



International Student Travel & Arrival Guide 2021-22



Introduction

The COVID-19 pandemic, as well as Provincial and Federal travel restrictions and quarantine requirements, have resulted in updated pre-departure, travel and arrival protocols for international students (new and returning) destined for Canada.

These procedures outline expectations and requirements to:

- Alleviate any fear and concerns of students and their parents, host families, schools and communities
- Support the safe travel/transit, health/well-being of international students
- Ensure students and host families manage this period safely and smoothly

Our top priority is the health and safety of our students, host families, schools and school communities. We are obligated to follow the regulations and recommendations of the Canadian and Provincial governments, and the local public health authority.

Please take some time to review the information in this package. By not following this protocol, students may be denied entry into the country, or may be dismissed from the Program with no refund. Government authorities may also fine students for non-compliance in certain situations.

Pre-Departure:

COVID-19 Vaccination Requirements

You must be fully vaccinated to apply to participate in our International Student Program. This means that you must receive TWO doses of an approved vaccine, with a minimum of 14 days since your second dose. It is very likely that you will be exempt from a 14-day quarantine period, but this decision will be at the discretion of the CBSA Officer upon arrival in Canada.

IMPORTANT NOTE: Approved COVID-19 vaccines in Canada are:

- Moderna
- Pfizer-BioNTech
- AstraZenica/COVISHIELD
- Janssen (Johnson & Johnson)



In addition to the “proof of vaccination” information that you have uploaded to ArriveCAN, students need to keep a physical copy (paper or digital), which should include:

- Type of vaccine
- When the first AND second doses were administered
- Where and who administered the vaccine
- **Proof of vaccine must be in English or French, or the original copy must have a certified translation**

Communication and Relationship Building

All students must have a cell phone and a laptop when coming or returning to Canada for the 2021-2022 school year. SIM cards for your cell phone can be purchased

in Canada or alternatively there is a possibility of receiving your Canadian SIM card for free in your home country prior to departing for Canada. There is a phone company called PhoneBox that can arrange for that to happen. Here is a link to their website:

<https://try.gophonebox.com/newarrivals/>

We strongly recommend getting your SIM card and setting up a cell phone plan with PhoneBox, but of course the decision is yours if you prefer to set up a cell phone plan with the provider of your choice after arriving in Canada.



- Have several Zoom, Skype or Facetime meetings to get to know your host family
- Share how you have been living during the COVID-19 experience and the precautions being taken
- Exchange emails and cell phone numbers and program into phones
- Confirm arrival plans
- Build relationships and trust between the families

Contact Areas

- Avoid contact with persons or areas known for transmission for COVID-19 for at least two weeks

Pre-Departure COVID-19 Testing

- All travelers must provide proof of a negative COVID-19 molecular test (PCR, RT-PCR, NAAT, LAMP) result. The test **MUST** be taken a maximum of 72 hours before departure of their last direct flight to Canada.

Upload your test results to the ArriveCAN app.

Bring the test results with you when you when you check in for your flight and when you go through Immigration.



Packing

In addition to regular packing requirements, you may wish to bring the following for your own personal use:

- Several disposable and/or cloth face masks

Students should also, in their carry-on luggage have at least 2 masks, a travel sized bottle of hand-sanitizer(100 milliliters or less) and some disinfecting wipes.



Please also make sure you have the following documents available when you arrive in your carry-on luggage

- | | |
|---|---|
| - Hard copy of your negative COVID-19 PCR test | - Passport |
| - Study permit or permit confirmation document | - Custodian documents |
| - Letter of Acceptance | - Student Travel Support Letter |
| - Homestay profile & contact information | - Contact Emergency info. sheet for our staff |
| - Copy of this document, signed by you and your parents | - Change of clothes |

Completing Arrival Plans

- Download and complete the ArriveCAN App (available for iPhone and Android).
 - o You **MUST** complete this APP before departing
 - o When you arrive at immigration in Canada, you must present your ArriveCAN receipt
 - o Failure to do this may result in a fine
- Please have hard copies of these documents as well as you may be asked questions about them when you arrive.



IMPORTANT - PLEASE READ CAREFULLY

As of November 21, 2020, if you're flying to Canada as your final destination, you must use ArriveCAN to submit your:

- travel and contact information
- quarantine plan
- COVID-19 symptom self-assessments

You **MUST**:

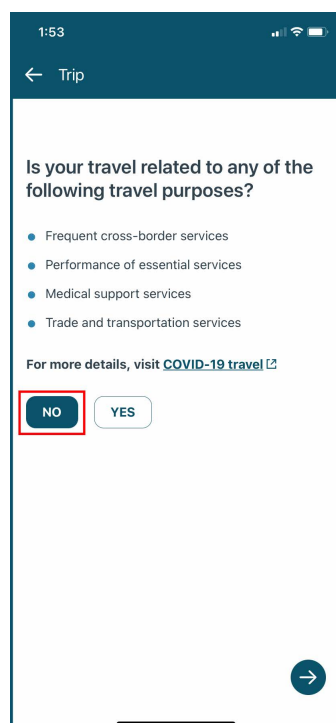
- submit your information before you board your flight to Canada
- be ready to show your ArriveCAN receipt when seeking entry into Canada
 - o a Border Services officer will verify that you have submitted your information digitally

If you don't submit your information through ArriveCAN, you may:

- face additional delays at the border for public health questioning
- be subject to enforcement action, which can range from verbal warnings to \$1,000 fines

ArriveCAN Mobile App Guide:

A step-by-step guide. Please enter your own information when filling it out on your phone 1-3 days before departure.



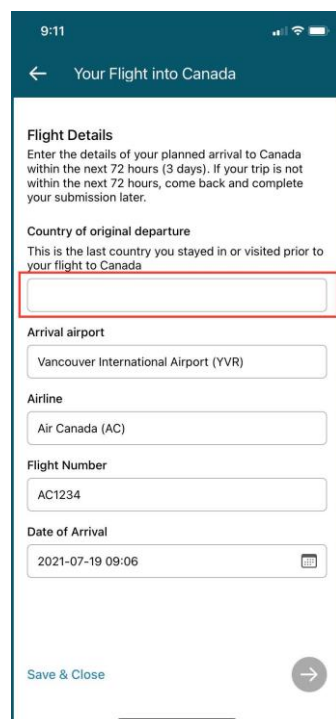
1. Select "NO".



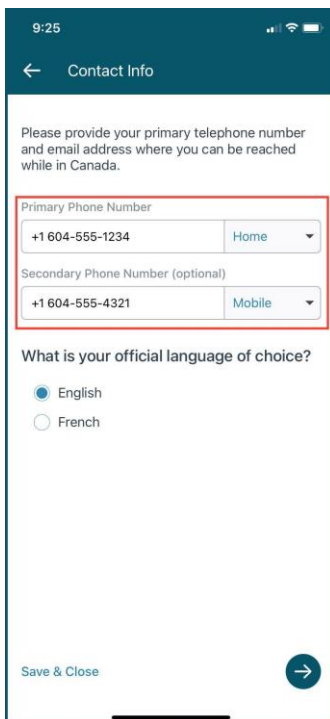
2. Select "Study (international student)".



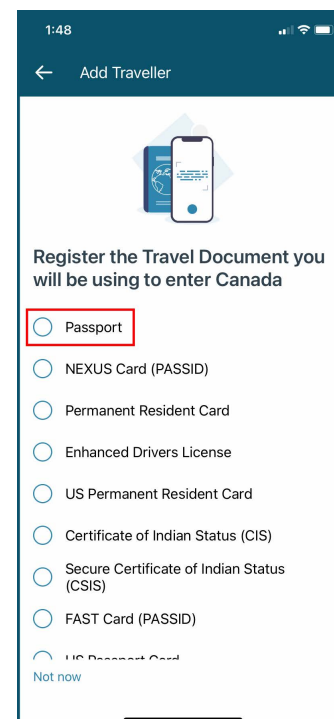
3. Choose "Air".



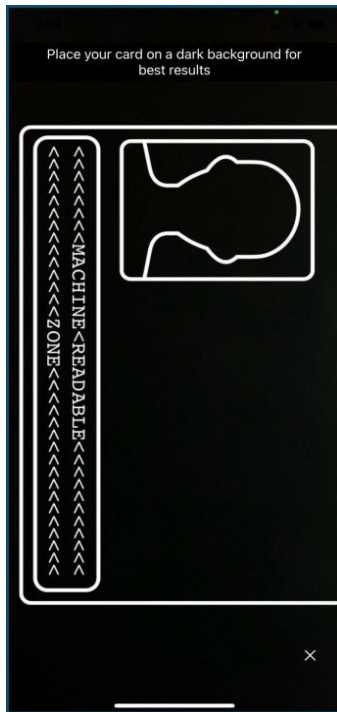
4. Enter country of origin & flight information.



5. Enter the phone number of your homestay as your Primary Phone Number



6. Choose "Passport".



7. Scan your passport picture with your phone camera.

8. Enter your information.

9. Read carefully, and select "I UNDERSTAND".

10. Select "NO". If "YES", follow the prompts.

11. Select "YES" and be prepared to present your negative test results when you enter Canada.

12. Indicate where you received your COVID-19 test.

9:38

← Your travel history

As a traveller coming into Canada, you need to declare all the countries you have visited 14 days prior to your entry.

What is considered visiting a country?

In the last 14 days, did you or anyone travelling with you visit any other countries besides Mexico?

NO YES

Save & Close

13. Select "NO". If "YES", you will be required to provide additional details

3:08

←

Let's complete your Quarantine Plan Questionnaire

All travellers, even those who provide proof of qualifying vaccination(s) or positive COVID-19 test results, must show that they have a suitable quarantine plan in the event that their quarantine exemption is not approved by the Canada Border Services Officer.

→

14. Press →

9:40

← Question 1 of 6

Do you have accommodation where you can quarantine for 14 days or possibly longer?

Quarantine means staying home and avoiding situations where you could come in contact with others who did not travel with you. This important step helps reduce the spread of COVID-19 in our country, our communities and our families. You must have a quarantine plan for the next 14 days.

John Smith

NO **YES**

Save & Close

15. Select "YES".

9:42

← Question 2 of 6

Can you avoid all contact with other people in the household with whom you did not travel and have no guests?

John Smith

NO **YES**

Save & Close

16. Select "YES".

9:43

← Question 3 of 6

Will you have access to the necessities of life, including water, food, medication and heat without leaving quarantine?

John Smith

NO **YES**

Save & Close

17. Select "YES".

9:44

← Question 4 of 6

Are there at-risk people at the location where you plan to quarantine?

At-risk people are those who are at risk of more severe disease, specifically those who:

- are 65 years or older;
- have underlying medical condition(s); or
- have a compromised immune system

John Smith

NO YES

Save & Close

18. Select "NO".

9:45

← Question 5 of 6

Is there a person at the location where you plan to quarantine who works or assists in a facility, home or workplace that includes at-risk populations?

This includes:

- Nurses, doctors, other healthcare professionals, personal support workers, social workers, and developmental services support staff
- First responders such as paramedics, police officers, firefighters
- Cleaning and maintenance staff, receptionists and administrative staff, food services staff, volunteers, essential visitors to those living in long term care settings

John Smith

☒ NO ☐ YES

Save & Close

→

19. Select "NO".

9:47

← Question 6 of 6

Is your place of quarantine a group living environment (e.g. group home or senior residence) or does it currently house different families?

A group living environment is a setting where you cannot separate yourself from others. This may include a home, group or co-living setting such as:

- A shelter, group home, group residence, hostels, industrial camps, construction trailers or other group setting
- A student residence (unless you've received prior authorization)
- A small apartment you share with others
- A shared household with a large family or families or many people
- Shared living spaces with housemates who haven't travelled with you that you cannot avoid interacting with

For a full list of examples, visit the [congregate living settings section](#).

John Smith

☒ NO ☐ YES

Save & Close

→

20. Select "NO".

9:49

← Your final quarantine location

What is the full address of the place you, and the travellers listed in this submission, plan to quarantine? This is the place that you will go to finish your quarantine.

Destination type

☐ Returning home

☒ Staying with friends or family

☐ Hotel, motel or rental accommodation

☐ Other

Street name and number

123 Any St.

Apt or Unit #

City

Chilliwack

Postal Code

V2P1A1

Province

British Columbia

Save & Close

→

21. Select "Staying with friends or family". Add homestay address.

9:50

←

Last step: Complete this COVID-19 self-assessment

→

22. Press →

9:51

← Self-Assessment

Are you or any of the travellers listed on this form experiencing any of the following symptoms?

Symptoms are defined as:

- Fever and cough
- Fever and difficulty breathing

John Smith

☒ NO ☐ YES

Save & Close

→

23. Select "NO" if this is correct. If "YES", please do not travel.

9:53

←

✓

Thank you for filling out your travel information

I acknowledge that the information provided in my form is true to the best of my knowledge. I understand that providing false or misleading information can result in enforcement actions such as tickets, fines and/or imprisonment.

If you are satisfied with your entry, click SUBMIT to finish.

YOUR SUMMARY

Port of Entry: Vancouver International Airport (YVR)

Arrival Date: 2021-07-19 09:06

Contact: +16045551234

1 Traveller

Edit

Save & Close

SUBMIT

24. Press "SUBMIT" to complete the ArriveCAN process. Be ready to present your ArriveCAN receipt upon arrival.

Airport / Flight: Best Practices

Wear a Mask

- You will be **REQUIRED** to wear a mask at all times on the plane and in the Vancouver Airport (except when eating)

Wash hands frequently and avoid touching your face

Practice Social Distancing

- Be aware of your surroundings
- Avoid busy areas of the airport
- Avoid unnecessary movement within the airport – go to your gate and stay in one place

Use hand sanitizer when necessary

- If you are unable to wash your hands regularly at the airport or during your flight, please use hand-sanitizer, especially if you touch anything on the plane and before you eat

Sanitize your personal space and high touch areas

- Before sitting down on the airplane, wipe down your seat area, including armrests, seatbelt buckle, eating tray, touch screens and remote controls, etc. with a good quality disinfecting wipe.

Minimize trips to the washroom (Flush the toilet with the seat cover down)

- Of course, use the washroom as needed, but avoid moving around the plane if not necessary. When using the washroom make sure to flush the toilet with the seat down and wash your hands thoroughly afterwards. Avoid opening the door with your bare hand after washing your hands.

Touch as few surfaces as possible

- Keep your hands to yourself
- Avoid touching surfaces unnecessarily in the airport. When that is unavoidable (checking in, going through security, etc.) thoroughly wash your hands thoroughly immediately after.

Keep your cell phone charged VERY IMPORTANT

- You will need your cell phone to contact your homestay family member who is picking you up when you arrive. Please make sure that it is charged throughout the flight.
- If you are using your phone throughout the flight to watch movies or play games, please wipe it down with a disinfecting wipe frequently.

Bring a refillable water bottle with you.

If you need help at the airport go to the service desk or look for volunteers who can help you.

TOGETHER WE FIGHT COVID-19



Use Mask



Wash Hands



Social Distancing



Arrival at Vancouver Airport

Upon arrival in Canada the student should proceed through the airport while maintaining physical distancing (2m away from other people).

The student must have the documents outlined under '*Packing*' ready to provide to Canada Border Services.

- Have any confirmation numbers readily available
- Know the name(s) and address of your host family (bring your homestay profile)
- Bring any documents provided to you by the school district (including this document)
- Know the name of the person who is picking you up

The student should be prepared to undergo a screening by a border services or quarantine officer to assess travelers for symptoms.

Text the host family person who is picking you up

- Once you have left the plane, immediately text your homestay family member to let them know you have arrived and that you are off the plane
- Text your homestay family member again when you have picked up your luggage

Wear a fresh mask

- You should be wearing a mask throughout your flight
- When you arrive, please dispose of that mask, thoroughly wash your hands and put on a new mask.
- Avoid touching surfaces in the airport, and when you do, immediately wash your hands
- You will keep your mask on until you arrive in your homestay

Proceed through immigration and baggage pick up while maintaining physical distancing

- Don't rush. Take your time and keep plenty of space between you and others.
- If you are a new student who has a study permit approval letter, **PLEASE MAKE SURE YOU PICK UP YOUR STUDY PERMIT BEFORE GETTING YOUR LUGGAGE.** If you are unsure what to do, ask!

Exit the baggage area

- A member(s) of your Homestay family will be waiting for you in the Arrivals area. You may recognize them or they may have a sign with your name on it.



Self-Isolation / Quarantine

Currently, ALL travellers arriving by air to Canada will be subject to arrival testing (arrivals from the U.S. are exempt). In addition, **all travellers will be required to quarantine while they await the results of their arrival test.**

- Prepare a **14-Day Quarantine Plan**, including WHERE you will be staying and HOW you will receive basic necessities, such as food and medications (please reference this guide, if necessary).
 - LifeLabs will be conducting your COVID-19 test upon arrival to Vancouver Airport. To save time, it is recommended that you register online in advance, using the same email address you used for ArriveCAN: www.lifelabs.com/flyclear/onarrival
 - When you are instructed to quarantine, this means that you have to stay at your Homestay residence (inside or outside), and have only minimal contact with members of your host family. You will likely receive the results of your COVID test within 48 hours, but there are no guarantees. Once you receive a negative result, you are able to resume normal activities and start attending school.
- IF you test positive for COVID-19 upon entry to Canada:
 - You will be required to self-isolate for 10 days (Click [here](#) for details)
 - You must report your test results and/or symptoms to the Public Health Agency of Canada **1-833-641-0343**



Student Responsibilities and Expectations During 14-Day Quarantine **(IF required to quarantine for that length of time)**

Maintain safe distancing from others

- The purpose of quarantine is to ensure that, in the unlikely case you have been in contact with COVID-19 in your travels or predeparture, your host family and the greater community is not put in contact with it as well.
- It is important that you maintain a safe distance from others. If you are to be in the same room as others, always have a mask on (except at meal time) and be at least 2 metres away from other people.



Keep your room well-ventilated and clean

- Open your window to let the air circulate
- It is important to get fresh air and to make sure your room stays clean and fresh. Make sure that you have a window open so air can circulate adequately. If you find your room too hot or too cold, please let your homestay family know so they can make it more comfortable for you.

Practice good hygiene

- Wash your hands frequently with plain soap and water for at least 20 seconds.
- You will be given your own personal towel to use. Please ensure this is the only towel you use during quarantine. Fresh towels will be frequently provided to you.
- When you shower, take your towel back to your room with you.
- Cover your mouth and nose with your elbow when coughing or sneezing, or use a tissue. Avoid coughing into either your hands or into the air. Dispose of used tissues right away into a trash bin and immediately wash your hands.
- Shower once per day and brush your teeth twice a day.

Stay connected

- Text, and use Facetime or other apps to stay in frequent contact with your homestay
- Ensure your cell phone is charged and you are connected to Wi-Fi (homestay will provide you with the Wi-Fi password)
- Regularly check your emails
- If someone emails or contacts you, please respond immediately
- Make sure you are participating in online communication with our staff as instructed
- You will be contacted by your school's International Coordinator to attend either an in-person or virtual school orientation

Monitor your physical and mental well-being

- Inform your homestay immediately if you are not feeling well, you notice a change to your 'baseline' health or if you are feeling sad and lonely
- Reach out to our staff any time you want to talk
- Try to establish a 'routine' as quickly as possible. For example, do not stay up all night and sleep all day! Start adjusting to our local time.

Personal garbage

- Please ensure you remove all garbage from your room daily.

Be creative and active

- Find unique ways to communicate and interact with your host family while maintaining a safe 2 metre distance. During this time, we hope you will be able to get to know your new Canadian family while eating meals together, watching movies, playing board and online games, or just hanging out in the backyard.
- Outside activity is strongly encouraged!
- Try to spend more time communicating with your Canadian family than with your family and friends back home – spending too much time communicating with family and friends back home can make you feel more isolated and lonely.

Mealtime and Food Preparation

- Please communicate with your host family about any food issues you may have
- When eating meals together, please ensure there is a minimum 2 metre distance between you and host family members
- Do not share dishes, drinking glasses, cups or utensils with anyone else in the family
- Lunch preparation is at the discretion of the homestay family. If students are responsible for making their own lunches, the homestay family will supply necessary disinfectant for cleaning the areas touched/used.
- Host families will ensure that snacks will be made available to the student.
- Please do not keep any food garbage in your room

Ask for help!

- These instructions and protocols might seem overwhelming but they are in place to remind you to be careful with your contact with others during the 14-day quarantine
- This is for your personal health and safety and that of our schools, families and community
- REMEMBER, if you need to talk or need any help please reach out to any of our staff!

**** Please remember that Self-Quarantine is a requirement of the Quarantine Act and not optional. Students who are in private homestays or with their parents MUST also self-quarantine for 14 days, if instructed to do so by CBSA.**



Post Quarantine Expectations for Student & Families

YAY!! Congratulations, your 14-day self-quarantine period is over! However, please keep in mind that you still must:

Continue to practice proper hygiene

- Wash hands frequently
- Keep your washroom clean
- When soap and water is not available, use hand-sanitizer
- Let your family know if you don't feel well. If you are ill do not attend school or be in social contact with others.



Use proper coughing and sneezing etiquette

- Cough and sneeze into your elbow, not your hand
- If using a tissue, dispose of the tissue in a plastic lined garbage container immediately

Practice physical distancing when outside of the home

- Stay at least 2 metres away from all people who are not members of your immediate household

Please practice the COVID-19 related protocol and rules of your school and the Province of British Columbia!

Get connected

- You and your host family will have to start to make new routines where you are fully integrated with the family and part of their daily lives. Quarantine is not 'normal' ... and it is not the expectation after the 14 days are over!

Stay connected

- Keep communicating and reaching out to our staff as needed

If a Student or Family Member Develops Symptoms or is Diagnosed with COVID-19

If anyone in a household is experiencing even mild symptoms including fever, chills, cough, shortness of breath, loss of sense of smell, headache, muscle ache, fatigue or loss of appetite they should talk to the family and then:

- Contact Chilliwack School District International Student Program
- Follow the directions of the Public Health Authority
- Natural parents will be asked to travel to Canada to care for the student if deemed necessary
- In the unlikely event that a host is ill and unable to care for the student, a respite or alternate arrangement will be made

Resources: For further reading on preparation for contact with and care for individuals exposed to COVID-19, please refer to the following links:

- ~ [Vancouver Airport \(YVR\) TAKEcare Website on Health & Safety Measures](#)
- ~ [COVID-19 Testing at Vancouver Airport \(YVR\)](#)
- ~ [Tips for Proper Handwashing](#)
- ~ [Tips for Cleaning & Disinfecting, Including Garbage Collection and Laundry Procedures](#)
- ~ [Physical Distancing Information](#)
- ~ [COVID-19 and BC's Back-to-School Plan](#)
- ~ [Self-Quarantine Explained](#)

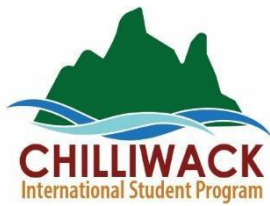
These instructions and protocols may seem overwhelming. Don't worry! If you have any questions or concerns, please ask your host family or Homestay Coordinator for assistance. We are all very happy you are here and we are here to help you settle in!

Your homestay will provide you with the comforts of home and do their best to make you feel welcome. Our staff may check on you as well.

Please make sure you are connected to Wi-Fi in your house and able to communicate with not only us, but your friends and family through an app like Facetime, WeChat or What's App. As well, please check your email regularly as our staff will be using this mode of communication with you.

**We are excited to welcome you to Chilliwack!
Have a safe journey and we will see you soon!**





TRAVEL & ARRIVAL GUIDE 2021-22

2021 - 2022 Travel and Arrival Protocol

We look forward to welcoming you to the Chilliwack School District International Student Program. We must ensure the health and safety of our students and host families. The following document will outline the expectations of government and health authorities. Students must abide by these expectations to participate in the program. **This document must be signed and emailed to glen_tiechko@sd33.bc.ca.**

Chilliwack School District - International Student Program office (8 AM to 4 PM) 604.792.1321
- International Education Emergency Phone (24hr) 604.316.5820

Pre-Departure:

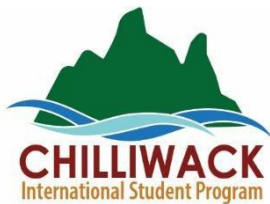
- ☐ Get fully vaccinated with Canada-approved COVID-19 vaccine a minimum of 14 days prior to traveling to Canada
- ☐ Contact host family and discuss expectations, make sure they have a current photo of you
- ☐ Provide arrival information and exchange contact information (cell, email)
- ☐ Download the ArriveCAN App (iOS and Android) and complete the questionnaire 1-3 days before departure
- ☐ Complete a COVID-19 PCR test a maximum of 72 hours prior to your arrival in Canada
- ☐ Pack several disposable face masks
- ☐ In carry on, pack the following:
 - Hard copy of your negative COVID-19 PCR test
 - Passport and Study Permit/Confirmation document
 - Custodianship documents and Letter of Acceptance
 - Host family profile and contact information
 - Copy of this document signed by yourself and your parents
 - 2 masks, travel-sized hand-sanitizer, disinfecting wipes.

Airport:

- ☐ Wear mask
- ☐ Wash hands frequently and use hand sanitizer
- ☐ Practice social distancing and touch as few surfaces as possible
- ☐ Sanitize your personal space and minimize washroom trips
- ☐ Keep cell phone charged
- ☐ Bring some food / snacks and refillable water bottle

Arrival in Canada:

- ☐ Contact host family and confirm pick up point
- ☐ Wear fresh mask
- ☐ Have ArriveCAN confirmation number ready to proceed through Immigration
- ☐ Have all documents ready to proceed through Immigration
- ☐ Get your Study Permit processed BEFORE you pick up your luggage (if you have applied for a Study Permit)
- ☐ Maintain physical distancing when picking up luggage
- ☐ Load your own luggage into the car and sit in back seat if possible



TRAVEL & ARRIVAL GUIDE 2021-22

In Homestay – Self-Isolation:

- ☐ You are required to self-isolate at the host family until you receive a negative PCR test result
- ☐ Your homestay family will provide you with food, clean linens, a comfortable room and internet access
- ☐ Keep your room well ventilated and clean – open your window to allow air circulation
- ☐ Practice good hygiene
- ☐ Stay connected with friends and family by phone or internet
- ☐ Monitor your physical and mental well-being. If you are not feeling well, let your host family know.
- ☐ Follow your host family's advice to wash clothes / do laundry
- ☐ Keep personal items separate from those belonging to others
- ☐ Ask for help from your host family or homestay coordinator if you need it!

Self-Isolation is a requirement of the Quarantine Act and is not optional. Students who are in private homestay arrangements or with parents must also self-isolate. By signing, I have read, understand and agree to comply with the expectations listed in this document. I understand if I do not follow these expectations, I risk being dismissed from the program and there will be no refund of tuition fees. Students and parents are responsible for any fines incurred due to breach of the Quarantine Act and regulations from the Government of British Columbia.

Student – Legal Name <i>(print)</i>		
Student Signature		Date:

Full Name <i>(print)</i>		
Signature		Date:
Relationship to Student	<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Legal Custodian <input type="checkbox"/> Other <i>(please specify)</i>	

Full Name <i>(print)</i>		
Signature		Date:
Relationship to Student	<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Legal Custodian <input type="checkbox"/> Other <i>(please specify)</i>	

Chilliwack School District – International Student Program

8430 Cessna Drive, Chilliwack, BC V2P 7K4

Tel: 604.792.1321

Email: glen_tiechko@sd33.bc.ca

isp.sd33.bc.ca