International Relations

Exchange Arrival Guide
Winter 2022
Welcome to the Exchange Arrival webinar.

We will begin shortly.

Please mute your microphone and disable your video sharing. We will be using the chat box.

Please tell us your name and the school you are coming from.
Our International Relations Team looks forward to welcoming you to Schulich, Toronto, and Canada. We hope that your time here will be successful and filled with exciting opportunities.

Our office is dedicated to making your transition to Canada a smooth one. We have compiled this arrival guidebook for exchange students to address some of the most frequently asked questions about your arrival in advance of the Exchange Orientation. We hope that you will find this guide helpful.

Please contact us if you have any questions. We look forward to meeting you at the Exchange Orientation.

Your International Relations Team

<table>
<thead>
<tr>
<th>Ann Welsh</th>
<th>Vino Shanmuganathan</th>
<th>Cheryl Stickley</th>
<th>Tina Fantin</th>
<th>Lan Yu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Associate Director, International Relations</td>
<td>International Student Support Specialist</td>
<td>Graduate International Program Coordinator</td>
<td>Undergraduate International Program Coordinator</td>
<td>International Information Assistant</td>
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International Relations Office

<table>
<thead>
<tr>
<th>International Relations Office</th>
<th>Room W262, SSB</th>
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<tbody>
<tr>
<td>Office Hours:</td>
<td>Monday – Friday, 9AM – 4:30PM</td>
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<tr>
<td>Email:</td>
<td><a href="mailto:exchange@schulich.yorku.ca">exchange@schulich.yorku.ca</a></td>
</tr>
<tr>
<td>Website:</td>
<td>Exchange at Schulich</td>
</tr>
<tr>
<td>Phone:</td>
<td>+1-416-736-5059</td>
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PREPARING TO ARRIVE IN CANADA
PRE-ARRIVAL CHECKLIST

- Obtain Immigration Documents
- Secure Accommodations
- Learn about Health Insurance
- Connect with other Students
- What to Bring with you
- Plan to arrive for Orientation

Please note: Immigration and border information is valid as of October 26, 2021

Monitor Government of Canada information for updates as information may change rapidly:
- COVID-19 Travel, testing and borders
- IRCC COVID-19 website
- Flying to Canada checklist
- Canada Travel Wizard
Exchange students must apply for the correct travel document to come to Canada. The document you require will depend on your 
**country of citizenship** AND your **vaccination status**.

- **Fully vaccinated (Health Canada approved vaccine only):** Exchange students studying for less than 6 months do not require a study permit. However, must obtain travel documents based on your country of citizenship in order to travel to Canada and enter as a visitor:
  - Temporary Resident Visa; or
  - Letter of Acceptance can be used as the ‘invitation letter’ requested in the TRV Application;
  - Electronic Travel Authorization; or
  - US Passport

- **Unvaccinated/Not fully vaccinated:** You must apply for a **study permit** in order to travel to Canada:
  - Review the [application requirements](#), [required documents](#) and [processing times](#) before applying. We encourage you to **apply early** as processing times can vary. A TRV or eTA will be issued at the same time, if required.
  - Processing times will be lengthy; not likely to receive before January
    - Accommodations will be made to access courses remotely while awaiting authorization to travel to Canada

- **Study permit notes:**
  - Study permit holders are authorized to work while studying in Canada
  - May facilitate easier access to public school, and work permits for accompanying family members (spouse/common-law partner and children)
PREPARING TO ARRIVE IN CANADA

IMMIGRATION DOCUMENTS

**Travel exemptions:**

1. Must have **appropriate travel documents** (i.e: study permit approval)
   - Fully vaccinated – eTA or TRV
   - Unvaccinated – Study permit approval (letter of introduction from visa office) AND TRV/eTA/US passport

2. University must have an approved COVID-readiness plan
   - York University is an approved DLI

3. Must have **negative COVID test** taken within 72 hrs of departure

4. Study permit holders cannot be entering Canada for an optional purpose*

5. Must have plan to **quarantine for 14 days** after arrival, regardless of vaccination status

6. May be required to undergo COVID **test upon arrival**

*Optional/non-optional purpose of travel

- Students with an approved study permit and coming to study at an institution with an approved COVID-readiness plan are considered to be travelling for a **non-optional purpose**, 
- Must show proof of enrollment; request **Confirmation of Enrollment with Entry Support** Letter from Schulich

Review: [Find out if you can enter Canada](#)
Must have a plan in place before travelling to fulfill 14-day quarantine requirement

- If you have a Health Canada approved vaccine, you may be exempt from quarantine requirements; however must still have a back-up quarantine plan

Two options:

1) York U Quarantine Accommodation program; OR
2) Self-Arranged Quarantine

York U Quarantine Accommodation Program

- Hotel accommodation; shuttle provided from airport
  - Fully-vaccinated: Can use as back-up quarantine plan
  - Review York U Quarantine webpage for full details

Self-Arranged Quarantine

- Review quarantine requirements
- Fully vaccinated grad students – can use your on-campus residence as quarantine plan
Before travelling to Canada, you must complete the following:

Review York University **Essential Information for International Travelers**

**University Requirements**

*At least 3 weeks before you travel:*

- Complete [York University Travel to Canada/Quarantine Accommodation form](#)
- Request a [Confirmation of Enrollment with Entry Support letter](#) from Schulich

**Canadian Government requirements**

- Obtain [negative COVID test](#) taken within 72 hrs before travel
- Download the [ArriveCAN app](#) and submit your travel and quarantine information to the Canadian government before boarding your flight

**Links:** [Find out if you can travel to Canada](#)
PREPARING TO ARRIVE IN CANADA

OTHER CONSIDERATIONS

**International Experience Canada**
- Exchange students wishing to work in Canada after their exchange term can check their eligibility for International Experience Canada programs. Please check to see if your program requires you to apply outside of Canada.
- More information will be provided at your exchange orientation

**Travelling to the US**
- Consider any planned travel to the US and whether you will need a visa or ESTA. Note: If possible, apply for your US visa before you leave your home country.
- It can be challenging to obtain US visa from Canada
It is your responsibility to secure accommodations in Toronto. Consider the type of accommodation that is best for you by researching costs, location, etc.

**On-Campus Housing – MBA students APPLY NOW!**

<table>
<thead>
<tr>
<th>Undergraduate – Residence</th>
<th>Graduate – York University Apartments</th>
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<tbody>
<tr>
<td>• 8 Residence buildings on York’s Keele Campus</td>
<td>• Apartment buildings for graduate students and families</td>
</tr>
<tr>
<td>• Meal-Plan available for students</td>
<td>• Lease-based occupancy</td>
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<tr>
<td>• Variety of social and educational activities are provided for residence students</td>
<td>• Furnished and unfurnished apartments</td>
</tr>
<tr>
<td>• For more details including photos, rates and contact info, visit the Undergraduate Residence Website</td>
<td>• Students should bring their own bedding, small kitchen appliances and other items</td>
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<tr>
<td></td>
<td>• For more details including photos, rates and contact info, visit the York Apartments website</td>
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**Off-Campus Housing**

- There are many options to search for off-campus housing, including:
  - York University - [Off-Campus Housing Service](#)
  - Places4Students - [Off-Campus Housing Website](#)
  - Contact IR for more off-campus housing search resources

**Note:** Tenants in Ontario have certain rights and responsibilities. Familiarize yourself with the general guidelines before entering into a lease or rental agreement by visiting the [Landlord and Tenant Board website](#)

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**York Student Housing Office:**

340 Assiniboine Road, York University

Tel: +1-416-736-5152

Email: yorkapts@yorku.ca

Website: [Student Housing](#)

**Executive Learning Centre Hotel:**

Students may stay here at a reduced rate upon arrival. Use promo code ‘SSB INTL STU’

Tel: +1-416-650-8300

Website: [ELC Accommodation](#)
University Health Insurance Plan (UHIP)

- Mandatory for all international students and dependents who are physically in Canada
  - Dependents must be enrolled within 30 days of arrival to avoid $500 late fee
- Coverage includes services such as doctor’s visits and hospital accommodation in Ontario and emergency services in Canada. Additional health insurance should be purchased for travel outside of Canada
- UHIP does not cover medications, routine dental care, etc (supplemental insurance recommended)
- The approximate cost is $252 (Jan 1st – Apr 30th) *
- Your coverage will begin on 10th day of the month prior to your program start (i.e.: Dec 10th); if arriving earlier, ensure you have your own private insurance.
- For more information visit the UHIP website and the York University UHIP website

York University Graduate Students’ Association (YUGSA) Health Plan & York Federation of Students (YFS) Health & Dental Plan

- Optional for exchange students
- Coverage includes items such as prescription drugs, paramedical services, dental benefits, etc.
- Coverage is from Jan. 1st – Aug. 31st
- Graduate students: the approximate cost is $340.* For more information, please visit the GSA Health Plan website
- Undergraduate students: the approximate cost is $260.* For more information, please visit the YFS website

Further details will be provided at the Exchange Orientation Session

* Fees are subject to change
Exchange students pay tuition to their home school however, there are some fees you may be charged as an exchange student at Schulich. The charges you may receive on your York University student account include UHIP and on-campus housing rent (if you are living on campus).

There are three options to pay your student account:

1. **CIBC International Student Pay**

2. **WU GlobalPay for Students**

3. Open a Canadian bank account when you arrive and pay your student account through internet banking

These options offer secure online portals for students to make payments for charges to their Student Account.

You can compare payment options and rates, and choose the best one that meets your needs.

** ALWAYS remember to include your York University student number with your payments so the money goes into the correct account.

**Please note:** Your York student account is **NOT** a bank account! Do **not** transfer large sums and then try to take the money out. Only transfer enough money to cover any charges you will receive.

Further details regarding banking and your student account will be provided at the Orientation Session.
The Open Arms Committee
The Open Arms Committee (OAC) is a student-run organization at Schulich with the purpose of facilitating the transition of exchange students by trying to help them adjust to their new environment and settle into Schulich.

Throughout the year, the OAC will organize various events. In addition, exchange students are partnered with a Schulich student “buddy” who is available to answer any questions and concerns.

The OAC will email you with information and an invitation to join their Facebook Group/WhatsApp Chat/IG Account!
Graduate OAC: mbaoac@schulich.yorku.ca
Undergraduate OAC: bbaoac@gmail.com

The Graduate Business Council (GBC) & Undergraduate Business Society (UBS)
The GBC and UBS are the Schulich student representative councils for their respective students.

Each term the GBC and UBS organize events and initiatives which help to engage students with the larger student body. Aside from social and athletic activities, the GBC & UBS serves as the student body’s voice to faculty and administration.

Student Clubs and Associations
Get involved with one of Schulich’s many clubs and associations. From the Case Analysis Club (Grad) to the Schulich Charity Association (Undergrad), there is a group for every interest. Visit the GBC and UBS website for more details.

Ask your Schulich “buddy” for more information.
Schulich Facebook Groups
Join your program’s Facebook group to connect with other students in your program
BBA OAC
General Schulich

Schulich Blogs, Instagram & Twitter
Follow the Schulich’s socials for Schulich stories, news and reminders:
GradBlog
Undergradblog
@SchulichSchool – Twitter and IG

OAC Buddy Program
Connect with a current student who will utilize their experience and knowledge to help you transition to life in Toronto and the Schulich School of Business

The OAC will reach out to you about their buddy program
Course Selection
- Access to course descriptions
- Enrolment in coming weeks
- Instructions sent to view your timetable
- High demand/limited space

Waitlist
- For high demand courses
- Waitlist.Schulich.yorku.ca
- Notifications to Schulich email

Enrolment Once Courses Begin
- Waitlist assessed until…
  - MBA – first week of classes
  - UG – second week of classes
- Attend classes you are enrolled in
- Permission from Instructor
Review what to expect at the airport when you arrive in Canada. Download ArriveCAN app and submit travel/vaccine/quarantine information before boarding your flight.

☑️ Important Items to Pack

- Valid Passport, with your Temporary Resident Visa (TRV) or electronic Travel Authorization (eTA), as required; or US passport*
- Letter of Introduction from the visa office (if applicable)*
- Your Schulich Offer of Admission (copies acceptable)*
- Confirmation of Enrollment with Entry Support letter
- Proof of funds*
- Quarantine plan*
- Proof of Vaccination (in English or French)*
- Address where you will be residing*
- Photocopies/digital copies of all important documents (also send them to your email)*
- Medications, health documents and prescriptions (if applicable); check import limits for medications
- Medical insurance documents for any additional health/travel coverage (if applicable)
- Driver’s license or international driver’s license (drivetest.ca)
- Unlocked phone
- Laptop
- Power type A and B: Standard voltage is 120V, standard frequency is 60Hz [https://www.power-plugs-sockets.com/canada/](https://www.power-plugs-sockets.com/canada/)
- Business attire for presentations and career events
- Weather appropriate clothing for the season
- Credit card(s) and money for immediate use upon arrival
- York U Campus Map

* Pack in your carry-on luggage as you will be required to show these to the border officer upon arrival (before getting your checked luggage)

IMPORTANT LINKS:
- COVID 19- Travel, quarantine and borders
- IRCC COVID-19 website
- Flying to Canada checklist
- Canada Travel Wizard
ARRIVAL IN CANADA
CHECKLIST

- Transfer from the airport and check into your accommodation
- Orient yourself with the York campus
- Learn how to use Public Transportation
- Obtain your YU-card
- Engage in Student Life
- Shop for Food and Living Essentials
- Attend Exchange Orientation
- Explore!
ARRIVAL IN TORONTO
TRANSPORTATION FROM PEARSON AIRPORT

COVID-19 Note: you MUST use private transportation from the airport if not fully vaccinated; shuttle provided for York U Quarantine

Airport Taxi (recommended)
- Fare: $50-60 CAD approximately (baggage handling and tipping the driver are extra)
- Travel time: Approximately 30 minutes to the York campus
- Taxis will be waiting once you exit the airport terminal. Use only authorized taxi providers
- For more information on taxi services, visit the Pearson Airport website

Ride-Hailing Apps
- Fare: $50 CAD approximately
- Use Uber or Lyft to and from airport (Uber Black and Lyft Lux are more expensive)
- New: Uber Rider kiosk

York Apartments Housing Office:
340 Assiniboine Road, York University (Building #47 on the campus map)
Tel: +1-416-736-5152

Schulich School of Business:
111 Ian Macdonald Boulevard,
York University
Tel: +1-416-736-5060

Off-Campus Housing:
Make sure you have your apartment or hotel address available.
COVID-19 IN TORONTO
WHAT DOES THIS MEAN FOR ME?

Ontario Reopening Plan

• Ontario is currently in Step 3 of the reopening plan
• Proof of vaccination is required in some public spaces (movie theatres, indoor dining, gyms, etc)
• Must wear a mask in all indoor public spaces, including transit system
• Must practice physical distancing (2 metres apart)
• Monitor the Toronto COVID-19 website and Toronto Public Health Measures

Roadmap to Reopen

• Reopening is a three-step plan to safely and cautiously reopen the province
• Based on vaccination rate & improvements to health indicators
• Visit the Reopening Ontario website for the details in all three steps
As York U community members, we all have a responsibility to keep the campus safe

- Must have [WHO or Health Canada approved vaccination](https://www.who.int/vaccines/schedules) and [upload vaccination proof](https://www.who.int/vaccines/schedules)
- Before entering campus, must complete [COVID Screening Checklist](https://www.who.int/vaccines/schedules)
- [Daily screening](https://www.who.int/vaccines/schedules) required for those living on campus
- Cannot enter campus if you have been outside Canada in previous 14 days or not vaccinated
- Must wear a mask in all indoor spaces (i.e.: York Lanes, common areas in residence)
- Most buildings and services are open
- Remote services remain available such as mental health and wellness, academic advising, etc
- Must practice physical distancing

Review and monitor the [YU Better Together](https://www.who.int/vaccines/schedules) site for FAQ’s and Community Updates
ARRIVAL AT YORK UNIVERSITY
KNOW YOUR CAMPUS

Connect to Wi-Fi
- AirYorkPLUS – use your Passport York credentials

Schulich School of Business Building
- Take a virtual tour!

York Lanes
- Includes places to eat, grocery shops, the bookstore, public transit passes, pharmacy, dentist, doctor, etc.

Banking & ATM Machines
- CIBC: Located in the Schulich School of Business. ATM only
- Royal Bank (RBC): Located at 95 The Pond Road. Branch location 340 Assiniboine Residence & Bennett Centre. ATM only
- Scotiabank: Located in Bergeron Centre for Engineering. ATM only
- TD Canada Trust: Located in Central Square. ATM only
- Alterna Savings: Located in York Lanes. Branch location

Emergency and York Security
- In the even of an emergency call 911; Free of charge from any phone
  - On campus call: York Security at +1-416-736-5333
- York Security Office Location: Parking Structure 2, William Small Centre

York U Safety App:
Offers services such as goSafe, Campus Shuttle, and interactive campus maps.
Download it today - York U Safety App
The YU-card is York University's official photo identification & campus debit card. It provides access to key services such as library, recreation facilities, exams, food, shopping, events, discounts and more.

**How to get your YU-card:**

Set up your Canvas profile picture

1. Navigate to your [Canvas dashboard](#) and log-in with your Passport York credentials
   - Click Account > Profile
   - Hover over your profile picture and click on the pencil icon to edit/upload your photo
   - Photos should meet the following constraints:
     - Choose an appropriate picture to represent yourself. Your institution has the right to remove pictures that are not appropriate for a classroom setting
     - Images should be square in size to prevent your picture from being resized or distorted

2. Visit the [YU-card Office](#) on the [York U campus](#) to pick up your card

**What do I need to bring to pick up my YU-card?**

- Your York U student number
- One piece of valid government-issued photo identification, such as: Passport; Driver's license; Citizenship card; BYID card
**ARRIVAL IN TORONTO**

**PUBLIC TRANSPORTATION**

**PRESTO** accepted on all GTA transit systems
- Fares vary between systems; additional fare when transferring between systems
- Purchase a PRESTO card [online](#), at a PRESTO vending machine (TTC subway stations) or at a Shopper’s Drug Mart locations that sell PRESTO cards
- Cost: $6 for card + deposit; reloadable
- Tap your card to pay
- Hop on/off any direction for 2 hours without being charged again from the 1st time you tap on
- Research Post-Secondary Monthly Pass on PRESTO to save money on each transportation system

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**Toronto Transit Commission (TTC)**
- Fare: $3.25 cash, $3.20 PRESTO
- Serves City of Toronto
- Closest stop: York University station
- For more information, visit: [TTC website](#)

**GO Transit**
- Fare: $3-$20 PRESTO depending on the distance; must tap on and off
- Connects to regional locations: Mississauga, Brampton, Hamilton, Scarborough, Milton etc.
- Closest stop: Highway 407 TTC station and bus terminal
- For more information, visit: [GO website](#)

**York Region Transit (VIVA/YRT)**
- Fare: $4 cash, $3.75 PRESTO
- Serves areas north of York University (York Region)
- Closest stop: Pioneer Village TTC station
- For more information, visit: [YRT website](#)

**Brampton Transit (ZÜM)**
- Fare: $4 cash, $3.75 PRESTO
- Serves Brampton region
- Closest stop: 5 min walk north of Schulich on Ian McDonald Blvd
- For more information, visit: [ZÜM website](#)

**Mississauga Transit - MiWay**
- Fare: $3.75 cash, $3.10 PRESTO
- Serves Mississauga region
- Closest stop: Islington TTC station
- For more information: visit: [MiWay website](#)

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**ARRIVAL IN TORONTO**

**PUBLIC TRANSPORTATION**

**COVID-19 NOTE: Face masks are mandatory on all public transportation**
Options close to campus

**Grocery Checkout**
- York Lanes

**Your Community Grocers**
- University City Mall, Sentinel Rd

**No Frills**
- 3685 Keele St., Keele St. & St. Regis Cres
- 1 York Gate Blvd, York Gate Mall

**Walmart**
- 3757 Keele St., Keele St. South of Finch Ave
- 101 Edgeley Blvd, Hwy #7 & Edgeley Blvd

**T&T Supermarket**
- The Promenade, 1 Promenade Cir, Thornhill

Other Grocery Shopping Options

**Shoppers Drug Mart**
York Lanes, York University
- Not a full grocery store but can pick up some non-perishable food items and snacks

**Online Grocery/Food Delivery Options**

- Cornershop by Uber
- Inabuggy
- Instacart
- Grocery Planet
- Doordash
- Uber Eats
- Skip the Dishes
ARRIVAL IN TORONTO
SHOP FOR LIVING ESSENTIALS

Options close to campus

**Walmart**
A popular store due to its low prices and good quality
- 3757 Keele St., Keele St. South of Finch Ave.
- 101 Edgeley Blvd, Hwy #7 & Edgeley Blvd

**IKEA**
Known for ready-to-assemble furniture and home accessories at an affordable price.
- 200 Interchange Way, Vaughan

**DOLLARAMA**
Known for affordable shopping. Broad range of products at fixed price from $1 to $3.
Many locations in the area!
http://www.dollarama.com/store-locator/

Large Shopping Malls

- **Vaughan Mills**
  (YRT #20)
- **Toronto Eaton Centre**
  (Queen or Dundas TTC subway stations)
- **Yorkdale Shopping Centre**
  (Yorkdale TTC subway station)

Online Shopping Options

- Amazon.ca
- Well.ca
- Canadian Tire
- Walmart
- Staples
Graduate Exchange Orientation: January 7th, 2022
Undergraduate Exchange Orientation: January 7th, 2022

The Exchange Orientation provides information you need to successfully adjust to life at Schulich and settle in Toronto and Canada.

At the Orientation you will:
- Meet the International Relations team and other exchange students
- Learn about Canadian culture & “Canadianisms” and how to adapt to your surroundings in and outside of the classroom
- Learn about health insurance and how to make a claim
- Learn what you need to know about studying in Canada as an exchange student
- Learn more about Toronto public transportation and some suggestions on things to see and do in and around Toronto

Note: You may receive invitations to attend other (non-Schulich) international student events such as webinars and orientations, hosted by York International. You are welcome to attend other York University events; however, as a Schulich graduate student, you are required to prioritize attendance at Schulich events.
ARRIVAL IN CANADA

EXPLORER

Toronto
Information: www.toronto.ca
Visitor Information: www.toronto.ca/visitors/index.htm
Tourism: www.seetorontonow.com
Festivals & Events: www.toronto.ca/explore-enjoy/festivals-events/festivals-events-calendar/

Ontario
Moving to Ontario: www.ontarioimmigration.ca/
Tourism: www.ontariotravel.net/en/home
Festivals & Events: www.festivalsandeventsontario.ca/

Canada
Information: www.canada.gc.ca

Travel to the USA
Visa information: https://ca.usembassy.gov/embassy-consulates/toronto/