



The **Nova Scotia International Student Program (NSISP)** and **Nova Scotia School Athletic Federation (NSSAF)** have established a partnership to help promote mutually shared goals and values with regard to student involvement in sport. Both organizations firmly believe in diversity and cross-cultural understanding and feel sport is a powerful tool to promote these values to student athletes. The NSISP views sport and recreation as a key pillar of its program and has traditionally had a large number of its students participate in NSSAF sanctioned activities. Two thirds of its full time students participate in at least one NSSAF sport and this number continues to grow annually.



For most international students the opportunity to participate in school sport is not available in their home countries and is a big part of the experience they hope to have by studying in Nova Scotia.

# International Students in Sport

## Tips for including international students in NSSAF Sports:

- International students often arrive in Nova Scotia the first week of September. If tryouts occur before the semester begins, please consider allowing them the opportunity to tryout.
- Consult with school guidance counselors, school liaisons, and homestay coordinators to find out what sports the international students attending your school want to play.
- Consider offering them a team manager position as this will be a great cultural experience for all involved.

## Benefits of including international students on sports teams:

- They bring new ideas, techniques, and experiences to the team which is often helpful in team building and broadening the perspective of the Nova Scotian student athletes.
- Many international students are gifted student athletes both in the class and on the playing field. They would be a welcome addition to the team.
- Nova Scotian student athletes will learn about a new culture through the friendships they create with the international student athletes.
- Being involved in school sports helps international students make friends, stay active, build confidence, and improve their English which helps them settle into their new home and enhances their experience in Canada.
- Schools known for being receptive to international student athletes are more often requested by future students, thus increasing the overall number of international students in the school.

# International Students in Sport

## Basketball

### Ana, Mexico, 15

"I play basketball and I really enjoy it because it makes me feel part of the school. The sport is very similar in Canada and Mexico but it is more competitive in Nova Scotia and it's more organized. Playing basketball at school has helped me feel like a Nova Scotian in so many little ways. It helped me make friends and has helped me improve my English because I think I speak more naturally when I am playing. I met my best friend in Canada through playing basketball and I have made a lot of good friends through the team. We won the championship this year and when I come back in 15 years it will be great to see our name on the trophy at the school."



## Soccer

### Leonardo, Brazil, 17

"I play on the school soccer team and also run track. Soccer is like religion in Brazil and I have been playing since I was a little kid. When I play soccer it makes all of my problems go away and I relax and feel a lot of joy. I have made a ton of friends playing sports at my school and I have been able to help my team go to provincials and compete against the best teams in the province. I recommend all international students participate in school sports as it will help you stay busy and get used to your new home by meeting new friends. I enjoy teaching my teammates new tricks and they have also helped me learn about Canadian culture by taking me to play hockey but it's very hard."



## Wrestling

### Cheong, South Korea, 18

"I enjoy playing sports in my school in Nova Scotia because it keeps my body and mind active and makes me feel alive. In South Korea if you want to play sports you have to do it as part of a private club and pay for it. If I wasn't playing sports I think I would not enjoy the experience as much because I wouldn't be as involved in my school. Playing on school teams has helped me make friends and improved my understanding of the Canadian culture. It has also taught me respect for other athletes through competition against other schools. I would recommend all international students get involved in school sports or clubs."



## Volleyball

### Dilsen, Turkey, 15

"Playing volleyball as an international student at my high school in Nova Scotia was an amazing experience that made me feel more welcome in my new school by helping me make friends, improving my English and keeping me active. Our team placed second in Provincials and I had so much fun during the trip and became closer with my teammates. We were always together and we laughed a lot. It was the best experience I had in Nova Scotia and something I will always remember. Now when I come to school I feel more confident as I always have a group of friends to hang out with."



The **Nova Scotia International Student Program (NSISP)** is a joint venture between the provincial Department of Education and the seven English language school boards. With over 900 full-time students, the NSISP is one of the largest international student programs in Canada.



The **Nova Scotia School Athletic Federation (NSSAF)** offers 19 sports around the province to its student athletes. The NSSAF encourages a friendly and harmonious relationship among secondary schools of Nova Scotia through the promotion of athletic activities.

