



**STENBERG
COLLEGE**

Pre-arrival to Canada Preparations for Stenberg College International Students

Please note that this information is for currently registered SCI international students with either a study permit approval or study permit valid on or before March 18, 2020.

Stenberg College (SCI) is committed to ensuring the health and safety of all its students and community by following the guidelines of the Government of Canada and health authorities. For more information about how SCI is addressing the COVID-19 situation and how it protects the health and safety of our community, please visit our [website](#).

This bulletin is to provide SCI international students who plan to travel to Canada with important information regarding the current travel restrictions and mandatory quarantine requirements considering COVID-19. Please review this information carefully for important updates and resources for a safe arrival in Canada. It is the responsibility of SCI international students to understand the federal and provincial laws and regulations before planning to arrive in Canada. Students are recommended to review the government websites regularly for up-to-date information as they are subject to change. As best practice, international students and their co-arriving immediate family members are encouraged to download the Government of Canada's [ArriveCAN](#) application prior to arrival at the border and complete the information required.

Travel Restrictions and Quarantine Requirements

Before you make plans to travel to Canada, it is important that you understand the travel restrictions and exemptions for international students. Please refer to the IRCC website for more information regarding [travel restrictions and exemptions](#). It is important to note that Canada border services can use their discretion to determine if your travel is considered discretionary (not essential) or non-discretionary (essential) based on the information you provide. Travelers arriving in Canada are required to self-isolate (quarantine) for 14 days under the [Quarantine Act](#) in order to slow the spread of COVID-19. Please visit the IRCC website for information about [quarantine requirements](#).

Communicate with IE your Travel Plan

If you have determined that you are [eligible to travel to Canada](#) and have booked your flights, please email the IE office the following information:

1. Your full name, student number, and program of study
2. A copy of your flight ticket
3. Your [self-isolation/quarantine plan](#)

4. Once you arrive in Canada, please email the ieoffice@stenbergcollege.com to let us know when you arrived
5. You must stay in your quarantine location for 14 days before you can attend classes (if required). All students are required to complete a pre-screen questionnaire before being allowed to come on campus. Please email the ieoffice@stenbergcollege.com for a copy of the questionnaire which must be submitted to IE before arriving on campus.

Planning your Travel to Canada

International students should plan to arrive in Canada with adequate time to fulfil the 14-day quarantine plan before attending any classes in person (if applicable). This requires advance flight booking and planning with airlines.

Things to prepare for the flight (check with airlines for specific guidelines):

- Wear a non-medical mask or face covering
- Wear gloves (if applicable)
- Practice safe social distancing
- Carry hand sanitizer and wash hands frequently
- Things to prepare upon arrival in Canada:
 - Wear your non-medical mask or face covering on until you reach your quarantine location
 - Provide basic information using the [traveler contact information form](#)
 - Undergo a [health check screening](#)
 - Provide [quarantine plan](#)
 - Show your passport, SCI's letter of offer, [Port of Entry Introduction letter](#) or study permit, proof of funds, and course registration information.

Transportation from Vancouver International Airport (YVR) to Quarantine location

International students will have direct transportation from YVR to their quarantine location and Stenberg will arrange the student to be picked up and dropped off in a safe and viable manner. Stenberg is committed to working directly with international students through an approved carrier so that their rides are arranged and will be paid by the college. The following websites include transportation options that SCI will consider:

[Taxis](#)

[Ride App Services \(Uber & Lyft\)](#)

Note: You should not take public transportation (Canada Line) once you leave the airport as you will be exposing yourself to the public. When taking public transportation after your quarantine period, you are required to wear a mask or face covering as stipulated by [TransLink](#) effective August 24, 2020.

Accommodations for 14-day Quarantine Requirement

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](#).

SCI has been in contact with hotels/tourism accommodations to provide a list of hotels that would be able to accommodate international students.

Best Western – King George

Option #1 A room with 2 queen beds at the rate of 115.00 per night plus tax for September and 105.00 per night plus tax for October and November

Option #2 A room with 2 queen beds and a kitchenette, this room also includes a cooktop, sink, larger fridge, over the range fan, pots pans and cooking utensils. The discounted price for this room will be 125.00 per night plus tax for September and 116.00 per night plus tax for October and November.

Option #3 A room with 1 King bed in the bedroom and a pull-out sofa bed in the living room. This room also has a kitchenette and includes everything like option #2 except the 2 queen beds. The discounted price for this room will be 139.99 per night plus tax for September and 129.00 per night plus tax for October and November.

Address: 8033 King George Boulevard, Surrey, BC, V3W 5B4

Features: kitchenette in most rooms, exterior entry to guest rooms

Contact: Nav Dhillon- Ph: 604-502-9000 / Email: management@bestwesternsurrey.com

Discount code: Ask for "Student Isolation" to be given these rates.

Linda Vista Motel – King George

Rate: \$1250 inclusive of taxes for 14-day period

Address: 6498 King George Blvd, Surrey BC V3W 4Z3

Features: Complete kitchen to prepare meals, comfortable air-conditioned room, high-speed internet, and cleaning schedules.

Contact: Reception- Ph: 604-591-1171 / Email: lindavistamotel@hotmail.com

Canadian Inn – King George

Rate: \$1200 inclusive of taxes for 14-day period

Address: 6528 King George Blvd, Surrey BC V3W 4Z3

Features: All suite hotel with kitchenette in most rooms, located near Brentwood Mall area, continental breakfast included, in house daily meal option

Contact: Reception - Ph: 604-594-0010 / Email: Canadian_inn@shaw.ca

Quarantine Period with Family Members

In the event that international students planning to arrive have a family member in British Columbia and wish to quarantine at their residence, all students must provide details on the relationship of the family member and information regarding how they will successfully quarantine at the chosen residence. There will be a comprehensive checklist for international students to go through to ensure that they meet the Quarantine Act requirements and the chose location is viable and safe for the student to quarantine. This option will need to go through a process with the International Liaison to ensure all aspects of the Go Forward Plan are being met. Consent from the family to take care of the international student must be provided in writing.

Accommodation Options after Quarantine Period

There are many accommodation options for students in the lower mainland (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](#).

Post-quarantine Requirements

It is mandatory for international students to seek a Medical Professional 24 hours after their quarantine period to access that the student is well. International Students will work with the IE office to ensure this is completed and the student knows where to access a Medical Professional and get testing needed. Stenberg 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 Stenberg Student Success Coordinator throughout this process. Confirmation from the Medical Professional will be required to indicate that students are symptom free.

Social Stigma

Stenberg will be helping students who are facing circumstances that relate to their mental health and physical wellbeing. Student Success Coordinators will work with international students to ensure that they are welcomed in an inclusive environment and ensure their step of education success each way. For more information surrounding social stigma, please visit this [document](#).

Homestay – Northwest

International students may want to experience life with a Canadian family until they become accustomed to their new surroundings. Homestay is a safe and secure choice, providing students the opportunity to practice English outside the classroom and learn about the Canadian way of life.

Placement fee	\$200
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HOUSING RATES PER WEEK – Direct Students			
Price per week	Room stays (no meals)	Homestay (2 meals)	Homestay (3 meals)
Single Adult (+18)	\$195	\$227.5	\$237.5
Single Minor (-18)	N/A	\$248	\$260
*Double Adult (+18)	\$183	\$217.5	\$232.5
Extra night Adult (+18)	\$35	\$37.5	\$37.5
Extra night Minor (-18)	N/A	\$40.5	\$40.5

* Special requests of 2 students traveling together. Subject to availability

- **Homestay high season supplement June 1/20 to August 31/20 \$20 extra per week**
- **Notarized Custodianship \$100**

Address: Suite 109 – 7330 Salisbury Avenue, Burnaby, BC, V5E 4N8

Contact: Reception – Ph: 604-628-8491 / Email: info@northwesthomestay.com

Meals and Groceries

Travelers to Canada may not leave their quarantine location to purchase meals, groceries, or other necessities. Stenberg College will arrange to have someone deliver meals and groceries and other necessities as needed. Stenberg College will be providing students a 14-day supply of food and will work with international students on securing delivery of the food so that students do not need to leave their quarantine location. Some options are listed below for stores and delivery services that will be used to assist international students during their quarantine time.

Grocery delivery services:

- [Real Canadian Superstore](#)
- [Save-on-Foods](#)
- [Safeway](#)
- [T & T Supermarket](#)

Meal delivery services:

- [Door Dash](#)
- [Uber Eats](#)
- [Skip the Dishes](#)

Medical Insurance

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. You should apply for MSP immediately upon arrival in BC by completing 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, you will be required to have private medical insurance.

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. [Find a testing center](#).

Do you have any questions or suggestions? Call us at 1-778-956-7091 or email leoffice@stenbergcollege.com. We are available Monday to Friday, 8:30am to 4:00pm (temporary work hours)