

International Student Post-Arrival Guide



Introduction

It is important to read and understand all information provided in this document. If you have any questions about the information in this document or need additional support, please email CNC's International Education Centre at intl_edu@cnc.bc.ca or contact the CNC International Coordinator.

CNC International Coordinator, Miley Yang, will be the primary contact and monitor daily check-in using the [COVID Safe Canada](#) Program through the iCent App.

International Coordinator

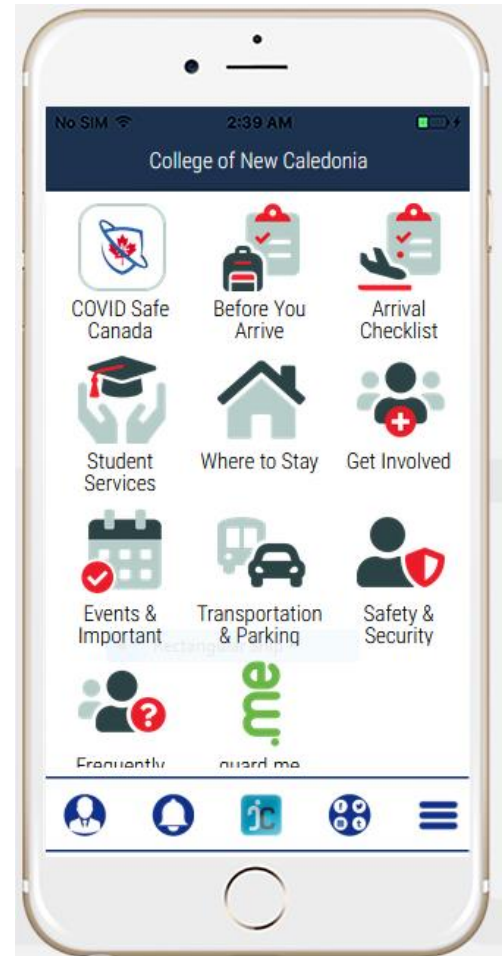
Miley Yang
yangy7@cnc.bc.ca
778 349 1317

What is the iCent App?

The College of New Caledonia International Education and iCent have developed an app to assist students for student life and help navigate their new environment. Features include predeparture and arrival checklists, student services, accommodation options, safety and security, medical coverage, push notifications and important alerts.



The **COVID Safe Canada** Program is a special feature in the iCent App that is specifically for new students who plan to travel to Canada and who are required to self-isolate/quarantine. The COVID Safe Canada Program provides CNC COVID-19 Updates, Quarantine guidelines, Immigration updates, Campus information, and more. It is also where new students will submit important information to CNC including their airport arrival, emergency contact, quarantine/self-isolation plan, etc.



Most importantly, the COVID Safe Canada Program will allow you report to CNC on the status of your health by submitting your daily check-in over your 14 day self-isolation period and completing your Final Self-Assessment. Please be aware that the daily-check in and Final Self-Assessment is **MANDATORY** for all new students arriving to Canada for Fall 2020 semester.

Students should use this app to check in every day during quarantine to let us know you are feeling well.

**How to download
the iCent App**



Download the App through the Google Play store or Apple App Store. For more information visit the CNC website: <https://cnc.bc.ca/international-education/international-students/get-the-app>

Once you've downloaded the iCent app to your phone:

1. Open the app, type country as 'Canada' and institution name as 'College of New Caledonia'
2. Tap on the 'Login' button or connect via your preferred social media.
3. Enter your email (use your CNC email if available) and tap on 'Continue'.
4. You will receive an email with a secured PIN to login. Enter it and tap on 'Continue'.
5. Explore the features!
6. Navigate to the COVID Safe Canada and begin.

iCent Quarantine Check-in Instructions

The College of New Caledonia has made a commitment to the Government of Canada to support and keep in touch with all the international students who have traveled to Canada for studies and are in quarantine.

By submitting your daily check in through the app, you let us know you're safe and feeling healthy. You'll get a reminder message from us in the app every day you are in quarantine. When you get the reminder, do one of two things:

- If you are feeling unwell and/or have any symptoms associated with the COVID-19, do not push the Submit button. Immediately call 911 and describe your symptoms and travel history.
- If you are feeling healthy, push the Submit button. That sends a message to the College of New Caledonia that you are feeling fine and are continuing with quarantine.

How to use submit your daily check-in

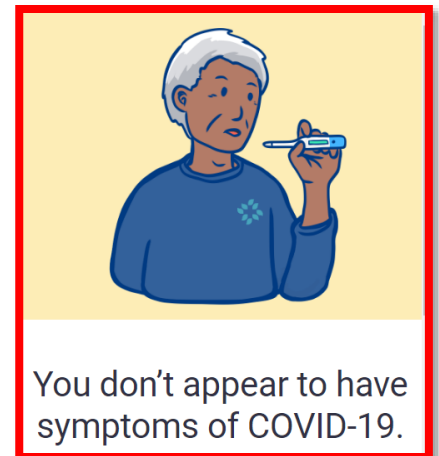
1. Navigate to the COVID Safe Canada Icon in the iCent App
2. Click on Mandatory Forms
3. Select Quarantine daily check-in
4. Select the day of your check-in from the drop down menu
5. Answer all questions in the form and SUBMIT

iCent Final Self-Assessment Instructions

Once you have completed your 14 day self-isolation/quarantine, and have completed a Final Self-Assessment confirming you do not appear to have symptoms of COVID-19, you will be free to begin your post-quarantine activities.

How to submit your Final Self-Assessment

1. Navigate to the COVID Safe Canada Icon in the iCent App
2. Click on Mandatory Forms
3. Select Self-Assessment Form
4. Answer all questions in the form and submit
5. Take a screenshot of your results
6. Navigate back to the Mandatory Form list
7. Select Final Self-Assessment Form
8. Submit your screenshot to iCent by selecting the screenshot from your photo library



Post-Arrival Checklist

Step 1: Download the iCent App and create your login

Step 2: Complete the following Mandatory Forms in the COVID Safe Canada Program:

1. Covid-19 acknowledgement
2. Emergency contact info
3. Airport arrival info
4. Quarantine plan
5. Arrival check in
6. Quarantine daily check in (everyday)
7. Final Self-Assessment (on Day 14)

Step 3: Complete your daily check-in everyday for the duration of self-isolation/quarantine.

Step 4: On day 14, complete your Final Self-Assessment Form (Step 7 of Step 2).

Post-Quarantine

Following completion of the 14-day self-isolation/quarantine period and submission of the 14th day Final Self-Assessment you will be able to:

- Leave your self-isolation location and move to long-term housing;
- Transfer to Prince George (if self-isolating in another city); and,
- Explore the city and CNC campus.

Students are reminded to practice and respect public health directives:

- Practice proper hygiene, including hand-washing and the use of hand sanitizer;
- Use proper coughing and sneezing etiquette; and,
- Practice physical distancing

Final Remarks

We look forward to supporting you as you prepare to begin your studies with us at CNC. Please do not hesitate to reach out if you have any questions or concerns by emailing the International Coordinator, Miley Yang at yangy7@cnc.bc.ca, or the International Education Centre at inlt_edu@cnc.bc.ca

Stay safe, stay healthy, and reach out if you need us!

CNC Resources & Supports

Health & Wellness supports

This is a difficult and uncertain time, and your mental health is important. Students experiencing anxiety, depression, loneliness, or other mental health challenges arising from the COVID-19 pandemic are encouraged to access the following resources:

Here2Talk

Chat sessions with a trained counsellor can be accessed by downloading the [Here2Talk app](#) or visiting here2talk.ca

Students can speak to a counsellor by phone.

Toll free: 1 877 857 3397

Direct: 604 642 5212

CNC Wellness Coach

Referrals for Counselling are made by the Wellness Coach (through Student Services) or Health and Wellness Centre medical staff. If you are experiencing significant emotional distress, you should contact us, and a Wellness Coach or Counsellor will make every effort to see you as soon as they can.

Health & Wellness

1 250 562 2131 ext 5377

health@cnc.bc.ca

Student Lifeline

The Student Lifeline is a confidential student resource. You can access confidential support and access to online resources through the 24 hour telephone line, or online through the App Store, the Google Play store, or by logging into the LifeWorks website.

1 877 371 9978

Online: login.lifeworks.com.

User ID: cnc

Password: wellness

CNC Students' Union

As a student at the College of New Caledonia, you are also a member of the College of New Caledonia Students' Union. Students' Union representatives are available to advocate for supports. Call 250 562 2131 ext 5852 or visit cncsu.ca