



CORPUS CHRISTI COLLEGE

Preparation Guide for Study in Canada

November 2020

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Introduction

As of March 2020, the government of Canada has made it mandatory that anyone entering Canada must self-isolate for 14-days upon arrival.

Currently, the borders are closed to nondiscretionary travel.

Corpus Christi College will be offering classes remotely in both a synchronous and asynchronous format.

Students preparing to come to Vancouver, BC Canada to take our courses must present the following upon arrival in Canada:

- Corpus Christi College Travel Letter
- Approved Self-Isolation Plan
- Student Visa
- Passport

Failure to comply to self-isolate requirements may result in dismissal from Corpus Christi College, fines by the government, and/or deportation.

Contact

For inquiries regarding this guide, please contact Patrick Armstrong,
Director, Finance and Operations, Healthy and Safety Team Chair
parmstrong@corpuschristi.ca

Preparation to Travel and Studying in Canada

1. Complete the [Federal ArriveCAN application](#)

2. Submit your Self-Isolation plan to Admissions for approval.

Send to: Registrar's Office registrar@corpuschristi.ca

Your plan should include:

- Personal information
- Flight/Arrival details
- Where you will stay during your 14-day quarantine - proof of arrangements
- How you will get to your accommodation once you reach Canada
- How you will get your groceries
- How you will access other essential services such as:
 - Medical care (example: will use the [GuardMe](#) doctor app or call 911)
 - Medications (example: I will bring enough of my medication to support me for my first four weeks)
 - Cleaning supplies (example: I will order them online and have them delivered)
- Explain the social or familial support you will have in Canada

The Registrar's Office staff will respond within 48 hours regarding your plan. They may suggest edits to the plan to ensure it fits government requirements. Once your plan is approved, Registrar's Office will issue your Travel Letter.

3. Submit the Self-Isolation plan to the British Columbia government

Submit plans at <https://travelscreening.gov.bc.ca/>

4. Notify Registrar's Office of arrival day in Canada

Classes start on January 4, 2021 so plan to arrive in Canada **at least** 14 days prior to this date – students can arrive after – they will just need to delay coming to class until after the self-isolation period is finished.

Failure to provide the plan and travel letter to Canada Border Services may result in being denied entry into the country or province.

5. Go straight to self-isolation location from airport and do not leave that location for 14-days

Do not take public transportation to your accommodation, must use private services such as a taxi, rental car, or ride-share program.

6. Check in with Student Life at least three times a week

- a) Monday – Friday (11:00am -1:00pm PST). Join the Student Life room on Zoom to check in and ask any questions you may have.
- b) The link to join will be available on the main page of our student portal (My LION)
- c) Once your plan is approved by the Registrar’s Office you will receive an email from Student Life providing the information on the virtual drop-in sessions.

Self-Isolation Planning Information

Housing arrangements

If you do not have accommodations arranged, the companies listed below are offering our students 14-day self-isolation period accommodations. You will need to contact them directly to book your reservation and may need to show proof of arrangement with border services.

Options on the UBC Campus

The Carey Centre offers single rooms or one-bedroom apartments for students. [Learn More](#)

St. Andrew's Hall offers quads (4 bedroom apartments) and single rooms for student. [Learn More](#)

Options off-campus

Demand to live in residences can greatly exceeds the number of vacancies so UBC assembles a list of alternate accommodation available to students, should you need it. [View list](#)

Cypress Accommodations

Nanaimo Street (near Skytrain) cypressaccomodations.com

Exchange Hotel Vancouver

475 Howe Street, Vancouver salesmanager@exchangehotelvan.com

GEC Living

2 locations: 718 Drake Street- Granville, 7657 Cambie Street - Pearson

To book: <https://gecliving.com/inquiry/acsenda/self-isolation>

Ramada Limited Vancouver Downtown

435 W Pender Street info@ramadadowntownvancouver.com

Food Arrangements

Here are some options that can be used to secure food. Please note, many of the delivery apps do not accept cash, and require a credit or debit card to purchase.

Food Delivery Apps

Skip the Dishes – www.skipthedishes.com

Uber Eats – www.ubereats.com

Door Dash – www.doordash.com

Fantuan – www.fantuan.ca

Yogi's Kitchen – www.yogiskitchen.ca

Tip: Google the name of the delivery services and the word 'promo' or 'voucher' to find money saving deals.

Grocery Delivery

Save-on-Foods - <https://www.saveonfoods.com/shop-online-how-it-works/>

Stong's Market - <https://stongs.com/delivery-update/>

Spud - www.spud.ca

Walmart - www.walmart.ca

Instacart - <https://www.instacart.ca/grocery-delivery/bc/near-me-in-city-of-vancouver-bc>

Meal Kit Delivery

Chef's plate - <https://www.chefsplate.com/>

Fresh Prep - <https://www.freshprep.ca/SCVIA19>

Transportation

Do not take public transportation during the 14-day isolation.

Ride-share Apps

Lyft
Uber

Taxis

Black Top and Checker Cabs – (604) 731-1111
Bonny's Taxi – (604) 435-6655
Newton Whalley – (604) 581-1111
Pacific Cabs – (604) 596-6666
Vancouver Taxi – (604) 871-1111
Yellow Cabs – (604) 681-1111

Car Rental

National
Alamo
Hertz
Dollar Thrifty
Avis
Budget

Medical Insurance

You are required by law to maintain medical insurance the entire time you are in Canada. If you are a returning student, you need to ensure your BCMSP is in place. If you are a new student, you must arrange with guard.me and provide arrival dates to immigration. This is mandatory for all new students.

Guard.Me

[Guard.Me](#) covers every student for the first three months in Canada for emergencies only.

If you have MSP already, you must let Enrollment Services or Admissions know (with proof) so you are not charged for GuardMe

Medical Services Plan (MSP)

All BC residents (including students) must register for MSP. We will provide sessions to help you enroll in MSP during your first term. Sign up:
www.my.gov.bc.ca/enrolment/check-eligibility

Check-ins with Student Life

Student Life will provide two hours daily for students to check-in. Students can check-in daily or every other day.

Hours: Monday through Friday, 11:00am-1:00pm PST

Our process for following up with students who fail a check in begins with a phone call and/or email and then we reach out to their family members. After three attempts, if no word, we will report the case to Border Services. Please be aware that consequences including dismissal, fines, deportation, etc. may follow.

Student Services Directory

Registrarial Services	Student Services
<p><u>Academic Advising</u></p> <p><u>Jimmy Lam</u> - Senior Academic Advisor <u>Irene Van Esch</u> - Associate Academic Advisor - (<i>For Registered Associate of Arts Students Only</i>)</p> <p><i>I want to ask questions about... e.g.:</i> Course Planning + University Transfer General Academic Program Guidance Course-Related Issues + Concerns</p>	<p><u>Student Resource Centre</u></p> <p><u>Angus Chan</u> - Coordinator, Student Resource Centre</p> <p><i>I want to ask questions about... e.g.:</i> Completing my Research Papers/Projects Building my Teaching/Working Project/Portfolio Academic Accommodations via UBC Centre for Accessibility</p>
<p><u>Enrolment Services</u></p> <p><u>Dannie Xiao</u> - Enrolment Services Officer</p> <p><i>I want to ask questions about... e.g.:</i> Course Registration and Enrolment Requesting and sending my academic transcripts Getting my UBC Affiliate Card and Number</p>	<p><u>Student Life</u></p> <p><u>Gerard Garcia</u> - Student Development Coordinator</p> <p><i>I want to ask questions about... e.g.:</i> Connecting with other students Joining social events online Volunteering Opportunities</p>
<p><u>Financial Aid</u></p> <p><u>FT Okunubi</u> - Admissions and Financial Aid Officer</p> <p><i>I want to ask questions about... e.g.:</i> Applying for Scholarships, Awards, Bursaries, and Student Loans</p>	<p><u>Library Services</u></p> <p><u>Susan Millar</u> - Library Manager</p> <p><i>I want to ask questions about... e.g.:</i> Getting a Library Account at Corpus Christi College Accessing Literature and Articles via the Library Open Access Resources without a UBC Card</p>
<p><u>International Student Information</u></p> <p><u>Rikki Liu</u> - Coordinator, Registrarial Services</p> <p><i>I am an international student, and I want to ask about... e.g.:</i> Applying for Study Permits/Temporary Resident Visas Applying for Post-Graduation Work Permits Applying for Health Insurance</p>	<p><u>Career Development</u></p> <p><u>Gerard Garcia</u> - Student Development Coordinator</p> <p><i>I want to ask questions about... e.g.:</i> Gaining volunteer and work experience on and off campus Joining the Co-Curricular Record (CCR) Program Building my resume and interview skills</p>

<u>Finance</u>	<u>Campus Ministry</u>
<u>Janice Siddall</u>	<u>Campus Ministry</u>
<i>I want to ask questions about... e.g.:</i> Paying my tuition Tax receipts	<i>I want to ask questions about... e.g.:</i> Engaging in Social Justice Activities and Faith-Based Clubs Growing in the Catholic Faith and Spiritual Formation Access to the Sacraments at St. Mark's Parish <i>(We welcome students from all faith backgrounds.)</i>

Additional Student Resources + Services

<u>Student Wellness Resources</u>
<u>corpuschristi.ca/student-life/student-services</u>
<i>I want to ask questions about... e.g.:</i> Online Wellness Advising, Coaching, and Counselling Urgent Mental Health Support + Medical Care Online Mental Wellness Tools + Networks

<u>Welcome Centre</u>
<u>info@corpuschristi.ca</u> - Information Desk
<i>I want to ask questions about... e.g.:</i> General Information about Corpus Christi College Directory Services - Who I should contact

Government and Health Contacts

[Health Link BC](#)

[BC Centre for Disease Control](#)

[Immigration, Refugees, and Citizenship Canada](#)

Student Life Office

The Student Development Office provides leadership, guidance, and oversight to programs relating to all aspects of the Office of the Dean of Students including but not limited to student life activities, experiential learning opportunities, the Circle of Fellows program, career services, and relations with UBC student services and athletics. Events take place on and off campus and provide an opportunity for students to engage in the community outside of their studies.

Examples of the services provided

Some of the services available to students include student orientations, social and cultural events, participation in UBC rec events, supporting student governments and clubs, and engagement through our social media channels. Additionally, students can participate in experiential learning through internship and pre-practicum opportunities in elementary and secondary schools and attend a week-long summer immersion trip. The Career Centre offers students a co-curricular program, work and volunteer opportunities, and individual and group sessions on resume writing and online professional profile development.

These services enhance the students experience on campus by creating a safe and supportive community for their overall health and well-being. They also develop students' leadership skills for real-world application, help them to learn and grow through experiential opportunities and encourages them to become successful, well-rounded individuals for the local and wider community.

Additional supports and links

Orientation Info on web - <https://corpuschristi.ca/student-life/orientation/>

Online Orientation Course - <https://canvas.ubc.ca/enroll/8TP8E6>

Virtual Winter Orientation – January 13, 2021

Weekly check-ins with Student Development Coordinator or Assistants for first 2 weeks

Zoom link - <https://ubc.zoom.us/my/corpusstudentlife> passcode 5935

Participation in student events online - <https://corpuschristi.ca/news-events/events/>

Examples include games days, art days, music events, fitness, cultural events, etc.

Staying connected via social media

Student Life Instagram - [@corpusstudentlife](https://www.instagram.com/corpusstudentlife)

Facebook group – [CCC SMC Students 2020-2021](#)

Student Resource Centre

The [SRC](#) works with Staff and Faculty to help students succeed by providing them opportunities to be equipped to learn and empowered to succeed as lifelong learners at our Colleges.

The SRC provides 3 student services for student success:

- [Placement Tests](#) - for 1st Year English/Math Courses
- [Student Resources](#) - for Courses, Assignments, and Exams
- [Academic Accommodations](#) - via UBC Centre for Accessibility

The SRC also develops 7 Resource Branches for community-based learning:

- [Learning Labs](#) - Develop Effective Learning Skills + Resources
 - SRC Writing Skills Lab - canvas.ubc.ca/enroll/F4NPCL
 - SRC Math Learning Lab - canvas.ubc.ca/enroll/Y648HN
- [Writers' Block](#) - Hone Academic Writing Skills
- [Citation Station](#) - Learn Collegiate Citation Styles
- [Coursework Clinic](#) - Survive/Succeed in College Courses
- [Grammar Workshop](#) - Master Academic English Grammar
- [Study Groups](#) - Build Learning Communities + Future Educators
- [Thinkers' Corner](#) - Promote Socially + Culturally Engaging Dialogue

How does the SRC connect with students?

The [SRC](#) connects with students via the following learning resources and channels:

- [SRC on Zoom - Online Meeting + Virtual Classroom](#)
- [SRC on Canvas - Canvas Course - Self Enrollment with CWL](#)
- [SRC on the Web - on CCC Website](#)
- [SRC on Setmore - Appointments + Workshops](#)
- [Student Newsletters - Google Drive](#)
- [SRC on YouTube - Channel + Videos](#)

More specifically, students can reach the [SRC](#) in the following ways:

- Email - Placement Testing - placement@corpuschristi.ca
- Email - Learning Resources - resources@corpuschristi.ca
- Email - Academic Accommodations - accommodations@corpuschristi.ca
- Appointments - SRC - ccsrc.setmore.com
- Appointments - Writing Lab - ccsrc.setmore.com/mikaelagatchalian
- Appointments - Math Lab - ccsrc.setmore.com/tomtang
- Zoom - SRC - ubc.zoom.us/j/4306296162 - Password - 123456

COVID-19 Resources

- [8 Work from Home Tips](#) (Infographic)
- [B.R.A.C.E. Yourself – COVID Care](#) (Poster)
- [Boosting Your Psychological Immune System](#) (Poster)
- [Coping – How Animals Can Help](#) (Infographic)
- [Coping with Stress, Anxiety & Substance Use](#) (Infographic)
- [Daily Self-care Questions](#) (Poster)
- [Self-care Bingo](#) (Poster)
- [Things I Can & Cannot Control](#) (Poster)

COVID-19 FAQs

What are the symptoms of COVID-19?

Information on the prevention, transmission, symptoms, and treatment of COVID-19 can be found at the [BC Centre for Disease Control](#) website under [Symptoms](#).

What is self-isolation? Do I need to self-isolate?

When it comes to self-monitoring and self-isolating, we recommend following advice of local health authorities. Visit the [Self-Isolation](#) section on the [BC Centre for Disease Control](#) website for the most up to date information on this subject.

Should I get tested for COVID-19?

The BC Ministry of Health has developed a [self-assessment tool](#), to help determine whether further assessment or testing for COVID-19 is recommended.

What should I do if someone I know shows symptoms of COVID-19?

We recommend that you visit the [BC Centre for Disease Control](#) website for the most up to date information about what to do if you're sick. The site includes a link to the [BC COVID-19 Self Assessment Tool](#) that you can use to help determine if you need further assessment or testing.

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