



## **International Student Safe Travel, Quarantine & Arrival Requirements Fall 2020/Winter 2021**

*Revised: January 5, 2021*

### **Fall 2020 and Winter 2021 Delivery**

CMTN recommends that international students who are residing outside of Canada undertake their studies from their home countries for the Fall 2020 and Winter 2021 terms.

Current CMTN international students are recommended to avoid travelling outside of Canada unless it is for an emergency or essential reasons.

CMTN is committed to supporting you in your studies at home – nearly all courses that are offered in the Fall 2020 and Winter 2021 terms have shifted to [Distributed Learning](#) (online delivery) – and we are confident this is the best approach to ensure your safety and success.

### **Post-Graduation Work Permit (PGWP) Eligibility**

Studying from home will not result in time being deducted from the length of your PGWP until April 30, 2021, and under certain conditions listed [here](#):

If you applied for your permit before starting your program, any time since spring 2020 that you have spent studying online will count towards the length of your PGWP. Time will begin to be deducted from the length of your PGWP for studies you complete outside Canada beginning April 30, 2021. Check the [IRCC](#) website for the most up-to-date information about PGWP eligibility.

**The COVID-19 pandemic is changing how we live, learn and work. Nearly all courses in the Fall and Winter 2020-21 terms are taught via Distributed Learning. Plan to study from your home country, and do not travel until you are required to, and it is safe to do so.**

## International Student Travel Readiness and Commitment to Health and Safety

CMTN does not recommend travel to Canada. In the event that you are considering travel to Canada for the Fall 2020 or Winter 2021 term, this document supports you in understanding the requirements you must meet.

International travel during the COVID-19 pandemic is complex, and the information we provide is subject to change based on the requirements of government and health authorities. It is your responsibility as a student to consult reliable sources of information and comply with requirements.

**IMPORTANT** The College requires you to work directly with Myrna Ordon, International Student Advisor at [mordona@coastmountaincollege.ca](mailto:mordona@coastmountaincollege.ca) on the travel and quarantine arrangements for yourself and any family members who may be accompanying you to Canada.

Your commitment to undertaking the health and safety requirements as they are outlined for you, including your point of entry and period of self-isolation in Greater Vancouver, is part of CMTN's efforts to a gradual re-opening of our operations in a way that ensures the health and safety of our communities during the COVID-19 pandemic. This includes students needing to leave Canada for an emergency reason and planning to return back to Canada. It is very important that you understand and abide by all legal, regulatory and policy requirements.

## Government, laws, and regulations

All CMTN international students planning to travel to Canada must clearly understand Government of Canada and Government of British Columbia laws and regulations before making travel plans.

You can stay current on travel requirements, restrictions and immigration related updates through the [Canadian government website](#).

## Government of Canada

There are restrictions on travel, making it very important that before making any travel plans, you know if you are allowed to travel to Canada. For detailed information on who can travel to Canada please visit [Canada Travel Restrictions](#).

The Government of Canada has restrictions on optional and discretionary international travel. For details, visit [Optional and Discretionary Travel](#).

The Government of Canada has implemented an Emergency Order under the Quarantine Act that requires those entering Canada from other countries — whether by air, sea or land—to quarantine themselves for 14 days. The quarantine period is required in order to limit the introduction and spread of COVID-19. The 14-day period begins on the day the person enters Canada and concludes when the 14 days have passed without symptoms and with advice from local health care professionals. Any family members accompanying you (i.e. children) must also complete quarantine. Please visit [Mandatory Quarantine - Government of Canada](#).



## \*NEW Requirements for Entry to Canada

As of January 7<sup>th</sup>, 2021, travelers entering Canada **will be required to present negative results of a COVID-19 test before departing to Canada**. This test will need to be taken within 72 hours before the scheduled flight to Canada. Please visit the [news release](#) from December 31, 2020 for more information.

As of November 21<sup>st</sup>, 2020, travelers entering Canada will be required to submit self-isolation plans electronically through the **ArriveCan mobile app**. You **MUST** submit your plan through the app prior to your departure. You will use the confirmation receipt for presentation upon arrival to Canada.

After entry to Canada, you are required to confirm your arrival through the ArriveCan app within 48 hours and then continue to complete daily COVID-19 symptom self-assessments. If you do not use the mobile app, you will be required to phone 1-833-641-0343 daily for your self-assessments. Please visit [Use ArriveCan to enter Canada](#) for further information on using the app and if you are unable to use the app.

Upon arrival at Port of Entry (Vancouver), you must prove that your travel is essential ([non-discretionary travel](#)) to a Canada Border Service Officer (CBSA); the CBSA will review the circumstances of your entry and documentation and decide whether you are allowed to enter Canada – there is no guarantee of entry.

If you decide to arrive more than 1 week prior to your program start date, you will be responsible for explaining to CBSA the purpose of your early arrival.

Students entering Canada will also need to be attending a Designated Learning Institution (DLI) with an approved COVID-19 Readiness Plan. The list of current approved DLIs can be found [here](#).

## Reduce your wait times at YVR upon arrival ([VC portal](#))

During peak periods, students arriving at YVR (Vancouver International Airport) seeking a study permit may see delays at YVR at the time of entry. To reduce your wait times at YVR, you can fill out the online form on the [Voluntary Compliance Portal \(VC portal\)](#) three (3) days prior to your arrival. The use of VC portal is voluntary, meaning it is optional. However you are highly encourage to use it, as it will effectively reduce your wait times at the airport upon your arrival. It only involves simple steps, which take less than 3 minutes to fill out.

Find out your eligibility and more info about VC portal:

<https://www.coastmountaincollege.ca/international/preparing-to-arrive/border-entry>

## Government of British Columbia

On March 17, 2020, the BC Provincial Health Officer (PHO) issued a self-isolation order directing people returning to, or arriving in, BC from international destinations, to self-isolate. CMTN follows all [orders of the PHO](#) and proceeds with public health compliance checks where warranted. For information about the BC Government order please visit [Self-Isolation - BC Government](#). CMTN requires you to forward your completed Self-Isolation form to Myrna Ordon at [mordona@coastmountaincollege.ca](mailto:mordona@coastmountaincollege.ca).

## Timing of your arrival to Canada

CMTN's Fall 2020 term began on September 8, 2020, with some programs beginning in August. If your program began in the Fall 2020 term, and you are eligible to travel to Canada after the term start date, you must be prepared to continue your coursework while in self isolation. It is not recommended to miss classes due to travelling. Please communicate with your instructors if you are planning to travel in the middle of your term.

If your program is scheduled to begin in the Winter 2021 term – January 4, 2021, you are recommended to travel no earlier than 7 days before your program start date. Since the Winter 2021 term is confirmed as Distributed Learning, there is no need for you to be physically on campus, and can begin your program remotely in self-isolation.

Early arrivals must be prepared to explain to the CBSA officer the reason for their early arrival. Check CMTN [Course Calendar](#) for program start dates.

## Travel Eligibility

Travel continues to be highly restricted and it is best to stay home. [Only certain groups of people](#) are exempt from travel restrictions, including international students who have received a Letter of Introduction (study permit approval). *If you do not belong to this category, DO NOT book your flight ticket because you will be required to take your Fall 2020/Winter 2021 courses online from your home country.*

## Medical Requirements

All residents of the province of British Columbia in Canada for more than six months are required to have medical insurance through our publically funded Medical Services Plan (MSP), and this includes international students. MSP provides basic medical benefits including doctor/ clinic visits and emergency services.

You must apply for MSP immediately on arrival in BC by completing the [online application](#). *This is a great task to complete while in quarantine!*

There is a three-month waiting period for all new MSP applicants. During this waiting period, you are required to have private medical insurance. CMTN will support you in getting enrolled and purchasing insurance in [GuardMe](#), which begins up to 7 days before your program start date.

If you are scheduled to begin your program in the Winter 2021 term, and are arriving more than 7 days before your start date, you are strongly encouraged to travel with your own medical insurance.

## Travel planning required before you leave home for Canada

- Confirm whether you meet travel requirements.
- Contact Myrna Ordon ( [MOrdon@coastmountaincollege.ca](mailto:MOrdon@coastmountaincollege.ca) ) International Student Advisor, about your travel and self-isolation intentions in Greater Vancouver. Please avoid making final bookings until you have made contact with Myrna Ordon.

- ❑ Provide a copy of your flight itinerary and self-isolation accommodation plan (hotel booking or other approved plan).
- ❑ Once your plans meet CMTN's requirements, you will be issued a Letter of Support to help with your immigration screening at the border. The purpose of a Letter of Support is to confirm your access to Canada for the purpose of learning. If your plans do not meet our requirements, a Letter of Support may not be issued.
- ❑ **MUST obtain a COVID polymerase chain reaction (PCR) Test in your home country within 72 hours before scheduled departure.** (Must present a *negative* laboratory test result to the airline for departure). **MANDATORY**
- ❑ Download the ArriveCAN mobile app [here](#) prior to your departure. **MANDATORY**
- ❑ Complete the PDF version of the [BC Isolation Plan](#) and send a copy to Myrna Ordoná before submitting online. You may print a copy for your carry-on.
- ❑ Fill out an online form ([Voluntary Compliance Portal](#)) 72 hours prior to your arrival to reduce wait times at YVR. **OPTIONAL BUT HIGHLY RECOMMENDED**

Please allow at least 3 to 5 business days for Myrna Ordoná to review your travel and self-isolation plans. A Letter of Support cannot be issued immediately; self-isolation plans go through layers of approval before a letter is issued.

### Your travel itinerary considerations

CMTN and the Northern Health Authority require that international students use Vancouver as their point of entry and the Greater Vancouver area for their period of self-isolation.

You will need to purchase a flight ticket to Vancouver, where you will have access to packages at local hotels that include transportation, food, and access to nearby health services, all of which you will need during self-isolation. You are required to complete your self-isolation in Greater Vancouver before proceeding to book onwards travel. You are only able to travel to the northern region if you have completed self-isolation, remain well, and it is safe to do so.

Students who do not choose to follow the requirements set out by the college remain responsible for meeting all health and safety requirements and must understand that travel plans using a point of entry and/or period of self-isolation outside of Vancouver may not be supported by the college in the same way that plans to Vancouver can be, due to the limited availability of these services in our region. **Failure to comply with the college's travel and self isolation policies and also the Government of Canada's requirements can result in de-registration of classes with no refund.**

### Your packing list

Take time to consider what you will need to remain indoors and isolated for at least 14-days of self-isolation. You should plan and be prepared for the possibility that you may become ill and be required to remain in self-isolated for longer than 14 days.

There are items that you must bring which are listing below, and there may be additional items that you prefer to have on hand to be more comfortable.



You are required to pack enough supplies in your carry-on for the duration of your travel to Vancouver:

- Hygiene supplies: masks, gloves, disinfectant wipes, a travel-sized hand sanitizer
- Passport
- [Proof of sufficient funds](#)
- IRCC Visa and Study Permit Approval letter
- Letter of Acceptance from CMTN
- Arranged quarantine accommodation document and contact information
- Letter of Support from CMTN
- Printed copy of your BC Self-Isolation Plan
- Printed copy of medical information
- Any medication required for an ongoing medical condition – a two month supply and copy of your prescription are recommended

You are required to pack enough supplies in your checked baggage for your required period of self-isolation:

- Enough clothes for at least 14 days as there may be limited or no access to do laundry
- Hygiene supplies: soap, toothpaste, hand sanitizer, etc.
- Thermometer (you are required to monitor your health, including your temperature on a daily basis)
- 60 disposable face masks OR 30 disposable and 1 cloth face mask
- Box of Nitrile gloves

**While traveling to your point of entry in Canada and onwards to your final destination you are required to:**

- Wear a non-medical mask
- Wear gloves
- Practice physical distancing
- Wash hands frequently and well
- Use hand sanitizer regularly and as necessary
- Sanitize personal space and high-touch areas such as seat belts and tray tables
- Minimize trips to the washroom (flush the toilet with the seat cover down)
- Touch as few surfaces as possible
- Keep cell phone charged
- Bring some food as restaurants or stores may be closed
- Bring a refillable water bottle

### Arrival to Port of Entry (Vancouver)

There are public safety measures that you must comply with during your travel and upon arrival. This includes knowing when and how to use a mask safely, completing a mandatory 14-day quarantine, and more. Failure to comply with requirements could impact your access to Canada and your studies with CMTN. [Here](#) are the details and below is a checklist to support you.

- Prove to a Canada Border Service Officer (CBSA) that your travel is essential [non-discretionary travel](#) and will be asked to present [documentations](#) for entry screening



- Maintain physical distancing
- Wear a fresh mask and gloves
- Pick up baggage while maintaining a physical distance
- Exit the baggage area and go to the location you have previously arranged to meet your driver
- Load your own luggage into the car and sit as far away from the driver as possible
- Travel directly to your place of quarantine
- You must wear a mask while traveling to the place you will quarantine
- Avoid any unnecessary social interactions and public transit

## Self-Isolation Guide and Expectations

### *Self-isolation*

In collaboration with the Northern Health Authority, the college requires that all international students use Vancouver as their point of entry and the Greater Vancouver area for their required period of self-isolation.

Due to the COVID-19 pandemic, restrictions that limit travel to Canada are in place, and any travelers permitted in to Canada, must present a plan for their self-isolation to Canada Border Services Agency before undertaking their period of self-isolation. You will need to plan for sufficient time to complete these requirements, and you may only book and undertake travel onwards to the northern region if you remain well and it is safe to do so.

In certain situations, government authorities may fine travelers for non-compliance. Failure to comply with requirements may compromise your ability to attend and participate in CMTN programs and activities, and could also affect your ability to stay and study in Canada.

Students who do not follow the requirements set out by the college remain responsible for meeting all health and safety requirements and must understand that travel plans using a point of entry and/or period of self-isolation outside of Vancouver may not be supported by the college in the same way that plans to Vancouver can be, due to the limited availability of these services in our region.

**A period of self-isolation is a requirement of the Quarantine Act and it is not optional.**

After arriving in Canada, officials from the Health Authorities will monitor your compliance with the mandatory quarantine. You need to be prepared to receive and answer calls from 1-855-906-5585.

[Here](#) are the things you need to know about mandatory quarantine upon your arrival into Canada, such as directly going to the arranged quarantine location, using private transportation, etc.

1. CMTN supports your access to hotel packages for students in quarantine. The hotel locations we have worked with are in the Greater Vancouver area, familiar with the government regulations for self-isolation, and we have confirmed that they are positioned to provide you with access to all the supports that you will need to be successful. *Detailed packages are shown below.*





2. Student will need a valid credit card (either MasterCard or Visa) that can process international transactions for a security payment upon hotel check-in.
3. Some of the hotel packages include shuttle service to and from the Vancouver International Airport. However, if you choose a hotel option without a shuttle, you must have Canadian cash for private transportation using a taxi or rideshare service (from/to the airport). Wear your mask while using a taxi or rideshare service. Do not use a taxi or rideshare service if you have symptoms of illness.
4. The cost of quarantine is the student's responsibility. The hotels recommended by CMTN are offering discounted and special rates for guests completing quarantine requirements.
5. Students are responsible for:
  - i. booking the hotel for their 14-day quarantine, in advance (prior to the arrival in Canada),
  - ii. notifying the hotel when booking that the stay is for the 14-day quarantine as the room package, supplies and arrangements for the 14-days quarantine a discounted package and are different than if you were staying as a regular guest, and
  - iii. contacting the International Student Advisor, Myrna Ordon, via email within 24 hours of arriving in Canada (ideally right after you safely check in at the hotel). The international advisor would like to ensure student is safe and to set up periodical phone/virtual check-ins with the student during the 14- day quarantine period.

**You are responsible for booking the hotel in Vancouver for the mandatory quarantine prior to arrival in Canada. CMTN has some package deals that will help you meet the requirements. You will need a valid credit card for the hotel as well as some Canadian cash. You must contact [mordona@coastmountaincollege.ca](mailto:mordona@coastmountaincollege.ca) within 24 hours of your arrival in Canada.**

## Hotel Student Quarantine Packages and Services

CMTN has partnered with hotels in the Greater Vancouver (Richmond and Burnaby) area to provide safe, affordable self-isolation accommodations for our students entering Canada from International travel.

### Two self-isolation accommodation packages available:

1. A list of Burnaby hotel packages [CLICK HERE](#) <-
2. Richmond Hotel options listed in table on page 9





## Hotel Safety Protocols

- Each hotel partner has COVID-19 safety protocols. The protocols for the hotel you select for your period of self-isolation will be provided to you when you submit your plan to Myrna Ordoná.

**\*Note: You may ask the hotel for a more detailed pricing plan and services when you book**

Services and facilities available	<a href="#">Sheraton Vancouver Airport Hotel</a>	<a href="#">Vancouver Airport Marriot Hotel</a>
Location	Richmond	Richmond
Driving distance from the airport (YVR)	15-20 mins	15-20 mins
Free shuttle 24 hours (every 30 min); round trip from the airport to hotel	✓	✓
Self-pay transportation from/to the airport (taxi with cash payment). Uber and Lyft with credit card; download the apps in advance		
Transportation credits up to C\$100. Claim at the hotel front desk with receipt(s)		
No penalty fee for last minute changes due to flight rescheduling/cancelation		
No charges for date changes more than 24 hours prior to the check-in date. Less than 24 hours notification the first night charge will apply	✓	✓
Meal plan provided by the hotel for the 14 days (3 meals/day) with additional cost; optional	✓ (approx. C\$900)	✓ (approx. C\$900)
Call the front desk to set times for ongoing meal delivery (if you opt in for the meal plan)	✓	✓
Online food orders and delivery through Skip the Dishes, Uber Eats, Door Dash, Foodora (deliver to the hotel)	✓	✓
Hotel arrival check-in (go through to-do-list, protocols etc.)	✓	✓
In-room kitchenette (fridge, microwave, and sink)	✓ (Microwave upon request)	✓ (Microwave upon request)
TV Cable and WIFI	✓	✓
Daily garbage pickup; place outside the room	✓	✓
Laundry service by calling the front desk for pickup	✓ 25% off	✓ 25% off
Hygiene products (shampoo, soap, towels) for 14-day stay. Call the front desk for additional supplies	✓	✓
Nearby hospital with a five-minute walking distance	✓	✓
Room rate per night excluding meal plan and taxes	\$139 ++	\$139 ++



## What you can expect of self-isolation

- Some students might choose to complete their required period of self-isolation with a family member or trusted friend living in the Greater Vancouver area. Please follow the BCCDC guidelines for '[How to isolate if you live with others.](#)'
- You are not allowed to leave your room and must avoid all contact with other individuals during your self-isolation. See the [Dos and Don'ts Self Isolation Sheet](#) from the BCCDC.
- During your self-isolation, you may be contacted by officials of the Government of Canada or the province of British Columbia, including possible visits to your quarantine location. You are required by law to respond to their inquiries.
- You are required to respond to all emails, calls, or texts you receive from CMTN, or an emergency wellness check may be initiated. To support your safety, you must commit to participating in the scheduled virtual check-ins with CMTN; [MOrdona@coastmountaincollege.ca](mailto:MOrdona@coastmountaincollege.ca) will check-in regularly with you by phone and virtual meetings, including following your check-in, during your quarantine, and to confirm the end of your quarantine and/or support ongoing quarantine beyond the minimum 14-day period, as required.
- [Here](#) is the link from BC Centre for Disease Control about symptoms, self-isolation, how to monitor your condition, testing, and more.
- Know that getting sick is normal, supports are available to support your wellness and if you have any hesitations please speak up for help.
- You are required to actively monitor your health daily to identify any symptoms as early as possible.
- Use the [B.C. COVID-19 Self-Assessment Tool](#) to help monitor your health and determine if you need further assessment or testing for COVID-19. This can be done from your laptop or your phone.
- If at any time you are unsure about your health or possible symptoms, call 8-1-1 and a health care professional will help provide you with health information. This service is available to anyone.
- If you become ill, the hotel will continue to provide services to support you, and you can use your CMTN check-ins to access support.
- If your symptoms are severe, call 9-1-1 for immediate help.
- In case of emergency, CMTN will be in direct contact and follow the protocols provided by the health authorities.
- Your hotel will provide laundry services for a fee.
- Some hotels include discounted meal plans with an additional cost. You may either opt in or opt out. If you have decided to go for the 14-day meal plan, you will be charged even if you choose to skip any or some meals in between.
- Online shopping and food delivery services are available. Food delivery services are reached through apps such as Skip the Dishes, Uber Eats, Door Dash, Foodora are available in Vancouver. You may order your food or personal necessities online and have them delivered to the hotel. The hotel staff will deliver them to your room by placing them outside your door).
- You must apply for MSP immediately on arrival in BC by completing the [online application](#).

## Mental health

- Quarantine can be difficult and your mental health is an important part of your wellness. CMTN partners with Keep Me Safe to provide [services](#) for all students. Please contact [Keep Me Safe](#) anytime you feel you need support.
- [Additional information on COVID-19 and mental health](#) – including information on stigma and prejudice – is available from CMAH.
- The province of British Columbia is increasing [access to virtual mental health supports for everyone](#), including specialized resources for students and many other communities.
- Coast Mountain College rejects racism in any form. No one should experience [stigma associated with COVID-19](#). If you have any experiences or racism or stigmatism related to COVID-19, please inform an Educational Advisor for information about college policy and process.
- There is specific concern about racism and stigma related to COVID-19 directed at people of Chinese and other Asian origins. More information is available from PROTECH, a project funded by the Canada Research Coordinating committee. [Visit PROTECH for resources](#), including personal support through live chat or a telephone hotline. (Services offered during specified hours)

## Completing your quarantine and travel to your campus

1. If you have remained asymptomatic throughout your quarantine, on the fourteenth day you may purchase an airline ticket to complete your trip to the CMTN campus stated in your acceptance letter. You may make your way to your campus location after the fourteenth day, as long as it is safe to do so.
2. Please ensure you arrive in the correct campus location, stated in the first paragraph of your official acceptance letter issued by the College. If you are accepted to the Prince Rupert Campus, do not arrive in Terrace, and vice versa.
3. On-campus housing is not available due to reduced capacity. You will need to ensure you have a place to stay before you travel to the Northwest BC Region (Prince Rupert or Terrace).
4. You may consider short-term housing while looking for a long-term place to stay. You can contact [residence@coastmountaincollege.ca](mailto:residence@coastmountaincollege.ca) to check if any short-term housing options are available.
5. For the duration of your stay in Canada, please be mindful of and respect public health directives.
6. Continue to practice good hygiene, including hand-washing, the use of hand sanitizer, good coughing and sneezing etiquette.
7. Practice physical distancing in all public or shared area and avoid group gatherings. CMTN strongly recommends using a face-covering in all shared, indoor spaces and anytime physical distancing is not possible.
8. Enjoy your studies at CMTN! We are delighted to have you join us and look forward to meeting you online.



**Are you traveling to the correct campus location?** Refer to your acceptance letter and finalize your plans for the correct campus! Be sure to find housing before your arrival to your campus community. CMTN will continue to offer you support on your arrival to our communities.

**The COVID-19 pandemic is changing how we live, learn, and work. Nearly all courses in the Fall 2020 and Winter 2021 terms are taught by Distributed Learning, and our Learner Services and Student Engagement teams can't wait to meet you and support your success.**

**Questions are welcome. Contact:**

Myrna Ordon, International Student Advisor

[MOrdon@coastmountaincollege.ca](mailto:MOrdon@coastmountaincollege.ca)

Telephone contact information for Jieni Lim, Manager of Recruitment, [jlim@coastmountaincollege.ca](mailto:jlim@coastmountaincollege.ca) and Patricia Pryce (Trish), Acting Director of Student Recruitment and Success, [ppryce@coastmountaincollege.ca](mailto:ppryce@coastmountaincollege.ca) will be provided to students who submit a valid quarantine plan.

For COVID-19 Self-Assessment and Resources, visit <https://www.healthlinkbc.ca/> or call 8-1-1.

In the event of an emergency call 9-1-1.

For more current information on CMTN's COVID-19 safety planning visit:

<https://www.coastmountaincollege.ca/student-services/health-wellness/covid-19-updates>.

*This document was last updated January 5, 2021*