

Together We Learn



**Central Okanagan
Public Schools**
International Education



International Student Arrival Guide



Keeping Safe During COVID-19



Contents

International Education Contact Information	3
Introduction	4
COVID-19 Vocabulary	5
Pre - Departure	6
Travel Document - COVID Protocols	7
Government of Canada Self-Isolation Plan App	7
Best Practices for Airport & Flight:	8
Arriving in Canada	9
Self-Isolation/Quarantine	10
What To Do During Self-Isolation	12
Travel and Arrival Protocol Checklist	13
Safety Protocol Acknowledgement Page	15
Resources	16

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**Central Okanagan
Public Schools**
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International Education Contact Information

Central Okanagan Public Schools
International Education Program

1040 Hollywood Road
Kelowna BC
Canada V1X 4N2

Email: international.education@sd23.bc.ca

Phone: 250.470.3258

Fax: 250.870.5188

Office Hours: 8:00 am to 4:00 pm



Emergency Phone Line: 250-801-5684

Monitored 24 hours a day by one of our staff members

Homestay Coordinators

MBSS/CNB/GMS/CMS	Lori McPhail	lori.mcphail@sd23.bc.ca
RSS/GES/RMS/OKM	Carolina Moreno	carolina.moreno@sd23.bc.ca
KSS/KLO/KNOX/CMS	Nathalie Messent	nathalie.messent@sd23.bc.ca
GENERAL INQUIRES		homestay@sd23.bc.ca

Administration

District Principal	Raquel Steen	raquel.steen@sd23.bc.ca
Assistant Superintendent	Rick Oliver	rick.oliver@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 protocols information in this package. To be granted entry into Canada, it is important that students follow the protocol.

We are obligated to follow the regulations and recommendations of the Canadian and BC provincial governments and the local public health authority.

Government authorities may fine students for non-compliance in certain situations.

We look forward to welcoming you to the Central Okanagan Public Schools International 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.

After reviewing this document, please sign and have your parent(s) sign on page 15 to acknowledge that you have all read the travel requirements. Bring this document with you in your carry-on luggage.

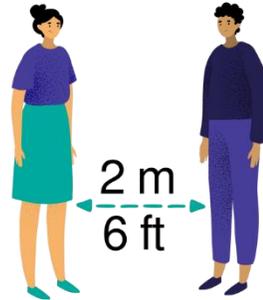


COVID-19 Vocabulary

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**



Medical Check / Testing

You are required to test negative for COVID-19 before travelling to Canada. Documentation of a negative laboratory test result must be presented to the airline prior to boarding a flight to Canada. The test must be taken within 72 hours prior to your scheduled departure to Canada. Bring the test results with you when you check in for your flight and when you go through immigration. This is **mandatory** for entry into Canada as of January 7th.



Packing

Include the following in your carry-on bag: Passport, Study Permit or Letter of Introduction, Custodianship Documents, Letter of Acceptance, Letter of Non-Discretionary Travel, Host Family Profile with contact information, signed Safety Protocol Acknowledgment page 15 of this document, **COVID test documentation**, change of clothes, face mask, hand sanitizer and some snacks.





Travel Documents – COVID Protocols

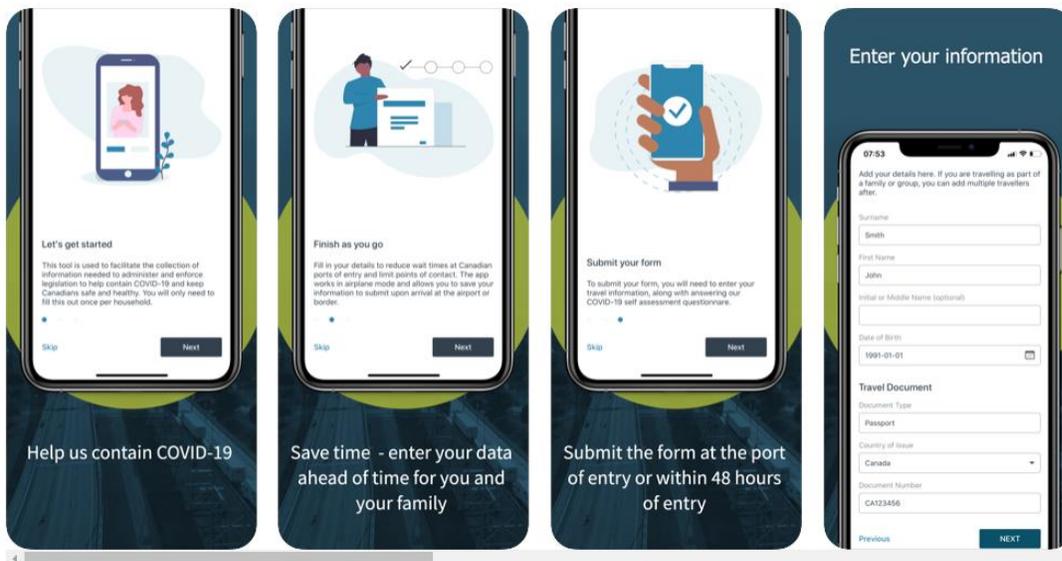
There are a few additional steps that are required for you to travel to Canada. The government of Canada require information about your self-isolation plan and basic contact information.



Government of Canada Self-Isolation Plan APP

Before you leave your home country, you must download the [ArriveCAN app](#). You can download the mobile app for [iOS](#) or [Android](#). 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. The ArriveCAN app will ask for you to submit a COVID-19 self-assessment prior to departure. 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. See page 10 for more information.

iPhone Screenshots





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 your Canada App ready to show to the immigration officer.



3. Have a copy of your host family profile.



4. **Very important:**
Don't forget your travel documents.



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





6. 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.



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. When you get to your new home you must self-isolate for 14 days. This means you should 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 when you arrive and ask you some questions. They will also call you or your host family to make sure you are self-isolating and following the law.



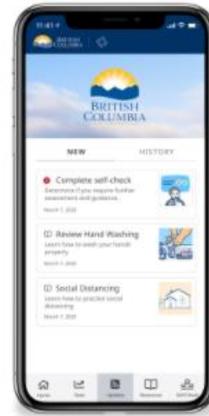
During your quarantine, you will need to complete daily self-assessments during your quarantine using the ArriveCan app or by calling 1-833-641-0343.





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 CB 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. 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 and keeping your room clean.





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!

Keep Me Safe

You have 24-hour access to our Keep Me Safe on-line counselling program. Keep Me Safe provides counselling in multiple languages. This program has trained counsellors who understand cultural differences and specialize in working with international students. You can access this service at- Keep Me Safe . Download the App for quick access. <https://www.guard.me/cosd/keepmesafe>
We are all here to support you!



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 15.
- Get a COVID test and bring the results document with you**
- Download Daily Symptom Tracker: <https://ca.thrive.health>
- Download the [ArriveCAN App](#) (iOS and Android)
- In carry on, pack the following:
 - Passport and study permit/letter of approval
 - Custodianship documents/Letter of Acceptance/Letter of Non-Discretionary Travel/**Negative COVID test results document**
 - 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
- 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 designated areas in the house and social distancing from your host family
- Within 48 hours of arriving in homestay, use the ArriveCAN app or call 1-833-641-0343 to confirm that you have arrived at the address provided in your quarantine plan
- 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 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
- 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 who are in private homestay arrangements or with parents must also self-isolate for 14 days.

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



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Resources

COVID-19 App and Daily Symptom Tracker:

<https://ca.thrive.health>

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>

Physical Distancing Fact Sheet:

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

Tips for COVID-19 Public Health Guidance for K-12 Settings:

<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>

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>