

The FIC Insider:

**Your Guide to getting
Comfortable in Canada**



Table of Contents

Arrival to Canada	3
Coming to Canada?	3
Accommodations	11
Transportation from Airport to Accommodation	12
Stay Fed, Stay Healthy	14
Groceries and Essentials	14
Meal Kit Delivery	15
Take Out Delivery Services	16
Ahmed’s Pantry	17
Health and Medical Insurance	18
Medical Insurance Providers	18
Finding Clinics and Pharmacies	18
Online Health Care Providers	19
Online Mental Health Resources	19
Important Phone Numbers	20
Getting Settled Locally	21
Financial – Setting up a Student Bank Account	21
Wellness	22
Education	23
Language Learning	23
Online Courses	23
Reading	24
Entertainment	24
Streaming Services	24
Social Networks	25
General Tips	26
Stay Social	26
Practice Self Care	26
Stay Updated at Fraser International College	26
Stay Updated in the Community	26

Arrival to Canada

Coming to Canada?

When you arrive in Canada, due to COVID19 protocols, you will need to fill out the Government Self-Isolation Plan: <https://travelscreening.gov.bc.ca/>. Please follow 5 steps below to fill out the form.

Step 1:

- As you can see in the below image, this section requires you to fill out your personal information.
 - o Phone Number: this can be a Canadian Phone Number or your own Home Country's Phone Number.
 - o Home Address: If you do not know your Canadian home address, please use your Home Country's Address and, in the Province/Territory section select **Other**.
 - o Postal Code: fill out only if you have a Canadian Home Address

Primary Contact Information

* First name (primary contact)

* Last name (primary contact)

* Date of birth (yyyy/mm/dd)



* Phone number

Email (optional)

* Home address

* City

* Province / Territory

Postal Code (optional)

Step 2 A:

- In this step you will be required to fill out your travel information.
 - o Are there additional travellers in your group? This question is asking you if you are travelling alone or with someone else, such as a friend or family member. If you are travelling alone, please select **No** as shown below
 - o Once you have selected **No** please fill out the following information. You can find your Flight Number on your boarding pass or your ticket.

Travel Information

* Are there additional travellers in your group?

Yes No

Arrival Information

* Arrival Date (yyyy/mm/dd)

2020/04/21



* Arrival By

Please Select



Airline / Flight Number (if applicable)

* Arrival From (City, Country)

Step 2 B:

- In this step you will be required to fill out your travel information.
 - o Are there additional travellers in your group? If you are travelling with someone else, you must select **Yes** as shown below. Once you select **Yes**, you will be required to fill out how many people you are travelling with and their contact information.
 - o If you have selected **Yes**, please fill out the following information. You can find your Flight Number on your boarding pass or your ticket.

Travel Information

* Are there additional travellers in your group?

Yes No

* Number of additional travellers in your group?

1



Additional Traveller Information

For each traveller, please list their last name, first name and date of birth

* First name

* Last name

* Date of birth (yyyy/mm/dd)



Arrival Information

* Arrival Date (yyyy/mm/dd)

2020/04/21



* Arrival By

Please Select



Airline / Flight Number (if applicable)

* Arrival From (City, Country)

Step 3:

- In this step you will be required to provide information about your Self Isolation Plan.

Self Isolation Plan

Image A

* Do you have accommodations arranged for your self-isolation period?

Yes No

- o As shown in **Image A**, this question is asking if your accommodation is ready for your 14-day self-isolation. [You can find information about accommodation on the FIC Insider \(current document\), page 12.](#) You can use one of those accommodations for your self-isolation period. You can also use your own apartment if you have one. You cannot use SFU Residence and Housing as your self-isolation accommodation.

Image B

* Isolation Type

Please Select

* Which city will you be isolating in?

* What is the address where you'll be staying?

- o As shown in **Image B**, you will be required to provide information about your accommodation such as the type (Private residence, with family or Hotel). Once you have selected the type proceed but inputting the address and the city that you will be staying in.

Image C

* Do you need accommodation assistance to self-isolate from anyone who is over 60 years old or who has heart disease, high blood pressure, asthma or other lung disease, diabetes, cancer, immune suppression or is taking prednisone medication?

Yes No

- o As shown in **Image C**, the question asks if you are self-isolating in a house with others who are over the age of 60 or have the health conditions mentioned and you require help. If so, you must select Yes.

Image D

* Are you able to make the necessary arrangements for your self-isolation period? (e.g. food, medication, child care, cleaning supplies, pet care).

Yes No

- As shown in **Image D**, the question is asking you if you can plan for your food to be delivered to you safely. [You can find information about food on the FIC Insider \(current document\), page 15.](#)
-

Image E

What form of transportation will you take to your self-isolation location? (optional)

Personal vehicle Public transportation Taxi or ride share

- As shown in **Image E**, the question is asking about your transportation from the airport to your accommodation. Please select which method of transportation you will be using. [You can find information about transportation on the FIC Insider \(current document\), page 13.](#)

Step 4:

- This is the last step of the form. You will need to check the box as shown below that you have provided accurate information. Once you have done that, you can click submit. It is suggested that you take a screenshot of your form before submitting it and keep the screenshot with yourself.

I certify this to be accurate.

Collection Notice

Your personal information as well as those of your household is collected by the Ministry of Health under the authority of sections 26(a), (c), (e) and s.27(1)(a)(iii) of the Freedom of Information and Protection of Privacy Act, the Public Health Act and the federal Quarantine Act, for the purposes of reducing the spread of COVID-19. Personal information may be shared with personnel providing support services and follow-up during self-isolation. Should you have any questions or concerns about the collection of your personal information please contact:

Title: Ministry of Health, Chief Privacy Officer

Telephone: 236-478-1666

Submit

Step 5:

Please email FIC the screenshot of your completed government self-isolation form.
You can email to info@fraseric.ca or advising@learning.fraseric.ca.

Below you will find a guide that we created, you are able to fill it out and print it so you can keep your self-isolation plan with yourself.

Accommodations:

Where will you be staying during your self-isolation period? What is the full address?

Arrival Transportation:

How will you travel from the airport to your accommodation?

(Please explain your plan. Taxi, transit by skytrain and bus, personal pick-up at arrival, aerocar service, etc.)

Groceries and Meals:

How will you receive groceries and get healthy meals?

(Please explain your plan. For example, if you have your own cooking space and what grocery delivery service you will use, what meal delivery you will use or if family members will support)

Health and Wellness:

Please note any current medical condition that would require accessing a pharmacy or support from a medical professional.

How will you receive any necessary medication, cleaning supplies and personal hygiene products?

(Please explain your plan. For example, delivery service you will use, if you have family member support, or if you are returning to your rental unit and already have these supplies.)

Social Connections

How will you get connected with others? Who can you reach out to with questions or support?

FIC has many ways to get connected with other students. Check out the **Events Calendar** on the student website to see what is going on each day of the week and find the links to attend events held by FIC staff and fellow students. Follow @myfic on Instagram to get updates on events and important information about FIC.

Student Success Advisors are also available to help with questions that come up and direct you to resources that can help. You can connect with an advisor through **LiveChat**. There are also group advising sessions and other workshops and webinars to make sure you have all the information you need to be prepared for classes. Look at the posters on the **Student Portal** to find out what's happening each week.

FIC Resources:

- Events Calendar - <https://students.fraseric.ca/events/>
- LiveChat- <https://students.fraseric.ca/resources/advisors/>
- Student Portal- <https://learning.fraseric.ca/>

- FIC Instagram- <https://www.instagram.com/myfic/?hl=en>

(Please explain your plan. For example, what online platforms you will use to connect with others, what FIC supports can help answer your questions.)

A large, empty rounded rectangular box with a thin gray border, intended for the user to write their plan. The box is currently blank.

Accommodations

Please Note: All hotel staff have been educated on the most common signs and symptoms of Coronavirus. A specialized disinfectant is used to clean all surfaces in each room, equipment such as remotes, and all surfaces in public areas. Public areas are disinfected multiple times daily, including furniture, elevator buttons, and the front desk. Staff are trained to use gloves for all interpersonal interactions and practice social distancing amongst themselves and with hotel guests. We are committed to providing a safe and clean environment for all guests.

Hotels may provide additional services and have additional requirements if a student is self-isolating for 14 days. Please inquire at the time of booking.

Hotel	Rate ¹	Features	Booking Procedure
Accent Inn Burnaby	\$59/night	<ul style="list-style-type: none"> • Kitchenette in most rooms • Complementary Wifi • Exterior entry to rooms (no hallways) 	Call central reservations at 1800 663 0298 and ask for self-isolate rate. Or can email accent@accentinns.com
Holiday Inn Express Metrotown	\$99/night	<ul style="list-style-type: none"> • Breakfast to go • Free parking • Free wifi with TV casting from your Phone • Convenient location close to major grocery stores and take out restaurants 	Call 604-438-1881 or email sales@himetrotown.ca to book.
Hilton Vancouver Metrotown	\$99/night	<ul style="list-style-type: none"> • Free Wifi • Microwave in all suites • Newly renovated suites and convenient location to grocery stores and take out restaurants • 4 star hotel 	Call 604-438-1200 or email yvrm-salesadmin@hilton.com to book.
Executive Suites Hotel Metro Vancouver (Burnaby)	\$99/night	<ul style="list-style-type: none"> • All suite hotel with kitchenettes • Close to grocery stores and take-out food options 	Contact 604) 297-2111 or email dos.bby@executivehotels.net to book.

¹ Rates are per night and exclusive of applicable fees and taxes, unless otherwise noted

Transportation from Airport to Accommodation

There are multiple transportation options that you can use to get to your accommodations once arriving to Vancouver. Below is a list of the options available to you.

Types	Information	Booking Procedures
Taxis	Taxis are available at taxi stands located at the International Arrivals Area at YVR. There are multiple taxi companies. The taxis use a meter system so the cost will depend on the location of your accommodations.	Taxis and wheelchair accessible vehicles can be found outside of the YVR building (level 2) at the taxi stands.
Aerocar Service	Aerocar Service provides reliable and exclusive transportation to all Vancouver & the Lower Mainland. Signs to ground transportation are located outside of YVR building, where the Aerocar booth and vehicles are located.	Reservation is optional. You can book them in advance by calling 604-298-1000 or 1-888-821-0021 or you can directly walk to the Aerocar booth outside YVR.
Beaton's Meet and Greet	Beaton's Meet and Greet is a student transportation service. Look for Beaton's Meet and Greet sign with the red leaves once you enter the arrival hall. Alternatively, you can message or call at +1 604-377-5455 (Whatsapp, Line, WeChat, Kakaotalk). For International flights, wait by the store just outside of the arrivals. For domestic flights, wait at the luggage carousel. You can find more details on Travel Guides in all languages here .	Beaton's Meet and Greet car service has to be booked in advance through their website here at a rate of \$70/person to Vancouver & surrounding area.
Public Transport	Vancouver Skytrain is the quickest way via public transport to get from Vancouver International Airport to downtown Vancouver or Burnaby. The YVR station is located above the covered parking garage at the airport. Tickets can be purchased from the ticket machines at the SkyTrain platform, accepting cash or credit/debit cards. Cost of SkyTrain tickets range between \$3-\$6 depending on day, time, and zone. Plan your route online here .	International Arrivals – SkyTrain can be accessed when exiting level 3. You will see a covered walkway across the street to the Canada Line Station. Domestic Arrivals – Go up to level 3, then walk towards the International terminal. Look for the signs that say "Canada Line" and proceed up the escalator to level 4 where there is a covered walkway to the SkyTrain station.

Types	Information	Booking Procedure
Uber	<p>Uber is an International company which you can use to submit a trip request that is automatically sent to an Uber driver near your location. You can track their arrival on the map and wait for them at your pickup location also shown on the map. You can make sure you're getting into the right car by matching the license plate, car model, and driver photo with what's provided on the app. You can pay by submitting your card details on the app or in cash.</p>	<p>There are two ways to book an uber. First, you can go to the Uber website at Uber.com. Sign up then add 'YVR' as a pickup location, choose the date and time and follow the instructions. Alternatively, you can book an Uber once you arrive through downloading the app on your smartphone, adding the drop-off location, then confirming your ride. Your driver might connect via the app or call you to confirm pickup location specifically.</p>

Stay Fed, Stay Healthy

Groceries and Essentials

Below are some retailers that offer delivery services for essentials. It is important to order supplies to maintain good hygiene, such as soap, shampoo, toothbrush, toothpaste, and toilet paper. Please consider ordering some medication like, Vitamin C, cold and flu medication. When ordering food, please keep in mind the difference between perishable and non-perishable food items.

Perishable Foods	Non-Perishable Foods
	

 Walmart	 Amazon	 Instacart	 Save-on-foods	 Kiki's
Is a large supermarket	Online shopping and delivery system	An online hub for multiple supermarkets based on your address	Is a large supermarket	Is connected to a local supermarket called Persia Foods
Requires an account				
There is a delivery fee of \$9.97 Minimum order value of \$50 (before taxes and fees) to be eligible for Grocery Delivery	Amazon Prime allows for free delivery and potential quicker If do not have Amazon Prime delivery fees depend on the items	Instacart Express is a membership which has an annual fee but with it \$0 fees on orders of \$35 or more Supermarkets includes Walmart, Shoppers Drug Mart, T&T Supermarket etc.	Minimum order Value of \$40 (before taxes and fees) Ability to order 30 days in advance- which allows for you to pick desired delivery timeslot	Free deliveries over \$30 (before taxes and fees), a charge of \$4.95 if your order is under \$30
App is available				App not available

Meal Kit Delivery

There are companies that deliver pre-measured meal kits. These kits come with all the ingredients and recipes to help you make the meal yourself. Some of these services require you to cook the meals at home, others deliver cooked meals to you. All these companies are subscription based with varying costs per meal.

Below is a list of some of the services readily available in Vancouver.

[2 Guys With Knives](#)

Their monthly menu is created with a balance of lean protein, low glycemic carbohydrates & tasty veggie combinations that are entirely gluten-free, customizable and designed around the highest of fitness nutrition guidelines.



[Blue Apron](#)

Our chef-designed recipes include balanced Mediterranean meals, quick one-pan dinners, and top-rated customer favorites. Choose from an ever-changing mix of meat, fish, Beyond Meat™, WW Approved, Diabetes Friendly recipes and health-conscious offering



[Eat Your Cake](#)

Eat Your Cake Meal plans are an affordable, convenient way of getting real, healthy food delivered to your home or office on a regular basis all without having to spend time and money cooking or shopping. Plus you get the added advantage of having your own gourmet chef and nutritionist work with you, with customizable packages to fit any budget.



[Fresh Prep](#)

Cook amazing meals for everyone in just 15 to 30 minutes. They shop, chop, and deliver fresh recipe ingredients directly to your home or office each week. In a cooler bag, you'll receive just the right amount of every ingredient along with simple instructions to cook a meal you'll love in under 30 minutes.



[Good Food](#)

Goodfood is a weekly grocery delivery service. We offer a once-a-week subscription service where we deliver all the fresh ingredients you need to make delicious meals at home, in exactly the right proportions. We've designed the experience to teach you fun new recipes, discover new ingredients (some can be hard to find!), save prep time and also reduce unnecessary waste. By letting us shop for you, we can bring you fresher and higher-quality food than what's sitting on supermarket shelves, and for better prices!



[HelloFresh](#)

HelloFresh is a meal kit delivery service! We plan, prep, shop, and deliver fresh ingredients straight to your door. All that's left for you to do is cook. So sit back, relax and let HelloFresh take care of the time-old question of "What's for dinner?"

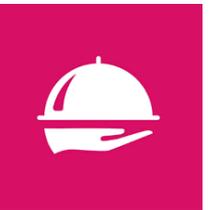
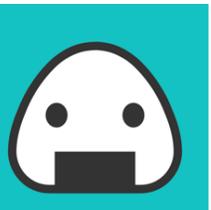


Take Out Delivery Services

The services below deliver already cooked ready to eat foods from a variety of restaurants. Each of these services drive to the restaurant to pick up the food, but these services are not restaurants themselves. This means that the driver is typically not associated with the actual restaurant.

Some restaurants will have delivery fees typically between \$2-\$5, however sometimes you qualify for free delivery if spend over a certain price for the entire order, typically between \$20-\$30.

You can leave instructions for drivers in the app to ask them to call you on arrival, leave the meal on your doorstep, or to go around to the back of a basement suite. Each app will tell you what payments are accepted.

 <p>Skip the Dishes</p>	 <p>Uber Eats</p>	 <p>Foodora</p>	 <p>DoorDash</p>	 <p>Fan Taun</p>
<p>Rated Vancouver's most popular take out service</p>	<p>Known for fast delivery</p>	<p>Known for all deliveries done on bikes</p>	<p>An additional option for busy days</p>	<p>Known for having a variety of Asian restaurants</p>
<p>Credit cards, Debit, and Cash with bills under \$50</p>	<p>Credit, Debit, or PayPal</p>	<p>PayPal, Apple Pay, credit card, Debit, and Cash</p>	<p>Credit, or Visa Debit</p>	<p>Cash, Debit, Credit, WeChat Payment (though app)</p>

**** Visa gift cards may be an alternative if you do not have access to an international credit card but please check with each location.**

Ahmed's Pantry

Located at FIC across from room 1200. You can take whatever supplies that you require, and you are able to leave supplies for other. The pantry is open on Tuesdays and Thursday between 11:00 AM – 3:00 PM.



**Look for this sign
and grab what you
need**



Health and Medical Insurance

Medical Insurance Providers

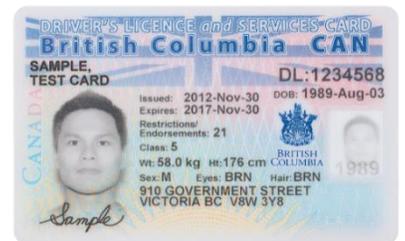
Guard Me

- Guard Me insurance is mandatory for all student at FIC and will be active unless you have previously opt-ed out.
- The FIC Student Guard Me Portal has a lot of useful links to search for clinics, submit claims online and register for Mobile Doctor, and MySSP.
- Your Guard Me insurance is meant for new or emergent conditions.
- Go to the [FIC Medical Insurance](#) page to look at the Guard Me Brochure and what is covered.



MSP (Medical Services Plan)

- BC MSP is a provincial medical insurance plan. Please go to the MSP website to look up your [eligibility](#). International student who are enrolled are required to pay an International Student Health fee and more information about that can be found [here](#).



Private Insurance

- Students may have private insurance through their family and if that is the case should consult directly with their provider regarding coverage and claims.

Finding Clinics and Pharmacies

Search for a Canadian Clinic

- Use the FIC Guard Me Portal and you the ["Search for a Canadian Clinic"](#) to find clinics that are close to your home.
- Guard Me "Preferred" clinics may show up in your search and that means that if you bring your Guard Me card you will not need to pay for the cost of the visit.
- If you want to visit a clinic not on the preferred list, you will need to pay for your visit and then submit and online claim.

Pharmacies

- A pharmacy is a store that has a combination of prescription medications that a doctor will prescribe you after a visit as well as other useful medication that you can receive "over the counter" to treat minor coughs, colds, and flus.
- A pharmacist can help you to find the over the counter medication you need if you need advice.
- Pharmacies can be their own store, for example Rexall, Shoppers Drug Mart, or London Drug, however other large grocery stores, such as Walmart, Safeway, Save On Food, and T&T etc, may also contain small pharmacy sections where you can get over the counter medicals like pain relief medication, cough syrups, throat lozenges, thermometers and so on.



Online Health Care Providers

Mobile Doctor

- A convenient way to connect with a medical practitioner online without having to leave your home. Through Mobile Doctor, you can describe your symptoms and receive recommendations or prescriptions for your ailments. You can chat, audio call, or video call a doctor!
- If you are using Guard me, then [register here](#) to start using Mobile Doctor.



Keep.me Safe / My SSP

- The keep.meSAFE Student Support Program (MySSP) offers free counseling support for 24/7/365 through the My SSP app. This is a confidential and voluntary service available to your university or college.
- Start a real-time chat or phone call with an advisor/counsellor, schedule ongoing phone and video sessions with an advisor/counsellor, text, call, or chat online.
- [Register here](#) to start using MySSP.



Online Mental Health Resources

Youth in BC

- An innovative, internet-based service where youth in distress can connect live, one-on-one with a crisis chat volunteer (noon – 1am, 7 days a week), obtain email support from professional staff, locate timely & accurate information on different issues, and connect to referral services in their own community.
- Visit the website [here](#) for more information!



7 Cups

- A website which provides online therapy and free support to people experiencing emotional distress by connecting them with trained listeners. The listener, trained in active listening, interacts with the person seeking help via an anonymous and confidential live chat.
- Visit the website [here](#) for more information!



Important Phone Numbers

811: HealthLink BC

- If you experience any medical problems, have flu-like symptoms or want to be tested for flu, you will have to call HealthLink BC Service at 8-1-1.
- If you notice any symptoms please do not physically go to the clinic: contact 8-1-1, talk to a health service navigator and a registered nurse will be sent to your address to get you tested in the case of emergency.

You can speak with a health service navigator, who can also connect you with:

- registered nurse any time, every day of the year
- registered dietitian from 9am to 5pm PT, Monday to Friday
- qualified exercise professional from 9am to 5pm PT, Monday to Friday
- pharmacist from 5pm to 9am PT, every day of the year

Translation services are available in more than 130 languages.



911: Emergency Police, Fire, and Ambulance

- The general rule: Dial 911 any time there's an immediate threat to life or property — such as an accident, a crime, a fire or a medical emergency
- Serious medical emergencies warrant a 911 call, so don't hesitate if you witness a heart attack, stroke, anaphylaxis, broken limbs, choking, drug overdose, drowning, a psychotic episode, or uncontrolled bleeding



Telephone Counseling Hotlines

- 1-800-Suicide (1-800-784-2433): for individuals who are or know someone who is having thoughts of suicide. The service is available 24 hours a day, 7 days a week and in up to 140 languages. Operated in partnership with Crisis Intervention and Suicide Prevention Centre of BC.
- 310-Mental Health (310-6789): for individuals who would like emotional support, information and resources specific to mental health in British Columbia. The service is available 24 hours a day, 7 days a week and is toll-free anywhere in British Columbia (no need to dial an area code).
- 1 (833) 456 4566: Canada Suicide Prevention Service: The new Canada Suicide Prevention Service (CSPS) enables callers anywhere in Canada to access crisis support using the technology of their choice (phone, text or chat), in French or English.

Getting Settled Locally

Financial – Setting up a Student Bank Account

As a student, you can set-up a Canadian Bank account with no monthly fees. **Scotiabank** is a Canadian bank that has a branch on SFU Burnaby Campus.

You can start to set-up your account online, but will need to visit a branch in-person and provide additional information to receive your Canadian Debit Card.

To set-up a bank account you will need to provide:

- A copy of your passport (ID)
- A copy of your study permit
- Canadian phone number
- Proof of your Canadian Address
 - Examples: lease agreement, letter from landlord/homestay, utility bill with your name on it
- FIC Enrolment Letter

Your proof of address and enrolment letter will need to be shown in-person in order to receive your debit card. These can both be “soft copies”, shown electronically on your phone. Once you complete the online portion, you will be directed to the Scotiabank Branch located nearest your address. Please remember to check the hours of operation before your visit.

To get started setting up your Student Banking Advantage Plan, go to:

<https://www.scotiabank.com/ca/en/personal/bank-accounts/students/student-banking-advantage-plan.html>

Wellness

Headspace

- Learn to Meditate using Headspace with guided exercises, videos, articles, and more. Find what's right for you with sections including Meditation, Sleep and Wake up cycles, Stress & anxiety, as well as Movement & Healthy living.
- Visit the [Headspace website](#) or download the App on your smartphone
- The App costs \$13 monthly with a one-week free trial, or \$70 annually with a two-week free trial



Calm

- Calm allows you to complete a survey to determine what you would like to work on such as reducing stress, building self-esteem, improving sleep, etc. Further, there are walking meditations, body scans, masterclasses, and Sleep Stories
- You can visit the [Calm website](#) or download the 'Calm' App on your phone
- The App costs \$60 annually with a 30-day free trial

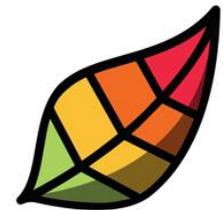


Insight Timer

- This website offers relaxing music tracks, a section for kids, and therapeutic pep talks from the likes of Indian yogi Sadhguru and psychotherapist Anthony DeMell
- You can download the Insight Timer App on your smartphone, or visit the [Insight Timer website](#).

Colouring Apps

- Use Pigment or Colorfy to relax and unwind with realistic online colouring book options, as well as paint, color and drawing games
- Both Apps are free for you to download on your phone



Exercise Resources

- You can search YouTube for a wide variety of guided exercises, including beginner's yoga, quick 7-10-minute workouts, even high intensity interval training!
- Some examples of exercise channels include: [MadFit](#), [Yoga with Adriene](#), [Ask Doctor Jo](#), [Group HIIT](#), and much more!
- YouTube Free is a free App to Download on your phone, or you can visit the website here: <https://www.youtube.com/>

Education

Language Learning

DuoLingo

- Duolingo provides quick, daily lessons that are adapted to
- your learning style and where you receive immediate grading!
- You can select from a variety of languages and skill levels, and stay motivated with rewards and new levels as you learn
- Download the free App or visit the [DuoLingo website](#) to get started



HelloTalk.

- Chat with native speakers around the world to learn a new language! HelloTalk is a language exchange, where a native speaker teaches you their language, while you teach them yours!
- Chat with language partners via text, voice recordings, voice calls and doodles.
- Download the free App or visit the [HelloTalk website](#) to get started



YouTube

- YouTube also has many options for support with practicing your English. Here are some helpful channels below:
 - [English Class 101](#)- explore various audio and video lessons with topics such as “how to express problems in English” and “1200 words every English beginner must know.”
 - [Rachel’s English](#)- practicing your conversational English and pronunciation with topics such as “English phone conversations and “how to increase your English vocabulary”
 - [BBC Learning](#)- learn how to speak English with BBC – they post a new video every day to support your learning, with topics such as “4 uses of quite” and “good vs well”

Online Courses

Coursera

- Coursera collaborates with over 190 universities and companies to provide online courses and lectures, even certificates and degrees!
- Learn skills such as business analytics, graphic design, Python, and more from learning universities and companies (ex. Yale, Google, IBM, etc.)
- Visit the [Coursera website](#) to sign up for both free or paid courses.



LinkedIn Learning

- LinkedIn Learning provides a variety of courses taught online by experts through online video tutorials. Topics include software development, web design, photoshop, wordpress, excel, etc.
- Visit the [LinkedIn Learning website](#) and start your one-month free trial

Reading

Serial Box

- Serial Box is a digital audio, reading platform and publisher that delivers ongoing stories via online and mobile in short segments that you can listen to anytime
- Each season costs around \$10 to subscribe
- You can watch on the [Serial Box website](#) or download the App on your phone



Kindle

- Android-powered portable e-book reader developed by Amazon that lets users shop for, download and read electronic versions of books, newspapers, magazines, etc.
- \$90+ (for the device) from [Amazon](#) or download Amazon Kindle for FREE in the App store. The cost for books may vary.



Entertainment

Streaming Services

There are a variety of streaming services available which you can download on your phone, watch on your laptop or computer, or on your TV if you have one! These streaming services allow you to watch movies and tv shows without needing to pay for a cable service. Content on each of these services below is updated monthly for new things to watch all the time!

1. Netflix- www.netflix.com/ca/
 - Cost: \$13.99/ month
 - Movies, TV shows as well as Netflix original content
2. Crave - www.crave.ca/en
 - Cost: \$9.99/ month or \$19.99/ month (gives you access to Crave, a larger variety of TV shows/movies and HBO shows.
3. Disney+ - www.disneyplus.com
 - Cost: \$8.99/ month
 - Original and new Disney movies and Disney channel shows, includes Star Wars, Marvel movies, and originals such as The Lion King and Cinderella.

Social Networks

- Facebook, Twitter, and Instagram are all Apps you can download on your phone and allow you to connect with friends and family members. You can share photos, posts, and much more.
- Amino is an App you can download on your phone where you can find communities and chats that are based on shared interests. Sharing interests is a great way to make new friends! Some examples of mobile communities are for K-Pop, Anime, Vegan, Pokémon, and more!
- Meetup and Friender are also apps that can help you connect with new friends. Join a themed community for something you have interest, in or just chat to meet new friends who are local in your area.
- All the above Apps are free to download!



General Tips

Stay Social

- Don't forget to call and text your family and friends regularly! Try to keep in touch with them as well as updating them regularly on your condition and news.
- Try to find the communities of your interest through social networks and other social-oriented apps (see the "Apps" category for more resources)
- Use the resources that FIC provides: online counselling (mySSP), online chats with FIC students and advisors

Practice Self Care

- While staying at home ensure to open windows to regulate the air in your room
- Eat healthy meals regularly without sharing your meal with anyone or eating anyone else's food
- Ensure you are being respectful of everyone's personal space
- Wash your hands regularly with soap and water for at least 20 seconds (measure by singing happy birthday to you twice!)

Stay Updated at Fraser International College

- Use the FIC Student Portal homepage for important updates
- Check both your FIC Gmail and your SFU connect mail for information
- Go to the Important Dates and Events Calendar on the Student Website
- Follow FIC on Social Media, including
- Email Student Success Advisors at advising@learning.fraseric.ca
- Ask advisors about Live Chat or video advising options

Stay Updated in the Community

- Visit these websites to stay up to date about your health and get advice on illness prevention
 - [FIC- COVID 19 Updates and FAQ](#)
 - [CTV News Vancouver](#)
 - [CBC | British Columbia](#)
 - [SFU News](#)
 - [SFU Interfaith Centre](#)
 - [Dailyhive](#)
 - [Tourism Vancouver](#)
 - [Travel Advisory](#)