

## **Alberta - International Student Safe Travel, Arrival and Quarantine Guide**

CDI College's first priority 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 Provincial Government and City public health authorities. The Government of Canada has put in place an emergency order under the Quarantine Act. It applies to all travelers 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 with a maximum penalty including a fine of up to \$750,000 and/or imprisonment up to six months.

### **As of October 20, 2020, some designated learning institutions (DLIs) are now able to reopen to international students who aren't currently in Canada and who**

- have, or have been approved for, a study permit
- are travelling to Canada for [a non-discretionary or non-optional purpose](#)

### **To be able to enter Canada as a student, you must meet 2 requirements:**

- You must have a valid study permit or a letter of introduction that shows you were approved for a study permit.
- You must be attending a [designated learning institution \(DLI\) with a COVID-19 readiness plan](#) approved by its province or territory.

When you arrive at the border, you will need to explain to the Canadian Border Services Agency officers why your trip is essential at this time. You also need to have an adequate plan to quarantine for two weeks. 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.

Please be sure to review the information in this guide prior to your arrival making your own self-isolation arrangements.

This guide has been prepared to assist any new and returning international students who are currently outside of Canada, and plan to travel to Canada to return to studies. As of March 25, 2020, the government of Canada has made it mandatory that anyone entering Canada self-quarantine under the Quarantine Act. Any student arriving from outside of Canada must self-isolate and monitor themselves for symptoms of Covid-19 for 14 days upon their arrival and complete/register a self-isolation plan.

**Effective midnight on January 7, 2021 (00:00 EST or 05:00 UCT),** regardless of citizenship, all travellers five years of age or older must provide proof of a negative laboratory test result for COVID-19 to the airline prior to boarding a flight to Canada. The test must be performed using one of two types of COVID-19 tests—either a molecular polymerase chain reaction (PCR) or Loop-mediated Isothermal Amplification (LAMP)—and must be conducted within 72 hours of the traveller's scheduled departure to Canada.

**All travellers coming to Canada must present this information at the time of boarding. Failure to do so will mean an automatic denial of boarding by the airline operating the flight to Canada.**

**Further, effective midnight (11:59 PM EST) February 3, 2021,** in addition to proof of a negative pre-departure test, Transport Canada will expand the existing international flight restrictions which funnel scheduled international commercial passenger flights into four Canadian airports: Montréal-Trudeau International Airport, Toronto Pearson International Airport, Calgary International Airport, and Vancouver International Airport.

The new restrictions will include scheduled commercial passenger flights arriving from the United States, Mexico, Central America, the Caribbean and South America, which were exempted from the previous restriction. Private/Business and charter flights from all countries will also be required to land at the four airports. Flights from Saint-Pierre-et-Miquelon and cargo-only flights will remain exempt.

As soon as possible in the coming weeks, all air travellers arriving in Canada, with very limited exceptions, must reserve a room in a Government of Canada-approved hotel for three nights at their own cost, and take a COVID-19 molecular test on arrival at their own cost. More details will be available in the coming days.

The Government of Canada will introduce a 72-hour pre-arrival testing requirement (molecular test) for travellers seeking entry in land mode, with limited exceptions such as commercial truckers. In addition, we continue to collaborate with partners in the United States to strengthen our border measures and keep our countries safe.

All travellers coming to Canada must present this information at the time of boarding. Failure to do so will mean an automatic denial of boarding by the airline operating the flight to Canada. Anyone who receives a negative test result and is authorized to enter Canada must still complete the full, mandatory 14-day quarantine, unless exempted under the Quarantine Act.

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**As of February 21, 2021, at 11:59 pm ET, travellers, unless exempted, will also be required to:**

- reserve a government-authorized hotel for 3 nights prior to departure to Canada
- take a COVID-19 molecular test on arrival in Canada
- stay in the government-authorized hotel while awaiting the results of the COVID-19 molecular test taken on arrival
- pay for the cost of the hotel stay, as well as all associated costs for:
  - food
  - security
  - transportation
  - infection prevention and control measures

**Travellers must present proof of having reserved and pre-paid for their accommodation through ArriveCAN. Travellers will still be required to complete the remainder of the mandatory 14-day quarantine after their mandatory hotel stopover.**

**Checklist:**

1. Check travel regulations and restrictions
2. Ensure proper supporting documentation and medical coverage
3. Arrange the most direct route to Vancouver
4. Develop a 14-day COVID-19 Self-isolation plan
5. Arrange Self-isolation accommodation
6. Arrange Hotel booking to await COVID-19 test taken at port-of-entry in Canada at [Designated Hotel listed in Government of Canada Website](#)
7. Arrange direct transportation to your place of self-isolation
8. Arrange Food, groceries and other personal items
9. Submit your information through the [ArriveCAN app](#), and conduct a health self-assessment before you depart here: <https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>
10. Register your complete plans with CDI College to [travel.support@campus-support.ca](mailto:travel.support@campus-support.ca)
11. Complete a COVID-19 test- either a molecular polymerase chain reaction (PCR) or Loop-mediated Isothermal Amplification (LAMP)—and must be conducted within **72 hours of the traveller's scheduled departure to Canada.**

**Pre-Arrival**

- Review this document (the COVID-19 International Student Safe Travel, Arrival and Quarantine Guide) thoroughly.
- Complete the Pre-Arrival Checklist:
  - <https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist>
- Book your quarantine accommodation. Public living areas should be avoided. As such, hostels and residences with shared living accommodations are not acceptable for quarantine or isolation
- Book your flight to Canada – based on the port of entry you will be required to remain in that city until you complete your COVID-19 test and receive your results
- Book your mandatory 3 day hotel stay at the designated locations per your port-of entry into Canada to await the results of your COVID-19 test upon arrival in Canada
  - You may only book your hotel to await your COVID-19 test upon arrival in Canada by phone:
    - 1-800-294-8253 (toll-free within North America)
    - **1-613-830-2992** (collect outside of North America)
- Submit your own self- isolation arrangements in accordance with Government of Canada and Provincial Public Health guidelines with your respective Campus at: [travel.support@campus-support.ca](mailto:travel.support@campus-support.ca)

- Complete, initial and sign the International Student Safe Travel and Quarantine Attestation. Submit it to [travel.support@campus-support.ca](mailto:travel.support@campus-support.ca) to receive your Travel Support letter.
  - Bring a copy with you in your carry-on luggage and provide a copy to your College prior to departure.
- The travel support letter will only be issued upon receipt of the signed quarantine plan document (International Student Safe Travel and Quarantine Attestation).
- Purchase private medical insurance for your stay in Canada. If you do not have a private medical insurer, please visit Stay Insured below:
  - [www.studyinsured.com/cdicollege](http://www.studyinsured.com/cdicollege)
- When booking your Quarantine Accommodation please ensure that:
  - Public living areas should be avoided. As such, hostels and residences with shared living accommodations are not acceptable for quarantine or isolation.
  - Your accommodation must include your own private room, and if you must share a bathroom or kitchen, please ensure that only one person is in the space at one time
  - You must clean and disinfect all exposed surfaces in shared kitchen or bathrooms before and after use.
- Review and understand the self-isolation guidelines as outlined by [Government of Canada](#) and [Provincial Public Health](#).
- Purchase a supply of reusable or disposable non-medical masks to bring with you.
- Download and complete the [ArriveCan](#) app.
  - Download [ArriveCAN](#) for iOS
  - Download [ArriveCAN](#) for Android
- Complete a COVID-19 test- either a molecular polymerase chain reaction (PCR) or Loop-mediated Isothermal Amplification (LAMP)—and must be conducted within 72 hours of the traveller’s scheduled departure to Canada.
- Conduct a health self-assessment before you depart here: <https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>
- Complete the Pre-Arrival Checklist
- **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 on their journey.
- When travelling by other modes of transportation, travelers are encouraged to wear non-medical masks or face coverings whenever possible.
- You should also bring, in your carry-on luggage, at least 2 masks, a travel-sized bottle of hand- sanitizer and disinfecting wipes.
- While en-route to their destination, 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 legal restrictions for travelers returning to Canada are available [here](#).

### **Entering Canada**

When arriving at the port must have the documents outlined under 'Packing' ready to provide to Canada Border Services. Students will also be required to undergo a screening by a border services or quarantine officer to assess travelers for symptoms. Should you have developed any symptoms while in transit you will be required to quarantine at your port of entry and may not travel onwards to Ottawa until after you have been clearance to do so.

#### ***Entering Canada through Calgary:***

If you are entering Canada through Calgary International Airport, you will need to complete your isolation plan in the [ArriveCan](#) app; you will also be required to complete the [Provincial Isolation Questionnaire](#), to demonstrate you have appropriate plans and the necessary supports in place to isolate for 14 days. You will receive a provincial isolation questionnaire to fill out at a provincial checkpoint after clearing customs. You can also print it off in advance and bring it with you.

These are the guidelines as of June 17<sup>th</sup>. However, the guidelines could change, so before traveling to Calgary International Airport make sure you check both the [airport website](#) and the provincial website for new mandatory travel questionnaires:

- [Alberta – Provincial Isolation Questionnaire](#)
- [ArriveCan](#) app

#### ***Entering Canada through Toronto or Montreal:***

If you are entering Canada through the Toronto Pearson International Airport or the Montreal Pierre Elliot Trudeau International Airport you are required to complete the Government of Canada's ArriveCan form (as of June 17<sup>th</sup>, 2020).

#### ***Entering Canada through Vancouver:***

If you are entering Canada through the Vancouver International Airport, in addition to the ArriveCan App, you will also need complete a [BC self-isolation plan](#) that can be submitted online here:

- <https://travelscreening.gov.bc.ca/>

It can be submitted 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.

These are the guidelines as of June 17th. However, the guidelines could change, so before traveling to Vancouver International Airport make sure you check both the airport website and the provincial website for new mandatory travel questionnaires.

### **Upon Arrival**

- Wear a fresh mask and wash/sanitize your hands
- Pick up baggage while maintaining physical distancing
- Exit the baggage area and go to the location you have previously arranged to meet your driver. You should sit in the back-seat passenger side, keep the windows down, and practice physical distancing at all times.
- Go directly to the place where you will isolate, do not stop anywhere, and stay in your place of isolation for 14 days from the date you arrived in Canada.
- You can take a ride-share (such as Uber), but you must not make any unnecessary stops on your way home.

### **During Self-Isolation**

- Communicate with your Assistant Director of Admissions or [international@campus-support.ca](mailto:international@campus-support.ca) mandatory Quarantine Check-in.
- 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 go to school, work or other public areas.
- 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 have to 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, FaceTime etc.
- 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:**

- Please complete the self-assessment tool to determine if you need to be tested for COVID-19: <https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>
- If you develop symptoms of COVID-19 (e.g., cough, fever, difficulty breathing), it is mandatory to notify your Assistant Director of Admissions, Instructor or Campus Director to find out how to get further care.
  - If you wish to speak with a licensed nurse immediately please call 811 for a consultation over the phone
  - Do not visit the campus in person
- Please visit this link to book your COVID-19 test: <https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>
- 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 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.
- Visit [Provincial Public Health](#) for the most current information on municipal and provincial laws, regulations and guidelines as they relate to COVID-19.
- Complete a COVID-19 examination at one of the designated [testing centres](#). You must provide proof of a negative results before you can visit your Campus

## International Student Self-Isolation Plan Form - Attestation

During this challenging and unprecedented time, the staff at CDI College are here, as always, to support you through your journey before, during, and after your studies. We also follow the regulations and recommendations of various authorities, including the Government of Canada, and the public health authorities as your health and safety are our priority.

On March 24, 2020, the Government of Canada has put in place an [emergency order](#) under the *Quarantine Act*. It applies to all travelers arriving in Canada to control the spread of COVID-19, and failure to comply with this order is an offence under the [Quarantine Act](#).

When you arrive at the border, you will need to demonstrate to the Canadian Border Services Agency officers why your trip is essential at this time. Please bring a copy of your Travel Support Letter issued by the college when you travel. If you do not have your Travel Support letter yet, please e-mail with your signed Attestation form to [travel.support@campus-support.ca](mailto:travel.support@campus-support.ca) prior to your travel.

You also need to have an adequate plan to quarantine for two weeks. 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 the [Public Health guidelines](#), and plans for how you will access food and any other necessities required during your self-isolation. Failure to satisfy the Canadian Border Services Agency officers with an adequate plan may result in being denied entry to Canada, or having to carry out quarantine in a government-approved facility.

In order to ensure that students have appropriate self-isolation plans in place, we ask that you complete and sign the below form and return it to [travel.support@campus-support.ca](mailto:travel.support@campus-support.ca) prior to your travel. You should use this information when completing the questions in the [ArriveCan](#) App and we recommend that you bring a copy of this form with you when travelling.



**Personal Information**

Name [First, Last]:

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Date of birth (yyyy/mm/dd):

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Student ID#

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Country of origin:

---

Passport number:

---

Home address in Home Country:

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**Arrival information**

Arrival date:

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Port of entry into Canada:

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Arrival from (outside Canada):

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Arrival by (airline name and flight #):

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**Check the box below to confirm:**

I have made and confirmed my own arrangements to self-isolate (quarantine) for 14 days upon arrival in Canada.

Self-Isolation Address and Phone Number:

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I confirm that the following are provided by the self-isolation location, or that I have made arrangements for these:

- Transportation to the self-isolation location
  - 3 meals/ day, delivered to my room or groceries delivered to me and kitchen facilities
  - Access to needed toiletries, linen, cleaning supplies, etc.
  - Access to a mobile phone and internet.
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I, \_\_\_\_\_, confirm that I understand the importance of the quarantine procedure upon arrival in Canada, and will follow all requirements provided by the Government of Canada, for a full 14 days after my arrival in Canada.

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