

International Travel Preparedness

PACIFIC DANCEARTS INC

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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 current 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 which includes COVID-19 testing requirements as well as 14-day quarantine upon arrival. Exemptions may apply if you are fully vaccinated. Whether you are new or returning to Pacific DanceArts, make sure to follow all of 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.

Use the Find out if you can enter Canada online self-assessment tool for more information.

You may contact Canada Border Services Agency (CBSA) directly if you would like a confirmation before your trip. A border services officer will make a final decision on your eligibility to enter Canada when you arrive.

Be aware that some students have reported being denied from their flight by their airline due to traveling “too early” before their studies begin. If you are traveling more than 3-4 weeks before your program starts we suggest contacting your airline in advance for a confirmation from them that you will be able to board your flights without any issues.

Note: If you change your DLI before traveling to Canada and don't inform IRCC, you won't be allowed to board your flight. Make sure to follow the procedure to change your school or program if necessary.

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.

Exemption for fully vaccinated travelers

The following excerpt is from the Public Health Agency of Canada news release on June 21, 2021:

Beginning July 5, 2021 at 11:59 p.m. EDT, fully vaccinated travellers who are permitted to enter Canada will not be subject to the federal requirement to quarantine or take a COVID-19 test on day-8. In addition, fully vaccinated travellers arriving by air will not be required to stay at a government-authorized hotel.

To be considered fully vaccinated, a traveller must have received the full series of a vaccine — or combination of vaccines — accepted by the Government of Canada at least 14 days prior to entering Canada. Currently, those vaccines are manufactured by Pfizer, Moderna, AstraZeneca/COVISHIELD, and Janssen (Johnson & Johnson). Travellers can receive their vaccine in any country, and must provide documentation supporting their vaccination in English, French or with a certified translation.

For these new measures to apply to them, fully vaccinated travellers must still meet all other mandatory requirements, including pre- and on-arrival testing. Continued testing will allow public health experts to keep monitoring positivity rates at the border, monitor for variants of concern, and make further adjustments to border measures as needed.

Fully vaccinated travellers must also be asymptomatic, have a paper or digital copy of their vaccination documentation, and provide COVID-19-related information electronically through ArriveCAN prior to arrival in Canada. They must still present a suitable quarantine plan, and be prepared to quarantine, in case it is determined at the border that they do not meet all of the conditions required to be exempt from quarantine. As with all other exempt travellers, they will be required to follow public health measures in place, such as wearing a mask when in public, keep a copy of their vaccine and test results, as well as a list of close contacts for 14 days after entry to Canada.

For travellers who are not fully vaccinated, there are no changes to Canada's current border measures. They must continue to adhere to the current testing and federal quarantine requirements, which have been effective in reducing importation and transmission of COVID-19 and variants in Canada, and provide COVID-19-related information electronically through ArriveCAN before arriving in Canada. Unvaccinated air travellers must also book a three-night

stay at a government-authorized hotel before their departure to Canada.

Government-authorized hotel stopover

Travelers flying to Canada who are not exempt from quarantine requirements must reserve in advance and stay at a government-authorized hotel for their first 3 nights upon arrival while waiting for the results of a molecular COVID-19 test, which will be given on arrival. If the test results come back negative, the traveler will be permitted to continue on to their place of quarantine to complete the remainder of the required 14-day quarantine.

Travelers driving to Canada from the United States don't have to complete a hotel stopover but do have to follow other testing and quarantine requirements (unless exempt from quarantine requirements).

Unaccompanied minors may be exempt from the hotel stopover requirement.

Quarantine Accommodation for the remainder of your 14-day quarantine

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

If you enter Canada via flight, transportation to the government-authorized hotel for your 3-night stopover is included. When you check out, you must travel directly to your next quarantine accommodation to complete the remainder of your mandatory 14-day quarantine. Staff at your hotel will be able to assist you to arrange for a taxi or other transport service to your next quarantine location.

If you enter via land border crossing, you must travel directly to your quarantine accommodation to complete the mandatory 14-day quarantine.

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

All meals are provided during the required 3-night stopover in a government-authorized hotel.

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' international travel 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.

See the Government of Canada's [Flying to Canada checklist](#) or [Driving to Canada checklist](#) for detailed information.

If you required to bring medical exam results, check to make sure they don't expire before you travel.

Required documents for entering Canada

- Travel restrictions and strict requirements for entering Canada continue to affect international students of all nationalities. It is important for you to carefully review all of the information below including the links we have provided.
 - For a general overview, view the PHAC Infographics for [entering Canada by air](#) or [entering Canada by land](#).
 - While we make every effort to regularly update the information in our guide below, we advise you to also review [IRCC – Coronavirus disease \(COVID-19\): International students](#) if you are planning international travel to Canada.
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- Results from your [required pre-departure COVID-19 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
 - Confirmation of reservation for first 3-nights upon arrival at [government-authorized airport hotel](#) (for travelers flying to Canada who are not exempt from quarantine requirements)
 - 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](#) both pre-departure and after arrival in Canada. For more details, see [Use ArriveCAN if you are travelling to Canada by plane](#).

Fully vaccinated travelers who wish to be exempt from quarantine requirements must [submit vaccination documentation through ArriveCAN](#).

Complete Your Quarantine

Fully vaccinated travelers meeting specific requirements may be [exempt from quarantine upon arrival to Canada](#).

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,
3. Complete your Day-8 test kit, and
4. 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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