

Wilfrid Laurier International College



International Student Travel Guide

Welcome to Wilfrid Laurier International College!

Whether you are returning to WLIC or starting your first semester of your college experience everyone at WLIC is incredibly excited to support you through your journey.

The purpose of this guide is to help you prepare for your trip and to ensure that you arrive safe to your residence in Canada.

At WLIC, we have a dedicated Student Success team who are available to support students with any questions they may have from academics to personal concerns. Advisors are also available if you need help in understanding and using the information in this guide. Please do not hesitate to reach out to the Student Success advising team anytime by email at advising@laurieric.ca, or by dropping into a Zoom appointment through your Student Portal!

We want to ensure that you are prepared and safe to transition to life in Canada prior to beginning your studies at WLIC. This Guide is meant to offer you a starting point to learn about resources that will help you through that transition to life in Canada as well as to build a network of support, community, and connections as you settle into your residence.

WLIC is committed to creating a diverse, equitable, and inclusive community offering mental health and anti-racism support where students are comfortable in reaching out for personal help, asking questions, seeking support, speaking about health and well-being and addressing any other issues that personally impact them. As a community, we are all working together to use COVID-19 transmission control practices, including reporting of symptoms, isolation and quarantine, wearing masks or face coverings, physical distancing, handwashing, proper hygiene, and sanitization.

Wilfrid Laurier International College is adhering to all Orders declared by Provincial Health Officers and regularly monitoring Orders and public health guidance as part of routine operations. We strive to keep students as up to date as possible as our plans, protocols, and processes are updated routinely to reflect the dynamic nature of the COVID-19 pandemic.

Please read through this guide carefully to start to plan your individual journey to WLIC for your unique needs. Your health and safety are our number one priority and as circumstances are continually evolving, it is more important than ever to understand where you can connect for support, build community, and connection.

We wish you all the best in the start of your semester!

Sincerely,

Ben Collins

Director and Principal
Wilfrid Laurier International College

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Arrival to Canada

Coming to Canada

This guide has been prepared to help you plan for your arrival, and the arrival of your immediate family members, in Canada and to ensure you are prepared to follow the government mandated self-isolation COVID19 protocols.

Fully Vaccinated Travelers

All travelers to Canada who have received at least 2 doses of an approved vaccine in Canada: Pfizer, Moderna, AstraZeneca, Bharat Biotech, Sinopharm, Sinovac, Janssen or a mix dose of these and a J&J dose will not be required to quarantine upon arrival. (check here: <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada>). Travelers may also receive their second dose 1 week before arrival, otherwise travelers must:

Download the ArriveCAN app (iOS, Android, or web format)

- iPhone: <https://apps.apple.com/ca/app/canarrive/id1505394667>
- Android: https://play.google.com/store/apps/details?id=ca.gc.cbsa.coronavirus&hl=en_US

It is a requirement that you use the ArriveCAN app or website prior to boarding your flight to Canada. You can submit your information easily and securely via the app within **72 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

Travelers must complete the federal ArriveCAN application for approval prior to their return to Ontario. All the most up-to-date information can be found on this Canadian government travel website: <https://travel.gc.ca/travel-covid> WLIC staff will support you in preparing for your trip. We have prepared the Guide as a resource to ensure you are following COVID19 protocols and that your arrival to Canada is safe.

You will be required to confirm your understanding of the pre-arrival requirements as part of your WLIC Pre-arrival Questionnaire, so please ensure you have read and understood this information. WLIC staff are available to support you should you have questions at advising@laurieric.ca

To begin, please read the Pre-arrival and Quarantine instructions and then use the following Pre-arrival and Quarantine checklist to help you complete the WLIC Pre-arrival Questionnaire: <http://machform.laurieric.ca/view.php?id=10839>

Pre-Arrival Check-list

Please use the following checklist to guide you through the necessary steps to prepare for travelling to Canada.

The WLIC International Student Travel Guide will also have resources and recommendations to support you to complete the checklist to ensure you are fully prepared to arrive.

- Submit [WLIC Pre-arrival Questionnaire](#) and get assigned a Designated Support Person
- Work with your designated support person to select and book or arrange appropriate accommodations where you can self-isolate if necessary.
- Register for Guardianship, if under 18 years of age
- If you are arriving before the 1st of the month for the start of your semester (Jan, May or Sept), please ensure to arrange medical insurance coverage prior to your Guard Me insurance beginning.
- Identify the closest clinic and hospital to your accommodations
- Learn about additional community resources for physical and mental health:
 - Guard Me Medical Insurance
 - Mobile Doctor
 - MySSP (Keep Me Safe)
- Identify an Emergency Contact
- Review all additional resources to support with the transition to life in Canada
- Complete your pre-arrival check-in with your Designated Support Person, including receiving information about your arrival transportation
- Complete the Federal ArriveCan application, 72 hours before travel
- Arrive in Canada
- If selected for a randomized arrival test. As a fully vaccinated traveler, you can travel to your destination, including on connecting flights, without waiting for your arrival test results.

If you test positive upon arrival and are required to quarantine based on local public health requirements:

- Choose an option for food and necessary supplies
- Ensure you have the financial means to cover the cost of a Quarantine
- Monitor yourself and family for symptoms and call to report through Public Health Agency and report within 24 hours
- Email advising for Rapid Tests at advising@laurieric.ca
- Engage in the community, build connections, and rest
- Must report covid positive test to [WLIC Covid-19 Self Isolation Report](#) within 48 hours

Accommodations

Students and families arriving in Canada must have suitable accommodation in case they test positive. If you already have a house or apartment, your home may be a suitable place to quarantine, however there are additional options in the event that you are in a living arrangement in which you are not able to fully isolate from others there are recommendations you can take such as, staying in separate rooms, using building ventilation system, use different bathrooms, roommate should be testing as well. Homestay primarily hotels arrangements and alternate accommodation options may be available upon request but must be approved by your WLIC Designated Support Person to ensure compliance with Public Health requirements.

Hotels are committed to providing a safe and clean environment for all guests and have a series of health and safety protocols that they are obliged to follow. Hotels will need to confirm that they are meeting the [Public Health Ontario Cleaning and Disinfecting for Public Settings requirements](#).

Hotels may provide additional services and have additional requirements if a student is self-isolating for at least 5 days when fully vaccinated and at least 10 days if immunocompromised. Please inquire at the time of booking.

Hotels	Rate ¹	Features	Booking Procedure
Holiday Inn Toronto International Airport (3 Star Hotel)	Less than 3 days: \$239+tax More than 4 days: Room: \$129+tax	<ul style="list-style-type: none"> Meals included Wi-Fi included Complimentary Shuttle Pick Up TV, mini-fridge, microwave, and coffeemaker 	Book here: +14166757611 reservations@yyzia.com 970 Dixon Rd, Toronto, ON M9W 1J9
DoubleTree by Hilton Toronto Airport (4 Star Hotel)	\$289+tax	<ul style="list-style-type: none"> Meals included Wi-Fi included Complimentary Airport Shuttle Pick Up In room coffee, tea, mini-fridge, TV 	Book here: +14166742222 925 Dixon Rd, Toronto, ON M9W 1J8

¹ Rates are per night and exclusive of applicable fees and taxes, unless noted and subject to change

Arrive Safe

Upon landing in Canada, you will be required to go through Immigration where you will meet with an Immigration Officer from Canada Border Services Agency (CBSA). They will likely ask you questions about your reasons for coming to Canada. To help you prepare for this process.

WLIC has prepared an arrival document that you can show to the Immigration Officer, along with your WLIC Letter of Offer, Letter of Acceptance, and other documents they may request to see. Your Pre-arrival Questionnaire will be emailed to you once you complete the form located at <http://machform.laurieric.ca/view.php?id=10839>. By completing this form, the WLIC office will have your current plan for pre-arrival, helping us have your contact details for when we follow-up with you as you get settled to make sure you're doing okay.

This information is also useful for the Immigration Officer to see that you have organized a plan to ensure your safety and those around you.

Please be aware of the below to ensure your travel and arrival is safe for yourself and others:

- Be prepared to follow airline and airport directions about wearing a mask/face covering, washing/sanitizing your hands, staying 2 meters apart from other people, or other actions.
- Answer every question from airline, airport or CBSA staff completely and truthfully. It is okay to ask someone to repeat a question or explain it in a different way if you do not understand.
- Wear a mask or face covering while traveling to your place of residence.
- Contact the WLIC office by emailing advising@laurieric.ca to notify WLIC that you have arrived. Be sure to give the student success advisor your most up to date contact information (email address, postal address, phone number).
- Please continue to check these websites for the most up to date information:
 - Government of Canada COVID-19 information [here](#).

Transportation from Airport to Accommodation

Arriving students and their family members can travel from the Airport to their accommodation in transportation arranged by WLIC that meets public health protocols and standards. All drivers are aware that they will be transporting passengers arriving from abroad. Steps you will need to take upon arrival include:

- complete a self-assessment of COVID-19 prior to meeting your transportation representative (driver) (information on how to complete this is here <https://covid-19.ontario.ca/self-assessment/>.)
- meet your transportation representative directly at the airport point of entry (details will be provided to you when your booking is made through your Designated Support Person.)
- on meeting your transportation representative, they will provide you with a new mask which you must wear. They will also remind you of your obligations to practice physical distancing and hand hygiene throughout your travel.
- travel directly to your quarantine accommodation in private transportation, do not make any stops.
- confirmation will be required in pre-arrival documents that there will be no planned or unplanned stops during your travel to your accommodation from the airport.

Please see below for options available to you:

Types	Information	Booking Procedures
<p>WLIC Pre-Arranged Transportation</p>	<p>If you are not staying at a hotel which is providing a shuttle service for pick-up, private transportation will be arranged for you through your Designated Support Person.</p> <p>Students will submit their flight information through the Pre-arrival Questionnaire and WLIC will arrange for students and family members to be picked up and brought directly to their destination.</p>	<p>Please indicate on your WLIC Pre-arrival Questionnaire that you need transportation and an WLIC representative will contact you to follow up to confirm your transportation arrangements.</p>
<p>Shuttle Bus to Hotel</p>	<p>Follow Instructions provided at the airport for the shuttle bus to the hotel.</p>	

Custodial Guardianship

In Canada, an individual under the age of majority is a minor in Canada. In Ontario, the age of majority is 18 years, so individuals under the age of 18 require a "Custodial Guardian" to ensure that that the student is safe and has the support needed to live in Canada.

Guardians will support students in many areas of their life based on their individual needs to ensure they are successful.

Here are some ways that a guardian will support students:

- Maintaining regular communication to support students with questions and concerns
- Signing official documents for activities or services which require waivers
- Ensuring students understand federal, provincial, and municipal laws and regulations
- Communicating with the college regarding academics, process, and transition
- Supporting with opening accounts for cell phones, bank, etc.
- Responding to emergencies, making medical decisions, and overseeing the general health and well-being of the student
- Offering support with homestay families or residence

Guardianship	Fees	Booking Procedure
International Student Guardianship Canada	Please visit their webpage for a list of services: https://isguardianshipcanada.com/about-isgc/	Please apply directly through: https://isguardianshipcanada.com/contact-us/

Stay Fed, Stay Healthy

Groceries and Essentials

Below are some retailers that offer delivery service for essential food and personal items. It is important to order supplies to maintain good hygiene, such as soap, shampoo, toothbrush, toothpaste, and toilet paper. Please consider ordering some medication like, Vitamin C, cold and flu medication. When ordering food, please keep in mind the difference between perishable and non-perishable food items.

Perishable Foods are items that likely need to be refrigerated otherwise they will spoil



Non-Perishable Foods do not require refrigeration and will last a long time



 Walmart	 Amazon	 Instacart
Is a large supermarket	Online shopping and delivery system	An online hub for multiple supermarkets based on your address
There is a delivery fee of \$9.97 Minimum order value of \$50 (before taxes and fees) to be eligible for Grocery Delivery	Amazon Prime allows for free and potentially faster delivery If you do not have Amazon Prime, delivery fees depend on the items	Instacart Express is a membership which has an annual fee but with it \$0 fees on orders of \$35 or more Supermarkets includes Walmart, Shoppers Drug Mart, T&T Supermarket etc.
App is available		

Halal Food Options

Freshco is a grocery store located at 50 Market St S, Brantford that sells halal meat. This is within walking distance of the Brantford campus and student residences.

Halal Restaurants Downtown

Chinese Sisters conveniently located at 120 Colborne St, Brantford serving traditional Chinese food. <https://www.thechinesesisters.com/>

[Pizza Depot](#)

Low-key pizza spot right next to the One Market building offering affordable pizzas with halal options. Located at 18 Market St Brantford Ontario

Pita Plus Shwarma is located at 28 Market St, Brantford serving Middle Eastern cuisine.

<https://pitaplusbrantford.com/>

Meal Kit Delivery

There are several local companies that deliver easy-to-assemble meal kits. These come with the ingredients and recipes to help you make the meal yourself. These services require you to cook the meals at home. All these companies are subscription-based with varying costs per meal.

If you are looking for cooked meals to be delivered to you feel free to check out these [Prepared Meal Delivery](#) options.

Below is a list of some of the services readily available in Toronto:

[Good Food](#)

Weekly grocery delivery service. Fresh, and high-quality food delivered straight to your door, at good prices!

The logo for 'goodfood' is written in a lowercase, teal-colored, sans-serif font.

[HelloFresh](#)

HelloFresh is a meal kit delivery service! We plan, prep, shop, and deliver fresh ingredients straight to your door. All that's left for you to do is cook. So sit back, relax and let HelloFresh take care of the time-old question of "What's for dinner?"



[Chef's Plate](#)

Order from a weekly menu of meals delivered to your door you can easily make by following a set of instruction on provided cards. You might just end up with tacos, enchiladas, pork chops or mac n' cheese.

The logo for 'chefs plate' is written in a red, lowercase, sans-serif font, with a red brushstroke underline beneath the word 'plate'.

Take Out Delivery Services

The services below deliver already cooked ready to eat foods from a variety of restaurants. Each of these services drive to the restaurant to pick up the food, but these services are not restaurants themselves. This means that the driver is typically not associated with the actual restaurant.

Some restaurants will have delivery fees typically between \$3-\$5, however sometimes you qualify for free delivery if spend over a certain price for the entire order, typically between \$20-\$30.

You can leave instructions for drivers in the app to ask them to call you on arrival, leave the meal on your doorstep, or to go around to the back of a basement suite. Each app will tell you what payments are accepted.

Visa gift cards may be an alternative if you do not have access to an international credit card but please check with each location.

 Skip the Dishes	 Uber Eats	 DoorDash
Rated most popular take out service	Known for fast delivery	An additional option for busy days
Credit or debit.	Credit, debit, Paypal, or gift card	Credit or debit.

Health and Medical Insurance

Please be prepared, prior to arriving in Canada, to bring enough of any anticipated required medications or personal care supplies. Please see below for more information on medical services (doctor) or to access to medication should the need arise during your self-isolation or quarantine.

Medical Insurance Providers

Guard Me

- Guard Me insurance is mandatory for all students at WLIC and will be active unless you have previously opt-ed out.
- The WLIC Student Guard Me Portal has a lot of useful links to search for clinics, submit claims online and register for Mobile Doctor, and MySSP.
- Your Guard Me insurance is meant for new or emergent conditions.
- Please see the WLIC Medical Insurance page for coverage details.



Private Insurance

- Students may have private insurance through their family and if that is the case should consult directly with their provider regarding coverage and claims.

UHIP (University Health Insurance Plan)

- [UHIP](#) is a plan for international students that provides medical coverage similar to OHIP (Ontario Health Insurance Plan). International students will automatically be enrolled in UHIP once they transfer to Laurier.

Finding Clinics and Pharmacies

Search for a Canadian Clinic

- Use the WLIC Guard Me Portal and to find clinics that are close to your home.
- Guard Me "Preferred" clinics may show up in your search and that means that if you bring your Guard Me card you will not need to pay for the cost of the visit.
- If you want to visit a clinic not on the preferred list, you will need to pay for your visit and then submit and online claim.
- If you need support in arranging a medical appointment, please contact your Designated Support Person.

Pharmacies

- A pharmacy is a store that has a combination of prescription medications that a doctor will prescribe you after a visit as well as other useful medication that you can receive "over the counter" to treat minor coughs, colds, and flus.
- A pharmacist can help you to find the over-the-counter medication you need if you need advice.
- Pharmacies can be their own store, for example Rexall, Shoppers Drug Mart, however other large grocery stores, such as Walmart, No Frills, Freshco, Zehrs, Metro, and etc, may also contain small pharmacy sections where you can get over the counter medicals like pain relief medication, cough syrups, throat lozenges, thermometers and so on.



Online Health Care Providers

Mobile Doctor

- A convenient way to connect with a medical practitioner online without having to leave your home. Through Mobile Doctor, you can describe your symptoms and receive recommendations or prescriptions for your ailments. You can chat, audio call, or video call a doctor!
- If you are using Guard me, then click here to start using Mobile Doctor.



Online Mental Health Resources

Keep.me Safe / My SSP

- The keep.meSAFE Student Support Program (MySSP) offers free counseling support for 24/7/365 through the My SSP app. This is a confidential and voluntary service available to your university or college.
- Start a real-time chat or phone call with an advisor/counsellor, schedule ongoing phone and video sessions with an advisor/counsellor, text, call, or chat online.
- [Register here](#) to start using MySSP.



7 Cups

- A website which provides online therapy and free support to people experiencing emotional distress by connecting them with trained listeners. The listener, trained in active listening, interacts with the person seeking help via an anonymous and confidential live chat.
- Visit the website [here](#) for more information!



Reducing Social Stigma of COVID-19

Any concerns about racism related to COVID-19 should be escalated to advising@laurieric.ca or to the College Director. As a college founded on the values of diversity, equity, and inclusion, racism and marginalization are not tolerated.

Please visit these websites for additional resources on reducing social stigma:

- [World Health Organization – Social Stigma Associated with COVID-19](#)
- Public Health Agency of Canada:
 - [COVID-19: Testing and reducing stigma:](#)
 - [Addressing Stigma: Towards a More Inclusive Health System:](#)
 - [Addressing stigma in Canada's health system:](#)

Important Phone Numbers

1-866-797-0000: Telehealth Ontario

- If you experience any medical problems and want to speak to a registered nurse 24/7, [Telehealth Ontario](#) is a free, confidential service you can call to get health advice or information.
- The nurse will help you decide whether to:
 - handle a problem yourself, visit your doctor or nurse practitioner, go to a clinic or hospital emergency room, or contact a community service
- You can contact Telehealth Ontario when you have health-related questions or concerns about:
 - illness or injury that may need medical care
 - illnesses that don't go away or keep coming back
 - food and healthy eating (you will be connected to a registered dietitian)
 - teen health and issues
 - depression, suicide or other mental health concerns
- Translation services are available in more than 300 languages.
- If you notice any symptoms of COVID-19, please visit the [Government of Ontario COVID-19 webpage](#), to complete a self-assessment and direct you to a testing site if needed.

911: Emergency Police, Fire, and Ambulance

- The general rule: Dial 911 when there's an immediate threat to life or property, such as an accident, a crime, a fire or a medical emergency
- Serious medical emergencies warrant a 911 call, so don't hesitate if you witness a heart attack, stroke, anaphylaxis, broken limbs, choking, drug overdose, drowning, a psychotic episode, or uncontrolled bleeding



211: Ontario 211 Services

- It is a free, confidential, helpline that simplifies finding support and community services for Ontario residents and an online database of services in Ontario.
- The 211 helpline phones are answered by Information and Referral Specialists at 6 organizations in Ontario. These organizations are 211 Regional Service Partners - 5 non-profits and 1 municipality.

Telephone Counseling Hotlines

- 1-800-Suicide (1-800-784-2433): for individuals who are or know someone who is having thoughts of suicide. The service is available 24 hours a day, 7 days a week and in up to 140 languages. Operated in partnership with Crisis Intervention and Suicide Prevention Centre of BC.
- 1 (833) 456 4566: Canada Suicide Prevention Service: The new Canada Suicide Prevention Service (CSPS) enables callers anywhere in Canada to access crisis support using the technology of their choice (phone, text or chat), in French or English.

Financial – Setting up a Student Bank Account

As a student, you can set-up a Canadian Bank account with no monthly fees.

You can start to set-up your account online but will need to visit a branch in-person and provide additional information to receive your Canadian Debit Card once you have completed your quarantine.

To set-up a bank account you will need to provide:

- A copy of your passport (ID)
- A copy of your study permit
- Canadian phone number
- Proof of your Canadian Address
 - Examples: lease agreement, letter from landlord/homestay, utility bill with your name on it
- WLIC Enrolment Letter

Your proof of address and enrolment letter will need to be shown in-person to receive your debit card. These can both be “soft copies”, shown electronically on your phone. Please remember to check the hours of operation before your visit.

Communication – Setting up a Canadian Phone Number

A Canadian Phone Number will be important for you as a student. Canada has long-distance charges, and it may be difficult for people to contact you without getting a local phone.

There are different phone companies that you can choose from when setting up a phone number. Most likely, you will be signing up for a plan for a specific amount of time, that includes maximums on data, texting, and calling.

Koodo, Telus, Rogers, Fido, Bell, and Freedom Mobile, are a few phone companies available in Toronto. There are many companies that offer coverage with a wide variety of plans, ranging from \$50-\$100, so shop around for the best deal!

Please note: If you are under the age of 19, you will need to provide your Parent/Guardian’s information to obtain a SIM Card and/or new phone.

Plans for phone accounts often change in price and what is on offer. If you have any questions about the plans on offer or this procedure, please contact the retailer directly for plans and packages.

Wellness

Headspace

- Learn to Meditate using Headspace with guided exercises, videos, articles, and more. Find what's right for you with sections including Meditation, Sleep and Wake up cycles, Stress & anxiety, as well as Movement & Healthy living.
- Visit the [Headspace website](#) or download the App on your smartphone
- The App costs \$13 monthly with a one-week free trial, or \$70 annually with a two-week free trial



Calm

- Calm allows you to complete a survey to determine what you would like to work on such as reducing stress, building self-esteem, improving sleep, etc. Further, there are walking meditations, body scans, masterclasses, and Sleep Stories
- You can visit the [Calm website](#) or download the 'Calm' App on your phone
- The App costs \$60 annually with a 30-day free trial

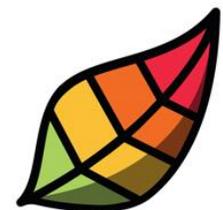


Insight Timer

- This website offers relaxing music tracks, a section for kids, and therapeutic pep talks from the likes of Indian yogi Sadhguru and psychotherapist Anthony DeMell
- You can download the Insight Timer App on your smartphone, or visit the [Insight Timer website](#).

Colouring Apps

- Use Pigment or Colorfy to relax and unwind with realistic online colouring book options, as well as paint, color and drawing games
- Both Apps are free for you to download on your phone



Exercise Resources

- You can search YouTube for a wide variety of guided exercises, including beginner's yoga, quick 7-10-minute workouts, even high intensity interval training!
- Some examples of exercise channels include: [MadFit](#), [Yoga with Adriene](#), [Ask Doctor Jo](#), [Group HIIT](#), and much more!
- YouTube Free is a free App to Download on your phone, or you can visit the website here: <https://www.youtube.com/>

Education

Language Learning

DuoLingo

- Duolingo provides quick, daily lessons that are adapted to your learning style and where you receive immediate grading!
- You can select from a variety of languages and skill levels, and stay motivated with rewards and new levels as you learn
- Download the free App or visit the [DuoLingo website](#) to get started



HelloTalk.

- Chat with native speakers around the world to learn a new language! HelloTalk is a language exchange, where a native speaker teaches you their language, while you teach them yours!
- Chat with language partners via text, voice recordings, voice calls and doodles.
- Download the free App or visit the [HelloTalk website](#) to get started



YouTube

- YouTube also has many options for support with practicing your English. Here are some helpful channels below:
 - [English Class 101](#)- explore various audio and video lessons with topics such as "how to express problems in English" and "1200 words every English beginner must know."
 - [Rachel's English](#)- practicing your conversational English and pronunciation with topics such as "English phone conversations and "how to increase your English vocabulary"
 - [BBC Learning](#)- learn how to speak English with BBC – they post a new video every day to support your learning, with topics such as "4 uses of quite" and "good vs well"

Online Courses

Coursera

- Coursera collaborates with over 190 universities and companies to provide online courses and lectures, even certificates and degrees!
- Learn skills such as business analytics, graphic design, Python, and more from learning universities and companies (ex. Yale, Google, IBM, etc.)
- Visit the [Coursera website](#) to sign up for both free or paid courses.

The Coursera logo, featuring the word "coursera" in a white, lowercase, sans-serif font on a blue rectangular background.

LinkedIn Learning

- LinkedIn Learning provides a variety of courses taught online by experts through online video tutorials. Topics include software development, web design, photoshop, wordpress, excel, etc.
- Visit the [LinkedIn Learning website](#) and start your one-month free trial

Reading

Serial Box

- Serial Box is a digital audio, reading platform and publisher that delivers ongoing stories via online and mobile in short segments that you can listen to anytime
- Each season costs around \$10 to subscribe
- You can watch on the [Serial Box website](#) or download the App on your phone



Kindle

- Android-powered portable e-book reader developed by Amazon that lets users shop for, download and read electronic versions of books, newspapers, magazines, etc.
- \$90+ (for the device) from [Amazon](#) or download Amazon Kindle for FREE in the App store. The cost for books may vary.



Entertainment

Streaming Services

There are a variety of streaming services available which you can download on your phone, watch on your laptop or computer, or on your TV if you have one! These streaming services allow you to watch movies and tv shows without needing to pay for a cable service. Content on each of these services below is updated monthly for new things to watch all the time!

1. Netflix- www.netflix.com/ca/
 - Cost: \$16.49/ month
 - Movies, TV shows as well as Netflix original content
2. Crave - www.crave.ca/en
 - Cost: \$9.99/ month or \$19.99/ month (gives you access to Crave, a larger variety of TV shows/movies and HBO shows.
3. Disney+ - www.disneyplus.com
 - Cost: \$8.99/ month
 - Original and new Disney movies and Disney channel shows, includes Star Wars, Marvel movies, and originals such as The Lion King and Cinderella.

Social Networks

- Facebook, Twitter, and Instagram are all Apps you can download on your phone and allow you to connect with friends and family members. You can share photos, posts, and much more.
- Amino is an App you can download on your phone where you can find communities and chats that are based on shared interests. Sharing interests is a great way to make new friends! Some examples of mobile communities are for K-Pop, Anime, Vegan, Pokémon, and more!
- Meetup and Friender are also apps that can help you connect with new friends. Join a themed community for something you have interest, in or just chat to meet new friends who are local in your area.
- All the above Apps are free to download!



General Tips

Stay Social

- Don't forget to call and text your family and friends regularly! Try to keep in touch with them as well as updating them regularly on your condition and news.
- Try to find the communities of your interest through social networks and other social-oriented apps (see the "Apps" category for more resources)
- Use the resources that WLIC provides: online counselling (mySSP), online chats with WLIC students and advisors

Practice Good Hygiene & Self Care

- While staying at home ensure to open windows to regulate the air in your room
- Eat healthy meals regularly without sharing your meal with anyone or eating anyone else's food
- Ensure you are being respectful of everyone's personal space
- Wash your hands regularly with soap and water for at least 20 seconds (measure by singing happy birthday to you twice!)
- Do not come to campus if you have any symptoms of illness
- Avoid touching your face
- Maintain a safe physical distance of six feet (two metres) from others at all times
- Wear a mask when it is not possible to maintain a safe physical distance

Stay Updated at Wilfrid Laurier International College

- Use the WLIC Student Portal homepage for important updates
- Check both your WLIC email and personal email for information
- Go to the Important Dates and Events Calendar on the Student Portal
- Follow WLIC on Social Media
- Email Student Success Advisors advising@laurieric.ca
- Ask advisors about video advising options

Stay Updated in the Community

- Visit these websites to stay up to date about your health and get advice on illness prevention.
 - <https://www.publichealthontario.ca/>
 - <https://covid-19.ontario.ca/index.html>
 - <https://www.toronto.ca/home/covid-19/>
 - <https://toronto.ctvnews.ca/>
 - <https://www.cbc.ca/news/canada/toronto>
 - <https://www.canada.ca/en/public-health.html>
 - <https://www.ontario.ca/page/covid-19-support-people>

Visiting Campus

In order to ensure the safety of all community members is everyone's main priority, we require staff, students, and visitors to follow the information listed in this Arrival Protocol & in the WLIC Safety Plan. Once campus re-opens, protocols for visiting campus will include:

- Practicing proper hand hygiene
- Following proper coughing and sneezing hygiene guidelines
- Practicing physical distancing
- Respecting and following maximum room capacities and office social distancing markers
- Wearing a mask

Community members who are not acting in accordance with the terms of this Arrival Protocol & Safe Plan may be subject to penalties, including the possibility of suspension, expulsion, and/or being banned from campus. We thank you for taking these requirements seriously to protect yourself and those around you.

WLIC Office Attendance

The WLIC office is currently open and services are offered both remotely and in person based on university guidelines. To access WLIC office you will need your one card and to access advising virtually you'll need to book with advising at advising@laurieric.ca.

Appendix

Guide to the WLIC Student Self-Isolation Questionnaire

You will have to fill out the WLIC Student Self-Isolation Questionnaire required by WLIC at least 10 days prior to arriving to Canada. This is not the ArriveCan self-isolation plan.

[Fill out the WLIC Self-Isolation Questionnaire](#)

Step 1: Complete the WLIC Self Isolation Questionnaire

- The information you provide to us in this form will allow us to keep in contact with you during your stay in Canada: <http://machform.laurieric.ca/view.php?id=10839>

Step 2: Meeting your Designated Support Person

- WLIC will contact you within 1-2 business days of you filling out the form and will appoint a designated support person to be your point of contact

Step 3: Arrival to Canada

- Once you have arrived in Canada and reached your accommodation, you are required to email or call the contact person appointed to you by WLIC.

Step 4: Familiarize yourself with WLIC Resources:

- www.laurieric.ca
- Laurier Student Portal
 - Events Calendar

Guide to the ArriveCAN Application



Step 1: Download the APP: ArriveCAN from:

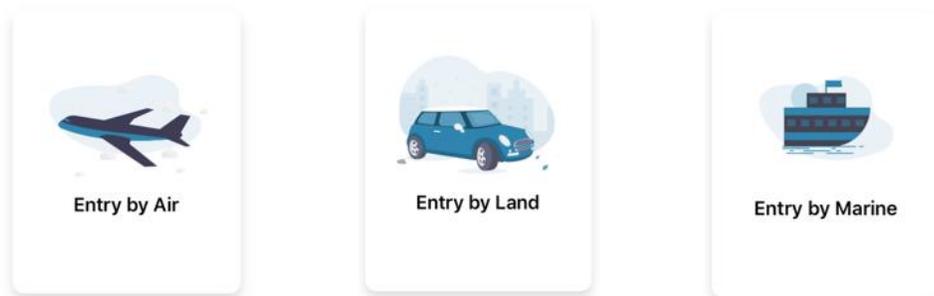
- iPhone / App Store:
<https://apps.apple.com/ca/app/canarrive/id1505394667>
- Android:
https://play.google.com/store/apps/details?id=ca.gc.cbsa.coronavirus&hl=en_US
- Web based form:
<https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca/privacy>

Step 2: Open the APP "ArriveCAN" and choose your preferred language and click "Start"

Step 3: Read the Privacy Note and check "I accept the Privacy Agreement" at the end. After that, click "Next".

Step 4: Choose the way you enter Canada: by air, by land or by marine, by tapping on the pictures.

- If you choose "Enter by land" or "Enter by Marine", you will choose your port of entry from drop-down list.
- If you choose "Enter by air", you will need to fill out the flight information.



Step 5: Enter by Air

Read the mandatory COVID-19 pre-departure testing information and click the arrow to move to the next page

Check "No" to the question "Is your travel exempt?"

Choose "Study (international student) and click on the arrow to move to the next page

Fill in your flight Information.

You can choose the airport and airline from a dropdown list, and type in the flight number.

You will choose the date of arrival from a calendar.

Click "Next" after you fill out all the information.

Step 6: Fill in the traveler's information, including name and date of birth. After you complete for one traveler, click "Next". You can continue to the next step or add multiple travelers in one application.

The 'Add Traveller' form contains the following fields and instructions:

- Add Traveller**
- Instruction: "Add your details here. If you are travelling as part of a family or group, you can add multiple travellers after."
- Surname:
- First Name:
- Initial or Middle Name (optional):
- Date of Birth:
- Navigation: "Previous" (blue text) and "NEXT" (grey button).

The 'Travellers' screen shows:

- Travellers**
- Item: "✓ Sample Traveler" with a red square icon.
- Button: "ADD ANOTHER TRAVELLER" (blue button).
- Navigation: "Previous" (blue text) and "NEXT" (blue button).

Step 7: Fill in the destination's information, including address, postal code, date of arrival and date of departure. If you are going to live at multiple places, you can add another destination.

Step 8: Fill in your contact information, including phone, email address and language preference (English or French).

Click "Next" to continue to enter COVID symptoms and quarantine plan.

Step 9: Complete COVID-19 Self-Assessment and Quarantine Plan Questionnaire. Click "Yes" or "No" for your situation. There are five questions in total.

If you complete the previous questions BEFORE your arrival, you can select "I don't have a token number" and "save & close" button.

The 'Contact Info' form contains the following fields and instructions:

- Contact Info**
- Instruction: "Please provide your primary telephone number and email address where you can be reached while in Canada."
- Primary Phone Number: with a dropdown menu set to "Mobile".
- Secondary Phone Number (optional): with a dropdown menu set to "Home".
- Email Address:
- What is your official language of choice?:
- Navigation: "Previous" (blue text) and "NEXT" (blue button).

Step 10: When you arrive at the airport, you will see signs of **token number**. Re-open the APP and resume with your application by typing in the token number. After entering the token number, you can submit the application.

If you complete all the questions at the airport, just enter the token number and click "Submit".

Step 11: Continue to use the ArriveCAN application for both for yourself and co-arriving family members, if applicable, within 48 hours after arrival in Canada, and for daily symptom reporting.

COVID-19 Testing Locations

There is a [test for COVID-19](#) which tells you if you have the infection right now. You should get tested for COVID-19 if:

- You have one or more symptoms of COVID-19, even if they are mild;
- You have been exposed to a confirmed case of COVID-19, as informed by public health or through the COVID Alert app;
- Public health has asked you to get tested (e.g. there are cases of COVID-19 in your workplace or school); or
- You are eligible for testing as part of a targeted testing initiative directed by the Ministry of Health, Ministry of Long-Term Care or other Ministries.

Please see the following website for testing locations near you: <https://covid-19.ontario.ca/assessment-centre-locations>