

# **International Student Pre-Arrival and Quarantine Guide**



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## Introduction

This guide provides important information to international students and co-arriving family members. It explains the important steps they need to take before leaving their home country, and immediately after arriving in Canada.

International students and if applicable, co-arriving family members, **must** submit their travel and quarantine plans to the Academy of Excellence (AOE) in advance of departing their home country (flight information, quarantine location, ground transportation to quarantine location, etc.). The admissions department will work with students to develop thorough travel and quarantine plans. A student's specific circumstances will be considered when formulating a plan to ensure a smooth and comfortable transition into life as a student in Canada.

To travel to Canada at this time, you must be eligible. This pertains to people who want to come to Canada to study or if you are coming as a family member or support person for an international student. All potential students and co-arriving family members must clearly understand the Government of Canada and British Columbian laws and regulations before making travel plans.

These rules and regulations are always subject to change depending on current pandemic conditions. **It is your responsibility to refer to Government of Canada and Government of British Columbia websites for the most up-to-date information.** The Academy of Excellence will also provide updates and relevant information when it becomes available or changes. It is strongly recommended that students utilize the [BC COVID-19 Support App](#) for the latest pandemic information in British Columbia. In Appendix 1 of this guide, you can find helpful links to access up-to-date, reliable information.

For information regarding the International Student Pre-Arrival and Quarantine Guide, or for general inquiries and concerns, please contact Jason Tonna from admissions at [info@aoevictoria.com](mailto:info@aoevictoria.com) or call direct, 250-386-3627. None of the services described and offered in the International Student Pre-Arrival and Quarantine Guide are being subcontracted to outside parties.

# Communicable Disease Prevention Plan

Protocols for outbreak response and communication with local and provincial authorities are found in the school's [Communicable Disease Prevention Plan](#).

The school has assigned a liaison to communicate directly with Public Health Authorities (PHA) and the Public Health Agency of Canada (PHAC), as per the Communicable Disease Prevention Plan. All students **must** familiarize themselves with the schools Communicable Disease Prevention Plan and ask for assistance if clarification is required.

Students must be free of any COVID-19 symptoms and complete mandatory COVID-19 screening procedures (temperature check, questionnaire, hand sanitizing) before entering the facility. As well, masks are mandatory within the school.

## If You Are Fully Vaccinated Before Travelling to Canada

You may be exempt from quarantine upon arrival if you qualify for the **fully vaccinated traveller exemption**. To qualify as a fully vaccinated traveller, you must have a complete series of Government of Canada accepted COVID-19 vaccines. These vaccines are:

- Pfizer-BioNTech Comirnaty (tozinameran, BNT162b2)
- Moderna Spikevax (mRNA-1273)
- AstraZeneca Vaxzevria/COVISHIELD (ChAdOx1-S, AZD1222)
- Janssen/Johnson & Johnson

You must have received your last dose at least 14 full days prior to the day you enter Canada.

You **MUST** upload your proof of vaccination into [ArriveCAN](#). It is a free to use app that allows you to enter proof of vaccination, quarantine, and travel information up to 72 hours before you arrive. If you do not provide the required information in [ArriveCAN](#) before arriving at the border, you will not be considered as a fully vaccinated traveller, even if you meet all the other requirements. As well, you must have no signs or symptoms of COVID – 19.

In addition, to qualify for the fully vaccinated traveller exemption, you must get an approved pre-entry molecular test before arriving. For detailed information regarding pre-entry testing and requirements for vaccinated travellers, please see: [COVID-19 vaccinated travellers entering Canada](#).

## If You Are Unvaccinated Before Travelling to Canada

If you are unvaccinated, you will have to complete a COVID-19 test upon arrival or shortly thereafter, plus complete additional testing. Please read the information regarding [Unvaccinated travellers](#). For information on how to get vaccinated once in British Columbia, please visit [How to get vaccinated](#). **NOTE: Students and co-arriving family members are eligible to get vaccinated in British Columbia at no cost.**

If when you arrive in Canada you test positive for COVID-19, you will be notified shortly thereafter. Therefore, it is extremely important that while awaiting your results you are in quarantine and abiding by all quarantine restrictions. **The Academy of Excellence will not tolerate any non-compliance from international students or their co-arriving family members and will notify health authorities immediately.**

## If You Have Already Had COVID-19 Before Travelling

If you have already had COVID-19, you may continue to test positive after you have recovered and are no longer infectious.

If you are now symptom-free, you can provide proof of a positive COVID-19 molecular test when crossing the border, instead of a negative one.

- The test must have been conducted at least 14 and no more than 180 days before:
  - the initial scheduled departure time of your aircraft
  - your scheduled entry into Canada by water or land
- The proof of the positive result must be from an accepted type of molecular test.

## Have ready at the border: Both Vaccinated and Unvaccinated travellers

- ArriveCAN receipt
- Proof of Vaccination (if vaccinated)
- Pre-entry test results
- Other travel documentation

When a Border Services Officer greets you, they will be looking at several factors. This includes your reason for travelling to Canada, your ability to complete a minimum 14-day quarantine period (unless you're exempt) and if you either:

- Have time to complete your quarantine before you physically attend classes, or
- Can study online during your quarantine

As a student, you must bring:

- A valid study permit, or a port of entry letter of introduction that shows you were approved for a study permit
- A valid letter of acceptance from AOE
- Proof that you have enough money to support yourself and any family members who come with you to Canada
- Proof of vaccination if you qualify as a fully vaccinated traveller

**You will likely be allowed to enter Canada if you meet these requirements; however, the final determination will be made by a government official at the port of entry. Even if you qualify as a fully vaccinated traveller, you must have a 14-day quarantine plan in place before arriving in Canada. The Border Services Officers will make the final decision about whether you qualify as a fully vaccinated traveller.**

## Procedure After Entry to Canada: Fully Vaccinated Traveller Exemption

Students and co-arriving family members who qualify for the fully vaccinated traveller exemption are not required to quarantine after arrival. However, we advise that students and co-arriving family members travel via taxi to their destination. They also must wear a mask/face covering when required and comply with all Government of Canada and British Columbia laws, regulations, and Provincial Health Officer orders.

## Procedure After Entry to Canada: No Exemption

Students and co-arriving family members who do not qualify for the fully vaccinated traveller exemption must proceed to their pre-planned quarantine destination **directly**, without any detours or stops. They must take a taxi and avoid all other forms of public transit. It is imperative that all travellers continually wear a mask until they have reached their quarantine location and are safely inside. For assistance in obtaining transportation from the airport to the quarantine location, please ask the admissions office.

## Quarantine

All travellers **MUST** have a quarantine plan regardless of if they qualify for the fully vaccinated traveller exemption or not. This includes demonstrating that you have accommodations for the 14-day period or possibly longer, and that you have access to necessities like food and medication without leaving your quarantine location. A suitable quarantine plan must be entered into [ArriveCAN](#) prior to your departure. You may also be asked to explain your quarantine plan with details at the border. Please see [mandatory quarantine/isolation](#) for more details regarding this period.

Students and the admissions office will work together to develop a comprehensive quarantine plan that meets all the requirements of the Canadian Government. **The Academy of Excellence will not tolerate any non-compliance with quarantine orders and will report any non-compliance immediately.** The admissions office will be available to assist and accommodate reasonable requests during the quarantine period. Please make any inquiries/requests well in advance of your arrival to ensure clear communication and timeliness.

## Quarantine Accommodations

Due to COVID-19, many hotels in Victoria are not able to accept guests for self-isolation because they do not have the necessary safeguards to ensure everyone's safety. Please as a courtesy, inform your accommodations provider of your intention to use their location for quarantine well in advance.

Some hotels in Victoria and the surrounding area will accommodate quarantining travellers, however it is up to the student and co-arriving family members to ensure that the accommodations are appropriate for these purposes. [Airbnb](#) is also an option, but please advise your host that you will be using their accommodations for quarantining.

Finding long-term permanent accommodation in Victoria or the surrounding area is also an option and students are advised to utilize resources such as the [BC Residential Tenancy Branch](#). Please inquire with the admissions office if you have any additional questions regarding accommodations.

Please find below some of the hotels in the city of Victoria who are accepting travellers for quarantine purposes:

### **Accent Inns – Victoria Hotel**

3233 Maple St, Victoria, BC V8X 4Y9

Phone: 250.475.7500

Fax: 250.475.7599

Email: victoria@accentinns.com

Advise that you are staying for quarantine purposes and receive a discounted rate.

### **Days Inn by Wyndham Victoria On The Harbour**

427 Belleville St, Victoria, BC V8V 1X3

Phone: 250.386.3451

Toll Free: 1.800.665.3024

Fax: 250.386.6999

Email: info@daysinnvictoria.com

Advise that you are staying for quarantine purposes and receive a discounted rate.



### **Days Inn by Wyndham Victoria Uptown**

229 Gorge Rd E, Victoria, BC V9A 1L1

Phone: 250.388.6611

Fax: 250.388.4153

Email: info@daysinnvictoriauptown.com

Advise that you are staying for quarantine purposes and receive a discounted rate.

### **Huntingdon Manor Hotel**

330 Quebec St, Victoria, BC V8V 1W3

Phone: 250.381.3456 or 800.663.7557

Email: info@huntingdonmanor.com

Some rooms do come with a kitchen, advise that you are staying for quarantine purposes and receive a discounted rate.

### **Hotel Zed Victoria**

3110 Douglas St, Victoria, BC V8Z 3K4

Phone: 250.388.4345

Toll Free: 1.800.997.6797

Email: victoria@hotelzed.com

Advise that you are staying for quarantine purposes and receive a discounted rate.

## **Apartment/Suite/House: Quarantine Requirements**

If quarantining in an apartment, suite or house, this accommodation must have: a private room, a private bathroom, and a private entrance. Please be aware that proof of this may be required at the port of entry so it is very important to have a thorough, detailed quarantine plan.

**While in quarantine, students are not to have contact with vulnerable individuals or be living in a group or communal setting (except for co-arriving family members). There is to be no contact with others who did not travel with you, and you are to have no visits from family or guests. During isolation you must avoid in-person contact with others and not go out unless you absolutely require emergency medical care (Call 9-1-1). In the event you do have to go out to seek emergency medical care, you should wear a [Medical Mask](#) and not take public transit. Utilize a private vehicle (taxi) and travel directly to your medical care destination.**

## Infection Control Protocols While in Quarantine

It is highly recommended that while in quarantine you practice COVID-19 infection-prevention control protocols. This includes practicing good hand hygiene and self-monitoring for symptoms.

The following are symptoms of illness that everyone must be aware of:

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Shortness of breath/difficulty breathing
- Sore throat
- Painful swallowing
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Nausea or vomiting
- Diarrhea

In event you or someone you travelled with experiences these symptoms while in quarantine, please notify AOE immediately so we can coordinate testing arrangements. Also, please feel free to refer to the [BC COVID-19 Self-Assessment Tool](#) for assistance.

If at any time after the quarantine period, a student/co-arriving family member begins to exhibit symptoms of COVID-19, students/co-arriving family members should immediately contact the admissions department at the school and also visit [Testing for COVID-19](#) for additional information. Assistance will be provided in the event the need for additional testing is required.

While in quarantine, if you or someone you have travelled with develops symptoms or tests positive for COVID-19, there are several steps you can take to try and reduce transmission while together.

- Practice physical distancing within the quarantine location. Though this may be difficult, it is important that you minimize the risk of transmission as much as possible.
- Wear a [Medical Mask](#).
- The person showing symptoms or who has tested positive for COVID-19, should have their own room and dedicated washroom if possible.
- Wear a [Medical Mask](#) or well-constructed and well-fitting non-medical mask when they cannot avoid shared spaces regardless of if anyone else is in that space.
- Avoid activities that put them in shared spaces (kitchens, washroom, etc.).
- Separate beds if possible.
- If sharing a bed, sleep head-to-toe.
- Clean and disinfect surfaces touched after each use.
- Prepare in advance, or, arrange to have important [Supplies](#) for the duration of your quarantine period delivered.
- If possible, open windows for ventilation if weather permits and do not share any personal items.
- If other members of the group are unable to avoid shared spaces, they should wear a [Medical Mask](#) or well-constructed and well-fitting non-medical mask.
- In the event that separation from the person who is infected or experiencing symptoms is impossible, attention may be given to using dividers such as curtains to attempt to try and limit the spread of respiratory droplets and aerosols.
- Do not under any circumstances have any visitors/guests during your quarantine period unless they are a medical professional in the event of an emergency.

## Accessing Medication, Food and Necessities

Students and co-arriving family members must plan to have adequate prescription medication (if required) and food while in quarantine. It is advised that prescription medication be obtained in the student's home country in such quantities to allow for as much supply as reasonably possible.

Prescriptions can be delivered from several locations in the Victoria and greater Victoria area. Please see below.

Shoppers Drug Mart - Douglas Street

London Drugs - Tillicum Centre

Pharmasave Esquimalt Plaza

Students can arrange for the delivery of groceries and necessities during quarantine. Many grocery chains in Victoria and the surrounding area offer delivery. Please inquire with the AOE admissions office if assistance is required. Please see the list below.

Thrifty Foods

Save-On-Foods

The Market Stores (Two locations: Downtown Victoria and Langford)

## Monitoring during the quarantine period

During the quarantine period, travellers must self-monitor for COVID-19 symptoms and their general overall well-being. It is recommended that they utilize the [BC COVID-19 Support App](#) for updated information on the pandemic. As well, they can contact the Academy of Excellence for assistance and information.

The day after you arrive in Canada, you will have to confirm with the government that you have arrived at the address you provided for your quarantine/isolation. **Expect** calls, emails, and visits from the Government of Canada as well. The [ArriveCAN](#) App will also be used within 48 hours after arrival in Canada, and for daily symptom reporting.

Unvaccinated travellers will be required to take another COVID-19 test on day 8 of your quarantine. Follow the testing instructions provided.

General support and communication from AOE will be delivered through daily telephone and Zoom calls with the admissions office. Additional communication can also be facilitated if required/requested.

## Student and Family Supports

International students and their co-arriving family members can find reliable information about COVID-19 through the school, or by accessing the [BC COVID-19 Support App](#).

Ongoing support for students and co-arriving family members will be provided via daily telephone and/or Zoom meetings during the quarantine period. The frequency of these meetings may be adjusted to suit individual travellers' circumstances and needs.

Students will have access to mental health supports from professionals, including confidential counselling and community referral services 24/7 via app, phone, and web through [Here2Talk](#). Co-arriving family members can access similar supports through [HealthLink BC](#). All travellers will also have access to resources like the [Resilience BC Anti-Racism Network](#).

Other community supports and resources will be provided if the admissions staff finds that they are helpful and in the event they are required/requested. Students and their co-arriving family members should feel free to inquire with the admissions office directly for specific requests during this exciting period of transition into life in Canada.

Once the quarantine period is completed, students and co-arriving family members may come to the school in person and meet with the admissions team, instructors, and fellow students. Victoria and the surrounding area are beautiful and exploring outdoors is the perfect way to see the region. Please contact admissions or [Tourism Victoria](#) for information on what and where to explore.

## For More Information: Testing, Contact Tracing, and Care

For the most reliable and up to date information regarding COVID-19 testing, contact tracing and care, please use the [BC COVID-19 Support App](#), refer to the school's Communicable Disease Prevention Plan, or reach out directly to the admissions office. The Academy of Excellence has implemented guidance and strategies recommended by the [COVID-19 Return-to-Campus Guidelines](#) when formulating its Communicable Disease Prevention Plan and other general guidelines regarding testing, contact tracing and care.

# Appendix 1

*Please see the links below for answers to frequently asked questions*

Find out if you are eligible to enter Canada:

[Answer a few questions to find out if you may be allowed to enter Canada](#)

Checklists for requirements and exemptions:

[Travel requirements and exemptions](#)

COVID-19 testing for travellers:

[Important testing for travellers](#)

COVID-19: Travel, testing, quarantine, and border:

[Travel, testing, quarantine, etc.](#)

ArriveCAN Information:

[ArriveCAN](#)

For unvaccinated travellers without symptoms of COVID-19 arriving in Canada by land, air, or water:

[Unvaccinated travellers](#)

How to get vaccinated once in British Columbia:

[How to get vaccinated](#)

Submit or update your COVID-19 immunization record:

[Submit/Update immunization record](#)