



# SIGNATURE EVENTS

Toronto & Vancouver | October 19<sup>th</sup> to October 30<sup>th</sup>

## HALLOWEEN DANCE CLASS

20<sup>th</sup>  
TUE



**4:00PM** Toronto  
**1:00PM** Vancouver  
**5:00PM** Brazil  
**3:00PM** Mexico  
**4:00AM** China\*

**Dance it out this Halloween with your ILAC Friends!**  
Let's celebrate Halloween together with a 30 minute spooky dance choreography from home with @bailamer.

**Connect: Instagram Live @ilac\_canada**

## ONLINE LEARNING TECHNIQUES WEBINAR WITH ILAC IC

21<sup>st</sup>  
WED



**1:00PM** Toronto  
**10:00AM** Vancouver  
**2:00PM** Brazil  
**12:00PM** Mexico  
**1:00AM** China\*

**Having troubles adapting to online learning?** We provide you with useful tips & resources to help you adjust to this new learning style to make the most of your experience.

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

## WELLNESS WITH WENDY

22<sup>nd</sup>  
THU



**6:00PM** Toronto  
**3:00PM** Vancouver  
**7:00PM** Brazil  
**5:00PM** Mexico  
**6:00AM** China\*

Nurse Wendy helps you practice mindfulness, wellness & resilience, and answers questions you send to her!

<https://us02web.zoom.us/j/9887818265> or  
join using Meeting ID: 988 781 8265

## ILAC IC INFO LIVE SESSION

23<sup>rd</sup>  
FRI



**10:00AM** Toronto  
**7:00AM** Vancouver  
**11:00AM** Brazil  
**9:00AM** Mexico  
**10:00PM** China

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**

\* Time listed is for the following day.

Continued on the next page



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## HORROR MOVIE & BOOK TRIVIA SPECIAL

27<sup>th</sup> TUE



7:00PM Toronto    4:00PM Vancouver    8:00PM Brazil    6:00PM Mexico    7:00AM China\*

Join author @Alishasevigny for this Halloween trivia special and fun social night! **Chances to win a signed book by the author!**

<https://us04web.zoom.us/j/72758495463?pwd=SHUxOEZENGxoQTVCb0lrWng2VVRqZz09> or join using ID: 727 5849 5463 Password: 18jerx

## INTERVIEW WEBINAR WITH ILAC IC

28<sup>th</sup> WED



1:00PM Toronto    10:00AM Vancouver    2:00PM Brazil    12:00PM Mexico    1:00AM China\*

**Ever felt nervous before an interview?** Join this webinar to learn about useful tactics for perfecting your interview skills.

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

## STAY ACTIVE WITH ILAC: STRONG LEGS CLASS

29<sup>th</sup> THU



4:00PM Toronto    1:00PM Vancouver    5:00PM Brazil    3:00PM Mexico    4:00AM China\*

@Joafitness is an elite personal trainer and fitness instructor. Build cardiovascular health, while improving muscular and endurance strength.

<https://us04web.zoom.us/j/77749956136?pwd=Witla3hJUkdpcEJ2dDRKaIRCS29LUT09> or Meeting ID: 777 4995 6136 Password: g232s8

## ILAC IC INFO LIVE SESSION

30<sup>th</sup> FRI



10:00AM Toronto    7:00AM Vancouver    11:00AM Brazil    9:00AM Mexico    10:00PM China

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**Connect: Instagram Live @ilac.ic**

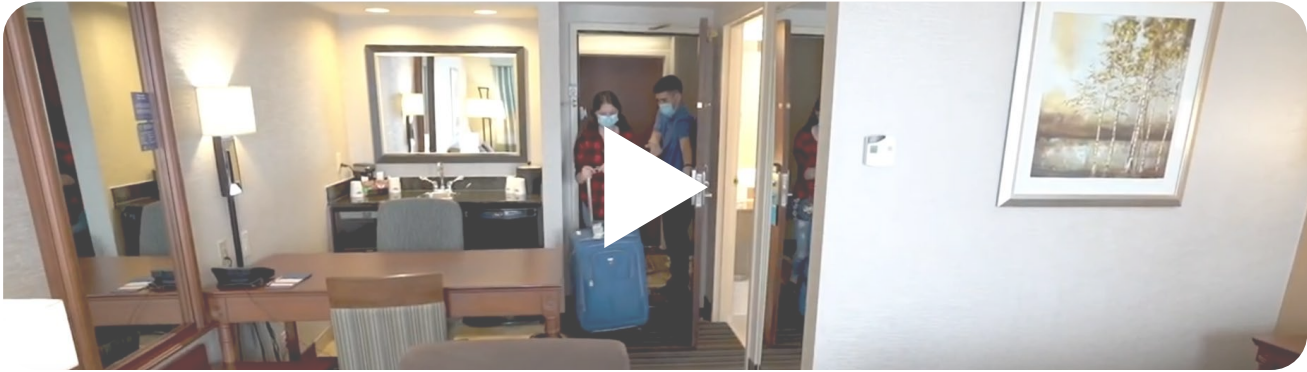
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## Quarantine housing video!



### 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

- Ripley's Aquarium of Canada - (anytime tickets)  
Get it from ILAC Dream Building **\$32**
- Immersive Van Gogh Exhibit -  
Get it from their website **starting at \$35**
- Toronto Island (Ferry to the Island **\$8**)
- Casa Loma - get it from their website **\$32**
- ROM - get it from their website **\$23**
- 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 Halloween tour, which departs Friday at 4:15 pm on October 23<sup>rd</sup> and 30<sup>th</sup>!
- Also get your tickets for:
- Capilano Suspension Bridge **\$42**
  - Fly Over Canada **\$23**
  - VanCity Bikes **\$15**
  - Grouse Mountain **\$55**
  - Whistler Tour every Sunday **\$69**

\*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.