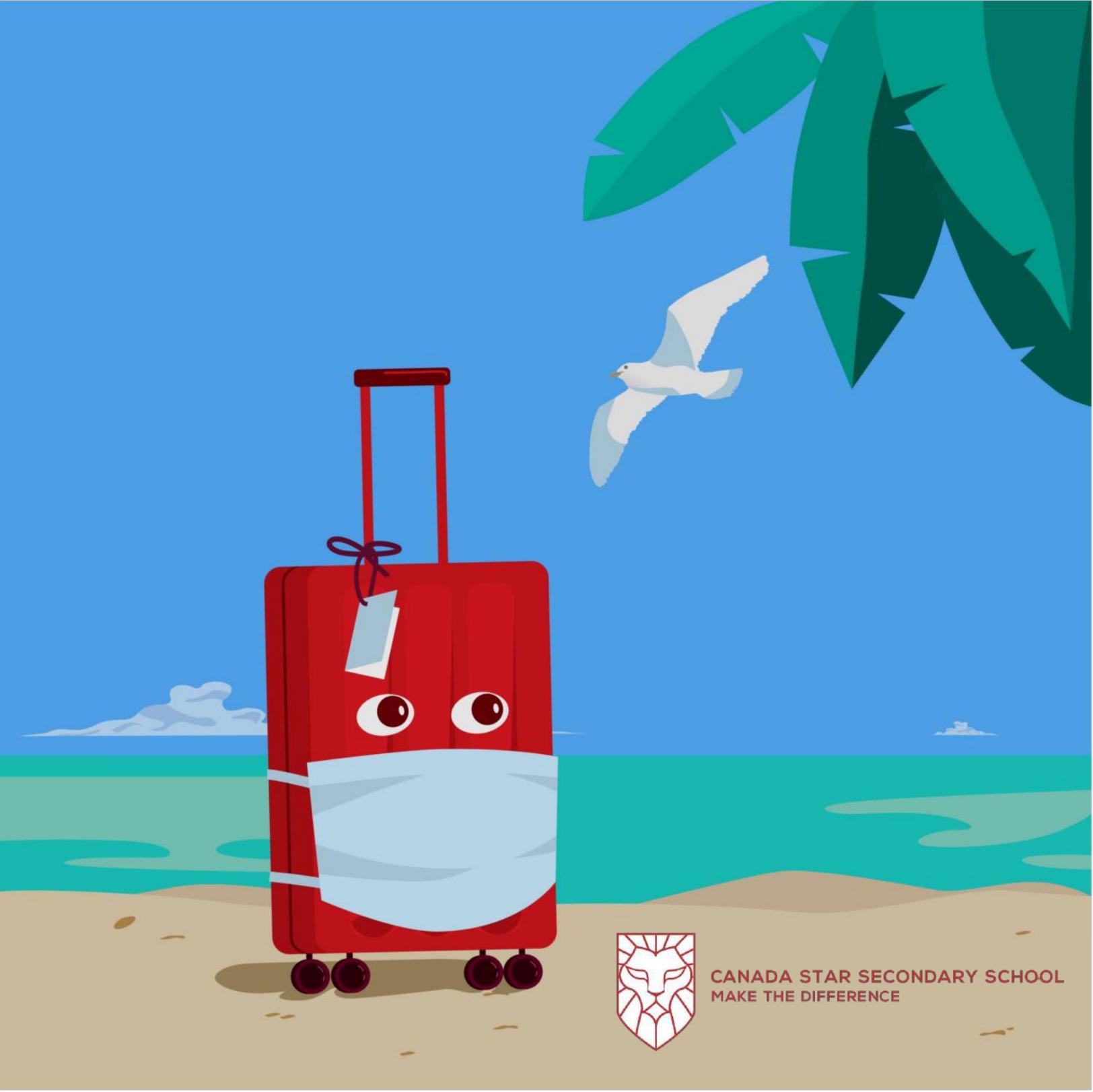




CANADA STAR SECONDARY SCHOOL
MAKE THE DIFFERENCE

International Student Arrival Guide
Keeping Safe During COVID-19



CANADA STAR SECONDARY SCHOOL
MAKE THE DIFFERENCE

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Introduction

As you can certainly appreciate, this year we need to alter our travel and arrival protocols.

Please take some time to review the information in this package. By not following this protocol, students may be denied entry into the country. Government authorities may also fine students for non-compliance in certain situations.

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



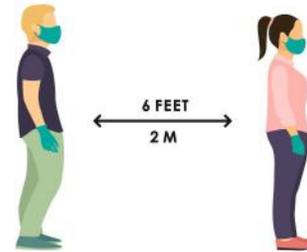
Definitions

Below you will find [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.

Social Distance



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 and Relationship Building

Contact your host family to know each other. A video chat using Zoom or Skype is a good way. Remember to exchange emails and cell phone numbers with your host family and then enter the Canada Star Secondary School number into your cell phone.



Household Isolation

Before you leave your home country to come to Canada, it is recommended that you self-isolate in your home for 2 weeks and only meet your family during that time.



Medical Check/Testing

Students should request/obtain a letter from the doctor within 72 hours before departure that confirms you are healthy and safe to travel. If possible you should also get a COVID-19 test. Bring the letter with you when you go through immigration.



Packing

Include the following in your carry-on bag:

Passport, Study Permit or Letter (if you have one), Custodianship Documents, Letter of Acceptance, Host Family Profile with contact information, BC Self Isolation Plan Form, change of clothes and some snacks.



Arrival Plans

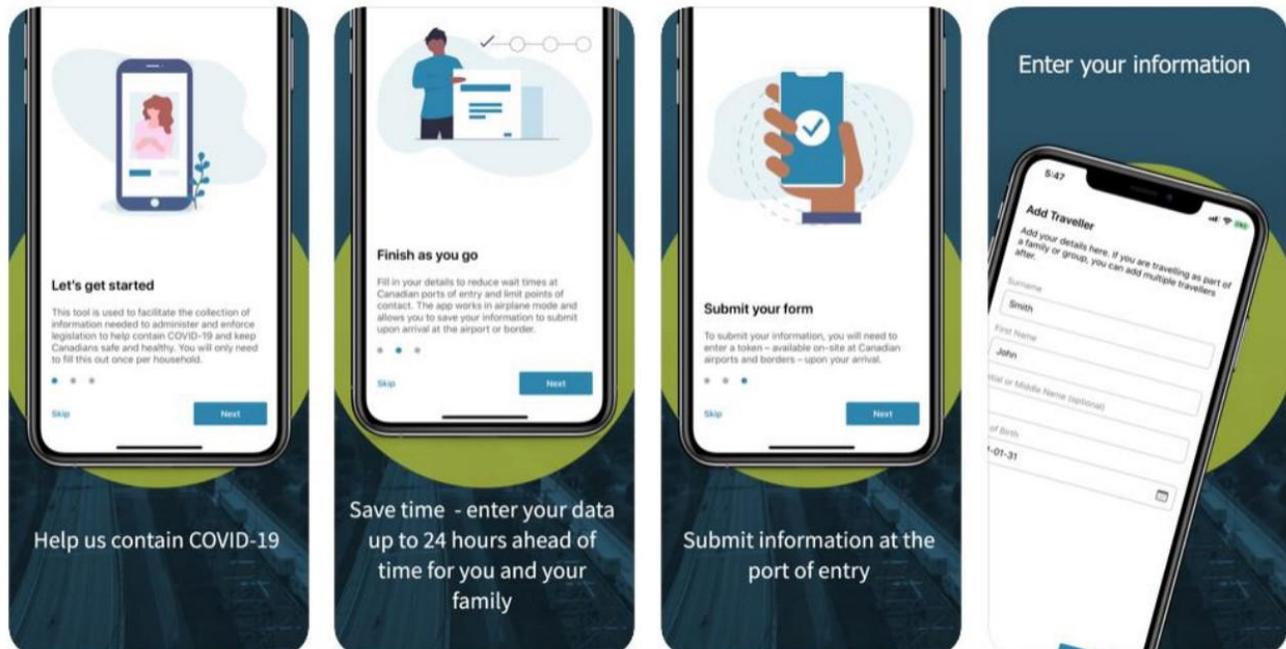
Before you leave your home country, you must download the ArriveCAN app from the Government of Canada and complete a mandatory Self-Isolation Plan for the Government of British Columbia. Both of these need to be completed prior to your arrival to BC.

ArriveCAN App

The ArriveCAN app is available for iPhone and Android and can be downloaded from the App Store or Google Play. This app must be setup before you arrive at immigration in Canada because the immigration officer will provide you with a **TOKEN NUMBER** you will need to enter.



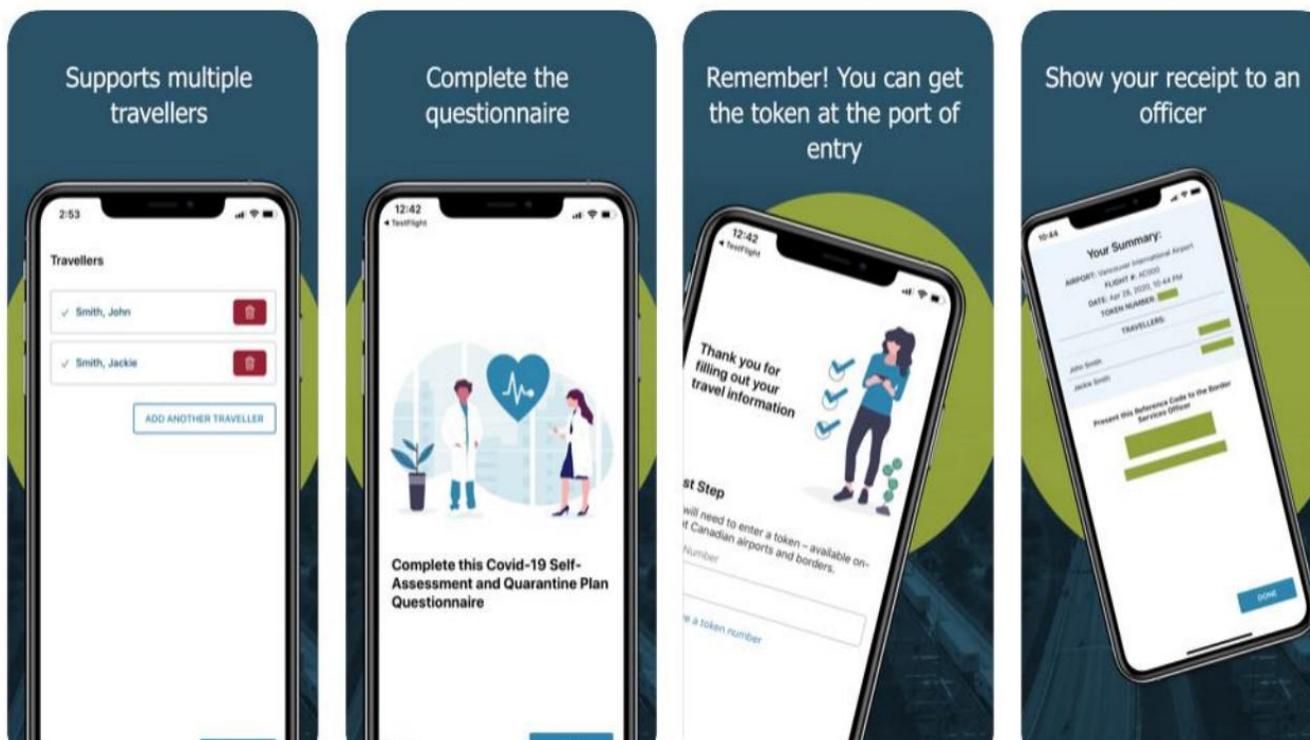
Here are the steps to setup the app:



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BC Government Self-Isolation Plan



Before you leave your home country it is very important that you complete the BC Government Support for International Travelers Self Isolation Plan form. When you arrive at the airport you will be asked to show this form and the information must be correct. Once you have completed the form:

- 1) Send a copy to Mrs. Ellis at office@canstarlearning.com
- 2) Print a copy for your carry on bag.
- 3) Keep a copy on your phone.
- 4) Complete an online version of the form at <https://travelscreening.gov.bc.ca/>





PRIMARY CONTACT INFORMATION

Form with fields: First Name (primary contact), Last Name (primary contact), Date of Birth (yyyy / mm / dd), Phone Number, Email (optional), Home Address, City, Province or Territory, Postal Code

TRAVEL INFORMATION

Form with sections: Are There Additional Travellers in Your Group?, ADDITIONAL TRAVELLERS (please list all additional travellers), Arrival Date, Arrival By, Airline / Flight Number, Arrival From

SELF ISOLATION PLAN

Form with questions: Do you have accommodation arranged for your self-isolation period?, If Yes, what is the address where you'll be staying?, If Yes, isolation type?, Do you need accommodation assistance to self-isolate from anyone who is over 60 years old or who has heart disease, high blood pressure, asthma or other lung disease, diabetes, cancer, immune suppression or is taking prednisone medication?, Are you able to make the necessary arrangements for your self-isolation period?, What form of transportation will you take to your self-isolation location?

CERTIFY DECLARATION

Form with checkbox: I certify this to be accurate

Proceed to the provincial check point, if available at your location, where you may be asked to confirm how you will comply with the provincial order to self isolate.

Collection Notice

Your personal information as well as those of your household is collected by the Ministry of Health under the authority of sections 26(a), (c), (e) and s. 27(1)(a)(iii) of the Freedom of Information and Protection of Privacy Act, the Public Health Act and the federal Quarantine Act, for the purposes of reducing the spread of COVID-19. Personal information may be shared with personnel providing support services and follow-up during self-isolation. Should you have any questions or concerns about the collection of your personal information please contact:

Title: Ministry of Health, Chief Privacy Officer

Telephone: 236-478-1666

Airport/Flight: Best Practices

Wearing a Mask/Hand Washing

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



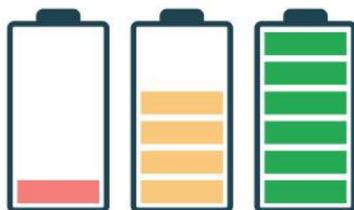
Practice Social Distancing

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.



Arriving in Canada

You finally made it! We are sure you are excited to begin your authentic Canadian experience in Richmond.

Have the following documents ready for when you go through immigration:

- 1) Text your host family when you land.
- 2) Have your BC Self-Isolation Plan printed and ready to give to the immigration officer.
- 3) Have a copy of your host family profile.
- 4) **Veryimportant**—Don't forget to get your Study Permit if you need one!
- 5) Meet your representative from Canada Star Secondary School.



Self Isolation/Quarantine

Government Rules and Communication

You made it through the airport and now are heading to your new home! In British Columbia everyone has worked hard to keep COVID-19 manageable. We did this by following some important rules from the government. When you get to your new home you must self-isolate for 14 days. This means you should stay in your room and avoid direct contact with your host family and others.

The governments of Canada and British Columbia want to make sure all new arrivals to Canada are safe and healthy. To do this they will call you or your host family to make sure you are self-isolating and following the law. You must be prepared to answer call from **1-855-906-5585** or **613-221-3100**.



Student Responsibilities

To keep you and your host family safe while you are self-isolating, it is important that you stay in your room. You are able to leave your room to go to the bathroom.

Remember to keep your room clean and practice good hygiene. Some examples are washing your hands often, showering everyday, cleaning the bathroom after using it, covering your mouth and nose with your elbow when you cough and sneeze and keeping your room clean.



What To Do During Self-Isolation

Stay Connected

Contact your friends and family when you are self isolating. Check with your host family to make sure you have access to wi-fi. It is important to check your email regularly because your school might try to contact you.



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. We are all here to support you!



Physical Health

Staying active during self isolation! This is a great opportunity for you to try a new exercise routine, such as yoga. 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.



Resources

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>

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>

Physical Distancing Fact Sheet:

<http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-Physical-distancing.pdf>

COVID-19 and Children in School:

<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-k-12-schools.pdf>





September 2020 Travel and Arrival Protocol

We look forward to welcoming you to the Canada Star Secondary School in September 2020. We must ensure the health and safety of our students and host families. The following checklist will outline the expectations of government and health authorities. Please contact us should you need any assistance at office@canstarlearning.com.

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)
- Complete, send and print the online Mandatory Self-Isolation Plan (<https://travelscreening.gov.bc.ca/>)
- Download COVID-19 App and Daily Symptom Tracker: <https://ca.thrive.health/>
- Download the **ArriveCAN App** (iOS and Android)
- Pack 60 disposable face masks OR 30 disposable and 1 cloth face mask, one large bottle of hand sanitizer, one box of nitrile gloves, thermometer
- In carry on, pack the following:
 - Passport and Study Permit/Confirmation document
 - Custodianship documents and Letter of Acceptance
 - Host family profile and contact information
 - Printed self-isolation plan form
 - 2 masks, 3 pair of gloves, travel-sized hand-sanitizer, disinfecting wipes.

Airport:

- Wear mask and gloves
- 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 and gloves
- Have all documents ready to proceed through immigration
- Maintain physical distancing when picking up luggage
- Load your own luggage into the car and sit in back seat if possible



In Homestay – Self-Isolation:

- You are required to self-isolate for 14 days – this means staying in your room and avoiding contact with others
- When you arrive to your host family’s home immediately remove your travel clothes and place them in a plastic bag for your host family to wash for you.
- Your homestay family will provide you with foods, 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 and use a separate bathroom if possible
- Clean the bathroom after every use
- 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.
- Empty garbage frequently, wash hands after
- 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 is a requirement of the Quarantine Act and is not optional. Students who are in private homestay arrangements or with parents must also self-isolate for 14 days. Students and parents are responsible for any fines incurred due to breach of the Quarantine Act and regulations from the Government of British Columbia.