



Vancouver Premier College of Arts and Sciences
(DLI: O19274398652)

Travel and self-isolation guide for VPC international students

Winter 2021

Information and support to international students

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1. Travelling to Canada (updated on February 12, 2021)

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.

For travellers arriving to Canada by land, as of February 15, 2021, all travellers, with some exceptions, will be required to provide proof of a negative COVID-19 molecular test result taken in the United States within 72 hours of pre-arrival, or a positive test taken 14 to 90 days prior to arrival. In addition, **as of February 22, 2021**, travellers entering Canada at the land border will be required to take a COVID-19 molecular test on arrival as well as toward the end of their 14-day quarantine.

All travellers arriving to Canada by air, as of February 22, 2021, with some exceptions, will be required to take a COVID-19 molecular test when they arrive in Canada before exiting the airport, and another toward the end of their 14-day quarantine period. With limited exceptions, air travellers, will also be required to reserve, prior to departure to Canada, a 3-night stay in a government-authorized hotel (see 'Covid-19 mandatory hotel stopover' below). Travellers will be able to book their government-authorized stay starting February 18, 2021. These new measures are in addition to existing mandatory pre-boarding and health requirements for air travellers.

Finally, **at the same time on February 22, 2021, all travellers**, whether arriving by land or air will be required to submit their travel and contact information, including a suitable quarantine plan, electronically via **ArriveCAN** before crossing the border or boarding a flight.

The Government of Canada continues to strongly advise Canadians to cancel or postpone any non-essential travel, including vacation plans, outside Canada. Foreign nationals should likewise postpone or cancel travel plans to Canada. Now is not the time to travel.

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](#) 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. COVID-19 mandatory hotel stopover

Hotel stopover bookings are managed by American Express Global Business Travel and available by phone only. To book your mandatory 3-night hotel stopover, call:

- **1-800-294-8253** (toll-free within North America)
- **1-613-830-2992** (collect outside of North America)

You'll be able to choose from the listed hotel locations and be required to provide:

- traveller name(s)
- date(s) of birth
- arrival city and date
- payment information
- special requests and accessibility concerns

- pet information

Travellers will receive email confirmation of their accommodation within 4 hours of booking.

Costs of these hotel stopovers may vary by location. The price will include costs associated with the:

- food
- room
- security
- transportation
- infection prevention and control measures

The government-authorized hotel for British Columbia: Vancouver International Airport (YVR) are:

- [Abercorn Inn Vancouver Airport \(online booking available\)](#)
- [Coast Vancouver Airport Hotel \(online booking available\)](#)
- [Days Inn by Wyndham Vancouver Airport](#)
- [Executive Hotel Vancouver Airport \(online booking available\)](#)
- [Fairmont Vancouver Airport \(online booking available\)](#)
- [Four Points by Sheraton Vancouver Airport Hotel \(online booking available, use CGV code\)](#)
- [Hilton Vancouver Airport](#)
- [Quality Hotel Airport South](#)
- [Radisson Hotel Vancouver Airport \(online booking available\)](#)
- [Sandman Hotel Vancouver Airport](#)
- [Travelodge Hotel by Wyndham Vancouver Airport](#)
- [Westin Wall Centre Vancouver Airport \(online booking available\)](#)

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

IMPORTANT: The use of public transportation is prohibited for traveling to the place of quarantine. Asymptomatic travellers may use a private vehicle, vehicle rental, taxi or rideshare to travel to the place of quarantine. Public transportation such as SkyTrain or bus is prohibited. If symptomatic, travellers must inform border agents and be assessed at the airport.

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 are experiencing NO symptoms, you can travel by taxi or rideshare. Public transportation such as Canada Line/Skytrain/Bus is prohibited. To get to your place of isolation you 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.

- 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.

