



## 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.

Effective Sept 7, 2021, the Government of Canada has put in place exemptions for unvaccinated travellers arriving in Canada. Click [here](#) to see current COVID-19 travel, testing, quarantine and border regulations.

**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 reopened 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 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 and proof of vaccination
- documentation of a negative laboratory test result to present to the airline prior to boarding a flight to Canada
- proof of a valid address where you'll be able to complete a possible 14-day quarantine (in case your arrival COVID-test indicates you are positive for COVID-19, or if you are not found exempt from quarantine for any reason by the border officer at the port of entry)

**Whether or not you are fully vaccinated, it is imperative that you [submit your travel plans](#) to Coquitlam College once you have booked your flight and made your quarantine plans, so you can receive a [TRAVEL LETTER](#) from Coquitlam College before you fly!**

**It is also mandatory to download the [ArriveCAN app](#) to provide mandatory travel information before and after your entry into Canada.**



Remember: As of Sept 7, 2021, within the 72 hours before your arrival in Canada, you **must use ArriveCAN to submit:**

1. **your contact and travel details, including where you've been and where you're going**
2. **your COVID-19 vaccination information**
3. **your pre-entry COVID-19 test results**
4. **your quarantine plan; and**
5. **your COVID-19 symptom self-assessment**

All travellers must have a valid 14-day quarantine plan, even if they may be [exempt from quarantine](#). Before travelling, you can contact the [Border Information Service](#) for more information.

**A border services officer will make a final decision on your eligibility to enter Canada and whether you qualify as exempt from quarantine when you arrive.**

**Fully vaccinated travellers only need to do an arrival test if they are selected for [randomized arrival testing](#).**

For international students who do **not** meet the [requirements for a fully vaccinated traveller](#), you can still travel for the purpose of studying at Coquitlam College but you must expect the following upon arrival:

1. Mandatory arrival COVID-19 testing at the border (no fee)
2. 14-day mandatory quarantine
3. Home test kit to be completed on Day-8 of mandatory quarantine

**Your adequate quarantine (self-isolation) plan must be two weeks in duration, and include the following information:**

A suitable quarantine plan, which includes a place you will quarantine, must be entered into ArriveCAN in case you don't qualify for the exemption. You may be asked to explain your quarantine plan at the border. You should be prepared to explain how you plan to get from the airport to your self-isolation location with no stops, where you plan to safely self-isolate in accordance with Public Health guidelines, and how you will access food and any other necessities required during your self-isolation.



## Before, During and After Travelling to Canada

### 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](#) and follow all instructions**
- **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](mailto:travelletter@coquitlamcollege.com) prior to departure.** Bring a copy of both with you in your carry-on luggage.
- **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 within 72 hours of your flight to Canada
- 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. You can contact the Coquitlam College main office to inquire about GuardMe medical insurance.

#### **Also:**

- 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](#)
- **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, here are some other good tips to stay healthy:
  - Practice social distancing/physical distancing.
  - Wash your hands frequently or use hand sanitizer when necessary, if 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](#).



## Arriving in Canada

### For vaccinated travellers:

When you arrive at the border, you must present an accepted test result (paper or electronic proof).

A border services officer will make a final decision on your eligibility to enter Canada and whether you qualify as exempt from quarantine when you arrive.

Fully vaccinated travellers only need to do an arrival test if they are selected for [randomized arrival testing](#).

Once you have passed screening, you are not required to complete a 14-day quarantine.

### For non-vaccinated travellers or those whose vaccine does not meet the Government of Canada requirements:

For international students who do **not** meet the [requirements for a fully vaccinated traveller](#), you can still travel for the purpose of studying at Coquitlam College but you must expect the following upon arrival:

1. Mandatory arrival COVID-19 testing at the border (no fee)
2. 14-day mandatory quarantine
3. Home test kit to be completed on Day-8 of mandatory quarantine

In BC, any questions about COVID testing done upon arrival should be directed to LifeLabs which manages all COVID-19 testing for travellers arriving in BC. Contact LifeLabs toll-free at 1-877-313-4982

Monitor for symptoms for at least 14 days after your arrival. If you start having COVID-19 symptoms you must immediately:

- contact the local public health authority and follow their directions, including isolation
- report symptoms to PHAC by calling 1-833-641-0343

You must provide proof of your test results, if asked, to any federal, provincial, territorial or municipal government official.



## After passing through Immigration:

### A) All students:

- 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.

### B) Unvaccinated students, on the way to your 14-day Quarantine:

- 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.
- 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.**



## Unvaccinated students, continued:

- 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 Day-8 take-home test provided at your arrival. Both tests must be cleared in order to complete your quarantine within the initial 14 days.
- You must 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 until you have completed your Quarantine:** 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.
- Monitor your physical and mental health and reach out if you need assistance.



## All students: Once in Canada

### A) Medical Insurance:

- Ensure that you have appropriate medical insurance for your time in Canada:
- The [BC Medical Services Plan](#) (MSP) is the provincial government program that provides basic medical benefits.
- Everyone living in British Columbia (BC) for **more than six months** is required to enrol in MSP, except students with existing coverage from another Canadian province or territory.
- If you come to British Columbia without coverage under MSP or another provincial or territorial health plan and will be here for six months or longer, you should **apply for MSP immediately upon your arrival**.
- As there is a three-month waiting period before MSP coverage will start, you must ensure you have basic health insurance for those first three months in British Columbia. You can contact the Coquitlam College main office to inquire about **GuardMe** medical insurance for your first semester of study.

### B) Proof of Vaccination requirement in BC:

- Here is information about BC's Proof of vaccination requirement starting Fall 2021:  
<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/proof>

### C) If you're not, already, we encourage all students to get vaccinated!

- To get vaccinated, please click on this link to find a drop-in vaccine clinic in the community closest to where you live:  
<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/vaxforbc>  
-You can translate this to other languages. See the link for more links to translations.





## **D) 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.