



## **INTERNATIONAL SUMMER CAMP**

**JULY 8-12, 2026**

**BROCK UNIVERSITY CAMPUS**

**NIAGARA REGION CANADA**

1812 Sir Isaac Brock Way  
St. Catharines ON, Canada  
L2S 3A1

### **NIAGARA REGION**

The Niagara Region of Ontario, Canada is a historic picturesque setting. The Region has a strong agricultural base and was best known for its tender fruit production. Today, it has become the center of Canada's wine producing region and visitors will be surrounded by vineyards as they travel about the region. Within the region is the famous Niagara Falls, the gorge of which contains the Niagara River which separates the United States of America from Canada. This river flows from Niagara Falls into Lake Ontario which is one of the Great Lakes which form the St. Lawrence Seaway. Visitors can see the huge laker ships travelling through the lock system which connects the St. Lawrence Seaway to the Great Lakes and the Atlantic Ocean, allowing these massive cargo ships to travel from the Port of Halifax, on the Atlantic Ocean, to Hamilton on Lake Ontario and to Thunder Bay which sits at the top of Lake Superior in Northern Ontario..

Historically, the Niagara Region is best known as the battleground of the War of 1812. This region was central to the suppression of the invasion of Canada by the United States of America. The region borders the United States with Buffalo only a 45-minute drive from Brock University. Visitors to the region can experience much of the history of what kept Canada as a sovereign nation by visiting Fort George, located 30 minutes from Brock University. There are several day tours available from local companies to tour the region.



## ACCOMMODATIONS

The ITKF Summer Camp will be housed on the Brock University Campus in St. Catharines, Ontario. Participants will be assigned rooms in one of the student residences. These accommodations are described below:

**Residence 8** offers over 300 single air-conditioned guestrooms. Each is furnished with 1 single bed, desk, dresser and wardrobe. One 3-piece washroom is accessible from each of two adjoining single guest rooms. An elevator is located in the residence lobby for convenient access to all floors. Each floor is equipped with a lounge furnished with a television and microwave.



**Earp Residence** offers over 200 single air-conditioned guestrooms. Each is furnished with 1 single bed, desk, dresser and wardrobe. One 4-piece washroom is accessible from each of two adjoining single guest rooms. An elevator is located in the residence lobby for convenient access to all floors. Each floor is equipped with a lounge furnished with a television, kettle, microwave and bar-size refrigerator.

**Vallee Residence** offers over 200 single air-conditioned guestrooms. Each is furnished with 1 single bed, desk, dresser and wardrobe. One 4-piece washroom is accessible from each of two adjoining single guest rooms. An elevator is located in the residence lobby for convenient access to all floors. Each floor is equipped with a lounge furnished with a television, kettle, microwave and bar-size refrigerator.

**THE ROOMS AVAILABLE IN ALL 3 RESIDENCES HAVE THE SAME LAYOUT AS SHOWN ABOVE – TWO SINGLE ROOMS ADJOINING SHARE ONE BATHROOM.**

## FOOD & BEVERAGE

All-you-can-eat buffet style meals in the shared dining hall are part of the registration package for participants. Special dietary needs can be accommodated with advance warning at time of registration.

The meal plan included will begin at breakfast on the first full day of training (July 8) and end with dinner on the last full day of training (July 12). Meals on the arrival and departure days are NOT included and the responsibility of the individual.





## DINNER

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Salad bar with rotation cycle of mixed greens and lettuces. Seeds, dried fruit, diced peppers, sliced onions, tomatoes, cucumbers, olives, chickpeas, cheese, croutons, and bacon bits.						
Muffins, whole grain muffins, whole wheat and multigrain breads and bagels, English muffins, Wow butter, jams, cream cheese, butter, and margarine.						
Chef Vegetarian Soup of the day	Chef Vegetarian Soup of the day	Chef Vegetarian Soup of the day	Chef Vegetarian Soup of the day	Chef Vegetarian Soup of the day	Chef Vegetarian Soup of the day	Chef Vegetarian Soup of the day
Cranberry Roasted Pork Loin	Beef and Chicken Tacos	Herb de Provence Salmon	Grilled Chicken Parmesan	Slow Roasted Beef	Chicken Cacciatori	Roasted Turkey Breast
Quinoa Stuffed Pepper	Chipotle Ground Taco	Chickpea Rice Bowl	Grilled Eggplant and Tofu Parmesan	Lentil and Sweet Potato Pie	Honey Garlic Tofu Stir fry	Vegan Shepherd's Pie
Mashed Potato	Potato Bravas	Wild Rice Medley	Roasted Garlic Risotto	Mashed Potato	Herbed Rice Pilaf	Mashed Potato
Market Vegetable	Green Beans	Steamed Broccoli	Mixed Market Vegetables	Mixed Market Vegetables	Steamed Broccoli	Green Beans
Triple Berry Crumble	Apple Crisp	Chocolate Cake	Cheesecake	Strawberry Shortcake	Brownie and Squares	Apple Pie

### PROGRAM SCHEDULE

***ARRIVAL JULY 7, 2026 – DEPARTURE JULY 13, 2026***

**SAMPLE DAILY TRAINING – JULY 8 – 12, 2026**

The daily training will include both General Classes (for all grades) and Instructor Classes (for San-Dan and higher with recommended guest participants of Sho-dan and Ni-dan). The sample training format will be as follows:

- 8:00 a.m. – 9:00 a.m. – General Training (all grades)
- 9:00 a.m. – 10:00 a.m. – Breakfast
- 10:30 a.m. – 12:00 a.m. – Instructor Training (Sho-Dan & Higher)
- 12:00 p.m. – 1:30 p.m. – Lunch
- 2:00 p.m. – 5:00 p.m. – General Class (all grades)
- 5:00 p.m. – 6:30 p.m. – Dinner
- 7:00 p.m. – 8:30 p.m. – Special Lecture Series\* (All participants welcome)
- Board of Directors/Technical Meetings\*\*

\*Special Lecture Series will be on selected evenings.

\*\* Meetings will be held on alternate nights to the Special Lecture Series.

**PARTICIPATION FEE - \$1,550.00 CAD = (955.88 €); (\$1124.99 USD) – at today's exchange rate.**

Total cost – includes 6-day accommodation package, 5-day meal package and 5- day training package.

Door to door ground transportation (Toronto Pearson Airport to Brock University) available through Niagara Air Bus Service, <https://www.niagaraairbus.com>. Visit their website for information and rates.