



*Tzu Chi International College of
Traditional Chinese Medicine*
慈濟國際中醫學院

**Tzu Chi International College of
Traditional Chinese Medicine**

COVID-19 International Student Guide

www.tcmcollege.com

Vancouver, BC, Canada

Tzu Chi International College of traditional Chinese Medicine recognizes that these are challenging times for all students, particularly those who are arriving from other countries to study in Canada.

While our institution is not currently offering in-person, face-to-face classes, we are following all Ministry and Health Authority guidelines as previously announced in the post-secondary Go Forward Guidelines, and we are monitoring all levels of government health officials to advisors to update and revise our strategies for student and staff health and safety in ensuring that our plan is updated in policy.

This COVID-19 International Student Guide has been developed according to federal policies on travel, testing, quarantine and borders; the procedures required by the Provincial Health Officer, and the WorkSafeBC's six-steps process.

In addition, TCICTCM follows the guidelines outlined by the AEST and monitoring for changes, ensures the safety of its incoming international students both in advance of travel to Canada as well as on arrival.

This Guide outlines the requirements and procedure during COVID-19 for different periods of time travelling to Canada as an international student to our college.

Pre-Arrival

First of all please click the following link, it will take you to the most updated federal travel restrictions. It includes who can come to Canada, planning your entry to Canada, testing and quarantine requirements and etc.

<https://travel.gc.ca/travel-covid>

Upon registering with our college, students and their co-arriving immediate family are provided with the College 14 Day self-isolation plan (see appendix).

This plan, distributed prior to departure from the international student's home country and available on the college website, outlines the responsibilities of the student upon successful arrival into Canada and the necessary procedures the College will provide to them in terms of duty of care. including the **travellers entering Canada by air** (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/entering-canada-covid-19.html>) and the **Flying to Canada requirements checklist** (<https://travel.gc.ca/travel-covid/travel-restrictions/flying->

[canada-checklist](#)) will be required to 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.

We direct students to download **ArriveCAN** app and **BC Covid-19** app.

With a clear test result, students will proceed to the quarantine site identified in their quarantine plan.

Students are encouraged to contact the institution and are provided with direct contact numbers for our Enrolment Advising team, whereby they are provided with extensions of the information available on the College Self-Isolation plan. Included here are guidelines on safe travel procedures from the port of entry and stressing the requirement to avoid public transit while connecting to their place of isolation.

While the College does not provide its own transportation, instructions are included on how to connect to the many single-rider services (Uber, taxi) to avoid contact with others.

International students are provided with a detailed list and contact information for several prearranged accommodations that offer contactless check-in and adhere to the Federal requirements for Quarantine and self-isolation.

All efforts are made in advance to confirm that the student is bound for a private quarantine location that meets the requirements set out under 14-Day Quarantine Requirements, with arrangements made prior to arrival and assessed to be acceptable by the Government of Canada at the time and point of entry. These procedures are explained to the student prior to arrival, as well as their significance and the consequences for failure to abide by these regulations.

Arrival

- On arrival in Canada, students are required to connect immediately with an Enrolment Advisor, when possible in the student's first language, to update contact information and ensure compliance with mandatory self-isolation procedures.
- Enrolment advisors update the students' profile, noting the place of isolation, mode of transportation, acknowledgement of any symptoms as well as the import of registering for MSP. Once isolated, the College provides robust and consistent wellness checks throughout the students' 14 day isolation.

- The current procedure includes contact by the Enrolment Advising team every day, by telephone during which students are questioned on whether the student is exhibiting any symptoms of COVID or is feeling unwell.

Procedures and information for arriving international students

B.C. Self-Isolation Plan for TCICTCM Students under the Quarantine Act, all international travellers entering B.C. is required by law to self-isolate for 14 days and complete a Quarantine Plan.

Incoming students should have this plan ready to show a border services officer when arriving in Canada. If the students do not show them this document, students may not be allowed into Canada. Much of the information that students will require for the plan is listed below.

Upon arrival, students must contact TCICTCM to let the college know that you are in Canada. The college will update students contact information and will be phoning them for wellness checks throughout the quarantine to insure the safety. Once students are at their place of isolation, they must immediately call us at 604-731-2926 or email to info@tcmcollege.com

For more information on quarantine, preventative measure on flight, and find accommodations for quarantine and please check:

<https://travel.gc.ca/travel-covid/travel-restrictions/isolation>

<http://covid-19.bccdc.ca>

Important and practical information for incoming international students:

You must not use public transport, do not use the bus or the Skytrain.

Use Ride App Services – Uber, you will need to download, create an account and pay via the app.

You do not need to call a Taxi. They will line up in the designated zones. Join the queue and wait for your turn. You can pay using Canadian dollars or by using a credit card

Quarantine means you must not leave your chosen temporary accommodation and stay there for 14 days from the date you arrived.

To self-isolate, you must avoid physical contact with other people and should not use public transport • Wear a suitable mask or face covering • Practice physical distancing.

Carry hand sanitizer and wash your hands frequently

When in the airport: Join the free YVR airport Wifi; Follow the Ride App or Taxi signs and head towards International Arrivals

When Using Apps: If possible, download the app and create an account in advance; to pay using a debit or credit card, or a PayPal account.

Arrival test results

If you receive a negative result on your arrival test, you may check out of the hotel and go directly to your quarantine location to complete the remainder of your quarantine. You must have a suitable plan for your quarantine.

This applies if you:

- Receive a negative test result before the end of your 3-night stay
- Need to use a taxi or ride-sharing service, have a private vehicle, or have an onward domestic flight to reach your final destination

You are still required to complete a test on Day-8 of your quarantine.

On Day-8 of your mandatory quarantine, follow the instructions to complete your test. <https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist/covid-19-testing-travellers-coming-into-canada#day-8-test>

Quarantine 14-day:

Accommodation Options: If you require a place of residence that has not already been arranged as part of your quarantine plan, you must organize 14-day minimum stay at a temporary location. We strongly suggest booking one of the options below. To ensure you have a room, please book in advance.

Surrey: Ramada Langley/ Surrey Address: 19225 – Highway 10 (56th Avenue), Surrey, BC, V3S 8V9 Phone: (604) 576-8388

Reservations: 1-888-576-8388

Check in time: After 3PM

https://www.guestreservations.com/ramada-surreylangley/booking?gclid=CjwKCAjwn6GGBhADEiwAruUcKiqPZShOPgJhjLLZpuXNrCkoHSvSNdrWV6mcyttqo7rGzhaLTFDfehoCpZ4QAvD_BwE

Vancouver: Ramada Downtown Address: 435 West Pender Street, Vancouver, BC, V6B 1V2 Phone: (604) 901-4933

Reservations: 1-800-903-0796.

Check in time: After 3PM

https://www.reservations.com/hotel/ramada-vancouver-downtown?rmcid=tophotels&utm_source=googleads&gclid=CjwKCAjwn6GGBhADEiwAruUcKvLNu_tkEm8RELUOhqEA7ex9H-bCnraZT9f-xMecdg5jf5-vGDm2BBoCG6wQAvD_BwE

Please feel free to search any accommodations that meet your needs and government regulations.

Support for well being

We understand you may be feeling lonely, anxious and homesick during the self-isolation period. If you are experiencing these issues, please visit <https://here2talk.ca/home> or reach out to the college by calling at 604-731- 2926 or email at info@tcmcollege.com

Protocol for 14-day mandatory quarantine

- Daily phone call by a designated person (Rita Chiang) to check if the student is in the house he or she supposed to be in
- If the student is breaking the 14-day mandatory quarantine rule, the case will be immediately report to the college's health and safety committee
- The committee member will contact Vancouver Police non-emergency at 604 717 3321, alternative call Vancouver by-law enforcement officer at 311

Potential Cluster or Outbreak of COVID-19

In the event of multiple confirmed cases of COVID-19 on campus, the College will respond with the following measures:

- Designated contact (Rita Chiang) will call HealthLink BC at 8-1-1 to report an outbreak IMMEDIATELY
- Follow all guidelines and procedures required by Public Health
- Make necessary changes as determined by Public Health

- Suspend in-person classes and attendance on campus until it is deemed safe to re-open the campus
- Support all staff and faculty affected by COVID-19 and in self isolation, allowing them to work from home and/or take days off as needed
- Support students affected by COVID-19 and in self isolation and create accommodation plans to complete their coursework

Continuous Monitoring During Study:

Though the College continues to offer its courses online, all care is given to continually monitor student wellbeing in their homes or other places of residence.

Health and safety instructions are communicated via consistent updates on the college website, through course syllabi and Health and Wellness communiques. Students are required to report if they are developing symptoms of COVID-19, and when these symptoms are announced, college efforts are mobilized to protect the community.

Verification and Assessment When COVID-like symptoms, or COVID itself, is communicated to the institution via staff, faculty or other, all student correspondence is re-directed to the Office of Student Affairs for centralized response efforts.

All students who self-report or who are identified by instructors as visibly exhibiting symptoms are recorded for continual assessment and to inform Provincial health authorities, family and other stakeholders as necessary.

Students who show COVID symptoms are followed up immediately by college Officers via telephone who then direct them to the nearest testing centre for assessment. Via eHealth (or other measure when not available), students are required to submit either positive or negative results.

Violations of the Quarantine Act are taken seriously by the College. If a student is found to be non-compliant to quarantine measures, specific information regarding the situation will be gathered; the time and location at which the incident occurred, and any supporting evidence will be collected and will be reported to local bylaw officer.

Appendix

Groceries

You can organize a grocery delivery online from various stores. Head to their website, add your chosen items to the cart and organize a contactless delivery to your temporary accommodation.

Supermarkets that deliver: • Save on Foods • T&T • Walmart • Real Canadian Superstore

You can also organize a contactless delivery from local restaurants through: • Skip the Dishes • UberEats • Doordash

What if I show symptoms of Covid-19? If you are showing symptoms of COVID-19, and are unsure whether to seek medical care or get tested, contact your healthcare provider, call 8-1-1 or use the BC COVID-19 Self-Assessment Tool.

For testing information or results visit the BC Centre for Disease Control.

Medication

You can organize a prescription delivery through the following pharmacies: • London Drugs • Rexall

Ending your Isolation On completion of your 14 day quarantine period, you must visit an authorized BC Medical Clinic for a health check to insure that you are symptom free and receive a medical note clearing you.

Your enrolment advisor will follow up with you to make sure you have been cleared.

We understand you may be feeling lonely, anxious and homesick during the self-isolation period. If you are experiencing these issues, please reach out to the college by calling at 604-731-2926 or email at info@tcmcollege.com

Other advice for international students

Set up a Canadian credit card and bank account

You will be required to produce a credit card for the majority of your transactions in Canada, as many businesses no longer accept cash. Make sure you secure a Canadian credit card, preferably before arrival.

Sign up for a Canadian phone service, such as Telus, Shaw, Freedom or other.
Groceries You can organize a grocery delivery online from various stores.

MSP You must apply for medical insurance immediately on arrival in Canada.
There is no longer any delay in application for international students to apply for
MSP. Our enrollment team will contact you if you require assistance.