

Travel and Self-Isolation Plan

All international students who plan to travel to Canada are required to notify IHN Vancouver prior to their date of travel by submitting this form to jason@instituteofholisticnutrition.com.

Before completing the form, you must review [public health measures for travelers to Canada](#) and [International Student Travel Guide](#) for important information to help you create a successful plan to travel to Canada which includes a 3-night quarantine at a government authorized quarantine hotel and an additional 10 days quarantine accommodation as required by the Government of Canada.

Personal Information	
Legal Last Name	Legal First Name and Middle Name(s)
Passport Number: _____ Passport Country of Issue: _____	Student ID (found on your acceptance letter)
Phone Number	Email Address
Travel & Self-Isolation Plans	
Arrival Date	Arrival From
Airline and Flight Number, or Land Border Crossing	Are you co-arriving with a family member(s)? <input type="checkbox"/> Yes – Person’s Name: _____ <input type="checkbox"/> No
Name of Federal Government Authorized Quarantine Hotel:	
Additional 10-Day Quarantine Address in BC (including postal code)	
Type of additional 10-day quarantine accommodation <input type="checkbox"/> My BC home <input type="checkbox"/> Home of family or friend <input type="checkbox"/> AirBnB <input type="checkbox"/> Hotel <input type="checkbox"/> Other _____	
Transportation to quarantine address <input type="checkbox"/> Family or friend pickup <input type="checkbox"/> Taxi <input type="checkbox"/> Rideshare service <input type="checkbox"/> Other _____	

I have carefully reviewed and understand the [International Student Travel Guide](#) and all of the [government regulations on self isolation on return to B.C.](#)