

## Schedule Overview for AYJSS/CHSS Exchange

1. Follow your school's field trip rules. This applies to the required group size during free time on a field trip.
2. Mr. Kertes cell is 778-884-5343. Ms. Prohaska cell is 416-272-6233. Note: There is limited cell service between towns.
3. The weather changes often. Prepare for all 4 seasons. Trails can be rough (muddy, rocky, washed out, etc.). Bring good footwear.
4. We will be in wilderness areas. At times, that means you may be more than 3 hours from an emergency room, with no cell service, and far away from a main road. Stay with the group and follow the lead's instructions.
5. If you have any requests or questions, please ask your teachers or Mr. Kertes and Ms. Prohaska. We can help with any requests.
6. Please respect guides and hosts. In museums and tours, **NO** devices during presentations. Ask permission to take photos.

**Sunday March 31** - Pick up AYJSS students from the bus shuttle station (4:00 PM).

### Monday April 1

1. Arrive at CHSS by 7:15 AM. **The bus loads and departs at 7:30 AM.** We will stop at Tim Horton's first.
2. Go on Hike #1.
3. Lunch in Cow Bay. There are several choices of where to eat. There are some shops in the area as well. **The bus loads and departs at 1:30 PM.**
4. Go on Hike #2.
5. **The bus will drop students off back at CHSS at about 4:00 PM.**

### Tuesday April 2

1. Pack your breakfast, snacks and lunch. Once we leave Prince Rupert, there will no access to food until dinner at around 6:00 PM. You should pack food for the day.
2. Arrive at CHSS by 6:45 AM. **The bus loads and departs at 7:00 AM.**
3. Visit the Nisga'a Museum and Nisga'a Lisims Government.
4. Dinner (on own, fast food, take out, several choices) at around 6:00 PM.
5. Then we are dropped off at the school in Terrace. No bus after we arrive at the school.
6. **Lights out at 10:30 PM** (8 hours until lights on at 6:30 AM).

### Wednesday April 3

1. **Lights on at 6:30 AM.** Be up and packing by 6:50 AM. **Board bus at 7:15 AM.**
2. Breakfast in downtown Terrace (on own with several choices). Plan for about an hour.
3. **Board the bus for Smithers at 8:30 AM.**
4. Free time in Smithers. There may be an optional side trip by bus. Lunch is on own with many choices in downtown Smithers. Plan to have between 2-3 hours in Smithers.
5. **Board bus at 2:00 PM.** Dinner will be in Terrace at around 5:00 PM on the way back to the school. Plan for about 1 hour for dinner in Terrace (several choices, on your own).
6. Then we are dropped off at the school. No bus after we arrive at the school.
7. **Lights out at 10:30 PM** (8 hours until lights on at 6:30 AM).

### Thursday April 4

1. **Lights on at 6:30 AM.** Be up and packing by 6:50 AM. **Board bus at 7:15 AM.**
2. Breakfast in downtown Terrace (on own with several choices). Plan for about an hour.
3. **Board the bus at 8:30 AM (to go on a short hike).**
4. After the short hike, we will bus back to Terrace for free time. Plan for this to be from about 9:45 AM until 1:30 PM. You will eat lunch in Terrace (several choices, on your own). Be sure to be done with lunch by 1:00 PM so that you can **board the bus departing Terrace at 1:30 PM.**
5. **The bus will drop students off back at CHSS at about 3:00 PM.**

### Friday April 5

1. School day at CHSS. **Help prepare for the Thank You Celebration after school (room 308) until 4:00 PM.**
2. Optional dinner at Pavilion in the evening. Be sure that you have ordered in advance. Everyone is welcome.

### Saturday April 6

1. If you are on the Rainmakers Debate Team, come to CHSS at 2:00 PM to help with set up.
2. Everyone else, the **Thank You Celebration starts at 4:00 PM.** Families and community are welcome from 6:00-7:00 PM.

**Sunday April 7** - Drop off AYJSS students to the bus shuttle station (11:40 AM).

## Summary:

1. Tell your chaperone where you are.
2. Safety first, especially on hikes and at night.
3. Stay in the group and include everyone.
4. Plan ahead for the free time.
5. Be a good role model. Demonstrate respect for guides and hosts.
6. Apply the rule of 44.
7. Follow school rules. The entire week is a school exchange, not just when on trips.

## Details:

1. **Tell your chaperone where you are.** For CHSS students, this applies when you are on a school field trip. School field trip days are Monday (7:30 AM to 4:00 PM) and Tuesday-Thursday (leaving at 7:00 AM on Tuesday and returning at 3:00 PM on Thursday). The other times (when in Prince Rupert) you are part of a school exchange, so the trip rules apply but your parents/guardians are the ones to communicate with in terms of where you are. CHSS students are responsible for helping their twin while on the exchange.
2. **Safety first.** CHSS students, please remind your twin to wear clothes for all 4 seasons, especially sturdy footwear on hike days. We will be in wilderness areas at times, which may be new for your twin. They may not realize how far they are from for emergency medical or other help. When we are in downtown Terrace at night, you and your twin must have a chaperone (i.e. you go bowling, the teacher drops you off and then picks you up).
3. **Stay in a group and include everyone.** CHSS students are good hosts and therefore they make sure that everyone is included, especially our guests. Never be out alone. Groups are usually between at least two and at least four. We will tell you the group size.
4. **Plan ahead for the free time.** The free times in Terrace and Smithers are best (for you) when you plan ahead. The rules are: (1) Everyone is included - if they want (but small groups are okay); (2) Plan to be back at the Terrace school by 10:00 PM and lights out is at 10:30 PM sharp; (3) Be sure to plan ahead for getting there and back (you must have a chaperone with you when traveling by foot at night and that means you must arrange this in advance); (4) If the plans are not made in advance, we may all end up staying in the school in Terrace - so please plan ahead.
5. **Be a good role model.** We are inviting guests to this territory and are therefore responsible for being good role models. Be especially respectful at the museum and government tour (no devices, ask for permission to take photos, etc.).
6. **Apply the rule of 44.** We are a group. When we stick to times, communicate with each other, and show respect for everyone in the group it's easier to take care of each other's needs. We have blocked out a good amount of free time and we will communicate meal times, wake up times, and lights out times so you can plan around them. Please help by sticking to these plans. Thanks!
7. **Follow school rules.** You are on an exchange until the Ottawa students go home. They are on a trip the entire week but you are only on a trip when we are travelling as a group (or on the school days/events). When on a school trip, communicate with your chaperone. The rest of the times, communicate with your parents/guardians. You are representing CHSS the entire exchange and are expected to represent our school with pride for the entire week. What you do reflects on the school and makes it possible for these kinds of exchanges and trip to continue at CHSS. Thanks!

Group A - Kraken	Group B - Argos
David C and Jonathan David L and Oliver Joran and Alexavier Lehi and Kaiden Lily N and Alyssa London and Vic Morrigan and Sabiha Nakayla and Branwen Nia and Lily (AYJ) Sam and Ava A	Anaiah and Kate Avery H and Brooklyn Eva and Erin Evangeline and Jackie Graeme and Ellie Jada and Avery N Jeremy and Graham Kate-Lynn and Brook Lily M and Sharmil Olivia and Ava VD

	SU	MO	TU	WE	TH	FR	SA	SU
<b>Breakfast</b>	AYJSS are travelling	Host family <b>or</b> Tim Horton's (10 min)	Host Family	Downtown Terrace (about 1 hr)	Downtown Terrace (about 1 hr)	Host Family	Host Family	Host Family
<b>Lunch</b>	AYJSS are travelling	Cow Bay (about 2 hrs)	Pack Your Own	Smithers (about 2-3 hrs)	Terrace (about 4.5 hrs)	Pack Your Own	Host Family	Host Family
<b>Dinner</b>	Host Family	Host Family	Fast Food Take Out (about 20 min)	Downtown Terrace (about 1 hour)	Host Family	Optional Dinner at Pavilion	Thank You Celebration (4-7 PM)	