

# Student Pre-Arrival Package



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# INTRODUCTION

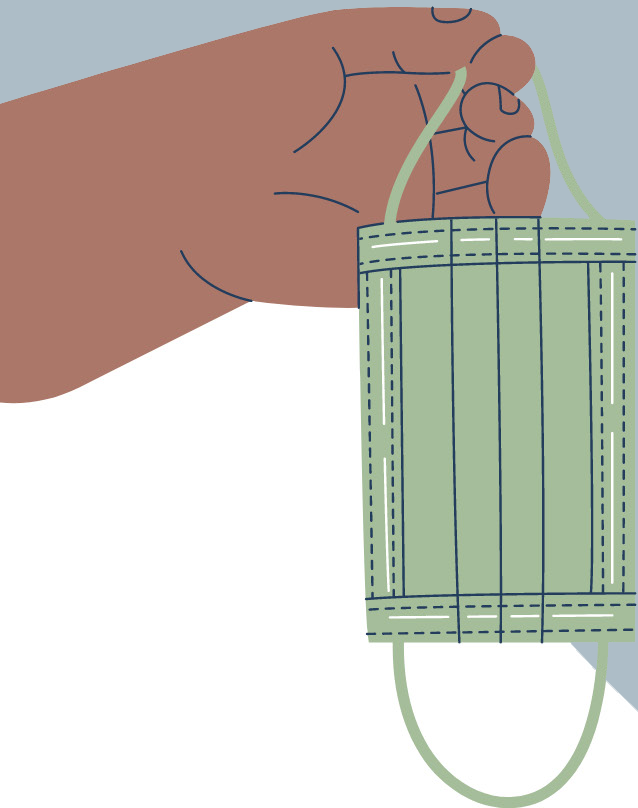
Congratulations on being accepted to University Canada West. We're thrilled that you'll be joining the UCW Community. This Pre-Arrival Package will give you the information and confidence you need to start, or continue, your academic journey with us.

This package contains the information you need to know before you leave your home country, tips for travelling and detailed information about your first two weeks in Canada.

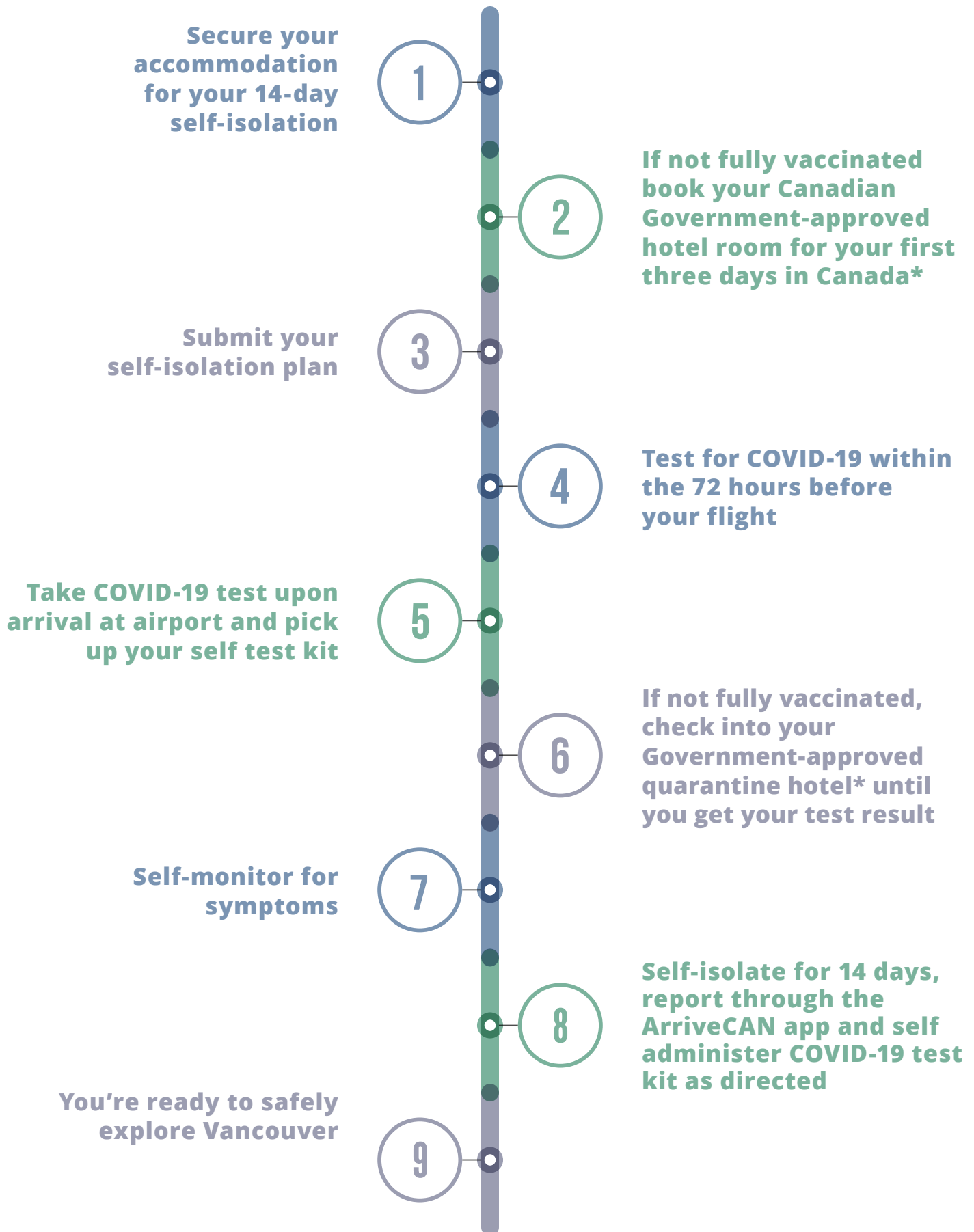
Since the onset of COVID-19, University Canada West has placed the safety of our students, faculty and staff at the forefront of our response. We will continue to adapt our teaching, learning and service delivery methods to ensure students can continue to succeed in a safe and responsible manner.

Working closely with public health authorities and BC's provincial government, UCW has developed a detailed plan for students and staff to return to campus safely. You can read our detailed reopening plan [here](#) and watch our video about blended learning for the Fall 2020 Term [here](#). The same safety measures will be in place for the foreseeable future.

UCW has introduced a number of student support services and resources that are available to you before, during and after your arrival. Please review the details outlined in this package. If you have any additional questions, please contact us at [covidhelp@ucanwest.ca](mailto:covidhelp@ucanwest.ca)



# OVERVIEW OF ARRIVAL AND SELF-ISOLATION IN CANADA



\*The mandatory three-night hotel stay requirement will be eliminated for all travellers arriving by air as of 12:01 am EDT on August 9.

# PRIOR TO DEPARTURE



# PRIOR TO DEPARTURE

You've worked your way through the application process, been accepted to UCW and have obtained a visa. Now you are planning your big move and you're getting close to leaving for beautiful Vancouver, Canada so here's what you need to know.

## **To travel to Canada, you must meet three requirements:**

1. You must have **valid documents** to travel,
2. You must be travelling for an **essential purpose** to study in Canada, and
3. Provide documentation of a negative COVID-19 test result. The test must have been taken within the 72 hours prior to your scheduled departure to Canada.

## **Mandatory documents for students travelling to Canada from outside the United States**

Border services officers will ask students to provide additional information to facilitate the immigration process, and students are **required** to have the following documents ready when arriving in Canada:

- a study permit [IMM 1442] or a copy of your port of entry Letter of Introduction
- a copy of a valid Letter of Acceptance
- proof that you have enough money to support yourself during your stay in Canada
- valid immigration medical examination results if coming from a designated country or territory (meaning a country of territory for which you are required) , or if you are:
  - a medical student
  - a student in a health sciences field who will have placements in health-care or home-care settings
  - an education student who will have placements in primary or secondary schools
  - teaching small children

## **Next, you must have either of the following (please note that US citizens are exempt):**

- A valid Temporary Resident Visa (TRV) **or**
- An Electronic Travel Authorization (eTA)

If you apply for an initial study permit outside of Canada, you do not need to apply separately for a TRV. If your study permit is approved and a TRV is required, you will be issued a TRV along with your study permit.

Once you've determined you're eligible to travel, you can take the next steps.

All students, prior to travelling to Canada, must prepare a credible 14-day isolation/quarantine plan. Government of Canada representatives will conduct health screenings at the time of entry to Canada and verify their quarantine arrangements. Students will need to demonstrate that they have a suitable place to quarantine, where they will:

- have access to basic necessities, including water, food, medication and heat during the winter months
- not have contact with people who
  - are 65 years or older
  - have underlying medical conditions
  - have compromised immune systems
  - not be in a group or community living arrangement

All international travellers who are not fully vaccinated with Canadian-Government-approved vaccines and who are arriving in Canada by air are required to reserve a room at a Government of Canada-approved hotel for their first three days in Canada. You can book up to 14 days in advance of your arrival.

**The mandatory three-night hotel stay requirement will be eliminated for all travellers arriving by air as of 12:01 am EDT on August 9.**

**[See the list of approved hotels and how to book them here.](#)**

All air passengers five years of age or older, will be required to test negative for COVID-19 before travelling to Canada from another country. All travellers must provide documentation of a negative laboratory test result to the airline prior to boarding a flight to Canada.

The test must be performed using a COVID-19 molecular polymerase chain reaction (or PCR) test and it must be taken within the 72 hours prior to your scheduled departure to Canada. Anyone who receives a negative test result, and is allowed to enter Canada, must still complete the full, mandatory 14-day quarantine.

Students travelling by air are required to submit their information electronically through the federal ArriveCAN app before boarding their flight. This includes travel and contact information, their quarantine plan and a COVID-19 symptom self-assessment.

For more information about the ArriveCAN app, visit the federal government website [here](#).

You can submit your information easily and securely using the app at least 48 hours before arriving in Canada. You must be ready to show your ArriveCAN receipt when seeking entry into Canada. Exceptions will be made for people who cannot submit documents electronically due to personal circumstances, such as disability or inadequate infrastructure.

The ArriveCAN app is available for download on Google Play for Android or through the App Store for iOS. Students can also submit their information by signing in online.

Students must also arrange transportation from the airport to their self-isolation accommodation, but it can't be on public transit (buses or SkyTrain). Some hotels offer airport pickup for free. For a list of transportation options see **Appendix B** on **page 19**.

Please note that the **Self-Isolation Plan** is a legal commitment to self-isolate that is enforceable under the Public Health Act. The link to the self-isolation plan also includes contact information in case you need help developing your plan. This help is available in more than 110 languages.

For more information, visit:

- **Self-isolation on return to BC (Government of British Columbia)**
- **Self-isolation and self-monitoring (BCCDC)**
- **Dos and don'ts of self-isolation (BCCDC)**

UCW students are requested to submit their travel and self-isolation plans to UCW prior to departure from their home country so your information can be verified by the UCW Team. Please fill out the PDF form [here \(Appendix D\)](#) along with a PDF of your **Self-Isolation Plan** and send them to [covidhelp@ucanwest.ca](mailto:covidhelp@ucanwest.ca).

You will be asked to submit the following information to UCW:

- Your name
- Your mobile phone number
- Your student number
- Your arrival date and flight number
- Your email address
- Your self-isolation plan

We have compiled a list of **isolation resources** including special accommodation rates for UCW students at various hotels in Vancouver. To get these rates, students must book these hotels directly through the hotel websites as outlined on the webpage.

However, the University is providing eligible students self-isolating in a hotel booked through Hotels.com with a \$650 voucher that must be used when booking the room.

The hotel vouchers are valid for eligible new students who started/are starting their UCW program in the Winter 2021 Term, Spring 2021 Term, Summer 2021 Term or Fall 2021 Term. Deadlines for applying for the voucher for each term start are listed on the application form. Terms and conditions may apply.

Access the Hotel Voucher Application Form [here](#).

All students in isolation will receive additional support. Upon request, UCW will provide the student with supporting documentation to facilitate their travel to Canada.

**Be sure to bring all the relevant documentation with you for your trip.**

Before you arrive you should upload your Approval in Principle (AIP) and visa to the MyUCW Student Portal. See **page 12** for detailed instructions on how to upload your documents.

# WHILE TRAVELLING





# WHILE TRAVELLING

It's important to adhere to the following tips to ensure a safe journey to Canada:

- Wear a mask. Most airlines have made masks mandatory. In most places in Canada it is also mandatory in the airport and in other indoor areas.
- Avoid large crowds or crowded areas.
- Avoid contact with sick people, especially if they have a cough, fever or difficulty breathing.
- Wash your hands often with soap under warm running water for at least 20 seconds.
- Use alcohol-based hand sanitizer if soap and water are not available. Always keep some with you when you travel.
- Practice proper cough and sneeze etiquette.
- Take precautions against respiratory illnesses and seek medical attention if you become sick.

**If you are abroad and you have COVID-19 symptoms or have been diagnosed with COVID-19:**

- Inform UCW by emailing us at [covidhelp@ucanwest.ca](mailto:covidhelp@ucanwest.ca).
- Follow the advice and instructions of local public health authorities.
- Seek medical attention if required.



# UPON ARRIVAL



# UPON ARRIVAL

You've created your self-isolation plan, filled out the UCW form and sent both to [covidhelp@ucanwest.ca](mailto:covidhelp@ucanwest.ca). You've packed, booked your government-approved hotel if you are arriving on or before August 8, arrived at the airport, practiced safety on your flight and have landed in Vancouver. You've taken a huge step towards starting your studies.

Before leaving the airport, you will be required to complete a COVID-19 molecular polymerase chain reaction (or PCR) test. You will also be given a test kit to use near the end of your 14-day quarantine. Once the test at the airport is complete, and you have received your test kit, you must proceed to your government-approved hotel room to await your test results. Fully vaccinated travellers do not need to book a government approved hotel room. See page 13 for more information.

**The mandatory three-night hotel stay requirement will be eliminated for all travellers arriving by air as of 12:01 am EDT on August 9.**

If you test negative for COVID-19, you will be able to continue on to your planned place of quarantine. You need to travel straight to your isolation accommodation, and you cannot take public transit. You can take a taxi or use a ride hailing service. You can see transportation options in Appendix B and be sure to plan ahead.

Travellers who test positive for COVID-19 will be relocated to a designated quarantine facility, or other suitable place of quarantine.

Travellers who enter Canada by air, land or marine modes, will also be required to submit information to the Canadian government during their 14-day quarantine period through the ArriveCAN app or by calling 1-833-641-0343.

Within 48 hours of entering Canada, travellers must confirm they have arrived at their place of quarantine, and those in quarantine must complete a daily COVID-19 symptom self-assessment.

During your quarantine, you are required to test again using the take-home test provided at the airport. A negative result is required before leaving quarantine at 14 days (this includes the three days spent at the government-approved hotel room).

During your 14-day self-isolation, our dedicated UCW team will be providing the following support to monitor your wellbeing:

- UCW Staff will email students on BC COVID-19 health guidelines and how they can continue to contact the University with their inquiries and access the support and services we have available.
- UCW Staff will be hosting a weekly check in via Teams every Wednesday for one hour for you and other students in self-isolation to check on your wellbeing, assist with any inquiries you may have and advise what support/services/events hosted by UCW that you can attend.
- Student Affairs will be sending out a weekly newsletter to self-isolating students with ideas on what you can do during self-isolation and information on available supports, services and events.
- UCW Staff will call you 3 times during your isolation. Staff will call the isolation accommodation provider to ensure you are self-isolating and doing well. You will be called the day after you arrive, after 7 days of self-isolation and again near the end of your 14 days.
- We will offer virtual drop-in sessions via Teams or by phone which will be available every week.
- If you need to contact the University, please call reception from Monday to Friday between 8 am to 5 pm at 1-877-431-6887 or email [covidhelp@ucanwest.ca](mailto:covidhelp@ucanwest.ca) at any time.

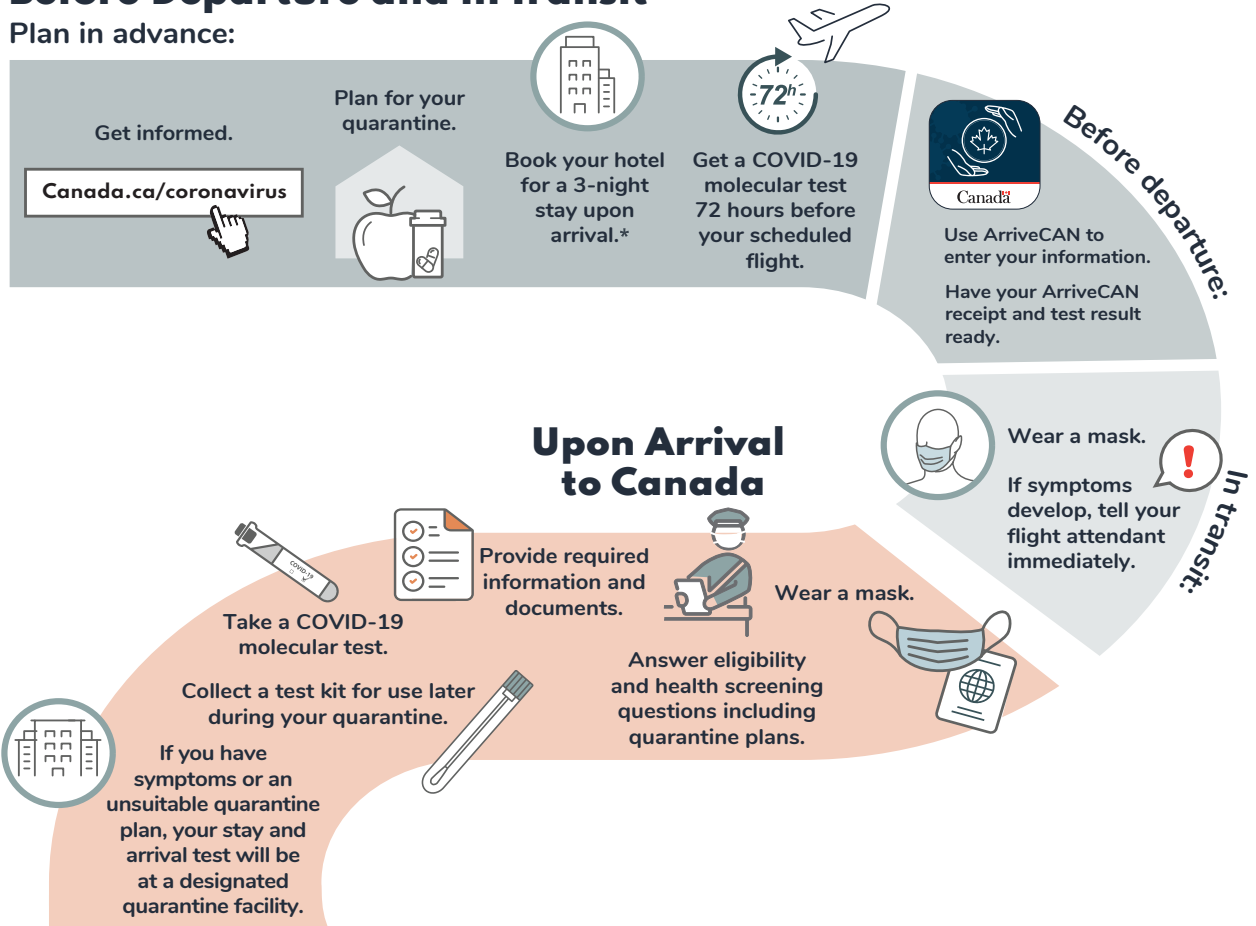
Students who do not provide proof of valid medical insurance that cover their arrival date in Canada and/or for their upcoming term will be enrolled into Guard.me by the University. Please contact **Student Affairs** if you do not have any valid medical insurance at least 15 business days before you arrive to Canada.

# Entering Canada by AIR during COVID-19

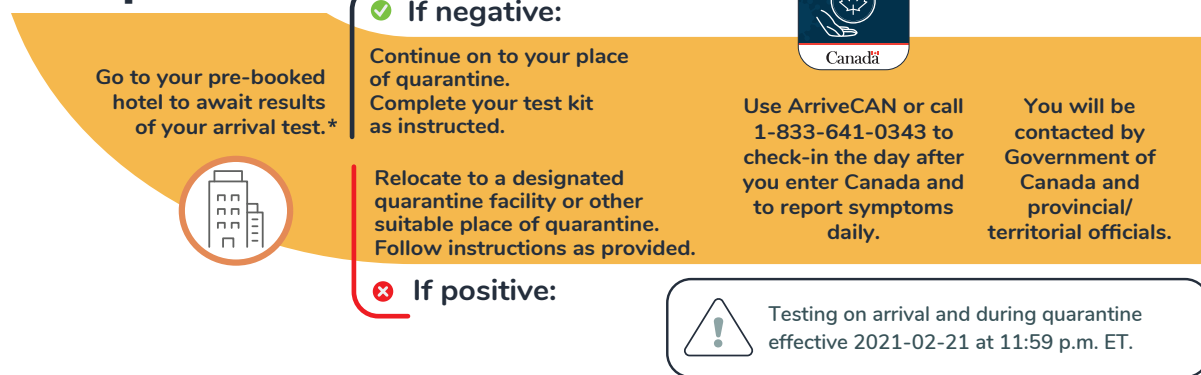
Travellers entering Canada must follow the rules set out by the Emergency Orders under the Quarantine Act to help reduce the spread of COVID-19 and its variants. Failure to comply with any requirements or providing false information may result in fines, penalties or imprisonment.

## Before Departure and in Transit

Plan in advance:



## Your quarantine



\* The mandatory three-night hotel stay requirement will be eliminated for all travellers arriving by air as of 12:01 am EDT on August 9.

The additional coverage will cost \$2 per day and the per term coverage cost is \$170. The cost of Guard.me will be deducted from the student's Tuition Deposit and the total amount will vary depending on arrival date. Students can opt out of Guard.me by showing proof of valid insurance up to 25 days after the coverage start date. Terms and conditions apply.

All UCW students have access to the [keep.meSAFE](#) program operated by GuardMe. This is a digital mental health support program for international students with the goal of providing assistance for those who need it. You can find information about keep.meSAFE in the MyUCW Student Portal under the Student Affairs tab.

UCW students also have access to [Here2Talk](#), a BC Government service that connects all post-secondary students in BC with 24/7 mental health support.

## EXEMPTIONS FOR FULLY VACCINATED TRAVELLERS

Fully vaccinated travellers who are allowed to enter Canada are not required to quarantine for 14 days or to take an additional COVID-19 test after they arrive in Canada. Additionally, fully vaccinated travellers arriving by air are not required to stay at a government-authorized hotel.

**To be considered fully vaccinated, a traveller must have received the full series of a vaccine – or combination of vaccines – at least 14 days before entering Canada.**

Vaccines currently accepted by the Government of Canada include:

- Pfizer
- Moderna
- AstraZeneca/COVISHIELD
- Janssen (Johnson & Johnson)

Fully vaccinated travellers must also:

- provide documentation of their vaccinations in English, French or with a certified translation
- meet all other mandatory requirements including testing negative for COVID-19 within the 72 hours before travelling
- take a COVID-19 molecular polymerase chain reaction (or PCR) test at the airport upon arrival in Canada
- be asymptomatic
- have a paper or digital copy of their vaccination documentation
- provide COVID-19-related information electronically through ArriveCAN before arriving in Canada

**NOTE:** Fully vaccinated travellers must still **present a suitable quarantine plan and be prepared to quarantine** if it is determined at the border that they do not meet all the conditions required to be exempt from quarantine.

Even if you are exempt from quarantine, you are still required to follow public health measures in place, such as wearing a mask in public. You must also keep a copy of your vaccine record and test results, and a list of close contact for 14 days after entering Canada.

# OVERVIEW OF ARRIVAL FOR FULLY VACCINATED TRAVELLERS



## Fully vaccinated travellers entering Canada during COVID-19

Effective July 5, 2021 at 11:59 p.m. ET

If you are fully vaccinated and meet specific requirements, these new measures may apply to you. Fully vaccinated means having received the full series of a vaccine or a combination of [vaccines accepted by the Government of Canada](#) (Pfizer, Moderna, AstraZeneca, Janssen) at least 14 days prior to entering Canada.



### Pre-border

- **Plan your quarantine.**
- **Pre-register for your arrival test.**
- **Within 72 hours before your arrival to Canada:**
  - Take a [COVID-19 molecular test](#)
  - Use [ArriveCAN](#) to enter your information
- **Have your ArriveCAN receipt and documents ready, including digital or paper copy of proof of vaccination.**



#### What you need to enter into ArriveCAN:

- Contact & travel information
- 14-day travel history
- Quarantine plan
- Confirmation of a negative pre-entry test (or positive test taken 14-90 days prior to travel)
- Proof of vaccination (must be in English or French, or a certified translation)
- COVID-19 symptom self-assessment



### At the border

- **Provide required information and documents, including proof of vaccination, if requested.**
- **Answer all eligibility, vaccination and health screening questions.**
- **Complete your arrival test on site if services are available. Otherwise, collect a home test kit to use when you arrive at your destination.**
- **If you have symptoms or do not meet the exemption requirements, follow the instructions provided by the government representative.**



### After entry

- **If you meet all the entry requirements and are fully vaccinated, you are exempt from:**
  - quarantine
  - government-authorized hotel (air travellers)
  - day 8 test
- **If you got a home test kit, complete and send it to the lab.**
- **If your arrival test is positive, you must follow the instructions of your local public health authority, including quarantine or isolation.**
- **Keep your proof of vaccination for 14 days.**

For more information visit: [travel.gc.ca/travel-covid](https://travel.gc.ca/travel-covid)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

# UPLOADING DOCUMENTS TO THE MYUCW STUDENT PORTAL

Now that you've arrived in Canada and have your study permit, you will need to upload your documents to the MyUCW Student Portal. Here are the steps you need to follow:

1. Log into the [MyUCW Student Portal](#)
2. Select the **My Records** tab from the menu on the left side of the page.
3. Select **Requests** in the drop-down menu. Here you will see a list of the documents you are required to upload and their status.
4. Click on the requested document and follow the instructions to upload.
5. On the **Requests** page you will see if the requested documents have been **submitted**.
6. The Registrar's Office will review your documents and once approved, the document will show up under **Completed Requests**

The screenshot displays the MyUCW Student Portal interface. On the left, a navigation menu is visible with the following items: NAVIGATION, MY PROFILE / SETTINGS, MY RECORDS (highlighted with a blue circle and the number 2), Final Marks / Grades, Program Plan, Requests (0) (highlighted with a blue circle and the number 3), Tax Documents / Forms, and Financial Statements. The main content area shows the breadcrumb 'Home > Requests' and the heading 'REQUESTS'. Below this, there is a table with a header 'PENDING REQUESTS' and a sub-header 'REQUEST NAME'. A single entry is listed: 'Medical Insurance' with a status of 'Submitted - Pending Review' (highlighted with a blue circle and the number 5). A hand cursor icon is positioned over the 'Medical Insurance' entry.

## SUPPORT FOR FAMILY MEMBERS IN ISOLATION

UCW understands that some students will be traveling to Canada with their family so we have compiled a list of resources they can access to help ease their transition to Canada and during their time in self-isolation. Please share these resources with them.

**MOSAIC** is one of the largest settlement non-profit organizations in Canada. They serve immigrant, refugee, migrant and mainstream communities in Greater Vancouver and the Fraser Valley as well as throughout the Province of BC. Learn more [on their website](#).

[Here](#) is a list of community and cultural centres in Vancouver as well as the resources and services they offer.

### Mental health supports

**Vancouver Coastal Health** has compiled [this list](#) of mental health support services available to newcomers to BC. **Wellness Together Canada** offers mental health support. Learn more on [their website](#).

### Community Recreation Centres

**The City of Vancouver Board of Parks and Recreation** operates 24 community recreation centres open to all residents of the city. They offer a wide variety of programs and facilities.



## Association of Neighbourhood Houses of BC

The mission of the Association of Neighbourhood Houses BC is to build healthy and engaged neighbourhoods by connecting people and strengthening their capacity to create change. Through 7 neighbourhood houses and an outdoor camp, ANHBC reaches more than 100,000 people throughout Metro Vancouver with more than 300 programs and services. Learn more on [their website](#).

## Translated Video and COVID-19 Resources

The **BC Centre for Disease Control** has compiled a list of COVID-19 video and other resources that are available in a number of different languages including Simplified Chinese, Punjabi, Farsi and more. You and your family members can read questions and answers about COVID-19, physical distancing and more. You can find these resources [here](#).

## RESOURCES AND ONLINE ACTIVITIES FOR CHILDREN

For students travelling and isolating with children, UCW has compiled this list of free online activities and resources.

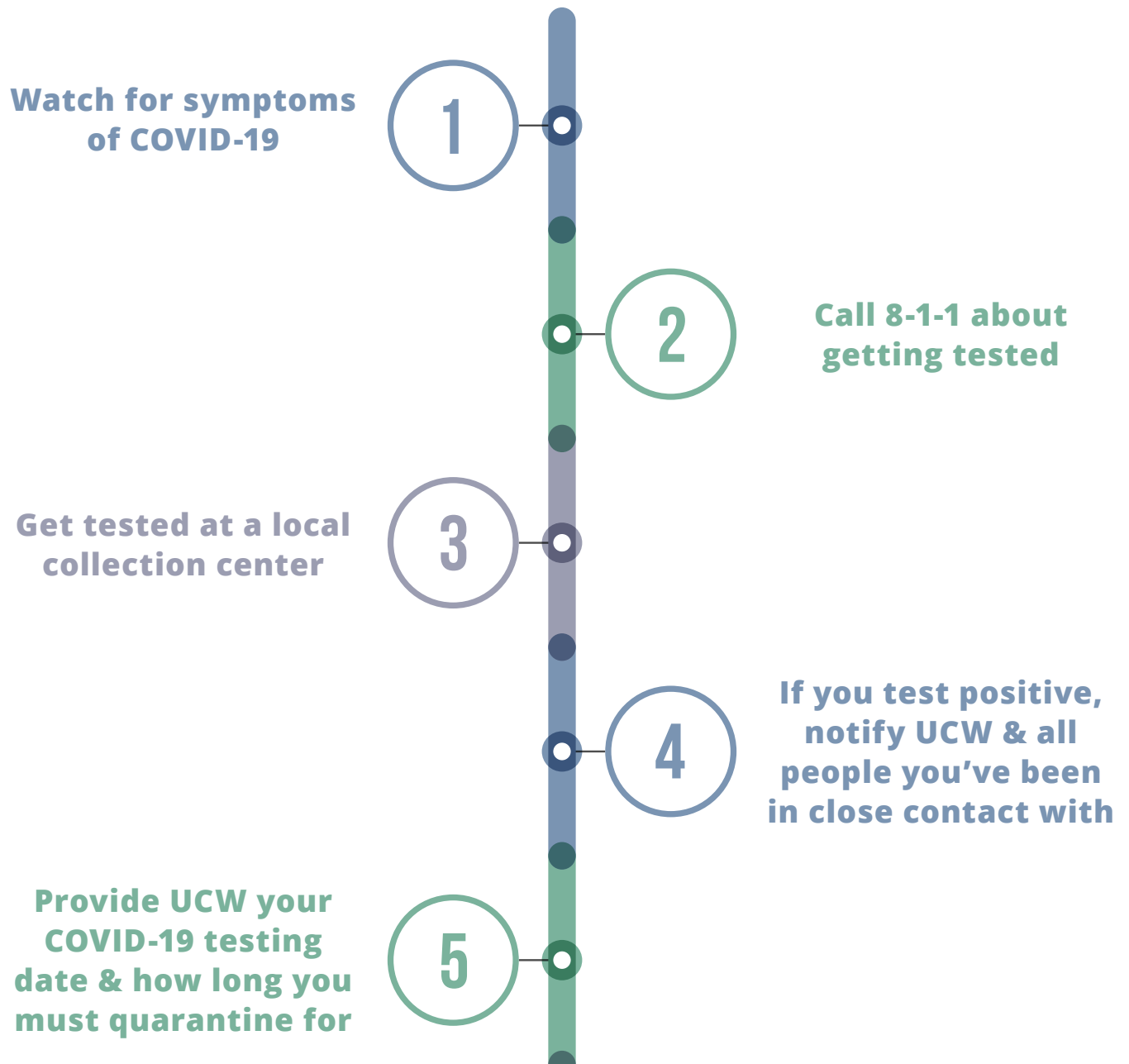
You can read [this helpful article](#) about managing expectations while working with children at home but it applies equally to self-isolating with children.

### Additional free online activities and learning resources for children:

- **Dav Pilkey**, the creator of Dogman and Captain Underpants, [hosts “Dav Pilkey at Home”](#)
- **Khan Academy** is a nonprofit that offers free courses for all levels from children to adults
- **Kidoodle.TV** is a Canadian-based safe streaming video service specifically for kids
- Lunch doodles with **Mo Willems**: the children’s author releases a “lunch doodle” video every weekday
- **Virtual Museum of Canada** lets the public access Canadian museums through stories and experiences
- Explore thousands of other **museums and art galleries worldwide** offering [digital exhibitions](#) in partnership with Google Arts & Culture
- A number of **children’s authors, illustrators, and publishers** are hosting [fun activities](#)
- **Oliver Jeffers** reads on Instagram Live each weekday
- **Ontario’s Ministry of Education** has launched a [Learn at Home site](#)
- **Ontario Virtual School** offers several free high school prep courses
- **Scholastics** offers [Learn at Home](#) resources for parents as well as a [Tech4Innovation](#) site for STEM
- **Girls4Tech.com** has downloadable STEM curriculum lessons for students 8-12
- **TVO Kids** learning has [resources for kids K-5](#)
- **University of Waterloo’s** Centre for Education in Mathematics and Computer offers learning resources including a [weekly math challenge](#) for Grades 3-12
- **YouTube Learning** aggregates popular learning videos, while its [Learn@Home website](#) and [Teach From Home](#) offer learning resources for families



# IF A STUDENT IS SICK OR TESTED POSITIVE FOR COVID-19



# IF YOU EXPERIENCE SYMPTOMS

While you're self-isolating, you should be watching out for symptoms of COVID-19 in yourself or anyone you are self-isolating with. These symptoms include:

- fever/chills
- cough
- sore throat
- shortness of breath

If you have symptoms, you should get tested for COVID-19 by a healthcare provider or at a **local collection centre**. You should inform the University at [covidhelp@ucanwest.ca](mailto:covidhelp@ucanwest.ca). HealthLink BC recommends testing for anyone with cold or flu symptoms.

If you don't have symptoms, you don't need to be tested. If you are unsure if you should get tested, use this online **assessment tool** or call HealthLink BC at 8-1-1.

If you develop symptoms, you must continue to self-isolate for at least 10 days from when your symptoms started or 14 days from when you started self-isolation, whichever is longer.

For more information, visit:

- **Symptoms of COVID-19 (HealthLink BC)**
- **COVID-19 testing information (BCCDC)**
- **COVID-19: If you are sick (BCCDC)**

If you are starting to develop or show symptoms of COVID-19 while in self-isolation, please follow these steps:

1. Notify UCW and your close contacts. In accordance with provincial and federal laws and regulations, UCW administrators will notify local health officials, staff and emergency contacts immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Canadian privacy laws or/and other applicable laws and regulations.
2. Inform people who have had close contact with you since your arrival. They must stay home and self-monitor for symptoms, and follow local health guidelines if symptoms develop.

# IF YOU TEST POSITIVE FOR COVID-19

If you contract COVID-19 during the 14-day quarantine period, you must inform the University. In this case, the University will:

- Maintain regular virtual check-ins every 3 days with the student and provide necessary support and guidance.
- Provide a **Daily Monitoring Form** for COVID-19 and follow up with the student.
- Provide information on federal and provincial health obligations for international students.
- Connect with the student's emergency contact or family to ensure that the University will provide all necessary support to the student.
- Provide the student with Academic Aid to help during the recovery from the illness.

# IF A STUDENT TESTS POSITIVE FOR COVID-19, UCW WILL:



# NEAR THE END OF YOUR SELF-ISOLATION

Congratulations. You've made it this far and your 14-day self-isolation is nearly done. There are only a couple more steps you need to take before you can join us on campus. The following steps are only for students with no symptoms of COVID-19. If you believe you have symptoms or think you might have COVID-19, please follow the step-by-step instructions listed on **Page 11**.

Once you complete your 14-day self-isolation and have not experienced any symptoms, you must complete the **Self-Isolation Completion Checklist** [here](#) and email it to [covidhelp@ucanwest.ca](mailto:covidhelp@ucanwest.ca). The form has been included below for your reference.

**Please note that you must wait to hear back from our Student Affairs team to learn if your checklist is approved before you will be allowed on campus.**

That's the last step. You're now welcome to explore and enjoy your new city but be sure to do so responsibly. All public transit and many stores require you to wear a mask. Remember to physically distance (stay at least 2 metres from others), avoid large crowds and wash your hands frequently.

Welcome to Vancouver and University Canada West. We're thrilled that you'll be joining us.

## Self-Isolation Completion Checklist

Name: \_\_\_\_\_ Student Number: \_\_\_\_\_

End Date for Self-Isolation: \_\_\_\_\_

- I confirm that the above information is correct.
- I confirm that I have no symptoms of COVID-19.
- I will submit this completed form to [covidhelp@ucanwest.ca](mailto:covidhelp@ucanwest.ca) within 48 hours of my self-isolation period ending.
- I confirm that I have completed the at-home test kit at day 8 of self-isolation.
- I confirm that I have received a negative test result before leaving quarantine at 14 days.

Send this form to [covidhelp@ucanwest.ca](mailto:covidhelp@ucanwest.ca)

# APPENDICES



# APPENDIX A - UCW RECOVERY PLAN

UCW is introducing comprehensive safety measures as we prepare to welcome students back to our campuses. These safety measures and more are all part of the detailed reopening plan that you can find on our website [here](#).

## APPENDIX B - TRANSPORTATION

All air travellers, with some exceptions, are required to wear a non-medical mask or face covering while travelling.

The following people should **not** wear a mask:

- children under 2 years old
- people who have trouble breathing
- people who need help to remove a mask
- people who provide a medical certificate certifying that they're unable to wear a face mask for a medical reason

You may also need to wear a non-medical mask or face covering on other modes of transportation that are federally regulated. Before you travel, check to see how transportation measures affect your plans and what you need to pack.

Please adhere to the following rules while travelling from the airport to your self-isolation location (see **Appendix C** for transportation options):

- You must wear a suitable mask or face covering while in transit.
- Practise physical distancing at all times.
- Use private transportation such as a private vehicle to reach your place of quarantine, if possible.
- Avoid contact with others while in transit:
  - Remain in the vehicle as much as possible;
  - If you need gas, pay at the pump;
  - If you need food, use a drive through;
  - If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices.

# APPENDIX C – ISOLATION RESOURCES

## HOTELS

If you don't already have somewhere where you can self-isolate, please refer to our resource list of Vancouver hotels that offer special rates for UCW students [here](#).

## GROCERIES

Travellers to Canada who are in quarantine may not go out to purchase food and necessities. Students should arrange for someone to deliver groceries and necessities.

There are many websites and apps available to order food and groceries in Vancouver. Here are just a few:

### Restaurant delivery:

- [Doordash](#)
- [Uber Eats](#)
- [SkipTheDishes](#)

### Grocery delivery:

- [Parcelpal](#) (also delivers from restaurants)
- [Instacart](#)
- [Inabuggy](#)

## TRANSPORTATION FROM THE AIRPORT

Students travelling from the airport to their self-isolation accommodation must not take public transit, including buses or the SkyTrain.

Fortunately, students will have a number of options to reach their destination.

Students can find a list of government licenced taxis and their licenced pickup zones [here](#).

Students can also take a Ride Hailing service:

- [Uber](#)
- [Lyft](#)

# APPENDIX D - PRE-DEPARTURE CHECKLIST

(CLICK HERE FOR A DOWNLOADABLE COPY)

UCW requires each student to submit their travel and quarantine plans prior to departure from their home country which will be verified by our team. Please submit the following information to UCW:

Name: \_\_\_\_\_ Mobile phone number: \_\_\_\_\_

Student Number: \_\_\_\_\_ Arrival date: \_\_\_\_\_

Email address: \_\_\_\_\_ Flight number: \_\_\_\_\_

## MEDICAL INSURANCE

In regard to medical insurance in Canada, please check the box that applies to you:

Are you a new UCW student?  Yes  No

### FOR NEW UCW STUDENTS

Select the statement that describes your medical insurance needs:

- I will need medical insurance for my entire first term at UCW
- I do not need medical insurance because I have my own private medical insurance that covers me for my entire first term at UCW

### FOR RETURNING UCW STUDENTS

Select the statement that describes your medical insurance needs:

- I will need medical insurance for my upcoming term at UCW
- I do not need medical insurance because I already have MSP from the BC government

Do you need additional days of medical insurance coverage before or after your term at UCW?

Yes  No

*All international students are required to have basic health insurance for the duration of their studies at UCW, as health care in Canada can cost thousands of dollars per day if you do not have valid health insurance.*

- I confirm that the above information is correct.
- I confirm that I have created and completed my **Self-Isolation Plan** in full.
- I will submit this completed form to [covidhelp@ucanwest.ca](mailto:covidhelp@ucanwest.ca) before I travel to Canada.
- I will complete a COVID test within 72 hours of the scheduled departure time of my flight to Canada.
- If required, I will book a Government of Canada-approved hotel room for my first three days after arriving in Canada. **The mandatory three-night hotel stay requirement will be eliminated for all travellers arriving by air as of 12:01 am EDT on August 9.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Send this form and your completed Self-Isolation Plan to [covidhelp@ucanwest.ca](mailto:covidhelp@ucanwest.ca)