



## International Student Safe Travel, Quarantine, and Arrival Requirements

### Fall 2020

#### Fall 2020 Delivery

CMTN recommends that international students who are residing outside of Canada undertake their studies from their home countries for the fall 2020 term.

CMTN is committed to supporting you in your studies at home – nearly all courses that are offered in the Fall 2020 term 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 won't result in time being deducted from the length of your PGWP until December 31, 2020 and under certain conditions listed [here](#).

After you apply for your study permit, any time spent studying online from outside Canada now counts toward the length of a PGWP. Previously, only the time spent studying online after you were approved for a study permit counted. Check the [IRCC](#) website for the most recent updates.

*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

In the event that you are considering travel to Canada for the September 2020 fall term, despite CMTN's recommendations, this document will support you in meeting requirements.

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. If you plan to have any family members (i.e. children, spouse) accompany you to Canada, please inform Myrna Ordon (mordona@coastmountaincollege) to make appropriate arrangements. If the CBSA permits family members to accompany students entering Canada, it is also required for all family members to complete a full quarantine.

Your commitments to following the health and safety requirements outlined for you, including your quarantine at point of entry, is part of CMTN's work to ensuring the health and safety of our communities during the COVID-19 pandemic. It is very important that you understand and abide by the legal, regulatory and other 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. Please consult government websites for the most up-to-date information.

Stay up-to-date of current 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](#).

On arriving at your point of entry, 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.



## 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 Ordonia [mordona@coastmountaincollege.ca](mailto:mordona@coastmountaincollege.ca)

## Timing of your arrival at point of entry

CMTN's September 2020 fall term begins on September 8, 2020, with some programs beginning in August. International students should plan to arrive at their point of entry with enough time to complete the 14-day quarantine and travel through to the region. 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 whose Study Permit was approved on or before March 18, 2020. *If you do not belong to this category, DO NOT book your flight ticket because you will take your Fall 2020 courses online in your home country.*

## Medical Requirements

All BC residents, including international students who reside in Canada for more than six months are required to have medical insurance through our provincially funded Medical Services Plan (MSP). This plan 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](#).

## Travel planning required before you leave home for Canada

- Confirm whether you meet travel requirements as outlined.
- Complete and [submit a BC quarantine plan](#), printing a copy for your carry-on.
- Email a completed copy of your BC quarantine plan to [MOrdonia@coastmountaincollege.ca](mailto:MOrdonia@coastmountaincollege.ca) reflecting how you meet the government plans, in return, Myrna will provide you with a letter of support for entry confirming your access to Canada for the purpose of learning.
- Download the ArriveCAN application here: [ArriveCAN for IOS](#) or here [ArriveCAN for Android](#)
- Email your itinerary and flight details to [MOrdonia@coastmountaincollege.ca](mailto:MOrdonia@coastmountaincollege.ca), no later than two weeks before your arrival at your point of entry; in return, Myrna will ensure you are enrolled for your temporary medical coverage.



## Your travel itinerary considerations

CMTN and the Northern Health Authority require our students to complete their quarantine in Vancouver. You will need to purchase a flight ticket to Vancouver, where CMTN has established access to packages at local hotels, including transportation, food, and access to health services nearby and complete your quarantine period before proceeding with onwards travel to our region. You will need to plan for sufficient time to complete quarantine requirements and are only able to travel onwards to the northern region if you remain well and it is safe to do so.

Students who choose to travel to different point of entry than Vancouver are required to meet the same requirements for ensuring health and safety, including completing quarantine at their final destination.

If you have any connecting flights on your trip, do not leave the airport, and follow all required protocols (masks, no close contact, etc.), and you may be permitted to quarantine in the northern region.

## Your packing list

Take time to consider what you will need to remain indoors and isolated for at least 14-day quarantine. You should also plan for the possibility of the requirement to quarantine for longer in the event you are unwell.

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

You are required to pack sufficient supplies in your carry-on for the duration of your travel to your Port of Entry and location of quarantine:

- 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 sufficient supplies in your checked baggage for the duration of your quarantine:

- Enough clothes for the 14-day quarantine as there may be limited or no access to do laundry until the quarantine is complete
- 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

## Upon arrival at your point of entry

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](#)
- 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

## Quarantine Guide and Expectations

### 14-day quarantine stay

All students must complete a 14-day quarantine upon arrival in Canada. CMTN and the Northern Health Authority require our students complete their quarantine in Vancouver as their port of entry, before onwards travel to the region. You will need to plan for sufficient time to complete quarantine requirements and are only able to travel onwards to the northern region if you remain well and it is safe to do so.

Students who choose to travel to different point of entry than Vancouver are required to meet the same requirements for ensuring health and safety, including completing quarantine at their final destination. If you have any connecting flights on your trip, do not leave the airport, and follow all required protocols (masks, no close contact, etc.), and you may be permitted to quarantine in the northern region.



Due to the COVID-19 pandemic, restrictions that limit travel to Canada are in place. Additionally, all travelers are required to self-isolate for 14 days upon arrival in Canada and must present a quarantine plan to Canada Border Services Agency. Failure to provide this quarantine plan at the border may result in being denied entry into the country. In certain situations, government authorities may also fine travelers for non-compliance. Failure to comply with these requirements may compromise your ability to attend and participate in CMTN programs and/or activities, and could also affect your ability to stay and study in Canada.

**Quarantine (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, and so on.

1. CMTN supports your access to hotel packages for students in quarantine. The hotel locations we have worked with are in the Lower Mainland area, familiar with the government regulations for quarantine, 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 Ordone, 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.*



Services and facilities available	<a href="#">Sheraton Vancouver Airport Hotel</a>	<a href="#">Vancouver Airport Marriot Hotel</a>	<a href="#">Executive Suites Metro Vancouver</a>	<a href="#">Accent Inn</a>
Location	Richmond	Richmond	Burnaby (Lougheed area)	Burnaby (Boundary Rd)
Driving distance from the airport (YVR)	15-20 mins	15-20 mins	30-45 mins	30-45 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)	✓ (approx. C\$700)	Food delivery (self)
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	✓	✓	Upon request	✓
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	✓	✓	Call 8-1-1 or hotel front desk	Call 8-1-1 or hotel front desk
Room rate per night excluding meal plan and taxes	\$139 ++	\$139 ++	\$100 ++	\$85 ++

## Hotel Student Quarantine Packages and Services

*\*Note: You may ask the hotel for a more detailed pricing plan and services during your booking*



## Hotel Safety Protocols

- Each hotel CMTN has partnered with has their COVID-19 safety protocols. The protocols for the hotel you select for your quarantine will be provided to you when you submit your quarantine plan to Myrna Ordon.

## What you can expect of quarantine

- Some students might choose to quarantine in Canada with a family member or trusted friend living near the port of entry. 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 the 14-day quarantine. See the [Dos and Don'ts Self Isolation Sheet](#) from the BCCDC.
- During your quarantine, 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; [MOrdon@coastmountaincollege.ca](mailto:MOrdon@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.
- 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.
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.



*On the last day of quarantine, you must call 8-1-1 to confirm your eligibility to leave quarantine. If you are advised to leave quarantine, you can travel onward to your campus location in the CMTN region. If you are not feeling well, please do not travel, contact 8-1-1 for medical assistance and extend your quarantine stay. CMTN will continue to support you until you complete your quarantine and are on your way to your campus.*

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

*The COVID-19 pandemic is changing how we live, learn, and work. Nearly all courses in the fall 2020 term 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 Ordoná by email [MOrdoná@coastmountaincollege.ca](mailto:MOrdoná@coastmountaincollege.ca).

Telephone contact information for Jieni Lim, Manager of Recruitment, [jlim@coastmountaincollege.ca](mailto:jlim@coastmountaincollege.ca) and Scott Gust, Director of Student Recruitment and Success, [sgust@coastmountaincollege.ca](mailto:sgust@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 last updated September 9, 2020.