



## COVID-19 International Student Safe Travel, Arrival and Quarantine Checklist

Last updated November, 2020

Dear Student,

We look forward to welcoming you to Canada! Canada remains a safe and welcoming destination for international students. However, as a result of the COVID-19 pandemic, there are some important protocols that international students must follow to reduce the risk of infection and transmission of the virus, including undertaking a mandatory 14-day quarantine period immediately upon arrival in Canada.

Please take some time to review the information in this document. Please note that in not following this protocol, students may be denied entry into the country, or may be denied entry to/dismised from your program of study with no refund. Government authorities may also fine students for non-compliance in certain situations.

Please understand that our number one priority is the health and safety of our students, homestay families, schools and communities. iTTTi Vancouver is obligated to follow the regulations and recommendations of various authorities, including the government of Canada, provincial and local public health authorities.

Please confirm that that you understand and agree with the following:

- I am aware of the requirement to comply with the Government of Canada's [Quarantine Act](#), including the penalties of violation of the Quarantine Act, which include up to 6 months in prison and/or \$750,000 in fines.
- I agree to comply with the requirements laid out in this International Student Safe Travel, Arrival and Quarantine Checklist.
- I have completed the recommended British Columbia Quarantine Plan <https://travelscreening.gov.bc.ca/> and have registered via the [ArriveCAN App](#) and the [BC COVID-19 App](#)  
\*Please note: You must have downloaded the App PRIOR to boarding your flight in your home country or you will not be allowed to board.
- I confirm that I have appropriate medical insurance, effective as of the date of my arrival in Canada, which includes coverage for COVID-19 during the quarantine period and period of study until (where applicable) applying for BC Medical Services Plan.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Student checklist

The below checklist provides guidelines to support you in your travel and quarantine upon arrival in Canada.

### Pre-Departure:

#1 – Communicate with your school about your arrival and quarantine plan:

- Your host school will provide you with accommodation options for your 14-day quarantine and require that your chosen quarantine site meets government of Canada requirements. Your quarantine site will provide:
  - Private, safe transport from the airport to the hotel.
  - Delivery of three meals per day to your room;
  - Adequate toiletries, linens and other supplies for 14 days;
  - Adherence of all staff to rigorous hygiene, cleanliness and physical distancing practices;
  - Confirmation that you will not be living with vulnerable persons
  - Monitoring services to ensure that you do not leave your room.
- Be clear about how and where you will be meeting your transportation upon arrival. Obtain a cell phone number for the driver. Your transportation must meet the requirements of wearing a mask, single person per vehicle, transportation immediately and directly to your quarantine site

#2 – Prepare for 14 days of isolation:

- Refer to the [guidelines from the Public Health Agency of Canada on How to Self Isolate](#).
- iTTTi Vancouver will have an option for you to join some preparatory English lessons virtually during your quarantine period. Discuss the academic plan for your quarantine with iTTTi Vancouver for further information
- Make a plan for your physical and emotional wellness during quarantine, including any books, games, fitness equipment/apps, etc. you wish to have with you.

#3 – Complete Arrival Plans:

- Complete the province of British Columbia recommended Quarantine Plan <https://travelscreening.gov.bc.ca/>. Send details of your quarantine plan to iTTTi Vancouver prior to confirming arrival in Canada.
- Download the [ArriveCAN App](#) on your mobile device (available for iPhone and Android). Complete the pre-arrival forms on the app. Must be done prior to boarding in home country.
- The ArriveCAN App also requires you to confirm arrival at your confirmation site within 48 hours of arriving, as well as completing a daily health check.
- Also download the [BC COVID-19 App](#)

## #4 – Packing

In addition to regular packing requirements, please also bring:

- 60 disposable face masks OR 30 disposable and 1 reusable cloth face mask;
- One large bottle of quality hand sanitizer;
- One box of Nitrile gloves;
- A thermometer.

Please also have the following with you in your carry-on luggage: at least 2 masks, several pairs of gloves, a travel sized bottle of hand-sanitizer and some disinfecting wipes.

Make sure you have the following documents available when you arrive in your carry-on luggage. You will be required to present these to a Canada Border Services Agent when going through Canadian customs and immigration:

- Passport;
- Study permit or permit confirmation document (if you have one);
- Letter of Acceptance;
- Quarantine site contact information, including cell phone number for the driver.
- Contact information for your iTTTi Vancouver;
- Signed copy of this document;
- Print out of Quarantine Plan.

## In transit:

While in transit to the airport, in airports and during flights:

- Wear a mask and gloves;
- Wash hands frequently;
- Use hand sanitizer when necessary;
- Practice physical distancing (minimum 2 metres from others);
- Sanitize your personal space and high touch areas;
- Minimize trips to the washroom (Flush the toilet with the seat cover down);
- Touch as few surfaces as possible;
- Keep your cell phone charged.

## Arrival in Canada:

- Text iTTTi Vancouver to confirm your arrival;
- Text your driver to confirm your arrival;
- Wear a fresh mask and gloves;
- Proceed through immigration and baggage pick up while maintaining physical distancing;
- Present appropriate documentation to the Canada customs officer;
- Move as quickly as possible through the baggage area and do not enter any stores in the airport;
- Meet your driver at the agree pick-up location;
- Load your own luggage into the car and sit as far away from the driver as possible;
- Follow all instructions for COVID-19 safe check-in at your quarantine site.

## During quarantine

As per the Government of Canada's [Quarantine Act](#), you are required to quarantine for 14 days immediately upon arrival in Canada. This means that you must stay on your own in your room for 14 days and avoid contact with others. Your quarantine site will provide you with food, clean linens every couple of days, a comfortable room, and Wi-Fi.

This means:

- Stay in your own room as much as possible and away from others. Do not leave your quarantine room unless there is a medical emergency.
- Keep your room well-ventilated and clean – open your window to let the air circulate.
- Practice good hygiene
  - Wash your hands frequently with plain soap and water for at least 20 seconds.
  - Cover your mouth and nose with your elbow when coughing or sneezing, or use a tissue. Avoid coughing into either your hands or into the air. Dispose of used tissues right away into a trash bin and immediately wash your hands.
  - Flush the toilet with the lid down.
  - Package up your garbage – empty garbage frequently and wash your hands immediately.
  - Refer to the COVID-19 laundry policy at your quarantine site for having your clothes washed.
- Stay connected to iTTTi Vancouver. You will have the option to join some preparatory English lessons via live virtual classes. iTTTi Vancouver will also likely have optional virtual social activities in which you can participate to meet other students and learn about the city in which you'll be studying.
- Stay connected to friends and family via text, email, facetime, etc.
- Monitor your physical and mental well-being. If you are not feeling well, use the Government of Canada's COVID-19 self-assessment tool to help determine if you need further assessment or testing. Contact your host school and quarantine provider immediately if you feel sick.
  - Access the Thrive Health [COVID-19 Self-Assessment Tool](#)
  - If you cannot use the online tool, call 8-1-1

Please remember that quarantine is a mandatory requirement of the Quarantine Act and not optional.

## After quarantine

Following completion of your 14-day quarantine period, if you have not presented any symptoms of COVID-19:

- Confirm transportation arrangements to your permanent accommodation with iTTTi Vancouver if you are changing accommodations.

- For the duration of your stay in Canada, please be mindful of and respect public health directives.
  - Continue to practice proper hygiene, including hand washing and use of hand sanitizer;
  - Use proper coughing and sneezing etiquette;
  - Practice physical distancing.
  
- iTTTi Vancouver staff will review the campus protocols with you before your first day on campus. See the links below for your reference.  
<https://www.ittti.ca/ittti/wp-content/uploads/2020/07/Campus-Safety-Consent-Form-2020-English.pdf>  
[https://www.ittti.ca/ittti/wp-content/uploads/2020/07/School-Protocols-COVID19\\_ENG.pdf](https://www.ittti.ca/ittti/wp-content/uploads/2020/07/School-Protocols-COVID19_ENG.pdf)