



# LaSalle College Vancouver International Student Arrival Guide

Updated July 30, 2021



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# INTRODUCTION

Arriving in Canada from another country? Let this guide help you prepare for your arrival. The information provided here is based on official government updates. As things continuously change, please make sure you always check the official updates on these websites:

- [COVID-19: Travel, testing, quarantine and borders](#)
- [International students: Travel restrictions and exemptions](#)

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

Our top priority is the health and safety of our students, faculty, staff, partners, and community. We are obligated to follow the regulations and recommendations of the Canadian and provincial governments, and the local public health authority. This includes recording the flight information and self-isolation plans for all of our arriving international students; you must send us this information before departing your home country.

At the end of the document is the **COVID-19 Travel and Arrival Protocols Declaration**.

This document, along with your **flight information** and **self-isolation plan**, must be signed and sent to **Justine Higgs** at [justine.higgs@lasallegevancouver.com](mailto:justine.higgs@lasallegevancouver.com) before you leave your home country.

*Disclaimer: In the event of a discrepancy between the information in this file and Canadian government official sources, the latter shall prevail.*



# DEFINITIONS

Below you will find COVID-19 vocabulary. Please become familiar with these terms.

## Social/Physical Distancing

Keep at least 2 meters between you and others.  
Avoid crowded spaces and places.

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## Self-Isolation and Quarantine

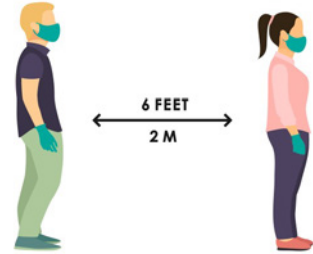
Stay in a place in isolation to prevent exposing others or yourself to COVID-19.

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## Self-Monitoring

Check your health for possible symptoms of COVID-19.

### Social Distance



# PRE-DEPARTURE

## Communication and Relationship Building

If you will be staying in a homestay, contact your host family to get to know each other. A video chat using Zoom or Skype is a good way to do this. Remember to exchange emails and cell phone numbers with your host family.

If you will be staying in a residence/dormitory/hotel, please ensure that you have the correct contact information for them, as well as for any private transportation service that you may be using.

You should also enter the LaSalle College Vancouver telephone number into your cell phone.

LCV Number: + 1 604 683-2006



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## Household Isolation

Before you leave your home country to come to Canada, it is recommended that you self-isolate in your home for 2 weeks and only meet your immediate household members during that time.

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## Exemptions for fully vaccinated travellers who meet specific conditions

You may qualify for certain exemptions to quarantine and testing requirements if you:

- are eligible to enter Canada
- are asymptomatic
- meet the Government of Canada requirements of fully vaccinated travellers
- meet all other entry requirements, including entering your information in ArriveCAN before arrival

Those who meet the requirements may be exempt from:

- Quarantine
- Hotel stopover (for air travellers) **As of August 9th – the Hotel Stopover will no longer be in effect for all international travellers entering Canada**
- Day-8 testing requirement

### Accepted Vaccines:

- Pfizer-BioNTech COVID-19 vaccine
- Moderna COVID-19 vaccine
- AstraZeneca/COVISHIELD COVID-19 vaccine
- Janssen (Johnson & Johnson) COVID-19 vaccine

Please visit <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellersentering-canada> to see if you are eligible.

## Packing

Include the following in your carry-on bag:

- Proof of reservation at government-approved hotel for 3 nights, if applicable  
*(This will no longer be required as of August 9th 2021 for international travellers entering Canada)*
- Passport
- Study Permit or Study Permit Approval Letter
- Custodianship Documents (if required)
- Letter of Acceptance
- Host Family Profile with contact information (if applicable)
- Residence/Dormitory/Hotel information (if applicable)
- Private transportation service information (if applicable)
- Complete BC Self Isolation Plan Form
- Medical clearance letter (if you have one)
- Proof of vaccine certificate in either English or French, if applicable
- ArriveCAN App Receipt
- COVID test results (if you have them)
- Copy of this document signed by yourself (and your parents/guardians if you are under the age of 19)





# ARRIVAL PLANS

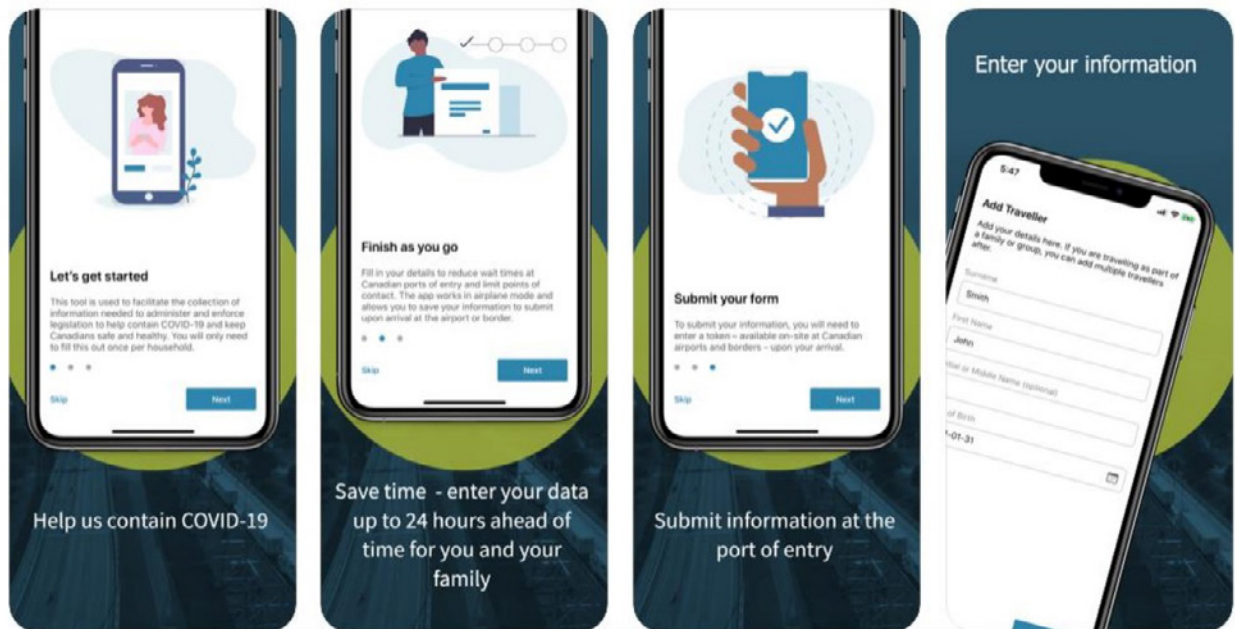
Before you leave your home country, you must download the ArriveCAN app from the Government of Canada and complete a mandatory Self-Isolation Plan for the Government of British Columbia. Both of these need to be complete prior to your arrival in British Columbia.

## ARRIVECAN APP

The ArriveCAN app is available for iPhone and Android and can be downloaded from the App Store or Google Play. This app must be setup before you arrive at immigration in Canada because the immigration officer will provide you with a TOKEN NUMBER you will need to enter.



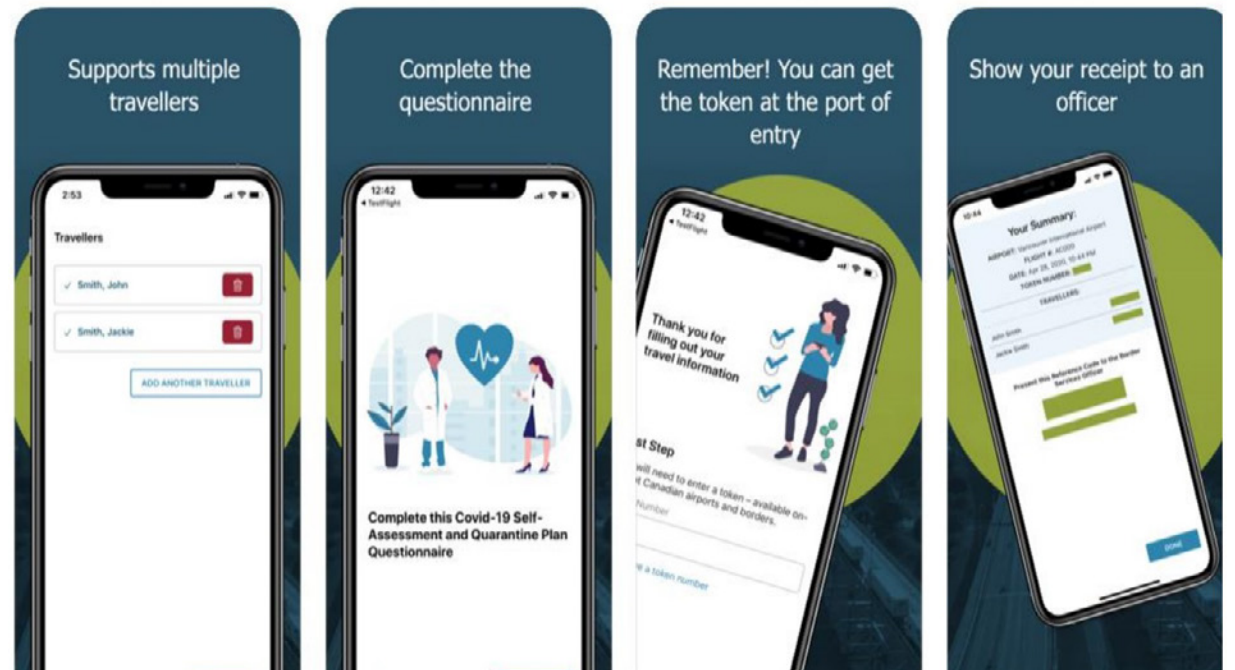
Here are the steps to setup the app:



Help us contain COVID-19

Save time - enter your data up to 24 hours ahead of time for you and your family

Submit information at the port of entry



# BC GOVERNMENT SELF-ISOLATION PLAN

Before you leave your home country it is very important that you complete the BC Government Support for International Travelers Self Isolation Plan form. When you arrive at the airport you will be asked to show this form, and the information must be correct.

If you need assistance in filling out this form, please ask **Justine Higgs – Student Services** at **[justine.higgs@lasallecollegevancouver.com](mailto:justine.higgs@lasallecollegevancouver.com)**. On the next page you will see an example of the form.

Once you have completed the form:

- 1) Send a copy to **Justine Higgs, Student Services** at **[justine.higgs@lasallecollegevancouver.com](mailto:justine.higgs@lasallecollegevancouver.com)**
- 2) Print a copy for your carry-on bag
- 3) Keep a copy on your phone
- 4) Complete an online version of the form at <https://travelscreening.gov.bc.ca/>







PRIMARY CONTACT INFORMATION

Form with fields: First Name (primary contact), Last Name (primary contact), Date of Birth (yyyy / mm / dd), Phone Number, Email (optional), Home Address, City, Province or Territory, Postal Code

TRAVEL INFORMATION

Form with sections: Are There Additional Travellers in Your Group? (Yes/No), ADDITIONAL TRAVELLERS (please list all additional travellers) table with columns: First Name, Last Name, Date of Birth (yyyy / mm / dd), Arrival Date (yyyy / mm / dd), Arrival By (Air/Sea/Ground), Airline / Flight Number (if applicable), Arrival From (City, Country)

SELF ISOLATION PLAN

Form with questions: Do you have accommodation arranged for your self-isolation period? (Yes/No), If Yes, which city will you be isolating in?, If Yes, what is the address where you'll be staying?, If Yes, isolation type? (Private Residence/With Family/Commercial (hotel)), Do you need accommodation assistance to self-isolate from anyone who is over 60 years old or who has heart disease, high blood pressure, asthma or other lung disease, diabetes, cancer, immune suppression or is taking prednisone medication? (Yes/No), Are you able to make the necessary arrangements for your self-isolation period? (e.g. food, medication, child care, cleaning supplies, pet care). (Yes/No), What form of transportation will you take to your self-isolation location? (Personal Vehicle/Public Transportation/Taxi or Ride Share)

CERTIFY DECLARATION

Form with checkbox: I certify this to be accurate

Proceed to the provincial check point, if available at your location, where you may be asked to confirm how you will comply with the provincial order to self isolate.

Collection Notice

Your personal information as well as those of your household is collected by the Ministry of Health under the authority of sections 26(a), (c), (e) and s. 27(1)(a)(iii) of the Freedom of Information and Protection of Privacy Act, the Public Health Act and the federal Quarantine Act, for the purposes of reducing the spread of COVID-19. Personal information may be shared with personnel providing support services and follow-up during self-isolation. Should you have any questions or concerns about the collection of your personal information please contact:

Title: Ministry of Health, Chief Privacy Officer

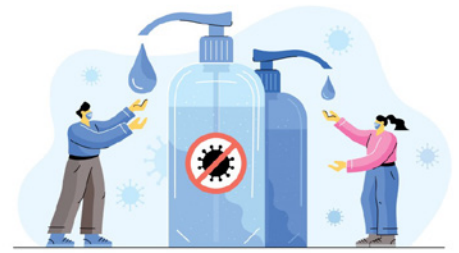
Telephone: 236-478-1666

# AIRPORT/FLIGHT: BEST PRACTICES

## Wearing a Mask/Hand Washing

Remember to wear a mask at all times. Wash your hands before you board the airplane.

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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, your accommodation provider, your transportation provider, or LCV. 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 with a disinfecting wipe.



# SELF ISOLATION/QUARANTINE

## Government Rules and Communication

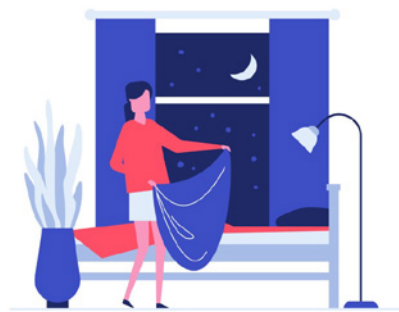
All travelers to Canada must prepare a quarantine plan. Even if you are fully vaccinated, you must prepare and submit a plan to self-isolate. A border official may exempt you based on the information you provide when you enter Canada. [Use this checklist to assess your quarantine plan.](#)

If you need to quarantine, [please read the information here carefully](#) as it addresses the following topics:

- When your quarantine starts and ends
- Getting to your place of quarantine (final destination)
- How to report after you've entered Canada
- While in quarantine
- Penalties and fines

The Government 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 self-isolating and following the law. You must be prepared to answer calls from 1-855-906-5585 or 613-221-3100.

A staff member from LCV will also contact you to ensure that you are self-isolating, and also to offer any support that you may need during your self-isolation. Please be sure to check your email regularly, and also to answer any telephone calls from LCV.



# COVID-19 TRAVEL AND ARRIVAL PROTOCOLS

## Pre-Departure:

- Book and pay for a 3-day stay in a government-approved hotel by calling 1-800-294-8253 (from within North America) or 1-613-830-2992 (collect call from outside North America, If applicable). *(The Mandatory Hotel Stay will no longer be in effect as of August 9th 2021 for all international travellers)*
- If you will be staying with a host family, contact them in advance to discuss expectations, and make sure they have a current photo of you
- Provide arrival information and exchange contact information (cell, email)
- Read [How to self-isolate after travel when you live with other family members](#) and [Daily Self-Monitoring form for COVID-19](#)
- Complete, send and print the online Mandatory Self-Isolation Plan (<https://travelscreening.gov.bc.ca/>), and send a copy to **Justine Higgs – Student Services** at **[justine.higgs@lasallecollegevancouver.com](mailto:justine.higgs@lasallecollegevancouver.com)**
- Download COVID-19 App and Daily Symptom Tracker: <https://ca.thrive.health/>
- Download the ArriveCAN App (iOS and Android)
- Pack 60 disposable face masks OR 30 disposable and 1 cloth face mask, one large bottle of hand sanitizer, one box of nitrile gloves, and a thermometer in your luggage
- In your carry-on, pack the following:
  - Passport
  - Proof of vaccination in either French or English, if applicable
  - Study Permit or Study Permit Approval Letter
  - Custodianship Documents (if required)
  - Letter of Acceptance
  - Non-discretionary travel support letter (if provided by LCV)
  - Host Family Profile with contact information (if applicable)
  - Residence/Dormitory/Hotel information (if applicable)
  - Private transportation service information (if applicable)
  - Complete BC Self Isolation Plan Form
  - Medical clearance letter (if you have one)
  - COVID test results (if you have them)
  - Copy of this document signed by yourself (and your parents/guardians if you are under the age of 19)

# COVID-19 TRAVEL AND ARRIVAL PROTOCOLS DECLARATION

We look forward to welcoming you to LaSalle College Vancouver. This document must be signed and sent to **Justine Higgs – Student Services** at **justine.higgs@lasallecollegevancouver.com** before you leave your home country.

Self-Isolation is a requirement of the Quarantine Act and is not optional. Students who are in private homestay arrangements, residence/dormitory/hotel, or are staying with family or friends must self-isolate for 14 days after arrival in Canada. 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. Students (and parents/guardians of students under the age of 19) are responsible for any fines incurred due to breach of the Quarantine Act and regulations from the Government of British Columbia.

Student – Legal Name (Print)		
LaSalle College Vancouver Student ID		
Phone Number in Canada		
Address in Canada		
Email		
Student Signature		Date:

Full Name (Print)		
Signature		Date:
Relationship	<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Legal Custodian <input type="checkbox"/> Other _____	

Full Name (Print)		
Signature		Date:
Relationship	<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Legal Custodian <input type="checkbox"/> Other _____	