

# STUDENT PRE-ARRIVAL PACKAGE

## Overview

Our top priority is to ensure the health and safety of our students, faculty, and staff, as well as the community. We are obligated to provide a safe working and learning environment at Central College during the COVID-19 pandemic while abiding by the regulations and recommendations of authorities, including WorkSafe BC's, the Provincial Health Officer, the Government of Canada, the Government of British Columbia and Fraser Health.

The Government of Canada has implemented an emergency order under the Quarantine Act, which applies to all travellers arriving in Canada in order to limit the spread of COVID-19 in Canada. Failure to comply with this order is an offence under the Quarantine Act.

In this pre-arrival package, you will find information on what is required before departing your country, while travelling to Canada and on arrival at the airport. This package also provides information for your quarantine period, how to adhere to COVID-19 Government Regulations, We look forward to meeting you soon!

Please review this guide and understand the requirements before you travel.

Step 1. Check if you can travel to Canada

Step 2. Before you travel to Canada

Step 3. Prepare a quarantine/self-isolation plan

- Fully vaccinated travellers entering Canada during COVID-19
- Unvaccinated travellers entering Canada during COVID-19

Step 4. Arrival in Canada

## Step 1. Check if you can travel to Canada

- If you are in a degree program and applied for a study permit from outside of Canada, you must have received your Letter of Introduction (study permit approval) and TRV/eTA, if applicable, before travelling to Canada. A study permit approval-in-principle is not acceptable for travel and you should not come to Canada as a visitor even if you are fully vaccinated. You must wait until your study permit gets approved before travelling to Canada.
- If you are already in Canada with a valid study permit, you do not need to take further actions.

- If you are in Canada and do not have a valid study permit, you must have a study permit even if all your courses are offered online if your studies are longer than 6 months or extend beyond your approved stay.
- If you meet the requirements for travel restrictions, you may leave and return to Canada. You may contact CBSA for advice since travel restrictions could change for Canada and your country of travel. Make sure to stay up to date on the latest travel restrictions before returning to Canada.

## Step 2. Before you travel to Canada

Please make sure the following is in your carry on and ready to present to your airline in your country and an immigration officer once you arrive in Canada, if requested:

### COVID-19 related:

- ✓ Negative COVID-19 test Documentation Letter for Entering Canada
- ✓ Quarantine/self-isolation plan  
Bring the documents relating to your quarantine/self-isolation plan.
- ✓ [ArriveCAN](#) submission receipt  
You need to show the ArriveCAN receipt on your phone as a screenshot or bring a printout. For the instruction for the use of ArriveCAN, please click the following link. COVID-19 vaccination ( if applicable)  
If you have been vaccinated, either partially or fully, you need to bring electronic or paper proof of vaccination as well as the original certified translation if it is not in English or French.
- ✓ Face masks, hand sanitizer, gloves and a thermometer in your checked and carry-on luggage for use during travel and during isolation.

### Visa and other travel documentation:

- ✓ Passport
- ✓ Study permit  
You need to have your original, valid study permit or a Letter of Introduction (study permit approval) from IRCC with you.
- ✓ A valid Temporary Resident Visa (TRV), or An Electronic Travel Authorization (eTA)  
**(US citizens are exempt)**
- ✓ Proof of Enrollment Letter  
It is important to bring a current Letter of Enrollment to prove your enrollment in Central College. If you are an enrolled student but have not yet received the letter, call Central College at 604-523-2388 or email [contact@centralcollegebc.ca](mailto:contact@centralcollegebc.ca) to request one.
- ✓ Health insurance  
You need to bring proof of health insurance.
- ✓ Proof of funds  
As required by IRCC, you need to show proof of funds for yourself and any accompanying dependents at the airport or the border.

- ✓ Medical exam, if applicable  
If needed, you need to bring a copy of your medical exam completed within 12 months before travelling. Visit [Medical exams for visitors, students and workers - Canada.ca](https://www.canada.ca/en/immigration-refugees-citizenship/services/visiting-studying-in-canada/medical-exams-foreign-visitors-students-workers.html) to check if you need a medical exam.
- ✓ English language test results, if applicable  
If you have provided English language test results in your study permit application, bring a copy of your results.

Once you've determined you're eligible to travel, you can take the next steps. You can click on any of the 4 below to learn more.

1. [Assess your quarantine plan / Self-Isolation Plan before you travel](#)
2. [Get your pre-entry COVID-19 test within 72 hours prior to your arrival in Canada](#)
3. [Download and use the free ArriveCAN mobile app to submit your travel and quarantine plans within 72 hours prior to your arrival in Canada](#)
4. Register for your arrival COVID-19 test in advance.
  - [Vancouver International Airport \(YVR\): Register with LifeLabs.](#)

## Step 3. Prepare a quarantine/self-isolation plan

You **must** demonstrate that you have a suitable plan for quarantine.

- You're expected to make these plans, within your own means, before travelling to Canada  
**Foreign nationals** who do not have a suitable plan may be denied entry into Canada.
- You are responsible for arranging your own quarantine plan, and you must satisfy the CBSA officer that you have made appropriate quarantine arrangements to enter Canada. You must submit your plan through the [ArriveCAN](#) app and bring documents relating to your quarantine plans and present them to the officer when you arrive. This applies whether you meet the above criteria of a fully vaccinated traveller or not.

Your plan must consider:

- **The location of your 14-day quarantine**
  - stay for 14 days or possibly longer
  - have access to the necessities of life, including water, food, medication and heat without leaving quarantine
  - can avoid contact with others who did not travel with you
  - have no visits from family or guests
- **How you will travel to your quarantine location.**

You can use public transportation (e.g., aircraft, bus, train, subway, taxi or ride-sharing service) to get to your place of quarantine. However, practise physical distancing of at least 2 metres whenever possible.

- If you don't already have somewhere where you can self-isolate, please refer to our resource list of Vancouver here.
  - [Abercorn Inn Vancouver Airport](#)
  - [Coast Vancouver Airport Hotel](#)
  - [Days Inn by Wyndham](#)
  - [Executive Hotel Vancouver Airport](#)
  - [Fairmont Vancouver Airport](#) (online booking available)
  - [Four Points by Sheraton Vancouver Airport Hotel](#)
  - [Hilton Vancouver Airport](#)
  - [Quality Hotel Airport South](#)
  - [Radisson Vancouver Airport](#)
  - [Sandman Hotel Vancouver Airport](#)
  - [Travelodge Hotel by Wyndham Vancouver Airport](#)
  - [Westin Wall Centre Vancouver Airport](#) (online booking available)

**Arrangements for necessary supplies during your quarantine period such as food, medication, or cleaning supplies.**

- Many restaurants deliver for a small delivery fee. Some apps for food delivery include:
  - [Uber Eats Canada | Food Delivery and Takeout | Order Online from Restaurants Near You](#)
  - [Order Restaurant Food Delivery Online & Take Out | SkipTheDishes](#)
  - [DoorDash Food Delivery & Takeout - From Restaurants Near You](#)
- Many grocery stores offer delivery services, including:
  - [Walmart Grocery Delivery & Pickup: Order Groceries online | Walmart Canada](#)
  - [Save-On-Foods \(saveonfoods.com\)](#)
- If you are bringing medication or health products, make sure the quantity or type is not restricted:
  - [Compliance and enforcement: Drug and health products - Canada.ca](#)
- If you require a prescription during quarantine/self-isolation, request a phone appointment with a nearby clinic. Some pharmacies deliver prescriptions:
  - London Drugs: [Prescription Delivery - London Drugs Pharmacy](#)
  - Shoppers Drug Mart: [Pharmacy Services | Shoppers Drug Mart®](#)

**When making your plan, please review and follow these guidelines:**

- Government of Canada guidelines: [Mandatory quarantine or isolation – Travel restrictions in Canada – Travel.gc.ca](#)
- Government of BC guidelines: [Travel and COVID-19 - Province of British Columbia \(gov.bc.ca\)](#)

- BCCD guidelines: [Self-Isolation and Self-Monitoring \(bccdc.ca\)](https://bccdc.ca)

If you have questions about your quarantine/self-isolation plan, contact Service BC: [Travel and COVID-19 - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca)

You will need to keep a list of close contacts during your first 14 days in Canada and must follow public health requirements and quarantine/self-isolate if you test positive for COVID-19 or are came in close contact with someone who tested positive.

### **Submit your quarantine plan in the ArriveCAN app**

You are required to submit your 14-day quarantine plan through the ArriveCAN app within 72 hours before your arrival in Canada. You will also be required to disclose COVID-19 vaccination information, including whether you received one, the name of the vaccine, when it was administered, and doses received. Be sure to use the latest version of the app. Even if you are fully vaccinated, you need to upload an official translation if it is not in English or French.

After submitting your information, save the receipt, such as a printout or screenshot of the app on your phone, as you might need to present this to airline staff or a CBSA officer on arrival.

Check [COVID-19 vaccinated travellers entering Canada - Travel restrictions in Canada – Travel.gc.ca](https://travel.gc.ca) to see which COVID-19 vaccines are accepted in Canada.

Your proof of vaccination needs to be in English or French, or have a certified translation. Before entering Canada, you must upload your proof of vaccination on the ArriveCAN app. You will also need to keep a paper or electronic copy and original certified translations.

### **Fully vaccinated travellers entering Canada during COVID-19**

If you meet all the entry requirements and are fully vaccinated, you are **exempt** from:

- Quarantine
- Arrival testing (unless selected for mandatory randomized testing)
- The day 8 COVID-19 test that is typically required upon entry

Requirements:

1. Received the full series of a vaccine or a combination of vaccines accepted by the Government of Canada
2. Received your **last dose at least 14 days** before your arrival to Canada.

### **Accepted COVID-19 vaccines in Canada**

- Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2)
- Moderna (Spikevax, mRNA-1273)
- AstraZeneca/COVISHIELD (ChAdOx1-S, Vaxzevria, AZD1222)
- Janssen/Johnson & Johnson (Ad26.COV2.S)

3. Fully vaccinated travellers must also meet all other entry criteria, including:
- Submitting all required COVID-19 information into [ArriveCAN](#) prior to travel (if arriving by air, information must be submitted **before** boarding a flight)
  - Meeting the pre-entry testing requirements (**Within 72 hours before your arrival to Canada**)
    - Take a pre-entry [COVID-19 molecular test](#) (Antigen tests are not accepted for entry)
    - Use [ArriveCAN](#) to enter your information
  - Being asymptomatic upon arrival
  - Having a paper or digital copy of your **proof of vaccination in English or French** (or certified translation)
  - Having a suitable quarantine plan, in case you don't get the exemption or test positive after entry.

Requirements for exempt travellers: There are strict requirements you must follow even **if you are exempt from quarantine.**

- Wear a mask at all times when in public spaces
- Maintain a list of all close contacts for your first 14 days in Canada
- Monitor yourself for signs and symptoms of COVID-19

### **Unvaccinated travellers entering Canada during COVID-19**

Anyone entering Canada must quarantine for 14 days upon arrival if you are not fully vaccinated, even if you have provided a negative COVID-19 molecular test result. If you symptoms, you will not be permitted to travel to Canada.

- **Quarantine**
  - Submit your quarantine plan in the ArriveCAN app **within 72 hours before your arrival to Canada**
  - Report daily on your health status relating to signs and symptoms of COVID-19 in ArriveCAN or 1-833-641-0343.
  - Follow your quarantine/self-isolation plan after your arrival in Canada
  - Go directly to your suitable place and quarantine for at least 14 days or as directed by a screening officer or quarantine officer.
  - Your quarantine will end after the 14th day only if you do not have symptoms and you do not receive a positive test result from required tests.
  - If you receive a positive test result from required testing, isolate yourself for an additional 10 days and follow the instructions provided below.

- **Arrival COVID-19 test**
  - Register for your on-arrival test before travelling to Canada.--- LifeLabs
- **Collecting COVID-19 test kit**
  - At the airport or the border, you will need to pick up a COVID-19 test kit for your day-8 test as per the instructions you will be given. You need to register your test kit using the information provided in your kit on your first day in Canada.
  - You need to quarantine until you get a negative test result. If you test positive for COVID-19, you will need to start the 14-day quarantine cycle again.
  - Be sure to follow [Provincial and regional restrictions - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/health/diseases/communicable/covid-19/restrictions) and check for updates.

## **During your quarantine/self-isolation**

Be sure to follow the guidelines on how to quarantine/self-isolate:

- Government of Canada: [Mandatory quarantine or isolation – Travel restrictions in Canada – Travel.gc.ca](https://travel.gc.ca/travel-alerts/notices/mandatory-quarantine)
- BC Centre for Disease Control: [Self-Isolation and Self-Monitoring \(bccdc.ca\)](https://www.bccdc.ca/health-services/self-isolation)

### **While in quarantine**

#### **DO Not**

- ✓ **Do not** leave your place of quarantine unless it is for a medical emergency, an essential medical service or treatment, to obtain a COVID-19 molecular test, or it is pre-authorized by a Quarantine Officer
- ✓ **Do not** have any visits from family or guests
- ✓ **Do not** use shared spaces such as lobbies, courtyards, restaurants, gyms or pools

#### **Do**

- ✓ Avoid contact with others who did not travel with you and sleep in a separate bedroom.
- ✓ Access the necessities of life (e.g., water, food, medication, and heat) without leaving quarantine.
- ✓ Food, groceries, or other necessities should be left at your door for contactless delivery.
- ✓ Practise physical distancing of 2 metres at all times.
- ✓ Only go outside on a private balcony or yard with those who travelled with you.
- ✓ Follow guidelines from local public health. If there is a conflict between public health and this handout, follow the strictest measure.
- ✓ Respond to calls or visits from screening officers or law enforcement.

## Report and monitor

- Report your arrival at your place of quarantine within 48 hours in ArriveCAN (if you used ArriveCAN before you entered Canada) or 1-833-641-0343 (if you did not use or cannot use ArriveCAN).
- Report daily on your health status relating to signs and symptoms of COVID-19 in ArriveCAN or 1-833-641-0343.
- Monitor your health during your time in quarantine.

**Central College will contact you at least once a day during your quarantine/self-isolation period. Make sure that the College has your correct phone number and isolation address before arriving in Canada.**

If a counselor from the College is unable to contact you or believes that you are not conforming to the quarantine/self-isolation requirements for any reason, we are obligated to report your personal information and circumstances to IRCC and to Public Health.

## Failure to comply

- The Government of Canada has implemented an emergency order under the Quarantine Act in order to limit the spread of COVID-19 in Canada. Failure to comply with this order is an offence under the Quarantine Act and could lead to fines, imprisonment, or both. Details of the consequences for failure to comply with the Emergency Order can be found in [Mandatory quarantine or isolation – Travel restrictions in Canada – Travel.gc.ca](#).

## After quarantine

Continue to exercise physical distancing and wear a mask. Check for updates and recommendations: [Welcome and Collection Notice, BC COVID-19 Support App \(thrive.health\)](#). You can also download the mobile BC COVID-19 app: [About COVID-19 \(bccdc.ca\)](#) for updates, alerts, self-assessment tool, and resources from BC Public Health.

## Step 4. Arrival in Canada

### Arriving at Vancouver International Airport (YVR)

- ✓ Wear a fresh mask and keep your mask on at all times
- ✓ Wash or sanitize your hands
- ✓ Maintain physical distancing
- ✓ You can use public transportation (e.g., aircraft, bus, train, subway, taxi or ride-sharing service) to get to your place of quarantine. However, practise physical distancing of at least 2 metres whenever possible.
- ✓ Go directly to your quarantine/self-isolation location, do not stop anywhere, and stay for 14 days from the date of your arrival
- ✓ Do not come to campus until after you have completed your 14-day quarantine/self-isolation



## What to expect on your arrival

- ✓ If you need a study permit:
  - Go through Canadian Customs and Immigration. Show your passport, Port of Entry Letter (if applicable), Letter of Acceptance, Letter for Work Permit Application (if applicable), Letter for Entering Canada, and any other requested documents. If applicable, receive your Study Permit and Work Permit.
- ✓ If you have a study permit:
  - Have all your documents related to your study permit to present on arrival.

## Support for students and family members in quarantine

Central College understands that some students will be traveling to Canada with their family so we have compiled a list of resources they can access to help ease their transition to Canada and during their time in quarantine. Please share these resources with them.

MOSAIC is one of the largest settlement non-profit organizations in Canada. They serve immigrant, refugee, migrant and mainstream communities in Greater Vancouver and the Fraser Valley as well as throughout the Province of BC. Learn more [on their website](#).

Here is a list of community and cultural centres in Vancouver/New Westminister as well as the resources and services they offer.

### Mental health supports

Central College students and their family may be experiencing anxiety, depression, or other mental health challenges arising from the COVID-19 pandemic.

- Here2Talk offers resources and mental health counselling 24/7: [Here2Talk](#)
- Culturally-aware crisis support is available 24/7 to Indigenous people in BC through the KUU-US crisis response service: [Home | KUU-US Crisis Line Society Indigenous BC Wide Crisis Line Port Alberni](#)
- A range of virtual mental health programs and services to support mental health and wellness is available: [COVID-19 Main Page \(cmha.bc.ca\)](#)

### Community Recreation Centres

They offer a wide variety of programs and facilities.

Vancouver: <https://vancouver.ca/parks-recreation-culture/recreational-activities.aspx#redirect>

New Westminister: <https://www.newwestcity.ca/discover-new-west/city-maps>

The mission of the Association of Neighbourhood Houses BC is to build healthy and engaged neighbourhoods by connecting people and strengthening their capacity to create change.

Through 7 neighbourhood houses and an outdoor camp, ANHBC reaches more than 100,000 people throughout Metro Vancouver with more than 300 programs and services. Learn more on [their website](#).

### **Translated Video and COVID-19 Resources**

The BC Centre for Disease Control has compiled a list of COVID-19 video and other resources that are available in a number of different languages including Simplified Chinese, Punjabi, Farsi and more. You and your family members can read questions and answers about COVID-19, physical distancing and more. You can find these resources [here](#).

### **Contact Information at Central College**

Phone Number: 604-523-2388

Email: [contact@centralcollegebc.ca](mailto:contact@centralcollegebc.ca)