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## Where will we go for a wonderful vacation?



Photo from : [www.vancouverpostcards.com](http://www.vancouverpostcards.com)

by Pearl



Canada is well known as a famous country to travel in, especially, British Columbia, which lies northwest along the pacific coast of North America. There are a lot of beautiful places you can travel to, such as, Vancouver, Victoria or Whistler. Let me give you some advice to help you plan a vacation in British Columbia. I hope my travel suggestions will help you to plan a fun and successful vacation in British Columbia.

Vancouver is the largest city in British Columbia. It is often regarded as being one of the most beautiful cities in the world. Stanley Park in Vancouver is beautiful, it is located on a peninsula at the entrance to the harbor, and it is home to an old-growth forest. Students can do many activities there, such as riding a bicycle or going roller blading. It also faces downtown Vancouver. Downtown Vancouver is a great place for shopping. There are a lot of famous brand name stores and coffee shops on Robson Street. Vancouver is not only beautiful, but it also has an interesting culture, because Vancouver is a multinational city. There are many restaurants which have different kinds of food from different countries. In addition, it also has some good travel agencies that have good prices and offer friendly service.

Another place almost as popular as Vancouver is Victoria, which is the capital of British Columbia, and is located at the

southern end of Vancouver Island. It is also known as the city of flowers, and indeed everywhere you look, are beautiful gardens. During the summer, the downtown lampposts are decorated with hanging flower baskets. It is very beautiful in the summer. Victoria is different from Vancouver. Vancouver is a cosmopolitan and bustling city. However, Victoria is much

quieter. I think that going to Victoria would be a great choice for a summer vacation in British Columbia. Having a vacation is very important for students, because it can help them to have fun and to relieve stress. A beautiful environment makes them feel comfortable, and they can also have a lot of fun learning about B.C's interesting culture. I think

that traveling in B.C would be the best choice for a great summer vacation. I hope all students at KGC will have an exciting vacation this summer.



Photo from : [www.vancouverpostcards.com](http://www.vancouverpostcards.com)



The B.C. Parliament Buildings in Victoria.

Photo from : [www.vancouverpostcards.com](http://www.vancouverpostcards.com)

# Interview with Harb Johal from BCIT

By Owen

**Q:** Would you introduce yourself a little bit?

**A:** Sure! I took a marketing Diploma program at Langara college. It was a two-year marketing Diploma. Then I came to BCIT to study, and I graduated in June 1997. This was a one year program. Because I studied here, I got the chance to work at BCIT and to find this job. I really love and enjoy my work here.

**Q:** How many students are there in one class at BCIT usually?

**A:** There are 20 to 24 students in one class on average.

**Q:** How many hours do students study everyday at BCIT?

**A:** Probably students should study 5-6 hours a day. Students who are in BMS will spend 4-5 hours studying in class. The computing program will be changed into 5 hours each day from Sept. so the students who study computing will finish their Diploma quicker.

**Q:** How long will it take to finish their BMS Certificate?

**A:** OK. Let's say students who start in May will go from May 2002 to Dec 2002 to complete BMS, then from Jan 2003 to Aug 2003 in the bridging program. They will study their business diploma program from September 2003 to June 2004.

**Q:** After two terms, can students change their majors.

**A:** No, they can't. For example: If your major is BMS. After two



terms, you can choose a business program, but you can't change your major, such as to industry and forest.

**Q:** How can international students get a part-time job at BCIT?

**A:** It's very very difficult for international students to get a job at BCIT. On-campus jobs are usually available only to students who have financial loans to pay back..

**Q:** What kinds of activities does BCIT offer?

**A:** They offer some activities. Students can go to the SE16 building and they will find there are some sports there. Like indoor hockey and basketball. Also, students can go to the gym with their onecards in the same building.

**Q:** How many exams do students have every term on average?

**A:** Students will have two or three exams per course in one semester. Usually, they will have a mid-term exam and a final exam.

**Q:** What's the different between BCIT's programs and other colleges' programs?

**A:** BCIT programs are more technical. BCIT has a better hiring reputation than other colleges because the employers ask for students from BCIT more than other community colleges.

**Q:** If students have some credits from their own countries, can they transfer them to BCIT?

**A:** Yes, it's possible to transfer the credits. What you need are transcripts of marks and a description of the courses you studied.

**Q:** Could students delay a month or a semester of study, when they need a rest?

**A:** Yes, after students study two semesters they can take a semester off if they want. So that means international students must study 8 months, then they can take 4 months' break without tuition fee.

**Q:** Can students finish their studies quickly, if they work really hard?

**A:** Students still need to get all the credits for their majors, even though they finish their study quickly. At the beginning, we do not allow students to take more courses than normal. Maybe they will feel uncomfortable with more courses. But if students feel OK to take more courses in the future, and they work really hard. Maybe they can finish their studies quicker.

Owen: Thank you. I really enjoyed talking with you.

Harb: My pleasure, I enjoy answering students' questions.

## Guess What ?

Using critical thinking shows your reasoning ability. Guess what the words in black mean. Good luck! Answers on Page 3.

1. Believe it or not, Jack can sometimes act like an **airhead**.
2. I really had a **ball** in Jerry's class.
3. This project is causing me to **go bananas**.
4. I made a **booboo** on the last question of the exam.
5. I really need to use the **head**.
6. Can I borrow some **bread**.
7. Don't be such a **chicken**.
8. Dick **eyballed** his friend's new girlfriend.
9. Jet's dog is always trying to **French kiss** his girlfriend.



## EXCELLENT HOME STAY

**D**o you agree that a good home stay is important? I think it is important, especially for an international student. A home stay is like a second family for international students. If it is good, you will feel less stress, less home sick and you will have a high level of energy to work on your studies. But if it is a bad home stay, it may affect your studies and personal life.

This is a true experience. My Japanese classmate Sam (Osamu Sato). At his previous home stay had many problems. Every day there was no breakfast, no juice at lunch, food was not fresh and some times the home stay mother over slept so there was no lunch. After dinner if he studied late and felt hungry, he couldn't find snacks or noodles anywhere. The room was very cold so he needed an extra heater to keep warm. His home stay parents were quite busy so he didn't have many chances to practice his English. Finally he moved and he found the perfect home stay situation.

A happy home can dramatically effect a student's life. These are some good points, that his new home stay has:

- \* Each meal is fresh and tastes quite good. Enough snacks, juice and the other kinds of foods are prepared for students who feel hungry.
- \* He can have a friend stay over night and the friend can eat dinner for free.
- \* There is a lot of time to communicate with the home stay father.
- \* There is activity equipment such as basketball, bicycle, Play Station, badminton.
- \* He will have his own TV with 70 channels and his own VCR.
- \* Free use of ADSL.
- \* The room temperature will be quite comfortable.

These are features of an excellent home stay. Students pay a lot of money for their home stay and they all deserve a good place to live. If you are not satisfied with your home stay, you should talk to your host family or home stay agent. Don't be afraid to complain because this is what you should get for your CA \$700.

Written by Epp6 Student Dean

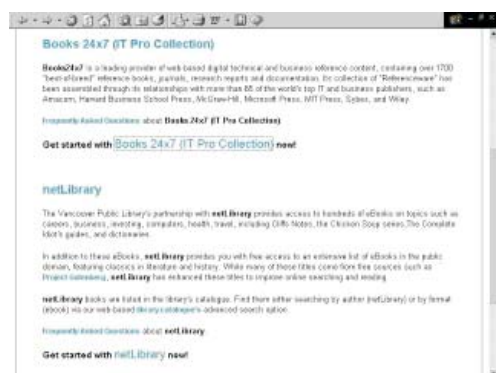
# Online reading at "VPL ebook"

**V**PL- Vancouver Public Library is the biggest public library in Vancouver. It's free and open to anyone. Have you had the experience of visiting the VPL? I think some students do not often go to the VPL because they have some problems as listed below: Do you worry about the deadline for returning books? Do you sometimes get lost in the sea of books? Do you live far away from the library and need to take a bus for a long time to get there? Fortunately, the VPL gives us a more convenient way to read their books. They offer an online library, which is called "ebook" on their web site. All we have to do is apply for a membership card and sit in front of a computer at home. To reach the web site by using the URL "www.vpl.ca", you can find the super-link of "ebook" on the top of the main page. After you input your VPL card number and the last four numbers of your telephone numbers, you will find search engine lists with the title, subject, author, and etc. to easily find the books that you need. Use the "check out" button to enter a visual reading room and read the books that you selected. If you want to read more books, you need to create a free account. An account also can help you manage your books. You needn't worry about the expiry date. You needn't worry that your book has been lent out. Everything is in the visual library. You never borrow so you never need to return. What are you waiting for? Hurry up, and enjoy your online reading. I only have one more suggestion to caution you about. That's "Take care of your eyes."

By Daivid

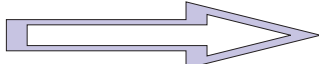
## Guess What? - Answer Keys

1. Airhead: stupid person.
2. Ball: a fun time.
3. Go bananas: go slightly mad.
4. Booboo: a mistake.
5. Head: toilet
6. Bread: Money.
7. Chicken: coward.
8. Eyeball: to stare long at someone
9. French kiss: kissing using the tongue.



By Owen

# The path way to success

KGC  BCIT

Interview between Owen (Epp 6 student) and Mike (a previous Epp student) who now studies at BCIT.

**Q** : What's the biggest challenge for you at BCIT?

**A** : I think the biggest challenges for me are technical writing and English speaking. COMM4 is a really tough course. The writing style here is different from my own language style. Also, I don't have enough time to practice my English speaking.

**Q** : What will happen to the students, if they don't take the writing course at KGC?

**A** : From my view, they will have some trouble when they study in COMM4 or COMM5. For example: I didn't study in the writing course, and I found it was difficult to study in COMM4. If the students don't take the writing course, they will have no idea on how to write a real essay and use transitions in writing. Also, students who don't take the writing course will make more mistakes in using Grammar.

**Q** : Do you know how to finish your major area of study quickly?

**A** : That's a tough question. In my opinion, students should check the internet and find the short-term courses for their majors, then take them. Students still can talk to the advisors who work in their major areas.

**Q** : How did your study at KGC prepare you for BCIT?

**A** : "Ha!" You know, studying here is difficult. Students have a lot of work to do after class, and they spend 6 hours studying English at school. KGC should give them a break. On the other hand, although

it's tough, it's really really useful for students who are going to study at BCIT. I think students won't be afraid when they do some presentations and team work at BCIT. Because they learned these skills at KGC.

**Q** : What part of your study is most important?

**A** : Learning technical writing. Because some parts of BCIT writing courses are more difficult than other parts of writings, we have to follow their writing styles. That's why I think writing is the most important thing to study.



Photo: Owen

"It's really really useful for students who are going to study at BCIT. I think students won't be afraid when they do presentations and team work at BCIT. Because they learned these skills at KGC."

**Q** : How do you arrange your free time?

**A** : "Oh", that's an important question for international students studying in Canada. I don't know about BMS courses, but I know computer courses are part-time, so the students who study computing will have a lot of free time, and they must manage their free time as well as they can. Such as studying in the BCIT library, joining study groups, going to the gym and playing some sports. In addition, students can be volunteers at BCIT if they want.

**Q** : Would you like to give some suggestions to students who study in KGC?

**A** : Sure, my pleasure. I hope all the students who study at KGC will manage their study time well, and use their free time wisely. I promise that studying in KGC is really really helpful when you study at BCIT. Also, practicing writing will help you to be a good student in COMM4 and

COMM5.

Owen : Thank you very much for giving students some useful information.

Mike : You're welcome. I hope that the information is helpful. If students have more questions I will be happy to answer them questions in the future.

## Mammal Word Search

Here are twenty animal words. Each one represents a mammal. You can go vertical, horizontal, or diagonal. If you do not know the meaning of the word, feel free to use your dictionary. This quiz should not only be educational, but it should also be fun.

HAVE A WHALE OF A GOOD TIME !

M	A	R	M	O	T	K	X	G	O	X	C	O	W	MUSTANG	SEA LION	PIG
K	U	R	B	C	R	R	A	K	I	X	N	A	O	LYNXMARMOT	WHALE	COW
I	C	S	E	E	L	I	O	N	I	P	L	Y	T	KANGAROO	WOLF	OX
R	D	U	T	U	A	A	P	B	G	R	L	O	L	WALRUS	BEAR	
F	A	T	B	U	L	V	O	B	U	A	R	P	C	KOALA	FOX	
C	O	E	B	A	N	O	E	S	P	L	R	P	B	BEAVER	BULL	
D	B	X	B	A	D	G	E	R	P	F	L	O	W	OTTER	SHEEP	
S	H	E	E	P	W	H	A	L	E	A	L	C	O	BADGER	CAT	



# Home Remedies

By Li & Cindy

**D**o you know what a home remedy is? A home remedy is a simple way to treat an illness at home without medicine. Do you believe in home remedies? Have you ever experienced using home remedies? Most international students often live in other countries without family members and without direct parents' care. They feel quite lonely because of living in a new and different culture, and studying in a different education system. In addition, they often miss food from their own country. Some students like to go to parties to meet new friends. After parties, they may feel sick with a headache or stomachache because they drank too much. Some students may easily catch a cold or get insomnia while in a new situation. When the students feel a little sick, they don't like to see a doctor. Here are some suggestions about great home remedies to help students who may be experiencing some of these health problems.

## Potato slices for a headache

People put potato slices around their head at the temples for headache relief. To do this is very simple. You soak the potato slices in vinegar, tie a bandana on, and then **tuck the slices into the bandana at your temples and forehead.** Then you leave it on for a few hours. When



you take it off, the potatoes will be hot and dry, any your headache will be gone.

## Hot tea with honey for a stomachache

Many people think hot milk is good for relieving stomachache. Actually milk stimulates stomachache. When you get stomachache, you can make a cup of tea and add some honey. Then, mix them and let the tea sit for three minutes before drinking.

## Chicken soup for colds

For a long time, doctors have recommended drinking any hot liquid to relieve cold symptoms. However, research shows that hot chicken soup is especially helpful.

## A hot bath for insomnia

When you can't sleep, a nice hot bath before bedtime can help. In one study, nine women with insomnia took a hot bath 1.5 hours before bedtime for two nights. The next week, the same women took a lukewarm bath. The women slept better after the hot baths than after the lukewarm baths.

## Ginger tea for nausea

Ginger can help you feel better if you feel sick to your stomach; also people sometimes use dry sour plums to stop a stomachache. It

may also help prevent motion sickness.

Drinking ginger tea is one way to take ginger.

To make tea: use a small piece of fresh ginger. Take the skin off and cut the ginger into little squares. Put these squares in a cup with a little sugar and add boiling water. Let the tea sit for five minutes before drinking.



Whether you believe in them or not, please try these home remedies. Maybe you will change your opinion because you may discover that home remedies are useful. We hope you stay healthy and happy while studying in Vancouver.

(Photos source from "Home Remedies that work".)



By Nicole

## COMMUNITY CENTERS

**A**fter coming to Vancouver, most people tend to put on weight. We all need to do some exercises in order to keep fit. Jogging and doing other sports are great. However, if the weather is not good, it is difficult to do them out doors. A great alternative might be to go to a community center.

There are more than ten community centers in the Vancouver area. Students can choose a center, which is near to them. Lots of sports are offered in community centers, such as hockey, in door and out door tennis, swimming and basketball, etc. Different centers have different programs. Also it is not too expensive to join a community center. I go swimming in one of the community centers every Saturday. I bought a book of ten tickets. It is cheaper than buying individual tickets each time. If students go to a community center every day, they should buy a monthly pass or become a member.

False Creek Community Center (Address: 1318 Cartwright Street) is one of Vancouver's community centers. It is open every day. You can become a member for only \$10 dollars per year. Your membership will be honored by other community centers in Vancouver. You can use the equipment at any community center and only need to pay for



special programs at a discounted rate. By going to the center, students can meet people and practice their English. There are many advantages to going to a community center. Why don't you give a try?

You can visit this web site (<http://www.city.vancouver.bc.ca>) to learn more detailed information and other community centers' addresses.

# Relief from stress!!!

Most students came to KGC with a plan to go to BCIT, it is clear that students experience many kinds of stresses. For some coming to Canada is their first experience to be away from their home country.

Although, some students are able to live with friends or family, most students need to live in a shared apartment or a home stay situation.

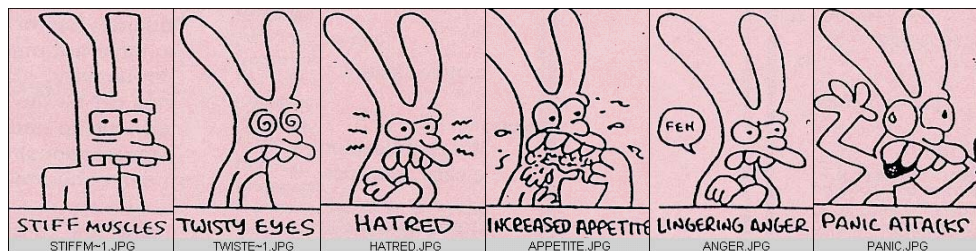
For that reason, they might be anxious, lonely, and stressed. It seems to me that we all have had these kinds of stress experiences at one time or another while studying in the EPP program.

If you recognize that you have some of these problems, you may be under too much stress. Other symptoms that may indicate too much stress are getting angry, experiencing panic attacks, and feeling of hatred. If this sounds like you, don't worry there is still hope. I have learned some effective ways of dealing with stress. Let me share some of them with you.

It is important for students to know how to handle and reduce stress. Most negative stress occurs when you are frustrated because you are unable to obtain your desired goals. For example, a final test will be coming up soon, you are really worried about whether or not you can get a high score. This situation may lead to excessive tension, pressure, frustration, anxiety, and nervousness.

## Tips on Reducing Stress

1. Find enjoyable ways to exercise.
2. Take a leisurely bath.
3. Go on a short trip.
4. Find a comfortable place to relax.
5. Breathe deeply and slowly.
6. Talk with good friends or relatives.



So from now on, when you experience stress or stress related to symptoms, Why don't you try some of these practical tips. I believe that these tips work well, and may be helpful in relieving stress related problems. If after you have tried these tips, you are still experiencing difficulties you should seek advice from a professional.

If you want additional information, BCIT has several good counseling teams. Counselors are located at the BCIT Burnaby campus. SE16-127 telephone: 604-432-8608.

Written by EPP6 student, Sam

## Some useful web sites for international students

If you want to know more about your immigration, the following sites may be useful:

<http://www.cic.gc.ca/>

Citizenship and Immigration of Canada

<http://www.canada.org.cn>

The Canadian embassy beijing website

If you want to purchase an electronic product or find some information on it, you may reach:

<http://www.radioshack.ca>

The top one electronic store in Vancouver.

<http://www.futureshop.ca>

Online shopping at Futureshop

<http://www.compusmart.com>

An online computer store.

<http://www.ebay.com/>

The biggest online first-hand or second-hand trade market in North America.

If you have something to send back to your home country, here is a web site of the post office:

<http://www.canadapost.ca>

Here are some web sites, which are well made; and exciting to view:

<http://www.finalfantasy.com/>

The official Final Fantasy movie web site.

<http://www.pixel-industries.com>

A fantastic web site with wonderful design.

If you need some news, there are several web sites you can surf:

<http://news.bbc.co.uk>

BBC news company in UK.

<http://straitstimes.asia1.com.sg>

Daily news web site

<http://abcnews.go.com/>

ABC news

<http://abcnews.go.com/abcnews4kids/kids/index.html> ABC news for kids

If you want to learn, you can find some on the following web sites:

<http://www.nlc-bnc.ca>

National Library of Canada

<http://www.vpl.ca/>

Vancouver Public Library

<http://www.vpl.ca/VPL/ebooks.html>

You also can read books in the visual library of VPL

<http://www.nlc-bnc.ca/gatepasse/index.htm>

You can find more libraries here

<http://www.ed.gov/free/>

You can learn a lot of information on this web site

<http://www.iknowthat.com>

Online education web site