

Before you travel.....

Communication and Relationship Building with your Homestay Family

- Have several Zoom or Skype meetings so that you and your homestay family can get to know each other
- Share how you have been living during the COVID experience and the precautions being taken
- Exchange emails and cell phone numbers and program into phones
- Confirm arrival plans
- Build relationships and trust between the families

Household Isolation

- Students need to self-isolate in their own homes in their own home country for two weeks in the lead-up to departure and only have contact with household members
- If a student **MUST** leave their home or come into contact with people outside of their immediate household, all parties must be wearing masks and must maintain 2m physical distancing

Medical Check / Testing

- Students need to get a letter from a doctor within 72 hours of departure confirming that they are healthy and symptom free. If possible, a COVID-19 test should be completed. Please bring with you the medical clearance **AND** also email it to Melissa.jobe@sd71.bc.ca
- Please note that a negative COVID-19 test will not change the requirement to quarantine for 14 days upon arrival.

Completing Arrival Plans

- Download and complete the ArriveCAN app (available for iPhone and Android).
- You must also complete this app before departing
- When you arrive, you will be given a **TOKEN NUMBER**
- This number **MUST** be entered into the app as this is the way that the Government of Canada tracks you
- Failure to do this may result in a fine
- Please have hard copies of these documents as well as you may be asked questions about them when you arrive

Packing

In addition to regular packing requirements outlined in the Student Handbook, please also bring:

- 60 disposable face masks **OR** 30 disposable and 1 cloth face mask
- One large bottle of quality hand sanitizer
- Box of Nitrile gloves
- Thermometer

Bring in your carry-on luggage:

- Cell phone/charger and laptop (all students must have a cell phone and laptop when coming or returning to Canada for the 2020-2021 school year)
- 2 masks
- Travel-sized hand sanitizer (100ml or less)
- Disinfecting wipes
- Passport
- Study permit or permit confirmation document (if you have one)
- Custodianship documents
- Letter of Acceptance (or returning letter)
- Homestay profile and contact information (for Immigration)
- ISP staff emergency contact information sheet (for your use)
- Contact information for your homestay family (for your use)
- Arrival information sheet
- Copy of the Student and Natural Parent Pre-Departure Declaration, signed by yourself and your parents
- Change of clothes