



Fall 2020

Strong Start: Your New Life in Canada

We would like to acknowledge that Douglas College campuses, where we live, learn, work and play, are located on the unceded traditional territories of the Coast Salish Peoples of the QayQayt and Kwikwetlem First Nations.



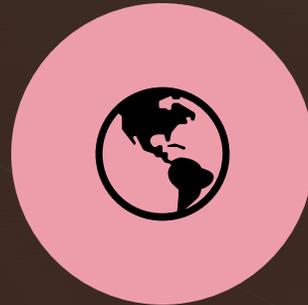
Agenda

- ✓ Introduction to Douglas International
- ✓ Canadian Culture
- ✓ Tips for Renting
- ✓ Eating in Vancouver
- ✓ Cell Phones
- ✓ Staying Active
- ✓ Quarantine 101
- ✓ Medical Insurance
- ✓ Student and BC ID
- ✓ Commuting
- ✓ Online Resources
- ✓ Banking
- ✓ Mentorship Program
- ✓ Scam and Fraud Awareness
- ✓ Stay in Touch
- ✓ Questions?

Introduction to Douglas International



ADMISSIONS &
RECRUITMENT



INTERNATIONAL
STUDENT SERVICES



GLOBAL
ENGAGEMENT

International Student Services

INTERNATIONAL EDUCATION
ADVISORS

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INTERNATIONAL STUDENT
ADVISORS

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INTERNATIONAL ACADEMIC
ADVISOR



Pink Shirt Day

LIFT EACH OTHER UP!

International Student Services

- International Education Advisors
 - ⑩ Registration support
 - ⑩ Campus engagement
 - ⑩ Workshops
 - ⑩ Program changes
 - ⑩ Study permit letters
 - ⑩ General inquiries
 - ⑩ Booking appointments
 - ⑩ Health insurance enrolment
 - ⑩ TRV, bank, military exemption letters
 - ⑩ Accepting forms
- Contact:
dci@douglscollge.ca

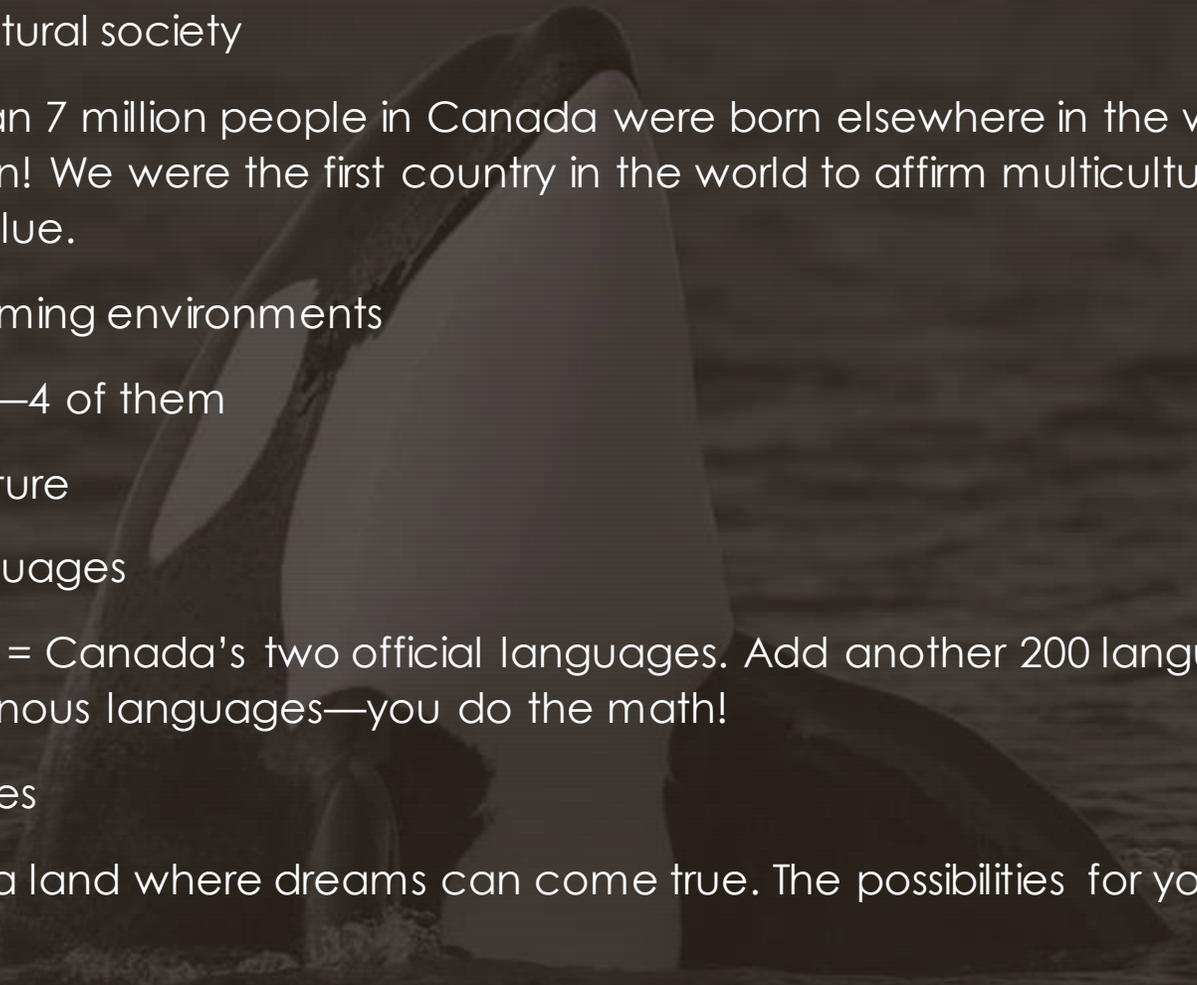
International Student Services

- International Student Advisor
 - Immigration advising
 - Study permits
 - Restorations
 - Visas
 - Work
 - PGWP
 - Support for spouses & children
 - Workshops
 - Contact dcimmigration@douglascollege.ca
 - Will present the next workshop on July 31! Make sure to register!

International Student Services

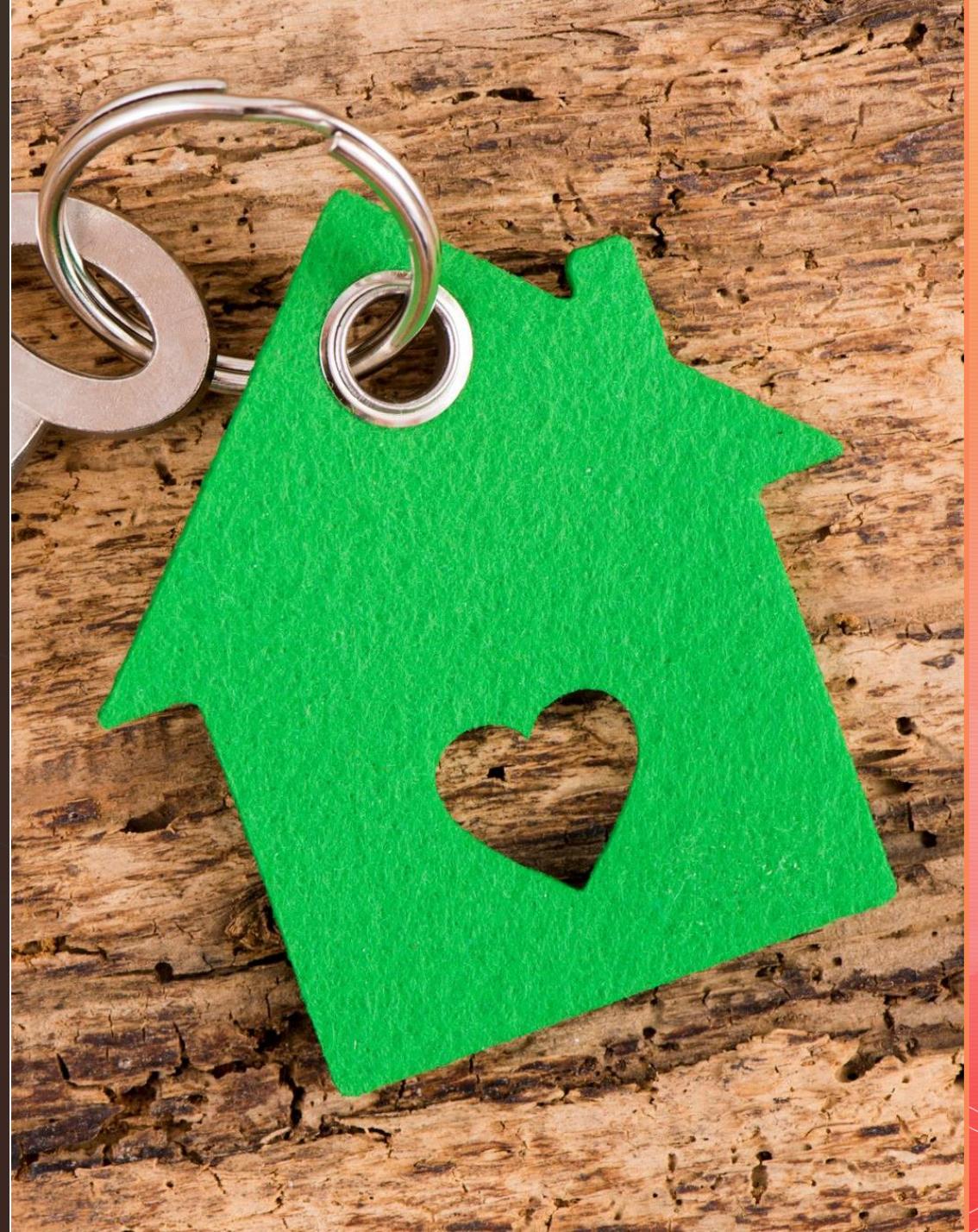
- International Academic Advisor
 - Course planning
 - Program changes
 - Transfer credits
 - University transfer
 - Graduation eligibility
- Contact early before registration period for course planning
- Contact: dciadvising@douglascollege.ca

Canadian Culture

- Democracy and respect for human rights
 - Diverse, multicultural society
 - Today, more than 7 million people in Canada were born elsewhere in the world. That's 22% of our population! We were the first country in the world to affirm multiculturalism as a fundamental value.
 - Inclusive, welcoming environments
 - Distinct seasons—4 of them
 - Outdoor adventure
 - Two official languages
 - English + French = Canada's two official languages. Add another 200 languages spoken here + 60 Indigenous languages—you do the math!
 - Endless possibilities
 - Canada truly is a land where dreams can come true. The possibilities for your future are endless.
- 

Tips for Renting

- Do you plan on renting?
- Sites to use: craigslist, vancouverrentit.ca, the DS app, Facebook, and others
- If it too good to be true, it probably is
- Rent varies widely based on location and type of housing
- Furnished verses non-furnished
- Remember to be safe, be aware of scams, and be nice to your roommates
- Update your address on MyAccount





Eating in Vancouver (Restaurants)

- Tipping is expected (anywhere from 15-20%)
- If you have a problem, please tell you server!
- Allergies
- Some places only take cash, but most will take a visa or debit card
- Drinking age is 19
- COVID-19 may affect experience
 - Remember to bring a mask and sanitizer

Eating in Vancouver (Grocery Stores)

- Many options in Vancouver such as T & T, Walmart, Save-on-Foods, Superstore, Safeway, and small local stores
- Can get a wide variety of food
- Will need to purchase some cooking instruments
- Shop sales and remember to budget!
- Can have delivers brought to your home for a fee

Cell Phones

- Make sure you update your phone number on MyAccount
- Various options (ie Bell, Fido, Telus, Virgin, and many others)



Virtual Fitness Classes



Some Gyms and Parks are
Opening in Vancouver



Hikes Close to the City

Staying Active

Quarantine 101

- BC Self Isolation Plan
- The location of your 14-day self isolation
- How you will travel to your isolation location
- Arranging the necessary supports:
 - Food
 - Medications
 - Child care
 - Cleaning supplies
 - Pet care
- Social or family support
- <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/self-isolation-on-return>

Quarantine 101

- Read over the email sent out "Travelling to Canada – Restrictions and Self-Isolation Plan"
 - Find out if you are [allowed to travel to Canada](#).
 - Send an [email](#) to Douglas International to tell us you are planning to travel to Canada.
 - Submit your Quarantine Plan to the Government of Canada.
 - Submit your [BC Self-Isolation Plan](#) to the BC Government.
 - Submit your BC Self-Isolation Plan to [Douglas International](#)
 - Make sure you have medical insurance coverage

Medical Insurance

- Medical Service Plan
 - Apply once you arrive in BC
 - \$75 per month
- GuardMe-LOA needed
 - Purchase to cover you while you wait for MSP
- DSU Health and Dental Plan
 - Charged in fall and covers you from September 1, 2020-August 31, 2021
 - For more information: <https://www.douglascollege.ca/study-at-douglas/international-students/new-students/medical-insurance>



Student ID

- Your Student ID Card is your official Douglas College picture identification
- Students registered for the Fall 2020 term can request that their Student ID card be mailed to their home address. Sign into your [myAccount](#) with your Douglas College Student ID Number and PIN to request your ID card online. The Student ID Card request form is available under the Personal Information Menu in a student's myAccount page and is titled "Student ID Cards".
- Students registered for the Fall 2020 term can request their ID Cards beginning August 10, 2020.
- Students requesting their first Douglas College Student ID Card will need to upload a copy of government-issued ID and an appropriate photograph that adheres to our photo standards.
- Students requesting a replacement Student ID Card will be assessed a replacement fee of \$20 on their student account. (See [Paying Your Fees](#) for instructions on payment options.)
- For more information regarding Student ID Cards, please contact the [Office of the Registrar](#).

Student ID

- It is advised that you carry your Douglas College Student ID Card with you while on campus, as it serves many functions. Your Student ID Card:
- Is your Douglas College library card, providing you access to Douglas College library privileges, including off-campus access to the library's database
- Must be shown with the Compass Card when using Translink services
- May be requested when writing exams or when picking up confidential information from the Registrar's Office
- Is required to access campus facilities outside of regular college hours, and during periods of limited access, such as Sundays and holidays
- Gives you access to rooms that may be specific to your program
- Not government ID
- May be asked if you are requesting a student discount

British Columbia ID

- Once you arrive in British Columbia, you will also need to get these three ID as well:
 - BC Service Card (BC ID)
 - Social Insurance Number (SIN) (if eligible)
Please update your SIN number online Myaccount
 - B.C. Driver's License (Student wish to drive in BC)
 - Fore more information, please visit the link below:
 - <https://www.welcomebc.ca/Start-Your-Life-in-B-C/First-Few-Days/Get-Identification>

Commuting in Vancouver

- UPASS Program will only be for students that have classes on campus
- Backpacks: Remove it to create extra space
- Courtesy & priority seating: Reserved for seniors, persons with disabilities, and pregnant people
- Bags & feet on seats: Seats are for sitting on, not for someone to put their feet or extra bags on.
- Doorways: Keep doorways clear
- Mobile phones & personal electronics: Be mindful of the volume of your music and of your conversations
- Food & drinks: To prevent spills and mess, ensure your food and drinks are stored in closed, spill-proof containers. Open alcohol is not permitted on transit.
- Personal hygiene: Deodorant goes a long way but some people have scent sensitivities so be mindful of any strong scents you are wearing.
- While on transit please wear masks and wash your hands
- Bring sanitizer with you if you can
- Compass card



Online Services



Counselling Services

- To make an appointment, please call counselling reception at (604) 777-6185 or (604) 527-5486, or email reception at stuserv@douglascollege.ca.
- Workshops and International Cafe
- Can help with:
 - Life transitions
 - Struggling with school
 - Academic Issues
 - Depression/Anxiety
 - Trouble with Relationships
 - Dealing with conflict
 - Grief and Loss
 - Homesickness & Culture Shock

Career Centre

- Career Development Training
- Professional Career Coaching
- PD Leaders Program
- Co-operative Education
- Online appointments
- Online job board
- Workshops – resumes, cover letters, interview prep, LinkedIn
- On-campus events – career fairs, employer networking sessions
- Contact: cc@douglascollege.ca
- MyCareer/CareerHub





Library

- Online collections available
- Take out services available for some materials
- Research help
- Help with citing
- Contact:
library@douglascollege.ca
- <https://library.douglascollege.ca/>

Douglas Student Union

- Services
 - DSU Health & Dental Plan
 - Student discounts
 - Emergency Food Bank
 - Lockers
 - Social spaces
- Advocacy
 - Campaigns
 - Ombudsperson
- Campus Life
 - Clubs
 - Events
 - Volunteer opportunities
 - Leadership opportunities
- Contact info@thedsu.ca





The Learning Centre

- The Learning Centre supports students to be successful in their academics through various FREE services:
 - Peer tutoring
 - Writing
 - Study skills
 - English language tutoring
 - Draft review
- Contact: learningcentre@douglascollege.ca
- <https://guides.douglascollege.ca/thelearningcentre/home>

Student Life

- Engage with Douglas College outside the classroom
 - Orientation events
 - Volunteer opportunities
 - Wellness events



Banking

- Student should visit local Canadian Bank once they arrive in Canada, open a bank account and are eligible to open a Student account. Please visit local or nearby bank some of them are: Scotiabank, TD, Royal Bank of Canada, Bank of Montreal, CIBC
- Credit Unions





Strong Start Mentorship Program

Strong Start Mentorship Program

- The Mentorship Program helps to welcome and orient new international students to Douglas College.
- New international students will have the opportunity to be paired up and connect with returning senior students called Student Mentors. Student Mentors will help -guide mentees by sharing experiences, providing social connection and important student life information.
- Mentors help new students by answering questions about Douglas College or re-directing them to contact essential Douglas College services, New International student essentials including medical insurance, how to navigate the website, how to find textbooks and tips on preparing for a virtual education.

Strong Start Mentorship Program

- Objectives
- Create early connections from mentor to mentee and provide new international students the support and guidance they need to transition to Canada, BC, and Douglas College.
- Help orient students to Douglas College services.
- Support a peer-to-peer network between new students.
- Reduce the feelings of loneliness and isolation among new students.
- Increase intercultural communication skills and competency for all participants.



Scam and Fraud Awareness



Common Scams

- COVID-19
- Asking for private details (ie banking info, personal details, and asking for payment)
- Through phone calls, emails, mail, and in person
- If you are unsure please contact us!

Stay in touch!

- Instagram
 - @douglascollege
 - @douglasinternational
 - @studentlifedc
 - @thedsu6
- Facebook
 - /douglascollege
 - /douglasinternational
 - /studentlifedc
 - /thedsu6
- DSU APP
- Email : dcid@douglascollege.ca
- Newsletter
- DC website
- Phone: 604-527-5478



Questions?