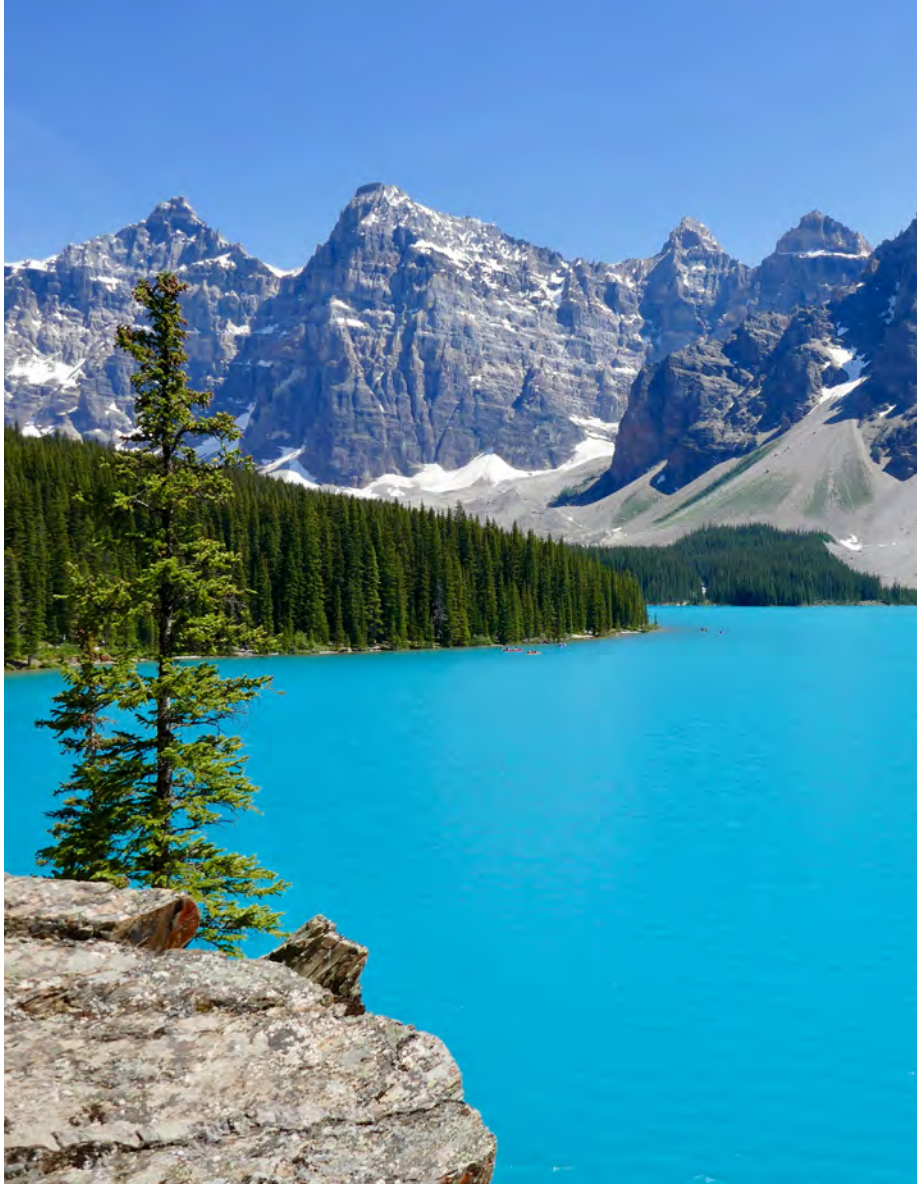
Summer is packed with vibrant festivals like the Vancouver Folk Music Festival (July), featuring live folk music at Jericho Beach, along with food vendors and community events. One of the city's most popular events is the Celebration of Light (July-August), where dazzling fireworks light up English Bay. You can also enjoy Pride Vancouver (August), a citywide celebration with a parade, concerts, and LGBTQ+ cultural events. Outdoors, summer is prime time for hiking the Grouse Grind, biking along the Stanley Park Seawall, or visiting Whistler for mountain biking and hiking adventures.



## WINTER

### *HOLIDAY MAGIC AND WINTER SPORTS*

Vancouver transforms into a winter wonderland with events like Canyon Lights at Capilano Suspension Bridge (November-January), where you can stroll through the forest illuminated by over a million lights. The Vancouver Christmas Market (November-December) in Jack Poole Plaza offers a festive atmosphere with handmade gifts, mulled wine, and seasonal treats. For winter sports enthusiasts, Whistler, Grouse Mountain, and Cypress Mountain provide top-tier skiing and snowboarding. In the city, enjoy ice skating at Robson Square or take a winter walk through the twinkling lights at VanDusen Botanical Garden.



# GUIDE TO VANCOUVER

*Essentials for International Students*



## MEDICAL INSURANCE

Taking care of your health is a priority, and medical insurance is mandatory for all international students. We recommend Guard Me Insurance as an affordable and reliable option. It costs \$5 per day with a minimum 2-week commitment and covers emergency and medically necessary care. If you need assistance, don't hesitate to contact your student advisor or email [info@ihvancouver.com](mailto:info@ihvancouver.com).

## GETTING AROUND: VANCOUVER'S TRANSPORT

Navigating Vancouver is simple with Metro Vancouver's public transportation system. The closest stop to IH Vancouver is the New Westminster SkyTrain Station. The Compass Card is your key for travel on SkyTrain, buses, SeaBus, and West Coast Express. These cards are available at stations or online at [www.compasscard.ca](http://www.compasscard.ca). Monthly costs range from CAD \$110–\$200, depending on your travel zones. For schedules and fares, visit TransLink's website. IH Vancouver is located just a short distance from the New Westminster SkyTrain Station.

## HELPFUL TIPS FOR DAILY LIFE

In Vancouver, a 12% tax (5% GST and 7% PST) is added to listed prices. Smoking is prohibited in most public spaces. Foreign driver's licenses are valid for up to six months. After that, you may need a BC driver's license and possibly an International Driver's Permit (IDP) or translation. The legal drinking age is 19, and two forms of ID are required when purchasing alcohol. Tipping (15–20%) is customary at restaurants, taxis, and salons. For phone plans, students can find affordable options with Fido, Rogers, Public Mobile, and Koodo or use eSIM services like Airalo and Saily.

## VANCOUVER CITY INFO

Vancouver, with a population of 2.8 million as of 2024, is located in the Pacific Standard Time (PST) zone. The local currency includes: 5¢ (Nickel), 10¢ (Dime), 25¢ (Quarter), \$1 (Loonie), and \$2 (Toonie). The city's weather ranges from average temperatures of 0–8°C in winter (Dec–Feb), 5–15°C in spring (Mar–May), 20–25°C in summer (Jun–Aug), and 8–18°C in fall (Sep–Nov).



# EXPAND YOUR WORLD

*From its majestic mountains to lively city streets.  
This guidebook highlights the must-see spots, scenic views, and popular  
restaurants, offering you all the essentials for an unforgettable visit.*

Our schools are accredited by the following bodies



[www.sprachenmarkt.de](http://www.sprachenmarkt.de), Tel +49-711-12 85 13 40, [service@sprachenmarkt.de](mailto:service@sprachenmarkt.de)



108 - 960 Quayside Drive st, New Westminster, BC, V3M 6G2, Canada