

International Student Safe Travel, Quarantine & Arrival Requirements Winter 2022

This document was last updated December 18, 2021

Winter 2022 Delivery

Coast Mountain College (CMTN) is on track to return to a variety of in-person learning and services on campus for the 2022 Winter term. The College will continue to follow both provincial and federal guidelines to ensure the safety and well-being of students, staff and the public. Programs will continue to offer Distributed Learning options for the 2022 Winter term, with a range of services delivered in person on campus.

Students who meet the Government of Canada's entrance requirements and quarantine measures may plan their arrival to Canada. Travelling at this time still comes with risks, making it very important that students are fully informed. This document has been designed to help you prepare for your arrival to Canada.

International Student Travel Readiness and Commitment to Health and Safety

It is very important that you understand and abide by all legal, regulatory and policy requirements.

International travel remains complex due to COVID-19, 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. Failure to comply with federal and provincial requirements may impact your access to Canada, result in fines, or other penalties.

Currently, CMTN is listed as a Designated Learning Institution (DLI) with an approved COVID-19 Readiness plan. As part of CMTN obligations, students must contribute to the health and safety requirements as outlined, and CMTN must report on any violations of local, provincial or federal regulations.

This includes sharing details of your and any accompanying family members' travel details, including your port of entry, vaccination information, arrangements for self-isolation and quarantine, and also includes any plans to leave and re-enter Canada for emergency purposes. Your failure to comply with college policy may impact your access to campus or academic standing.

IMPORTANT! You will need to notify the College about your travel plans (if you are eligible to travel) by submitting an online [Travel Request Form](#). This is the first step to obtain a Letter of Support. Once you submit your Travel Request Form, you will receive a confirmation email with your next steps. Our international student advisor will reach out to you if necessary.

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.

You can stay current on travel requirements, restrictions and immigration related updates through the [Canadian government website](#).

Government of Canada

There are restrictions on travel, which makes it very important that you know if you are allowed to travel to Canada before making any travel plans. 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. Please visit [Mandatory Quarantine - Government of Canada](#). ****Starting from July 5, 2021, fully-vaccinated travelers may be exempt from mandatory quarantine. Click [here](#).**

Government of British Columbia

The province of British Columbia has guidance and information regarding Travel and COVID-19. You can review [here](#).

Travel Eligibility

International students are eligible to travel to Canada if they meet the following [criteria](#):

- Have a valid study permit or Letter of Introduction that shows study permit approval
- Designated Learning Institution is approved by province for its COVID-19 readiness plan

Timing of your arrival to Canada

The International Student Advisor must be notified of travel plans, but please notify us by filling out the [Travel Request Form](#) (also posted on our website) instead of emailing us.

New international students who receive their study permit prior to the 2022 Winter term start date should consider their arrival no earlier than one (1) month prior to the program start date. This is to allow sufficient time for the 14-day quarantine period (if required). Check the CMTN [Course Calendar](#) for program start dates.

Entrance to Canada is determined by Canadian Border Services Agency.

Planning your travel to Canada

Quarantine and travel itinerary considerations

CMTN campuses are located in the northwestern region of British Columbia. The recommended Port of Entry in Canada for CMTN students is Vancouver (YVR). Domestic travel is required to reach CMTN campuses, air travel being the most fast and convenient. **Effective November 30, 2021, full vaccination of an approved vaccine from the Government of Canada is required to board a domestic flight within Canada. Further information on domestic travel can be found [here](#).**

It is expected that students understand ALL the requirements of entering Canada at this time.

Find out if you can enter Canada: <https://travel.gc.ca/travel-covid/travel-restrictions/wizard-start>

Category A: For fully vaccinated travelers

Effective September 7, foreign nationals who qualify for the fully vaccinated traveler exemption can enter Canada for discretionary travel.

Check if you qualify for the exemption: <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#determine-fully>

Those who meet the [requirements for a fully vaccinated traveler](#) may be exempt from the federal requirements for quarantine and testing. Exemptions are determined on a case-by-case basis by CBSA upon arrival. As a result, CMTN highly recommends that students traveling in to Canada only book arrangements that offer flexibility.

Please review the checklist that best applies to you:

- [Fully vaccinated traveler exemption checklist](#)
- [Steps to follow for your trips](#) (i.e. proof of pre-entry test, proof of vaccination etc.)

Note 1: A 14-day quarantine plan is required to be in place for all travelers. Your quarantine arrangement should follow federal guidelines and must be submitted via the ArriveCAN app.

Note 2: To be considered fully vaccinated, only certain types of vaccine or combinations of vaccines will be [accepted by the Government of Canada](#) at least 14 days prior to entering Canada.

Note 3: Fully vaccinated travelers should be prepared to take an arrival COVID-19 test at the Port of Entry. The traveler will need to follow through with their quarantine plan until the arrival test results come back negative.

For those that are deemed fully vaccinated and are permitted to proceed to final destination, should you test positive as indicated by the [COVID-19 Arrival test](#) you will be required to complete full quarantine upon receiving positive results (from COVID-19 test). *If this happens, please connect with our international student advisor, Myrna Ordon via email regarding your travel plan.*

Category B: For partially vaccinated/non-vaccinated air travelers (including those who are fully vaccinated but [vaccine types are not approved](#) by the federal government)

For travelers who fall under this category, there are no changes to Canada's current border measures. They must continue to adhere to the current testing and federal quarantine requirements, and provide COVID-19-related information electronically through ArriveCAN before arriving in Canada. Find out how to start planning your travel and quarantine plans [here](#)

****As of January 15, 2022, international students will need to be fully vaccinated with an approved vaccine in order to enter Canada.**

Informing Coast Mountain College (CMTN) of your Travel Plans

Regardless of your vaccination status, you **must** notify international student advisor, Myrna Ordoná of your travel intentions and plans by first filling out the [Travel Request Form](#) at least one week prior to your arrival. Our international student advisor will reach out to you shortly after receiving and reviewing your travel request.

This is to ensure that you are fully prepared for the journey ahead and to check in with you virtually during quarantine if required. Informing the College is also the first step in the process of obtaining a Letter of Support.

Contact: International Student Advisor, Myrna Ordoná mordona@coastmountaincollege.ca

Your first step

You can notify the International Student Advisor by following these steps:

- Submit a [Travel Request Form](#)
- Wait for automatic response email after submitting form with further instructions
- Submit via email all of your travel documents (flight itinerary, proof of vaccination document if applicable)
- Your plans will be reviewed by the International Student Advisor for a Letter of Support

Letter of Support for Canadian Immigration Purposes

Students can obtain a Letter of Support from the International Student Advising office. The purpose of this letter is to support the travel of the student to CBSA. The letter will not be issued for airline reservation purposes, and will be issued before student's expected arrival to Port of Entry in Canada.

Once the steps outlined above are complete, and approved by the International Student advising office, the letter will be issued no later than 24 hours before scheduled arrival to Canada. Not giving the International Student Advising office sufficient time to review plans before scheduled departure does not guarantee a Letter of Support.

Planning Checklist

- Confirm if you meet travel requirements
- Review the [COVID-19: Entering Canada requirements checklist](#) and ensure you have all the required documentation
- Submit the [Travel Request Form](#) and wait for the automatic response email after submission
- Submit all travel and vaccination documents in **one email** to mordona@coastmountaincollege.ca
Subject Line: (Student Number) TRAVEL PLAN
- After approval of plans, receive Letter of Support from the college
- Download the ArriveCAN mobile app [here](#) prior to your departure (**MANDATORY**) and submit travel information accordingly

Packing Checklist

Take time to consider what you will need to remain indoors and isolated for at least 14-days of quarantine, if required. You should plan and be prepared for the possibility that you may become ill and be required to remain in self-isolated for longer than 14 days.

There are items that you must bring which are listed below, and there may be additional items that you prefer to have on hand to be more comfortable.

You are required to pack enough supplies in your carry-on for the duration of your travel to Canada:

- 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 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 enough supplies in your checked baggage for your required period of self-isolation:

- Enough clothes for at least 14 days as there may be limited or no access to laundry facilities
- 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

Arrival to Port of Entry in Canada

What to expect at the Canadian Port of Entry – infographics below:

- [Fully vaccinated traveler exemption](#)
- [Travelers who are not eligible for the fully vaccinated exemption](#)

What to Expect for the 14-Day Quarantine period – if required

If you do not meet the fully vaccinated traveler exemption, you will be required to complete a mandatory 14-day quarantine period. Here is what you need to do and what to expect:

1. A COVID-19 molecular test will be required upon arrival to Port of Entry. You will also receive a testing kit to be used on Day 8 of your quarantine. **You may proceed to your quarantine accommodation while waiting for the [results](#) of your arrival test.** Taxi transportation is strongly recommended.
2. CMTN supports your access to hotel packages for students to complete the 14 day quarantine. The hotel locations we have worked with are in the Greater Vancouver area, familiar with the government regulations for self-isolation, 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 (see Page 8).*
3. It is recommended students travel with a valid credit card to make contactless payments, as well as Canadian dollars in cash. Please note that if a hotel reservation is made, the hotel may require to see the credit card used for payment.
4. The total cost of quarantine is the student's responsibility.
5. Some students might choose to complete their required period of self-isolation with a family member or trusted friend living in the Greater Vancouver area. Please follow the BCCDC guidelines for '[How to isolate if you live with others.](#)'
6. You are not allowed to leave your room and must avoid all contact with other individuals during your self-isolation. See the [Dos and Don'ts Self Isolation Sheet](#) from the BCCDC.
7. During your self-isolation, 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.
8. Some hotels include discounted meal plans with an additional cost. You may either opt in or opt out. If you decide to accept the 14-day meal plan, you will be charged even if you choose to skip any or some meals in between.
9. 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, which are all 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).
10. Take the Day 8 COVID-19 test while in quarantine. Please follow the instructions given on the testing kit received upon arrival. **Click [here](#) for more information on Day 8 test results.**
 11. 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-in meetings with staff members from CMTN. 2-3 virtual meetings may be scheduled during your quarantine period.
 12. You must apply for MSP immediately on arrival in B.C. by completing the [online application](#).

Your Health during Quarantine

[Here](#) is the link from the B.C. Centre for Disease Control about symptoms, self-isolation, how to monitor your condition, testing, and more. Know that getting sick is normal, supports are available to support your wellness and if you have any hesitations please speak up for help. 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.

What should I do if tested Positive or Negative?

The federal government lists out the criteria and steps you should fulfill and take regarding your pre-entry test, test on arrival, your test kit information and the results. Click [here](#) for more information

Mental health

Quarantine can be difficult and your mental health is an important part of your wellness. [Here2Talk](#) is a free program funded by the Provincial Government. Please contact [Here2Talk](#) 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 stigma 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)

Non-Compliance

In certain situations, government authorities may fine travelers for non-compliance. The college reserves a right to call the local police to report someone who appears to be breaking quarantine. Failure to comply with this order is an offence under the [Quarantine Act](#) and could lead to imprisonment and/or fines. Please refer [here](#).

Hotel Student Quarantine Packages and Services

IMPORTANT: All accommodation bookings must be done/reserved prior to student's arrival in Canada

Accommodation for your 14-day quarantine

CMTN has partnered with hotels in the Greater Vancouver (Richmond and Burnaby) area to provide safe, affordable self-isolation accommodations for our students entering Canada from International travel.

Two self-isolation accommodation packages available (for the remaining quarantine stay):

- a) A list of Burnaby hotel packages [CLICK HERE](#)
- b) Richmond Hotel options listed in table (Table 1.1)

Hotel Safety Protocols

Each hotel partner has COVID-19 safety protocols. The protocols for the hotel student select for their period of self-isolation will be provided to them when they submit their plan to the International Student Advisor, Myrna Ordon.

Table 1.1 Services and facilities available		
*Note: You may ask the hotel for a more detailed pricing plan and services when you book	Sheraton Vancouver Airport Hotel	Vancouver Airport Marriot Hotel
Location	Richmond	Richmond
Driving distance from the airport (YVR)	15-20 mins	15-20 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	✓	✓
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)
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	✓	✓
Laundry service by calling the front desk for pickup	✓ 25% off	✓ 25% off
Hygiene products (shampoo, soap, towels) included. Call front desk for additional supplies	✓	✓
Nearby hospital with a five-minute walking distance	✓	✓
Room rate per night excluding meal plan and taxes	\$139 ++	\$139 +

Completing your quarantine and travel to your campus

1. If you have remained asymptomatic throughout your quarantine and your Day 8 COVID-19 test results are negative, on the fourteenth day you may purchase an airline ticket to complete your trip to the CMTN campus stated in your acceptance letter. You may make your way to your campus location **after** the fourteenth day, as long as it is safe to do so.
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. It is important that you have made your accommodation arrangements prior to arrival. On-campus housing is available at the Terrace campus only. Please contact residence@coastmountaincollege.ca for more information.
4. You may consider short-term housing while looking for a long-term place to stay. You can contact 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. Make sure you update your contact information after securing your new Canadian address and mobile phone number.
9. Enjoy your studies at CMTN! We are delighted to have you join us and look forward to meeting you online.

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

If you are scheduled to begin your program in the 2022 Winter term, and are arriving more than 7 days before your start date, you are strongly encouraged to travel with your own medical insurance.

Medical Requirements (once arriving in B.C.)

All residents of the province of British Columbia in Canada for more than six months are required to have medical insurance through our publically funded Medical Services Plan (MSP), and this includes international students. MSP provides basic medical benefits including doctor/ clinic visits and emergency services.

You must apply for MSP immediately on arrival in B.C. 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](#), which begins up to 7 days before your program start date.

Resources available on your arrival to the region

B.C. Provincial Health Officer sets health restrictions and guidance for those in the province, including travel restrictions within the province and mask guidance. Stay up-to-date [here](#).

B.C. Centre for Disease Control (BCCDC) helps B.C. residents stay informed about current diseases, issues and topics, including providing data and reporting on COVID-19 transmission rates and information about outbreaks and exposures within the province. Visit [BC CDC](#).

Northern Health Authority (NHA) delivers health care across northern B.C.. Their services range to include acute hospital care, mental health and addictions, public health, home and community care. NHA would undertake case management and contact tracing in the event you were confirmed to have COVID-19 while in the region. Visit [NHA](#).

HealthLinkBC provides reliable non-emergency health information and advice to those in B.C., so that you can make decisions for yourself and those you care for. Visit HealthlinkBC's [website](#) or call 8-1-1 for easy phone access to information, services, and advice, including help identifying whether you might require testing or self-isolation due to COVID-19.

B.C. How to get vaccinated for COVID-19 [website](#) provides information on available clinics and the newly implemented [Proof of vaccination/BC Vaccine Card](#).

CMTN requirements and supports

If you are unable to be vaccinated, wear a mask, or in any other way need assistance from CMTN to ensure your safety and inclusion in work and learning, please reach out to your instructor or an Accessibility Coordinator for confidential support and information.

The college requires that you take steps to support the health and safety of campuses and prevent communicable disease. At minimum, this includes:

- Stay/ return home when you are feeling well
- Wash your hands well and often
- Cover your cough/ sneeze

In addition, you should get vaccinated at the earliest available opportunity and make use of face coverings to support your own health and the health of others.

You are required to stay home when you are unwell in order to prevent transmission of communicable diseases. B.C.'s self-assessment COVID-19 app is in place to help you understand if you are required to be tested for COVID-19 ([link](#)). If you are unsure about your symptoms, call HealthLink at 8-1-1 for additional advice.

If you encounter any barriers to accessing the vaccine in Canada, please reach out to Jennifer Farrow, Director of Organizational Development (jfarrow@coastmountaincollege.ca).

CMTN counselling support (Here2Talk) [Here2Talk](#) is a free and confidential program that provides all students currently registered with a B.C. post-secondary school access to single-session 24/7 mental health support and community referral services via app, phone and web. It includes confidential emotional support, including crisis intervention, available night and day via phone and chat. Access to counsellors who have experience dealing with the common challenges faced by students.

No appointment needed. Free to students. Call in or start a chat via app or web.

Safety and Security To report concerns around safety, including COVID-19 public health order violations by event organizers, venues or individuals, please contact your local bylaw office or local police non-emergency line. Most investigations are initiated following a complaint and would establish whether or not action will be taken. Prince Rupert [RCMP](#), City of Terrace [Bylaw department](#) or [RCMP](#), Smithers [Bylaw Department](#) or [RCMP](#), Hazelton – [New Hazelton RCMP](#).

Post-Graduation Work Permit (PGWP) Eligibility

Studying from home will not result in time being deducted from the length of your PGWP until December 31, 2021, and under certain conditions listed [here](#).

If you applied for your permit before starting your program, any time since spring 2020 that you have spent studying online will count towards the length of your PGWP. Time will begin to be deducted from the length of your PGWP for studies you complete outside Canada after December 31, 2021. Check the [IRCC](#) website for the most up-to-date information about PGWP eligibility.

Questions are welcome. Contact:

Myrna Ordon, International Student Advisor

MOrdon@coastmountaincollege.ca

Telephone contact information for Jieni Lim, International Recruitment Coordinator, and Patricia Pryce (Trish), Dean of Student Recruitment and Success, 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>.

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