

Pre-Arrival Package:



Preparing to Study at English School of Canada





Welcome to ESC

Welcome to the English School of Canada!

This Pre-Arrival Package will help you with the information you need to prepare for studying English in Canada.

Living in a new country and studying at a new school can be exciting, and sometimes stressful. We are here to help. We are all in this together.

Thank you for choosing English School of Canada.

Your adventure begins now!





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Mapping Your ESC Adventure



Part 1: BEFORE YOU TRAVEL

- 1a. Complete ESC Pre-Arrival Form (p. 4)
- 1b. Obtain negative COVID Test (p. 4)
- 1c. Purchase Health Insurance (p. 4)
- 1d. Prepare documents for Canadian Immigration (p. 5)
- 1e. Download ArriveCAN App (p. 6)

Part 2: TRAVELING TO CANADA

- 2a. Complete all questions in ArriveCAN App (p. 7)
- 2b. Airport pickup to quarantine hotel (p. 7)

Part 3: STUDYING AT ESC

- 3a. Complete online Orientation (p. 10)
- 3b. Attend online ESC classes (p. 9)
- 3c. Complete online Health & Safety Orientation (p. 10)





Part 1: Before You Travel

1A. PRE-ARRIVAL FORM

Before you arrive in Canada, we need information from you and family members traveling with you.

The Pre-Arrival Form must be completed before you arrive in Canada.

[Access the form here.](#)

We require the following information when you complete the Pre-Arrival Form:

- Personal information (email address, cell phone number, home address)
- Emergency contact information (someone in your home country)
- A pledge confirming you understand the requirement for a 14-day quarantine upon entry to Canada as outlined by [The Quarantine Act](#)
- Confirmation of location for 14-day quarantine
- Confirmation of address when you complete 14-day quarantine

1B. PRE-DEPARTURE COVID TEST

You must obtain a **negative test result from a PCR COVID-19 Test within 72 hours of the time you are scheduled to depart for Canada.**

Please schedule your test in advance accordingly. More information about this requirement is available from the [Government of Canada here.](#)

1C. HEALTH INSURANCE

Before you arrive in Canada, you must have proof of health insurance.

- We recommend obtaining insurance through [GuardMe Insurance](#). Please ask your counsellor if you have any questions.





Part 1: Before You Travel

1D. DOCUMENTS FOR CANADIAN IMMIGRATION

You must present the following paperwork to immigration officials as you enter Canada:

- Proof of a Negative PCR Covid-19 Test
 - Completed within 72 hours of your boarding time to travel to Canada
- International Student Safe Arrival and Quarantine Plan
- Your hotel reservation confirmation
- Passport
- ArriveCAN App Receipt

You may be required to present the following paperwork to immigration officials as you enter Canada:

- Attestation of Essential Travel
- Study Permit
- Health Insurance

In case of an emergency, you may contact ESC: +1 (647) 688-0105

ITEMS TO REMEMBER

Please remember you must wear a mask while you travel, in the airport and when you travel to the location of your 14-day quarantine.

Please remember these items when you travel:

- Passport
- Mask
- Hand Sanitizer for personal use
- Required documents





Part 1: Before You Travel

1E. ArriveCAN APP

The ArriveCAN app is a mobile application from the Government of Canada.

You must download this app to your mobile device before you travel to Canada.

You **must update your information** in the app within 48 hours of your arrival in Canada,. You must also complete regular updates on your health status during your quarantine period.



CONTACTING YOUR SCHOOL COUNSELLOR

If you have any difficulties when arriving in Canada, your school counsellor will be happy to help.

Please keep the email address and phone number of your school counsellor available if you need to contact them.

Please see page 12 for the contact information of our school counsellors.





Part 2: Traveling to Canada

2A. ArriveCAN APP

You **must** answer questions about your health during your mandatory 14-day quarantine.

2B. AIRPORT PICKUP

When you arrive in Canada, government officials will conduct a COVID-19 test before you travel to your place of quarantine. You must receive this test.

Airport pickup will take you safely to your hotel quarantine location when you arrive in Canada.

Your counsellor will have a driver meet you at the airport.

Your driver will meet you at the airport to take you directly to where you will quarantine.

To ensure a safe airport pickup for everyone, you must:

- Wear a mask when you meet the driver and when you are in the vehicle
- Use hand sanitizer when you enter the vehicle
- Sit in the backseat of the vehicle to keep a safe distance from the driver



SIM CARD

You will receive a Canadian SIM card from the hotel front desk agent. If your SIM card is not ready when you arrive to the hotel, it will be delivered to your room upon arrival. If you require support using your SIM card, please contact PhoneBox:

phone: 1-855-886-0505

email: info@gophonebox.com





14-Day Quarantine Period

1. According to The Quarantine Act, you must quarantine for a minimum of 14 days upon entry to Canada. People who break quarantine rules pay a fine (up to \$750,000) or could even go to prison, so please make sure to follow the requirements carefully! You must abide by The Quarantine Act.

This is a [helpful guide created by the City of Toronto](#) on how to quarantine.

2. To quarantine safely, you must:

- Stay in your room at the hotel
- Avoid all contact with others
- Cover your coughs and sneezes
- Do not share any items if you are self-isolating with a family member
- Keep self-isolation location clean



3. Your quarantine will end after:

- You are healthy and you have no symptoms of COVID-19
- You have not had contact with someone who has COVID-19
- You have not had contact with someone who has symptoms of COVID-19
- You have completed your 14 days

4. If you have questions about how to properly quarantine:

- Visit [Toronto Public Health website](#)
- Contact your school counsellor (see page 12)
- Contact Toronto Public Health at +1 (416) 338-7600





14-Day Quarantine Period

What can you do during your 14-day quarantine?

3A. ONLINE CLASSES

You must attend classes online Monday - Friday. Online classes are a great way to start your English studies as you prepare for in-person classes at the school!

Contact your school counsellor to find out when you will start online classes.

ONLINE ACTIVITIES

We have virtual activities available every day for students!

Activities are released on Friday mornings for the next week. All activities are free for ESC students!

Please send ideas for activities to Megan: **mharmer@esc-toronto.com**

Examples of virtual activities available for students:

- Trivia night
- Conversation Circle
- Virtual Movie Night and Discussion
- Music Bingo
- Virtual Multi-Player Games
- many more!





To prepare for classes, you can virtually meet other new students and learn about what it is like to be a student at ESC!

3B. ONLINE ORIENTATION

Your first online orientation will happen **the day of your start date**. You must attend this online orientation. You will receive an email with a link to join orientation on Zoom.

In this first online orientation, you will learn about:

- Etiquette for online classes
- How to succeed in class
- Online and in-person activities
- Who you can talk to at the school if you have questions or need support (We are always happy to support you!)
- You will meet with Megan after orientation for a check-in during your isolation

3C. HEALTH & SAFETY ORIENTATION

Before you start in-person classes at the school, you must attend a Health and Safety Orientation to prepare.

This will happen the **Wednesday before your quarantine is finished**. You will receive an email with a link to join the orientation on Zoom.

If you have questions about these orientations, please email your school counsellor (please see page 12).





3D. COVID-19 TESTS

When you arrive at the airport in Toronto, government officials will conduct a COVID-19 test before you travel to your place of quarantine. You must receive this test.

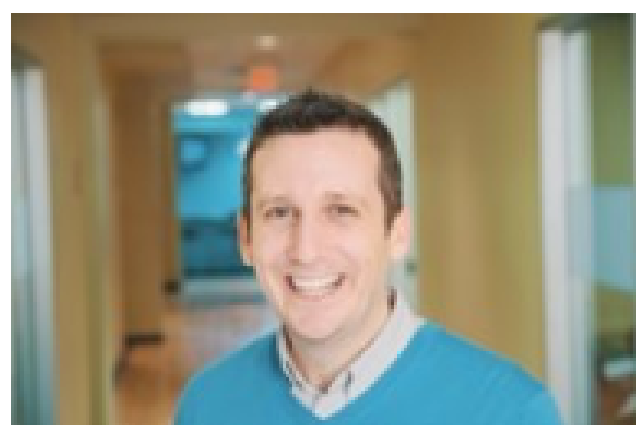
When you receive your test result, you must share it with your school counsellor (See page 12).

You are one step closer to studying at ESC!

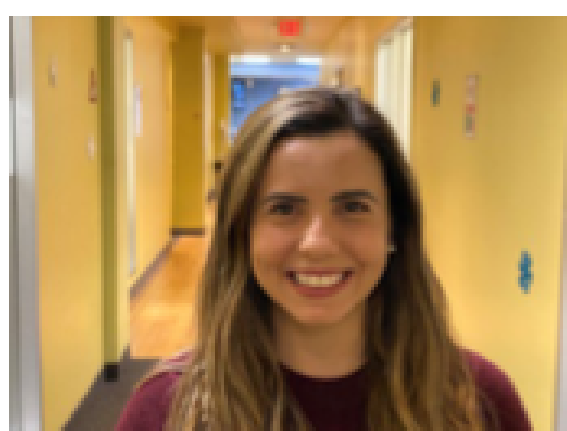




Meet the ESC Team



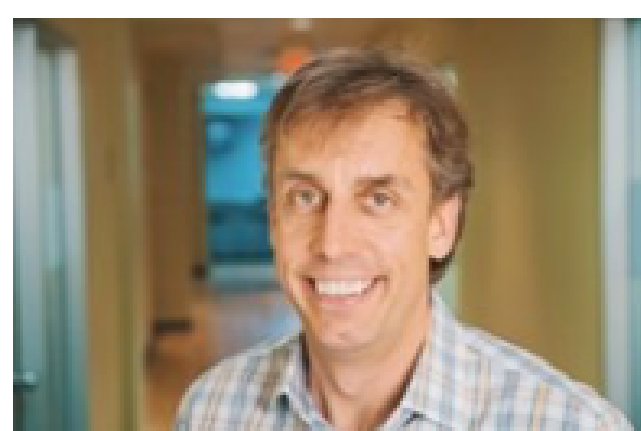
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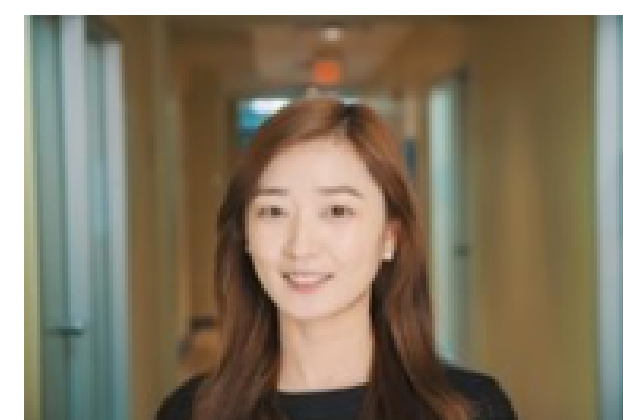
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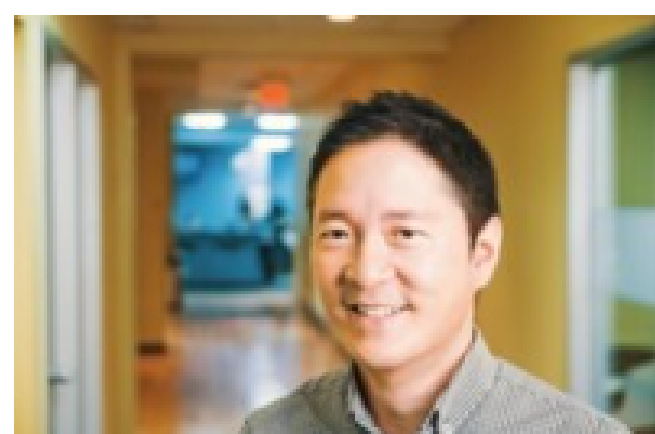
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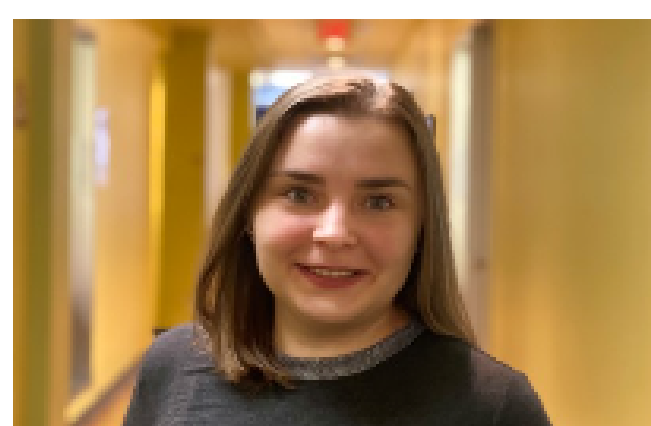
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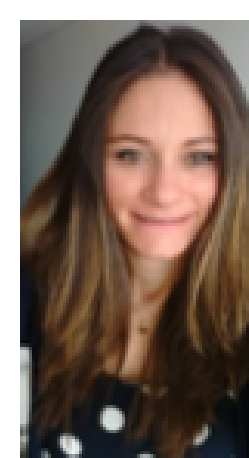
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Here are some helpful resources as you prepare to travel and study in Canada:

- Government of Canada: [Advice for Travellers Entering Canada](#)
[Covid-19 Apps: ArriveCAN and Covid Alert](#)
- Ontario Government: [Covid-19 Self-Assessment](#)
[Covid-19 Testing Locations](#)
- City of Toronto: [How to Protect Yourself and Others](#)



This is a complete list of what you must do before you start your studies at ESC.
Here is the checklist:

BEFORE YOU TRAVEL

- ☐ ESC Pre-Arrival Form
- ☐ Schedule a Pre-Departure PCR Covid-19 Test

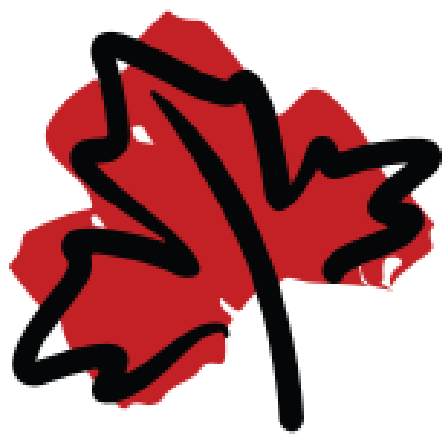
TRAVELING TO CANADA

- ☐ Provide a copy of the following for Canadian Immigration officials:
 - Negative PCR Covid-19 Test
(completed within 72 hours of your departure to Canada)
 - Safe Arrival and Quarantine Plan
 - ArriveCAN App Receipt
- ☐ Have a copy of the following ready if Canadian Immigration officials would like to see it:
 - International Student Attestation of Essential Travel
 - Study Permit
 - Health Insurance

STUDYING AT ESC

- ☐ Complete online Orientation & online Health & Safety Orientation





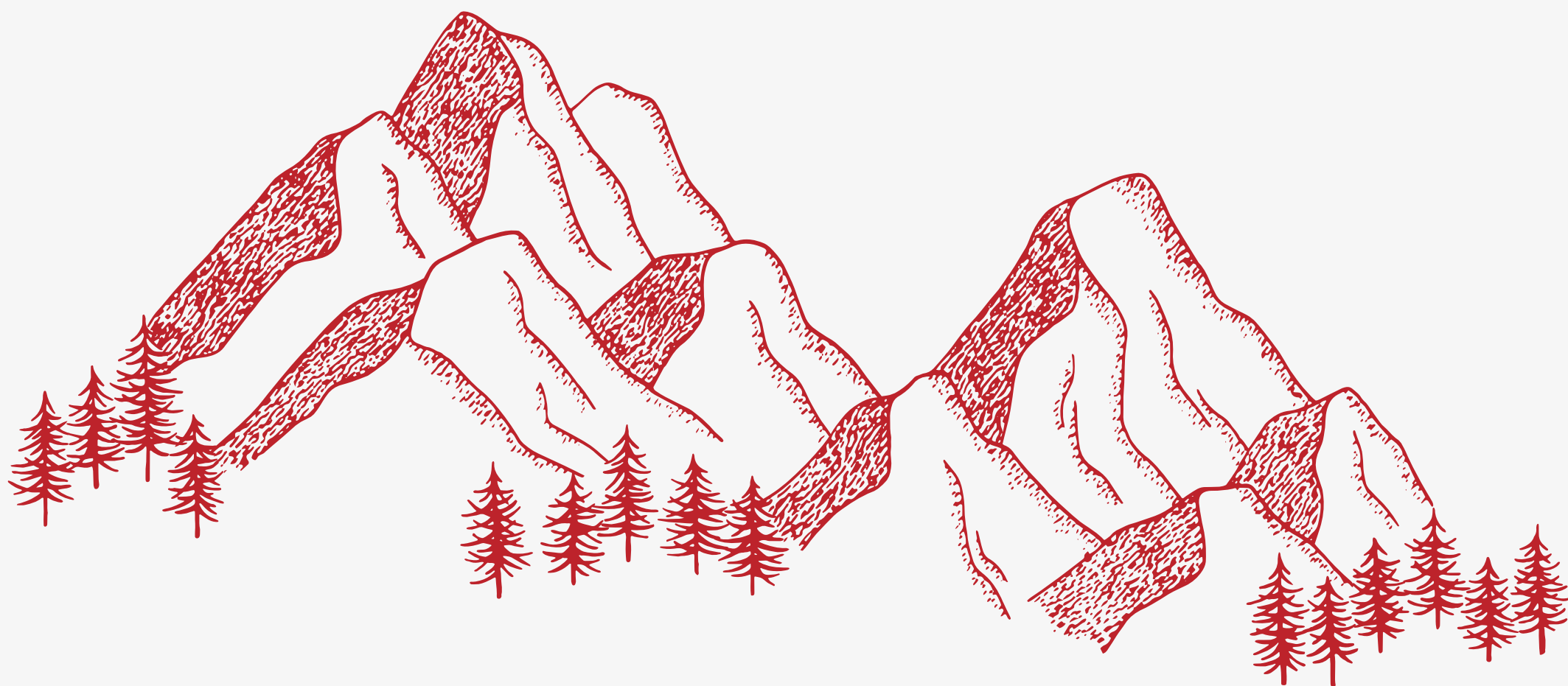
Starting Your Adventure!

You are so excited you will come to Canada to study English. You are so close to a great adventure and we are excited you will join us at school!

We are here if you have questions, and we are excited to meet you.

We hope this document has given you information you need to succeed, and we are excited to be part of this adventure with you.

Your adventure starts now!





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www.esc-toronto.com



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