

# What's Up Buddy!!

## Upcoming Host events

*\*Pre-Registration required  
for all events*

### Host Group Reunion Party

Reconnect with old friends  
and meet some new ones!  
We will have our own private  
lounge with our own DJ and  
bar in one of Victoria's hottest  
night clubs!

**Date:** Friday January 8<sup>th</sup>  
**Time:** 9p.m. - 12 midnight  
**Location:** TOUCH Night  
**Club** 751 View St. Between  
Douglas and Blanshard St.

### Library Tour

The library downtown has so  
much to offer you! And all for  
Free!! The public library has  
18 different languages. Come  
and learn all the free  
services!!

**Date:** Saturday January 9<sup>th</sup>  
**Time:** 10:30a.m. – 11:30a.m.  
**Location:** Downtown Public  
**Library** 735 Broughton St.

## How to make great New Year's Resolutions

What is a "New Year's Resolution"?

A **New Year's resolution** is a promise to yourself about something you want to change or achieve in the New Year.



### Instructions:

**Step 1** Write your resolutions down. Don't just say it. Write down your promises to yourself.

**Step 2** Tell your resolutions to a friend, family or partner to help you keep your promises. If so, you will be more encouraged to finish what you wanted to start.

**Step 3** Post your resolutions to where you can read it each and every day. Make it visible so you don't forget.

## Cross cultural Communication and Culture Shock Workshop

Learn how to communicate with different cultures. Learn what culture shock is and how to understand it.

**Date: Saturday January 16<sup>th</sup>**

**Time: 11a.m.-1p.m.**

**Location: VIRCS office** 637 Bay St.

## Ice Skating Together

Come and enjoy ice skating together. Free for Host group participants!

**Date: Tuesday January 26**

**Time: 6:30p.m. – 7:45p.m.**

**Location: Oak Bay**

**Recreation Centre** 1975 Bee Street

## Monthly Host Potluck

For everyone that has ever been part of the program come eat and have fun here at VIRCS!

**Date: Sunday January 31**

**Time: 1:30p.m. – 3:30p.m.**

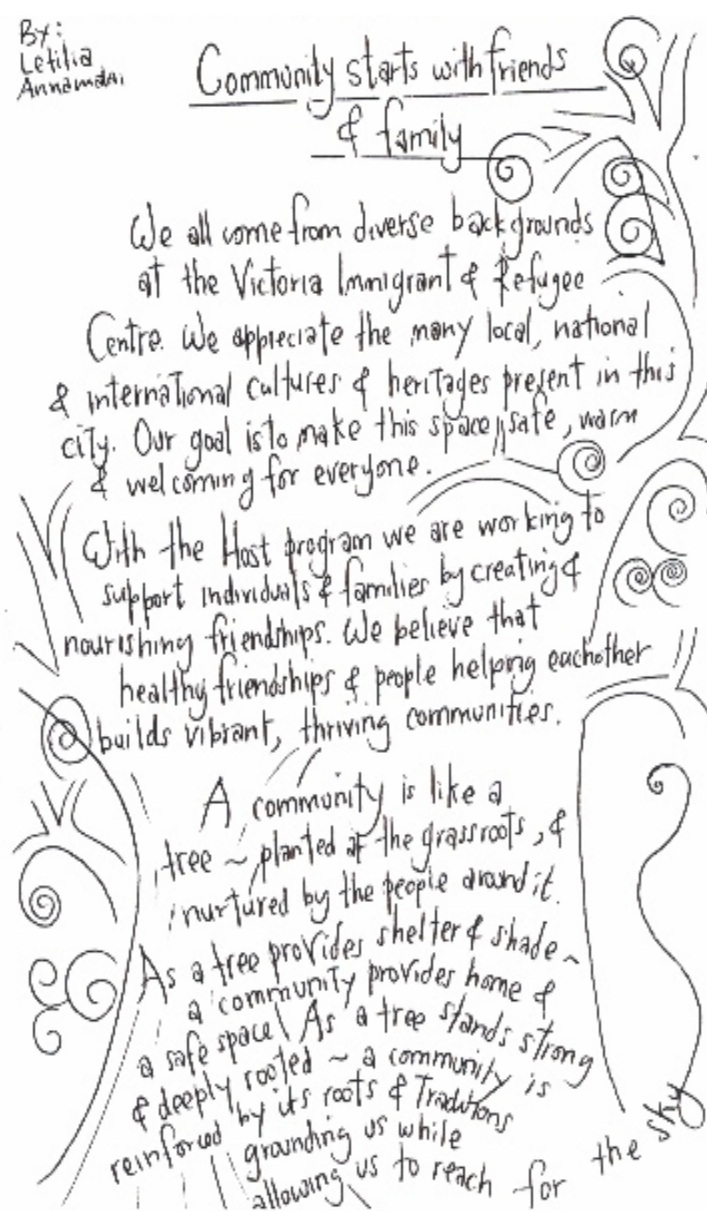
**Location: 637 Bay St.,  
VIRCS office**

**For more information  
or to register for one of  
the events..**

**Please contact Aviva at  
250-361-9433 ext. 242  
or email her at  
aviva@vircs.bc.ca**

Here are some examples of New Year's Resolutions:

1. Clean up my room/house at least once a week
2. To cook healthy and fresh food for myself instead of eating out in restaurants. This will save me money and be more healthy
3. Don't be afraid of speaking English to native English speaking people
4. Get out and explore more places in Victoria
5. Be more patient and positive with myself and others





### **Victoria Film Festival**

Friday, January 29<sup>th</sup> - Sunday, February 7<sup>th</sup>

Catch the best local and international films at the Victoria Film Festival. Bring Film to Life" A ten day celebration of film with over 160 films to choice from.

Individual film tickets and events for the 2010 Victoria Film Festival go on sale at midnight January 8, 2010.

**Cost:** Check in Facebook  
[www.facebook.com/pages/Victoria-BC/Victoria-Film-Festival/7684281478?ref=mf](http://www.facebook.com/pages/Victoria-BC/Victoria-Film-Festival/7684281478?ref=mf)

**Location:** [Various Venues - Victoria](#) , Victoria



**Festival of Trees**

### **Festival of Trees**

Friday, January 1<sup>st</sup> – Monday, January 4<sup>th</sup>

8:00 PM to 12:00 PM

Walk through the Empress Hotel and see the beautiful display of Christmas trees

**Cost:** Free Event

**Location:** [Fairmont Empress](#)  
721 Government Street. Victoria



### **Helmcken House: Old-Fashioned Christmas, Royal BC Museum**

Saturday, January 2<sup>nd</sup> -  
Sunday, January 3<sup>rd</sup>  
12:00 PM to 4:00 PM

Visitors will discover the Christmas traditions of early Victorians while enjoying an authentic festive atmosphere. Families can make a traditional craft between 1:00 and 3:00 pm.

**Cost:** Adult: \$15  
**Child: \$Free**  
Senior: \$9.50  
Student: \$9.50

**Location:** [Royal BC Museum](#)  
675 Belleville Street, Victoria

### **Live@Lunch, Royal BC Museum**

Wednesday, January 13<sup>th</sup> 12:00 PM to 1:00 PM

Bring your bagged lunch and enjoy this monthly exploration of a variety of engaging topics related to Royal BC Museum research, travel, collections, and exhibitions.

**Cost:** Free Event

**Location:** [Royal BC Museum](#)  
675 Belleville Street, Victoria

### **Nature CSI**

Sunday, January 24<sup>th</sup> 1:00 PM to 2:30 PM

Great family event, for your kids! Spend some time getting really good at your investigation skills and learn to be a nature explorer!

**Cost:** Free Event

**Location:** [Elk/Beaver Lake Regional Park](#)  
, Saanich

