



**ST. MARK'S  
COLLEGE**

The Catholic Theological College at the University of British Columbia

# **Preparation Guide for Study in Canada**

January 2021

**5935 IONA DRIVE  
VANCOUVER, BC, V6T 1J7**

**STMARKSCOLLEGE.CA  
604-822-6862**

# Contents

Contents	2
Introduction	4
<i>Contact</i>	4
Preparation to Travel and Studying in Canada	5
Packing: What to bring to Canada	7
<i>Before you start packing</i>	7
<i>Documents to bring</i>	7
<i>Items to pack</i>	8
<i>Items to buy in Canada</i>	9
Self-Isolation Planning Information	10
<i>Housing arrangements</i>	10
Options on the UBC Campus	10
Options off-campus	11
<i>Food Arrangements</i>	11
Food Delivery Apps	11
Grocery Delivery	12
Meal Kit Delivery	12
<i>Transportation</i>	13
Ride-share Apps	13
Lyft	13
Uber	13
Taxis	13
Car Rental	13
<i>Medical Insurance</i>	14
Guard.Me	14
Medical Services Plan (MSP)	14
<i>Check-ins with Student Life</i>	14
Student Services Directory	15
<i>Government and Health Contacts</i>	16

<b>Student Life Office</b>	<b>17</b>
<b>Student Resource Centre</b>	<b>18</b>
<b>COVID-19 Resources</b>	<b>19</b>
<b>COVID-19 FAQs</b>	<b>19</b>

# Introduction

As of March 2020, the government of Canada has made it mandatory that anyone entering Canada must self-isolate for 14-days upon arrival.

Currently, the borders are closed to nondiscretionary travel.

St. Mark's College will be offering classes remotely in both a synchronous and asynchronous format.

Students preparing to come to Vancouver, BC Canada to take our courses must present the following upon arrival in Canada:

- St. Mark's College Travel Letter
- Approved Self-Isolation Plan
- Student Visa
- Passport

Failure to comply to self-isolate requirements may result in dismissal from St. Mark's College, fines by the government, and/or deportation.

## Contact

For inquiries regarding this guide, please contact Patrick Armstrong,  
Director, Finance and Operations, Healthy and Safety Team Chair  
[parmstrong@corpuschristi.ca](mailto:parmstrong@corpuschristi.ca)

# Preparation to Travel and Studying in Canada

1. Complete the [Federal ArriveCAN application](#)
2. Submit your Self-Isolation plan to Admissions for approval.

Send to: Registrar's Office [registrar@stmarkscollege.ca](mailto:registrar@stmarkscollege.ca)

Your plan should include:

- Personal information
- Flight/Arrival details
- Where you will stay during your 14-day quarantine - proof of arrangements
- How you will get to your accommodation once you reach Canada
- How you will get your groceries
- How you will access other essential services such as:
  - Medical care (example: will use the [GuardMe](#) doctor app or call 911)
  - Medications (example: I will bring enough of my medication to support me for my first four weeks)
  - Cleaning supplies (example: I will order them online and have them delivered)
- Explain the social or familial support you will have in Canada

The Registrar's Office staff will respond within 48 hours regarding your plan. They may suggest edits to the plan to ensure it fits government requirements. Once your plan is approved, Registrar's Office will issue your Travel Letter.

3. Submit the Self-Isolation plan to the British Columbia government

Submit plans at <https://travelscreening.gov.bc.ca/>

4. Notify Registrar's Office of arrival day in Canada

Classes start on January 4, 2021 so plan to arrive in Canada **at least** 14 days prior to this date – students can arrive after – they will just need to delay coming to class until after the self-isolation period is finished.

Failure to provide the plan and travel letter to Canada Border Services may result in being denied entry into the country or province.

**5. Go straight to self-isolation location from airport and do not leave that location for 14-days**

Do not take public transportation to your accommodation, must use private services such as a taxi, rental car, or ride-share program.

**6. Check in with Student Life at least three times a week**

- a) Monday – Friday (11:00am -1:00pm PST). Join the Student Life room on Zoom to check in and ask any questions you may have.
- b) The link to join will be available on the main page of our student portal (My LION)
- c) Once your plan is approved by the Registrar’s Office you will receive an email from Student Life providing the information on the virtual drop-in sessions.

# Packing: What to bring to Canada

If you're travelling from outside of Canada to the College (Vancouver BC, Canada), find out what you need to pack in your luggage and bring with you on your flight.

## Before you start packing

- Ensure you're eligible to arrive in Canada based on the [current travel restrictions](#). Stay informed by reviewing our [COVID response page for new international students](#).
- Review the COVID-19 Preparation Guide for Study in Canada and prepare a 14-day quarantine plan, which is mandatory even if you have no symptoms.
- Verify your luggage restrictions with your airline.
- Check which items the [Canadian Border Services Agency \(CBSA\)](#) does not permit through Customs (eg. firearms and ammunition, pets, plants, fresh fruits and vegetables, meat and meat products).
- Plan to pack two sets of clothing in your hand luggage in case your flight is delayed or if your luggage is lost in transit.
- Arrange to have approximately \$3,000-\$4,000 CAD in travel money (unless you've already transferred money to a Canadian bank).
- Prepare a packing list. Not only will this help you stay organized, but you'll need to show this list to customs when you enter Canada. Note each Residence option also has a packing list that you will want to review.

## Documents to bring

Make sure you have packed the following extremely important documents in your carry-on luggage. You'll be required to present the following documents to the Canadian Border Services Agency (CBSA) when entering Canada.

- Passport
- Temporary resident visa (TRV) in your passport, or Electronic Travel Authorization (eTA) number approval for non-United States citizens
- Letter of Introduction for your study permit issued to you by a Canadian visa office (new students only)
- 14-day quarantine plan

We recommend you also have the following documents in your carry-on luggage readily available for review:

<i>Students entering Canada for the first time</i>
Proof of tuition payment from My Lion (student information system)
Proof of sufficient funds for at least your first year
Letter of acceptance
Proof of enrolment from the College if you studied online before entering
Address of where you'll be living long-term
Copy of your English language proficiency scores (bring a copy even if you've already mailed it to the College)
Official academic transcripts from past education (bring originals even if you've already mailed them to the College)
Other government-issued photo identification cards from your country

<i>Students re-entering Canada</i>
Proof of finances such as bank statements, My Lion tuition receipt or proof of funding
Proof of enrolment from the College

## Items to pack

- Required documents to present when entering Canada
- Books
- Items that remind you of your home country (eg. flag, music or family recipes)
- Medications
- Toiletries
- Weather appropriate clothes
- Light bed linens (bed sheets, pillowcases, etc)
- Laptop
- Thermometer

There's no dress code at the College. Students here usually dress casually in comfortable and

practical clothes. Bring whatever clothing you like, in the style that you are used to wearing.

The weather in Canada varies from season to season. Classrooms are heated in the winter and air-conditioned in the summer. However, we recommend that you bring different types of clothing to suit the changing climate outdoors.

- Spring and summer: Light-weight clothing is best
- Spring and fall: Sweaters and light waterproof jackets are useful for cool and rainy days
- Winter: Heavy jackets, scarves, gloves, hats and waterproof boots are essential

## **Items to buy in Canada**

We recommend that you buy bulkier or heavier items once you've arrived, especially if you have a luggage allowance. Items you can buy here include: pillows, towels, cleaning supplies, hangers, as well as winter clothes.

# Self-Isolation Planning Information

## Housing arrangements

If you do not have accommodations arranged, the companies listed below are offering our students 14-day self-isolation period accommodations. You will need to contact them directly to book your reservation and may need to show proof of arrangement with border services. Review what to bring for your stay in Canada and keep in mind that you will not be able to leave your room for the full 14-day quarantine period to go to any stores.

Check-in instructions will be provided once your hotel reservation has been confirmed. You will pick-up your contactless key and Wi-Fi information at the front desk. At that point the front desk agent will check your ID and ask for a credit card, which will be pre-authorized for incidentals and any damages that may get caused to the room. **You must present identification and a credit card upon check-in to your hotel.**

Additional requirements:

- A clean face mask and gloves must be worn at the time of check-in.
- It is mandatory that you stay in your room for the entire quarantine period, unless medical attention is needed or you leave to take your COVID-19 test. At that point the hotel is available to assist as required.
  - You must notify the front desk of your COVID-19 test appointment before leaving the hotel room.
- No guests will be allowed in the room. Friends or family members are welcome to drop off items at the hotel front desk and hotel staff will deliver these items directly to you.
- Due to safety concerns, your room will not be cleaned by hotel staff for the duration of your stay. You will be able to call the front desk to ask for any housekeeping items you need, such as towels, sheets, toiletries, amenities like coffee and tea, etc.

## Options on the UBC Campus

The Carey Centre offers single rooms or one-bedroom apartments for students. [Learn More](#)

St. Andrew's Hall offers quads (4 bedroom apartments) and single rooms for student. [Learn More](#)

## Options off-campus

Demand to live in residences can greatly exceed the number of vacancies so UBC assembles a list of alternate accommodation available to students, should you need it. View list

### Cypress Accommodations

Nanaimo Street (near Skytrain) [cypressaccommodations.com](http://cypressaccommodations.com)

### Exchange Hotel Vancouver

475 Howe Street, Vancouver [salesmanager@exchangehotelvan.com](mailto:salesmanager@exchangehotelvan.com)

### GEC Living

2 locations: 718 Drake Street- Granville, 7657 Cambie Street - Pearson

To book: <https://gecliving.com/inquiry/acsenda/self-isolation>

### Ramada Limited Vancouver Downtown

435 W Pender Street [info@ramadadowntownvancouver.com](mailto:info@ramadadowntownvancouver.com)

## Food Arrangements

Here are some options that can be used to secure food. Please note, many of the delivery apps do not accept cash, and require a credit or debit card to purchase.

## Food Delivery Apps

Skip the Dishes – [www.skipthedishes.com](http://www.skipthedishes.com)

Uber Eats – [www.ubereats.com](http://www.ubereats.com)

Door Dash – [www.doordash.com](http://www.doordash.com)

Fantuan – [www.fantuan.ca](http://www.fantuan.ca)

Yogi's Kitchen – [www.yogiskitchen.ca](http://www.yogiskitchen.ca)

**Tip:** Google the name of the delivery services and the word 'promo' or 'voucher' to find money saving deals.

## Grocery Delivery

Save-on-Foods - <https://www.saveonfoods.com/shop-online-how-it-works/>

Stong's Market - <https://stongs.com/delivery-update/>

Spud - [www.spud.ca](http://www.spud.ca)

Walmart - [www.walmart.ca](http://www.walmart.ca)

Instacart - <https://www.instacart.ca/grocery-delivery/bc/near-me-in-city-of-vancouver-bc>

## Meal Kit Delivery

Chef's plate - <https://www.chefsplate.com/>

Fresh Prep - <https://www.freshprep.ca/SCVIA19>

## Transportation

Do not take public transportation during the 14-day isolation.

### Ride-share Apps

Lyft  
Uber

### Taxis

Black Top and Checker Cabs – (604) 731-1111  
Bonny's Taxi – (604) 435-6655  
Newton Whalley – (604) 581-1111  
Pacific Cabs – (604) 596-6666  
Vancouver Taxi – (604) 871-1111  
Yellow Cabs – (604) 681-1111

### Car Rental

National  
Alamo  
Hertz  
Dollar Thrifty  
Avis  
Budget

## Medical Insurance

You are required by law to maintain medical insurance the entire time you are in Canada. If you are a returning student, you need to ensure your BCMSP is in place. If you are a new student, you must arrange with guard.me and provide arrival dates to immigration. This is mandatory for all new students.

### Guard.Me

[Guard.Me](#) covers every student for the first three months in Canada for emergencies only.

If you have MSP already, you must let Enrollment Services or Admissions know (with proof) so you are not charged for GuardMe

### Medical Services Plan (MSP)

All BC residents (including students) must register for MSP. We will provide sessions to help you enroll in MSP during your first term. Sign up:

[www.my.gov.bc.ca/enrolment/check-eligibility](http://www.my.gov.bc.ca/enrolment/check-eligibility)

## Check-ins with Student Life

Student Life will provide two hours daily for students to check-in. Students can check-in daily or every other day.

Hours: Monday through Friday, 11:00am-1:00pm PST

Our process for following up with students who fail a check in begins with a phone call and/or email and then we reach out to their family members. After three attempts, if no word, we will report the case to Border Services. Please be aware that consequences including dismissal, fines, deportation, etc. may follow.

# Student Services Directory

Registrarial Services	Student Services
<p><b><u>Academic Advising</u></b></p> <p><b><u>Jimmy Lam</u></b> - Senior Academic Advisor  <b><u>Irene Van Esch</u></b> - Associate Academic Advisor - (<i>For Registered Associate of Arts Students Only</i>)</p> <p><i>I want to ask questions about... e.g.:</i>            Course Planning + University Transfer            General Academic Program Guidance            Course-Related Issues + Concerns</p>	<p><b><u>Student Resource Centre</u></b></p> <p><b><u>Angus Chan</u></b> - Coordinator, Student Resource Centre</p> <p><i>I want to ask questions about... e.g.:</i>            Completing my Research Papers/Projects            Building my Teaching/Working Project/Portfolio            Academic Accommodations via UBC Centre for Accessibility</p>
<p><b><u>Enrolment Services</u></b></p> <p><b><u>Dannie Xiao</u></b> - Enrolment Services Officer</p> <p><i>I want to ask questions about... e.g.:</i>            Course Registration and Enrolment            Requesting and sending my academic transcripts            Getting my UBC Affiliate Card and Number</p>	<p><b><u>Student Life</u></b></p> <p><b><u>Gerard Garcia</u></b> - Student Development Coordinator</p> <p><i>I want to ask questions about... e.g.:</i>            Connecting with other students            Joining social events online            Volunteering Opportunities</p>
<p><b><u>Financial Aid</u></b></p> <p><b><u>FT Okunubi</u></b> - Admissions and Financial Aid Officer</p> <p><i>I want to ask questions about... e.g.:</i>            Applying for Scholarships, Awards, Bursaries, and Student Loans</p>	<p><b><u>Library Services</u></b></p> <p><b><u>Susan Millar</u></b> - Library Manager</p> <p><i>I want to ask questions about... e.g.:</i>            Getting a Library Account            Accessing Literature and Articles via the Library            Open Access Resources without a UBC Card</p>
<p><b><u>International Student Information</u></b></p> <p><b><u>Rikki Liu</u></b> - Coordinator, Registrarial Services</p> <p><i>I am an international student, and I want to ask about... e.g.:</i>            Applying for Study Permits/Temporary Resident Visas            Applying for Post-Graduation Work Permits            Applying for Health Insurance</p>	<p><b><u>Career Development</u></b></p> <p><b><u>Gerard Garcia</u></b> - Student Development Coordinator</p> <p><i>I want to ask questions about... e.g.:</i>            Gaining volunteer and work experience on and off campus            Joining the Co-Curricular Record (CCR) Program            Building my resume and interview skills</p>

<a href="#"><u>Finance</u></a>	<a href="#"><u>Campus Ministry</u></a>
<a href="#"><u>Janice Siddall</u></a>	<a href="#"><u>Campus Ministry</u></a>
<i>I want to ask questions about... e.g.:</i> Paying my tuition Tax receipts	<i>I want to ask questions about... e.g.:</i> Engaging in Social Justice Activities and Faith-Based Clubs Growing in the Catholic Faith and Spiritual Formation Access to the Sacraments at St. Mark's Parish (We welcome students from all faith backgrounds.)

## Additional Student Resources + Services

<a href="#"><u>Student Wellness Resources</u></a>
<i>I want to ask questions about... e.g.:</i> Online Wellness Advising, Coaching, and Counselling Urgent Mental Health Support + Medical Care Online Mental Wellness Tools + Networks

<a href="#"><u>Welcome Centre</u></a>
<a href="mailto:info@stmarkscollege.ca"><u>info@stmarkscollege.ca</u></a> - Information Desk
<i>I want to ask questions about... e.g.:</i> General Information about St. Mark's College or Corpus Christi College Directory Services - Who I should contact

## Government and Health Contacts

[Health Link BC](#)

[BC Centre for Disease Control](#)

[Immigration, Refugees, and Citizenship Canada](#)

# Student Life Office

The Student Development Office provides leadership, guidance, and oversight to programs relating to all aspects of the Office of the Dean of Students including but not limited to student life activities, experiential learning opportunities, the Circle of Fellows program, career services, and relations with UBC student services and athletics. Events take place on and off campus and provide an opportunity for students to engage in the community outside of their studies.

## Examples of the services provided

Some of the services available to students include student orientations, social and cultural events, participation in UBC rec events, supporting student governments and clubs, and engagement through our social media channels. Additionally, students can participate in experiential learning through internship and pre-practicum opportunities in elementary and secondary schools and attend a week-long summer immersion trip. The Career Centre offers students a co-curricular program, work and volunteer opportunities, and individual and group sessions on resume writing and online professional profile development.

These services enhance the students experience on campus by creating a safe and supportive community for their overall health and well-being. They also develop students' leadership skills for real-world application, help them to learn and grow through experiential opportunities and encourages them to become successful, well-rounded individuals for the local and wider community.

## Additional supports and links

Orientation Info on web - <https://corpuschristi.ca/student-life/orientation/>

Online Orientation Course - <https://canvas.ubc.ca/enroll/8TP8E6>

Virtual Winter Orientation – January 13, 2021

Weekly check-ins with Student Development Coordinator or Assistants for first 2 weeks

Zoom link - <https://ubc.zoom.us/my/corpusstudentlife> passcode 5935

Participation in student events online - <https://corpuschristi.ca/news-events/events/>

Examples include games days, art days, music events, fitness, cultural events, etc.

Facebook group – [CCC SMC Students 2020-2021](#)

# Student Resource Centre

The [SRC](#) works with Staff and Faculty to help students succeed by providing them opportunities to be equipped to learn and empowered to succeed as lifelong learners at our Colleges.

The SRC provides 3 student services for student success:

- [Placement Tests](#) - for 1st Year English/Math Courses
- [Student Resources](#) - for Courses, Assignments, and Exams
- [Academic Accommodations](#) - via UBC Centre for Accessibility

The SRC also develops 7 Resource Branches for community-based learning:

- [Learning Labs](#) - Develop Effective Learning Skills + Resources
  - SRC Writing Skills Lab - [canvas.ubc.ca/enroll/F4NPCL](https://canvas.ubc.ca/enroll/F4NPCL)
  - SRC Math Learning Lab - [canvas.ubc.ca/enroll/Y648HN](https://canvas.ubc.ca/enroll/Y648HN)
- [Writers' Block](#) - Hone Academic Writing Skills
- [Citation Station](#) - Learn Collegiate Citation Styles
- [Coursework Clinic](#) - Survive/Succeed in College Courses
- [Grammar Workshop](#) - Master Academic English Grammar
- [Study Groups](#) - Build Learning Communities + Future Educators
- [Thinkers' Corner](#) - Promote Socially + Culturally Engaging Dialogue

## How does the SRC connect with students?

The [SRC](#) connects with students via the following learning resources and channels:

- [SRC on Zoom - Online Meeting + Virtual Classroom](#)
- [SRC on Canvas - Canvas Course - Self Enrollment with CWL](#)
- [SRC on the Web - on CCC Website](#)
- [SRC on Setmore - Appointments + Workshops](#)
- [Student Newsletters - Google Drive](#)
- [SRC on YouTube - Channel + Videos](#)

*More specifically, students can reach the [SRC](#) in the following ways:*

- Email - Placement Testing - [placement@corpuschristi.ca](mailto:placement@corpuschristi.ca)
- Email - Learning Resources - [resources@corpuschristi.ca](mailto:resources@corpuschristi.ca)
- Email - Academic Accommodations - [accommodations@corpuschristi.ca](mailto:accommodations@corpuschristi.ca)
- Appointments - SRC - [ccsrc.setmore.com](https://ccsrc.setmore.com)
- Appointments - Writing Lab - [ccsrc.setmore.com/mikaelagatchalian](https://ccsrc.setmore.com/mikaelagatchalian)
- Appointments - Math Lab - [ccsrc.setmore.com/tomtang](https://ccsrc.setmore.com/tomtang)
- Zoom - SRC - [ubc.zoom.us/j/4306296162](https://ubc.zoom.us/j/4306296162) - Password - 123456

# COVID-19 Resources

[8 Work from Home Tips](#) (Infographic)

[B.R.A.C.E. Yourself – COVID Care](#) (Poster)

[Boosting Your Psychological Immune System](#) (Poster)

[Coping – How Animals Can Help](#) (Infographic)

[Coping with Stress, Anxiety & Substance Use](#) (Infographic)

[Daily Self-care Questions](#) (Poster)

[Self-care Bingo](#) (Poster)

[Things I Can & Cannot Control](#) (Poster)

## COVID-19 FAQs

### What are the symptoms of COVID-19?

Information on the prevention, transmission, symptoms, and treatment of COVID-19 can be found at the [BC Centre for Disease Control](#) website under [Symptoms](#).

### What is self-isolation? Do I need to self-isolate?

When it comes to self-monitoring and self-isolating, we recommend following advice of local health authorities. Visit the [Self-Isolation](#) section on the [BC Centre for Disease Control](#) website for the most up to date information on this subject.

### Should I get tested for COVID-19?

The BC Ministry of Health has developed a [self-assessment tool](#), to help determine whether further assessment or testing for COVID-19 is recommended.

### What should I do if someone I know shows symptoms of COVID-19?

We recommend that you visit the [BC Centre for Disease Control](#) website for the most up to date information about what to do if you're sick. The site includes a link to the [BC COVID-19 Self Assessment Tool](#) that you can use to help determine if you need further assessment or testing.