

2023 CANADA INTERNATIONAL EXCHANGE XE-CAN

Dates: Dates for the exchange are Sunday, 16 July 2023 through Saturday, 5 August 2023.

General: The training will take place at Sea Cadet Training Center, HMCS Quadra, Comox, British Columbia. The NSCC is authorized to send 4 cadets (male or female) and two adult volunteers. The training at HMCS Quadra will be with Canadian Naval Sea Cadets, as well as cadets from Australia, Hong Kong, Japan, New Zealand, South Korea, Sweden and the United Kingdom.

Qualifications: Sea Cadets applying for this exchange must meet the following requirements:

- Must be 16 or older
- **Must not turn 18 before the end of training, 6 August 2023**
- Must be PO3 or above
- Must not have previously participated in this exchange
- Recommended by Unit CO
- Be in good physical condition

Training/Activities: While at HMCS QUADRA, visiting cadets will be exposed to and take part in training such as morning divisions, dinghy and whaler sailing, power boat operation, drill and ceremonial, and confidence building activities. Also, visiting cadets will have the opportunity to culturally explore Vancouver and Victoria, with a day trip to Cathedral Grove/Coombs BC. Cadets will also partake in tours at 19 Wing Air Force Museum, and CFB Esquimalt Dockyard / HMCS Ship tours.

The Canada Exchange schedule will be as follows:

- **16 July 2023** Cadets and Escorts arrive and are met at the Vancouver International Airport by our movement and exchange staff.
- **17 July 2023** the group travels to HMCS QUADRA in the morning
- **18 July - 2 August 2023** training at HMCS QUADRA Cadet Training Centre, located in Comox, British Columbia and area.
- **28/29 July 2023** group will travel and tour southern Vancouver Island and Victoria, British Columbia and stay overnight.
- **31 July/01 August 2023** Group will stay overnight camping on a nearby Island, Denman Island
- **3 August 2023** group travels to Vancouver, group cultural activities in Vancouver, British Columbia utilizing transit and light-rail (sky-train)
- **4 August 2023** no formal activities will be scheduled, and groups are free to tour on their own utilizing transit and light-rail (sky-train) stops located near the hotel and will stay overnight in Vancouver.
- **5 August 2023** Cadets and Escorts depart from Vancouver International Airport

Other Notes:

- Weather in Vancouver, Canada in July is mildly cool and mildly humid with temperatures ranging from highs in the low 70s F and lows in the mid 50s F.
- Currency in Canada is in Canadian Dollars (CAD).