

SEPTEMBER 2025

OTTAWA-CARLETON
EDUCATION NETWORK

ORIENTATION PROGRAM

AUGUST 26TH TO SEPTEMBER 1ST





TUESDAY AUGUST 26TH (IN-PERSON @ 440 ALBERT STREET)

11:00 AM - 12:00 PM

GUEST SPEAKER SERIES: A CHAMPIONS MINDSET

Presenter: Coach Jill Perry

We are honored to welcome Jill Perry, a Canadian boxing legend and Ottawa Sports Hall of Fame inductee, to speak about The Champion's Mindset. Jill's journey began at 28 when she joined the Beaver Boxing Club, later becoming a two-time national champion. At 39, she made history as the oldest boxer to win nationals. After retiring, she transitioned to coaching, inspiring the next generation of athletes at provincial, national, and international levels. Jill's story of perseverance, passion, and leadership offers valuable lessons for overcoming challenges and achieving goals. Don't miss this opportunity to learn from an inspiring trailblazer.

1:00 PM - 4:00 PM

MUSIC FROM AROUND THE WORLD

Presenter: Krish Sundaram

Come and enjoy music and instruments from around the world with our resident rocker Krish!

CONNECTING WITH STUDENTS AT YOUR SCHOOL

Presenter: ICP Students

Join a group of Ottawa students from various schools as they share tips and details about **your new school** and life in **Canada**. There will also be plenty of time to ask questions and make connections. Hosted by International Certificate Program students. This is an informal chat and opportunity to meet other students who are curious about you and wanting to be helpful.

GUEST SPEAKER: BRIGHTSPARK

Presenter: Austin Burr

Join us for an engaging session with Austin Burr from Brightspark! Learn all about the incredible student trips planned for the year, including visits to iconic destinations like Toronto and Quebec City. Austin will provide valuable insights into trip highlights, itineraries, and how these experiences can enrich students' learning and growth. Don't miss this opportunity to explore what Brightspark has to offer!



WEDNESDAY AUGUST 27TH (ONLINE)

12:00 PM - 1:30 PM

OCENET ORIENTATION: INTRODUCTION OTTAWA

Presenter: Vicente Conte (OCENET Admin)

Get ready to explore Ottawa, Canada's capital city! This online orientation will provide essential information about Ottawa's culture, history, and amenities, making your transition to our city smoother and less stressful. You will learn important information about the Ottawa-Carleton District School Board (OCDSB) that will help you integrate into the local education system. Ottawa's public transportation system, local services, and recreational activities will also be covered in this presentation. Join us to discover the best ways to make Ottawa your new home.

1:40PM - 3:00 PM

GUEST SPEAKER SERIES: SCHOOL GUIDANCE COUNSELLORS' PRESENTATION

Presenters: Guidance Counsellors

In this presentation, experienced OCDSB guidance counselors talk about what they do and how your school's Students Services office is there to help you. The presenters will also talk about common challenges faced by international students and give advice on how to solve them. Finally, the presenters will give advice on how to have the best experience possible as an OCDSB student. There will be a brief Q & A session following this presentation.

4:00PM - 5:00 PM

GUEST SPEAKER SERIES: GETTING AROUND OTTAWA AND INTRO TO THE ICP PROGRAM

Part 1: Our ICP students will share tips on using OC Transpo, Ottawa's public bus system. Learn how to plan routes, use the transit app, reload your Presto card, and travel the city with ease.

Part 2: Mr. Oussoren will give an overview of the International Certificate Program (ICP) within the OCDSB, including its goals, benefits, and how you can get involved.



THURSDAY AUGUST 28TH BRITANNIA BEACH

1:00 PM - 4:00 PM

BEACH DAY!!!!!!

Get ready for a day of sun, fun, and new friendships! We are excited to invite you to our International Students Beach Day, a perfect opportunity to enjoy the beautiful outdoors and connect with fellow students from around the world.

What to Expect:

Volleyball & Soccer: Whether you're a seasoned player or just looking to have some fun, join us for friendly games of volleyball and soccer on the beach. It's a great way to break the ice and enjoy some healthy competition!

Meet & Greet: Take this opportunity to meet other international students, share your experiences, and make new friends. This informal gathering will help you build connections and feel more at home in your new surroundings. **Relax and Unwind:** If sports aren't your thing, no worries! You can relax on the beach, soak up the sun, or take a stroll along the shore. There's something for everyone!

What to Bring:

Comfortable Clothing: Dress for the beach! Don't forget your sunscreen, hat, and sunglasses.

Water: Bring a refillable water bottle to make sure you stay hydrated!

Sports Gear: If you have your own volleyball or soccer ball, feel free to bring it along!

There are a few options nearby if you wish to buy food: [Baja Burger Shack](#) / [Beachconers Ice Cream](#)

This event is a great way to kick off your journey in Canada, make new friends, and experience the best of summer. We look forward to seeing you there!



FRIDAY AUGUST 29TH (ONLINE)

1:00 PM - 2:00 PM

GUEST SPEAKER SERIES: INGLE LEWER: HOW YOU'RE PROTECTED

Presenter: Kim Hoffart

Join your health insurance provider for a discussion about the resources available to you when the unexpected happens.

2:15 PM -3:15 PM

GUEST SPEAKER SERIES: DISCOVER OTTAWA'S MUSEUMS

Presenter: The Museum People

Come and hear from representatives from the Museum of History, the War Museum, and the National Gallery who will let you know what interesting and exciting exhibits are coming up, what's happening now, what activities they have to offer students, and which evening admission to the museum is FREE!

3:30 PM -4:30 PM

Q&A WITH INTERNATIONAL STUDENT PROGRAM STAFF

Staff will answer questions about various topics regarding international student life in Ottawa.



MONDAY SEPTEMBER 1ST (ONLINE)

7:00 PM –8:00 PM

ICP STUDENT CHAT WITH STUDENTS FROM YOUR SCHOOL

Join a dynamic group of Ottawa students over Zoom as they share valuable tips and insights about your new school and settling into life in Canada. This session offers plenty of opportunities to ask questions, make connections, and get the support you need for a smooth transition.