



COVID-19 International Student Travel, Arrival and Quarantine Guide

The primary priority of Coquitlam College is the health and safety of our students. We are also obligated to follow the regulations and recommendations of various authorities, including the Government of Canada, and the Government of British Columbia and local Fraser Health public health authorities.

The Government of Canada has put in place an emergency order under the [Quarantine Act](#) which applies to all travellers arriving in Canada. Its purpose is to slow the spread of COVID-19 in Canada. Failure to comply with this order is an offence under the Quarantine Act.

Since Oct 20, 2020, Coquitlam College has been on the list of DLIs with a COVID-19 readiness plan approved by the Province of British Columbia. Therefore, we are reopen to welcoming international students currently outside Canada and who have, or have been approved for, a study permit and are entering Canada for the specific reason to study.

To be eligible to currently travel to Canada for your studies, you must be in possession of the the following documents to be able to enter Canada:

- a valid study permit or a port of entry letter of introduction that shows you were approved for a study permit
- your valid letter of acceptance (LOA) from Coquitlam College
- proof that you have enough money to support yourself and any family members who come with you to Canada
- receipt of the [ArriveCAN](#) app where you have detailed your plans for your mandatory 14-day quarantine
- documentation of a negative laboratory test result to present to the airline prior to boarding a flight to Canada
- proof of a reservation at a government-authorized hotel for 3 nights at your port of entry prior to departure to Canada

It is important that you have supporting documentation to prove these requirements listed above; A Canada Border Services Agency (CBSA) officer will make a final decision on your eligibility to enter Canada when you arrive.



Your adequate quarantine (self-isolation) plan must be two weeks in duration and be split in two parts: (1) a 3-day quarantine in a government-authorized hotel at the airport of your port of entry, and (2) the remaining 11-day quarantine at the place you will specify in your Isolation Plan.

An adequate plan includes a plan to get from the airport to your self-isolation location with no stops, a location where you can safely self-isolate in accordance with Public Health guidelines, and plans for how you will access food and any other necessities required during your self-isolation. Failure to meet these requirements may result in being denied entry to Canada or having to carry out quarantine in a government-approved facility.

As of February 22, 2021, students like all international travellers will expect the following upon arrival at their port of entry in Canada:

1. You must take another COVID-19 molecular test before leaving the airport of your port of entry to Canada
2. You must self-monitor for symptoms of COVID during all 14 days, and report daily through the ArriveCAN app.
3. You must spend your first 3 days in quarantine at a federal government-authorized hotel at your port of entry to Canada. Include the name of this hotel in your **International Student Self-Isolation Plan Form**.
4. With a clear test result, you can proceed to the quarantine site identified in your quarantine plan.
5. You must complete the balance of your 14-day quarantine at the 2nd place you specified in your **International Student Self-Isolation Plan Form**
6. 10-days into your quarantine, you will use a take-home COVID test provided at your arrival in Canada. A further clear result is required before leaving quarantine at 14 days.

This infographic provides useful step-by-step guidance on the new process.

Whether you are using a homestay provided by Coquitlam College or making your own self-isolation arrangements, please be sure to review the information in this guide prior to your arrival.



Pre-Arrival:

Ensure that you check off every item on this list prior to booking your flight!

- Preview all of this COVID-19 International Student Travel, Arrival and Quarantine Guide.
- Download and complete the [ArriveCAN app](#)
- Complete the International Student Self-isolation Plan Form & Sign and print the Student Safe Travel, Arrival and Quarantine Checklist, and submit the completed and signed PDF to Coquitlam College at travelletter@coquitlamcollege.com prior to departure. Bring a copy of both with you in your carry-on luggage.
- Complete the [BC self-isolation plan](#) & submit it online or download a PDF version of the form.
- Complete a pre-departure laboratory COVID-19 molecular polymerase chain reaction (or PCR) test so you can present the negative test result to the airline prior to boarding your flight to Canada
- Book a government-authorized hotel at your own expense for your first 3 days of quarantine at the airport where you enter Canada, either directly online or by calling one of the numbers found at this [link](#) at canada.ca, entitled [COVID-19 mandatory hotel stopover: Booking and list of government-authorized hotels](#)
- For your self-isolation plans, register for the Coquitlam College homestay program or make your own self-isolation arrangements in accordance with [Government of Canada](#) and [Province of BC](#) regulations. Public and communal living areas must be avoided such as hostels and residences with shared living accommodations which are not acceptable for quarantine or isolation.
- Secure private or early-arrival medical insurance which will cover you during the mandatory self-isolation period.



- Request a letter of support for your travel at the following [link](#) at the Coquitlam College website. We can provide a letter for students in High School since these classes are in-person, but we cannot provide a letter claiming such for our University Transfer Program since all classes will be delivered remotely.
- Provide proof that you have enough money to support yourself and any family members who come with you to Canada
- Purchase a supply of reusable or disposable non-medical masks to bring with you.
- Make sure you can log into your Coquitlam College [Student Portal](#)
- Review and understand [the self-isolation requirements](#) as outlined by the BC Centre for Disease Control / BC Ministry of Health, also outlined in this Guide (below).
- **If you are ill, do not attempt to travel to Canada.**

When Travelling:

- Passengers on all **flights** departing or arriving at Canadian airports will be required to demonstrate they have the necessary non-medical **mask** or face covering during the boarding process otherwise they will not be allowed to continue their journey.
- When travelling by other modes of transportation such as Uber, Lyft, etc., travellers must wear non- medical masks or face coverings.
- You should also bring, in your carry-on luggage, at least 2 masks, a travel-sized bottle of hand-sanitizer and disinfecting wipes.



- While travelling, you should also:
 - Practice social distancing/physical distancing.
 - Wash your hands frequently
 - Use hand sanitizer when necessary, and hand washing is not possible
 - Sanitize your personal space and high-touch areas such as seat belts and tray tables
 - Touch as few surfaces as possible
 - Keep your cell phone charged, in case of travel delays/changes

Canada's **mandatory quarantine/self-isolation instructions** for travelers returning to Canada without symptoms outlined in this [document](#).

Canada's **mandatory isolation instructions** for travelers returning to Canada with symptoms outlined in this [document](#).

Entering Canada:

When arriving at the Canadian airport, you must have the documents outlined under **Pre-Arrival** (above) ready in your carry-on luggage to provide to Canada Border Services. Students will also be required to undergo a screening by a border services or quarantine officer to assess travellers for symptoms.

Entering Canada through Vancouver:

If you are entering Canada through the Vancouver International Airport (YVR), in addition to the [ArriveCAN app](#), you will also need complete the [BC self-isolation plan](#) that can be submitted online before, or when you arrive, or can be submitted in a paper form when you arrive. It is recommended to complete and submit the form online before the trip. After travelers complete the form online, they will receive a confirmation number and they need to carry that number with them when they travel. It is also recommended that you print out the self-isolation plan form to carry it with you while traveling.



Please note that you must understand the following details about your first 14 days in Canada:

Under new requirements for air travel that take effect February 22, 2021, the Government of Canada has required all travellers to complete **ALL OF THE FOLLOWING during your first 14 days in Canada, all at your own expense:**

1. You must take another COVID-19 molecular test before leaving the airport of your port of entry to Canada
2. You must self-monitor for symptoms of COVID during all 14 days, and report daily through the ArriveCAN app.
3. You must spend your first 3 days in quarantine at a federal government-authorized hotel at your port of entry to Canada. Include the name of this hotel in your **International Student Self-Isolation Plan Form**.
4. With a clear test result, you can proceed to the quarantine site identified in your quarantine plan.
5. You must complete the balance of your 14-day quarantine at the 2nd place you specified in your **International Student Self-Isolation Plan Form**
6. 10-days into your quarantine, you will use a take-home COVID test provided at your arrival in Canada. A further clear result is required before leaving quarantine at 14 days.

This infographic provides useful step-by-step guidance on this process.

Arriving at YVR :

- Wear a fresh mask and wash/sanitize your hands; you must wear a mask at all times at YVR.
- Pick up baggage while maintaining physical distancing.
- If using the Coquitlam College homestay program, we will provide private airport pickup at your request. You should sit in the back-seat passenger side, keep the windows down, and always practice physical distancing.
- Don't plan to take public transportation (Skytrain/rapid transit); instead, take Uber/Lyft, a taxi, or find a private driver or acquaintance to pick you up, or pre-plan with the airport pickup service via contact with Coquitlam College or if you are in Coquitlam College homestay.



- You can take a ride-share (at YVR there is Uber & Lyft) or take a taxi from YVR, but you must wear a mask and you must not make any unnecessary stops on your way home. You should sit in the back-seat passenger side, keep the windows down if possible, and always practice physical distancing.
- Go directly to the place where you will self-isolate, do not stop anywhere, and stay in your place of self-isolation for 14 days from the date you arrived in Canada.
- Do NOT go to the Coquitlam College campus. **Only High School & English Studies** students are allowed on campus once they have completed their self-isolation period. University Transfer/Associate Degree students must request an appointment before arriving on campus.

During Self-Isolation:

- Ensure that Coquitlam College has your correct isolation address & telephone number before arriving in Canada by submitting an International Student Self-Isolation Plan Form.
- Communicate with Coquitlam College via our phone number 604-939-6633
- **Coquitlam College (CC) is required to contact you directly (Monday to Friday) and regularly during your self-isolation period to confirm that you are self-isolating. In order to make contact with you, a counselor from CC will use the landline in the hotel room, your mobile phone number, or contact you using WhatsApp or text. If CC is unable to contact you, or believes for any reason that you are not conforming to self-isolation requirements, the College is obligated to report your personal information and circumstances to IRCC and to Public Health.**
- You are required to take a COVID-19 test twice after your arrival in BC: upon arrival before you leave the airport, and with a take-home test provided at your arrival. Both tests must be cleared in order to complete your quarantine within the initial 14 days.
- You agree to continue to self-isolate for the remainder of your two weeks (14 days) self-isolation period.



- Ensure that you have appropriate financial means to pay for food/delivery/meals etc during your self-isolation. This means that you have a credit card or debit card that you can use to pay for items since you may not be able to use cash.
- Limit contact with others in the place of isolation.
- Stay in a separate room and use a separate bathroom from others in your home if possible.
- Do not have visitors.
- Do not leave your place of isolation unless it is to get medical attention.
- Do not use public transportation (e.g., buses, taxis) during self-isolation.
- **Do not go to Coquitlam College;** students are not allowed on campus until after their self-isolation period. After the two-week isolation period, only students registered in our High School and English studies Programs are allowed on campus.
- Do not go to work, or other public areas during your self-isolation.
- Do not go into the community, including the grocery store and pharmacy.
- If you need groceries, medication, or other essential items, arrange for orders to be delivered. Have items left at the door to minimize contact.
- If you must be in contact with others, practice physical distancing and keep at least 2 meters (6 feet) between yourself and the other person.
- Stay in touch with friends and family virtually via text, phone, Face Time etc.
- Participate in Coquitlam College's virtual orientation on Friday Sept. 4. Check our website for more details
- If your classes have started, attend your classes through remote learning. If your program has a face-to-face component be sure to advise your program coordinator that you are in self-isolation and will begin attending classes once you have completed your 14 days and are symptom free.
- Monitor your physical and mental health and reach out if you need assistance.



If you develop COVID-19 symptoms:

- If you develop symptoms of COVID-19 (e.g., cough, fever, difficulty breathing), download the Province of [British Columbia COVID-19 self-assessment tool](#) by downloading the support app or accessing it online at the link above to find out how to get further care.
- Most people with mild symptoms will recover on their own at home.
- If your symptoms are worsening to a point where you cannot manage at home, go to your nearest hospital emergency department, and/or call 911.

Students are once again reminded that quarantine (self-isolation) is a requirement of the Quarantine Act and is not optional.

After Self-Isolation:

- Continue physical distancing AFTER your self-isolation has ended – these recommendations apply to everyone:
- Keep at least 2 meters (6 feet) between yourself and other people. Where not possible wear a non-medical mask.
- Limit group gatherings.
- Connect via phone, video chat, or social media instead of in person.
- Avoid visiting elderly friends or relatives unless the visit is essential.
- Keep windows down for essential community trips via taxi or rideshares.
- While outside, avoid spitting in public, avoid crowds and maintain a distance of two meters (six feet) from those around you. Make an effort to step-aside or pass others quickly and courteously on sidewalks. Passing someone on the sidewalk is not considered close contact or a significant risk for exposure to COVID-19.
- Download the [BC COVID-19 App](#) for updates, critical alerts, self-assessment tool, and resources from BC public health.