

International Student Travel & Arrival Guide 2022-23







TRAVEL & ARRIVAL GUIDE

2022-23

Introduction

The COVID-19 pandemic, as well as Provincial and Federal travel restrictions and quarantine requirements, have resulted in updated pre-departure, travel and arrival protocols for international students (new and returning) destined for Canada.

These procedures outline expectations and requirements to:

- Alleviate any fear and concerns of students and their parents, host families, schools and communities
- Support the safe travel/transit, health/well-being of international students
- Ensure students and host families manage this period safely and smoothly

Our top priority is the health and safety of our students, host families, schools and school communities. We are obligated to follow the regulations and recommendations of the Canadian and Provincial governments, and the local public health authority.

Please take some time to review the information in this package. By not following this protocol, students may be denied entry into the country, or may be dismissed from the Program with no refund. Government authorities may also fine students for non-compliance in certain situations.

Pre-Departure:

COVID-19 Vaccination Requirements

You must be fully vaccinated to apply to participate in our International Student Program. This means that you must receive TWO doses of an approved vaccine, with a minimum of 14 days since your second dose. All fully vaccinated travellers will no longer be required to provide a quarantine plan upon entry to Canada.

IMPORTANT NOTE: Vaccines accepted by the Government of Canada for the purpose of travel to and within Canada:

- AstraZeneca/COVISHIELD (ChAdOx1-S, Vaxzevria, AZD1222)
- Bharat Biotech (Covaxin, BBV152 A, B, C)
- Janssen/Johnson & Johnson (1 dose)
- Medicago Covifenz
- Moderna (mRNA-1273) incl. for children aged 6 to 11 years
- Novavax (NVX-COV2373, Nuvaxovid, Covovax)
- Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2) incl. for children aged 5 to 11 years
- Sinopharm BIBP (BBIBP-CorV)
- Sinovac (CoronaVac, PiCoVacc)

In addition to the "proof of vaccination" information that you have uploaded to ArriveCAN, students need to keep a physical copy (paper or digital), which should include:

- Type of vaccine
- When the first AND second doses were administered
- Where and who administered the vaccine
- Proof of vaccine must be in English or French, or the original copy must have a certified translation



Communication and Relationship Building

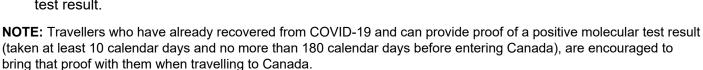
All students must have a cell phone and a laptop when coming or returning to Canada for the 2022-2023 school year. SIM cards for your cell phone can be purchased in Canada or alternatively there is a possibility of receiving your Canadian SIM card for free in your home country prior to departing for Canada. There is a phone company called PhoneBox that can arrange for that to happen. Here is a link to their website: https://try.gophonebox.com/newarrivals/

We strongly recommend getting your SIM card and setting up a cell phone plan with PhoneBox, but of course the decision is yours if you prefer to set up a cell phone plan with the provider of your choice after arriving in Canada.

- Have several Zoom, Skype or Facetime meetings to get to know your host family
- Share how you have been living during the COVID-19 experience and the precautions being taken
- Exchange emails and cell phone numbers and program into phones
- Confirm arrival plans
- Build relationships and trust between the families

Pre-Departure COVID-19 Testing

- Unvaccinated or partially vaccinated children aged 5-11 who are accompanied by a fully vaccinated parent, step-parent, guardian or tutor will no longer be required to complete a pre-entry COVID-19 test for entry to Canada.
- Pre-entry tests will still be required for partially vaccinated or unvaccinated travellers 12 and older who are currently eligible to travel to Canada.
- Children under 5 years of age are not required to provide a COVID-19 test result.



Packing

In addition to regular packing requirements, you may wish to bring the following for your own personal use:

Several disposable and/or cloth face masks

Students should also, in their carry-on luggage have at least 2 masks, a travel sized bottle of hand-sanitizer(100 milliliters or less) and some disinfecting wipes if you choose.

Please also make sure you have the following documents available when you arrive in your carry-on luggage

- Proof of COVID-19 Vaccinations
- Study permit or permit confirmation document
- Letter of Acceptance
- Homestay profile & contact information
- Copy of this document, signed by you and your parents
- Passport
- Custodian documents
- Student Travel Support Letter
- Contact Emergency info. sheet for our staff
- Change of clothes



Completing Arrival Plans - ArriveCAN App.

ArriveCAN continues to be **mandatory** for all travellers to Canada. It is also required to qualify for the fully vaccinated traveller exemption from quarantine and testing.

IMPORTANT - PLEASE READ CAREFULLY

Download and complete the ArriveCAN App (available for iPhone and Android).

- You MUST submit your travel and vaccine information within 72 hours of arriving in Canada
- o When you arrive at immigration in Canada, you must present your ArriveCAN receipt
- Failure to do this may result in a fine of \$5,000

You **MUST** have the following items with you for assessment by a government official at the border:

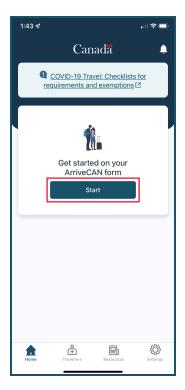
- 1) ArriveCAN receipt with letter A, I, or V beside the vaccinated traveller's name
- 2) Proof of vaccination that was uploaded into ArriveCAN (original or paper copy)
- 3) If already recovered, bring your proof of a prior positive molecular test result
- 4) Travel documents entered in ArriveCAN (e.g. passport)



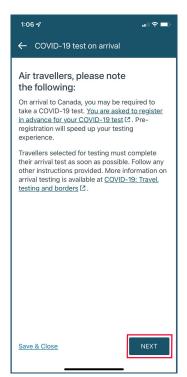


ArriveCAN Mobile App Guide:

A step-by-step guide. Please enter your own information when filling it out on your phone 1-3 days before arrival.



1. Select "Start".



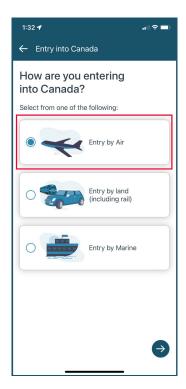
4. Read carefully, and select "NEXT".



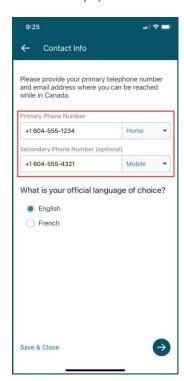
2. Select "Study (international student)".



5. Enter country of origin & flight information.



3. Select "Entry by Air".



 Enter the phone number of your homestay as your Primary Phone Number



7. Choose "Passport".



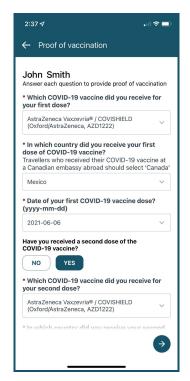
8. Scan your passport picture with your phone camera, OR...



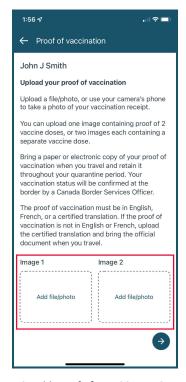
9. ...enter your information manually



10. You must select "YES" to travel to Canada



11. Enter your "Proof of Vaccination" details



12. Add proof of two COVID-19 vaccinations



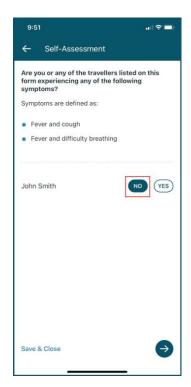
13. Read carefully, and select "I UNDERSTAND".



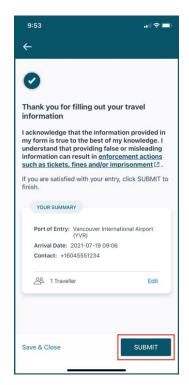
14. Select "NO". If "YES", you will be required to provide additional details



15. Press 🕣



16. Select "NO" if this is correct. If "YES", please do not travel.



17. Press "SUBMIT" to complete the ArriveCAN process. Be ready to presentyour **ArriveCAN receipt** upon arrival.

Airport / Flight: Best Practices

Wear a Mask

You will be **REQUIRED** to wear a mask at all times on the plane and in the Vancouver Airport (except when eating)

Practice Social Distancing

- Be aware of your surroundings
- Avoid busy areas of the airport
- Avoid unnecessary movement within the airport go to your gate and stay in one place

Use hand sanitizer when necessary

If you are unable to wash your hands regularly at the airport or during your flight, please use handsanitizer, especially if you touch anything on the plane and before you eat



Sanitize your personal space and high touch areas

Before sitting down on the airplane, wipe down your seat area, including armrests, seatbelt buckle, eating tray, touch screens and remote controls, etc. with a good quality disinfecting wipe.

Keep your cell phone charged VERY IMPORTANT

- You will need your cell phone to contact your homestay family member who is picking you up when you arrive. Please make sure that it is charged throughout the flight.
- If you are using your phone throughout the flight to watch movies or play games, please wipe it down with a disinfecting wipe frequently.

Bring a refillable water bottle with you.

If you need help at the airport go to the service desk or look for volunteers who can help you.

Arrival at Vancouver Airport

Upon arrival in Canada the student should proceed through the airport while maintaining physical distancing (2m away from other people).

The student must have the documents outlined under 'Packing' ready to provide to Canada Border Services.

- Have any confirmation numbers readily available
- Know the name(s) and address of your host family (bring your homestay profile)
- Bring any documents provided to you by the school district (including this document)
- Know the name of the person who is picking you up

Travellers arriving to Canada from any country, who qualify as fully vaccinated, may need to take a COVID-19 molecular test on arrival if selected for mandatory random testing. Travellers selected for mandatory random testing are not required to quarantine while awaiting their test result.

PLEASE NOTE: If you are selected for random mandatory COVID testing, you may be directed to attend a site away from the airport to complete your test.

Text the host family person who is picking you up

- Once you have left the plane, immediately text your homestay family member to let them know you have arrived and that you are off the plane
- Text your homestay family member again when you have picked up your luggage

Wear a fresh mask

- You should be wearing a mask throughout your flight
- When you arrive, please dispose of that mask, thoroughly wash your hands and put on a new mask.
- Keep your mask on in the car if requested to do so

Proceed through immigration and baggage pick up while maintaining physical distancing

- Don't rush. Take your time and keep plenty of space between you and others.
- If you are a new student who has a study permit approval letter, PLEASE MAKE SURE YOU PICK UP YOUR STUDY PERMIT (if applicable) BEFORE GETTING YOUR LUGGAGE. If you are unsure what to do, ask!

Exit the baggage area

Connect with your Homestay family and proceed in the manner that you discussed prior to your arrival

Arrival Tests

Upon your entry to Canada by air or at a land border crossing, the border services officer may notify you that you've been randomly selected for a mandatory arrival test.

As a fully vaccinated traveller, you can travel to your destination, including on connecting flights, without waiting for your arrival test results (if selected for testing).

If selected, you may be required to report to an off-site location to complete your test. To speed you through the process, register in advance with the testing provider:

- LifeLabs will be conducting your COVID-19 test upon arrival to Vancouver Airport. To save time, it is recommended that you register online in advance, using the same email address you used for ArriveCAN: www.lifelabs.com/flyclear/onarrival
- Fully vaccinated travellers arriving from any country aren't required to quarantine while awaiting their test result, if you're randomly selected for a mandatory arrival test.
- IF you test positive for COVID-19 upon entry to Canada:
 - You will be required to isolate for a period of 10 days (Click here for details)
 - o You must report your test results to the Public Health Agency of Canada by calling 1-833-641-0343



Student Responsibilities and Expectations During 10-Day Isolation

(IF required by a CBSA Officer)

Maintain safe distance from others in the home

- The purpose of isolation is to ensure that your host family and the greater community is not exposed to COVID-19
- Try not to be in the same room as others for any length of time, but if you must, always have a mask on (except at meal time) and be at least 2 metres away from other people.



Keep your room well-ventilated and clean

- Open your window to let the air circulate
- It is important to get fresh air and to make sure your room stays clean and fresh. Make sure that you have a window open so air can circulate adequately. If you find your room too hot or too cold, please let your homestay family know so they can make it more comfortable for you.

Practice good hygiene

- Wash your hands frequently with plain soap and water for at least 20 seconds.
- You will be given your own personal towel to use. Please ensure this is the only towel you use during quarantine. Fresh towels will be frequently provided to you.
- When you shower, take your towel back to your room with you.
- Cover your mouth and nose with your elbow when coughing or sneezing, or use a tissue. Avoid coughing into either your hands or into the air. Dispose of used tissues right away into a trash bin and immediately wash your hands.
- Shower once per day and brush your teeth twice a day.

Stay connected

- Text, and use Facetime or other apps to stay in frequent contact with your homestay
- Ensure your cell phone is charged and you are connected to Wi-Fi (homestay will provide you with the Wi-Fi password)
- Regularly check your emails
- If someone emails or contacts you, please respond immediately
- Make sure you are participating in online communication with our staff as instructed
- You will be contacted by your school's International Coordinator to attend either an in-person or virtual school orientation

Monitor your physical and mental well-being

- Inform your homestay immediately if you are not feeling well, you notice a change to your 'baseline' health or if you are feeling sad and lonely
- Reach out to our staff any time you want to talk
- Try to establish a 'routine' as quickly as possible. For example, do not stay up all night and sleep all day! Start adjusting to our local time.

Personal garbage

Please ensure you remove all garbage from your room daily.

Be creative and active

- Find unique ways to communicate and interact with your host family while maintaining a safe 2 metre distance. During this time, we hope you will be able to get to know your new Canadian family while eating meals together, watching movies, playing board and online games, or just hanging out in the backyard.
- Outside activity is strongly encouraged!
- Try to spend more time communicating with your Canadian family than with your family and friends back home - spending too much time communicating with family and friends back home can make you feel more isolated and lonely.

Mealtime and Food Preparation

- Please communicate with your host family about any food issues you may have
- When eating meals together, please ensure there is a minimum 2 metre distance between you and host family members
- Do not share dishes, drinking glasses, cups or utensils with anyone else in the family
- Lunch preparation is at the discretion of the homestay family. If students are responsible for making their own lunches, the homestay family will supply necessary disinfectant for cleaning the areas touched/used.
- Host families will ensure that snacks will be made available to the student.
- Please do not keep any food garbage in your room

Ask for help!

- These instructions and protocols might seem overwhelming but they are in place to remind you to be careful with your contact with others during the 10-day isolation
- This is for your personal health and safety and that of our schools, families and community
- REMEMBER, if you need to talk or need any help please reach out to any of our staff!

** Please remember that Self-Isolation is a requirement of the Quarantine Act and not optional. Students who are in private homestays or with their parents MUST also self-quarantine for 10 days, if instructed to do so by CBSA.



Post Isolation Expectations for Student & Families (if applicable)

YAY!! Congratulations, your 10-day self-isolation period is over! However, please keep in mind that you still must:

Continue to practice proper hygiene

- Wash hands frequently
- Keep your washroom clean
- When soap and water is not available, use hand-sanitizer
- Let your family know if you don't feel well. If you are ill do not attend school or be in social contact with others.

Use proper coughing and sneezing etiquette

- Cough and sneeze into your elbow, not your hand
- If using a tissue, dispose of the tissue in a plastic lined garbage container immediately



Practice physical distancing when outside of the home

Stay at least 2 metres away from all people who are not members of your immediate household

Please practice the COVID-19 related protocols and rules of your school and the Province of British Columbia!

Get connected

You and your host family will have to start to make new routines where you are fully integrated with the family and part of their daily lives. Isolation is not 'normal' ... and it is not the expectation after the 10 days are over!

Stay connected

Keep communicating and reaching out to our staff as needed

If a Student or Family Member Develops Symptoms or is Diagnosed with COVID-19

If anyone in a household is experiencing even mild symptoms including fever, chills, cough, shortness of breath, loss of sense of smell, headache, muscle ache, fatique or loss of appetite they should talk to the family and then:

- Contact Chilliwack School District International Student Program
- Follow the directions of the Public Health Authority
- Natural parents will be asked to travel to Canada to care for the student if deemed necessary
- In the unlikely event that a host is ill and unable to care for the student, a respite or alternate arrangement will be made

Resources: For further reading on preparation for contact with and care for individuals exposed to COVID-19, please refer to the following links:

- ~ Vancouver Airport (YVR) TAKEcare Website on Health & Safety Measures
- ~ COVID-19 Testing at Vancouver Airport (YVR)
- ~ Tips for Proper Handwashing
- ~ Tips for Cleaning & Disinfecting, Including Garbage Collection and Laundry Procedures
- ~ Physical Distancing Information
- ~ COVID-19 and BC's Back-to-School Plan
- ~ Self-Quarantine Explained

These instructions and protocols may seem overwhelming. Don't worry! If you have any questions or concerns, please ask your host family or Homestay Coordinator for assistance. We are all very happy you are here and we are here to help you settle in!

Your homestay will provide you with the comforts of home and do their best to make you feel welcome. Our staff may check on you as well.

Please make sure you are connected to Wi-Fi in your house and able to communicate with not only us, but your friends and family through an app like Facetime, WeChat or What's App. As well, please check your email regularly as our staff will using this mode of communication with you.

We are excited to welcome you to Chilliwack! Have a safe journey and we will see you soon!





TRAVEL & ARRIVAL GUIDE

2022-23

2022 - 2023 Travel and Arrival Protocol

We look forward to welcoming you to the Chilliwack School District International Student Program. We must ensure the health and safety of our students and host families. The following document will outline the expectations of government and health authorities. Students must abide by these expectations to participate in the program. This document must be signed and emailed to paul_bernard@sd33.bc.ca.

Chilliwack School District - International Student Program office (8 AM to 4 PM) 604.792.1321 - International Education Emergency Phone (24hr) 604.795.1664

Pre-	Dei	oart	ure:

	Get fully vaccinated with Canada-approved COVID-19 vaccine a minimum of 14 days prior to traveling to Canada Contact host family and discuss expectations, make sure they have a current photo of you Provide arrival information and exchange contact information (cell, email) Download the ArriveCAN App (iOS and Android) and complete the questionnaire 1-3 days before departure Pack several disposable face masks In carry on, pack the following: • Proof of COVID-19 Vaccinations • Passport and Study Permit/Confirmation document • Custodianship documents and Letter of Acceptance • Host family profile and contact information • Copy of this document signed by yourself and your parents • 2 masks, travel-sized hand-sanitizer, disinfecting wipes.
Airpo	ort:
	Wear mask Wash hands frequently and use hand sanitizer Practice social distancing and touch as few surfaces as possible Keep cell phone charged Bring some food / snacks and refillable water bottle
Arriv	al in Canada:
	Contact host family and confirm pick up point Wear fresh mask Have ArriveCAN confirmation number ready to proceed through Immigration Have all documents ready to proceed through Immigration Get your Study Permit processed BEFORE you pick up your luggage (if you have applied for a Study Permit) Maintain physical distancing when picking up luggage



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In Homestay – Self-Isolation: (if applicable)

Tel: 604.792.1321

Your homestay family will provide you with food, clean linens, a comfortable room and internet access
Keep your room well ventilated and clean – open your window to allow air circulation
Practice good hygiene
Stay connected with friends and family by phone or internet
Monitor your physical and mental well-being. If you are not feeling well, let your host family know.
Follow your host family's advice to wash clothes / do laundry
Keep personal items separate from those belonging to others
Ask for help from your host family or Homestay Coordinator if you need it!

Self-Isolation (including those in private homestay arrangements or with parents) is a requirement of the Quarantine Act and is not optional, if instructed to do so. By signing, I have read, understand and agree to comply with the expectations listed in this document. I understand if I do not follow these expectations, I risk being dismissed from the program and there will be no refund of tuition fees. Students and parents are responsible for any fines incurred due to breach of the Quarantine Act and regulations from the Government of British Columbia.

Student - Legal Name (print)					
Student Signature				Date:	
Full Name (print)					
Signature				Date:	
Relationship to Student	□ Mother □ Father □ Legal Custodian □ Other (please specify)				
Full Name (print)					
Signature				Date:	
Relationship to Student	□ Mother □ Father □ Legal Custodian □ Other (please specify)				
Chilliwack School District – International Student Program 8430 Cessna Drive, Chilliwack, BC V2P 7K4					
0430 Gessila Dilve, Gillillwack, DO VZI 7K4					

Email: paul_bernard@sd33.bc.ca

isp.sd33.bc.ca