

International Students Guide

CityU COVID-19 Travel and Quarantine Checklist

Travelling to Canada and preparing to quarantine

Travelling from outside of Canada to Vancouver during COVID-19 involves preparation, including making a quarantine (self-isolation) plan for 14 days. As a new or returning international student, you should consider the following when preparing to travel.

A. To Do

Before leaving your country

- ✓ **Review** the [current travel restrictions](#) before booking your flight to Canada.
- ✓ Prepare your additional documents to enter Canada during COVID-19 if you're eligible to travel. Instructions on what documents to prepare are available on the [CityU Self-Isolation Program for International Students](#) or [CityU Travelling to Canada](#)
- ✓ **Ensure you have the proper health coverage.** Consult the [Medical Insurance for International students](#) page if you have questions.
- ✓ **Create and finalize your [Self-isolation plan](#)**
 - **Submit your self-isolation plan to the BC government [online](#)** before or when you arrive in British Columbia or using [a paper form](#) when you arrive in British Columbia.
 - **Submit required information to the federal government:** The ArriveCAN application is available through the [Apple App Store](#) or the [Google Play Store](#). Students without a smartphone may use the [web form](#).
 - **Register with City University in Canada** by filling the [CityU International Student Quarantine Commitment Plan form](#).
- ✓ **Prepare** your [non-medical masks and face coverings](#) and pack your essential items and documents (*). It is anticipated that you will use a fresh mask when you arrive at the port of entry.
 - Ensure your eligibility to travel to Canada
 - Verify your luggage restrictions with your airline.
 - Pack two sets of clothing in your hand baggage in case of flight delays
 - Prepare \$3,000-\$4,000 CAD in travel money
 - Prepare a packing list
 - Documents you should bring

- Passport
 - Temporary resident visa (TRV) in your passport, or Electronic Travel Authorization (eTA) number approval for non United States citizens
 - Letter of Introduction for your study permit issued to you by a Canadian visa office (new students only)
 - 14-day quarantine plan
- ✓ Monitor yourself and do not travel if you are experiencing COVID-19 symptoms

Day of your flight

Upon Arrival

Self-Isolation requirements:

<https://www.cityuniversity.ca/self-isolation-requirements/>

After Arrival

Self-Isolation

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>

B. Resources

Accommodation options for self-isolation:

<https://www.cityuniversity.ca/accommodation-options-for-self-isolation/>

Getting settled - Arranging for groceries, cleaning supplies, personal hygiene products, medications, prescriptions, etc.:

<https://www.cityuniversity.ca/getting-settled/>