

## International Student Travel Guide

Due to the COVID-19 pandemic, the Government of Canada has implemented travel restrictions for international students entering Canada. All travelers entering the country must take a COVID-19 test before leaving the airport and must spend 3 nights in quarantine at a federal government-authorized hotel. After a clear test result is received, the individual can proceed to the quarantine site identified in their quarantine plan for an additional mandatory period of 10 days. Below is a list of resources to assist international students with this process.

International Student Travel Guide to Canada:

1. Determine your Eligibility to Travel to Canada
2. Plan for Mandatory 3 Night Federal Government-Authorized Hotel Quarantine
3. Plan for Mandatory Additional 10 Day Quarantine
4. Submit an IHN Vancouver Travel & Self-Isolation Plan
5. Prepare your Travel Documents
6. Download ArriveCAN and BC COVID-19 Apps
7. Complete Mandatory Quarantine

### **Step 1: Determine your Eligibility to Travel to Canada**

To assess whether you may be permitted to enter Canada, carefully review Travel exemptions and restrictions for international students on the [Immigration, Refugees and Citizenship Canada \(IRCC\)](#) website.

In order to be eligible to enter Canada, you must:

1. Have a valid study permit or study permit approval (Port of Entry Letter of Introduction).
2. Have a valid IHN Vancouver letter of acceptance (returning students should have an International Confirmation of Enrolment letter instead).
3. Submit an IHN Vancouver Travel & Self-Isolation Plan to IHN Vancouver Campus Manager, Jason Madden at least two weeks prior to traveling in order to comply with IHN Vancouver's COVID-19 readiness plan.

You may contact the [Canada Border Services Agency \(CBSA\)](#) directly for more information. A border services officer will make a final decision on your eligibility to enter Canada when you arrive.

In addition to other requirements for entering Canada, most foreign nationals will need to have a visitors' visa or an Electronic Travel Authorization (eTA).

## **Step 2: Plan for Mandatory 3 Night Federal Government-Authorized Hotel Quarantine**

Once you have verified that you are eligible to enter Canada and have booked a flight, you need to plan for a mandatory 3-night federal government-authorized hotel quarantine. Please review the following information for guidance as you create your quarantine plan.

### **Federal Government-Authorized Hotel Quarantine Accommodation**

As of February 22, 2021, all international students will be required to take a COVID-19 test when they arrive in Canada before exiting the airport, and another toward the end of their 14-day quarantine period. In addition, international students, will also be required to reserve, prior to departure to Canada, a 3-night stay in a government-authorized hotel. International students will be required to stay at their reserved hotel for up to 3 nights, at their own cost, while they await the results of their arrival COVID test.

You will need to book a hotel in the city in which you first arrive in Canada. If you receive a negative result on your arrival test, you will be able to take a connecting flight to your final destination. There will be a number of hotels to choose from near each of the four international airports accepting international flights, in Vancouver, Calgary, Toronto and Montreal. Costs of these hotel stays may vary slightly at each location. It is up to you to choose where you wish to stay and book in advance of departure. The price will include costs associated with the room, food, cleaning, infection prevention and control measures, and security as well as transportation.

Please see the following information on government-authorized hotels currently available, and the pertinent information needed to secure your booking - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/mandatory-hotel-stay-air-travellers/list-government-authorized-hotels-booking.html>.

## **Step 3: Plan for Mandatory 14 Day Quarantine**

Once you have booked your mandatory 3-night federal government-authorized hotel quarantine, you will need to plan for your additional mandatory 10-day quarantine as required by the federal Quarantine Act. Please review the following information for guidance as you create your quarantine plan.

### **Quarantine Accommodation**

To better understand what kind of accommodation may be acceptable for your required 14-day quarantine read through [IRCC – For travellers without symptoms of COVID-19 returning to Canada](#).

You may be able to complete your quarantine at a private residence or a hotel as long as the accommodation has space for you to be completely separated from others at all times and allows you to meet all government quarantine requirements.

Hotels that are able to accommodate students during quarantine include:

[Park Inn & Suites by Radisson](#)

[Travelodge Vancouver Airport](#)

## **Transportation from the Federal Government-Authorized Hotel to Quarantine Accommodation**

You must travel directly to your quarantine accommodation by personal car, taxi, or rideshare service. A mask or other face covering should be worn during this entire trip.

[Taxis](#) are available at the taxi stand located outside the International Arrivals area at Vancouver International Airport. [Ridesharing services](#) are also available. If you plan to stay at a hotel that operates a complimentary courtesy shuttle, you may be able to use that service (check with the hotel in advance).

**Do NOT use public transportation to your quarantine accommodation.**

## **Food and other necessities**

Since you are not allowed to go out to shop during quarantine, you must have a plan for making sure you can access food and any other items that you may need.

If you have family or friends in the area that are willing to support you, then you may be able to depend on them to deliver these items to you. However, no contact delivery is required. If you are planning to quarantine at a hotel, check if they offer meals by room service.

If you do not have someone to deliver things to you during quarantine, then consider bringing certain items with you when you travel, such as:

- any medication you may require ([Traveling with medication](#))
- a mask or face covering
- a digital thermometer (to check your own temperature during quarantine)
- chargers and adaptors for all of your electronic devices
- a few good books or magazines
- packaged snacks
- extra toiletries

If you will depend on delivery services, it is important to have access to a credit card that you can use in Canada should you need to order any items. This is especially true since many businesses are not accepting cash due to the COVID-19 risk.

Companies that deliver groceries or prepared meals include:

- [DoorDash](https://www.doordash.com/en-CA) - <https://www.doordash.com/en-CA>
- [Skip the Dishes](https://www.skipthedishes.com/) - <https://www.skipthedishes.com/>
- [Instacart](https://www.instacart.ca/) - <https://www.instacart.ca/>
- [Spud.ca](https://www.spud.ca/) - <https://www.spud.ca/>

## **BC Self-Isolation Plan**

Make sure that your quarantine plan is complete by submitting an optional [BC Self-Isolation Plan](#). Please do not confuse this with the separate mandatory IHN Vancouver Travel & Self Isolation Plan described in Step 4.

#### **Step 4: Submit an IHN Vancouver Travel & Self-Isolation Plan**

As part of IHN Vancouver's COVID-19 readiness plan, all international students who plan to travel to Canada must submit a mandatory IHN Vancouver Travel & Self-Isolation Plan to IHN Vancouver Campus Manager, Jason Madden, at least two weeks prior to traveling. This includes new students as well as continuing students who left Canada temporarily.

Once you submit your Travel & Self-Isolation Plan, staff from IHN Vancouver will be in touch to provide one-on-one support for your arrival.

#### **Step 5: Prepare your Travel Documents**

Before traveling to Canada, prepare and double check that you have all of your important documents including:

- **A COVID-19 molecular test result which was conducted 72 hours before your scheduled flight**
- A valid passport or travel document
- Necessary documentation for entering Canada
- The [Port of Entry \(POE\) Letter of Introduction](#) the visa office sent you when they approved your study permit
- A copy of a valid letter of acceptance from IHN Vancouver (returning students should have an International Confirmation of Enrolment letter instead)
- Proof of [financial support](#) for yourself and any other family members who may come with you to Canada
- Your medical insurance information
- Letters of reference or any other documents the visa office told you to bring

Carry these documents with you at all times and do not put them in your checked luggage. You may not be allowed into Canada if any of your documents are missing or if any of the information on your application or letters of reference is incorrect.

#### **Step 6: Download ArriveCAN and BC COVID-19 Apps**

The government of Canada requires international travelers to provide certain information. We suggest that students download and complete the [ArriveCAN App](#) and the [BC COVID-19 App](#) before departing for their trip.

When you arrive at a Canadian port of entry, you will meet a [Canadian Border Services Agency \(CBSA\)](#) officer who will verify your documents and ask you questions about the purpose of your visit to Canada. See [When you travel to Canada](#) (Same link as above) for more details.

If you are issued a study permit by the CBSA officer, quickly double check that your personal information and validity is correct, and that there are remarks about working eligibility if that is important to you. It is much simpler to correct any errors on your study permit while you are still with the CBSA officer.

## **Step 7: Complete Mandatory Quarantine**

### **Upon Arrival to Canada**

Please ensure the following:

- Wear a mask.
- Answer eligibility and health screening questions, including quarantine plans.
- Provide required information and documents.
- Take a COVID-19 Molecular Test Provided at the airport.
- Collect a test kit for use later during your quarantine.

Please note, if you have symptoms or an unsuitable quarantine plan, you must follow instructions as provided by government officials.

### **3-Day Self-Isolation in Federal Government-Authorized Hotel Quarantine Accommodation**

Go to your pre-booked federal government-authorized hotel accommodation to await the results of your arrival test. You must travel directly to your hotel accommodation as indicated in your hotel booking information package. A mask or other face covering should be worn during this entire trip.

If negative:

- Continue to your place of Quarantine.
- Complete your COVID home test kit as instructed by government officials.

If positive:

- Relocate to a designated quarantine facility or other suitable place of quarantine.
- Follow instructions as provided by government officials.

For more information on testing and quarantine requirements, please see the following links.

- [Entering Canada by air during COVID-19](#)
- [Entering Canada by land during COVID-19](#)
- [Additional testing and more stringent quarantine requirements for travel to Canada](#)
- [Travel restrictions in Canada – Visitors, foreign workers and students](#)
- Orders in Council related to the [Quarantine Act](#)

## 10-Day Self-Isolation in Additional Quarantine Accommodation

Carefully [review IRCC – How to quarantine \(self-isolate\) at home when you may have been exposed to COVID-19](#) to understand how to successfully complete your quarantine.

**It is important to understand that failure to comply with the federal [Quarantine Act](#) could result in serious punishments including a maximum fine of \$1,000,000 and up to 3 years in prison.**

A staff member from IHN Vancouver will be your point of contact and will check in on you three times a week to conduct a COVID questionnaire, check on your general well-being, ensure you are abiding by quarantine guidelines, and to provide any additional support throughout your 14-day quarantine. You can expect to receive an email from IHN Vancouver by the time you arrive in Canada. Please make sure to read this important email message and to reply as soon as possible to confirm that you have arrived safely.

You should be in touch with your IHN Vancouver representative immediately if during your quarantine you have any:

- Difficulty accessing food or other necessary items
- Possible [symptoms of COVID-19](#). If you require a COVID-19 test, contact one of the [testing centres](#).
- Questions about IHN Vancouver, resources for students, or the local area.

## Mental Wellbeing

Visit the following links during your quarantine for important resources/information:

General Mental Health Resource - <https://www.healthlinkbc.ca/mental-health>.

Stigma - [https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-stigma.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsymptoms-testing%2Feducating-stigma.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-stigma.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsymptoms-testing%2Feducating-stigma.html)

Virtual Mental Health Resource - <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>

## Post Quarantine

After you successfully complete your 14-day quarantine, we encourage you to continue to take all precautions to [prevent the spread of COVID-19](#) when around other people.