

International Student Travel and Self-isolation Guide

November 2021

These guidelines are for all Academy of Learning College international students who are currently outside of Canada. As of November 20, 2021, The Government of Canada implemented travel restrictions for foreign nationals for non-essential discretionary travel. As these restrictions have been changed to allow students with valid study permits from an approved DLI to enter Canada.

Due to the COVID-19 pandemic, if you are making plans to come to Canada, please let us know by emailing our International Office at admissionnsrichond@telus.net with

- Copy of your valid study permit or IRCC Approval letter.
- Copy of your BC Self-Isolation Plan.
- Copy of your flight confirmation and travel itinerary.

Definitions:

Please become familiar with these COVID-19 vocabulary.

Social/Physical Distancing:

Keep at least 2 meters between you and others. Avoid crowded spaces and places.

Quarantine(Self-Isolation):

Quarantining is necessary for 14 days if you have no symptoms and any of the following apply:

1. You are returning from travel outside of Canada (mandatory quarantine);
2. You had close contact with someone who has or is suspected to have COVID-19 or
3. You have been told by the public health authority that you may have been exposed and need to quarantine.

Isolate:

You must isolate if any of the following apply:

1. You have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19;
2. You have symptoms of COVID-19, even if mild;
3. You have been in contact with a suspected, probable or confirmed case of COVID-19;
4. You have been told by public health that you may have been exposed to COVID-19 or
5. You have returned from travel outside Canada with symptoms of COVID-19 (mandatory).

Self-monitoring:

Check your health for possible symptoms of the COVID-19 include fever, dry cough and/or tiredness. Less common symptoms include aches and pains, sore throat, diarrhea,

conjunctivitis, headache, loss of taste or smell, a rash on the skin, or discoloring of fingers and or toes. If you require more information, please contact local medical health officer (<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-caresystem/office-of-the-provincialhealth-officer/bc-medical-healthofficers.pdf>).

Pre-Departure

- In Carry-on Luggage:

- Two masks, three pair of gloves, travel-size hand-sanitizer, disinfecting wipes and a thermometer.
- Passport
- Study Permit/IRCC Approval letter
- Custodianship documents (if applicable)
- Letter of Acceptance and AOLCC Essential Travel Letter
- Proof of pre-arranged accommodation document and contact information of Hotel/Home/Apartment/Host family.
- Download the ArriveCAN App (iOS and Android)

- In Checked-in Luggage:

- Pack 60 disposable face masks OR 30 disposable and 1 cloth face mask
- One large bottle of hand sanitizer
- One box of nitrile gloves
- Thermometer.

Pre-Departure Protocol

Remember to inform us of your arrival date before you come to Canada so that we can re-confirm that you have received and understood your responsibilities with respect to Canada's international travel restrictions and your safe entry into Canada.

1. You must confirm and provide proof that you have purchased adequate Health Insurance, including COVID-19 health insurance. Please send your proof of health insurance to admissionsrichmond@telus.ca with a subject line: First, Last Name, date of birth and flight arrival date.
2. Student must complete the Federal ArriveCAN application. You can download the ArriveCAN application for iOS or Android. The app works in airplane mode and allows you to save your information to submit upon arrival at the airport or border.
3. Please read the BC Self-Isolation Guide, attached at the end.
4. Complete a B.C. Self-Isolation Plan:
 1. Completed and submitted online before, or when you arrive in B.C. Click here: <https://www2.gov.bc.ca/gov/content/covid-19/travel/current>
 2. Submit the filled paper form when you enter at Canada. Attached at the end

5. If you are travelling by air, you need to pass a health check conducted by airline before you are allowed to board flight. Anyone who shows symptoms of COVID-19 will not be allowed to enter Canada by air.

6. All travelers flying to Canada must take a COVID-19 PCR or LAMP test within 72 hours before your flight's scheduled departure time and provide a negative test result to travel to Canada.

7. During your flight, when at the airport and when travelling to your temporary accommodation, you must follow these guidelines:

- Wear a suitable mask or face covering
- Practice physical distancing
- Carry hand sanitizer and wash your hands frequently
- Sanitize your personal space
- If necessary, wear gloves.

Mandatory quarantine or isolation for travelers entering Canada

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 in Canada. You must quarantine for 14 days, provide contact information and monitor yourself for symptoms subject to any Order made under the Quarantine Act imposing isolation or quarantine requirements upon entry. Your compliance with this Order is subject to verification and enforcement.

Those in violation may face transfer to a quarantine facility as well as fines and/or imprisonment. Keep this instruction handout to support your compliance with the requirements outlined below.

- Ensure you have a suitable place of quarantine that has access to the necessities of life and is not shared with those at risk of more severe disease.
- Do not quarantine in places you can't separate yourself from those who live with you. For example:
 - In a group or communal living setting;
 - In a household with large families or many people;
 - In a shared small apartment, or have roommates who have not travelled with you; or
 - At a camp, student dorm or other group setting where there is close contact and shared common spaces.
- Go directly to your place of quarantine without delay and stay there for 14 days from the date you arrived in Canada.
- Students are prohibited from traveling to quarantine location via public transportation. Private vehicle, ride share or taxi are acceptable.
- You must wear a suitable non-medical mask or face covering while in transit, unless you are alone in a private vehicle.
- Practice physical distancing at all times.

- Where possible, use only private transportation such as a private vehicle to reach your place of quarantine.
- Avoid contact with others while in transit:
 - Remain in the vehicle as much as possible;
 - If you need gas, pay at the pump;
 - If you need food, use a drive through;
 - If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices.

Please keep The Government of Canada - Coronavirus disease (COVID-19) handout as reference. Attached at the end.

Quarantine 14-day Temporary Accommodation Options

HOTEL	FEES	ADDRESS	WEBSITE
Executive Plaza Hotel	\$172 tax included/ night	405 North Rd, Coquitlam, BC V3K 3V9	https://www.executivehotels.net/executive-hotel-self-isolation/
YWVA Hotel	\$75 plus tax/day	733 Beatty Street, Vancouver, BC V6B 2M4	https://ywcavan.org/hotel/self-quarantine
Century-plaza	(TBD)	1015 Burrard St. Vancouver, BC V6Z 1Y5	https://www.century-plaza.com/covid-19-response/

How do I get from YVR Airport to my Quarantine Accommodation?

1. Join the free YVR airport Wifi.
2. Follow the Ride App - Uber & Lyft. To request a ride, you will need to download, create an account and pay via the app
3. Follow the Taxi signs, line up in the designated zone.
4. You should not use public transport. Do not use the bus or the Skytrain.

Daily Supplies, Groceries and Foods

You can order daily supplies, groceries and foods delivery online, below are some options provide to you. If your hotel or other accommodation does not provide food services during your quarantine and you do not have anyone to help to drop off groceries or pick up the things you need, then please let your advisor know at admissionsrichmond@telus.net and your advisor will support you.

Daily Supplies and Groceries:

- Save on Foods
- T&T Supermarkets
- Walmart
- Real Canadian Superstore

Foods:

- UberEats
- Skip the Dishes
- Doordash

During Quarantine**1. Stay Connected:**

Contact your friends and family when you are self-isolating. Make sure you connect to WIFI. It is important to check your email regularly because we might contact you. It is important to stay connected with your friends, family, and AOLCC by using phone calls, video chats, or email. Please do not hesitate to contact AOLCC to share your feelings, confusion, and your physical or emotional problem during the quarantine. AOLCC cares about every student.

2. Monitor yourself:

You must monitor your health every day during your 14 days quarantine time. If you are experience any of COVID-19 symptoms, immediately call the public health authority (8-1-1) and describe your symptoms and travel history, and follow their instructions. Symptoms may include one or all of these:

- Fever, equal to or greater than 38°C
- Caught
- Difficulty breathing
- Shortness of breath

3. Professional Services:

Nurse Next Door will be employed to check on student progress, wellness and overall physical and mental health 2 times in the first week isolation and a check in the last week followed by COVID-19 Testing before returning to School.

Ending your Quarantine/Self-Isolation

After completion of your 14-day quarantine period, you must ensure that you are symptom free.

Procedures if a student gets sick with COVID-19 during the 14-day Quarantine

In the situation that a student (or a co-arriving family member) demonstrates symptoms of COVID-19 in quarantine, the following steps will be followed:

- The student must inform AOLCC Student supervisor immediately. AOLCC will contact the hotel/residence, rather than requiring the student to do so directly, to ensure clear communication of the situation.
- Together with the student supervisor, the student (or co-arriving family member) will connect directly with medical care for assessment and testing, and take the recommended steps (go to the hospital, continue self-isolation, etc.).
- Student Supervisor will activate the protocol to inform local and provincial authorities of positive case.
- In such cases and in consultation, AOLCC will arrange for a COVID-19 test and AOLCC will connect the student to co-arriving family member directly with medical care for assessments and testing.
- Should a student (or a co-arriving family member) tests positive, AOLCC will inform the self-isolation provider immediately and arrangements will be made to extend the quarantine period by another 14 days. Students and co-arriving family members need to produce a negative COVID-19 clearance test to end their quarantine.

Contact Tracing

Students must agree to download the COVID-19 Alert app (the Canadian Federal Government's contact tracing app) to their smart phones on arrival at the port of entry, and maintain the app on their phones throughout their stay in Canada.

Welcome to Beautiful British Columbia and Academy of Learning College!

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 or Territory	Postal Code

TRAVEL INFORMATION

Are There Additional Travellers in Your Group? <input type="checkbox"/> Yes <input type="checkbox"/> No If Yes → Number of additional travellers in your group: _____	ADDITIONAL TRAVELLERS <i>(please list all additional travellers)</i>		
	First Name	Last Name	Date of Birth (yyyy / mm / dd)
Arrival Date (yyyy / mm / dd)			
Arrival By <input type="checkbox"/> Air <input type="checkbox"/> Sea <input type="checkbox"/> Ground			
Airline / Flight Number (if applicable)			
Arrival From (City, Country)			

SELF ISOLATION PLAN

Do you have accommodation arranged for your self-isolation period? <input type="checkbox"/> Yes <input type="checkbox"/> No	If Yes, which city will you be isolating in?
If Yes, what is the address where you'll be staying?	
If Yes, isolation type? <input type="checkbox"/> Private Residence <input type="checkbox"/> With Family <input type="checkbox"/> Commercial (hotel)	
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? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Are you able to make the necessary arrangements for your self-isolation period? (e.g. food, medication, child care, cleaning supplies, pet care). <input type="checkbox"/> Yes <input type="checkbox"/> No	
What form of transportation will you take to your self-isolation location? <input type="checkbox"/> Personal Vehicle <input type="checkbox"/> Public Transportation <input type="checkbox"/> Taxi or Ride Share	

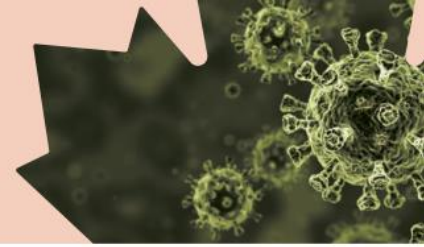
CERTIFY DECLARATION

<input type="checkbox"/> I certify this to be accurate

Proceed to the provincial check point, if available at your location, where you may be asked to confirm how you will comply with the provincial order to self isolate.

Coronavirus disease (COVID-19)

You may have come into contact with the virus that causes COVID-19



Mandatory quarantine

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 in Canada. You **MUST QUARANTINE for 14 days, provide contact information and monitor yourself for symptoms subject to any Order made under the Quarantine Act imposing isolation or quarantine requirements upon entry.**

Your compliance is subject to verification and enforcement. Those in violation may face transfer to a quarantine facility, as well as fines and/or imprisonment. Keep this instruction handout to support your compliance with the requirements outlined below.

- › Ensure you have a **suitable place of quarantine** that has access to the necessities of life and is not shared with those at risk of more severe disease.
- › **Do not quarantine in places you can't separate yourself** from those who live with you. For example:
 - › in a group or communal living setting;
 - › in a household with large families or many people;
 - › in a shared small apartment, or have roommates who have not travelled with you; or
 - › at a camp, student dorm or other group setting where there is close contact and shared common spaces.
- › **Go directly to your place of quarantine** without delay and stay there for 14 days from the date you arrived in Canada.
- › You **must wear a suitable non-medical mask or face covering** while in transit, unless you are alone in a private vehicle.
- › **Practise physical distancing** at all times.
- › **Where possible, use only private transportation** such as a private vehicle to reach your place of quarantine.
- ✗ **Avoid contact with others** while in transit:
 - › Remain in the vehicle as much as possible;
 - › If you need gas, pay at the pump;
 - › If you need food, use a drive through;
 - › If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices.

Some provinces and territories have additional travel restrictions

Please refer to the list of provincial and territorial websites on the back of this handout for more information.

You MUST monitor your health for 14 days

If you start experiencing any symptoms of COVID-19 (new or worsening cough, shortness of breath, fever equal to or greater than 38°C, chills, fatigue or weakness, muscle or body aches, new loss of smell or taste, headache, gastrointestinal symptoms like abdominal pain, diarrhea, vomiting; or feeling very unwell):

- › Isolate yourself from others;
- › Follow the COVID-19 instructions of the local public health authority (see back for contact information).

The 14-day period starts again if, during your quarantine period, you develop any signs and symptoms of COVID-19, including those noted above, or if you are exposed to another person subject to these Orders who exhibits signs and symptoms or tests positive for COVID-19.

- › For information on flights, cruise ships or trains (any public conveyance) where you may have been exposed to COVID-19 during recent travel, please refer to www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/exposure-flights-cruise-ships-mass-gatherings.html
- › For information on risk factors for increased exposure to COVID-19 and/or more severe disease or outcomes please refer to www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html



To help reduce the spread of COVID-19



Go directly to your place of quarantine, and avoid making any stops while in transit.



Check-in within 48 hours of arrival through the ArriveCAN app, online at <https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca> or call 1-833-641-0343.



Report your symptoms through the ArriveCAN app, online at <https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca> or call 1-833-641-0343 every day until the end of your 14-day quarantine.

What you can and cannot do during your 14-day quarantine

PROHIBITED during quarantine

- ✗ You may not leave your place of quarantine unless it is to seek time-sensitive medical services, or you have received authorization for a limited release from quarantine on compassionate grounds and stringently follow directives provided.
- ✗ You may not have any guests even if you are outside and stay 2m apart from them.
- ✗ Do not use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.

PERMITTED during quarantine

In your place of quarantine you may:

- › Live with family/friends who have not travelled with you provided you have a separate bedroom and bathroom, if possible.
- › Use shared spaces such as a kitchen, provided you:
 - › limit interactions with others in the household and wear a mask or face covering if a 2m distance cannot be maintained;
 - › thoroughly and regularly clean common areas after use.
- › Use private outdoor spaces (i.e. balcony)

RECOMMENDED during quarantine

- ➔ Wash your hands often with soap and warm water or use an alcohol-based hand sanitizer containing at least 60% alcohol.
- ➔ Avoid touching your face.
- ➔ Cover your mouth and nose with your arm when you cough or sneeze.



You will be called from 1-888-336-7735 to verify your compliance during your 14-day quarantine.

Note that you may also be contacted by provincial/territorial authorities throughout your 14-day isolation. If federal and provincial/territorial guidelines differ, you should follow the most precautionary and stringent requirements.

Public Health Authorities

Provinces and territories	Telephone number	Website
British Columbia	811	www.bccdc.ca/covid19
Alberta	811	www.myhealth.alberta.ca
Saskatchewan	811	www.saskhealthauthority.ca
Manitoba	1-888-315-9257	www.manitoba.ca/covid19
Ontario	1-866-797-0000	www.ontario.ca/coronavirus
Quebec	1-877-644-4545	www.quebec.ca/en/coronavirus
New Brunswick	811	www.gnb.ca/publichealth
Nova Scotia	811	www.nshealth.ca/public-health
Prince Edward Island	811	www.princeedwardisland.ca/covid19
Newfoundland and Labrador	811 or 1-888-709-2929	www.gov.nl.ca/covid-19
Nunavut	1-867-975-5772	www.gov.nu.ca/health
Northwest Territories	811	www.hss.gov.nt.ca
Yukon	811	www.yukon.ca/covid-19

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For more information:  1-833-784-4397  Canada.ca/coronavirus