

### 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](mailto:jason@instituteofholisticnutrition.com).

Before completing the form, you must review [public health measures for travelers to Canada](#) and the IHN International Student Travel Guide for important information to help you create a successful plan to travel to Canada which includes a possible 14-day quarantine.

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:	
14-Day Quarantine Address in BC (including postal code)	
Type of additional 14-day quarantine accommodation	<input type="checkbox"/> AirBnB
<input type="checkbox"/> My BC home	<input type="checkbox"/> Hotel
<input type="checkbox"/> Home of family or friend	<input type="checkbox"/> Other _____
Transportation to quarantine address	<input type="checkbox"/> Rideshare service
<input type="checkbox"/> Family or friend pickup	<input type="checkbox"/> Other _____
<input type="checkbox"/> Taxi	

I have carefully reviewed and understand the International Student Travel Guide and all of the Government of Canada regulations and requirements.