

## **International Student Safe Travel, Arrival and Quarantine Guide (Ontario)**

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, see below:

### *Failure to comply*

68. Every person who fails to comply with an obligation imposed under subsection 15(3) or 25(1) or section 26 is guilty of an offence and liable on summary conviction to a fine of not more than \$200,000 or to imprisonment for a term of not more than six months, or to both.

### *Failure to comply*

69. Every person who fails to comply with an obligation imposed under section 35, subsection 39(1) or 44(3) or section 51 is guilty of an offence and liable on summary conviction to a fine of not more than \$750,000 or to imprisonment for a term of not more than six months, or to both.

### *Contravention*

70. Every person who contravenes section 12 or 13, subsection 15(1) or section 65 is guilty of an offence and liable on summary conviction to a fine of not more than \$200,000 or to imprisonment for a term of not more than six months, or to both.

### *Contravention*

71. Every person who contravenes subsection 6(2), 8(1) or 34(2) or (3), section 36 or 38, subsection 42(1), section 45 or 50, subsection 54(3), section 58 or 59 or subsection 73(2) or the regulations is guilty of an offence and liable on summary conviction to a fine of not more than \$750,000 or to imprisonment for a term of not more than six months, or to both.

### *Contravention*

72 Every person who contravenes subsection 15(2) or section 66 is guilty of an offence and liable

- on conviction on indictment, to a fine of not more than \$500,000 or to imprisonment for a term of not more than three years, or to both; or
- on summary conviction, to a fine of not more than \$200,000 or to imprisonment for a term of not more than six months, or to both.

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.

**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.

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.

**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.

**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

**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**

## **Pre-arrival Checklist:**

1. Check travel regulations and restrictions
2. Ensure proper supporting documentation and medical insurance coverage
3. Arrange the most direct route to Vancouver
4. Develop a 14-day COVID-19 Self-isolation plan
5. Confirm your accommodation and transportation booking with your Admissions Coordinator at CDI College
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 Food, groceries and other personal items
8. Submit your information through the [ArriveCAN app](#)
9. Register your plans with CDI College [travel.support@campus-support.ca](mailto:travel.support@campus-support.ca) to receive your travel support letter
10. 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 the International Student Self-Isolation Plan Form – Attestation (Pg. 8 - 10 of this package). Submit it to [travel.support@campus-support.ca](mailto:travel.support@campus-support.ca) .

- Bring a copy with you in your carry-on luggage and provide a copy to your College prior to departure.
- When are ready to travel to Canada, email your flight booking and request a travel support letter from [travel.support@campus-support.ca](mailto:travel.support@campus-support.ca) .
- The travel support letter will only be issued upon receipt of the signed quarantine plan document (International Student Self-Isolation Plan Form - Attestation).
- Review and understand the self-isolation guidelines as outlined by [Government of Canada](#) and [Provincial Public Health](#).
  - <https://www.ontario.ca/page/covid-19-stop-spread>
- Confirm you Accommodation and Transportation arranged by CDI College by your Admission Coordinator
  - Bring your accommodation bookings to present to CBSA officers upon arrival
  - Homestay arrangements or billeting is not permitted
- International Students are not covered under the Ontario Provincial Healthcare Plans, Please purchase private medical insurance, if you do not have a provider, please visit the websites below for options:
  - [Guard.me International Insurance](#)
  - [Ingle International](#)
  - [Sun Life](#)
  - [Greenshield](#)
  - [Manulife Financial](#)
  - [Allianz Global](#)
  - [StayInsured](#)
- All the international students must present their health insurance card on their first day of class. It is a mandatory requirement of the Ministry of Education.
- 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 the Pre-Arrival Checklist
- 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**. If you test positive for COVID-19, you will not be permitted to enter Canada.
- **If you are ill, do not attempt to travel to Canada.**
- You are responsible for all costs that may occur during your Quarantine or extension of your Quarantine period.

## **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 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 17th, 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.

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

If you are entering Canada through Calgary International Airport, you will need to complete a provincial isolation questionnaire, in addition to the Government of Canada requirements, 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.

### **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 will be meet with your Admissions Coordinator who will:
  - Screen you for COVID-19 symptoms
  - Provide you with a fresh mask to use during your transportation
  - Lead you to your transportation booking
- 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.

### **During Self-Isolation**

- Notify your Admissions Coordinator or [international@campus-support.ca](mailto:international@campus-support.ca) of your arrival who will monitor your symptoms daily with the Quarantine Check-in form.
- Please monitor your symptoms daily and submit them to your ArriveCan app:  
<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en>

- Visit the Provincial Health Ontario website for public resources:  
<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>
- Limit contact with others in the place of isolation.
- Stay in a separate room and use a separate bathroom from others in your home.
- 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).
- Do not go to school, work or other public areas.
- If you need to order a Canadian cell-phone, you can order your SIM card before your arrival and provide your accommodation address for delivery. Please order your sim card online from these providers:
  - Rogers: <https://www.rogers.com/consumer/wireless/rogers-sim-card>
  - Telus: [https://www.telus.com/en/bc/support/article/replace-change-mobile#purchasing\\_a\\_new\\_sim](https://www.telus.com/en/bc/support/article/replace-change-mobile#purchasing_a_new_sim)
  - Freedom Mobile : <https://www.freedommobile.ca/en-CA/activate>
  - Fido: <https://www.fido.ca/consumer/contact-us/my-fido-services/call-us>
- 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 from the following:
  - Grocery and Supplies Delivery Services:
    - <https://www.loblaws.ca/pcx-delivery>
    - <https://www.walmart.ca/en/grocery/N-117>
    - <https://www.instacart.ca/>
    - <https://www.realcanadiansuperstore.ca/>
  - Pharmacy and Prescription Medication Services:
    - <https://www1.shoppersdrugmart.ca/en/home>
    - <https://www.realcanadiansuperstore.ca/>
    - <https://well.ca/pharmacy-welcome>
    - <https://www.thevillagepharmacy.ca/free-prescription-delivery>
  - Restaurant Delivery Services:
    - [www.skipthedishes.com](http://www.skipthedishes.com)
    - [www.ubereats.com](http://www.ubereats.com)
    - [www.doordash.com](http://www.doordash.com)
- If you would like to meet with Doctor’s Visit or Primary Care Provider in Ontario, please visit:
  - <https://otn.ca/patients/evisit/>
  - <https://healthone.ca/book-an-appointment/>
  - <https://skipthewaitingroom.com/>
  - <https://www.iamsick.ca/>



- 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.
- If you develop some COVID-19 symptoms, please visit the Ontario COVID-19 self-assessment tool:
  - <https://covid-19.ontario.ca/self-assessment/> or
  - by phone 1-866-797-0000.
- Monitor your physical and [mental health](#) and reach out if you need assistance to your College or to the following:
  - Visit [Big White Wall](#), a 24/7 anonymous online education and discussion platform for mental health support.
  - Visit [bouncebackontario.ca](https://bouncebackontario.ca) to access their guided self-help program using workbooks, with phone coaching support, or ask your primary care provider for a referral.
  - Children and youth under 18 can locate mental health services through the Ontario.ca and [Kids Help Phone websites](#), or contact the Kids Help Phone (1-800-668-6868) or [Good2Talk](#) helplines for 24/7 support, if they need someone to talk to.
  - [mindyourmind](#) is a mental health website with interactive tools and resources to build capacity and resilience for youth and young adults
  - [ConnexOntario](#) (1-866-531-2600), Ontario's mental health, addictions and problem gambling help line, which can provide contact information for local mental health and addictions services and supports, including crisis lines.
- In the event of breach of the quarantine requirement by the international student or their co-arriving family members, Health Canada and Local Law Enforcement will be contacted

### **If you develop COVID-19 symptoms:**

- 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 and immediately self-isolate. The local public health unit will be contacted by CDI College to report the case.
  - If an in-person medical examination is required, CDI College will make and implement all the arrangements for you. This includes arranging your COVID-19 test.

- 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
- Complete a COVID-19 examination at one of the [designated testing centres](#)
- When travelling to your covid-19 testing centre, you should sit in the back-seat passenger side, keep the windows down, and practice physical distancing at all times.
- 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**

The Ontario government requires all students and their co-arriving family members to obtain a COVID-19 test at the end of their 14-day quarantine.

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#

---

Country of origin:

---

Passport number:

---

Home Country Complete Address:

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**Arrival information**

Arrival date:

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Port of entry into Canada:

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Arrival from:

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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 in Canada:

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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: \_\_\_\_\_