



8/6/2021

# Arrival Guide

Keeping Safe during Covid-19



**Welcome to**

**New Westminster School District**

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# International Education Contacts

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As you can certainly appreciate, COVID-19 has made international travel complicated, and while we cannot wait to welcome you to New Westminster School District, we want to make sure you have the most up-to-date and accurate information about cross-border travel so you can plan with the risks and restrictions in mind. Remember that no matter where you are now, we are here for you remotely with support, student services, and engagement opportunities. You are welcome to contact us via email or MS Teams with any questions you might have.

Please take some time to review the information in this package. By not following this protocol, students may be denied entry into Canada. Government authorities may also fine students for non-compliance in certain situations.

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



# Pre-Departure Checklist

## Communication and Relationship Building

Contact your host family to know each other. A video chat using Zoom or Skype is a good way. Remember to exchange emails and cell phone numbers with your host family and enter the International Education office number into your cellular phone.

General: 604-517-6285; Emergency: 604-356-4980

The Government of Canada (IRCC) has posted recent information here: [International Students and Travel to Canada](#)

DO

## Download the ArriveCan app to your phone

You **must** use ArriveCAN to submit your:

- Travel and contact information
- Quarantine plan
- COVID-19 symptom self-assessments

## Arrange a Pre-Entry Covid-19 test in your home country.

You must take an [approved test](#), **not an antigen test**, and have a negative result.

- [Approved Tests](#)
- Taken within 72 hours
- NO EXCEPTIONS

## Register in advance for a Covid-19 Arrival Test.

You can register in advance for your [entry test](#).

There is no charge. Even if you are vaccinated, you must take this test upon arrival in Canada **if you arrive before August 9**. Starting **August 9, fully vaccinated passengers are exempt.**

## Packing for Onboard the Plane

Include the following in your carry-on bag:

- Passport with Study Permit / IRCC Approval Letter
- Entry Letter signed by Ms. Klein in New Westminster
- Covid-19 negative test result** (*Obtained in your home country and with 72 hours of departure*)
- Custodianship Documents & Host Family Contact Information
- A mask and a bottle (<100ml) of hand sanitizer



Starting July 5, 2021, fully vaccinated travelers who are permitted to enter Canada may be exempted from the federal requirements to quarantine and complete a Day-8 test. Final determination regarding this exemption is based on the information presented at the time of entry into Canada.

## Before you travel

Use the same email address for all your entry requirements, where applicable (that is, when registering for COVID-19 testing upon arrival and creating your ArriveCAN account).

- [Check if you qualify for the fully vaccinated traveller exemption](#)
- [Get your pre-entry COVID-19 test](#)
- It is unlikely that you do not receive an exemption but if this occurs but please state that your quarantine plan is to stay with your host family.
- [Use ArriveCAN to submit your proof of vaccination](#)

As of July 5th, 2021, Immigration, Refugees and Citizenship Canada (IRCC) have changed the entry requirements for travelers who have been fully vaccinated. The next two pages provide a checklist for students who have been fully vaccinated according to IRCC rules and students who have not been fully vaccinated. Both pages are to assist students with preparing for entry to Canada. The policy set out by IRCC for fully vaccinated travelers can be viewed [here](#).

## Arriving in Canada

Have the following items with you for assessment by a government official at the border:

- ArriveCAN receipt
- proof of vaccination
- pre-entry test results
- other travel documents (study permit, entry letter from New Westminster)

## After arriving

- When you enter Canada, you'll be instructed to either take an arrival test at the

airport or receive a home test kit. To speed you through testing at the airport, we encourage you to register in advance with the testing provider:

<https://www.lifelabs.com/flyclear/onarrival/>

In addition, some travelers may be randomly selected to get a home test kit (as instructed).

If you meet the requirements and are exempt from quarantine, you may continue to your place of residence (your homestay family).

You must:

-  follow local public health measures
-  •wear a mask while in public for 14 days
-  •maintain a list of all close contacts for your first 14 days in Canada
-  •keep copies of your proof of vaccination for 14 days



## If you are NOT fully vaccinated

**No problem, just do this:**

### Before you travel

Use the same email address for all of your entry requirements, where applicable (i.e., when registering for COVID-19 testing upon arrival and booking a government-approved hotel).

- Complete your quarantine plan before you travel. You be staying with your homestay family or family if travelling with parents. Use your host family address for Arrive Can or be able to show to an officer if requested.

- Get your pre-entry COVID-19 test, within 72 hours of arrival in Canada

- Register in advance for your arrival test

There is no cost for the testing on arrival in Canada. You will have to test on Day 1 and Day 8. Page 6

Visit the following link to book your appointment:

<https://www.lifelabs.com/flyclear/onarrival/>

- Use ArriveCAN to submit your travel and quarantine plans

## Boarding your flight

- Have your pre-entry test results ready to provide to the airline
- [Check the requirements for boarding a flight to Canada](#)

## Arriving in Canada

Have the following items with you for assessment by a government official on arrival

- ArriveCAN receipt
  - pre-entry test results
  - other travel documents (study permit and entry letter from the international office)
- [Take a test on arrival](#)
- Go directly to your homestay/quarantine location to await results from your arrival test
- Await test results at your homestay

## Completing your full quarantine

On day 8 of your quarantine, you will take another test, following the instructions provided to you. You must stay in your place of quarantine while you await the results from this test.

- [How to travel to your place of quarantine](#)
- Minor students travelling without an adult are exempt from a hotel quarantine, but MUST still quarantine at their homestay.
- [Use your Day-8 test and await results](#)



## Wearing a Mask/Hand Washing

Remember to wear a mask at all times, unless the airline staff advise otherwise. Wash your hands before you board the airplane and several times while en route.

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## Practice Social Distancing

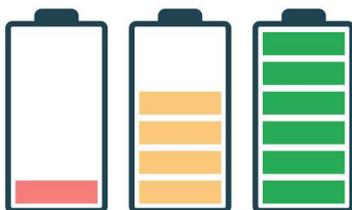
It is important to try to keep your distance from other people. You should try and keep at least 2 meters from other people.

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## Keeping Safe

Keep your cell phone charged in case you need to contact your host family. Bring some snacks in your carry-on bag because the restaurants in the airport may not be open. When you get to your airplane seat remember to wipe down your area.



# Arriving in Canada

You finally made it! We are sure you are excited to begin or resume your Canadian experience in New Westminster.



- 1) Text your host family when you land.
- 2) Continue to Immigration & Customs kiosk
- 3) Be prepared to show your ArriveCAN app receipt (mandatory) to the officer.
- 4) Complete your Covid 19 arrival test. Remember to book your appointment before leaving home to save time at the airport.
- 5) **Very important** - get your Study Permit validated from the immigration officer.
- 6) Collect your checked baggage.
- 7) Due to Covid-19, host families will be waiting outside of the airport terminal for your arrival. After departing Customs and Immigration at YVR please send your host family a message or give them a call. They will confirm the pick-up location with you directly.



## Government Rules and Communication

You made it through the airport and now are heading to your new home! In British Columbia everyone has worked hard to keep COVID-19 manageable. We did this by following some important rules from the government. If you have not been fully vaccinated, when you get to your new home you must quarantine for 14 days. This means you should stay in your room and avoid direct contact with your host family and others when possible.

The rules will be different if you are fully vaccinated according to IRCC guidelines.

The governments of Canada and British Columbia want to make sure all new arrivals to Canada are safe and healthy. To do this they will call you or your host family to make sure you are quarantining and following the law. You must be prepared to answer call.



## Student Responsibilities



To keep you and your host family safe while you are isolating, it is important that you stay in your room as much as possible.

Remember to keep your room clean and practice good hygiene. Some examples are washing your hands often, showering every day, cleaning the bathroom after using it, covering your mouth and nose with your elbow when you cough and sneeze, and keeping your room windows open, when possible, to circulate fresh air.

# What to do during quarantine

## Stay Connected

Contact your friends and family when you are in quarantine. Check with your host family to make sure you have access to Wi-Fi. It is important to check your emails and other connections regularly.



## Monitor your Mental Health

Being in a new country is exciting but being in quarantine *will* be challenging. Communicate with your host family regularly and let them know how you are feeling. We are all here to support you!



## Physical Health

Stay active during your isolation! This is a great opportunity for you to try a new exercise routine, such as yoga. It is important to make sure you establish a healthy routine as quickly as possible. Try to go to bed at a reasonable hour and do not stay up all night. You want to adapt to the Vancouver time zone as soon as possible.



# Resources



Backgrounder: [International Students and Travel to Canada.](#)

## Arriving by air

- [Quarantine handout for travellers entering by air](#)
- [Isolation handout for travellers with symptoms entering by air](#)
- [Travellers exempt from mandatory quarantine](#)

[Pre-departure COVID-19 testing and negative results to be required for all air travellers coming to Canada](#)

[VC Portal for reducing wait times at YVR](#)

[Vancouver Airport website for Travel Directives and Screening](#)

[Tips for Proper Handwashing](#)

## Homestay

- Welcoming Home a Friend of Family Member [Factsheet](#) (PDF, 214KB)

## Medical Insurance Summary

- [Guardme Student Health Insurance \(English\)](#)
- [Guardme Student Health Insurance \(Italian\)](#)
- [Guardme Student Health Insurance \(Japanese\)](#)
- [Guardme Student Health Insurance \(Vietnamese\)](#)
- [Guardme Student Health Insurance \(Chinese\)](#)
- [Guardme Student Health Insurance \(Portuguese\)](#)
- [Guardme Student Health Insurance \(German\)](#)
- [Guardme Student Health Insurance \(French\)](#)
- [Guardme Student Health Insurance \(Korean\)](#)
- [Guardme Student Health Insurance \(Spanish\)](#)

