

2020

RESIDENCE SELF-QUARANTINE GUIDE

To view our live programming calendar, please visit the following link or scan the QR code [residence.uwo.ca/quarantine-guide].



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WELCOME TO WESTERN!

We are so excited to have you join our community here on campus. We hope you have a wonderful time in residence. We're committed to making this place feel like your home away from home.

For your first two weeks (14 days) with us, you will be practicing self-quarantine, as required by the Canadian government. For more information on coronavirus and government regulations, please visit the government's coronavirus information sheet [<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html>]

DAILY CHECKLIST

Join daily activities!

Sign-up for meal choices by 10:00 a.m.

Put garbage out before 12:00 p.m. (On Monday, Wednesday, and Friday only)

IMPORTANT POLICIES DURING QUARANTINE

During the self-quarantine period, you will be expected to remain in your room. Meals will be delivered to your suite every day by our Dining Services team, and you may use the shared kitchen in your suite. You will be notified when your quarantine is completed. For any questions or supports required during the period, you can call our front desk, open 24 hours, 7 days a week at Essex Hall at (519) 661-4240 or Elgin Hall (519) 661-4268.

If you have an issue that is not urgent, write it on a sticky note and post it on the outside of your suite door.

Prohibited during quarantine:

- You may not leave your suite unless it is to seek medical attention.
- You may not have any visitors.

Essex Hall and Elgin Hall are suite-style residences with four bedrooms in each suite. You will have a private bedroom and private washroom for yourself. The kitchen area may be shared with one other student (please wear a mask at all times when in this shared space). The kitchen includes a sink, refrigerator, stove top and microwave. Disposable utensils will be provided along with your food delivery. For more information on the residence building, please check out the building web page at residence.uwo.ca.

MEAL DELIVERY

Residence Meal Delivery During Self-Quarantine

During your self-quarantine period, meals will be delivered daily to your suite and charged to your residence meal plan at a total cost of \$20/day, which includes breakfast, lunch and dinner. Meals will be available the day you arrive. During your self-quarantine period, if you urgently require grocery supplies, you may order from United Supermarket Express and request delivery to your residence.

Order Deadline

Orders must be submitted by 10:00 a.m. the day before the date you are selecting. For example, if you wanted to order lunch and dinner for Tuesday, August 25, you would have to choose your meals by 10:00 a.m. on Monday, August 24. If your order is not placed on time, our staff will prepare a set meal and deliver it to you. Orders can be submitted through the following form or scanning this QR code below:

[\[https://uwo.eu.qualtrics.com/jfe/form/SV_etFBAvM5no2Djil\]](https://uwo.eu.qualtrics.com/jfe/form/SV_etFBAvM5no2Djil)

Meal Details

The menu will have three different entrees to choose from for lunch and dinner, and a continental breakfast will be delivered along with your dinner every evening for the next morning. In addition to an entrée, your lunch order will include a drink, fruit, and snacks, and your dinner order will include a drink, dessert, and side salad. Disposable cutlery will be delivered along with your food. Should you need something else (a plate or pot/pan), call the Front Desk and we will do our best to meet your needs!

Meal Delivery Schedule

Monday–Saturday:

- Lunch 11:30 a.m. – 12:30 p.m.
- Dinner & Continental Breakfast: 5 p.m. – 6 p.m.

Sunday:

- Brunch: 10:30 a.m. – 11:30 a.m.
- Lunch: 1:30 p.m. – 2:30 p.m.
- Dinner: 5 p.m. – 6 p.m.



OTHER AMENITIES AND SUPPORT SERVICES

PARCELS AND SHIPPING



If you plan to order and ship anything to yourself, please plan the delivery date to be post-quarantine when you can leave your room to pick up your parcel. If you urgently require items, our Front Desk Staff can deliver items to your room.

GARBAGE



Garbage is to be placed outside your door between 9-10 a.m. every Monday, Wednesday, and Friday and will be picked up by noon. Please do not leave your garbage out overnight. Note that this service is ONLY provided during the quarantine period.

LAUNDRY



During your time in quarantine, you will not be able to leave your room or suite, and so you will not have access to a laundry room.

If you need to do some washing, you may hand wash your clothing using your washroom or kitchen sink.

INTERNET



An 'Internet Connection Guide' and an Ethernet cable will be in each residence room. There will also be alternative credentials (known as an NPA) that students can use to connect to our internet services.

The RezNet Hotline will be operating from 9am – 4pm, Monday – Friday from August 13th – August 30th.

Outside of these hours, you can receive RezNet help by sending an email to reznet@uwo.ca

SUPPORT FOR YOUR HEALTH AND MENTAL WELLBEING

During your quarantine, if you start to develop symptoms of COVID-19 (cough, fever, difficulty breathing, etc.) or need any urgent help, please call our 24/7 front desk at for your building. Essex: (519) 661-4240. Elgin: (519) 661-4268

If you wish to seek medical attention on campus, please contact Student Health Services. Their office is open from 9 a.m. to 4 p.m. Monday to Friday, and can be reached via email at shappt@uwo.ca

As a service dedicated to students living in residence, Residence Counselling is here to support you during this period. Our professional counsellors provide free and confidential counselling services covering a wide variety of issues. We can also help to connect you with other services and resources on campus—just drop us an email at needtotalk@uwo.ca

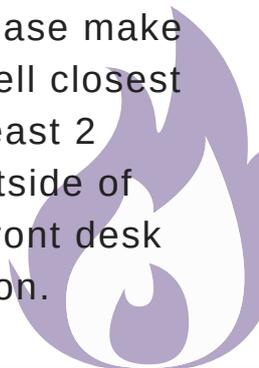
Western offers a variety of services in support of student well-being. Be sure to check out the University's Mental Well-being website at https://www.uwo.ca/health/mental_wellbeing/ which provides information on all of the mental health resources on campus and in the London community.

If you need any immediate support, some additional 24/7 resources include:

- **Good2Talk:** 1-866-925-5454
- **Reach Out:** 1-866-933-2023, web chat reachout247.ca
- **CMHA Middlesex The Support Line:** at 1-844-360-8055

EMERGENCY PROCEDURES

In the event of an emergency—fire drill or a building evacuation—please make sure you wear a face covering, and exit the building using the stairwell closest to your room. Please remember to maintain physical distancing (at least 2 meters apart). During building evacuations, we ask that you meet outside of your building and continue to physically distance. A member of our front desk team will be there to help answer questions or navigate the evacuation.



ACTIVITIES AND PROGRAMS

While you're self-quarantining, we want you to be able to virtually meet and connect with others in your community and become familiar with Western. You will need either a laptop or a cell phone with available Wi-Fi function. These programs will help you transition to the Western Campus and London community.

Zoom will be the main software to be used during the quarantine. As a Western student, you have free access to Western's Zoom license, and your Western Identity is used as your login credential. Find more information on the Zoom at Western website. [<https://wts.uwo.ca/zoom/index.html>]

Our team has prepared two types of sessions for you to join (asynchronous and synchronous). Asynchronous sessions are when the programs have been pre-recorded and you are free to complete the activity anytime. Synchronous sessions start at the exact time listed below, and are the programs that will be live where you can interact with our staff and volunteers. All synchronous sessions will only happen at their scheduled time while there will be flexibility for the asynchronous sessions (you can do it at that time or later).

**The password to enter all Zoom sessions will be on the printed guide
Your Western Identity is used as the login credential for Zoom and OneDrive**

ACTIVITIES AND PROGRAMMING LEGEND

IESC	International and Exchange Student Centre
USC	University Students' Council
Synchronous	Events/Programs that occur live at the specified time
Asynchronous	Events/Programs that can be completed at any point

DAILY SCHEDULE

WEEK 1 (THURSDAY, AUGUST 13 - SUNDAY, AUGUST 16)

Thursday, August 13

Event Time and Name	Description	Link to Participate
9:00 a.m.–3:00 p.m. Meet and Greet Synchronous	This session will be an opportunity for students to check in with Western Housing staff to ask any questions they may have. Staff will introduce themselves so that you know who to reach out to and connect with when needed.	Zoom ID: 269 380 4659
3:00 p.m.–5:00 p.m. Encyclopedia Game with Lindsay Synchronous	Looking for something relaxing to do? Come hang out with IESC volunteer Lindsay as she hosts a fun logical reasoning game - no experience necessary. Participate in a friendly competition and impress us with your skills!	
5:00 p.m.–9:30 p.m. Meet and Greet Synchronous	This session will be an opportunity for students to check in with Western Housing staff to ask any questions they may have. Staff will introduce themselves so that you know who to reach out to and connect with when needed.	Zoom ID: 269 380 4659

Friday, August 14

9:00 a.m.–11:00 a.m. Breakfast Asynchronous	Please use this time to enjoy your breakfast and pick your meal for the next day.	
11:00 a.m.–12:00 p.m. Morning Check-In Synchronous	Two of Western's staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.	Zoom ID: 269 380 4659
12:00 p.m.–1:30 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
1:30 p.m.–2:30 p.m. Get to Know Your Neighbours Synchronous	This session series focuses on building connections with other students on campus through a collection of games, fun activities, and conversation starters.	Zoom ID: 269 380 4659
5:00 p.m.–6:00 p.m. Afternoon Check-In Synchronous	Two of Western's staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.	Zoom ID: 269 380 4659
6:00 p.m.–7:30 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	
7:30 p.m.–9:30 p.m. Online Activities Asynchronous	This resource will be available to guide international students to make use of their scheduled free time in creative, relaxing ways. With various online activities and virtual ways to explore Canada, these online activities will help keep boredom away during the self-isolation period!	

Event Time and Name	Description	Link to Participate
<p>9:00 a.m.–11:00 a.m.</p> <p>Breakfast</p> <p>Asynchronous</p>	<p>Please use this time to enjoy your breakfast and pick your meal for the next day.</p>	
<p>11:00 a.m.–12:00 p.m.</p> <p>Morning Check-In</p> <p>Synchronous</p>	<p>Two of Western’s staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.</p>	<p>Zoom ID: 269 380 4659</p>
<p>12:00 p.m.–1:30 p.m.</p> <p>Lunch</p> <p>Asynchronous</p>	<p>Take this time to relax and enjoy your meal.</p>	
<p>1:30 p.m.–2:30 p.m.</p> <p>Get to Know Your Neighbours</p> <p>Synchronous</p>	<p>This session series focuses on building connections with other students on campus through a collection of games, fun activities, and conversation starters.</p>	<p>Zoom ID: 269 380 4659</p>
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<p>6:00 p.m.–7:30 p.m.</p> <p>Dinner</p> <p>Asynchronous</p>	<p>Take this time to relax and enjoy your meal.</p>	
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<p>7:30 p.m.–9:30 p.m.</p> <p>Online Activities</p> <p>Asynchronous</p>	<p>This resource will be available to guide international students to make use of their scheduled free time in creative, relaxing ways. With various online activities and virtual ways to explore Canada, these online activities will help keep boredom away during the self-isolation period!</p>	

WEEK 2 (MONDAY, AUGUST 17–SUNDAY, AUGUST 23)

Monday, August 17

Event Time and Name	Description	Link to Participate
9:00 a.m.–11:00 a.m. Breakfast Asynchronous	Please use this time to enjoy your breakfast and pick your meal for the next day.	
11:00 a.m.–12:00 p.m. Morning Check-In Synchronous	Two of Western’s staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.	Zoom ID: 269 380 4659
12:00 p.m.–1:30 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
1:30 p.m.–2:30 p.m. Get to Know Your Neighbours Synchronous	This session series focuses on building connections with other students on campus through a collection of games, fun activities, and conversation starters.	Zoom ID: 269 380 4659
5:00 p.m.–6:00 p.m. Afternoon Check-In Synchronous	Two of Western’s staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.	Zoom ID: 269 380 4659
6:00 p.m.–7:30 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	
7:30 p.m.–9:30 p.m. Paint Night Asynchronous	Students will have a chance to challenge their creativity and the ability to focus during this session. This session is meant to be an opportunity to enjoy a good time with other students and staff before getting ready for the International Student Orientation program.	Zoom ID: 269 380 4659

Event Time and Name	Description	Link to Participate
<p>9:00 a.m.–11:00 a.m.</p> <p>Breakfast</p> <p>Asynchronous</p>	<p>Please use this time to enjoy your breakfast and pick your meal for the next day.</p>	
<p>11:00 a.m.–12:00 p.m.</p> <p>Morning Check-In</p> <p>Synchronous</p>	<p>Two of Western’s staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.</p>	<p>Zoom ID: 269 380 4659</p>
<p>12:00 p.m.–1:30 p.m.</p> <p>Lunch</p> <p>Asynchronous</p>	<p>Take this time to relax and enjoy your meal.</p>	
<p>1:00 p.m.–2:30 p.m.</p> <p>Reading Strategies for International Students</p> <p>Synchronous</p>	<p>In what ways are textbook and academic readings different from other kinds of reading? How much detail must you read and remember? In this session Heather from Learning and Development Services will discuss ways to identify, record and recall key points in academic readings, and help you identify strategies to cope with the large volume of reading at university. Special attention will be given to issues of reading in a second language.</p>	
<p>4:00 p.m. –5:00 p.m.</p> <p>Online Activities</p> <p>Asynchronous</p>	<p>This resource will be available to guide international students to make use of their scheduled free time in creative, relaxing ways. With various online activities and virtual ways to explore Canada, these online activities will help keep boredom away during the self-isolation period!</p>	
<p>6:00 p.m.–7:30 p.m.</p> <p>Dinner</p> <p>Asynchronous</p>	<p>Your meal will be delivered to your room during this time.</p>	

Event Time and Name	Description	Link to Participate
9:00 a.m.–11:00 a.m. Breakfast Asynchronous	Please use this time to enjoy your breakfast and pick your meal for the next day.	
11:00 a.m.–12:00 p.m. Welcome and Program Overview Synchronous	Welcome session to provide an overview of the next 14 days and other important information.	Zoom ID: 269 380 4659
12:00 p.m.–1:30 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
1:30 p.m.–2:30 p.m. Get to Know Your Neighbours Synchronous	This session series focuses on building connections with other students on campus through a collection of games, fun activities, and conversation starters.	Zoom ID: 269 380 4659
3:30 p.m. - 4:00 p.m. In-Room Exercise Asynchronous	After completing this session, international students will be able to: execute in-room exercises to promote overall physical wellness, identify ways to stay active in residence and define how to stay safe while exercising in their residence space.	https://www.uwo.ca/campusrec/
4:00 p.m.–5:00 p.m. Understanding Your Residence Self-Quarantine Guide Synchronous	Students will be able to understand all the details within the Guide and ask questions for any concerns. Understanding the Guide will help students navigate through their time during and after the quarantine period.	Zoom ID: 269 380 4659
5:00 p.m. - 6:00 p.m. International Student Orientation OWL Site Asynchronous	Set some time aside to explore the official International Student Orientation OWL site for new students to learn more about Western and Canadian culture, unwritten rules of the Canadian classroom, key academic values in Canada, dealing with culture shock, important immigration information, navigating resources for international students, getting and staying connected remotely, and so much more! Work through orientation information and explore the OWL site at your own pace.	
6:00 p.m.–7:30 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	

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9:00 a.m.–10:00 a.m. Breakfast Asynchronous	Please use this time to enjoy your breakfast and pick your meal for the next day.	
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10:30 a.m.–12:00 p.m. Get to Know Residence Synchronous	After completing this session, international students will be able to identify how to utilize the kitchenettes in residence, describe the steps of how to use the laundry room facilities in residence and locate the various rooms/features in residence	Zoom ID: 269 380 4659
12:00 p.m.–1:30 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
1:30 p.m.–2:30 p.m. International Student Orientation OWL Site Asynchronous	Set some time aside to explore the official International Student Orientation OWL site for new students to learn more about Western and Canadian culture, unwritten rules of the Canadian classroom, key academic values in Canada, dealing with culture shock, important immigration information, navigating resources for international students, getting and staying connected remotely, and so much more! Work through orientation information and explore the OWL site at your own pace.	
2:30 p.m.–3:00 p.m. In-Room Exercise Asynchronous	After completing this session, international students will be able to: execute in-room exercises to promote overall physical wellness, identify ways to stay active in residence and define how to stay safe while exercising in their residence space.	https://www.uwo.ca/campusrec/
3:00 p.m. - 5:00 p.m. Logical Reasoning Game with Lindsay Synchronous	Looking for something relaxing to do? Come hang out with IESC volunteer Lindsay as she hosts a fun logical reasoning game - no experience necessary. Participate in a friendly competition and impress us with your skills!	
6:00 p.m.–7:30 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	
7:30 p.m.–9:30 p.m. Pictionary Synchronous	Join us for a game night, playing Pictionary! A fun, imaginative, and creative game with other students.	Zoom ID: 269 380 4659

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9:00 a.m.–10:00 a.m. Breakfast Asynchronous	Please use this time to enjoy your breakfast and pick your meal for the next day.	
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12:00 p.m.–1:30 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
1:30 p.m.– 2:30 p.m. Student Experience Modules Asynchronous	Western offers many programs and services to help prepare students for academic and university life. SmartStart Western is a series of asynchronous web-based, zero-credit courses designed to support you with your academic transition to Western. Please note that Smart Start modules focus on the Undergraduate student experience. For graduate students, GradLife 101 Modules will be launched in late August. Check your email for updates.	https://www.edu.uwo.ca/smart-start/
2:30 p.m.–3:00 p.m. In-Room Exercise Asynchronous	After completing this session, international students will be able to: execute in-room exercises to promote overall physical wellness, identify ways to stay active in residence and define how to stay safe while exercising in their residence space.	https://www.uwo.ca/campusrec/
5:00 p.m.–6:00 p.m. Get to Know Your Neighbours Synchronous	This session series focuses on building connections with other students on campus through a collection of games, fun activities, and conversation starters.	Zoom ID: 269 380 4659
6:00 p.m.–7:30 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	
7:00 p.m. - 9:00 p.m. Meet Your Neighbour - IESC Social Synchronous	Prepare to the new academic year with back to school organization tips and tricks! Wondering how to stay organized and motivated in the new school year? Looking for tips and tricks to organize your study schedule while leaving room for fun and extracurricular activities? Join Victoria during this interactive workshop for tips and tricks on how to set up your own organization system and develop attainable academic and personal goals for the year!	

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10:30 a.m.–12:00 p.m. Get to Know Western Campus Synchronous	After completing this session, international students will be able to identify several resources and services at Western, understand important residence policies and procedures and understand key terminology to navigate Western.	Zoom ID: 269 380 4659
12:00 p.m.–1:30 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
2:30 p.m.–3:30 p.m. Get to Know Your Neighbours Synchronous	This session series focuses on building connections with other students on campus through a collection of games, fun activities, and conversation starters.	Zoom ID: 269 380 4659
3:30 p.m.–4:00 p.m. In-Room Exercise Asynchronous	After completing this session, international students will be able to: execute in-room exercises to promote overall physical wellness, identify ways to stay active in residence and define how to stay safe while exercising in their residence space.	https://www.uwo.ca/campusrec/
5:00 p.m.– 6:00 p.m. Student Experience Modules Asynchronous	Western offers many programs and services to help prepare students for academic and university life. SmartStart Western is a series of asynchronous web-based, zero-credit courses designed to support you with your academic transition to Western. Please note that Smart Start modules focus on the Undergraduate student experience. For graduate students, GradLife 101 Modules will be launched in late August. Check your email for updates.	https://www.edu.uwo.ca/smart-start/
6:00 p.m.–7:30 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	

WEEK 3 (MONDAY, AUGUST 24–SUNDAY, AUGUST 30)

Monday, August 24

Event Time and Name	Description	Link to Participate
9:00 a.m.–10:00 a.m. Breakfast Asynchronous	Please use this time to enjoy your breakfast and pick your meal for the next day.	
10:00 a.m.–10:30 a.m. Morning Check-In Synchronous	Two of Western’s staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.	Zoom ID: 269 380 4659
10:30 a.m.–11:00 a.m. In-Room Exercise Asynchronous	After completing this session, international students will be able to: execute in-room exercises to promote overall physical wellness, identify ways to stay active in residence and define how to stay safe while exercising in their residence space.	https://www.uwo.ca/campusrec/
12:00 p.m.–1:30 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
1:30 p.m.–2:30 p.m. Get to Know Your Neighbours Synchronous	This session series focuses on building connections with other students on campus through a collection of games, fun activities, and conversation starters.	Zoom ID: 269 380 4659
4:30 p.m.– 6:00 p.m. Student Experience Modules Asynchronous	Western offers many programs and services to help prepare students for academic and university life. SmartStart Western is a series of asynchronous web-based, zero-credit courses designed to support you with your academic transition to Western. Please note that Smart Start modules focus on the Undergraduate student experience. For graduate students, GradLife 101 Modules will be launched in late August. Check your email for updates.	https://www.edu.uwo.ca/smart-start/
6:00 p.m.–7:30 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	
7:30 p.m.–9:30 p.m. Q&A Panel Synchronous	The Q&A Panel is meant to address any questions that have come up for students during their completion of the International Student Orientation program. Representatives from Housing’s Office of Engagement, Client Services, and the International and Exchange Student Centre will be available to answer student questions and offer appropriate referrals.	Zoom ID: 269 380 4659

Event Time and Name	Description	Link to Participate
9:00 a.m.–10:00 a.m. Breakfast Asynchronous	Please use this time to enjoy your breakfast and pick your meal for the next day.	
10:00 a.m.–10:30 a.m. Morning Check-In Synchronous	Two of Western's staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.	Zoom ID: 269 380 4659
11:30 a.m.–1:00 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
1:00 p.m.–2:00 p.m. Bullet Journaling with Dorisa Synchronous	Do you feel tired of using the same old agenda or digital calendar? Are you looking for a new way to stay organized for the school year ahead and reflect upon your daily habits? Let your creative juices flow with a step by step tutorial for a beautiful bullet journal weekly spread. All you need is a pencil, a black pen, a marker in your favourite colour, a notebook, something with a straight edge, and lots of enthusiasm!	
2:00 p.m.–2:30 p.m. In-Room Exercise Asynchronous	After completing this session, international students will be able to: execute in-room exercises to promote overall physical wellness, identify ways to stay active in residence and define how to stay safe while exercising in their residence space.	https://www.uwo.ca/campusrec/
3:30 p.m.– 4:30 p.m. Student Experience Modules Asynchronous	Western offers many programs and services to help prepare students for academic and university life. SmartStart Western is a series of asynchronous web-based, zero-credit courses designed to support you with your academic transition to Western. Please note that Smart Start modules focus on the Undergraduate student experience. For graduate students, GradLife 101 Modules will be launched in late August. Check your email for updates.	https://www.edu.uwo.ca/smart-start/
4:30 p.m.–6:00 p.m. Exploring London: A Virtual Experience Synchronous	After completing this session, international students will be able to identify key areas of interest in London (e.g., Malls, downtown hub) and understand how to navigate the LTC.	Zoom ID: 269 380 4659
6:00 p.m.–7:30 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	

Event Time and Name	Description	Link to Participate
9:00 a.m.–10:00 a.m. Breakfast Asynchronous	Please use this time to enjoy your breakfast and pick your meal for the next day.	
10:00 a.m.–10:30 a.m. Morning Check-In Synchronous	Two of Western’s staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.	Zoom ID: 269 380 4659
10:30 p.m.–11:00 a.m. In-Room Exercise Asynchronous	After completing this session, international students will be able to: execute in-room exercises to promote overall physical wellness, identify ways to stay active in residence and define how to stay safe while exercising in their residence space.	https://www.uwo.ca/campusrec/
12:00 p.m.–1:30 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
1:30 p.m.– 2:30 p.m. Student Experience Modules Asynchronous	Western offers many programs and services to help prepare students for academic and university life. SmartStart Western is a series of asynchronous web-based, zero-credit courses designed to support you with your academic transition to Western. Please note that Smart Start modules focus on the Undergraduate student experience. For graduate students, GradLife 101 Modules will be launched in late August. Check your email for updates.	https://www.edu.uwo.ca/smart-start/
3:00 p.m.– 4:00 p.m. Student Experience Modules Asynchronous	Western offers many programs and services to help prepare students for academic and university life. SmartStart Western is a series of asynchronous web-based, zero-credit courses designed to support you with your academic transition to Western. Please note that Smart Start modules focus on the Undergraduate student experience. For graduate students, GradLife 101 Modules will be launched in late August. Check your email for updates.	https://www.edu.uwo.ca/smart-start/
4:00 p.m.–5:00 p.m. Get to Know Your Neighbours Synchronous	This session series focuses on building connections with other students on campus through a collection of games, fun activities, and conversation starters.	Zoom ID: 269 380 4659
6:00 p.m.–7:30 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	
7:30 p.m.–9:30 p.m. Sing-Along Social Synchronous	A social night where everyone can come together and sing out loud their favorite songs and enjoy different types of music.	Zoom ID: 269 380 4659

Event Time and Name	Description	Link to Participate
9:00 a.m.–10:00 a.m. Breakfast Asynchronous	Please use this time to enjoy your breakfast and pick your meal for the next day.	
10:00 a.m.–10:30 a.m. Morning Check-In Synchronous	Two of Western’s staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.	Zoom ID: 269 380 4659
10:30 a.m.–11:00 a.m. In-Room Exercise Asynchronous	After completing this session, international students will be able to: execute in-room exercises to promote overall physical wellness, identify ways to stay active in residence and define how to stay safe while exercising in their residence space.	https://www.uwo.ca/campusrec/
11:00 a.m.–12:00 p.m. Extracurriculars Asynchronous	After completing this session, international students will be able to learn more about programs and services on campus and identify several ways to get involved at Western.	
12:00 p.m.–1:30 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
2:00 p.m.–3:00 p.m. Get to Know Your Neighbours Synchronous	This session series focuses on building connections with other students on campus through a collection of games, fun activities, and conversation starters.	Zoom ID: 269 380 4659
3:00 p.m.– 4:00 p.m., 5:00 p.m. - 6:00 p.m. Student Experience Modules Asynchronous	Western offers many programs and services to help prepare students for academic and university life. SmartStart Western is a series of asynchronous web-based, zero-credit courses designed to support you with your academic transition to Western. Please note that Smart Start modules focus on the Undergraduate student experience. For graduate students, GradLife 101 Modules will be launched in late August. Check your email for updates.	https://www.edu.uwo.ca/smart-start/
6:00 p.m.–7:30 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	
7:00 p.m.–9:00 p.m. Meet Your Neighbour - IESC Social Synchronous	Travel around the World in 2 Hours with Victoria! Had to cancel your travel plans this summer but still eager to learn about other cultures and historic sites? Join Victoria in an art and architecture trivia followed by an interactive workshop! Explore famous museums, artworks, and buildings from all over the world from the comfort of your home!	

Event Time and Name	Description	Link to Participate
9:00 a.m.–10:00 a.m. Breakfast Asynchronous	Please use this time to enjoy your breakfast and pick your meal for the next day.	
10:00 a.m. 10:30 a.m. Morning Check-In Synchronous	Two of Western's staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.	Zoom ID: 269 380 4659
10:30 a.m.–11:30 a.m. International Student Orientation OWL Site Asynchronous	Set some time aside to explore the official International Student Orientation OWL site for new students to learn more about Western and Canadian culture, unwritten rules of the Canadian classroom, key academic values in Canada, dealing with culture shock, important immigration information, navigating resources for international students, getting and staying connected remotely, and so much more! Work through orientation information and explore the OWL site at your own pace.	
12:00 p.m.–1:30 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
1:30 p.m.–2:30 p.m. Volunteer Opportunities Asynchronous	After completing this session, international students will be able to identify ways to get involved with the USC and Clubs on campus, locate volunteer and job opportunities in the London Area and describe how to engage with the virtual club's week in September.	
3:30 p.m.– 4:30 p.m. Student Experience Modules Asynchronous	Western offers many programs and services to help prepare students for academic and university life. SmartStart Western is a series of asynchronous web-based, zero-credit courses designed to support you with your academic transition to Western. Please note that Smart Start modules focus on the Undergraduate student experience. For graduate students, GradLife 101 Modules will be launched in late August. Check your email for updates.	https://www.edu.uwo.ca/smart-start/
4:30 p.m.–5:30 p.m. Get to Know Your Neighbours Synchronous	This session series focuses on building connections with other students on campus through a collection of games, fun activities, and conversation starters.	Zoom ID: 269 380 4659
5:30 p.m.–6:00 p.m. In-Room Exercise Asynchronous	After completing this session, international students will be able to: execute in-room exercises to promote overall physical wellness, identify ways to stay active in residence and define how to stay safe while exercising in their residence space.	https://www.uwo.ca/campusrec/
6:00 p.m.–7:30 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	

Event Time and Name	Description	Link to Participate
<p>9:00 a.m.–10:00 a.m. Breakfast Asynchronous</p>	<p>Please use this time to enjoy your breakfast and pick your meal for the next day.</p>	
<p>10:00 a.m.–10:30 a.m. Morning Check-In Synchronous</p>	<p>Two of Western’s staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.</p>	<p>Zoom ID: 269 380 4659</p>
<p>11:00 a.m.– 12:00 p.m. Student Experience Modules Asynchronous</p>	<p>Western offers many programs and services to help prepare students for academic and university life. SmartStart Western is a series of asynchronous web-based, zero-credit courses designed to support you with your academic transition to Western. Please note that Smart Start modules focus on the Undergraduate student experience. For graduate students, GradLife 101 Modules will be launched in late August. Check your email for updates.</p>	<p>https://www.edu.uwo.ca/smart-start/</p>
<p>12:00 p.m.–1:30 p.m. Lunch Asynchronous</p>	<p>Take this time to relax and enjoy your meal.</p>	
<p>2:30 p.m.–3:30 p.m. Get to Know Your Neighbours Synchronous</p>	<p>This session series focuses on building connections with other students on campus through a collection of games, fun activities, and conversation starters.</p>	<p>Zoom ID: 269 380 4659</p>
<p>4:30 p.m.–5:00 p.m. In-Room Exercise Asynchronous</p>	<p>After completing this session, international students will be able to: execute in-room exercises to promote overall physical wellness, identify ways to stay active in residence and define how to stay safe while exercising in their residence space.</p>	<p>https://www.uwo.ca/campusrec/</p>
<p>5:00 p.m. - 6:00 p.m. International Student Orientation OWL Site Asynchronous</p>	<p>Set some time aside to explore the official International Student Orientation OWL site for new students to learn more about Western and Canadian culture, unwritten rules of the Canadian classroom, key academic values in Canada, dealing with culture shock, important immigration information, navigating resources for international students, getting and staying connected remotely, and so much more! Work through orientation information and explore the OWL site at your own pace.</p>	
<p>6:00 p.m.–7:30 p.m. Dinner Asynchronous</p>	<p>Take this time to relax and enjoy your meal.</p>	
<p>7:30 p.m.–9:30 p.m. Paint Night Synchronous</p>	<p>Students will have a chance to challenge their creativity and the ability to focus during this session. This session is meant to be an opportunity to enjoy a good time with other students and staff before getting ready for the International Student Orientation program.</p>	<p>Zoom ID: 269 380 4659</p>

Event Time and Name	Description	Link to Participate
<p>9:00 a.m.–10:00 a.m. Breakfast Asynchronous</p>	<p>Please use this time to enjoy your breakfast and pick your meal for the next day.</p>	
<p>10:00 a.m.–10:30 a.m. Morning Check-In Synchronous</p>	<p>Two of Western’s staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.</p>	<p>Zoom ID: 269 380 4659</p>
<p>11:30 a.m.–12:00 p.m. In-Room Exercise Asynchronous</p>	<p>After completing this session, international students will be able to: execute in-room exercises to promote overall physical wellness, identify ways to stay active in residence and define how to stay safe while exercising in their residence space.</p>	<p>https://www.uwo.ca/campusrec/</p>
<p>12:00 p.m.–1:30 p.m. Lunch Asynchronous</p>	<p>Take this time to relax and enjoy your meal.</p>	
<p>1:30 p.m. – 2:30 p.m. Job Opportunities Asynchronous</p>	<p>After completing this session, international students will be able to identify ways to get involved with the USC and Clubs on campus, locate volunteer and job opportunities in the London Area and describe how to engage with the virtual club's week in September</p>	<p>Networking video:  Job 101: </p>
<p>3:00 p.m.– 4:00 p.m. Student Experience Modules Asynchronous</p>	<p>Western offers many programs and services to help prepare students for academic and university life. SmartStart Western is a series of asynchronous web-based, zero-credit courses designed to support you with your academic transition to Western. Please note that Smart Start modules focus on the Undergraduate student experience. For graduate students, GradLife 101 Modules will be launched in late August. Check your email for updates.</p>	<p>https://www.edu.uwo.ca/smart-start/</p>
<p>5:00 p.m.–6:00 p.m. Get to Know Your Neighbours Synchronous</p>	<p>This session series focuses on building connections with other students on campus through a collection of games, fun activities, and conversation starters.</p>	<p>Zoom ID: 269 380 4659</p>
<p>6:00 p.m.–7:30 p.m. Dinner Asynchronous</p>	<p>Take this time to relax and enjoy your meal.</p>	
<p>7:30 p.m.–9:30 p.m. USC Programs Synchronous</p>	<p>The International Student Support Team, led by the Coordinator, International Student Support at the University Students’ Council invites students to connect with their Office and other international students through a social activity and movie night.</p>	<p>Zoom ID: 269 380 4659</p>

WEEK 4 (MONDAY, AUGUST 31–WEDNESDAY, SEPTEMBER 2)

Monday, August 31

Event Time and Name	Description	Link to Participate
9:00 a.m.–10:00 a.m. Breakfast Asynchronous	Please use this time to enjoy your breakfast and pick your meal for the next day.	
10:00 a.m.–10:30 a.m. Morning Check-In Synchronous	Two of Western's staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.	Zoom ID: 269 380 4659
10:30 a.m.–12:00 p.m. Bus Sign-Up Synchronous	Students will be able to sign up for a scheduled shopping trip on September 3 & 4 (with limited spots available) to shop at Hyde Park plaza	See " Bus Sign-Up Links " at top of next page
12:00 p.m.–1:30 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
1:30 p.m.–2:30 p.m. Get to Know Your Neighbours Synchronous	This session series focuses on building connections with other students on campus through a collection of games, fun activities, and conversation starters.	Zoom ID: 269 380 4659
2:30 p.m.–3:00 p.m. In-Room Exercise Asynchronous	After completing this session, international students will be able to: execute in-room exercises to promote overall physical wellness, identify ways to stay active in residence and define how to stay safe while exercising in their residence space.	https://www.uwo.ca/campusrec/
4:00 p.m.– 5:00 p.m. Student Experience Modules Asynchronous	Western offers many programs and services to help prepare students for academic and university life. SmartStart Western is a series of asynchronous web-based, zero-credit courses designed to support you with your academic transition to Western. Please note that Smart Start modules focus on the Undergraduate student experience. For graduate students, GradLife 101 Modules will be launched in late August. Check your email for updates.	https://www.edu.uwo.ca/smart-start/
5:00 p.m.–6:00 p.m. International Student Orientation OWL Site Asynchronous	Set some time aside to explore the official International Student Orientation OWL site for new students to learn more about Western and Canadian culture, unwritten rules of the Canadian classroom, key academic values in Canada, dealing with culture shock, important immigration information, navigating resources for international students, getting and staying connected remotely, and so much more! Work through orientation information and explore the OWL site at your own pace.	
6:00 p.m.–7:30 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	
7:30 p.m.–9:30 p.m. Virtual Campfire Synchronous	Students will have a chance to experience a campfire experiences virtually and there will be a special treat during the program.	Zoom ID: 269 380 4659

Bus Sign-Up Links

Thursday, September 3

Western to
Walmart



Walmart to
Western



Friday, September 4

Western to
Walmart



Walmart to
Western



Tuesday, September 1

Event Time and Name	Description	Link to Participate
9:00 a.m.–10:00 a.m. Breakfast Asynchronous	Please use this time to enjoy your breakfast and pick your meal for the next day.	
10:00 a.m.–10:30 a.m. Morning Check-In Synchronous	Two of Western's staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.	Zoom ID: 269 380 4659
10:30 a.m.–11:00 a.m. In-Room Exercise Asynchronous	After completing this session, international students will be able to: execute in-room exercises to promote overall physical wellness, identify ways to stay active in residence and define how to stay safe while exercising in their residence space.	https://www.uwo.ca/campusrec/
12:00 p.m.–1:30 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
1:30 p.m.–2:30 p.m. Build a Shopping List Synchronous	After completing this session, international students will be able to identify relevant items essential to have during their first year in university. Assist the incoming students to familiarize themselves with kitchen, medical, bedroom, personal care and clothing items, and provide a holistic view on items are necessary.	Zoom ID: 269 380 4659
3:30 p.m.–4:30 p.m. Budgeting Asynchronous	After completing this session, international students will be able to create their own budget for the year and identify how the Residence Meal Plan operates.	
5:00 p.m.–7:00 p.m. Q&A Panel Synchronous	The Q&A Panel is meant to address any questions that have come up for students during their completion of the International Student Orientation program. Representatives from Housing's Office of Engagement, Client Services, and the International and Exchange Student Centre will be available to answer student questions and offer appropriate referrals.	Zoom ID: 269 380 4659
6:00 p.m.–7:30 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	
7:30 p.m.–9:30 p.m. USC Programs Synchronous	The International Student Support Team, led by the Coordinator, International Student Support at the University Students' Council invites students to connect with their Office and other international students through a social activity and movie night.	Zoom ID: 269 380 4659

Event Time and Name	Description	Link to Participate
9:00 a.m.–10:00 a.m. Breakfast Asynchronous	Please use this time to enjoy your breakfast and pick your meal for the next day.	
10:00 a.m.– 12:00 p.m. #GlobalWesternU New Student Party Synchronous	No matter where you are in the world, we hope you'll join us at this two-hour fun-filled event to make new friends, hangout, dance, watch, play and celebrate the start of the Fall 2020 term! IESC's new student party will be a great opportunity for you meet other international students in a casual and relaxed setting! Join us for special games and activities, some friendly competition, and a few other surprises- DON'T MISS OUT! All students who attend will have a chance to win one of two \$100 Gift Cards! Increase your chances of winning by participating in multiple draw opportunities throughout the event! Registration required.	
12:00 p.m.–1:30 p.m. Lunch Asynchronous	Take this time to relax and enjoy your meal.	
1:30 p.m.–4:00 p.m. Residence Activities Information and Guidelines Synchronous	Students will be able to understand the physical distancing rules post-quarantine that will be implemented during the school year.	Zoom ID: 269 380 4659
4:30 p.m.–5:00 p.m. Afternoon Check-In Synchronous	Two of Western's staff will host a check-in for students to drop in and ask any questions they may have, chat with someone about their day and how they are doing, and generally provide an opportunity for connection.	Zoom ID: 269 380 4659
5:00 p.m.–6:00 p.m. Dinner Asynchronous	Take this time to relax and enjoy your meal.	
6:00 p.m.– 8:00 p.m. #GlobalWesternU New Student Party Synchronous	No matter where you are in the world, we hope you'll join us at this two-hour fun-filled event to make new friends, hangout, dance, watch, play and celebrate the start of the Fall 2020 term! IESC's new student party will be a great opportunity for you meet other international students in a casual and relaxed setting! Join us for special games and activities, some friendly competition, and a few other surprises- DON'T MISS OUT! All students who attend will have a chance to win one of two \$100 Gift Cards! Increase your chances of winning by participating in multiple draw opportunities throughout the event! Registration required.	

ADDITIONAL PROGRAM RESOURCES AND ACTIVITIES

Our programs should get you going for most of the day but if you required any extra activities, feel free to explore virtual programs on the residence website [https://residence.uwo.ca/resources/news/virtual_programs.html].

Additionally, the International and Exchange Student Centre (IESC) staff and Welcome Team volunteers will be available to meet with you virtually during your first few weeks as a new Western student. Drop in to one of their open Zoom calls to have all of your questions answered. For more information, visit the IESC website. [https://iesc.uwo.ca/new_students/orientation_activities/welcome_centre.html]

If you are looking for ways to stay active during self-quarantine, Western Campus Recreation has a variety of asynchronous and synchronous workouts available on their website. [<https://www.uwo.ca/campusrec/>]

POST-QUARANTINE

Upon the completion of your self-quarantine:

- If this is not the residence that you're assigned for the 2020-21 academic year, please visit the front desk—our staff will help arrange your moving to your permanent building.
- If you're staying in your current building for the academic year, please make sure the shared space in your suite is in a condition that would welcome your suitemates to move in during September 3-7, 2020.

In early September, there will be shopping trips available to take you to a shopping centre with department stores where you can buy all your necessities and set up for other essential services i.e. bank accounts and cell phone.

We have arranged buses on September 4 and 5 after your quarantine period to go to Walmart. Buses will be run from 9:30 AM – 9:30 PM. You are required to wear a mask during the entire trips (on the bus and inside Walmart).

We asked that you sign up for both departures (Residences to Walmart) and arrivals (Walmart to Residences) time slots.

More information about bus sign-up will be on our synchronous (live) session on Monday, August 31 at 10:30 AM.

FRONT DESK CONTACT INFORMATION

Essex Hall

(519) 661-4240

Elgin Hall

(519) 661-4268

If you have questions, concerns, or ever need support, our Front Desk is open 24 hours a day, 7 days a week.

They will be able to answer your residence-related questions, or direct you to someone who can.