

TRAVEL AND SELF ISOLATION GUIDE FOR INTERNATIONAL STUDENTS

September (Fall), 2021

“We look forward to welcoming you to Canada and to Capilano University if travel conditions enable you to join us. Under current conditions there are strict travel restrictions and quarantine requirements that will determine your ability and readiness to join us.

This document will help you know what to expect with regards to traveling to Canada safely and smoothly.

Chris Bottrill
Director, International

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TRAVEL RESTRICTIONS

As of July 22, 2020, The Government of Canada has implemented travel restrictions for foreign nationals for non-essential discretionary travel. As these restrictions have changed to allow students with valid study permits from an approved DLI to enter Canada. CapU looks forward to welcoming you to North Vancouver.

GOVERNMENT OF CANADA EMERGENCY ORDER

The Government of Canada has implemented an Emergency Order under the Quarantine Act that requires persons entering Canada—whether by air, sea or land—to quarantine (self-isolate) themselves for 14 days if they are asymptomatic in order to limit the introduction and spread of COVID-19. The 14-day period begins on the day the person enters Canada. This document will provide expectations of you, and options for you to meet the quarantine requirements to enter Canada and our local communities safely and comfortably. It requires that you comply with government and university expectations. CapU's first priority is the health and safety of our students, residence community, North Vancouver, and broader BC Community. CapU is also obligated to follow the regulations and recommendations of various authorities, including the Government of Canada, and provincial and local public health authorities. Please note these guidelines are subject to change based on updated government regulations and recommendations.

Exemptions for fully vaccinated travellers who meet specific conditions

As of July 5, 2021, fully vaccinated travellers who have received vaccines approved by Canada at least 14 days prior to the day they enter Canada are exempt from the 3-night government hotel stay, the 14-day quarantine, and day-8 COVID-19 test, if meeting all eligibility requirements. See details here:

<https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#proof>

Starting on February 22, 2021, travellers to Canada will be required to take a COVID-19 molecular test when they arrive in Canada before exiting the airport, and another test 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. **Prior to their departure to Canada, air travellers will also be required to reserve a three-night stay in a government-authorized hotel, by calling 1-800-294-8253. A current list of government-authorized hotels can be found [here](#). Travellers must present proof of having reserved and pre-paid for their accommodation through [ArriveCAN](#). Travellers will still be required to complete the remainder of the mandatory 14-day quarantine after their mandatory hotel stopover.**

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

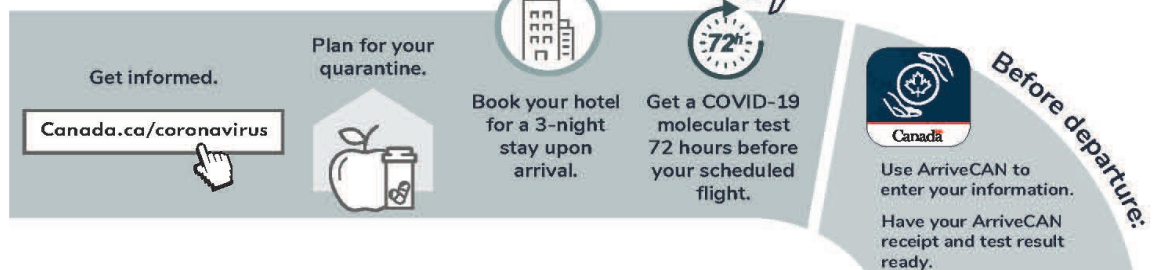
<https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/travel-restrictions-exemptions.html>

Entering Canada by AIR during COVID-19

Travellers entering Canada must follow the rules set out by the Emergency Orders under the Quarantine Act to help reduce the spread of COVID-19 and its variants. Failure to comply with any requirements or providing false information may result in fines, penalties or imprisonment.

Before Departure and in Transit

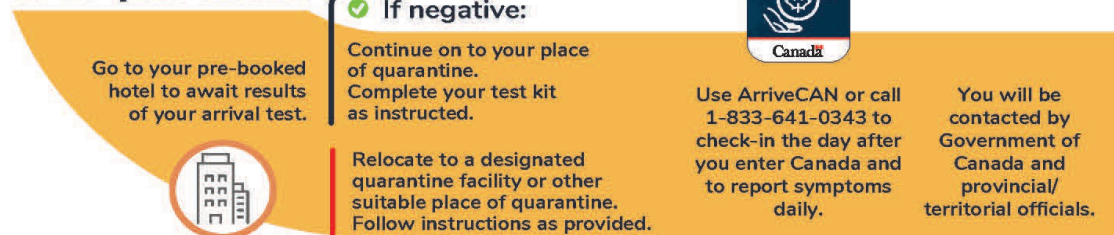
Plan in advance:



Upon Arrival to Canada



Your quarantine



Testing on arrival and during quarantine effective 2021-02-21 at 11:59 p.m. ET.

UNDERSTANDING WHAT IS EXPECTED OF YOU

CLARIFICATION BETWEEN SELF-ISOLATION AND QUARANTINE

The Public Health Agency of Canada draws a distinction between the need to quarantine (self-isolate) and isolate. We know terminology can be confusing, so we encourage you to review the following terms.

Quarantine (Self-isolation)

Quarantining is necessary for 14 days if you have **no symptoms** and **any** of the following apply:

- You are returning from travel **outside of Canada** (mandatory quarantine);
- You had close contact with someone who has or is suspected to have COVID-19; **or**
- You have been told by the public health authority that you may have been exposed and need to quarantine.

Isolate

You must isolate if **any** of the following apply:

- You have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19;
- You have symptoms of COVID-19, even if mild;
- You have been in contact with a suspected, probable or confirmed case of COVID-19;
- You have been told by public health that you may have been exposed to COVID-19; **or**
- You have returned from travel outside Canada with symptoms of COVID-19 (mandatory).

Canadian Government Information about terms and definitions can be found [here](#). These guidelines and planning resources assume that students will meet the requirements to quarantine (self-isolate).





PLANNING YOUR TRAVEL TO CANADA

CAN I TRAVEL TO CANADA?

Find out if you are eligible to enter Canada before planning your trip [here](#).

Do not make plans to travel to Canada unless you meet all the conditions listed below:

- Valid study permit or a port of entry letter of introduction that shows you were approved for a study permit;
- A valid Letter of Acceptance (LOA) from CapU;
- You have a Temporary Resident Visa (TRV) or Electronic Travel Authorization (eTA) - [One semester Exchange or Visiting Students only](#);
- You have registered classes for the current semester
- Have followed all [public health measures for travellers](#);
- Have a plan to [Quarantine for 14 days](#)

Present negative COVID-19 test (PCR test) at the airport **before** travelling from another country to Canada. [More info](#). A self-isolation plan is a legal commitment and enforceable under the Public Health Act.

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 using the app ([Android](#), [iOS](#)) or [web-based form](#), within **48 hours before arriving in Canada**.

BC Government – BC Self-Isolation Plan

The Provincial Health Officer issued a self-isolation order directing people returning to, or arriving in B.C. from international destinations, to self-isolate. Details on how to comply and complete a BC Self-Isolation Plan can be found [here](#).

COVID-19 molecular test prior to leaving the airport

All non-essential air travellers entering Canada by air will be required to take a COVID-19 molecular test prior to leaving the airport. News release available [here](#).

Reserve a three-night stay in a government-authorized hotel.

A current list of government authorized hotels can be found [here](#).



TRAVELLING TO CANADA

If you meet the requirements listed above:

- Notify the CapU Centre for International Experience (CIE) of your intention to travel to Canada by submitting the following documentation by e-mail: cie@capilanou.ca or using the CIE online [forms](#):
 1. Copy of your valid study permit or study permit approval
 2. Copy of your [BC Self-Isolation Plan](#) (if you completed a similar requirement for another province in [Canada](#), we will accept this as well).
 3. Copy of your flight confirmation and travel itinerary
 4. Copy of confirmation of your [3-nights accommodation in a Government Authorized Hotel](#)
- 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 and 72 hours after arrival in Canada. Download the [ArriveCAN](#) app: [iPhone](#) or [Android](#)
- Reserve a three-night stay in a government-authorized hotel, by calling **1-800-294-8253**. A current list of government-authorized hotels can be found [here](#). Travellers must present proof of having reserved and pre-paid for their accommodation through ArriveCAN. Travellers will still be required to complete the remainder of the mandatory 14-day quarantine after their mandatory hotel stopover.

TIP: BRING YOUR CAPU LETTER OF SUPPORT WITH YOU TO PROVIDE TO CANADA BORDER SERVICES AGENCY (CBSA).

**NOTE: EVEN IF YOU MEET ALL THE CONDITIONS ABOVE, ENTRY INTO CANADA WILL BE AT THE DISCRETION OF A CANADA BORDER SERVICES (CBSA) AGENTS.*

TIPS FOR TRAVEL

- All air travellers are required to wear a non-medical mask;
- Wear gloves (specific airlines may have specific guidelines);
- Practice physical distancing;
- Wash hands frequently and use hand sanitizer when necessary;
- Sanitize your personal space and high-touch areas such as seatbelts and tray tables;
- Minimize trips to washroom (flushing the toilet with the seat cover down);
- Limit touching surfaces;
- Keep cell phone charged and be able to receive calls;
- Bring a water bottle or cup to use in your room or through travel;
- Load your own luggage into vehicles and keep distance from passengers and drivers.

WHERE TO QUARANTINE (SELF-ISOLATE)

As part of the Quarantine Act, travelers to Canada are required to self-isolate for 14 days, unless they are considered fully vaccinated. This means that students will have to stay in their own room for 14 days and avoid contact with (keep a 2 metre distance from) others.

In order to meet the Government quarantine (self-isolation) requirements and safely assure your arrival and entry to Canada and to Capilano University, we recommend that you stay in one of our approved quarantine hotel options.

CAPU APPROVED HOTEL ACCOMMODATION FOR SELF-ISOLATION (QUARANTINE)

Special arrangements have been made with selected hotel accommodations. You must comply with the rules established by each hotel accommodation and with the 'Student Expectations While in Quarantine' listed below. Hotel rules will be provided to you once your accommodation is confirmed. You must not break these rules and conditions of quarantine.

CapU CIE representatives will monitor and support your well-being with daily check-ins and where possible, offer webinars and resources that comply with quarantine rules and regulations.

The list below includes options for accommodations to consider for your Quarantine Plan which will take effect after your mandatory three day government approved hotel stay and upon receiving a negative COVID-19 molecular test. Rates and availability are subject to change. Plan smart and plan ahead – arrange your accommodation and transportation from the Vancouver International Airport (YVR) to your quarantine location with time in advance. Contact us at CIE and we will help with making arrangements.



Hotel	Fees	Details	Website
Holiday-Inn North Vancouver	CA\$137/night	Closest to CapU (5 min walk). Taxes included. Standard room. Optional kitchenette room available. Food not included. Daily food plan available delivered to door (extra cost)	www.hinorthvancouver.com/ Contact: Charmaine – GM 604-985-3111
Lonsdale Quay	CA\$102/night	Breakfast included, students must be 21 years old or older.	http://www.lonsdalequayhotel.com/
Sandman Inn	Contact Hotel	Near to Vancouver Airport. Food plan delivered to door available for additional charge. Daily supervised exercise and walking organized. Standard room.	https://www.sandmanhotels.com/locations/british-columbia/vancouver-airport/hotels/vancouver-airport-yvr
GEC DT	CA\$950 (+ 16% for 2 weeks)	Downtown Vancouver. Quarantine package price for full two weeks. Taxes not included. Food not included. \$200 deposit	https://gecliving.com/
Executive Hotel Le Soleil and Exchange Hotel Vancouver	CA\$95/night	Both hotels located in downtown Vancouver. Taxes not included. Food not included. Daily Student Meal package available for CA\$50 + tax or A-La Carte.	https://www.exchangehotelvan.com https://www.hotellesoleil.com Contact: Nadia Simova E-mail: salesmanager@exchangehotelvan.com
Radisson Hotel Vancouver Airport	CA\$139/night	Located 10 minutes drive from the YVR Airport. Plus taxes, includes breakfast. Options for double occupancy with or without meals also available. Transportation YVR-Hotel included.	https://www.radissonhotels.com/en-us/hotels/radisson-vancouver-airport Reservations: reservations@radissonvancouver.com
Cypress Accommodation (Homestay)	CA\$400/week	Single bedroom with bathroom in a shared student residence. Shared kitchen (students need to order food online). Transportation available.	Contact: Paula Johnson E-mail: paula@cypressaccommodations.com

IMPORTANT: the list of approved accommodation above is for students to self-isolate only. List of government-authorized hotels is published [here](#). Please note, **quarantine is not optional**. It is a requirement of the Quarantine Act.

After arriving in Canada, Government officials will call students to monitor compliance of the mandatory quarantine. Students needs to be prepared to receive and answer calls from 1-855-906-5585 or 613-221-3100 and from CIE representatives.

STUDENT EXPECTATIONS WHILE IN QUARANTINE

- Stay in your room and away from others as much as possible;
- Stay in touch with the CIE 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;
- Practice good hygiene:
 - Wash your hands frequently with plain soap and water for at least 20 seconds;
 - Use a separate towel, kept away from others;
 - Cover your mouth and nose with your elbow when coughing or sneezing, or use a tissue;
 - 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;
- Avoid touching your face with unwashed hands at all times.
- Use a separate bathroom if possible. Clean the bathroom regularly. Flush the toilet with the lid down. Keep your bathroom space clean and disinfected. Clean and disinfect frequently touched surfaces such as doorknobs, countertops, dressers, and other surfaces at least once a day;
- Find some time to go outside each day; you can stay in a private place. Do not go to class or into other public areas.
- Stay connected – text, email, FaceTime 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, email cie@capilano.ca to help you complete an online self-assessment or directly visit: <https://bc.thrive.health/> If you cannot use the online tool, call 8-1-1 (toll free) or 7-1-1 (deaf and hard of hearing), 24 hours a day/seven days a week.

- Package up your garbage – empty garbage frequently and wash your hands immediately.
- Do not allow visitors;
- Monitor your health for symptoms of COVID-19, follow the [BCCDC Guidelines for How to Self-Monitor](#);



PREPARING FOR QUARANTINE

Be sure to bring the following:

- Enough clothes for the 14-day quarantine as there may be limited or no access to do laundry until the quarantine is complete
- Hand sanitizer
- Thermometer (you will be required to monitor your temperature)
- 60 disposable face masks OR 30 disposable and 1 cloth face mask
- Have accessible in carry-on luggage some masks, gloves, disinfectant wipes, a travel-sized bottle of hand-sanitizer
- Box of Nitrile gloves

Submit the following documents to the Centre for International Experience [here](#):

- A copy of your BC Quarantine Plan
- A copy of your valid study permit or proof of study permit approval (letter of introduction)
- A copy of your flight details
- A copy of your three-night stay booking with one of the [government-approved accommodations](#)
- A copy of your secondary accommodation confirmation (for after your three-night stay at the government approved hotel)

Contact: cie@capilano.ca

Please indicate your full name and student ID number. A letter of support indicating your enrolment for the registered semester will be provided.



CAPU MAIN CAMPUS

2055 Purcell Way
North Vancouver, B.C.
Canada V7J 3H5
Tel: 604 986 1911

CAPU LONSDALE

125 Victory Ship Way
North Vancouver, B.C.
Canada V7H 3H5

káɫax-ay SUNSHINE

COAST CAMPUS

5627 Inlet Ave
Sechelt, B.C.
Canada V0N 3A0
Tel: 604 885 9310
Toll-free from Vancouver area:
604 986 1911, ext. 5900



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*Thank you to our colleagues at other BC Colleges
and Institutions for sharing knowledge and
information in the preparation of these
guidelines.*