

VIRTUAL
OPTION

Language & Culture PROGRAM

Learn English and Experience Western Canada Online!

TOPICS YOU WILL LEARN

- ➔ First Nations/Indigenous Peoples of Saskatchewan, Canada
- ➔ Canadian Multiculturalism
- ➔ Geography, Landmarks, & Attractions of Saskatchewan, Canada
- ➔ Other Canadian Geography, Landmarks, & Attractions
- ➔ Symbols of Canada, Saskatchewan, & Regina

For about 60% of the program, you will have live classes with an instructor and live conversation and activity sessions with University of Regina students. The rest of the program will be delivered through non-live activities. Class times accommodate time differences.

Students can add a virtual local contact (VLC) for an additional fee. With the VLC, you will meet virtually with a local Regina resident for 90 minutes a week during the program.

DATES & FEES

August 8 - 27, 2026 \$1,000CAD

August 29 - September 17, 2026 \$1,000CAD

(Dates in Saskatchewan time.)

(Plus \$200CAD for optional virtual local contact.)



LEARN MORE



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Go far, together.

uregina.ca



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CENTRE FOR CONTINUING EDUCATION
English as a Second Language Program

3737 Wascana Parkway
Room 114, Wakpa Tower
Regina, Saskatchewan, Canada S4S 0A2
Phone: 306.585.4585 Fax: 306.585.4971
Email: esl@uregina.ca
www.uregina.ca/esl

Designated Learning Institution Number:
O194256 60270

Summer 2026 Virtual Language and Culture Programs

Program Details:

Course Length: 3 weeks

Dates (in Sask time): August 8 to 27, 2026

August 29 to September 17, 2026

Dates (in Japan time): August 9 to 28, 2026

August 30 to September 18, 2026

Live Instruction: 22 hours

Asynchronous Activities: Approx. 30 hours

Live Conversation and Activity sessions: 13 hours

Live pre-program orientation: 1 hour

Additional activities: 3 hours (Pre- test, live program welcome, post-test and live closing ceremonies)

* Total hours: 69 hours

Optional virtual local contact: 4.5 hours

Cost: \$1000 CAD (+ \$200 for optional virtual local contact)

Pre-program Orientation: August Program: July 3, 2026, 7:00 PM (Saskatchewan Time)

September Program: July 24, 2026, 7:00 PM (Saskatchewan Time)

Application deadline: August Program: June 30, 2026

September Program: July 15, 2026

Course Description:

In this online intensive language and culture program, participants will virtually experience Canada, Saskatchewan, Regina and the University of Regina while practicing English communication.

Participants will engage in a variety of activities and sessions, including live classes with an instructor, interactive asynchronous assignments and activities, and live conversation or activity sessions with cultural assistants (University of Regina students)



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Culturally related topics may include:

- First Nations/ Indigenous Peoples of Canada and Saskatchewan
- Multiculturalism
- Canada and Saskatchewan's geography
- Landmarks and attractions
- Symbols of Canada, Saskatchewan and Regina
- Canadian food and food specific to Saskatchewan

In addition to learning about local Canadian culture, participants will have opportunities to discuss their home cultures in order to facilitate cultural exchange.

While engaging with these themes, participants will practice real-world English communication.

Skills and functions may include:

- Asking for and providing information about oneself
- Expressing an opinion
- Expressing agreement or disagreement
- Providing a description (event, experience etc.)
- Building fluency in speaking and writing
- Improving listening comprehension

Live sessions on Zoom will be scheduled in the evening Saskatchewan time to accommodate for time differences. Participants will be able to flexibly complete asynchronous activities on their own time but will have deadlines for completion.

For an additional fee of \$200 CAD, each participant can choose to be matched with a virtual local contact who they will meet for 90 minutes (in two or three separate sessions per week as arranged between the student and local contact).

Prior to the start of classes, participants will take an online placement test to determine their level. Participants will also receive an online pre-program orientation.

Each participant will receive an electronic copy of their certificate of course completion, with name, date and host institution, and a program grade report at the end of the program. On the final day of the program, a closing ceremony will be held for all program participants.

2025 Virtual Language and Culture Program Schedule



English as a
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Week 2:					Live	Not Live	L. Contact
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Japan)							
8:00am	Suggested time for	Suggested time for	Suggested time for	Suggested time for	Suggested time for	Suggested time for	Suggested time for
8:30am	Virtual Local Contact	Virtual Local Contact	Virtual Local Contact	Virtual Local Contact	Virtual Local Contact	Virtual Local Contact	Virtual Local Contact
9:00am		English	Indigenous Dance	English	English	English	Multicultural
9:30am		Class	Presentation/	Class	Class	Class	Showcase/
10:00am		9:00 AM to	English Conversation	9:00 AM to	9:00 AM to	9:00 AM to	English Conversation
10:30am		11:00 AM	and Games	11:00 AM	11:00 AM	11:00 AM	and Games
11:00am		Asynchronous	9:00 AM to	Asynchronous	Asynchronous	Asynchronous	9:00 AM to
11:30am		Activities	11:45 AM	Activities	Activities	Activities	11:45 AM
12:00pm		Please finish by next class	Asynchronous	Please finish by next class	Please finish by next class	Please finish by next class	
12:30pm		(Can be completed	Activities # 2	(Can be completed	(Can be completed	(Can be completed	
1:00pm		on own time	Please finish by next class	on own time	on own time	on own time	
1:30pm		after 11:00 AM)	(Can be completed	after 11:00 AM)	after 11:00 AM)	after 11:00 AM)	
2:00pm		Approx 2 hours	on own time	Approx 2 hours	Approx 2 hours	Approx 2 hours	
2:30pm			after 11:45 AM)				
3:00pm			Approx 2 hours				
3:30pm							
4:00pm							
4:30pm							

2025 Virtual Language and Culture Program Schedule



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Week 3:					Live	Not Live	L. Contact
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Japan)							
8:00am	Suggested time for	Suggested time for	Suggested time for	Suggested time for	Suggested time for		
8:30am	Virtual Local Contact	Virtual Local Contact	Virtual Local Contact	Virtual Local Contact	Virtual Local Contact		
9:00am		English	Canada-themed	English	English	Program Closing	
9:30am		Class	Activities/	Class	Class	9:00 AM to 10:00 AM	
10:00am		9:00 AM to	English Conversation	9:00 AM to	9:00 AM to		
10:30am		11:00 AM	and Games	11:00 AM	11:00 AM		
11:00am		Asynchronous	9:00 AM to	English	Asynchronous		
11:30am		Activities	11:45 AM	Post-test	Activities		
12:00pm		Please finish by next class	Asynchronous	(Can be completed	Please finish by next class		
12:30pm		(Can be completed	Activities # 2	on own time	(Can be completed		
1:00pm		on own time	Please finish by next class	after 11:00 AM)	on own time		
1:30pm		after 11:00 AM)	(Can be completed	Approx. 45 mins	after 11:00 AM)		
2:00pm		Approx 2 hours	on own time	Please finish by 5:00 PM	Approx 2 hours		
2:30pm			after 11:45 AM)				
3:00pm			Approx 2 hours				
3:30pm							
4:00pm							
4:30pm							