

2024 SUMMER  
SPORTS AND WELLNESS PROGRAM

PROGRAM HANDBOOK



Hello from the ELI CAMPS

ELI has been offering unique and excellent summer camps since 2015 in the city of Toronto. We take pride in offering a true multicultural, educational and fun program for young students.

In 2023, ELI will offer Sports and Wellness Program for international students at the University of Toronto, UC Campus:

1. Designed ideally for teenagers ages from 13 to 16 years of age

Both programs are offered in three styles:

- 1. Residential all-inclusive.**

This is an all-inclusive 24/7 program that offers accommodation to students at our campus and it is from Monday to Sunday. 7 days a week

- 2. Self-arranged**

This option is for those who arrange accommodation on their own and it is offered from Monday to Friday from 08:30 to 17:30. It is ideal for those coming with a family or those who have family members living in Toronto and still want to enjoy what our program offers

The programs in 2024 run from July 6, (first day) to August 11 (last day).

Students (for the residential program) are strongly encouraged to check in Saturday or Sunday so that they are ready for the first day on Monday.

Intake dates:

July 6, 7, 13, 14, 20, 21, 27 and 28

August 3 and 4

Students (for the self-arranged) always start on a Monday.

Intake dates:

July 8, 15, 22 and 29

August 5

Program inclusions and highlights

	Residence	Self-arranged
Airport pick up and drop off	✓	
Emergency Health Insurance	✓	✓
Residential Accommodation	✓	
Three meals per day	✓	Lunches only
Sport and Wellness language and workshop sessions	✓	✓
Trips and Attraction visits	✓	
Weekend trips	✓	Optional. Extra
Certificate and Report Card	✓	✓
Internet on campus	✓	✓
Staff supervision and guidance	✓	✓

We look forward to having you with us and making this the best summer camp yet for you!

Sincerely

Elvis Mrizi  
Director  
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## PRE-ARRIVAL AND ARRIVAL AT THE PROGRAM

Preparing properly for your trip to Canada is important, particularly for summer camp! Everything we think you need to have an exciting and unforgettable time with us is listed below

These documents should be travelling with you, to provide Canadian Customs when you arrive:

PASSPORT

LETTER OF ACCEPTANCE

CUSTODIANSHIP DECLARATION (*if requested by agency or parents*)

*TIPS: If you are traveling with a tablet or smartphone, take a picture of these documents in the event they are lost or misplaced*

Parents are always concerned about safekeeping these important documents. We are happy to offer students the option to lock up their passports and important documents in our safe. If they need access to them, all they have to do is ask us!

**IMPORTANT:** You must tell us in advance at least 14-calendar days prior the exact arrival information (time, date, airline, landing airport). We will be at the airport waiting for you.

## THINGS TO BRING

Summer clothes (t-shirts, long-sleeve shirt, shorts, swimming suit, hat)

Warmer clothes (sweatshirt, jeans, summer jacket, socks, sweater)

Rain gear (umbrella, rain jacket)

Different pair of shoes (sandals, sport shoes, walking shoes, nice shoes!)

Pajamas, bathrobe and shower shoes (flip-flops)

Toiletries (sunscreen, mosquito spray, soap, shampoo and other personal items)

School supplies (pens, pencils, erasers)

Camera, clock

Electrical convertor/adaptor (the voltage in Canada is 110/220 V)

Any necessary medications, in their original bottles with clear instructions on usage

Pocket money (recommended around \$100 weekly) but personal expenses vary

## Things you don't need to bring

Bed sheets, towels (provided at the residence)

Computer (you are allowed to bring a laptop/tablet)

## MONDAY TO FRIDAY DAILY SAMPLE SCHEDULE (residence program)

Time	Activity/Event
07:00	Wake up call
07:00 – 08:00	Getting ready for the day
08:00 – 09:00	Breakfast
09:00 – 12:30	Workshop and Sport Sessions
12:30 – 13:30	Lunch
14:00 – 17:30	Sport Sessions
18:00 – 19:00	Dinner
19:00 – 21:30	Evening Activity/Event/Trip
23:00	Quiet hours and lights out
23:00 – 07:00	Have a good night sleep

## MONDAY TO FRIDAY DAILY SAMPLE SCHEDULE (self-arranged program)

Time	Activity/Event
08:45	Arrival on campus
09:00 – 13:00	Sport Sessions
13:00 – 13:45	Lunch
14:00 – 17:30	Sport Sessions
18:00	Leave for home. See you next day

*\*In the self-arranged option unless agreed in advance students must be dropped off and picked up by their parent/guardian or can leave alone if authorized in writing by parent/guardian.*

## SATURDAY AND SUNDAY DAILY SAMPLE SCHEDULE (residence and program)

Eli Camps

Time	Activity/Event
07:00	Wake up call
07:00 – 08:00	Getting ready for the day
08:00 – 09:00	Breakfast
09:00 – 17:30	Trip of the day (Including Lunch)*
18:00 – 19:00	Dinner
19:30 – 21:30	Evening Activity/Event
22:00	Quiet hours
22:30 – 07:00	Have a good night sleep

*\*The daily trip from 09:00 to 18:00 can be purchased separately from self-arranged students*

## THE RESIDENCE AND CAMPUS

Both programs are hosted at the University of Toronto, (UC Residences).

### UC Campus Residence

Address: University of Toronto 73 St George St. Toronto ON, M5S 2E5

Phone number: +1 416 585 4524

Intersection: St George/Bloor

Subways stops near: St George Subway station

Neighborhood: Steps away from the array of cultural and entertainment attractions available in downtown Toronto. Right across from ROM

How to get here: Using public transportation is a very good way. The easiest is to get off to St George subway station and walk right south on St George for about 3 minutes.

Security on campus: There is 24 hours campus front desk and security for our students. No one except residence inhabitants can get into the residence. There is also 24/7 ELI staff who lives with the students

The residence: The residential space we are going to use has 3 floors. Each floor is populated with a specific gender. Washrooms and showers are shared on the hallways for each floor. The residence is cleaned on a weekly basis as well as linen is provided fresh every week. There are also laundry facilities on site.

Bedrooms: Bedrooms are single. Rooms are also cleaned weekly. Each room offers; bed, desk, chair, lamp, internet access, dresser, bookcase.

Cafeteria: Cafeteria is located next to the residence in a 1-minute walk away. A wide variety of food available such as vegetarian, halal and much more

Classrooms: Classrooms when necessary for workshops are located at UofT campus, a 2-3 minutes walk away from the residence

Common areas: The building is equipped with common rooms where students can relax and enjoy time together.

Indoor facilities: Library, Common rooms, TV

Outdoor facilities: Field Hockey, Flag football, Ultimate Frisbee and outdoor green space.

## MEALS

The cafeteria offers a wide variety of meal options for students. Students who choose the residence option are entitled to all the breakfasts, lunches, and dinners that the program offers. Students in the self-arranged program are entitled to lunches only from Monday to Friday. Other meals for them can be purchased separately

Students can choose from a variety of cold and hot meals made fresh for them.

Packed meals. When leaving for day long trips, students will receive their meals in bags

Sample weekly menu:

	<b>Monday</b>	<b>Tuesday</b>	<b>Wed.</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	Hot and cold	Hot and cold	Hot and cold	Hot and cold	Hot and cold	Hot and cold	Hot and cold
<b>Lunch and Dinner</b>	Made-to-order stir fry, grill, pasta, sandwiches, pizza, burgers	Made-to-order stir fry, grill, pasta, sandwiches, pizza, burgers	Made-to-order stir fry, grill, pasta, sandwiches, pizza, burgers	Made-to-order stir fry, grill, pasta, sandwiches, pizza, burgers	Made-to-order stir fry, grill, pasta, sandwiches, pizza, burgers	Made-to-order stir fry, grill, pasta, sandwiches, pizza, burgers	Made-to-order stir fry, grill, pasta, sandwiches, pizza, burgers

Breakfasts are usually served from 08:00 – 09:00

Lunches times are usually from 12:30 – 13:30

Dinner times are usually from 18:00 – 19:00

## WORKSHOPS

During the time at our summer camp, the students will be learning about sports history, wellness and healthy lifestyle. .

Students will receive about 60 – 90 minutes daily in-classrooms Sports and Wellness workshop and language sessions

Sample schedule:

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
09:00 – 10:30	Workshop	Workshop	Workshop	Workshop	Workshop

### Content of Workshops

The Workshops focus on a few different topics. They include but not limited to; sports history, wellness programs, healthy eating and many other health-wellness related topics. Sometimes we will have guests from the University and other renowned institutions.

### Certificate and Report Card

Students at the end of their stay are given the Course Certificate as well as a Report Card with the details of their experience and results.

The program also will offer the possibility to have a Standard FirstAid CPR/AED Level C Certification. An Ontario Government approved one. A great opportunity for everyone. It has a 3 year validity.

## ACTIVITIES AND EVENTS



Our program is a fun, engaging and all-inclusive one, thus the students will be able to experience a lot of activities, events, excursions and visits to different cultural and renowned attractions in the city of Toronto and more.

Types of activities (samples only):

Full day trips such as Niagara Falls, Centre Island, Canada’s Wonderland, Hiking trips and more

	<b>Niagara Falls</b>	<b>Hiking Trip</b>	<b>Centre Island</b>
Sat or Sunday 09:30 – 17:30	Yes	Yes	Yes

Half day activities such as; CN Tower, Casa Loma, Blue Jays baseball, Argonauts, Hockey Halls of Fame, Royal Ontario Museum and much more

	<b>CN Tower</b>	<b>Hockey Hall of Fame</b>	<b>Blue Jays Baseball</b>
Mon – Fri 19:00 – 21:00	Yes	Yes	Yes

On campus we also organize a lot of fun and engaging activities for our students.

Projects; students will be encouraged and guided to take part in different projects. In groups that are assigned a theme and given the tools to make it happen.

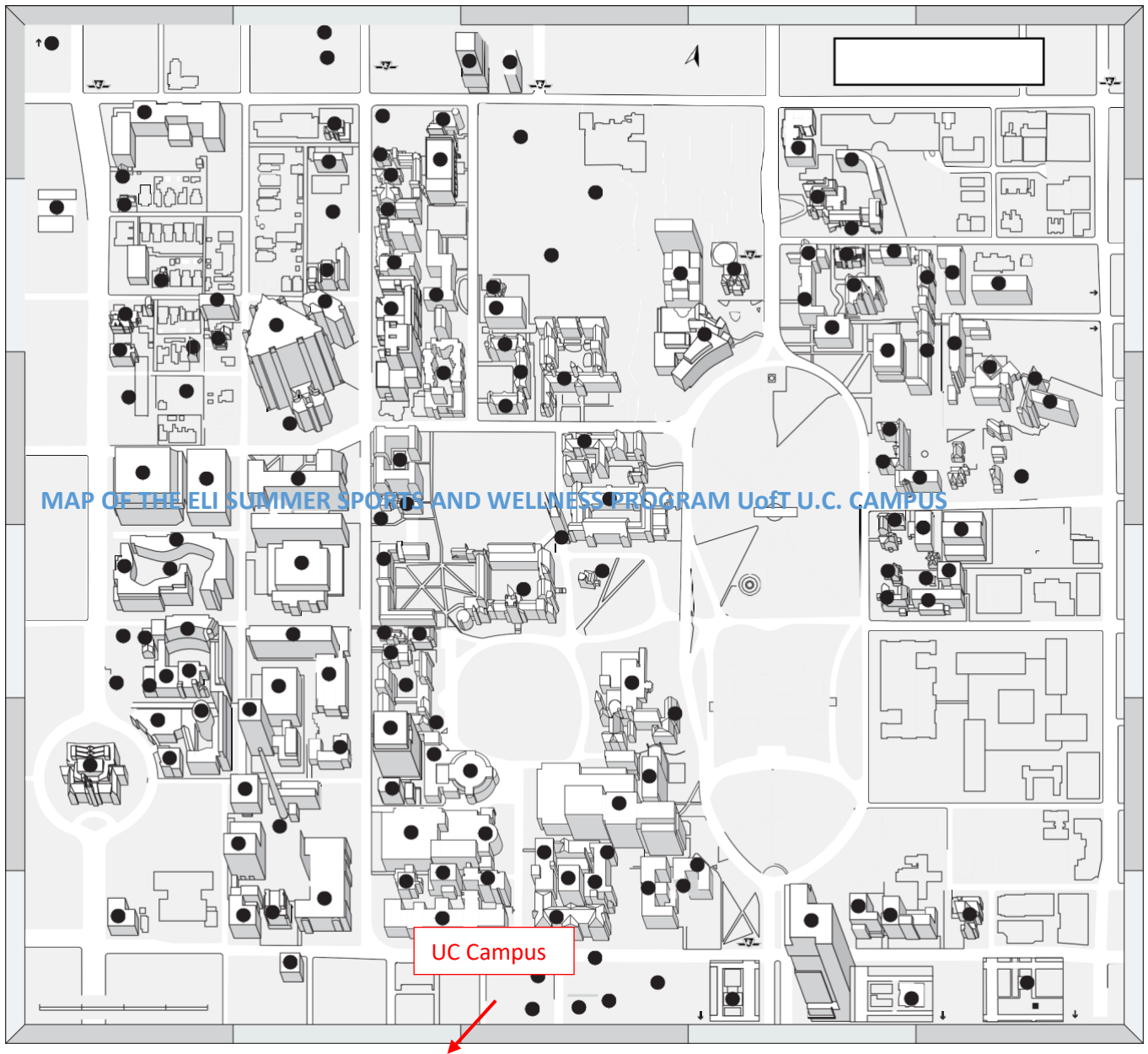
Workshops; For our teen students career or university preparation workshops are organized. They are not boring! Fun and engaging!

University campus tours or high school tours; For our kids and teens we also organize University of College tours to expose them to the Canadian education system and learn more at opportunities here

**SIGN OUT TIME**

Teenagers only participating at our Sports and Wellness are given the option of exploring neighborhoods near the campus on their own. This will happen under a few conditions

1. Parents must sign a document (and intermediary agencies must confirm in writing) prior to arrival and allow their child to do this. This can only be done in advance and NOT during the program.
2. Teens can do this only when there are no other planned events in the program
3. Teens must be back on campus always by the time agreed with staff that day
4. ELI reserves the right to say no should it feels it is in the best interest of the program or safety of the student



## APPLICATION PROCESS

1. Please check our website at [www.elicamps.com](http://www.elicamps.com) for details on the program
2. Review this document and ask any questions you may have to [info@elicamps.com](mailto:info@elicamps.com) or call us at +1.416.305.3143
3. Fill in the enrolment form (we will send it or you can download from website) and send it to us fully filled
4. Upon receiving the registration we will check that the application is filled correctly and will send you a confirmation of it
5. Before the student joins the program we need the following documents filled, signed and sent to us. You are responsible for doing that.

ELI Consent/Waiver Form

6. Students are required to pay a non-refundable registration fee of \$250 (part of the program fee) together with the submission of the Application Form. The remaining amount is due 21 days prior to the start of the program
7. When we receive the Application Form together with the deposit we will issue the student the following documents

Letter of Acceptance  
Invoice  
Custodianship Letter (when applicable)

8. If students require visa they must present these documents to the appropriate embassy together with other required documents (please check local embassy for details)
9. You must notify us of the visa situation as soon as you have an answer with the outcome
10. At least 21-calendar days prior to arrival and much earlier preferably you must send us the arrival details of the students (airlines, time, date, airport and other info)

### **FREQUENTLY ASKED QUESTIONS**

**1. When does the program begin?**

The summer program starts July 6 (first day) and finishes August 11, (last day)

**2. What age does my child/children have to be to participate in the program?**

This program is ideally built for students from 13 to 17 years of age inclusive.

**3. Do they need English language knowledge?**

Students in this program must have basic English knowledge to participate in this program.

**4. What is the difference between residential and self-arranged ?**

Residential option is for those students who purchase the accommodation option and live with all other students. The self-arranged option is for those students who choose not to live on campus and they have made their own arrangements for accommodation. The residential program is 7 days a week, 24 hrs service. The self-arranged is Monday to Friday from 08:30 – 17:30

**5. *If my child is registered in the self-arranged can he/she participate in the evening activities or weekend trips?***

Yes it is possible for them to participate. However there is an extra cost for that. Check website for current prices. These prices include one meal.

**6. *Do I need a visa to participate at the program?***

To determine if you need a visa to travel to Canada, please check [www.cic.gc.ca](http://www.cic.gc.ca) or contact your local Canadian embassy

**7. *When can the students arrive?***

Students taking the residential program are strongly encouraged to check in in our program on Saturday or Sunday and check out Saturday or Sunday. Self-arranged program students can start their program every Monday. For students checking in during the week from Monday – Friday there is a surcharge. Check website for current prices.

**8. *How long can I stay in the program?***

In 2023 you can stay minimum 1 week and maximum 5 weeks. Each week is 7 days long. Registrations that are 6 or 7 days long will be considered a full week registration and charged at full week price. Registrations of 1-5 days will be charged on daily bases price.

**9. *What does the program price include?***

Please refer to page 3 of this booklet, as well as our website to see what the program price includes

**10. *How do I pay my fees? When?***

Upon registration students are expected to pay the non-refundable deposit fee of \$250. This fee is part of the total fee.. The remaining amounts are due in full 21 days before the program starts. You can pay in different installments if you choose to  
You can pay you fees by; wire transfer, direct bank deposit, credit card, certified cheque or cash. We will send you payment details once you register

**11. *Who will pick up my child/children at the airport?***

We will. As soon as you can, please inform us in writing on the date, time, airline and airport that your child will arrive and will pick them up. We must have this information at least no less than 14 days prior to the program start

**12. *Is the residence, cafeteria and classroom space in the same campus?***

Yes all these facilities are in the same campus, very short walk away from each-other

**13. Is laundry service included.**

No laundry fee is not included in the program fee. It is a personal choice and students must pay for their own laundry. \$2.50 for wash and \$2.25 for dry

**14. Is medical insurance included in the program?**

Yes Emergency Medical Insurance premium is included in the program price (<https://guard.me/index.php>)

**15. How does Emergency Medical Insurance work?**

Students are entitled to the benefits of the Emergency Medical Insurance plan that we offer them. Students in most cases (especially emergency hospital visits) must pay themselves for their visit and costs associated. The Insurance Company will reimburse the amounts as per the details provided in the Claim Form. EliCamps will help the students to properly fill in and submit all the claim forms accurately

**16. Can I communicate with my child/children during the program?**

Yes you can. Students are welcome to bring their electronic devices and can use our internet access to communicate.

**17. What is the policy on electronic device usage? (Phones, tablets etc)**

Students are welcome to use them, however the usage of those devices should never interfere with the program or event that is happening. If it does we will collect the device and give it to the student at the end of class or event

**18. How many workshop in-classroom classes are there per week?**

The week from Monday to Friday has 5 workshops per week, each workshop between 60 – 90 minutes long. There are no classes on official holidays. There will be other activities during the day though and students will still be busy.

**19. How are students assigned to sports?**

When registering students must choose their main sport of preference. He/She will be coached and trained mainly on that sports. They will also have the possibility to practice other sports.

**20. Can students change sports?**

Yes it is possible for students to change the main sport of choice, but that has to be approved by the coach/trainer

**21. What is the education level of the coaches?**

All our coaches are passionate professionals that will be with the students all the way throughout their journey

**22. What transportation do students use to go on events and activities outside campus?**

Eli uses its own school busses to transport students to activities when needed as well as walking or Public transportation

**23. Do students ever use public transportation? Walk?**

Yes in some cases public transportation is the better and fastest way to get to some places. It is a great Torontonion cultural experience. Also walking sometimes is possible to get to some attractions. At all times students are always supervised

**24. If my child/children have registered in the self-arranged, can they attend evening or weekend activities and events?**

Those registered in the self-arranged program can and are welcomed to do that. However that is an extra price. Please check website for details.

**25. Are students supervised?**

Yes. We have staff on supervision duties at all times during the day.

**26. If my child had an emergency what does he/she do?**

You child will be equipped with emergency phone numbers as well as ID card with all the necessary information to call in that event. We will be available to the child quickly

**27. What is your policy on drugs and alcohol?**

EliCamps has a zero-tolerance policy on this. Students will immediately be expelled from the program, should they be caught in possession of or consuming them,

**28. What is your policy on leaving campus premises without permission?**

Also on this EliCamps has a zero-tolerance policy on this. Students will immediately be expelled from the program, should they be caught leaving campus premises without our consent or supervision of staff.

**29. What is your policy for damage and violence?**

EliCamps has zero-tolerance policy towards damages caused to property and violence towards other students and/or staff. Students will be immediately expelled from the program should that happen

**30. What is the emergency contact for EliCamps**

For any emergencies please Call/WhatsApp/WeChat us at +1.416.305.3143 or email [info@elicamps.com](mailto:info@elicamps.com)