

COVID-19 Preparedness

PACIFIC DANCEARTS INC

2/22/2021
Pacific DanceArts
Coastal City Ballet



International Students

All international students planning to travel to Canada need to carefully follow the steps outlined in our guide including submitting a mandatory **Travel & Self-Isolation Plan**. This includes new students as well as continuing students who leave Canada temporarily.

Guide for International Students

Due to the COVID-19 pandemic, the Government of Canada has implemented travel restrictions that limit the ability of foreign nationals to enter Canada and has mandated that travelers entering the country quarantine for 14 days upon arrival. Whether you are new or returning to Pacific DanceArts, make sure to follow all the steps below if you are an international student planning to travel to Canada.

Do NOT travel to Canada if you are displaying symptoms of Covid-19

Check your Travel Eligibility

To assess whether you may be permitted to enter Canada or not, carefully review Travel exemptions and restrictions for international students on the Immigration, Refugees and Citizenship Canada (IRCC) website.

Pacific DanceArts is on the list of Designated Learning Institutes (DLIs) with an approved COVID-19 readiness plan. In order to be eligible to enter Canada, you must:

- Have a valid study permit or study permit approval (Port of Entry Letter of Introduction)
- Have a valid Pacific DanceArts Letter of Acceptance
- Submit a Pacific DanceArts Travel & Self-Isolation Plan at least one week prior to traveling

You may contact the Canada Border Services Agency (CBSA) directly for more information. A border services officer will make a final decision on your eligibility to enter Canada when you arrive.

In addition to other requirements for entering Canada, most foreign nationals will need to have a Visitor visa or ETA.

Plan for Quarantine

Once you have verified that you are eligible to enter Canada and have booked a flight, you need to plan for your mandatory 14 day quarantine upon arrival to Canada as required by the federal *Quarantine Act*.

Review the following information for guidance as you create your quarantine plan.

Quarantine Accommodation

To better understand what kind of accommodation may be acceptable for your required 14-day quarantine read through [IRCC – For travellers without symptoms of COVID-19 returning to Canada](#).

You may be able to complete your quarantine at a private residence or a hotel as long as the accommodation has space for you to be completely separated at all times and allows you to meet all government quarantine requirements.

Nearby hotels that are able to accommodate students during quarantine include:

- [Holiday Inn Express Metrotown](#) (contact: sales@himetrotown.ca)
- [Accent Inn Burnaby](#) (contact: schan@accentinns.com)
- [Executive Suites Hotel Metro Vancouver](#) (contact: dos.bby@executivehotels.net)
- [Hilton Vancouver Metrotown](#) (contact: YVRVM-RS@hilton.com)
- [Travelodge Vancouver Airport](#) (contact: Whg7522ac@whg.com)

Tip: To inquire about any special deals or discounts, contact the hotels via the email addresses listed above and mention that you are an international student needing to quarantine upon arrival to Canada.

[GEC Living](#) is another option for quarantine accommodation.

Note that Pacific DanceArts does not have student accommodations on campus and therefore cannot accommodate students during quarantine.

Transportation from Airport or Land Border Crossing

You must travel directly to your quarantine accommodation from the airport or land border crossing. A mask should be worn during this entire trip.

[Taxis](#) are available at the taxi stand located outside the International Arrivals area at Vancouver International Airport. [Ridesharing services](#) or [premium limousine services](#) are also available. If you plan to stay at a hotel that operates a complimentary airport [courtesy shuttle](#), you may be able to use that service (check with the hotel in advance).

Do NOT use public transportation from the airport to your quarantine accommodation

Food and Other Necessities

Since you are not allowed to go out to shop during quarantine, you must have a plan for making sure you can access food and any other items that you may need.

If you have family or friends in the area that are willing to support you, then you may be able to depend on them to deliver these items to you. If you are planning to quarantine at a hotel, check if they offer meals by room service.

If you will depend on delivery services, it is important to have access to a credit card that you can use in Canada should you need to order any items. This is especially true since many

businesses are not accepting cash at all due to the COVID-19 risk.

Companies that deliver groceries or prepared meals include:

- [Instacart](#)
- [Skip the Dishes](#)
- [DoorDash](#)

Submit a Travel & Self Isolation Plan

As part of Pacific DanceArts' COVID-19 preparedness plan, all international students who plan to travel to Canada must submit a mandatory Travel & Self-Isolation Plan at least one week prior to traveling. This includes new students as well as continuing students who left Canada temporarily.

Once you submit your Travel & Self-Isolation Plan, staff from the office will be in touch to provide one-on-one support and to make sure that you will have valid medical insurance when you plan to arrive in Canada.

If your travel plans change, you should re-submit a new Travel & Self-Isolation Plan or contact info@pacificdancearts.ca.

Prepare for Your Trip

Before traveling to Canada, you will need to submit your information through [ArriveCAN](#) and double check that you have all your required documents and other important items.

Required documents for entering Canada

- **As of February 22, 2021 all air travelers arriving in Canada, with very limited exceptions, must reserve a room in a Government of Canada-approved hotel for three nights at their own cost, and take a COVID-19 molecular test on arrival at their own cost. More details will be available in the coming days.**
 - This [PHAC Infographic](#) will help you visualize and understand these new requirements.
- Documentation of a negative lab test result taken within 72 hours prior to your scheduled departure to Canada, performed using a COVID-19 molecular polymerase chain reaction (or PCR) test.
- A valid passport or travel document
- A valid [Visitor Visa](#) or [eTA](#) (*not required for US citizens*)
- A valid study permit or the [Port of Entry \(POE\) Letter of Introduction](#) the visa office sent you when they approved your study permit application;
- A valid Pacific DanceArts Letter of Acceptance

- Proof of financial support for yourself and any other family members who may come with you to Canada
- Letters of reference or any other documents the visa office told you to bring
- Your medical insurance information. Most international students will need to apply for British Columbia's Medical Services Plan (MSP) once they arrive in BC but will also need to have temporary basic private medical coverage during their MSP coverage waiting period.

Carry these documents with you at all times and do not put them in your checked luggage. You may not be allowed into Canada if any of your documents are missing or if any of the information on your application or letters of reference is incorrect.

Other Important Items to Pack

A mask is essential to wear while traveling including when meeting a border services officer and until you reach your quarantine accommodation.

If you do not have someone to deliver things to you during quarantine, then consider bringing certain items with you when you travel, such as:

- any medication you may require (review *Traveling with medication* for more information)
- a digital thermometer (to check your own temperature during quarantine)
- credit card that will work in Canada
- laptop computer, smartphone, and/or tablet to access the internet
- chargers for all your electronic devices
- packaged snacks
- extra toiletries

Use ArriveCAN

The government of Canada requires international travelers to provide certain information through ArriveCAN.

As of November 21st 2020, travelers planning to enter Canada are required to use ArriveCAN:

1. BEFORE boarding your flight to provide information about your travel and quarantine plans (this is also encouraged for travelers enter Canada via land border crossing),
2. As you enter Canada, by showing your ArriveCAN receipt to a border services officer,
3. Within 48 hours of entering Canada to confirm that you have arrived at your quarantine accommodation, and

4. Throughout your 14-day mandatory quarantine to complete daily COVID-19 symptom self-assessments.

For more details, see:

- [IRCC – Use ArriveCAN if you are travelling to Canada by plane, or](#)
- [IRCC – Use ArriveCAN if you are entering Canada by land or marine vessel.](#)

When you arrive at a Canadian port of entry, you will meet a [Canadian Border Services Agency \(CBSA\) officer](#) who will verify your documents and ask you questions about the purpose of your visit to Canada. See [When you travel to Canada](#) for more details.

If you are issued a study permit by the CBSA officer, quickly double check that your personal information and validity is correct, and that there are remarks about working eligibility if that is important to you. It is much simpler to correct any errors on your study permit while you are still with the CBSA officer. Otherwise, you may have to [submit a request to amend your study permit](#) later, which may take several months to process.

Complete Your Quarantine

You will receive an email from the office a few days before your planned arrival in Canada. Once you arrive at your quarantine accommodation, please confirm your arrival as instructed in that email.

Your point of contact will check-in with you regularly throughout your quarantine, and you should be in touch with your point of contact immediately if during your quarantine you have any possible [symptoms of COVID-19](#) or have difficulty accessing food or other necessary items.

Quarantine can feel very isolating but please know that you are not alone! If you need to talk to someone, your point of contact is available to provide one-on-one support. We also encourage you to visit the [Pacific DanceArts website](#) for important resources regarding mental health. Or you may access [Here2Talk](#) for free 24-hour mental health supports.

[During your quarantine, you will need to](#)

1. Comply with all government requirements stated at [IRCC – How to quarantine \(self-isolate\) at home when you may have been exposed to COVID-19 and have no symptoms,](#)
2. Assess yourself daily for any possible [symptoms of COVID-19,](#) and
3. Submit certain information through ArriveCAN.

It is important to understand that failure to comply with the federal *Quarantine Act* could result in serious punishments including a maximum fine of \$1,000,000 and up to 3 years in prison.

After you successfully complete your 14-day quarantine, we encourage you to continue to take all

precautions to prevent the spread of COVID-19 when around other people.

Support for International Students

Upon arrival to Canada, each newly arriving international student will be paired with a current student in their respective program. This “buddy” can help students with any questions they have and be an important social contact.

“Buddies” are there to help. They can:

- Provide social support in time of isolation
- Aid newly arriving students in joining the Pacific DanceArts community while off-campus
- Can provide possible support with quarantine requirements such as picking up groceries – this support is additional and cannot be used in the Travel and Self Isolation Plan

In addition, newly arriving international students are encouraged to sign-in to appropriate classes virtually through Zoom. We value all students at Pacific DanceArts and encourage students to join the socially distanced community as soon as possible.

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