

**International Student Arrival Guide**  
**Keeping Safe During COVID-19**



# Table of Contents

|                                  |         |
|----------------------------------|---------|
| Introduction                     | 3       |
| Definitions                      | 4       |
| Pre-Departure                    | 5       |
| Arrival Plans                    | 6       |
| Airport/Flight Best Practices    | 7       |
| Arriving in Canada               | 8       |
| Self-Isolation/Quarantine        | 9       |
| What to do during Self-Isolation | 10      |
| Conclusion                       | 10      |
| COVID-19 Checklist               | 11 - 12 |
| COVID-19 Travel Form             | 13      |
| Self-Isolation Plan              | 14      |
| Resources                        | 15      |

# Introduction

This year we need to alter our travel and arrival protocols.

Please take some time to review the information in this package. By not following these protocols, students may be denied entry into the country. Government authorities may also fine students for non-compliance in certain situations.

Our top priority is the health and safety of our students, host families, schools, and communities. We are obligated to follow the regulations and recommendations of the federal and provincial governments, as well as the local public health authorities.

**At the end of this document is the COVID-19 Travel form and the Self-Isolation Plan. These documents must be signed and sent to [isp@swlauriersb.qc.ca](mailto:isp@swlauriersb.qc.ca) prior to departing the country of origin in order to receive a support letter from our school board's Director to have in hand if required upon arrival at customs.**

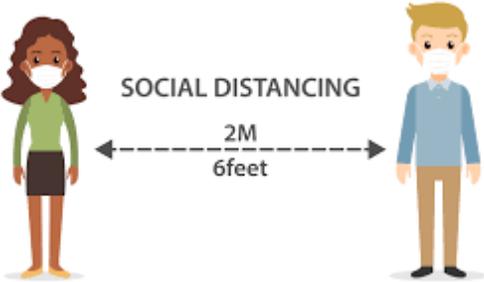


# Definitions

Below you will find COVID-19 vocabulary. Please become familiar with these terms.

## Social/Physical Distancing

Keep at least 2 meters between you and others.  
Avoid crowded spaces and places.



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## Self-Isolation and Quarantine

Stay in a place in isolation to prevent exposing others or yourself to COVID-19.  
Self-isolation is mandatory for travelers showing Covid-19 symptoms and Quarantine is mandatory for those without symptoms.



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## Self-Monitoring

Check your health for possible symptoms of COVID-19.



# Pre-Departure

## Communication and Relationship Building

Contact your family/homestay family using Zoom or Skype to exchange emails/cell phone numbers before your departure.



## Household Isolation

Before you leave your home country to come to Canada, it is recommended that you self-isolate in your home for 2 weeks and only interact with your family during that time.



## Medical Check / Testing

Students should request/obtain a letter from the doctor within 72 hours before departure that confirms they are healthy and safe to travel.

If possible, students should also get a COVID-19 test. Bring the letter with you when you go through immigration.



## Packing

Students should create two-separate lists when packing. One for their carry-on and one for their luggage.

Please find some COVID-19 essential items students will need to bring on page 14.



# Arrival Plans

Before you leave your home country, it is highly recommended to download the ArriveCAN app from the Government of Canada for detailed quarantine and self-isolation instructions.

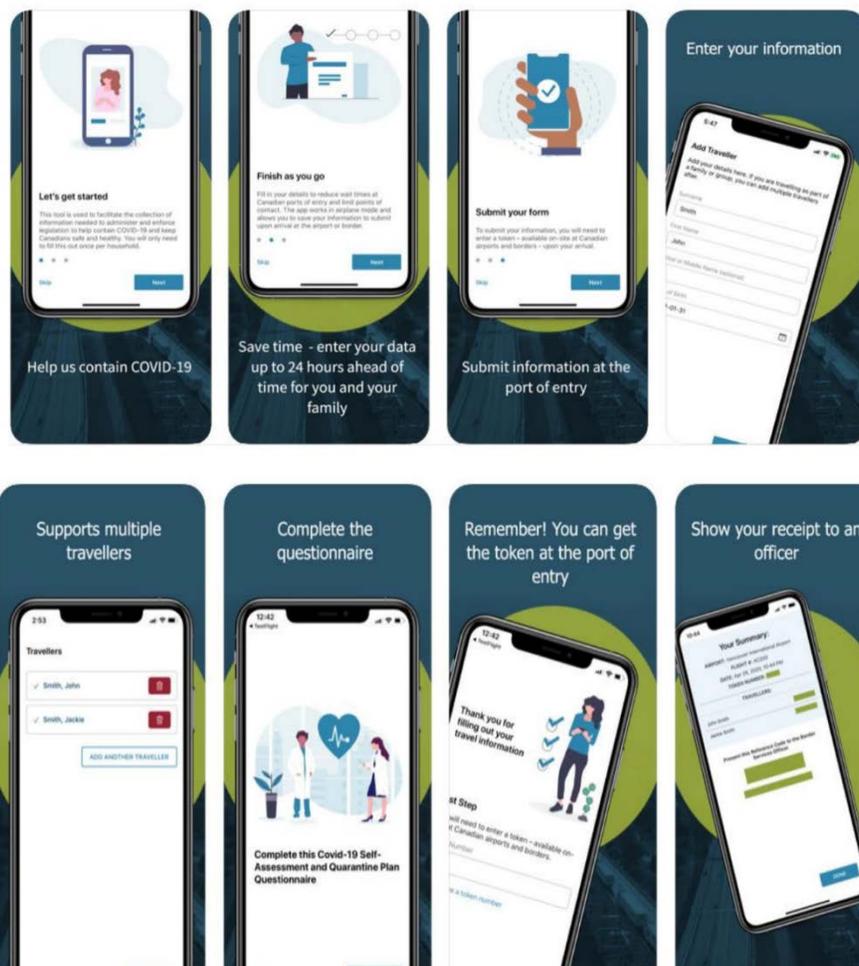
## ArriveCAN App

The ArriveCAN app is available for iPhone and Android and can be downloaded from the App Store or Google Play.

This app must be setup before you arrive at immigration in Canada because the immigration officer might provide you with a **TOKEN NUMBER** that you will need to enter.



Here are the steps to setup the app:



# Airport/Flight: Best Practices

## Wearing a Mask/Hand Washing

Remember to wear a mask at all times. Wash your hands before you board the airplane.

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## Practice Social Distancing

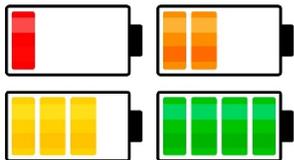
It is important to try to keep your distance (at least 2 meters) from other people.

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## Keeping Safe

Keep your cell phone charged in case you need to contact your family/host family. Bring some snacks in your carry-on bag because the restaurants in the airport may not be open. When you get to your airplane seat, remember to wipe down your area.



# Arriving in Canada

You finally made it! We are sure you are excited to begin your Canadian experience at the Sir Wilfrid Laurier School Board.

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Have the following documents ready for when you go through immigration:

- 1) Text your family/host family when you land
- 2) Have your Covid-19 travel form and Self-Isolation Plan printed and ready in case they are requested by an immigration officer
- 3) Have a copy of your host family profile and contact information ready
- 4) **Very important**— Do not forget to have your CAQ certificate and the confirmation letter for your **Study Permit** (if applicable)
- 5) Get your letter of Acceptance and the letter from the program's Director ready
- 6) Meet your family/host family at the arrivals section of the airport



# Self-Isolation/Quarantine

## Government Rules and Communication

You made it through the airport and now are heading to your new home. In Quebec, everyone has worked hard to keep COVID-19 manageable. We did this by following some important rules from the government. When you get to your new home you must quarantine (if no symptoms) or self-isolate (if symptoms are present) for 14 days. This means you should stay in your room and avoid direct contact with your family/host family and others.



The governments of Canada and Quebec want to make sure all new arrivals to Canada are safe and healthy. To do this they will call you, your family/host family to make sure you are self-isolating and following the law. You must be prepared to answer the call from **1-855-906-5585** or **613-221-3100**. Please note that no financial information will be asked.



## Student Responsibilities

To keep you and your host family safe while you are self-isolating, it is important that you stay in your room. You are able to leave your room to go to the bathroom or outdoor areas such as a backyard.



Remember to keep your room clean and practice good hygiene. Some examples are washing your hands often, showering every day, cleaning the bathroom after using it, covering your mouth and nose with your elbow when you cough and sneeze.

# What To Do During Self-Isolation

## Stay Connected

Contact your friends and family when you are self-isolating. Check with your family/host family to make sure you have access to wi-fi. It is important to check your email regularly because your school might try to contact you.

## Monitor your Mental Health

Being in a new country is exciting, but being in self-isolation may be challenging. Communicate with your family/host family regularly and let them know how you are feeling.

We are all here to support you!

## Physical Health

Staying active during self-isolation! This is a great opportunity for you to try a new exercise routine, such as yoga. It is important to make sure you establish a healthy routine as quickly as possible. Try to go to bed at a reasonable hour and don't stay up all night.



## Conclusion

We look forward to welcoming you to the Sir Wilfrid Laurier School Board. We must ensure the health and safety of our students and host families. **The following three documents will outline the expectations of government and health authorities. Students must abide by these expectations to participate in the program.**

These documents must be signed and emailed to [isp@swlauriersb.qc.ca](mailto:isp@swlauriersb.qc.ca) prior to departure.

# SWLSB COVID-19 CHECKLIST

## Pre-Departure

- Read all resource links listed on page 15
- Contact family/host family (make sure they have a current photo of you) and exchange contact information
- Obtain a letter from the doctor within 72 hours before departure
- Download the ArriveCAN App (iOS and Android)
- Complete and email us the Self-Isolation Plan and COVID-19 Travel Form
- In luggage, 30 disposable face masks and 1 cloth face mask, one large bottle of hand sanitizer, one box of nitrile gloves, and a thermometer
- In carry-on, pack the following:

|  |  |                                    |  |
|--|--|------------------------------------|--|
| Passport   |  | CAQ and Study Permit               |  |
| Family/Host Family profile and contact number  |  | Letter from SWLSB's Director       |  |
| Custodianship Documents  |  | Letter of Acceptance               |  |
| 2 masks, 3 pairs of gloves, travel-sized hand-sanitizer, disinfecting wipes, clothes and plastic bag (for travel)                        |  | Snacks and refillable water bottle |  |
| Print this 15-page document and carry it with you. Be sure to have completed/signed the Self-Isolation Plan and the COVID-19 Travel form |  |                                    |  |

## Airport

- Wear a mask and gloves
- Wash hands frequently and use hand sanitizer
- Practice social distancing and touch as few surfaces as possible
- Sanitize your personal space and minimize washroom trips
- Keep cell phone charged

## Arrival in Canada

- Contact family/host family and confirm pick up point
- Wear a fresh mask and gloves
- Have all documents ready to proceed through immigration
- Maintain physical distancing when picking up luggage
- Load your own luggage into the car and sit in the back seat if possible

## In Home/Homestay – Self-Isolation

- You are required to self-isolate for 14 days – this means staying in your room and avoiding contact with others
- When you arrive to your family/host family’s home immediately remove your travel clothes and ask your homestay how to wash them
- Your family/homestay family will provide you with foods, clean linens, a comfortable room and internet access
- Keep your room well ventilated and clean – open your window to allow air circulation
- Practice good hygiene and use a separate bathroom if possible and clean after every use
- Stay connected with friends and family by phone or internet
- Monitor your physical and mental well-being. If you are not feeling well, let your family/host family know
- Empty garbage frequently and wash hands after
- Follow your family/host family’s advice to wash clothes / do laundry
- Keep personal items separate from those belonging to others
- Ask for help from your family or host family if you need it

# International Student Arrival Guide

## COVID-19 Travel form

Self-Isolation is a requirement of the Quarantine Act and is not optional. Students who are in private homestay arrangements or with family members must also self-isolate for 14 days. **By signing, I have read, understood, and agreed to comply with the expectations listed in this 15-page document.** I \_\_\_\_\_ (student's name) understand that if I do not follow these expectations, I risk being dismissed from the program.

Please note that students and parents are responsible for any fines incurred due to breach of the Quarantine Act and regulations from the Government of Quebec. Penalties for not following the quarantine plan include:

- A fine of up to \$750,000
- 6 months of jail time
- Being found inadmissible, removed from Canada, and banned from entering for 1 year

|                                 |  |      |  |
|---------------------------------|--|------|--|
| Student – Legal Name<br>(Print) |  |      |  |
| Student Signature               |  | Date |  |

|                                |  |      |  |
|--------------------------------|--|------|--|
| Adult one full name<br>(Print) |  |      |  |
| Signature                      |  | Date |  |
| Relationship                   | <input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Legal Guardian <input type="checkbox"/> Custodian <input type="checkbox"/> Other<br>(specify) _____ |      |  |
| Adult two full name<br>(Print) |  |      |  |
| Signature                      |  | Date |  |
| Relationship                   | <input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Legal Guardian <input type="checkbox"/> Custodian <input type="checkbox"/> Other<br>(specify) _____ |      |  |

|   |  |      |  |
|---|--|------|--|
| Agent – if applicable<br>(Print)<br>Name and Organization |  |      |  |
| Agent Signature   |  | Date |  |

# SELF – ISOLATION PLAN

## Student's Information

|              |                  |                          |             |
|--------------|------------------|--------------------------|-------------|
| First name   | Last name        | Date of birth (YY/MM/DD) |             |
| Phone number | Email (optional) |                          |             |
| Home address | City             | Province or territory    | Postal code |

## Primary Contact Information in Canada

|              |   |                          |             |
|--------------|---|--------------------------|-------------|
| First name   | Last name                               | Date of birth (YY/MM/DD) |             |
| Phone number | Relationship (homestay/family/relative) | Email (optional)         |             |
| Home address | City                                    | Province or territory    | Postal code |

## Travel Information

|   |  |           |                          |
|---|--|-----------|--------------------------|
| Are there additional travelers in your group?<br>Yes <input type="checkbox"/> No <input type="checkbox"/><br>If Yes <input checked="" type="checkbox"/> Please fill in chart to the right | <i>Additional Travelers (please list all additional travelers)</i> |           |                          |
|   | First name   | Last name | Date of birth (YY/MM/DD) |
| Arrival Date (YY/MM/DD)   | Arrival From (City/Country)  |           |                          |
| Arrival by Air <input type="checkbox"/> Sea <input type="checkbox"/> Ground <input type="checkbox"/>  |  |           |                          |
| Airline / Flight number (if applicable)   |  |           |                          |

## Self-Isolation Plan

|  |
|--|
| Do you have accommodation arrangements for your self-isolation period? Yes <input type="checkbox"/> No <input type="checkbox"/>  |
| If yes, which city will you be isolating in and what is the address where you will be staying?<br>Address: _____ City: _____   |
| If yes, isolation type:<br>Private residence <input type="checkbox"/> Commercial (hotel) <input type="checkbox"/> with Family (be specific) <input type="checkbox"/> _____   |
| Are you able to make the necessary arrangements for your 14-day self-isolation period? (ex: food, medication, cleaning supplies, child care).<br>Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, how will you plan your arrangements? (be specific)<br>_____<br>_____<br>_____<br>_____ |
| What form of transportation will you take to your self-isolation location?<br>Personal vehicle <input type="checkbox"/> Public transportation <input type="checkbox"/> Taxi <input type="checkbox"/> Other <input type="checkbox"/> (be specific) _____  |

## Certify Declaration

|                          |   |                           |
|--------------------------|---|---------------------------|
| <input type="checkbox"/> | I, _____, certify this to be accurate.<br>(Student's First/Last name in Print)          | Date: _____<br>(YY-MM-DD) |
| <input type="checkbox"/> | I, _____, certify this to be accurate.<br>(Student's Parent's First/Last name in Print) | Date: _____<br>(YY-MM-DD) |

# Resources

Please visit these websites for more information on the Quebec/Canada Travel Guidelines

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

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>

[https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes\\_de\\_sante/covid-19/20-210-19WA\\_consignes-retour-pays-etranger\\_anglais.pdf?1587583845](https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/20-210-19WA_consignes-retour-pays-etranger_anglais.pdf?1587583845)

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/instructions-for-travellers-covid19/#c58168>