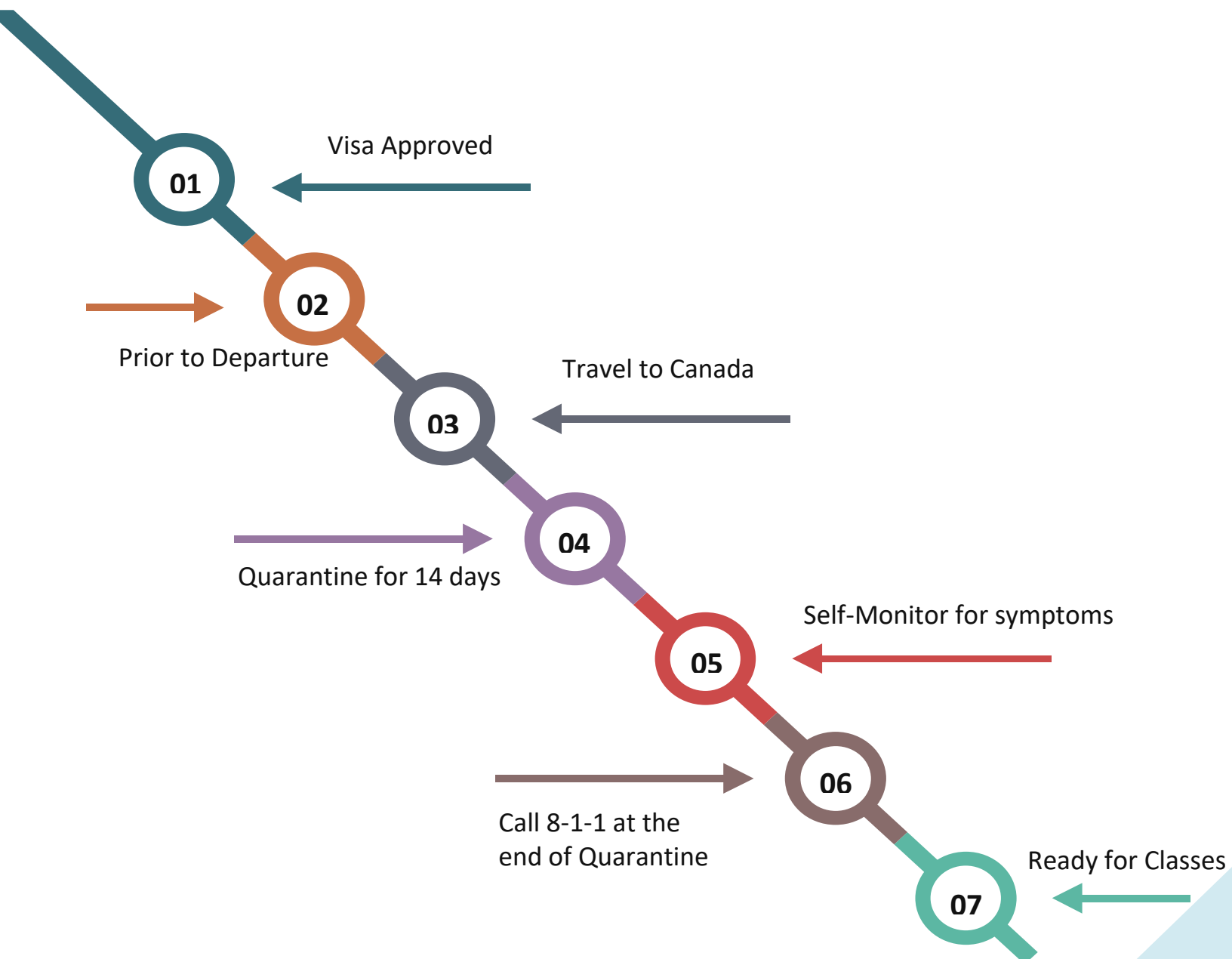


Student Pre-Arrival Package



Overview of Arrival and Self-Isolation in Canada



Prior to Departure

Congratulations! You have worked your way through the application process and now have obtained Student Visa. Now it is time to pack your bags and travel to one of the most beautiful British Columbia, Canada. We will cover everything that you need to know so you can sit back relax and enjoy your journey.

Eligibility:

For your travel to Canada, you must meet the following requirements as per Immigration Refugee and Citizenship Canada (IRCC):

1. You must have valid documents to travel, and
2. You must be travelling for an **essential purpose** (Study).

In addition to the requirements above you also need the following:

1. A valid Temporary Resident Visa (TRV) or An Electronic Travel Authorization (ETA).
2. A valid Study Permit (for returning students).

Once you've determined you're eligible to travel, you can take the next steps. You can click on any of the 6 below to learn more.

1. Assess your quarantine plan before you travel
 2. Get your pre-entry COVID-19 test
 3. Reserve your 3 night hotel stop over
 4. Use ArriveCAN to submit your travel and quarantine plans (Federal)
 5. BC Self-Isolation Plan (Provincial)
 6. Insignia College Pre Departure Checklist (College)
-
- [Self-isolation on return to BC \(Government of British Columbia\)](#)
 - [Self-isolation and self-monitoring \(BCCDC\)](#)
 - [Dos and don'ts of self-isolation \(BCCDC\)](#)

Insignia College students are requested to submit their travel and self-isolation plans prior to departure from their home country so your information can be verified by Insignia College Team. Please fill out the [Insignia College Pre Departure Checklist](#) and upload your PDF of your Self-Isolation Plan.

- We have compiled a list of isolation resources including special accommodation rates for Insignia College students at various hotels nearby after mandatory government quarantine.

Upon request, pick up service is available at extra cost to the student.



While Travelling

It's important to adhere to the following tips to ensure a safe journey to Canada:

- Wear a mask. Most airlines have made masks mandatory, but it's best practice in the airport or other indoor areas.
- Avoid large crowds or crowded areas.
- Avoid contact with sick people, especially if they have a cough, fever or difficulty breathing.
- Wash your hands often with soap under warm running water for at least 20 seconds.
- Use alcohol-based hand sanitizer if soap and water are not available. Always keep some with you when you travel.
- Practice proper cough and sneeze etiquette.
- Take precautions against respiratory illnesses and seek medical attention if you become sick.

If you are abroad and you have COVID-19 symptoms or have been diagnosed with COVID-19:

- Inform Insignia College by emailing us at covidhelp@insigniacollege.com
- Follow the advice and instructions of local public health authorities
- Seek medical attention if required

When ready to board:

1. Have your ArriveCAN receipt and pre-entry test results ready to provide to the airline
2. Check the requirements for boarding a flight to Canada



Upon Arrival

1. Have your ArriveCAN receipt, test results, and quarantine plans ready for assessment by a Border Services Officer
2. Take a test on arrival
3. Go to your pre-booked hotel for up to 3-nights to await results from your arrival test

You have completed all the steps above and you have collected your baggage at YVR international, you will need to complete mandatory quarantine as per your plan submitted. You shall travel directly to your isolation hotel in a private arranged travel or taxi or Uber/Lyft. You cannot take public transit. For Yellow Cab Taxi, you can call (604) 681-1111, For Uber/Lyft download app in your phone for easy access. Use YVR free public Wi-Fi for internet connection. Please plan ahead to avoid any surprises.

During your Quarantine period, our dedicated team will stay in touch with you and provide you with the following required assistance for this time:

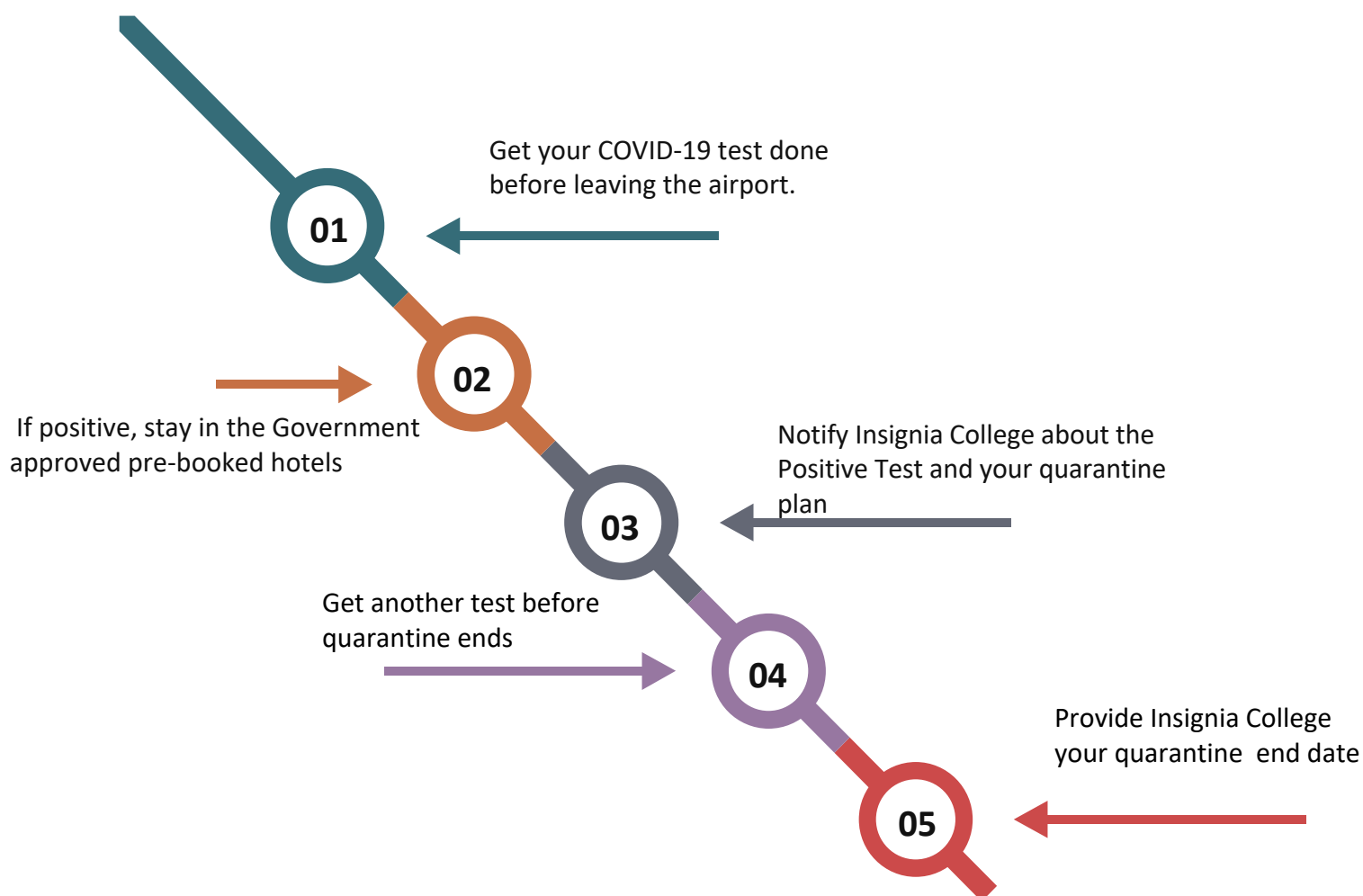
- Insignia College will email BC Health Guidelines and start an open communication channel.
- Insignia College will call you 3 times in isolation period. First call will be on 2nd day of arrival. Second call will be 1 week later and last call will be at the end of Quarantine to ensure your wellbeing. Students who do not answer phone calls will be followed up next day with another phone and emergency contact will be reached if unable to get hold of student.
- Insignia College will send you newsletter which will cover some creative activities while isolating and information on services and online events available.
- If you need to contact us, please call us at 7786957030 M-F between 0900-1700 or email anytime covidhelp@insigniacollege.com

Completing your Quarantine

1. You are required to take a COVID-19 molecular test before exiting the airport.
2. Go directly to your pre-booked government authorized hotel for up-to 3-nights to await results from your arrival test.
3. Use ArriveCAN to check in and report daily
4. When to leave hotel: The timing of your departure from the hotel and the place you will complete the rest of your quarantine period depend on the results of your arrival test.
5. Toward the end of your quarantine, you will take another COVID-19 test.
You must stay in your place of quarantine while you await the results from this test.

Insignia College students also have access to Here2Talk, a BC Government service that connects all postsecondary students in BC with 24/7 mental health support.

If you show symptoms or test positive for COVID



If you show symptoms

While you are in quarantine, you should be continuously monitoring for symptoms of COVID19. COVID19 continue to evolve and doctors are still learning more about it every day. For the list of most updated symptoms,

[Please click here for official Government of British Columbia symptoms website.](#)

If you tested positive for COVID-19 test after your arrival to Canada, you should inform Insignia College by filling our [COVID REPORT FORM clicking here](#). There will be another COVID-19 test required before your quarantine ends.

If you develop symptoms, must quarantine for additional 10 days from the date of your symptoms start. For more information please visit the following links:

- [Symptoms of COVID-19 \(Health Link BC\)](#)
- [COVID-19 testing information \(BCCDC\)](#)
- [COVID-19: If you are sick \(BCCDC\)](#)

If you test positive for COVID

If you catch COVID19 during your 14 days Quarantine period, you must inform Insignia College as mentioned in steps above. This will trigger the following response from Insignia College:

1. Maintain check-ins with student every 3 days and provide and support and guidance required.
2. Send Daily Monitoring Form and confirm that student is using it daily.
3. Provide information from Federal and Provincial bodies for international students.
4. Contact family emergency contact and advise them that college will fully support the student while in quarantine.
5. Provide any additional student services and academic aid as needed.



Meanwhile you are recovering, you can follow [this guide](#) while you are at home

What Your Test Results Mean

Accessible version available at <https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html>

If you test positive for COVID-19

TAKE STEPS TO HELP PREVENT THE SPREAD OF COVID-19



STAY HOME.

Do not leave your home, except to get medical care. Do not visit public areas.



STAY IN TOUCH WITH YOUR DOCTOR.



GET REST AND STAY HYDRATED.

Take over-the-counter medicines, such as acetaminophen, to help you feel better.



SEPARATE YOURSELF FROM OTHER PEOPLE.

As much as possible, stay in a specific room and away from other people and pets in your home.

End of Quarantine

Now that you have completed your 14 days quarantine period and you are feeling well, there are still few more steps that you need to take before you can visit campus for your first day of College. Please note that the following steps are only for students who show no symptoms while in quarantine period and for those who show any symptoms, please visit page 8 for reference.

STEP: 1

you must get a negative COVID-19 test before your quarantine ends. On your last day of quarantine, you must call 811 (Health Link BC) to talk to medical professional to get clearance to end your isolation. You must mention that you are an international student in your mandatory quarantine period and require medical clearance to attend classes.

STEP: 2

Once you obtain a clearance, you need to fill out this [FORM](#).

For reference, please visit the following link:

<https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist#inquarantine>

Appendix- 1 COVID19 SAFETY PLAN

Insignia College has developed COVID19 Safety Plan to ensure safety of all students, employees and visitors. This plan includes additional measures and initiatives to prevent the spread of COVID and continue operation during these unprecedented times. [Click here to find our COVID19 Safety Plan.](#)

Appendix- 2 TRANSPORTATION

All air travelers, with some exceptions, are required to wear a non-medical mask or face covering while travelling.

The following people should not wear a mask:

- Children under 2 years old
- People who have trouble breathing
- People who need help to remove a mask
- People who provide a medical certificate certifying that they're unable to wear a face mask for a medical reason

You may also need to wear a non-medical mask or face covering on other modes of transportation that are federally regulated. Before you travel, check to see how transportation measures affect your plans and what you need to pack.

Please adhere to the following rules while travelling from the airport to your self-isolation location (See Appendix 3 for transportation options):

- You must wear a suitable mask or face covering while in transit.
- Practice physical distancing at all times.
- Use private transportation such as a private vehicle to reach your place of quarantine, if possible.
- Avoid contact with others while in transit:
 - ° Remain in the vehicle as much as possible;
 - ° If you need gas, pay at the pump;
 - ° If you need food, use a drive through;
 - ° If you need to use a rest area, put on your mask and be mindful of physical distancing and good hygiene practices.

Appendix- 3 RESOURCES

TAXIS

- € **Uber Taxi** – [Click here](#)
- € **Lyft Taxi** – [Click here](#)
- € **24 hour Taxi Services**

- 30 Surrey and Vancouver Airport – 604-596-6666
- 40 White Rock – 604-536-7666
- 50 Cloverdale – 604-574-5311
- 60 Surrey Metro Taxi – 604-585-8888
- 70 Whaley Taxi – 604-581-1111

Note: Students must not use public transit such as Sky train or buses to your accommodation.

List of Government-authorized hotels for 3-day quarantine

Vancouver International Airport

- Westin Wall Centre Vancouver Airport

Calgary International Airport

- Acclaim Hotel
- Marriot Calgary Airport

Toronto Pearson Airport

- Alt Hotel Pearson Airport
- Four Points by Sheraton and Element Toronto Airport
- Holiday Inn Toronto International Airport
- Sheraton Gateway Hotel in Toronto International Airport

Montreal Pierre-Elliot Trudeau International Airport

- Aloft Montreal Airport
- Crowne Plaza Montreal Airport
- Holiday Inn Express and Suites Montreal Airport
- Montreal Airport Marriott In-Terminal

RESTAURANT DELIVERY

- Door dash
- Uber Eats
- SkipTheDishes

Groceries

- Walmart
- Instacart
- Fresh St. Market
- Thrifty Foods

Appendix- 4 Insignia College Forms

There are 3 essential forms that you may require before, during and at the end of quarantine period that you may need to fill out as fit below:

If you do not have any symptoms throughout the quarantine period, you only need to fill out FORM1 and FORM3

OR

If you develop symptoms, you need to fill out all of them.

FORM1- PRE- DEPARTURE CHECKLIST-----PRIOR to Departure

FORM2- REPORT SYMPTOMS-----In Quarantine/Anytime

FORM3- END OF QUARATINE-----After receiving clearance from 811
