

Together We Learn



**Central Okanagan
Public Schools**

International Education



International Student Arrival Guide Fall 2021



Keeping Safe During COVID-19



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International Education Contact Information



Emergency Phone Line: +1-250-801-5684
Monitored 24 hours a day by one of our staff members

Central Okanagan International Education

1040 Hollywood Road
Kelowna, BC, Canada V1X 4N2
Phone: (01) 250-470-3258
Website: www.internationaleducation.ca
Fax: (01) 250-870-5188
Office Hours 8:00am – 4:00pm



Nathalie Messent
Homestay Coordinator
KSS/DRK/KLO
Nathalie.messent@sd23.bc.ca
(01) 250-860-9729 ext. 8233



Lori McPhail
Homestay Coordinator
MBSS/CNB/GMS
Lori.Mcphail@sd23.bc.ca
(01) 250-860-9729 ext. 7249



Carolina Moreno
Homestay Coordinator
GESS/RSS/RMS/SMS
Carolina.Morenopelaez@sd23.bc.ca
(01) 250-860-9729 ext. 6194



Wendy Burridge
Homestay Coordinator
OKM/CMS
Wendy.Burridge@sd23.bc.ca
(01) 250-860-9729 ext. 8549



Steve Cann
District Principal
Steve.Cann@sd23.bc.ca
(01) 250-860-9729 ext. 7307



Violeta Malfair
District Administrator
Violeta.Malfair@sd23.bc.ca
(01) 250-860-9729 ext. 7063



Raquel Steen
Assistant Superintendent
Raquel.Steen@sd23.bc.ca
(01) 250-470-3258 ext. 6618



General Email
international.education@sd23.bc.ca



Introduction

Our top priority is the health and safety of our students, host families, schools, and communities. Please take some time to review the travel and arrival protocol information in this package. To be granted entry into Canada, it is important that students follow the protocol. To download the document below click [HERE](#).

Before you travel for all travellers

 Plan your quarantine. Even if you are fully vaccinated, you still need a quarantine plan in case it is determined at the border that you do not meet the necessary requirements.

 Take a COVID-19 molecular test within 72 hours before arrival at the border, or be prepared to show proof of a positive COVID-19 molecular test that was taken between 14 and 180 days before your arrival.

If you are unvaccinated and have proof of a negative test result, create an account with an in-Canada Arrival test provider in advance to save time at the border.

 Use ArriveCAN to enter your information within 72 hours before you arrive in Canada, including your pre-arrival test result and proof of vaccination. Have your ArriveCAN receipt and test result ready. If you are a U.S. citizen or permanent resident traveling for discretionary purposes, you must show your ArriveCAN receipt prior to boarding the flight to Canada.

If you are a vaccinated traveller, you must carry your actual vaccine documentation (paper or digital copies, for each dose received) with you to show proof of vaccination, and retain it for 14 days after entry. This is in addition to the requirements for your ArriveCAN receipt.

At the border for unvaccinated travellers

 Provide required information and documents. Answer all eligibility and health screening questions.

 Collect two COVID-19 molecular test kits.*

 Complete your on-arrival test.

 Keep the second kit for use on Day 8.

 If you have symptoms or an unsuitable quarantine plan, follow the directions provided by the government representative.

At the border for vaccinated travellers

 Provide required information and documents. Answer all eligibility and health screening questions.

 Most fully vaccinated travellers won't need to take an arrival test. However, you may be randomly selected for the border testing surveillance program upon arrival in Canada. If you are selected for testing, complete your on-arrival test. You do not need to quarantine while awaiting test results. If selected, you must take the test or you will be subject to quarantine and penalties/fines.

If the test is positive, isolate yourself immediately and contact local public health authorities.

You may receive notifications from ArriveCAN. If qualified for the fully vaccinated exemption, you may ignore these notifications.

Your quarantine for unvaccinated travellers

 Go directly to your place of quarantine.

 Use ArriveCAN or call 1-833-641-0343 to check-in within 48 hours to confirm that you have arrived at your place of quarantine or isolation. You'll also need to complete a daily COVID-19 symptom self-assessment during your quarantine period as long as you are asymptomatic.

 Complete and ship your Day 8 test kit according to the instructions.

You will be contacted by Government of Canada and provincial/territorial officials.

*Note: Arrival and Day 8 testing may differ for some provinces or territories. Follow the instructions provided at the border. Travellers must comply with both federal and provincial/territorial requirements. In cases where the requirements differ, travellers should follow the most stringent measures.



Covid-19 Travel Tool Kit

Unvaccinated or partially vaccinated travellers

All testing and quarantine requirements remain the same for unvaccinated or partially vaccinated travellers.

Vaccinated travellers

As of July 5, 2021 at 11:59 p.m. ET, individuals who are eligible to enter Canada and are fully vaccinated may be eligible for exemption from quarantine and reduced testing requirements. These exemptions apply to both air and land travel into Canada.

To be considered fully vaccinated, travellers must:

- Have received the full series of a vaccine—or a combination of vaccines—accepted by the Government of Canada (Pfizer, Moderna, AstraZeneca, Janssen (Johnson & Johnson)) at least 14 days prior to entering Canada;
- Provide proof of vaccination digitally using ArriveCAN;
- Submit proof of vaccination in English or French (or a certified translation from original language into English or French).

Pre-departure, vaccinated travellers must:

- Plan their quarantine (in case border agents judge that they do not meet exemption requirements);
- Pre-register for an arrival test;
- Within 72 hours prior to arrival in Canada, take a COVID-19 molecular test and use ArriveCAN to enter their information.

Travellers who meet all entry requirements and are fully vaccinated are exempt from:

- Quarantine;
- Government-authorized hotel stay (air travellers);
- Day 8 test.

Please refer to the [Travel Toolkit](#) for complete information and links to other resources and tools related to COVID-19 and travel.



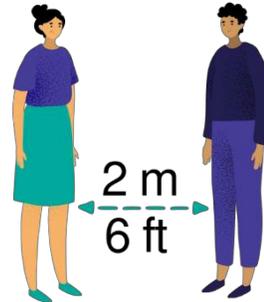


COVID-19 Vocabulary

Below you will find some COVID-19 vocabulary. Please become familiar with these terms.

Social/Physical Distancing

Keep at least 2 meters between you and others. Avoid crowded spaces and places.



Self-Isolation and Quarantine

Stay in a place in isolation to prevent exposing others or yourself to COVID-19.



Self-Monitoring

Check your health for possible symptoms of COVID-19.





Pre-Departure

Communication & Relationship Building

Contact your host family to get to know each other. A video chat using Zoom or Skype is a good way to do this. Remember to exchange emails and cell phone numbers with your host family. Please also enter the International Education Emergency Number into your cell phone **+1-250-801-5684**



Pre-departure COVID testing

All travellers must provide proof of a negative COVID-19 molecular test (PCR, RT-PCR, NAAT, LAMP) result. The test must be taken a maximum of 72 hours before the departure of their last direct flight to Canada.



Upload your test results to the [ArriveCAN](#) app.

Bring the test results with you when you check in for your flight and when you go through immigration.

Packing your Carry-on Luggage

Include the following in your carry-on bag:
Passport, Study Permit or Letter of Introduction, Custodianship Documents, Letter of Acceptance, Negative COVID test result, Host Family Profile with contact information, signed Safety Protocol Acknowledgment page 17 of this document, COVID test documentation, change of clothes, face mask, hand sanitizer and some snacks.





Government of Canada – ArriveCAN app

There are a few additional steps that are required for you to travel to Canada.



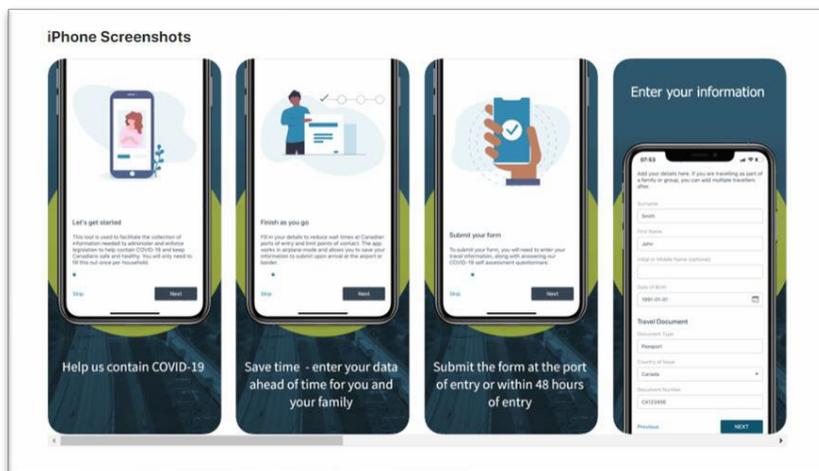
Download the [ArriveCAN](#) app

*New version released July 5, 2021

All travellers entering Canada must use [ArriveCAN](#). You will need to submit the following information electronically within 72 hours before your arrival to Canada:

- travel and contact information
- pre-departure COVID-19 test results (72 hours before departure)
- answer questions about quarantine plan
- COVID-19 symptom self-assessment
- travel history of countries visited within the 14-day period before arriving in Canada
- Proof of COVID vaccination (if applicable)

The APP asks for basic contact information. You need to use your homestay family's address. The APP also asks for a phone number. You can set up a Canadian phone account (see Student Information attachment for details), or use one of your host family's phone numbers. You should ask your host family which number is preferable. Host family phone numbers are on the homestay profile that was sent to you. Once you are in Canada, you will also need to do follow up check ins using the [ArriveCAN](#) app or by calling 1-833-641-0343.





Plan ahead for your Arrival COVID test if unvaccinated

Once arriving in Canada, you must take a test before leaving the airport. You must create an account to perform your arrival test and access your results. Create an account in advance to save time at the border. Use the same email address you used for [ArriveCAN](https://www.canada.ca/en/immigration-refugee-citizenship/services/enter-canada/arrivecan.html).



<https://www.lifelabs.com/flyclear/onarrival/>

Best Practices for Airport and Flight

Wear a Mask/Hand Washing

Remember to wear a mask. Wash your hands before you board the airplane. Canadian airports require that you wear a mask at all times.



Practice Social Distancing

It is important to try to keep your distance from other people. You should try and keep at least 2 meters from other people.





Keeping Safe

Keep your cell phone charged in case you need to contact your host family. Bring some snacks in your carry-on bag because the restaurants in the airport may not be open. When you get to your airplane seat remember to wipe down your area.



Flight Changes

Students are asked to contact our **emergency phone line +1-250-801-5684** if their arrival time changes or if they need any assistance during their travels. Students should also contact their homestay family if their arrival time at the Kelowna International Airport is changed.



Arriving in Canada

You finally made it! We are sure you are excited to begin your authentic Canadian experience in the Central Okanagan. Have the following ready for when you go through immigration:

1. Text your host family when you land.
2. Have documents ready to show the immigration officer
 - Passport
 - Letter of Acceptance
 - Custodial Declaration
 - ArriveCAN App
 - Host family profile
 - Travel Support and Quarantine Plan Letter



3. If fully vaccinated against COVID, ask for an exemption from the 14 day quarantine.

4. **Very important:**

Get your Study Permit processed at immigration at your first Canadian Airport.



5. All unvaccinated travellers will be asked to take another COVID test upon arrival in Canada. Create an-account in advance to save time at the border. Use the same email address you used-or ArriveCAN.

www.lifelabs.com/flyclear/onarrival/





6. You will continue to your destination in your homestay on a connecting flight.

You are allowed to proceed to your suitable quarantine destination. The definition of “suitable quarantine” includes a requirement that minors be supervised by host parents, guardians, or tutors when quarantining.

If under 18 years old, you are exempt from the government requirement to quarantine for three-nights in a Government-Approved Accommodation.



7. Meet your host family at the spot you decided with them.



8. Within 48 hours, you must confirm that you have arrived in your homestay by using the [ArriveCAN](#) app or by calling 1-833-641-0343.



9. If not exempt from the 14 day quarantine, you will be provided with a self-test kit to complete after 8 days in quarantine.



10. Continue to quarantine until the end of Day 14. The day you arrive is day one of your 14 day quarantine.



Self-Isolation/Quarantine

Government Rules and Communication

In British Columbia everyone has worked hard to keep COVID-19 manageable. We did this by following some important rules from the government.

Unvaccinated students must self-isolate for 14 days. Day 1 of the quarantine period begins on the day you arrive in Canada.

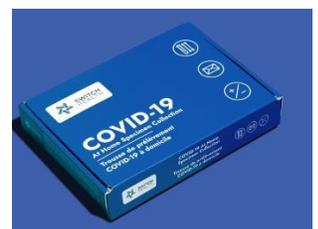
During the quarantine period you should maintain physical distance from all family members, stay in your room and in the areas designated by your host family to avoid direct contact with your host family and others. Your family will provide more information about their home set up and the safe areas to access during the self-isolation period. This may include outside spaces in the yard.

The government of Canada wants to make sure all new arrivals to Canada are safe and healthy. To do this border officials will assess your health and ask you some questions about your quarantine plan. **To see possible questions please click [HERE](#).**

During your quarantine, you will need to complete daily self-assessments during your quarantine using the [ArriveCAN](#) app or by calling 1-833-641-0343.

After arriving in Canada, Government of Canada officials will call you and/or your host family from 1-888-336-7735 to monitor compliance with the mandatory quarantine. They may call several times during quarantine.

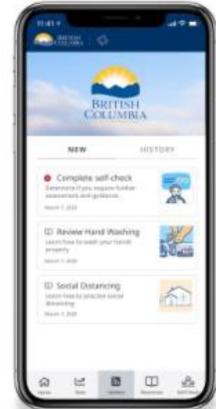
After 8 days, unvaccinated travellers must self-administer a second COVID test and send the results to the address provided. Video tutorial are available to help [Switch Health](#).





BC COVID-19 APP

British Columbia has created an APP to provide you with up to date information and resources about COVID-19 including a self-isolation health monitoring tool. The app provides access to restart plans, statistics, testing information, on-line help, translated resources, etc. This may be a useful tool for you and your parents to get the latest news about our province. Please visit <https://bc.thrive.health> for more information about BC COVID app.



Student Responsibilities

To keep you and your host family safe while you are self-isolating, it is important that you:

- stay in your room and in the designated areas. You are able to leave your room to go to the bathroom.
- avoid contact with others unless you are maintaining physical distance and wearing a mask
- disinfect bathroom and kitchen surfaces after your use
- remember to keep your room clean and practice good hygiene. Some examples are washing your hands often, showering every day, cleaning the bathroom after using it, covering your mouth and nose with your elbow when you cough and sneeze.





What To Do During Self-Isolation

Stay Connected

Let your homestay family know if you need anything. Check with your host family to make sure you have access to wi-fi. Contact your friends and family when you are self-isolating. Your homestay coordinator will contact you to set up regular check in times by Zoom. It is important to check your email regularly for school and program updates.



Monitor your Mental Health

Being in a new country is exciting but being in self-isolation may be challenging. Communicate with your host family regularly and let them know how you are feeling. Download the COVID-19 App and Daily Symptom Tracker to help you monitor your health during self-isolation - <https://ca.thrive.health>

We are all here to support you!



Stay Healthy at School – Mental Wellness Phone Line

You have 24-hour access to our on-line counselling program -provides counselling in multiple languages. This program has trained counsellors who understand cultural differences and specialize in working with international students. We are all here to support you!

call **StudyInsured™ Assistance** to set up your appointment:

1.866.883.9787

Staying Active During Self-Isolation

This is a great opportunity for you to try a new exercise routine. It is important to make sure you establish a healthy routine as quickly as possible. Try to go to bed at a reasonable hour and don't stay up all night.





Travel and Arrival Protocol Checklist

Pre-Departure

- Contact host family and discuss expectations, make sure they have a current photo of you
- Provide arrival information and exchange contact information (cell & email)
- Read this International Student Arrival Guide and how to self-isolate after travel when you live with other family members
- Bring a copy of this document. Please sign and ask your parent(s) to sign on page 17.
- Get a COVID-19 molecular test (PCR, RT-PCR, NAAT, LAMP) result. The test must be taken a maximum of 72 hours before the departure of their last direct flight to Canada.
- Download the [ArriveCAN](#) app (iOS and Android)
- Complete [ArriveCAN](#) tasks within 72 hours before arrival to Canada
 - travel and contact information
 - pre-departure COVID-19 test results (72 hours before departure)
 - answer questions about quarantine plan
 - COVID-19 symptom self-assessment
 - travel history of countries visited within the 14-day period before arriving in Canada
 - Proof of COVID vaccination (if applicable)
- If unvaccinated, create an account for arrival COVID test. www.lifelabs.com/flyclear/onarrival/
- In carry on, pack the following:
 - Passport and study permit/letter of approval
 - Custodianship documents/Letter of Acceptance/Negative COVID test results
 - Travel Support and Quarantine Plan Letter
 - Host family profile and contact information
 - Copy of this document signed by yourself and your parents
 - 2 masks, a pair of gloves, travel-sized hand-sanitizer, disinfecting wipes, snacks

Airport

- Wear a mask
- Wash hands frequently and use hand sanitizer
- Practice social distancing and touch as few surfaces as possible
- Sanitize your personal space and minimize washroom trips
- Keep cell phone charged
- Bring your own food and refillable water bottle





Arrival in Canada

- Contact host family and confirm pick up point
- Wear fresh mask
- Have all documents ready to proceed through immigration
- Maintain physical distancing when picking up luggage
- Get your Study Permit processed at Immigration
- In unvaccinated, receive a COVID test in the airport upon arrival in Canada
- Once in Kelowna, load your own luggage into the car and sit in back seat if possible



In Homestay: Quarantine

- All unvaccinated travellers must quarantine for 14 days.
- Stay in your room and designated areas in the house and social distance from your host family.
- Your homestay family will provide you with food, clean linens, a comfortable room, and internet access.
- The day after you arrive in Canada use the [ArriveCAN](#) app to confirm you arrived at your quarantine location.
- Use the [ArriveCAN](#) app to complete your daily COVID-19 self-assessment.
- Government of Canada officials will call you and/or your host family from to monitor compliance with the mandatory quarantine.
- If unvaccinated, complete your day 8 COVID test.
- Keep your room well ventilated and clean – open your window to allow air circulation.
- Practice good hygiene and use a separate bathroom if possible.
- Clean the bathroom after every use.
- Stay connected with friends, family and homestay coordinator 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.
- Check your email daily for information from our program.
- Join Central Okanagan International Education virtual orientation sessions.
- Ask for help from your host family or homestay coordinator if you need it.



Safety Protocol Acknowledgement

Self-Isolation is a requirement of the Quarantine Act and is not optional. Students granted the fully vaccinated exemption must follow all regulations for self-isolation until their arrival COVID test results are processed (expect 1-3 days). Students who are in private homestay arrangements or with parents must also self-isolate for 14 days unless granted the fully vaccinated exemption.

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.

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	

Parent's Full Name (Print)		
Signature		Date
Relationship (Circle One)	Mother	Father
	Legal Custodian	
	Other (please specify): _____	

Parent's Full Name (Print)		
Signature		Date
Relationship (Circle One)	Mother	Father
	Legal Custodian	
	Other (please specify): _____	

Bring this signed document with you



Resources

Government of Canada

COVID-19: Travel, testing, quarantine and borders

<https://travel.gc.ca/travel-covid>

BC COVID-19 APP:

<https://bc.thrive.health>

Province of British Columbia's response to COVID-19 – Restart Plan

<https://www2.gov.bc.ca/gov/content/covid-19/info/response>

Kelowna Airport website for Travel Directives and COVID Safety Protocols:

<https://ylw.kelowna.ca/welcomeback>

Vancouver Airport website for Travel Directives and Screening:

<https://www.yvr.ca/en/updates/covid-19-update-2>

Frequently Asked Questions at Vancouver Airport:

<https://www.yvr.ca/en/coronavirus/faq>

Frequently Asked Questions at Kelowna Airport:

<https://ylw.kelowna.ca/passengers/frequently-asked-questions>

Tips for Proper Hand-Washing:

<https://bc.thrive.health/covid19app/resources/58c360e2-ad98-47f3-bcf9-2c162c96a626?from=/home>

Tips for Cleaning and Disinfecting:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>

BC Schools COVID-19 Safe School – Planning for 2021/22

<https://www2.gov.bc.ca/gov/content/education-training/k-12/covid-19-safe-schools>