



Arrival Plan for International Students

VCA is committed to ensuring the health and safety of all its students and community by following the guidelines of the Government of Canada, the Province of British Columbia, and local health and safety authorities.

For more information about how we are addressing the COVID-19 situation, and how we are working to protect the health and safety of our community at large, please visit our website.

This document provides an overview of how we are ready to work with international students who plan to travel to Canada to ensure compliance with travel restrictions and mandatory quarantine requirements so that the health and safety of our communities continues to be protected.

International students who have already arranged accommodations with relatives or friends should avoid contact with others until the quarantine period is over. For more information on how to self isolate (quarantine) with others, please visit the Government of Canada Website.

New update on COVID-19. Effective from Feb 22, 2021

Our Designated Institution Contact, Nancy Ruffolo, will contact all prospective International students and their co-arriving immediate family members to download the Government of Canada's ArriveCAN application prior to arrival at the border and complete the information required. International students will be advised to plan to arrive in Canada with adequate time to fulfill the 14-day quarantine plan before attending any classes in person (if applicable). This requires advance flight booking and planning with airlines. They will also be informed that they must take a COVID-19 test before leaving the airport to spend 3 nights in quarantine at a federal government-authorized hotel, which the traveller must pre-book and pay for, while awaiting test results before starting the 14-day quarantine. The student will be required to provide written confirmation that they have read and understood all required protocols and will abide by them. This letter will be placed in the students' file. With a clear test result, the student can proceed to the quarantine site identified in their quarantine plan. Ten-days into their quarantine, the student will use a take-home test provided at their arrival in Canada. A further clear result is required before leaving quarantine at 14 days. Details on these requirements, and the requirements for travelers arriving at land border crossings, are [available online](#).

Accommodation Options after Quarantine Period

There are many accommodation options for students in the lower mainland and Vancouver Island (eg. Homestay furnished and unfurnished rentals in houses, basement suites, condos, apartments). Resources for locating available housing can be found online. You are recommended to be familiar with your rights as responsibilities as a tenant by reviewing the information from the Tenant Resource and Advisory Centre.

Prescriptions and Medications

VCA can make arrangements for prescription filling and other regular medication delivery service with:

- Peoples Pharmacy Sooke Road Victoria BC

Spot Checks

VCA has created a logbook for monitoring students in quarantine. The Vice President of Administration will also be checking in daily to ensure students are getting everything they need so they do not have to venture out to stores etc. Our staff members are well-equipped to assist students with a multitude of challenges they may face in their lives, including those that may arise from their home life, personal relationships, in the classroom and more importantly now during the pandemic. In person or virtual meetings, students can access staff to discuss issues and seek advice and guidance for help in developing coping strategies, or for referrals to professional services within the community.

Tutoring

All students are entitled to free tutoring and one on one coaching as well as career preparation and job search assistance. Since VCA is offering all programs in an online delivery methodology, students will remain connected on a daily basis during online class hours. In addition, students are encouraged to create group chats over social media platforms such as WhatsApp, Discord, Facebook, etc.

Stigma and Mental Health

Additionally, VCA will ensure students have the technology and tools to stay connected through regular zoom calls to reduce the possibility of fear, anxiety or boredom. Students will also be made aware of rules around the Quarantine Act and consequences of failure to adhere via this website. Our commitment to our community, staff, and students is primary and the process of care for all international students will continue to be upheld in perpetuity.

All students have access to ongoing support from our instructors and admin staff. Reliable, accurate messages about COVID-19, including related stigma and anti-racism supports, mental health and cultural/religious considerations are made available. VCA understands that everyone associated with the school has an important role to play in mitigating any social barriers associated with international students, which might influence their continued compliance with infection control measures.

In accordance with the recommendations of the World Health Organization COVID-19 Stigma Guide, the College is committed to being intentional and thoughtful when communicating on social media and other platforms, to consistently show supportive behaviors, and to using simple, accurate language to share the most up-to-date information, purposefully and regularly about how to prevent infection.

Further, we are committed to addressing any instances, either overt or accidental, where anyone associated with the school or community uses terminology, which feeds stigma, undermines empathy, or has the potential to foster the creation of any barrier, which might influence compliance with infection control protocols and measures. VCA will be assisting students who are facing circumstances that relate to their mental health and physical wellbeing. Student Advisors will work with international students to ensure that they are welcomed in an inclusive environment as well as integrated into our education system. Additionally, students will be made aware of the following organizations that provide support.

- [Foundry](#) is part of a province-wide network of integrated health and social service centers for young people ages 12-24. Foundry provides a one-stop-shop for young people to access mental health care, substance use services, primary care, social services and youth and family peer support. Foundry also offers many online services, and a one-on-one FaceTime counseling service for those who are unable to attend the office in person. Foundry also has easy-to-find pages on their website which direct youth to free apps they can use to support their mental health.
- [BounceBack™](#) provides free access to online, video, phone calls, and skills-building program. Seniors, adults, and youth who are experiencing low mood, mild to moderate depression, anxiety, stress, or worry, can receive care from this online resource.
- [Here2Talk](#) is an app that was made for domestic and international students. All students currently registered to study at any post-secondary institution in British Columbia, whether public or private, are eligible for this program!
- Domestic and international students who are over the age of 24 can also access free mental health services. Anyone can call 310-6789 toll-free from anywhere in B.C. to access emotional support, information, and resources specific to mental health and

substance use issues. This phone service is available 24 hours a day. The mental health services and links will be provided to international students during their orientation, so they are aware of what is available to them.

Medical Coverage

All BC residents, including international students, who reside in Canada for more than six months are required to have medical coverage through the publicly funded BC Medical Services Plan (MSP). MSP provides basic medical benefits including doctor/clinic visits and emergency services. The International student manager and team will work with international students to help them to apply for MSP immediately upon arrival in BC by offering to help the student complete the online application form from the MSP website. There is a three-month waiting period for all new residents to BC. During this waiting period, international students will be required to have private medical insurance and the College will provide assistance.

COVID-19 testing and Contact Tracing

The College staff are committed to initiating regular, daily communication with international students who are in quarantine to assess their overall health and well-being.

Common symptoms for COVID-19 include:

Fever Chills Cough Shortness of breath Fatigue Loss of sense of smell or taste.

If an international student discloses that they are exhibiting any COVID-19 symptoms, however mild, they will be directed to continue to avoid contact with others and encouraged to seek an immediate COVID-19 test by calling 8-1-1 to secure a testing appointment.

They will be directed to self-isolate and avoid leaving their accommodation or residence, except to seek medical intervention and transportation will be arranged. Follow up will be made by the College and monitored to ensure the student's safety and compliance as well as assist authorities with contact tracing requirements.

How to Monitor for Symptoms

If you have any COVID-19 symptoms, you should avoid contact with others. Even if your symptoms are mild, self-isolate for a minimum of 10 days. You should not plan to leave your home. Common symptoms for COVID-19 include fever, chills, cough, shortness of breath, fatigue, and loss of sense of smell or taste. Symptoms may take up to 14 days to appear after exposure. If you are unsure about your symptoms, use the **BC COVID-19 Symptom Self-Assessment Tool** or call **HealthLink BC (8-1-1)**.

Anyone with symptoms, however mild, can get tested for COVID-19 in B.C.

Post-Quarantine Requirements

It is mandatory for international students to seek a Medical Professional 24 hours after their

quarantine period to assess that the student is well. International Students will work with the office to ensure this is completed and the student knows where to access a Medical Professional and get testing needed. VCA will continue to support international students and immediate family members after their 14- day quarantine period. This support will include support in mental, physical and health support, anti-racism and COVID-19 stigma supports and mitigation of social barriers to support student compliance with individual COVID-19 infection control practices.

Each international student will work with a Coordinator throughout this process. Confirmation from the Medical Professional will be required to indicate that students are symptom free. VCA will be helping students who are facing circumstances that relate to their mental health and physical well-being. Our team will work with international students to ensure that they are welcomed in an inclusive environment and ensure their success every step of the way.

Post-Quarantine Requirements

A comprehensive handout has been made ready to ensure that international students understand and meet the Quarantine Act requirements for staying in Canada.

If you have any question or concern about the safety on campus or about the Arrival Plan, please contact the College by email or by phone: 250-598-5422 Email: info@vca.ca or email the Vice President at nancyruffolo@vca.ca