

## Student Travel, Arrival and Self-isolation Plan (new student)

Hi! All the staff at the Abbotsford International Program welcome you to Canada and look forward to meeting you in Abbotsford! It has been a difficult time world-wide and our supportive staff and these guidelines will help you know what to expect when you travel to British Columbia. We want to help you arrive safely and as stress-free as possible. We want to ensure students and anyone they have contact with during their travel and the first weeks after arrival, have a safe and healthy transition period. One of our staff will check-in daily for the first few days and then often for the duration of your self-isolation. We will contact each student to say “Hi” and monitor your health and how you are doing during isolation. It is important that each student follows these guidelines, to meet the government requirements for entry into Canada and to British Columbia.

Before you depart from your home country, there will be some paperwork for you to complete and some items for you to purchase.

### Pre-departure

Health Canada has introduced the **ArriveCAN App** ('the App') which allows travellers coming to Canada to input their 14-day isolation or quarantine information securely upon arrival. When the information in the App is entered, the primary contact is the student, as they are the one entering Canada from abroad. The address will be the homestay address or the Abbotsford residence of a parent or relative. The phone number should be the homestay/parent landline phone or the host parent/parent cell number. Our program will send District Homestay students a letter providing your homestay information. The health agent will call the adult responsible for each student to check on the student during the self-isolation period.

This app must be downloaded by the student. Each student must enter their flight information and then upon arrival in Canada, the customs officer will give them a **Token Number**.

**This Token Number must be entered in the app as this will be the main source of contact and tracking being used by the government.**

As of November 21, 2020, you must use ArriveCAN to submit your:

- travel and contact information
- quarantine plan
- COVID-19 symptom self-assessments

**You must:**

- submit your information before you board your flight to Canada
- be ready to show your ArriveCAN receipt when seeking entry into Canada
  - a border services officer will verify that you have submitted your information digitally

If you have any difficulty or questions prior to your departure, please contact our International Office; [international@abbyschools.ca](mailto:international@abbyschools.ca) for assistance.

**Bring the following items with you in your carry-on luggage:**

- ✳ Passport
- ✳ Study Permit Approval letter or Valid Study Permit
- ✳ *Letter of Support* for border travel: provided by Abbotsford School District International office.
- ✳ *Homestay Contact Information Letter*: provided by Abbotsford School District International office (for students in District Homestay).
- ✳ Cell phone and/or laptop
- ✳ Mask, gloves, travel size hand sanitizer, travel size disinfectant wipes
- ✳ Thermometer

**Airport and Flight**

All air travellers are required to wear a non-surgical mask or face covering during travel. Have your cell phone charged and bring some food and snacks because the shops may not be open in the airports. If you need help at the airport you can go to a service desk or you can look for a volunteer. At the Vancouver airport the volunteers are wearing green t-shirts. Avoid multiple touch surfaces and wash or disinfect your hands often.

**Arrival in Canada**

When you arrive at the airport and proceed to immigration, please maintain social distancing. If applicable, Customs and Immigration will give you a Study Permit. You should be prepared to answer questions about your self-isolation plan. You will be spending the required 14 days isolation in a homestay or with a parent or relative. For District Homestay students, your homestay will be provided guidance and instructions about the safety and monitoring requirements. Our office will arrange the airport service for new students to travel to their District Homestay from the Vancouver airport unless you have made your own travel arrangement. Our office will give you airport pick-up location and instructions.

If you are having any difficulty that airport staff cannot help with, call our International Emergency number: 604-217-1917

## Arrival and Self-Isolation

### Requirements for all travellers after they have entered Canada

As of November 21, 2020, **all travellers**, must provide information after their entry into Canada.

- confirm with the ArriveCAN App that you have arrived at the address you provided for your quarantine or isolation location within 48 hours of your entry into Canada
- complete daily COVID-19 symptom self-assessments during your quarantine period

**District Homestay students:** Upon arrival at homestay, do not touch anything or anyone and take all your belongings to your room. Bring with you in your checked luggage, a large bottle of hand sanitizer, minimum 15 disposable masks and disinfectant wipes. Your host family will not be providing any health and safety items. You will be staying in your room for 14 days and avoiding all contact with others. You may be permitted to go out in the homestay yard or balcony. Your host parents will receive calls from the government to check on your isolation plan and ensure you have no health issues. One of our staff at Abbotsford International Program will also call daily to check and see how you are doing. Your host parent will give you a detailed list of do's and don'ts while self-isolating.

While isolating, please:

- Keep your room well ventilated and clean.
- Practice good hygiene – wash your hands often and avoid touching your face.
- Use a separate bathroom whenever possible.
- Stay connected using facetime and apps with your host family and others. You may not have a local cell phone yet.
- Be available for our staff to contact you and to see how you are doing. They will also complete a daily checklist.
- Notify our staff or your host family immediately if you are feeling unwell.
- Establish a healthy pre-school routine, getting up in the morning and going to sleep at a reasonable time.
- Your host parents will provide a bag for your laundry.
- Your host parents will put your meals by the door and if they are working, they will provide a bagged lunch.



Asking for help! We are all here to help you through this 14-day isolation period. If you need help with anything, we are just a phone call or text away... The first few weeks can be a challenging time for a new student under normal circumstances, so some students may need extra support. We have a large friendly staff, that is available for support.

New students that arrive on time will take part in a fun, informative, interactive student orientation, virtually. Here you will meet our staff, learn about Abbotsford and school, and take part in fun individual and group activities over several days. You will get to know our staff and other students before starting school.

Please remember that self-quarantine is required by law and not optional. Students in private homestay or living with their parents must also self-isolate for 14 days.

### **After the Isolation Period**

Congratulations getting through 14 days of isolation! You must keep following local government protocols. Our program will keep your host family and you updated about any changes. Keep social distancing, report any illness to your host family and practice good hygiene and handwashing. Welcome to Abbotsford!