

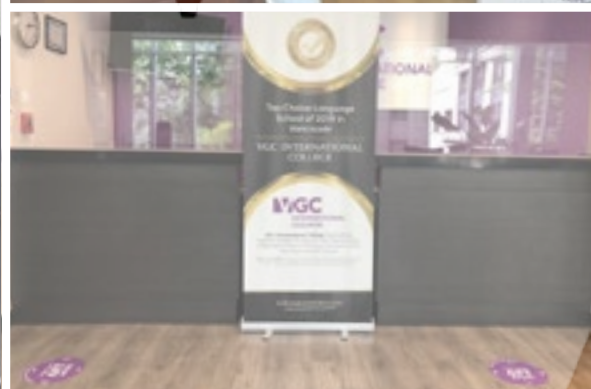
**VGC**INTERNATIONAL  
COLLEGE

# PRE-ARRIVAL PACKAGE

## - COVID-19 SPECIAL EDITION -

### Welcome to VGC International College!

Thank you for choosing VGC International College. In this pre-arrival package, you will find information about your schedule for your first day of school, what you need to bring when you arrive in Canada, some helpful information about Vancouver and how to adhere to Government Regulations due to COVID-19. We look forward to meeting you soon!



## YOUR FIRST DAY AT VGC WILL BE ONLINE!

TIME (PST): 8:15 AM - 1:50 PM OR 3:25 PM (Afternoon Plus Class)

PLACE: On VGC's online platform "Zoom" (you will receive a "First day & Orientation" email the Friday before your first day with download information for "Zoom" and your "Zoom" Access ID # to join orientation)

**Attending orientation on your first day is mandatory.** If you do not show up to orientation on time, you will not receive important information on how to access your classes.

|                                |   |
|--------------------------------|---|
| 8:00 AM (PST)                  | By this time, you should have already taken your placement test (grammar & verbal), downloaded Zoom and registered for your student portal.<br><b>*If you didn't receive an email with this information, check your spam folder.</b><br><b>*If you still continue to have issues, please email <a href="mailto:onlineclasses@vgc.ca">onlineclasses@vgc.ca</a> by 8:00 AM on your first day.</b> |
| 8:10 AM (PST)<br>8:15 AM (PST) | Open Zoom and enter the Zoom Access ID # that you received from the "First day & Orientation" email to be ready for the online orientation, don't be late!  |
| 8:15 AM (PST)<br>8:40 AM (PST) | Online orientation presentation with a member of VGC's staff.   |
| 8:40 AM (PST)<br>8:45 AM (PST) | Join your classes and meet your teachers and your classmates.   |

## WHAT DAYS WILL I GO TO CAMPUS?

In order to follow the safety measures outlined by the BC Government, VGC is offering a "blended-learning" class structure. This means some students will be studying on campus and others will be studying from home using our online platform. Students who want to take face to face classes will be emailed each Friday with their scheduled days to come into campus for the following week.

If you have any questions about this, please ask during your online orientation or email [onlineclasses@vgc.ca](mailto:onlineclasses@vgc.ca)

## WHAT TO BRING FOR YOUR FIRST DAY ON CAMPUS:

- Your passport and visa, proof of medical insurance & your BC mailing address  
**(Note: it is suggested to email [studentservices@vgc.ca](mailto:studentservices@vgc.ca) with this information before you arrive on Campus).**
- Laptop or device and headphones to join the online class while on Campus.

## VGC COVID19 POLICIES AND PROCEDURES:

All students must agree to follow these rules if they are coming to study on campus:

- Temperatures will be taken at the front door and anyone with a fever (a temperature above 37.5 degrees C) will not be allowed into the school and will be asked to go home.
- Social distancing measures must be observed. This means staying 6ft (2m) apart at all times both inside and outside the school. This means no hugging, kissing, handshakes or physical contact of any kind with other students or staff members.
- All signs stating the maximum capacity of a room must be followed at all times.
- Masks will be worn when entering the building, in the school hallways and at any other time as requested by the school/ VGC staff members.**
- Microwaves are not to be used at this time. Some vending machines are also not in use. Fridges are still available to use.
- No groups are to congregate outside the school by the entrance. Any smokers must remain 6ft (2m) from others and from the doorway.
- If at any point students start feeling symptoms (fever, chills, new or worsening cough, shortness of breath, sore throat, new muscle aches, headache), they must go home immediately and call 811 to speak with a professional.**

VGC has the right to ask anyone to leave the school if they are not following these safety measures. Also please note that these policies may change as government regulation changes. You can ask on your first day if there have been any updates.

## PUBLIC HOLIDAYS:

VGC International College is not open on public holidays. If a public holiday falls on a Monday, the school will be closed and orientation will fall on a Tuesday.

You can find the latest information about public holidays on VGC's website: [www.vgc.ca/start-dates](http://www.vgc.ca/start-dates)

## BEFORE DEPARTING YOUR COUNTRY:

1. Communicate with VGC about your arrival and quarantine plan:
  - Make sure you have a plan for your 14-day quarantine period. VGC can provide you accommodation options if needed.
  - Arrange transportation to your quarantine site before you arrive in Vancouver. You should not use public transportation to travel to your quarantine site. VGC can also help arrange transportation for an additional cost.
2. Prepare for 14 days of isolation:
  - Refer to the guidelines from the [Public Health Agency of Canada on How to Self Isolate](#) and ensure you understand all policies under the Quarantine Act. Please also download the BC COVID-19 Support App which provides more information before arriving in Canada.
  - If you are staying in VGC's Homestay or Residence, you will receive additional isolation guidelines.
  - You can take online classes with VGC during your two weeks' isolation. Please ask your VGC representative for more information.
3. Complete Arrival Plans:
  - Complete the [mandatory self isolation plan](#) online and print a copy of it to bring with you on the airplane to present to border officials if need be.
  - Download the federal "ArriveCAN" application to your mobile device and fill out the requested information prior and upon arrival (available for iPhone and Android).
  - Email VGC your BC address and flight details and receive a "Letter of Explanation for Entering Canada" that must be presented to a border agent in Canada.

## WHAT TO BRING TO CANADA

Please see below a list of items you should have with you ready to **present your airline in your country and an immigration officer once you arrive in Canada**, if requested:

- Print out of Self-Isolation Plan & VGC Letter of Explanation for Entering Canada
- Face masks, hand sanitizer, gloves and a thermometer in your checked and carry-on luggage for use during travel
- Valid Passport and Visa (if applicable)
- Port of Entry (POE) Letter of Introduction (if applicable - must be presented to an immigration officer in order to receive your Study and/or Work Permit)
- VGC Letter of Acceptance (if you are receiving a Study Permit, make sure it is valid for the dates on this document)
- Proof of Funds (if applicable)
- Accommodation Details (address and phone number) including cell phone number for the driver
- Travel/medical insurance
- VGC information and emergency phone numbers
- Medical records and immunization records, translated if applicable (useful but not required)

It is important to know exactly what documents and visas you need before entering into Canada. If you are receiving a study or work permit, make sure you receive these documents with the correct dates before leaving immigration. Some countries are eligible for an eTA. For more details visit the IRCC Website.

<https://www.canada.ca/en/immigration-refugees-citizenship/services/come-canada-tool.html>

## ARRIVING AT VANCOUVER AIRPORT

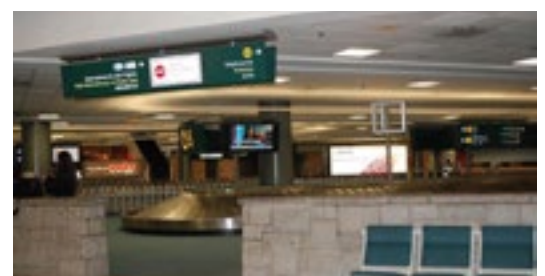
1. Go through Canadian Customs and Immigration. Show your passport, Port of Entry Letter (if applicable), VGC Letter of Acceptance, VGC Letter for Work Permit Application (if applicable) and any other requested documents. If applicable, receive your Study Permit and Work Permit.
2. Wear a fresh mask and gloves
3. Move as quickly as possible through the baggage area and do not enter any stores in the airport;
4. Leave Security Area.
5. Follow all instructions for COVID-19 safe check-in at your quarantine site.
6. If you arranged airport pick-up with VGC, please look for a person holding a sign in the arrival area (see images below).



International Arrival Meet and Greet Area

If you are arriving from a Domestic Flight, you will have already gone through Immigration and Customs where you originally entered Canada. Once you arrive in Vancouver, you will leave the security area and then pick up your luggage.

If you have arranged an airport pick-up with VGC, please look for a person holding a sign in the same area where you get your bags.



Domestic Arrival Area

## COVID 19 SAFE TRANSPORTATION FROM THE AIRPORT:

You should not use public transportation to get to your place of isolation or during your 2 weeks of isolation. VGC encourages all students arriving in Canada to organise their airport pick-up using VGC's airport transfer service for your own and others' safety. If you have not organised your pick-up with VGC, you will be asked to provide a detailed explanation on how you intend to get from the airport to your place of isolation.

### VGC AIRPORT PICK-UP

If you have booked a VGC Airport Pick-Up, follow the instructions given in your Homestay Profile or Residence Arrival Package. If you cannot locate your airport pick-up driver, please do not leave the Airport Arrivals area and call the Emergency Number provided on the instructions.

### AIRPORT TAXIS

Taxis are located on Level 2 of the Domestic and International Arrivals area. Taxi drivers are fully licensed and the prices are regulated. Please refer to the YVR website for detailed pricing information.

<http://www.yvr.ca/en/passengers/transportation/taxis>

## PUBLIC TRANSPORTATION/TRANSLINK FOR COMMUTING TO VGC (Post-Isolation):

The public transportation system in the Vancouver area includes:

- Buses
- SkyTrain (Canada Line, Expo Line and Millennium Line)
- SeaBus (passenger-only ferry between Vancouver and the North Shore)
- West Coast Express (commuter train between downtown Vancouver and Mission City)

The TransLink website has schedules, trip planning, maps, fares and further information: [www.translink.ca](http://www.translink.ca).

You can also use Google Maps to plan your route.

Expect to spend \$100 - \$180 per month on public transportation.

## DURING QUARANTINE

As per the Government of Canada's [Quarantine Act](#), you are required to quarantine for 14 days immediately upon arrival in Canada. This means:

- Stay in your own room for 14 days and avoid contact with others. Do not leave your quarantine room unless there is a medical emergency.
- Practice good hygiene
- Wash your hands frequently with plain soap and water for at least 20 seconds.
- Cover your mouth and nose with your elbow when coughing or sneezing, or use a tissue.
- Package up your garbage, empty garbage frequently and wash your hands immediately.
- Refer to the COVID-19 laundry policy at your quarantine site for having your clothes washed.
- Monitor your physical and mental well-being. If you're not feeling well, use the Government of Canada's COVID-19 self-assessment tool to help determine if you need further assessment or testing. Contact your host school and quarantine provider immediately if you feel sick.
  - Access the Thrive Health [COVID-19 Self-Assessment Tool](#)
  - If you cannot use the online tool, call 8-1-1

Please remember that quarantine is a mandatory requirement of the Quarantine Act and not optional.

### Health Care options if you get sick:

- Welcome BC - Get Health Care: <https://www.welcomebc.ca/Start-Your-Life-in-B-C/Daily-Life/Get-Health-Care>
- BCCDC (BC Centre for Disease Control) - If you are sick: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

### Mental Health Care Options

- Here2Talk - offers confidential mental health counselling 24/7: <https://here2talk.ca/home>
- 'BounceBack' - provides free online, video and phone based coaching for non-crisis situations: <https://bouncebackbc.ca/>
- Canadian Mental Health Association Self Check-In - directs individuals to the most appropriate resources: <https://cmhabc.force.com/MentalHealthCheckIn/s/>

## AFTER QUARANTINE

Following completion of your 14-day quarantine period, if you have not presented any symptoms of COVID-19:

- For the duration of your stay in Canada, please be mindful of and respect public health directives:
  - Continue to practice proper hygiene, including hand washing and use of hand sanitizer;
  - Use proper coughing and sneezing etiquette;
  - Practice physical distancing.

## HELPFUL INFORMATION:

### FACTS:

- Time Zone: Pacific Standard Time
- Age of Majority and Legal Drinking Age: 19 (Two pieces of ID are required)
- Taxes: Goods and Services Tax (GST): 5% & Provincial Sales Tax (PST): 7%
- Tipping: It is customary to tip 15%-18% on the total before tax. Tipping is expected for services such as restaurants, taxis, hairdressers/salons, etc.

### WEATHER:

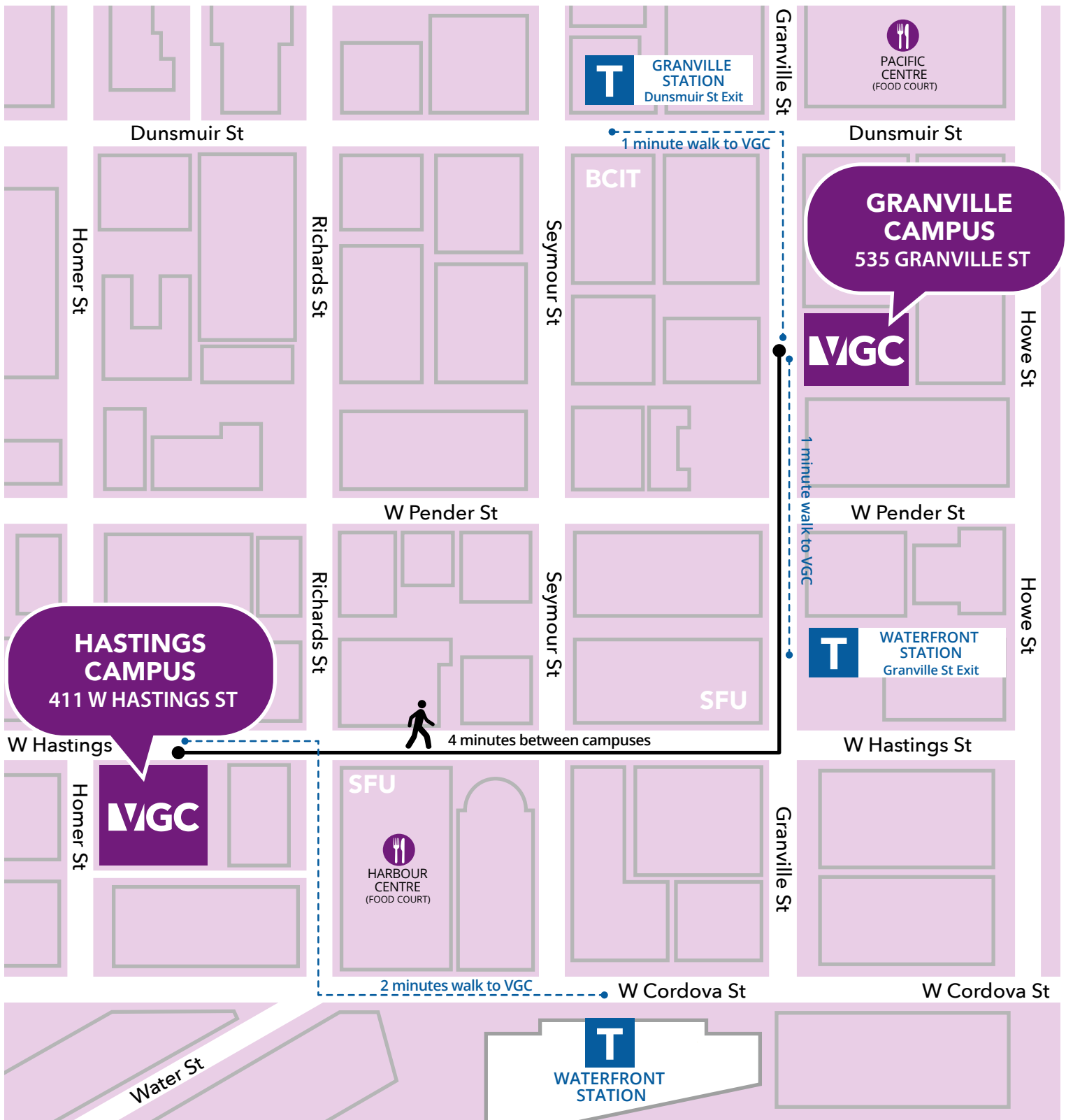
The average temperatures are:

- June - August: 20 - 25 C
- September - November: 10 - 18 C
- December - February: 0 - 5 C
- March - May: 5 - 15 C

### CURRENCY / PAYMENT METHODS:

You can exchange most currencies for Canadian dollars at most commercial banks or at the currency exchange office at the airport or in the city. Major Credit Cards such as Visa or MasterCard are widely accepted.

We advise you to have CAD \$200 in cash when you arrive in Canada.



If you have any other questions, please contact us:

Email: [marketing@vgc.ca](mailto:marketing@vgc.ca)

Campus: +1.604.688.9057

Fax: +1.778.737.9057

• Granville Campus: 535 Granville St

• Hastings Campus: 411 W Hastings St