
SD. 73 INTERNATIONAL NEWS

WHEN YOU LAND...



Welcome to Kamloops!

Thank you for selecting Kamloops as your study abroad destination. Our dedicated staff, passionate teachers, and amazing host families are all excited to welcome you and make your time with us unforgettable. This information guide is a helpful resource to get you familiar with all the good eats, activities, and other local favourites available to you during your stay with us.

First Day of School

Let's get things started!

Your first day of school is Tuesday, September 8th. You will be met by ISP staff in the morning who will provide you with the schedule of your classes, your daily bell schedule, school map, as well as information on how to make course changes.

Optional: To celebrate your first day we encourage you to take a first day of school picture and send to your family and friends back home, as well as your new homestay family!

Acknowledging Traditional Territory

We acknowledge that Kamloops is located on unceded Secwepemc territory. Acknowledging the traditional territory shows recognition of and respect for the First Nations and their lands, in the context of the past and present.

A territorial or land acknowledgement is an act of reconciliation that involves making a statement recognizing the traditional territory of the First Nations who called the land home before the arrival of settlers.

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LET THE JOURNEY BEGIN!



Transportation

Reloadable Umo cards and Bus fare products are available at the retail vendors listed below. To purchase your fare product online, download the Umo Mobility app:

Umo
Mobility



Uride
App



Poparide



- Aberdeen Mall
- Canco - 204 Tranquille Rd
- Chevron - 2711 Westsyde Rd
- London Drugs
- Oak Hills One Stop - 2501 Sandpiper Dr
- SWELÁPS MARKET
- Thompson Rivers University Student Union

 **Important: SD73 Transportation Bus Form** is required to ride the school bus.

Sun Peaks Shuttle

Pickup in Kamloops
North Hills Bus Exchange
Lansdowne Bus Exchange

Dropoff/Pickup at Sun Peaks
The Annex

www.peakshuttles.com

There is no public transit to and from Sun Peaks.



Taxi Services

Kami Cabs
250-374-9999

Yellow Cabs
250-374-3333

Banking

There are different banking institutions located amongst the city.

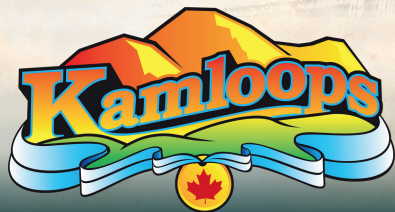
Please research the most convenient location for you. These are the most common branches:

- CIBC
- RBC
- TD
- BMO



Local Attractions

Cliffside Climbing Gym
Apex Adventure Plex
The Fun Factor
Western Canada Theatre
Cineplex Cinema
Kamloops Blazers Hockey Club
Kamloops Storm Hockey Club
Kamloops Riverdogs Baseball
Pickleball
Kamloops Tennis Centre
Falcon Lanes Bowling
EXIT Escape Games
Sun Peaks
Harper Mountain
Breaking Par Golf Inc.
Kamloops Virtual Golf
Mulligans on 4TH



Canada's Tournament Capital

The City of Kamloops website has schedules for local programs and activities, as well as parks and trail maps!



Fitness & Gyms

YMCA
Oxygen
Gold's Gym
Club Pilates
Planet Fitness
Planet Woman
No Limits Fitness
Anytime Fitness
Kamloops Hot Yoga
Stride Spin Studio
Movement Collective
Scrappyard Boxing
K Spin Indoor
Cycling Studio
Tournament Capital Centre

Equipment Rentals

Play It Again Sports

Parks

Westsyde
Centennial Park
McDonald Park
*pickleball/tennis
Brocklehurst Park
Riverside Park
*outdoor skating rink
McArthur Island Park
BC Wildlife Park



Cellphones

It is required that you have a working SIM card with a phone number during your time here with us. This is for safety reasons; we can't keep you safe if we can't reach you. Your homestay must be able to reach you at all times.

SIM cards can be purchased from:

- London Drugs

If you require further support with your mobile plan we encourage you to research the nearest local location for your service provider.

Available Service Providers:

- Telus, Bell
- Rogers
- Koodo
- Fido
- Virgin
- Chatr
- Freedom Mobile



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Grocery Stores

Save-On-Foods:

- 1800 Tranquille Rd #38
- 1210 Summit Dr #100
- 450 Lansdowne St #200
- 3435 Westsyde Rd
- 2101 Trans-Canada Hwy #9

Safeway - 750 Fortune Dr

Fresh St. Market - 1320 Trans-Canada Hwy #20

FreshCo - 945 Columbia St W & 2121 E Trans-Canada Hwy

Real Canadian Superstore - 910 Columbia St W

Independent Grocer - 700 Tranquille Rd #49



Kamloops Farmers' Market

Outdoor Market

Saturdays - 200 block of St. Paul St

April 18 to October 31, 2026, 8:30am - 12:30pm

Wednesdays - 400 block of Victoria St

May 6 to October 28, 2026, 8:30am - 1:30pm

Shopping Centres

Aberdeen Mall - 1320 Trans-Canada Hwy

Sahali Mall - 945 Columbia St W

Northhills Shopping Centre - 700 Tranquille Rd



Restaurants

Indian Cuisine:

- The Coconut
- Spice Indian Cuisine
- Maaza Indian Kitchen
- Maurya's

Mediterranean & Beyond:

- Klasske's Bistro
- Dorian Greek House
- Peter's Pasta
- Bold Italian Eatery

East & Southeast Asian Cuisine:

- Lemongrass
- Jacob's Noodle & Cutlet
- Oriental Gardens
- KIMCHEE
- Blue Fish Sushi
- Wasabi
- CM Chicken & Katsu
- Shifu Noodles and Bubble Tea

Mexican Cuisine:

- Hacienda Cielito Lindo
- Casa Azul
- Pacific Taco

Casual Eats:

- Earls
- LOCAL Public Eatery
- Browns Socialhouse
- Yew Street Food Hall

Coffee Shops

- Starbucks
- Tim Hortons
- He Brew's
- Red Beard Cafe
- Logjam
- 5Bean Brewer & Cafe
- Amplified Cafe
- The Vic Downtown
- Frankly Coffee & Bistro
- Kekuli Cafe
- Caffè Motivo
- Riverbrew Cafe
- Kamloops Artisans' Bazaar
- Cutting Board Bistro & Bakery

*100% Gluten-Free options!



Most coffee shops offer complimentary wifi. An optimal change in scenery for studying!



General Safety

Motorized vehicles / rentals:

- You are not allowed to operate and/or rent any motorized vehicles which includes but is not limited to e-scooters, e-bikes, dirt bikes, snowmobiles, etc.



On the street and/or out at night:

- Be alert - always be aware of your surroundings. Don't go out alone or accept rides from strangers.
- Tell your host family where you are going and when you'll be back.
- Walk on well-lit, busy streets, in the middle of the sidewalk.
- Avoid isolated areas where there are no other people around.



Transit:

- Know your route/bus schedule before you leave, and choose busy, well-lit bus stops after dark.



Scams

- Never give/loan money to a person who approaches you on the street.
- Be cautious with unexpected messages, emails, phone calls, and don't share personal information unless you know who you're dealing with.



Bank Machine / ATMs

- Don't share your PIN (personal identification number) with anyone.



Water Safety

The Thompson River in Kamloops features fast-moving currents, hidden drop-offs, cold water temperatures, and strong undercurrents.

- There is absolutely NO swimming in outdoor bodies of water (rivers, lakes, ponds, oceans, etc.) and/or renting watercrafts (e.g., kayaks, paddle boards etc.) of any kind.
- Please take this rule seriously; your safety is our number one priority. As a reminder, a violation of your ISP contract can result in the immediate removal from our program.



Supervised Swimming

If you're a strong swimmer, you may swim at local indoor/outdoor swimming facilities when a lifeguard is actively on duty.

- Tournament Capital Centre
- Westsyde Pool & Fitness Centre
- YMCA
- Brock Outdoor Pool

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Medical Centres

North Shore Urgent & Primary Care Centre

- Northhills Mall, 700 Tranquille Rd #21-22
- (250) 314-2256

North Shore Primary Care Centre

- 376 Tranquille Rd #103
- (250) 312-3288

South Shore Urgent Primary Care

- 311 Columbia St #102
- (250) 314-2256

Kamloops Primary Care Clinic

- 450 Lansdowne St #36
- (250) 851-7954

Royal Inland Hospital

- 311 Columbia St
- (250) 374-5111



For life-threatening emergencies call
Emergency Services
immediately.
Dial 9-1-1.



MENTAL HEALTH SUPPORT

24/7 mental health care
1.833.646.1524

Pharmacies

Shoppers Drug Mart:

- 700 Tranquille Rd
- 1210 Summit Dr
- 800 Tranquille Rd #35
- 2121 Trans-Canada Hwy

London Drugs

Rexall

Safeway



study**insured**

1.866.883.9787

CALL TOLL-FREE FOR ASSISTANCE

SD73 International Student Program Contact Information

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SCHOOL DISTRICT NO. 73
(Kamloops - Thompson)

