

# Booth UC Safe Arrival Plan for International Students Academic Year 2021-22

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BOOTH  
UNIVERSITY  
COLLEGE

*Adapted and revised with permission from MCIE*



## Welcome Message and Booth University College Commitments

As a Designated Learning Institution of the Province of Manitoba, Booth University College is ready to safely welcome international students to study in Winnipeg, Manitoba, for the 2021-22 academic year. This plan adheres to the Government of Canada's *Guidance for Post-Secondary Institutions During the COVID-19 Pandemic* document released on July 24, 2020. The Booth UC Institutional Readiness Plan has been communicated to the Manitoba Government Economic Development and Training under the review of the Manitoba Public Health Agency.

International students traveling to Canada and Manitoba must follow government regulations for the COVID-19 pandemic to keep travellers and communities safe. This includes a mandatory 14 days quarantine requirement upon entry into Canada. This document outlines what international students must do while traveling and once you arrive in Manitoba to meet these requirements.

Booth University College (Booth UC) is committed to the safety and support of all international students arriving this year. Booth UC is committed to the following: to assist in the safe arrival of all incoming and new international students, to directing international students to safe and appropriate self-isolation facilities in conjunction with the Province of Manitoba, and to providing support for students physical and mental wellbeing both in self-isolation and afterwards. Booth UC is also committed to supporting international students should an outbreak occur. Please see [Booth UC's Re-Opening Plan](#) for more details.

Booth UC is also committed to be an inclusive community that embraces and celebrates the rich diversity of cultures, ethnicities and religious expressions that are represented within the university community and beyond. Booth UC has policies in place to help ensure its campus community is a place that is free of all forms of racialized discrimination.

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## Preparing to Travel/ Pre-Arrival Requirements

Prior to travelling, you must confirm your accommodations in Manitoba, including your location for 14 days of quarantine. Please also refer to the *Shared Health COVID-19 public health fact sheet and quarantine fact sheets* (available in multiple languages) located at <https://sharedhealthmb.ca/covid19/providers/other-resources/> to assist you in being prepared and knowledgeable in requirements for quarantine and to link you to essential services.

It is important that you follow the [Government of Canada's requirements](#) for quarantine, including:

- Quarantine in a location without vulnerable people, such as those over the age of 65 or individuals with underlying medical conditions;
- Having access to basic necessities such as food and toiletries;
- Wearing a mask when being transported to your place of quarantine;
- Traveling directly from your point of arrival in Manitoba to your place of quarantine; and
- Monitoring your health for symptoms of COVID-19 throughout the 14 days of isolation.

**Please note:** Click [here](#) for a link to a Government of Canada checklist, detailing all requirements for any international traveler arriving by air. Most of this information is also covered in the rest of this document.

**Please note** Click [the](#) link below for the most up to date information on vaccinations and their impact on travel to Canada. Even if you think you may be exempt from quarantine, you will still be required to make a travel/quarantine plan (see forms later in this document).

<https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada>Steps for Pre-Arrival Planning:

- 1. Gather necessary documents for traveling.** You can find a list of documents below in the “During Travel section”. Be sure to register for a minimum of 3 courses in both the fall and winter terms so that your proof of enrollment letter will show that you are a full-time student at Booth UC for the coming year. Without proof of full-time student status you may not be permitted to enter Canada. You will be able to change your course selection up until the second week of the start of term.
- 2. Download and use the ArriveCAN app.** The app can be found on the Apple App Store or on Google Play. You can also access ArriveCAN via the government of Canada website. In order to be considered for exemption from quarantine, you must input the following vaccine details into the ArriveCAN app:
  - the details of your first dose (date, country and vaccine you received)
  - the details of your second dose if one was required (i.e., for Pfizer, Moderna, and AstraZeneca vaccines)
  - a photo or PDF file of the record of each dose of your vaccination, such as receipts, cards, or confirmations:
    - i. if you received two doses and they are both recorded on a single card or PDF, upload that same image or file for dose 1 and again for dose 2
    - ii. file formats accepted: PDF, PNG, JPEG or JPG
    - iii. maximum file size for upload: each image upload has a 2 MB size limit

- iv. preferred file format: if you received a PDF file of your vaccination record, upload the PDF rather than an image, since the PDF is clearer and easier to read
- these must be in English, French, or a certified translation into English or French

### 3. Confirm the location of your 14-day self-isolation accommodations

Once you've booked your long-term housing arrangements (ex: homestay, residence, private housing), contact them to confirm whether you are able to quarantine there for 14 days upon arrival to Canada. Some accommodation providers may allow you to safely quarantine in this space, while others may require you to complete your 14-day quarantine prior to moving into your accommodations.

- In the event you are able to move-in upon arrival to Canada, provide your accommodations provider the confirmation of your arrival date/time. Ask them if they provide transportation from the airport to your accommodations upon arrival to Winnipeg.
- In the event you are required to quarantine before moving into your permanent accommodations, provide your accommodations provider confirmation of your arrival date/time, plus your plan (location, dates and method of transportation) for 14-day quarantine period.
  - Students who are approved to stay in Booth UC Residence must follow the Booth UC Residence Quarantine Plan as stated in the Residence Handbook
  - Students who are not planning to live on campus in Booth UC Residence should reference the Booth UC Quarantine Plan

### 4. Develop a Quarantine Plan for your 14-day isolation period

Please review the details concerning quarantine requirements in the Quarantine/Self-Isolate Safe section below. As you prepare to travel, it is important to write-out a Quarantine Plan that you will carry with you as you travel. Things to include in this plan are:

- Personal information: passport number, student identification number, permanent address, citizenship, etc
- Travel information: Flight numbers, arrival date, time
- Address and confirmation of your ability to stay in your quarantine location
- Confirmed mode of transportation from airport to your quarantine location
- Address of residence during the academic year (if different from above)
- Health insurance plan information
- Summary of resources you will have to sustain you during this time, including how you will obtain food, personal items, medications, etc.

Submit your Quarantine Plan to the Booth UC Student Services Coordinator at least one week in advance of your travel. Carry a copy of this Plan with you as you travel. A travel/quarantine template is provided near the end of this document.

**PLEASE NOTE: This plan is mandatory, even if you have no symptoms.** If you don't have a plan, you should not travel to Canada. Otherwise, you may not be allowed to enter the country. A border services officer will determine if you can enter the country.

The penalties for not following your quarantine plan once you're in the country can include

- a fine of up to \$750,000
- 6 months of jail time
- being found inadmissible, removed from Canada and banned from entering for 1 year

## 5. Book airport pick-up services

If your accommodation provider(s) listed above does not provide airport pickup services, it is recommended you pre-book transportation services. Some possible options are listed below. In all cases, you will be required to wear a mask on your way to your quarantine location. NOTE: Booth UC will not be providing airport pick-up to newly arrived international students.

**Please note:** Manitoba Public Health indicated that only one student can be in a hotel shuttle / private vehicle from the airport to the hotel and those students must quarantine alone. The only exception is if the students have co-arriving immediate family members (where they resided together) and for homestay placements, as long as precautions are all in place.

### Ground transportation advice:

Follow the guidelines established by the Manitoba Government:

<https://www.gov.mb.ca/covid19/restoring/transportation.html>

- Use of taxis or hotel shuttles by returning travelers who are not experiencing symptoms (e.g., cough, fever, sore throat, runny nose) of a respiratory illness is NOT recommended.
- However, if you do not have access to a private vehicle, this could be considered provided you follow all requirements as outlined under the advice for vehicles for hire (e.g., taxi drivers) and their passengers, specifically the requirement related to transporting one fare at a time (e.g. people from the same household).
- Only one student can be in a shuttle/ private vehicle when traveling from the airport to the quarantine location. The only exception is if the student has co-arriving immediate family members (where they have lived together), and for homestay placements, as long as all precautions are in place.
- Clean your hands before you enter the vehicle with an alcohol-based hand sanitizer.
- Open the vehicle windows (weather permitting) and use the vents of the vehicle to bring in fresh air from outside (avoid using the recirculated air option of the vehicle).
- Load and unload your own personal belongings (e.g., suitcases, briefcases) by yourself; if this is not feasible and you require assistance, use an alcohol-based hand sanitizer before/after (un)loading personal belongings.
- Sit in the back seats only. The front passenger seat should be vacant at all times. Passengers with special needs who require a companion may sit next to their companion (treated as if they were from the same household). As applicable, passengers from different households should also maintain physical distancing (two metres) when lining up to get in the vehicle, and when exiting the vehicle.
- Place all of your personal belongings in the trunk rather than in the back seat.
- Carry a credit or debit card to pay your fare as a cashless transaction.
- Ask the driver whether the vehicle has been cleaned and disinfected between each fare.
- Wear gloves and avoid touching your face while in the vehicle.

- Clean your hands after you arrive at your destination with either soap and water or with an alcohol-based hand sanitizer.
- Some local Winnipeg transportation services are:
  - Winnipeg Limousine  
Website: <http://www.winnipeglimousine.com>  
Phone: 1-204-981-4100
  - Hollywood Limousine Service  
Website: <https://www.hollywoodlimoservice.com>  
Phone: 1-204-999-1860

**6. Understand your responsibilities as a traveler entering Canada, including requirements for self-isolation upon arrival**

- Please note: even if you are fully vaccinated and exempt from quarantine, you still will be required (while traveling) to:
  - Wear a mask at all times when in public spaces
  - Maintain a list of all close contacts for your first 14 days in Canada
  - Monitor yourself for signs and symptoms of COVID-19

Read the information located on the Government of Canada’s website (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>)

- This website lists important information about requirements for mandatory self-isolation upon arrival including:
  - You must quarantine (self-isolate) in a place where you will have no contact with vulnerable people, such as:
    - people 65 years or older, or
    - people with underlying medical conditions
  - You will need to confirm you have a suitable place to isolate where you will have access to basic necessities, such as food and medication.
  - You must wear a non-medical mask or face covering while traveling to the place you will quarantine (self-isolate).
  - Further, you must:
    - go directly to your place of quarantine, without stopping anywhere, and stay there for 14 days; do not go to school, work or other public areas and community settings
    - monitor your health for symptoms of COVID-19
    - arrange to have someone pick up essentials like groceries or medication for you
    - do not have visitors
    - stay in a private place like your yard or balcony if you go outside for fresh air
    - keep a distance of at least 2 arms lengths (approximately 2 metres) from others

**7. Pack appropriately for your 14-day self-isolation**

Pack things you will need for your travel as well as for your 14-day self-isolation period upon arrival. Aside from the usual items you would pack, such as clothing and toiletries, some suggested items to help you through travel to Canada and self-isolation include:

- Prescription medication

- Face masks
- Thermometer
- Printed copies of documents, including those listed in the During Travel section of this guide
- Laptop, phone, adaptors and chargers to keep connected with your family and friends while self-isolating
- Activities for self-isolation, such as books and games
- Bedsheets and towels (depending if your housing arrangements require you to bring your own)
  - Bedding is available for Residence students upon request
- A credit card is recommended to ensure you can purchase delivery services when needed

#### **8. Plan your arrival in Canada**

- Download the [ArriveCAN](#) app to your mobile phone and enter your personal information up to 48 hours before arriving in Canada. This will speed up your arrival through Immigration Canada at the port of entry, meaning you will spend less time with border and health officers. Entering your vaccination details will be required to provide proof of vaccination.  
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/digital-tools.html>
- Get and receive a negative COVID – 19 test result within 72 hours of boarding your flight.

#### **9. For students living on-campus, read the Booth UC Residence Handbook.**

All Residence students are provided with an electronic copy of the Residence Handbook, which include important COVID-19 measures being taken this year to protect students and the campus community from the spread of COVID-19.

## Initial Planning Checklist

### Guidebook Activity: *Before You Travel*

- I have booked my long-term housing arrangements. I will be staying at *(enter address)*  
\_\_\_\_\_
- I have confirmed my 14-day self-isolation location. I will self-isolate at *(enter address)*  
\_\_\_\_\_ between *(enter dates)* \_\_\_\_\_ and \_\_\_\_\_.
- I have confirmed my airport pick-up arrangements:
  - Person/company picking me up (name, phone #): \_\_\_\_\_
  - Phone number to contact airport pick-up provide, should my flight be delayed:  
\_\_\_\_\_
- I have read through the Government of Canada’s website and understand my responsibilities and requirements to ensure the health and safety of myself and others.
- I have packed items I will need access to for my 14-day self-isolation period. Other items I may want to add to my list include:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- I have downloaded the [ArriveCAN](#) app to my phone.

## During Travel

1. **Check-in within 48 hours of arrival through the [ArriveCAN](#) app** or call 1-833-641-0343.
  - Report any symptoms of illness through the [ArriveCAN](#) app or call 1-833-641-0343 every day until the end of your 14-day isolation.
2. **Get and receive a negative COVID – 19 PCR test result within 72 hours of boarding your flight.**
  - **Note:** You will also receive a COVID-19 test upon arrival in your port of entry. You may also receive a self-testing kit upon arrival. You will receive instructions on how to use the kit when you receive it and be instructed when to use it during your quarantine.
3. **Carry these important documents with you**
  - Passport
  - Study Permit or Study Permit Approval Letter
  - Proof that Booth UC is on the list of approved Designated Learning Institutions for receiving international students: Booth University College #O19147992362 [See <https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/students/approved-dli.html> ]
  - Letter of Acceptance (mandatory) and Custodianship Letter (if needed)
  - Proof of enrollment
    - You can print this for yourself by going to your profile in Populi. Click on the “Student” tab and click the link called “Print Enrollment Verification”.
    - **NOTE: Be sure to enroll in classes before travelling! If you are not enrolled in courses, your proof of enrollment letter will not be valid!**
  - Your self-isolation plan (on page 11)
  - Proof of health insurance/insurance information
    - Gallivan: Student Health and Wellness, the insurer for the Booth UC International Student Emergency Plan, will send proof of health insurance to you directly via e-mail. You will receive an electronic card that includes policy number, start and end dates, coverage policy and contact information for emergency assistance. Students can also contact Gallivan for the card to be reissued and emailed to them on a case by case (card lost or in emergency situations) Check spam or junk in case this email was re-directed.
      - Email for contacting Gallivan as a Booth UC Student:  
[boothplan@mystudentplan.ca](mailto:boothplan@mystudentplan.ca).
    - Information related to health insurance for Booth UC international students can be found at <https://www.mystudentplan.ca/booth/en/mybenefits>
    - Booth International Student Emergency - Studyinsured – My Canada Plan, Plus
      - Organization: Booth University College
      - In case of an emergency contact Intrepid 24/7 for assistance:  
[intrepid@intrepid247.com](mailto:intrepid@intrepid247.com)
      - Toll Free: 1-866-883-9787
  - Housing approval letter for residence students

- Proof that you have enough money to support yourself and any family members who come with you to Canada

#### 4. Comply with the following regulations

- Wear a mask;
- Wash hands frequently;
- Use hand sanitizer when necessary;
- Practice physical distancing (minimum 2 metres from others);
- Sanitize your personal space and high touch areas;
- Minimize trips to the washroom (Flush the toilet with the seat cover down);
- Touch as few surfaces as possible;
- Keep your cell phone charged
- You must continue to monitor your health for
  - Fever
  - Cough
  - Difficulty breathing

**Please note:** Even if you are fully vaccinated and exempt from quarantine, you still will be required (while traveling) to:

- Wear a mask at all times when in public spaces
- Maintain a list of all close contacts for your first 14 days in Canada
- Monitor yourself for signs and symptoms of COVID-19

If symptoms present themselves during your travel (cough, shortness of breath, fever greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating), immediately contact your airlines/flight crew.

Please refer to the [Symptoms of COVID-19](#) for additional symptoms common to COVID-19.

To help reduce the spread of COVID-19 go directly to your place of isolation. Do not make any stops while in transit.

For travellers without symptoms of COVID-19 returning to Canada:

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html>

For travellers with symptoms of COVID-19 returning to Canada:

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/travellers-with-symptoms-return-canada.html>

5. **If you exhibit symptoms during travel, contact your travel agent and airline as soon as possible. They will best be able to guide you on requirements based on your current location. Be sure to alert your family, accommodation provider, and school if there are any delays in your travel plans to Canada.**

## Safe Arrival

- 1. Prepare for Entry to Canada:** Arriving international students are provided with additional advice concerning Government of Canada entry requirements. This includes:
  - 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 border 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.
  - Travel directly to your place of isolation. Do not stop anywhere. Wear a mask or face covering while traveling to your place of isolation
  - Please continue to check these websites for the most up to date information:
    - Government of Manitoba COVID-19 information [here](#).
    - Government of Canada COVID-19 information [here](#).

- 2. Inform Booth UC:** Contact the Booth UC Student Services Coordinator, Matthew Peters at 204-770-6949 (cell) or e-mail [Matthew.Peters@BoothUC.ca](mailto:Matthew.Peters@BoothUC.ca) to tell him you have arrived. Be sure to provide him with your most up to date contact information (email address, postal address, phone number).

- 2. Complete the COVID-19 Training Tutorial for Booth UC Students, available on the Booth UC Student Information System (Populi).**

All students attending Booth UC are required to complete the tutorial before coming to campus. This tutorial is included as one of the Lessons in the Booth100 Orientation course offered on-line to new students through the Populi student information session.

- 3. Travel to quarantine location:**
  - a. Please ensure you follow the transportation advice provided by the Manitoba Government, as stated in 'Preparing to Travel' section above.
  - b. If the arriving student is moving into the Booth UC Residence, they are asked to take a Limousine Service to 447 Webb Place, Winnipeg. They be met at the door by either the Student Services Coordinator or the On-Call Staff (Cell: 204-996-3495) to admit the new student to the building. The student must be wearing a mask before being permitted into the building. The student will be settled into their quarantine room, which will be equipped with a small amount of food and contact numbers for Booth UC and local health and emergency authorities. A quarantine plan will be printed and included in a package of welcome material.
  - c. If the arriving student is not moving into the Booth UC Residence, they are asked to inform the Student Services Coordinator of their arrival (see above). They must go straight to their quarantine location without stopping. The Student Services Coordinator will be in contact with the newly arrived student to determine if any additional items are required to make their stay comfortable.

## Quarantine/Self-Isolate Safe

**Please note:** Fully vaccinated travelers (see link below for criteria of fully vaccinated) who arrive in Canada may be exempt from having to quarantine. Those who are not fully vaccinated will still have to quarantine upon arrival. All travellers will be required to create a quarantine plan in case of not being considered fully vaccinated upon arrival.

## Self Monitoring During Quarantine

During your time in quarantine, you will be required to daily self-monitor for symptoms of COVID-19 using the Manitoba Self Screening Tool. If a you experience any symptoms of COVID-19 during the quarantine period, you must follow the directives of the Province of Manitoba as outlined below. **The Booth UC Student Service Coordinator will be in contact with you daily by phone, text and or e-mail to remind you to complete the Manitoba Self Screening Tool survey and to check on your health and wellbeing.**

- The Screening Tool is available in Interactive Voice Response (IVR) format. Call 1-877-308-9038 or online at <https://sharedhealthmb.ca/covid19/screening-tool/>.
- The Province of Manitoba offers a service called Health Links – Info Santé, is a bilingual (English/French) phone-based nursing triage service. They can give you advice on what health-care path should be followed in your specific situation, whether you should stay home, visit the emergency room, or follow another medical plan. They can be contacted at 204-788-8200 or toll-free at 1-888-315-9257.
- If you are experiencing severe symptoms or difficulty breathing, you should call 911, the local emergency number for immediate assistance.
- Out of respect for privacy and protection of personal health information, students are not required to provide personal health information to Booth UC. You are welcome, however, to reach out to the contacts named below if you need assistance navigating the medical system, requesting academic accommodations, contacting family, etc. In cases where you may be required to miss classes/work, Manitoba Public Health officials will reach out to Booth UC; therefore, you are not required to self-disclose medical information.
- Based on COVID-19 test results, local public health officials will advise individuals on what actions should be taken.
- When a case of COVID-19 is confirmed, local public health officials will lead the response and advise Booth UC if a confirmed case of COVID-19 was present on campus during an individual's infectious period and assess the need for any actions to be taken on the part of the institution, such as closure of any Booth UC facilities.
- Local public health authorities will identify close contacts of a positive case and contact those individuals who may have been exposed.
- An individual that is quarantining alone and who tests positive for COVID-19 during the 14-day quarantine period will need to self-isolate, unless they require medical attention and/or hospitalization.

## Quarantine Requirements for Co-Arriving Family Members

Any student or co-arriving immediate family member that tests positive can expect to be contacted by Manitoba public health officials and will be required to follow all further measures as set out by the public health official, which may include self-isolating beyond the initial 14-day quarantine period.

If a student tests positive for COVID-19 while quarantining with an immediate family member(s), the student will be separated from the family member(s) and will need to self-isolate, likely beyond the student's 14-day quarantine period. The family member(s) will need to move to another guestroom and will be monitored for symptoms of COVID-19 during wellness check-ins by the Booth UC Student Services Coordinator. Family member(s) who had been quarantining with a student that tests positive for COVID-19 should expect to be contacted by Manitoba public health officials and will be considered a close contact to this case and may need to continue to quarantine beyond the 14-day quarantine period.

If a co-arriving immediate family member tests positive for COVID-19 while quarantining with a student, the family member (s) will be separated from the student and need to self-isolate, likely beyond the family member(s) initial 14-day quarantine period. The student will need to move into another guestroom, and will be monitored for symptoms of COVID-19 during wellness check-ins by the Booth UC Student Services Coordinator. The student should expect to be contacted by Manitoba public health officials and will be considered a close contact to the case, and may need to continue to quarantine beyond the initial 14-day quarantine period.

The unexpected guestroom and meal costs due to the student or family member(s) testing positive for COVID-19 will be the student's responsibility. Please refer to the Booth University College Student Health & Dental Plan at <https://www.mystudentplan.ca/booth/en/mybenefits> for eligible expenses.

Manitoba public health will contact all cases and contacts daily and perform active daily monitoring on cases and contacts for the duration self isolation and will advise each when that requirement ends.

## Mental Health

Quarantine / self-isolation can be difficult for some students, especially those who are energized by interactions with others. It is important that you take care of yourself during this time of isolation and to keep connected with your friends and family using other methods, such as FaceTime and Zoom. Here are a few useful tips to get you through the two week period:

- **Develop a support network.** Form an online chat group with close friends; stay in contact with your family and reach out to your school advisors and instructors by email. The more people you know at your educational institution, the more connected you'll feel!
- **Be active.** Exercise is important for your mental outlook and helps ward off depression. Take a break from your self-isolation boredom and get moving on a regular basis. There are many online home workouts that are useful when quarantining!
- **Eat well.** Choose a wide variety of healthy, nutritious foods. Eat regularly to keep up your energy and portions that help you feel and perform your best.
- **Get enough sleep.** Sleep is vital to your mental well-being. Go to bed at a reasonable hour and wake up at roughly the same time every day. Jet lag may be a challenge for you as part of your adjustment to your move to Canada, so it might be useful to download meditation or sleep apps that help you develop a regular sleep schedule.

- **Seek professional help.** You're not alone and there are many people who can help. Talk to a professional about how you are feeling; talk to your school's student services team. Don't just rely on the advice of friends. Sometimes you need more and we're here to support you.
- **Take a break from watching or reading the news.** Get your news from reliable sources and try not to watch the same stressful stories over and over in the same day. Try not end your day by watching the news before bed.

**Counselling Support:** Booth UC students may speak to a professional counsellor at any time (day/night), any day (365 days/year) for free through the My Student Support Program. This program uses technology to connect you with counselling support through video conferencing, text, chat or e-mail. Look up Booth UC on the web site and set up your profile to access immediately. Supports are available in 17 different languages! <http://www.mystudentsupport.com/softLogin.html>

**Mental Health Resources:** Sometimes knowing where to turn to receive the support you need can be overwhelming. The My Wellness Program serves as a hub of information to connect you to resources, people and programs to provide you with the kind of support you require. Visit the Gallivan Student Health and Wellness site for details: <https://www.gallivan.ca/mywellness>

### Health Insurance

As an international student at Booth UC, you have access to several important resources to ensure your health and wellbeing while in quarantine and throughout your studies. International students are covered under the International Student Emergency Plan for any primary health care needs, including symptoms related to COVID-19. Students may consult a doctor remotely using this plan. Additionally, international students are also covered under the Supplemental Health & Dental Plan which includes health, dental, vision, and travel benefits. Visit the web site for details: <https://www.mystudentplan.ca/booth/en/mybenefits>

### Other Supports

Students who quarantine may wish to order meals using food delivery services such as:

- UberEats [www.ubereats.com](http://www.ubereats.com)
- Door Dash [www.doordash.com](http://www.doordash.com)
- Skip the Dishes [www.skipthedishes.com](http://www.skipthedishes.com)

Students may also choose to have groceries delivered to their door using grocery delivery services.

- Save On Foods [www.saveonfoods.com](http://www.saveonfoods.com)
- Superstore <https://www.realcanadiansuperstore.ca/>
- Food Fare <https://www.foodfare.com/index.php/delivery/>

**NOTE:** Students staying in Booth UC Residence need to coordinate deliveries through the Student Services Coordinator (Matthew.Peters@BoothUC.ca), who will make arrangements for the items to be received and transferred to your quarantine area. The Booth UC Bistro/Hospitality department will deliver 2 meals per day, 7 days per week, to your door. If you have any questions or special dietary concerns please contact the Hospitality Manager, Angie Coe at [Angie.Coe@BoothUC.ca](mailto:Angie.Coe@BoothUC.ca).

## Anti-Stigma Support

Booth UC has a number of policies that prohibit discrimination, harassment and bullying within our campus community. Any student experiencing stigmatization due to a suspected, probable or confirmed case of COVID-19 is invited to contact the Booth UC Dean of Students, who will provide appropriate advice, accommodations and follow-up as required. Booth UC policies are described in the New Student Orientation and are viewable through the Populi student information system under “files.”

### Additional resources:

**World Health Organization (WHO):** <https://www.who.int/docs/default-source/coronaviruse/covid19-stigma-guide.pdf>

**Public Health Agency of Canada:** <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-testing-reducing-stigma.html>

<https://www.canada.ca/en/public-health/corporate/publications/chief-public-health-officer-reports-state-public-health-canada/addressing-stigma-toward-more-inclusive-health-system.html>

<https://www.canada.ca/en/public-health/corporate/organizational-structure/canada-chief-public-health-officer/addressing-stigma.html>

### **Canadian Center for Occupational Health and Safety:**

[https://www.ccohs.ca/images/products/pandemiccovid19/pdf/preventing\\_stigma.pdf](https://www.ccohs.ca/images/products/pandemiccovid19/pdf/preventing_stigma.pdf)

| <b>Personal and Arrival Information</b>   |                |
|---|----------------|
| <i>Please print and complete this form to bring with you on your travels to Canada. Be sure to send a copy of this form to the Student Services Coordinator at Booth UC. Some of this information may be requested of you upon entry to the country</i> |                |
| <b>Personal Information</b>   |                |
| Full Name (as it appears on passport):  |                |
| Student Number:   | Date of Birth: |
| Passport Number:  | Citizenship:   |
| Home Address:   |                |
| In-Transit Contact Details (if applicable):   |                |
| Emergency Contact:  |                |
| <b>Arrival Information</b>  |                |
| Arrival Date:   | Port of Entry: |
| Arrival From:   |                |
| Arrival By (Airline & Flight #):  |                |
| Flight details to final destination (YWG):  |                |
| <b>Quarantine Information</b>   |                |
| Location (name and address):  |                |
| Contact Name & Phone #:   |                |
| Type of transportation to quarantine location:  |                |
| Plan for meals:   |                |
| Plan for toiletries, linen, cleaning supplies:  |                |
| Addition details:   |                |
| <b>Housing Plan for 2020/2021 Fall Semester (after quarantine)</b>  |                |
| Students with approved housing in Booth UC residence must provide campus housing room number:   |                |
| Students living in Winnipeg must provide off-campus address (if different from quarantine address):   |                |
| <b>Health Insurance</b>   |                |
| Health insurance for international students enrolled at Booth University College is provided by Gallivan Student Health and Wellness <a href="https://www.mystudentplan.ca/booth/en/home">https://www.mystudentplan.ca/booth/en/home</a>                |                |

## Study Safe

### After Your Quarantine

After your 14-day quarantine period has passed, if you have no symptoms, you may now attend school, leave your home and begin to explore your community in the Province of Manitoba, Canada.

Before you come to campus at Booth UC, you must complete the Student Return to Campus COVID-19 Training Tutorial found in the Populi student information system. For new students, this Training Tutorial is part of the Booth100 Orientation course. You are encouraged to log into your Populi account as soon as possible, as this will be the portal through which you will be accessing all course material, as well as important student information to help you be successful in your first term at Booth UC. Log in information to access your Populi account is available through the Registrar's office. If you have any questions, or have difficulty getting in to your account, please contact [Registrar@BoothUC.ca](mailto:Registrar@BoothUC.ca) or see the web site: <https://boothuc.ca/academics/registrars-office/>.

Continue to follow and respect Manitoba Health regulations and directives, including physical distancing from other people in public and washing or sanitizing your hands often.

Remember to use proper coughing and sneezing etiquette (into your elbow, not your hand and if using a tissue, dispose of the tissue in a plastic lined garbage container immediately).

Avoid malls, crowded spaces, and sports where physical distancing is difficult.

If you feel sick at any time, stay at home and be sure to tell your Program, immediately. Use the self-assessment tool at [COVID-19 Screening Tool](#). Follow directions and seek medical attention or contact public health authorities if, when, and how it recommends.

Don't forget, your health insurance (<https://www.mystudentplan.ca/booth/en/mybenefits>) offers remote access to doctors as well as mental health support services if you need them.

Booth UC offers a range of supports to help ensure our students can not only survive, but also thrive while in school. These supports are reviewed through the Booth100 Orientation Course, which is available on-line to all new students in September 2021.

### Academic Support

Booth UC provides individualized help and guidance for students to succeed academically in their study program. Among these are:

- Academic Advisors: All Booth UC students are assigned one of our core faculty members as their Academic Adviser through the course of their Booth UC degree.
- Academic Learning Centre: Free tutoring and academic skills development is available throughout the term from our ALC.
- Accessibility Services: Students requiring academic accommodation can apply for a full range of supports and services.
- Library: Students are assigned an individual librarian through the school year to support their research and study needs.

## Technical Support

Booth UC provides every student with a Microsoft 365 account that will assist you in staying connected and providing you with software necessary for your course work. This package includes MS Word, Excel, PowerPoint, One Drive and Outlook. You will be assigned a school e-mail address ([firstname.lastname@myboothuc.ca](mailto:firstname.lastname@myboothuc.ca)) through which you will receive all school notices and communication. We encourage you to log in to your e-mail account to activate it as soon as possible so that you do not miss any important information.

## Student Support

- **Mental Health Support:** Free access to professional counselling is offered via technology through the My Student Support Program
- **Physical Wellbeing:** Booth UC International Student Health Insurance covers basic health needs for international students while in Canada; additionally, a Supplemental Health & Dental Plan helps with additional health needs not covered under the basic plan and is available prior to arrival in Canada.
- **Social Connections:** The Booth UC Student Council is hard at work planning for ways that students can connect and engage over the school year; an International Student Representative on the Council is look at the specific needs of international students
- **Spiritual Wellbeing:** Booth UC welcomes students from all faith backgrounds; throughout the year, our chaplaincy support is available and regular resources posted to assist students in spiritual exploration and discovery.

## Where to find additional information:

Check your profile in the Booth UC student information system (Populi) for regular updates from the institution, upcoming events, links to services, student groups and more.

## Who to contact for advice and support:

### Primary contact for international student support:

Matthew Peters  
Student Services Coordinator  
Booth University College  
447 Webb Place  
Winnipeg MB R3B 2P2  
ph: (204) 924.4875  
cell: (204) 770.6949  
Email: [Matthew.Peters@BoothUC.ca](mailto:Matthew.Peters@BoothUC.ca)

### Secondary contact:

Rhonda Friesen  
Dean of Students  
Booth University College  
447 Webb Place  
Winnipeg Manitoba R3B 2P2  
ph: (204) 924.4876  
cell: (204) 930.6985  
email: [Rhonda.Friesen@BoothUC.ca](mailto:Rhonda.Friesen@BoothUC.ca)

## Supporting Documents & Links

### Government Websites

- Province of Manitoba COVID-19 Page - <https://www.gov.mb.ca/covid19/index.html>
- Government of Canada COVID-19 Page - <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- Check <https://travel.gc.ca/travel-covid> for information on travel restrictions, testing, quarantine and entry to Canada
- Check current travel restrictions in Manitoba at: <https://manitoba.ca/covid19/prs/index.html#collapse28>

### Mental Health Support Websites

- Anxiety Disorders Association of Manitoba - <http://www.adam.mb.ca/>
- Canadian Mental Health Association COVID-19 Managing Stress and Anxiety - <https://mbwpg.cmha.ca/covid-19-managing-stress-and-anxiety/>
- Canadian Mental Health Association COVID-19 Mental Health Resources Guide for Winnipeg - <https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/>
- Centre for Addition and Mental Health: Stress, Anxiety, and Mental Health During Social Distance - <https://www.camh.ca/en/health-info/mental-health-and-covid-19>

### Emergency Contact Details

- In the event of an emergency, including medical emergency, call 911.
- To speak to a nurse over the phone to assess a non-emergency medical situation, contact Health Links / Info Santé – 204-788-8200 or toll-free at 1-888-315-9257
- For crisis support, consider the following options:
  - International Student Emergency Line: Intrepid 24/7 for assistance: [intrepid@intrepid247.com](mailto:intrepid@intrepid247.com) ; Toll Free: 1-866-883-9787
  - Klinik Crisis Line: 204-786-8686
  - Mobile Crisis Service: 204-940-1781
  - Manitoba Suicide Prevention/Support Line: 1-877-435-7170
  - First Nations and Inuit Hope for Wellness Services: 1-855-242-3310
  - Sexual Assault Crisis Line: 1-888-292-7565

### Booth UC COVID Documents

- Booth UC Re-opening Plan: <https://boothuc.ca/covid-19-updates/>