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Travel and self-isolation guide for VPC international students

Fall 2020

Information and support to international students

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1. Travelling to Canada

Monitor your health before, during and after travelling. If you, or anyone in your travelling group, develop even one **symptom** that is similar to that of a cold or flu, even if mild, self-isolate and stay away from others.

All travellers arriving in B.C. from outside of Canada are required by law to self-isolate for 14 days and complete the [federal ArriveCAN application](#)*

*ArriveCAN – Mandatory information required for entry into Canada.

Use the ArriveCan mobile app to speed up your arrival process in Canada and spend less time with border and public health officers. Submit your information easily and securely using the app within 48 hours before arriving in Canada. This information can be submitted online (https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#a_arriveCANhttps://arrivecan.cbsa-asfc.cloud-nuage.canada.ca/priv), with the ArriveCAN app (Android, iOS or web-based form), or a paper form.

Stay up-to-date on current travel requirements, restrictions and immigration related updates through the Canadian government:

<https://www.canada.ca/en/immigrationrefugeescitizenship/services/coronaviruscovid19/travelrestrictionsexemptions.html>

2. Prior to coming to Canada

If you are arriving as an international to Canada you should meet the following condition:

- You have a Study Permit approval or a Study Permit + either a Temporary Resident Visa (TRV) or Electronic Travel Authorization (eTA) that was issued prior to March 18, 2020;

If you meet the condition above:

- **Notify the VPC Student Services of your intention to travel to Canada. You must submit your "[International Student Quarantine Plan](#)" to VPC prior coming to Canada. When you have completed the out the form, you can either submit it by pressing the 'submit' button at the bottom or send it directly to be-safe@vpcollege.com**
- VPC Student Services will contact you to confirm your travel and self isolation plans.
- When booking your flight to Canada, please make sure you arrive on the day of your planned quarantine
- Inform us of your precise time of arrival. See below for a list of transportation options. And please feel free to contact Student Services if you need further assistance. Once

your itinerary is finalized, please send a copy to VPC Student Services at be-safe@vpcollege.com

- We will acknowledge receipt of your travel plans prior to the start of your journey. Please contact us if you do not hear from us 48 hours prior to your departure date
- **You must complete the Federal ArriveCAN application for approval prior to or upon arrival in Canada. Download the ArriveCAN app: iPhone or Android**
- **You must also submit a [B.C. self-isolation](https://travelscreening.gov.bc.ca/) plan prior to or upon arrival in Canada (<https://travelscreening.gov.bc.ca/>)**
- YVR Vancouver International Airport offers a range of transportation options such as authorized taxis to shared rides (Uber and Lyft) to commute to your approved hotel or self-isolation location.

3. 14-day self-isolation stay – suggested hotels

People returning to British Columbia from other jurisdictions outside of Canada are required by law to self-isolate for 14 days and complete a self-isolation plan. For some people, self-isolation will involve staying at a hotel. The following are a list of hotels available for the 14-day self-isolation stay.

- 1) **Richmond Conference Centre**
(Includes **Hilton Vancouver Airport Hotel, Marriott Vancouver Airport and Sheraton Vancouver Airport Hotel**)
7551 Westminster Highway, Richmond BC, V6X 1A3
- 2) **Executive Hotel Vancouver Airport**
7311 Westminster Highway, Richmond BC, V6X 1A3
www.executivehotels.net
- 3) **Sandman Vancouver Airport Hotel**
3233 St Edwards Drive, Richmond BC, V6X 3K4
www.sandmanhotels.com/
- 4) **Georgian Court Hotel**
773 Beatty St, Vancouver BC V6B 2M4
www.georgiancourt.com
- 5) **YWCA Hotel**
733 Beatty, Vancouver, BC V6B 2M4
<https://ywcavan.org/hotel/self-quarantine>
One room single occupancy for 14-days at \$75/day plus tax

Note: VPC does not take responsibility for any individual guest charges nor are we liable for any hotel issues that might arise before, during, or after hotel stay.

4. Expectations while in quarantine

- Stay in your room and away from others as much as possible;
- Stay in touch with VPC Student Services and confirm you've entered Canada within the first 24 hours of arrival (mandatory);
- Keep your room well-ventilated and clean – open your window to let the air circulate;
- Do not allow visitors;
- Stay connected – by text, email, Zoom with your friends and family regularly.
- Monitor your physical and mental well-being – if you are not feeling well with symptoms that resemble COVID-19, please do a self-assessment by visiting:
<https://bc.thrive.health/> or call 8-1-1
- Practice good hygiene:
 1. Wash your hands frequently with plain soap and water for at least 20 seconds;
 2. Use a separate towel, kept away from others;
 3. Cover your mouth and nose with your elbow when coughing or sneezing, or use a tissue;
 4. Avoid coughing, sneezing into either your hands or into the air, dispose of used tissues right away into a trash bin and immediately wash your hands;
 5. Avoid touching your face with unwashed hands at all times.
 6. Package up your garbage – empty garbage frequently and wash your hands immediately.

5. 14-day self-isolation stay – food delivery services

When using food delivery services try to limit in person contact if possible

- Pay online or on the phone when you order (if possible).
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your door, with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person.

The following are food delivery services available throughout Metro Vancouver:

- Uber Eats (www.ubereats.com)
- Doordash (www.doordash.com)
- Skip the Dishes (www.skipthedishes.com)
- Fantuan (www.fantuan.ca)

6. Transportation:

Transportation Options Leaving YVR

The Government of Canada has put in place measures that require mandatory 14-day self-isolation for all individuals entering Canada, even if they do not have COVID-19 symptoms.

IMPORTANT: Passengers displaying symptoms of COVID-19 after arriving in Canada may not use public transportation to travel to their place of isolation. Public transportation is defined as a bus, train, taxi, subway or ride-sharing service. If you have symptoms that may be due to COVID-19, you are only allowed to take private transportation (e.g. a personal vehicle) to get to your place of isolation. If you do not have access to private transportation or a place to isolate, you will be directed to a quarantine facility designated by the Chief Public Health Officer of Canada.

If you're arriving in Canada and don't have symptoms, you're allowed to travel via public transportation to get to your place of isolation but should wear a non-medical mask or face covering, practice social distancing at all times and make no additional stops along the way. Available options at YVR include:

- **Taxis:** Taxis and wheelchair-accessible vehicles are available at taxi stands located on Level 2 of the Domestic and International Arrivals Area at YVR. Due to decreased availability of taxis across Metro Vancouver, we are experiencing wait times at the airport.
- **Ride App Services:** **Lyft** and **Uber** are both authorized providers of Ride App services at YVR. Follow the Ride App Services wayfinding signage to one of the pick up areas at International Arrivals, Level 2 or Domestic Arrivals, Level 2. Availability of vehicles at YVR has been consistent and wait times minimal.
- **Public Transit:** Canada Line's YVR Airport station is located above the parkade, across the curb from the Main Terminal. Follow the Ground Transportation signs marked Train to City. The first train leaves at 5:07 a.m. and the last train leaves at 12:56 a.m. For updated schedules and a trip planner, please visit the [Canada Line website](#).
- **Car Rentals:** There are a number of car rental companies operating onsite vehicle pickup and return services. Car rental facilities are located on the ground floor of the Parkade.

7. Health Insurance:

All VPC students should have appropriate medical insurance. Insurance should be effective as of the date of the students' arrival, which includes coverage for COVID-19 during the quarantine period. A suggested insurance provider would be:

[Guard.me International Insurance](#) provides a student insurance policy that includes full medical coverage against COVID-19 and during the period of quarantine.

8. Medication:

If you require refills of your regular medications then you do not need to visit a doctor or nurse practitioner for an updated prescription. Instead, a pharmacist can provide patients with a refill or emergency supply of their medications.

Many pharmacies provide delivery services which can help patients – especially those who are most vulnerable to COVID-19 – avoid visiting a pharmacy in-person. Patients can also arrange to have someone to pick up their medications for them.

