

International Student September 2020 Pre-Departure & Arrival Guide



Keeping Yourself and Others Safe During COVID-19

Table of Contents

Introduction	1
Definitions	1
Pre-Departure	2
Arrival Plans	3
ArriveCAN App	3-4
Airport/Flight: Best Practices	5
Arriving in Canada	5
Self-Isolation/Quarantine	6
What to Do During Self-Isolation	6
Resources	7
International Student Travel and Arrival Protocol Form*	8-10
Self-Isolation Plan*	11-12

Contact Us

International Education, District School Board of Niagara
191 Carlton Street, St. Catharines, Ontario L2R 7P4 Canada
905-641-2929 ext. 54176

international@dsbn.org dsbn.org/international

***Must be completed prior to arriving in Canada.**

Introduction

Welcome to Canada and the Niagara Region! We are very happy that you will be joining our DSBN family this year. Above all, we wish you great success with your studies and meeting new friends.

Due to the COVID-19 pandemic we need to alter our travel and arrival protocols for international students. Please take some time to review the information in this package and make sure to contact us for help with any part you don't understand.

This is important because if you do not follow this protocol, you may be denied entry into the country. Government authorities may also fine students for non-compliance in certain situations. You will need to follow these guidelines closely in order to start classes.

Please know that our top priority is the health and safety of all our students, staff, host families, schools and communities. We must follow the regulations and recommendations of the Canadian and Ontario governments, as well as the local public health authority.

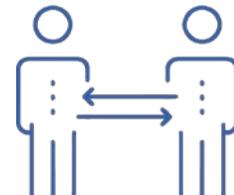
At the end of this guide you will find the **International Student Travel and Arrival Protocol Form** and **Self-Isolation Plan**. **These two forms (pages 8-12) must be completed in full, signed by the student and his or her parent/legal guardian and sent to international@dsbn.org BEFORE you arrive in Canada.**

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 and wear a mask if you must be in those places.



Self-Isolation and Quarantine

Stay in a place in isolation to prevent exposing others or yourself to COVID-19.



Self-Monitoring

Check your health for possible symptoms of COVID-19. Let your host family and parents/custodian know of any health-related issues you are experiencing.



Pre-Departure

Below are a few important tips and steps **before** coming to Canada.

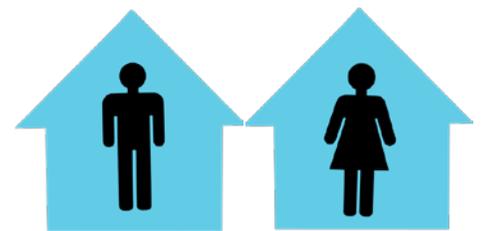
Communication and Relationship Building

- Contact your host family to get to know each other. A video chat using Zoom or Skype works well;
- Exchange emails and phone numbers;
- Confirm who and where you will meet after arriving at the airport, as drivers/host families will not be entering the airport building.



Household Isolation

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



Medical Check / Testing

It is highly recommended that you request/obtain a letter from a doctor within 72 hours of departure that confirms you are healthy and safe to travel. If possible, you should also get a COVID-19 test. Bring the letter with you when you go through immigration.



Packing

Include the following items in your carry-on bag which you will bring with you on the plane:

- Passport
- Study permit or approval letter
- Letter of Acceptance from DSBN
- Custodianship documents
- Self-isolation/Quarantine Plan
- Confirmation of health insurance coverage
- Immunization record
- Custodian contact information, Homestay profile and contact information
- COVID-19 Travel and Arrival Protocols Form, signed by student and parent(s)
- Prescription medication, masks, and hygiene products
- Change of clothes (in case of delayed luggage) and some snacks (no liquids)



Arrival Plans – Self-Isolation Plan + ArriveCAN App

Before you leave your home country, you must prepare a self-isolation plan and download the ArriveCAN app from the Government of Canada. Both of these need to be completed prior to your arrival to Canada.

Self-Isolation Plan

Before you leave your home country it is very important that you complete the form found at the end of this document, called Self-isolation/Quarantine Plan.

When you arrive at the airport in Canada, the government border and immigration officer may ask you to show proof of your plan, so you should present your Self-Isolation Plan. Be sure the information is correct.

Once you have completed the form:

- 1) Email a copy of the Self-Isolation Plan to the International Education office at international@dsbn.org
- 2) Print a copy to bring with you in your carry-on bag
- 3) Keep a copy on your cellphone



ArriveCAN App

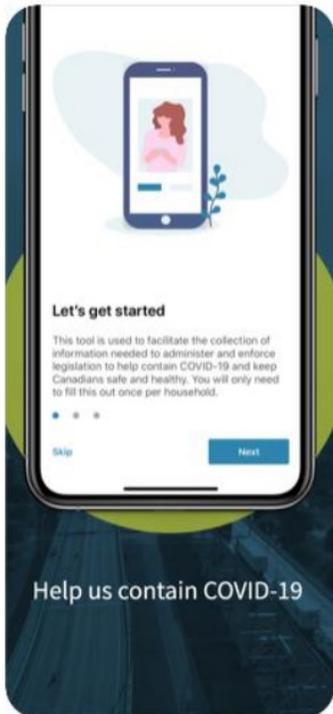
The ArriveCAN App is available for iPhone and Android and can be downloaded from the App Store or Google Play. You can view and download the app by visiting the following website: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#ua>

This app must be setup before you arrive at immigration in Canada. The immigration officer at the airport will provide you with a **TOKEN NUMBER**, which you will need to enter in your profile.

On the next page you will find the steps to setup the app.



Arrival Plans – ArriveCAN App (continued)

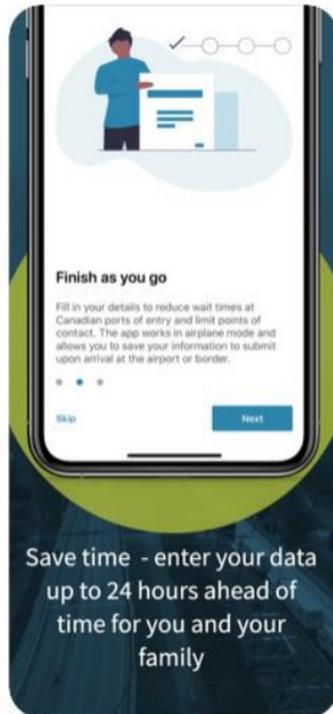


Let's get started

This tool is used to facilitate the collection of information needed to administer and enforce legislation to help contain COVID-19 and keep Canadians safe and healthy. You will only need to fill this out once per household.

Skip Next

Help us contain COVID-19

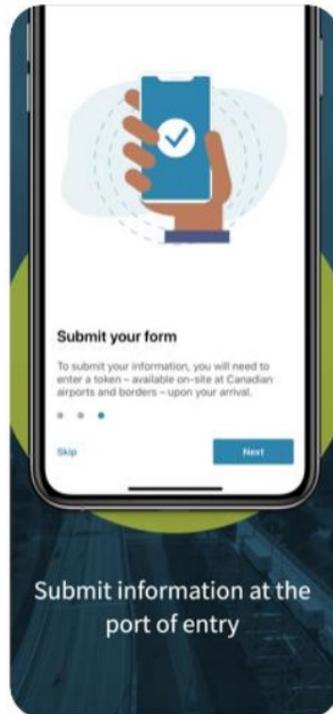


Finish as you go

Fill in your details to reduce wait times at Canadian ports of entry and limit points of contact. The app works in airplane mode and allows you to save your information to submit upon arrival at the airport or border.

Skip Next

Save time - enter your data up to 24 hours ahead of time for you and your family

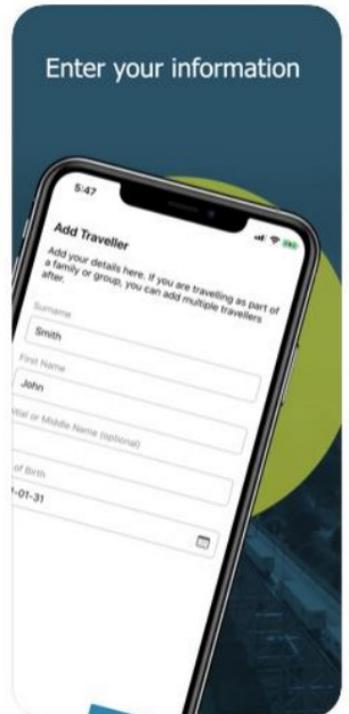


Submit your form

To submit your information, you will need to enter a token – available on-site at Canadian airports and borders – upon your arrival.

Skip Next

Submit information at the port of entry



Enter your information

Add Traveller

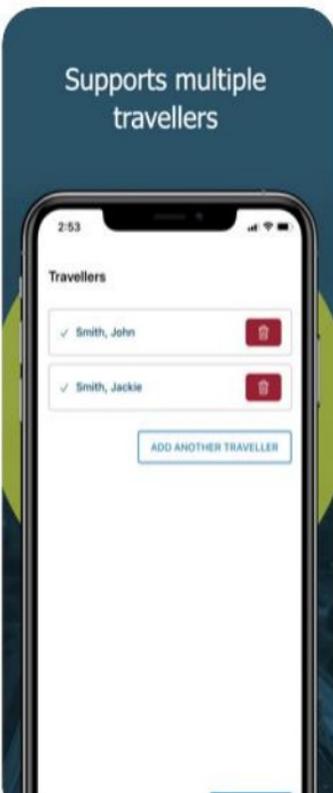
Add your details here. If you are travelling as part of a family or group, you can add multiple travellers.

Surname: Smith

First Name: John

Full or Middle Name (optional):

Date of Birth: 1-01-31



Travellers

- ✓ Smith, John
- ✓ Smith, Jackie

ADD ANOTHER TRAVELLER

Supports multiple travellers



Complete this Covid-19 Self-Assessment and Quarantine Plan Questionnaire

Complete the questionnaire



Thank you for filling out your travel information

Next Step

You will need to enter a token – available on-site at Canadian airports and borders.

Number: [input field]

is a token number

Remember! You can get the token at the port of entry



Your Summary:

AIRPORT: Vancouver International Airport

FLIGHT #: AC800

DATE: Apr 28, 2020, 10:44 PM

TOKEN NUMBER: [input field]

TRAVELLERS:

- John Smith
- Jackie Smith

Present this Reference Code to the Border Services Officer

[input field]

Print

Show your receipt to an officer

Airport/Flight: Best Practices

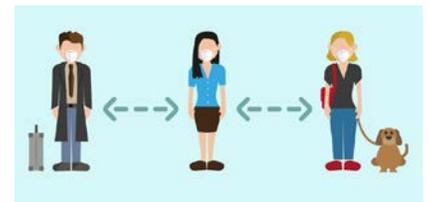
Wearing a Mask/Hand Washing

Remember to wear a mask at all times. Wash your hands before you board the airplane and bring hand sanitizer to use as often as you can during the journey.



Practicing Social Distancing

It is important to try to keep your distance from other people. You should try and keep at least 2 metres from other people as much as possible. When not possible, make sure to have your mask on.



Keeping Safe

Keep your cell phone charged in case you need to contact your host family. Bring some snacks in your carry-on bag because the restaurants in the airport may not be open or there will be long lines. When you get to your airplane seat remember to wipe down your area, especially the TV screen, if there is one, the folding table and armrests. Don't be embarrassed...Everyone is doing it!



Arriving in Canada

You finally made it to Canada! We are sure you are excited to begin your Canadian experience in Niagara. As you get ready to go through Canadian Immigration, remember to do the following:

- Text your custodian, host family or homestay coordinator when you land so they know you have arrived;
- Have your Self-Isolation Plan printed and ready to show to the immigration officer;
- Have a copy of your host family profile;
- Have a copy of your LOA (Letter of Acceptance) from the District School Board of Niagara;
- **Very important:** Don't forget to get your Study Permit from the immigration officer if you need one;
- Meet the person picking you up on the other side of the Arrivals Gate at the spot designated ahead of time.
- If there are any issues involving transportation from the airport to your homestay address, contact our International Education office.



Self-Isolation/Quarantine

Government Rules and Communication

In Canada and Ontario 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 self-isolate for 14 days. This means you should stay in your room and avoid direct contact with your host family and others.

The governments of Canada and Ontario want to make sure all new arrivals to Canada are safe and healthy. To do this they will call you or your host family to make sure you are self-isolating and following the rules. You must be prepared to answer a call (or calls) from 1-855-906-5585 or 1-613-221-3100.



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.



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 and keeping your room clean. Following the 14-day quarantine, you must arrange for a COVID test through a local clinic and share the results of your test with our International Education office before attending school.

What to Do During Self-Isolation

Stay Connected

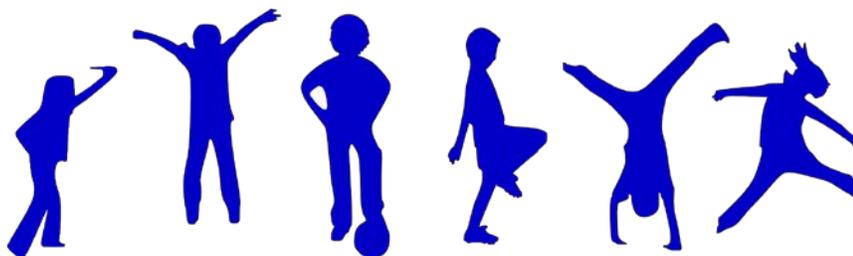
Contact your friends and family when you are self-isolating. Check with your host family to make sure you have access to wi-fi. It is important to check your email regularly because your school might try to contact you.

Monitor your Mental Health

Being in a new country is exciting but being in self-isolation may be challenging. Communicate with your 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! Exercise at home. Try to go to bed at a reasonable hour and don't stay up all night. Eat nutritious meals and snacks. If you require support with quarantine meals, please contact our International Education office.



Resources

Toronto Pearson International Airport Health Measures

<https://www.torontopearson.com/en/healthy-airport/measures-in-place-in-response-to-covid-19>

Public Health Ontario

<https://www.publichealthontario.ca/>

Government of Ontario

<https://covid-19.ontario.ca/index.html>

How to Self Isolate – Public Health Ontario <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf>

Government of Canada – COVID-19 Travel Restrictions

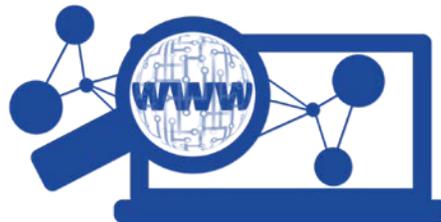
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#ua>

Ontario Ministry of Education

<https://www.ontario.ca/page/ministry-education>

BC Self-Isolation Plan Form (for reference only)

<https://travelscreening.gov.bc.ca/>



Contact Us

International Education

District School Board of Niagara

191 Carlton Street, St. Catharines, Ontario L2R 7P4 Canada

905-641-2929 ext. 54176

international@dsbn.org

dsbn.org/international

We look forward to welcoming you to Niagara in September 2020. We must ensure the health and safety of all of our students, staff and host families during the COVID-19 pandemic. The following protocol form will outline the expectations of our governments and health authorities. You must follow these expectations to participate in school.

Please go over each line of this protocol form and check each point to indicate you understand, agree and will follow that guideline.

Pre-Departure:

- Contact host family to discuss expectations and email/text them a current photo of you
- Provide arrival information and exchange contact information (cell, email)
- Read *How to Self-Isolate after Travel* when you live with others as well as the *Daily Self-Monitoring form for COVID-19* from the [Government of Canada website](#)
- Complete, print and email the mandatory Self-Isolation Plan to international@dsbn.org
- Download and register using the ArriveCAN App (iOS and Android)
- Pack a minimum of 30 disposable and 2 or more cloth face masks, one large bottle of hand sanitizer, one box of nitrile gloves, and if possible, a thermometer
- In carry on, pack the following:
 - Passport and Study Permit/Confirmation document;
 - Custodianship documents and Letter of Acceptance;
 - Host family profile and contact information;
 - Copy of this document signed by yourself and your parents;
 - Printed self-isolation plan form;
 - 2 masks, 3 pair of gloves, travel-sized hand-sanitizer, disinfecting wipes.

Airport:

- Wear 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.
- Bring your own food and refillable water bottle.
- Change your mask each time you change planes/airports.

Please complete pages 8-12 of this guide and submit to international@dsbn.org BEFORE arriving in Canada.



International Student Travel and Arrival Protocol Form

September 2020 – COVID-19 (continued)

Arrival in Canada:

- Contact host family/custodian/homestay coordinator and confirm pick up point.
- Wear 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 back seat if possible.
- A mask will be required in all school buildings and in all indoor public spaces (e.g. stores).

In your Home or Homestay – Self-Isolation:

- You are required to self-isolate for 14 days. Stay in your room and avoid contact with others.
- When you arrive to your host family's home immediately remove your travel clothes and place them in a plastic bag.
- Your host family will provide you with food, 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.
- Clean the bathroom 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 host family know.
- Empty garbage frequently, wash hands after.
- Follow your host family's advice for doing laundry.
- Keep personal items separate from those belonging to others.
- Ask for help from your host family or custodian if you need it.
- At the end of the 14-day quarantine, arrange for a COVID test.
- Contact the International Education office at DSBN to share the results of your COVID test
- Date of COVID test: Result:

Continued...

Please complete pages 8-12 of this guide and submit to international@dsbn.org BEFORE arriving in Canada.



International Student Travel and Arrival Protocol Form

September 2020 – COVID-19 (continued)

Please read, check boxes to indicate your agreement, sign and date.

- By signing below, I affirm that I have read in full, understand, and agree to comply with the expectations in this document. I clearly understand that if I do not follow these expectations, I risk being dismissed from the academic program.
- Self-Isolation is a requirement of the Quarantine Act and is not optional. Students who are in private homestay arrangements or with parents must also self-isolate for 14 days.

Parent/Guardian: I am aware of the student’s requirements to comply with the Government of Canada’s **Quarantine Act** and the serious consequences/penalties for not complying with the Act. I understand that students and parents are responsible for any government-imposed fines incurred due to breach of the Quarantine Act and regulations from the Governments of Canada and Ontario.

- I have registered using the ArriveCAN App for presentation at the airport upon arrival in Canada.
- I confirm that I have appropriate medical insurance, effective as of the date of my arrival in Canada, which includes coverage for COVID-19 during the quarantine period.

Student’s Legal Name (Printed):		
Student’s Signature:		Date

Parent/Guardian Legal Name (Printed):		
Parent/Guardian Signature:		Date
Relationship:	<input type="checkbox"/> Father <input type="checkbox"/> Mother <input type="checkbox"/> Legal Guardian <input type="checkbox"/> Other (please specify)	

Parent/Guardian Legal Name (Printed):		
Parent/Guardian Signature:		Date
Relationship:	<input type="checkbox"/> Father <input type="checkbox"/> Mother <input type="checkbox"/> Legal Guardian <input type="checkbox"/> Other (please specify)	

Please complete pages 8-12 of this guide and submit to international@dsbn.org BEFORE arriving in Canada.

Self-Isolation / Quarantine Plan

Student Information

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

Travel Information

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

Continued on next page...

Please complete pages 8-12 of this guide and submit to international@dsbn.org BEFORE arriving in Canada.

Self-Isolation / Quarantine Plan (continued)

Quarantine / Self-Isolation Plan

Do you have accommodation arrangements for your self-isolation period? Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, at what address and in which city will you be completing the 14-day quarantine / self-isolation period? Address: _____ City: _____
If yes, indicate type: <input type="checkbox"/> With homestay family <input type="checkbox"/> With a parent or relative <input type="checkbox"/> Commercial (Hotel)
Do you need accommodation assistance to self-isolate from anyone who is over 60 years old or who has heart disease, high blood pressure, asthma or other lung disease, diabetes, cancer, immune suppression or is taking prednisone medication? Yes <input type="checkbox"/> No <input type="checkbox"/>
Have you made the necessary arrangements for your 14-day self-isolation period? (eg. food, medication, etc) Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, please describe (be specific) _____ _____ _____
What form of transportation will you take to your quarantine / self-isolation location? <input type="checkbox"/> Private vehicle <input type="checkbox"/> Public transportation <input type="checkbox"/> Taxi <input type="checkbox"/> Other (be specific) _____

Certify Declaration

<input type="checkbox"/> I, _____, certify this to be accurate. (Student's First/Last Name in Print) Signature: _____ Date: _____
<input type="checkbox"/> I, _____, certify this to be accurate. (Student's Parent's First/Last Name in Print) Signature: _____ Date: _____

Please complete pages 8-12 of this guide and submit to international@dsbn.org BEFORE arriving in Canada.