



# SIGNATURE EVENTS

Toronto & Vancouver | August 10<sup>th</sup> to August 14<sup>th</sup>

## EXAM PREPARATION WEBINAR WITH ILAC IC

10<sup>th</sup>  
MON



SPECIAL  
SESSION

• Toronto 1pm | Vancouver 10am

Stressed before an exam?  
Learn about helpful studying techniques  
to help you succeed academically

Special Session for ILAC Pathway, Business and IELTS students  
Zoom link will be sent by invitation only

## TAROT NIGHT

11<sup>th</sup>  
TUE



• Toronto 7pm | Vancouver 4pm

Our beloved ILAC teacher @Alishasevigny  
will be talking and teaching everything you  
wanted to know about tarot reading!  
Chance to win a free tarot reading!

<https://ilac.zoom.us/j/94276135480?pwd=Yi9XbjRWRjFjV3c4Q1lzRIVLZVMYzZ09> or Meeting ID: 942 7613 5480 Password: 928 772

## STAY ACTIVE WITH ILAC: CIRCUIT TRAINING WORKOUT

13<sup>th</sup>  
THU



• Toronto 7pm | Vancouver 4pm

@Joafitness is an elite personal trainer and fitness  
instructor teaching cardio conditioning, core strength  
training, Yoga, Pilates, & Thai chi. Build cardiovascular  
health, while improving muscular and endurance strength.

<https://us04web.zoom.us/j/72204327560?pwd=MFBlaHAxbXVnVDRlc2dYSUY2VWVWdXUT09> or Meeting ID: 722 0432 7560 Password: SWEAT

## ILAC IC INFO LIVE SESSION

14<sup>th</sup>  
FRI



• Toronto 10am

Join us for this informative live with one of our favorite  
ILAC IC team members Charlotte to catch up with our  
weekly updates!

Connect: Instagram Live @ilac.ic

Continued on the next page

Sign up: [ilac.com/activities](https://ilac.com/activities)

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## Quarantine housing video!



### New video out on our Youtube!

Choose from several different housing options for your 14-day self-quarantine.

Contact [info@ilac.com](mailto:info@ilac.com) to learn more about staying in a homestay, residence or hotel during your first two weeks in Canada.

[www.youtube.com/watch?v=Y0oRT5pMjVw](https://www.youtube.com/watch?v=Y0oRT5pMjVw)

[www.youtube.com/iloveilac](https://www.youtube.com/iloveilac)

## OUTDOOR ACTIVITY SUGGESTIONS

### TORONTO

- Immersive Van Gogh Exhibit - Get it from their website **starting at \$35**
- CN Tower – get it from their website **\$35**
- Ripley's Aquarium of Canada - get it from their website **\$35**
- Toronto Island (Ferry to the Island **\$8**)
- Casa Loma - get it from their website **\$32**
- ROM - get it from their website **\$23**
- Outdoor Pools - Information here: <https://www.toronto.ca/data/parks/prd/facilities/outdoor-pools/index.html>
- Parks, Gardens and Beaches -Information here <https://www.toronto.ca/explore-enjoy/parks-gardens-beaches/>

### VANCOUVER

- Check Discover Canada Tours Calendar @ <https://www.discovercanadatours.com/>
- Don't miss out their most popular tours to Whistler, Victoria Island, Sea to the Ski Gondola and many more!
- Also get your tickets for:
- Capilano Suspension Bridge **\$42**
  - Fly Over Canada **\$23**
  - VanCity Bikes **\$15**
  - I-Exit Escape Room **\$90/room**, groups up to 6

\*ILAC is not the creator, organizer or owner of the events advertised and provided by third parties companies or outdoor activities suggestions. ILAC disclaims all liability arising from the acts or omissions of any third party service providers. Some events may carry inherent risk, and by participating in those events, students choose to assume those risks voluntarily.