

THINGS TO DO IN ABBOTSFORD

There are many opportunities in the schools and community. This exchange is a time of discovery, get out and do something different from what you usually do at home! Even if you have never tried something before, try it NOW! Ask your ISL, your teachers, coaches for information. Keep your eyes open for announcements in the schools about upcoming events

School Sports

We have had many International Students participate in school sports over the years, it is a great way to connect with friends. Some sports may require tryouts depending on how many people are signing up that particular season. Sports teams often travel during the season, so you may have the chance to visit other cities with your team...

Our schools have:

American Football, Volleyball, Soccer, Basketball, Swimming Cross Country Running, Cheerleading, Track and Field, Wrestling, Rugby, Golf...

There are also "just for fun" lunchtime sports throughout the year
Soccer / 3 on 3 Basketball / Volleyball / Dodgeball / Badminton...

Tryouts for some sports start in the first week of school! Keep your eyes open and ask!



Some sports and activities may not be available in schools, or they may not be offered at a competitive level. In the community there are many different opportunities for students to participate, including at the well equipped Public Recreation Centres. In the city you will find...

Dance Studios, Soccer Teams, Tennis clubs, Swim Groups, Ice Skating Classes, Skateboarding, Mountain Biking, Gyms, Martial Arts, Climbing Gym, Yoga, Volleyball, Gymnastics, Frisbee Golf ...

School Activities

Throughout the year there are SO MANY ways to participate! Theme days, PEP rallies, performances, competitions, musical theatre, clubs, field trips, cheering on sports teams... There are Outdoor Adventures organized by the schools such as paintball, rafting, canyoning, camping, climbing, skiing/snowboarding, mountain biking. We encourage students to get involved with Volunteering or with the Leadership Class, they are always getting together to plan, organize and execute events like Halloween, Carnival days, theme days....



Community facilities / events

Outside of school hours there are :

Board Game Cafes, Escape Rooms, a Virtual Reality Game Centre, a MultiPlex movie theatre, 2 shopping malls, an old style "downtown" with lots of cafe's, bakeries, boutiques, a large park with a lake in the city centre where you can fish, more fishing locations nearby where you can rent equipment, MANY kilometers of hiking / riding trails, music festivals, Tulip Festival, art galleries, food trucks, spas, salons, professional sports, GoKarts, Mini-golf, Amusement Centre... There are seasonal events like Halloween, Pumpkin Patches, Easter, SunFlower fields, Christmas Events in the city centre, concerts, yoga with goats, open air movie nights... Nearby there are ski hills, waterslides, highrope adventures, horseback riding, tandem parachuting, a waterski lake... There are lots of restaurants, coffeshops and bakeries.

So if you can't figure out how or where to find something to do, ask your International Student Liaisons, your host family, your friends, your teachers for information or suggestions.

