

Fairleigh Dickinson University, Vancouver Campus

Fall 2020

**Fairleigh Dickinson University's Travel and  
Self-Isolation Guide for International  
Students at the Vancouver Campus**



**FDU**  
**Vancouver**

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## **Welcome to FDU Vancouver Campus**

We look forward to welcoming our new international students at our downtown Vancouver campus. Fairleigh Dickinson University, Vancouver Campus (FDU Vancouver) will be offering Fall 2020 courses both on campus and through remote learning. Due to the outbreak of the coronavirus disease (COVID-19), the Prime Minister of Canada announced travel restrictions that limit certain foreign nationals from travelling to Canada and implemented an Emergency Order under the Quarantine Act that requires travelers entering Canada to quarantine for 14 days to manage the spread of COVID-19.

FDU Vancouver has created this document to provide students with the information they require to succeed during their 14-day self-isolation, including where they will stay and how they will meet their needs while confined. Quarantine is mandatory, even for travelers without any symptoms. Travelers without a quarantine plan can face severe penalties including fines, jail time, or inadmissibility to Canada. Please consult the Immigration, Refugees, and Citizenship Canada [website](#) for up to date information.

## **FDU Vancouver Self Isolation Support**

Students that are arriving to Canada by international travel are required to self-isolate for 14 days and [self-monitor](#) for Covid-19 symptoms. International students must [submit a B.C. self-isolation plan](#) and [complete the federal ArriveCAN application](#) at least 48 hours prior to boarding their flight to Canada. Upon arriving in Canada, international students will need to satisfy the Canadian Border Services Officer that they have a plan to quarantine for 14-days. Students can visit the [Government of Canada website](#) for complete information on the requirements for travelers returning to Canada. FDU Vancouver Campus is dedicated to assisting international students with their quarantine plan.

## **ArriveCan App**

**Travelers: Download the ArriveCAN app ([iOS](#), [Android](#), or [web format](#))**

Use this mobile app to speed up your arrival process in Canada and spend less time with border and public health officers. Submit your information easily and securely via the app within **48 hours before** arriving in Canada. The app helps you to:

- ✓ provide mandatory information that is required for entry into Canada
- ✓ avoid lineups and reduce points of contact at the border
- ✓ provide updates on your quarantine compliance and the development of any symptoms during the 14 days after arriving in Canada

## B.C. Self-Isolation Plan

On March 17, 2020, the Provincial Health Officer (PHO) issued a self-isolation order directing people returning to, or arriving in, B.C. from international destinations, including the U.S., to self-isolate. Self-isolation means staying home and avoiding situations where students could come in contact with others.

Students need to [submit their self-isolation plan](#) before they arrive in British Columbia. The plan needs to consider the location of their 14-day isolation and the direct transportation to their accommodation. It must also consider access to necessary supports including food, medication, childcare, cleaning supplies, pet care, social and family support.

## Pre-Arrival Information

To limit the spread of COVID-19, international students entering Canada must follow the rules set out by the [emergency orders](#) under the *Quarantine Act*. Students should [self-monitor](#) for Covid-19 symptoms, prior to boarding their plane to Canada. All air travelers, with few exceptions, are required to wear a [non-medical mask](#) or [face covering while travelling](#). Depending on their country of origin, students may need to pass a health check performed by airline officials. Travelers with symptoms of Covid-19 will not be allowed to board their flight.

**\*Students should contact their airline as early as possible to inquire about documents that they will be required to present at the boarding gate of the airline, prior to boarding.**

As with any foreign national traveling to Canada, international students may be denied boarding by airline agents in their country of origin. Canada's border screening officer or quarantine officer will make the final determination on whether the international student may enter Canada.

As a general recommendation, students should carry the following items on their person before boarding their plane to Canada:

- Passport, with an approved temporary resident visa or Electronic Travel Authorization (if required)
- Study Permit or Letter of Introduction (Visa Approval Letter) from Canada Immigration
- Letter of Acceptance from FDU Vancouver Campus
- Letter of Support of Essential Travel from FDU Vancouver Campus
- Proof of Funds such as bank statements
- Non-Medical Mask

## Helpful items to pack

- Hand Sanitizer
- Disposable gloves
- Medications

- Credit Card
- Thermometer

### **Traveling to Canada**

Students that meet the [travel exemptions and restrictions for international students](#) should take the following steps to travel to Canada:

1. Inform our Admissions Team that you plan to travel to Canada by email at [vancouver-admissions@fdu.edu](mailto:vancouver-admissions@fdu.edu).
2. We will schedule a meeting with the student to discuss travel plans and the self-isolation plan.
3. Complete the FDU Self-Isolation Questionnaire with your flight information and self-isolation plan.
4. Complete the Guard ME medical insurance application for you and any family members traveling with you.
5. Complete the ArriveCan application at least 48 hours before boarding your flight and submit your B.C. self-isolation plan online before arriving in Canada.
6. Upon arriving at Vancouver International Airport (YVR), go directly to your arranged accommodation. Call FDU Vancouver upon arriving at your self-isolation location at 604-648-4465 or email [vancouver@fdu.edu](mailto:vancouver@fdu.edu).

### **How to Self-Isolate Successfully**

International students should follow the BCCDC's [guidelines on how to self-isolate](#) successfully. The guidelines are available in multiple languages. A student's self-isolation plan must consider multiple variables such as the location of your 14-day self-isolation, how they will travel to their isolation location, and arranging necessary supports such as food, medications, childcare, cleaning supplies and family support. Additionally students should take time to read the BC Ministry of Health's [do's and don'ts of self-isolation](#).

FDU Vancouver's representatives will monitor and support student well-being with daily check-ins. We will offer various resources such as free counseling services, interactive webinars and other mental and physical health supports, antiracism and COVID-19 stigma supports.

Students isolating in a home or co-living space should read the following guidance for successful self-isolation:

- [Isolating in the home setting](#)
- [Personal Protective Measures for infection prevention and control](#)
- [Self-care while convalescing](#)
- [Precautions for household members \(e.g. caregivers, roommates\) to prevent transmission to others in the home](#)
- [Supplies for the home when isolating](#)

## Accommodation Options in Vancouver

FDU provides students with various off-campus housing options offered by our partners, for self-isolation or long-term housing purposes. Please contact the housing partner directly for quotes and reservations:

### **GEC Granville**

Located in the heart of Downtown Vancouver, GEC Granville Suites provides fully serviced hotel suites and care packages for self-isolating students and guests.

718 Drake Street, Vancouver

\$616 per week, or \$1,950 per month

\*Meals not included

Contact [reservations@studenthotel.ca](mailto:reservations@studenthotel.ca)

### **GEC Pearson**

Located in the Southside of Vancouver, these are fully-furnished private and shared rooms adjoined to a living space and well-stocked kitchen. GEC Pearson also includes in-suite laundry, gym, outdoor common space, and secure parking.

7657 Cambie St, Vancouver

From \$623 per week \$1,900 per month

\*Meals not included

Contact [reservations@studenthotel.ca](mailto:reservations@studenthotel.ca)

### **YWCA Hotel Vancouver**

A social enterprise hotel by YWCA Metro Vancouver, the Hotel is located within a 5 minute walking distance from the FDU campus in downtown Vancouver

733 Beatty Street, Vancouver

Quarantine rate of \$75 per night plus 12.5% tax. Please inquire for monthly room rates

\*Meals not included

Tel: 604 895 5832

[www.ywcahotel.com](http://www.ywcahotel.com)

### **Accent Inn Burnaby**

3777 Henning Dr, Burnaby

Call central reservations at 1800 663 0298 and ask for self-isolate rate.

\*Meals not included

Please inquire by email [accent@accentinns.com](mailto:accent@accentinns.com)

### **Holiday Inn Express Metrotown**

4405 Central Blvd, Burnaby

\*Meals not included

Call 604-438-1881 or email [sales@himetrotown.ca](mailto:sales@himetrotown.ca) to book

Please contact Director of Student Services, Jobin Mojtavavi, at [jobin@fdu.edu](mailto:jobin@fdu.edu) or 604-648-4465, if you need any further accommodation options or if you need any assistance during your quarantine.

### Transportation Services

Students that arrive by air at YVR airport can access taxi and [ride-sharing services directly outside of the International Arrivals Terminal, Level 2](#). Students should download ride-sharing apps before they arrive in Canada. Students should proceed immediately and directly to their arranged accommodation. Students **should not** take public transportation to their accommodation. Upon arriving at their accommodation, students should contact Jobin Mojtavavi, Director of Student Services, at [jobin@fdu.edu](mailto:jobin@fdu.edu) or 604-648-4465.

- <https://www.uber.com/> (Download the App)
- <https://www.lyft.com/> (Download the App)
- Yellow Cab Co – (604) 681-1111
- Vancouver Taxi – (604) 871-1111
- Maclure’s Cabs – (604) 683-6666
- Black Top & Checker Cabs – (604) 681-2181

<p><b>Food delivery services</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.foodora.ca/">https://www.foodora.ca/</a></li> <li>• <a href="https://www.ubereats.com/">https://www.ubereats.com/</a></li> <li>• <a href="https://www.doordash.com/">https://www.doordash.com/</a></li> <li>• <a href="https://www.skipthedishes.com/">https://www.skipthedishes.com/</a></li> <li>• <a href="https://lazymeal.com/">https://lazymeal.com/</a></li> </ul>	<p><b>Grocery delivery services:</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.spud.ca/">https://www.spud.ca/</a></li> <li>• <a href="https://www.saveonfoods.com/shop-online-how-it-works">https://www.saveonfoods.com/shop-online-how-it-works</a></li> <li>• <a href="https://www.instacart.ca/grocery-delivery/vancouver-bc">https://www.instacart.ca/grocery-delivery/vancouver-bc</a></li> <li>• <a href="https://www.hellofresh.ca/">https://www.hellofresh.ca/</a></li> </ul>	<p><b>Laundry pick-up services:</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.wedolaundry.ca/">https://www.wedolaundry.ca/</a></li> <li>• <a href="https://www.washout.ca/">https://www.washout.ca/</a></li> <li>• <a href="https://www.getfreshlaundry.ca/">https://www.getfreshlaundry.ca/</a></li> </ul>
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### Medical Insurance in BC

FDU Vancouver provides private health insurance coverage for international students through Guard Me, <http://www.guard.me>, one of the leading providers of international student health insurance in Canada. Guard Me will cover students for their first 3 months in Canada. Upon arriving in Canada, students must enrol in the BC Medical Services Plan (BC MSP). It is recommended that students activate Guard Me before they arrive in Canada by contacting Nicolas Galeano, Student Services Assistant, at [nicolasg@fdu.edu](mailto:nicolasg@fdu.edu). Students are provided with instructions on enrolling in BC Medical Services Plan (BC MSP) in their orientation email.

#### **HealthLink BC**

Students that have any health or medically related questions can call **8-1-1** anytime to talk to a nurse at HealthLink BC. 8-1-1 has translation services in 130 languages. Students should call **911** in case of emergency requiring police, ambulance, or firefighters.

## **Virtual Doctor**

FDU's international students that have activated their Guard Me coverage have access to a doctor without having to leave their accommodation during their self-isolation. Students have access to MobileDOCTOR, provided by Guard Me, which allows them to connect with Canadian doctors 24/7. Students must activate their Guard ME insurance before using the MobileDOCTOR app. MobileDOCTOR provides access to doctors, Canada wide, on their phone, tablet or computer anytime, anywhere. Please visit the website to activate the MobileDOCTOR app: <https://www.guard.me/mobiledoctor.php>.

### **Virtual medical doctors online (covered by BC MSP)**

Babylon by TELUS Health <https://www.telus.com/en/bc/health/personal/babylon>

Access Virtual <https://accessvirtual.ca/british-columbia/en/>

## **Technological Requirements in Canada**

FDU is committed to remote learning for students and faculty during the ongoing pandemic and state of emergencies. FDU is fully licensed for Zoom, which is the leading teaching/learning platform for the University. Students require a computer platform that allows high-speed connectivity to the Internet that has audio/video capabilities. This is ideally a laptop with a built in camera but tablets might also work depending on your instructor and course work. Please refer to <https://it.fdu.edu/department/academic-technology/> for more information relating to Academic Technology. Other technology available to students is available at [https://it.fdu.edu/resources?sort\\_by=alphabetical&current\\_page=4&services=28&resource=4000](https://it.fdu.edu/resources?sort_by=alphabetical&current_page=4&services=28&resource=4000).

## **Counselling Services at FDU Vancouver**

Free confidential counseling services are available to FDU students through Zoom. Counseling services are available on Mondays, Tuesdays, Wednesdays and Thursdays from 11am to 2pm, during the remote learning period. Please contact: [fduvcounseling@fdu.edu](mailto:fduvcounseling@fdu.edu) to schedule an appointment.

**Emergency:** Call 911 for immediate help

**Free and Immediate Counselling Service** for post-secondary students in BC

Here2Talk (available on app, phone and web)

<https://here2talk.ca/home>

### **Crisis Line**

Greater Vancouver 604-872-3311 (24 /7)

1-800-SUICIDE (784-2433)



**Police Non-emergency**

Vancouver RCMP: 604-717-3321

Burnaby RCMP: 604-646-9999

Coquitlam RCMP: 604-945-1550

Surrey RCMP: 604-599-0502

**Victim Support Services**

Phone: 1-800-563-0808

Email: [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca)

**Student Monitoring Plan**

Upon arriving at their self-isolation location, students are required to call FDU's monitoring team at 604-648-4465 or by emailing [yancouver@fdu.edu](mailto:yancouver@fdu.edu). Students that have any Covid-19 symptoms must contact 811 immediately. Students that receive a positive test result for Covid-19 are required to inform the university immediately.

During their isolation period, students will have access to various activities designed to address their welfare needs including:

- Synchronous Online Orientation Meetings
- Free Counseling Services meetings available through FDU's Registered Clinical Counselor
- Free Counseling Webinars provided by Guard Me Medical Insurance
- Immigration Information Sessions
- Career Services Workshops
- Virtual Event Programming (Counseling Info Sessions, First Year Events, Speaker Events, Immigration Workshops)

Students will receive a daily phone call from FDU's monitoring team to check on students, their family members' welfare. Students should call 811 to discuss the process to receive medical clearance after their 14-day self-isolation. If any student leaves their isolation accommodation at any point other than a medical emergency, FDU staff will contact the Canada Border Services Agency. Members of the campus' Behavioural Intervention Team are informed of compliance issues related to the 14-day quarantine resulting in judicial conduct meetings with the student.

Upon receiving approved medical clearance, students can leave their self-isolation accommodation.

**Contact Information**

**Address:** 842 Cambie Street  
Vancouver, BC V6B 2P6

**Phone:** 1-877-338-8002  
Toll Free (U.S. and Canada)  
  
24 Hour Emergency Number  
778-868-4126

(604) 682-8112  
Cambie St. Campus

(778) 726-4020  
West Georgia St. Campus

**Fax:** (604) 682-8132

**Email:** [vancouver@fdu.edu](mailto:vancouver@fdu.edu)