



PHYSICAL ACTIVITY REQUIREMENTS

Participants need to be able to meet the requirements to fully participate in the program. Many programs require walking or being physically mobile up to 2-3 hours per day. The physical environment could have uneven surfaces, stairs and steps and infrequent access to elevators and escalators. Participants will manage their own luggage and personal belongings. NSCC is committed to providing alternative accommodations and reduce barriers to meet the needs of participants. Students requiring accommodations should discuss options and services with NSCC International during the planning phase.

This program is **Level 2** of physical activity intensity:

Level 1 – Light intensity activity: Standing and moving around but no vigorous efforts needed. Can talk while doing these activities; buildings and excursions are accessible to all participants and accommodations can be offered if disclosed in advance of travel.

Level 2 – Moderate intensity activity: Walking, climbing stairs, standing for more than 10 minutes. These activities require some level of physical fitness. Physical buildings may not be fully accessible (i.e. steep stairs, no elevators).

Level 3 – Vigorous intensity activity: Hiking for more than an hour, heavy lifting required, running. Activities and excursions require a moderate to high level of physical fitness. Note: hiking in rougher terrain outdoors will be required.