

COVID-19 TRAVEL AND QUARANTINE CHECKLIST FOR INTERNATIONAL STUDENTS

Balancing Community and Safety

October 2020

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Travelling from outside of Canada to Newman during COVID-19 requires 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.

Before leaving your country

Confirm if your required courses will be offered online or on campus. See information for [undergraduate students and graduate students](#) to determine whether travel to Canada is required.

Review the [current travel restrictions](#) before booking your flight to Canada. If you're eligible to travel, then you need to prepare proof that you're entering for an essential purpose. Instructions on how to do this are available from the [registrar](#) for new international students or current international students.

- Obtain your Newman Theological College documents.
 - Students must have their proof of enrolment letter and official transcript.
- Ensure you have the proper [health coverage](#).
- Create your quarantine plan (use the example template in Appendix 1) and be ready to share it with Canadian Border Services Agency (CBSA) officer upon arrival to Canada.
- Provide a copy of your Travel and Quarantine plans to the Registrar of the College.
- Download the ArriveCAN app (iOS or Android) or use the web version to reduce your wait time at the Canadian port of entry and submit information about your quarantine plan up to 48 hours ahead of time.
- Prepare your non-medical masks and face coverings and pack your essential items and documents.
- Monitor yourself and do not travel if you are experiencing COVID-19 symptoms.

Day of your flight

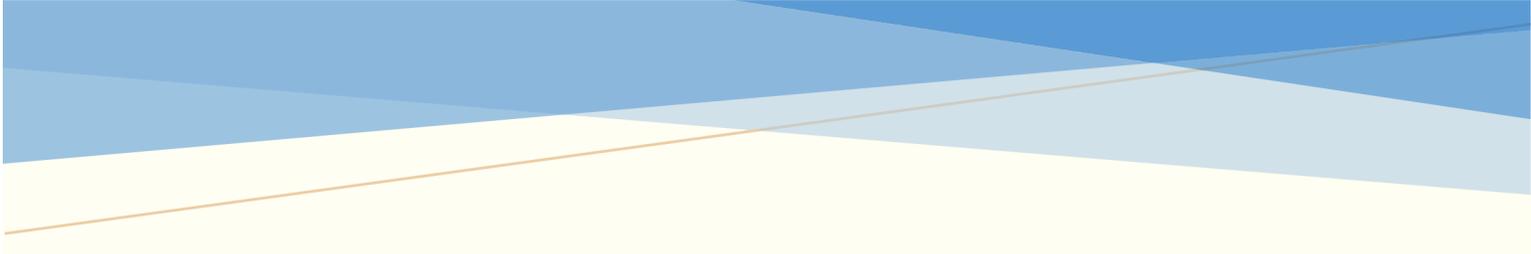
- Wear a non-medical mask or face covering that covers your mouth and nose.
- Be ready to pass two health checks.
 - Conducted by the airline before boarding your flight.
 - Conducted by a Public Health Agency of Canada officer once you arrive in Canada.
- Bring a travel-sized bottle of hand sanitizer on the plane.
- Pay attention to any inclusions (e.g. in-flight meal services) and regulations (e.g. wearing a mask for the entire duration of the flight) provided by your airline.



After you arrive in Canada

Based on current Government of Canada policies, when you arrive in Canada government officials will assess your health and your 14-day quarantine plan before you can leave the port of entry (e.g. airport). It is up to the discretion of the border agent to approve entry into Canada. After leaving the port of entry, use private transportation (e.g. taxi) to reach your place of quarantine.

- Go directly to your place of quarantine without delay and stay there for 14 days. This is mandatory, even if you have no symptoms.
 - You must wear a suitable non-medical mask or face covering while in transit to your quarantine location.
 - Using public transit to get to a quarantine location is not allowed. Students cannot share their ride with others unless they can sit 2 meters apart and the student should sit as far away from the driver as possible.
 - You should quarantine longer if you develop signs and symptoms of COVID-19, or have been exposed to another person who has signs and symptoms of COVID-19.
 - Follow Public Health's instructions on how to quarantine.
- Be aware of the penalties for not following your quarantine plan once you're in Canada.
 - A fine of up to \$750,000 CAD.
 - Six months of jail time in Canada.
 - Being found inadmissible, removed from Canada and banned from entering for one year.
- Know that you may be contacted by the Alberta government authorities throughout your 14-day quarantine to ensure you're following your plan.
- Monitor yourself for symptoms of COVID-19, including fever/chills, cough, sore throat and shortness of breath.
 - If you have symptoms, reach out to Health Services (811)
 - Urgent help and emergency supports are available to you by calling 911.
- Take care of your overall wellbeing while you're in quarantine.
 - Stay connected to your friends and family.
 - Get physically active with daily workouts, healthy habits, challenges and more.
 - Confidential student counselling services are available for eligible NTC students through Catholic Social Services (CSS). Students may set up an



appointment with Mercy Counselling by emailing mercy@cssalberta.ca or by filling out an online form found at <https://www.cssalberta.ca/Contact-Us> or by phoning the CSS intake line at (780) 391-3233, Monday through Friday from 9:00 a.m. to 5:00 p.m.

- Move into your off-campus accommodation once your 14-day quarantine period is complete. Don't move from your quarantine location if you have symptoms of COVID-19.
- Continue to conduct regular COVID-19 self-assessments and monitor yourself for symptoms.
- Continue following regional and university guidelines, which include wearing a mask or face covering in public indoor spaces and maintaining a two-meter distance from others.

Other considerations

- Contact the Registrar about official documents, like your letter of enrolment, and other College related questions.
- Review what financial help is available to undergraduate and graduate students.
- Set up your Canadian bank account.
- Buy a Canadian phone plan.

Packing

If you're travelling from outside of Canada to Newman, find out what you need to pack in your luggage and bring with you on your flight.

Before you start packing

- Verify your luggage restrictions with your airline.
- Check which items the Canadian Border Services Agency (CBSA) doesn't permit through Customs (e.g. firearms and ammunition, pets, plants, fresh fruits and vegetables, meat and meat products).
- Plan to pack two sets of clothing in your hand luggage in case your flight is delayed or if your luggage is lost in transit.
- Arrange to have approximately \$3,000-\$4,000 CAD in travel money (unless you've already transferred money to a Canadian bank).
- Prepare a packing list. Not only will this help you stay organized, but you'll need to show this list to customs when you enter Canada.



Documents you should bring

Make sure you have packed the following extremely important documents in your carry-on luggage. You'll be required to present the following documents to the Canadian Border Services Agency (CBSA) when entering Canada.

- 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)
- Proof of essential purpose for entry
- 14-day quarantine plan

We recommend you also have the following documents in your carry-on luggage readily available for review.

- Proof of tuition payment and proof of sufficient funds for at least your first year
- Any student paperwork you've received from Newman (e.g. letter of acceptance)
- Address of where you'll be living long-term
- Copy of your English language proficiency scores (bring a copy even if you've already mailed it to Newman)
- Official academic transcripts from past education (bring originals even if you've already mailed them to Newman)
- Other government-issued photo identification cards from your country
- Official English or French translations of birth and/or marriage certificates if you're coming to Canada with your spouse/common-law partner and/or dependent children
- Other personal documents

Items you should pack

- Required documents to present when entering Canada
- Books
- Items that remind you of your home country (e.g. flag, music or family recipes)
- Medications
- Toiletries

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- Weather appropriate clothes
 - Light bed linens (bed sheets, pillowcases, etc.)
 - Laptop
 - Thermometer

The weather in Canada varies from season to season. Classrooms are heated in the winter and air-conditioned in the summer. However, we recommend that you bring different types of clothing to suit the changing climate outdoors.

- Spring and summer: Light-weight clothing is best
- Spring and fall: Sweaters and light waterproof jackets are useful for cool and rainy days
- Winter: Heavy jackets, scarves, gloves, hats and waterproof boots are essential

Items you can buy in Canada

We recommend that you buy bulkier or heavier items once you've arrived, especially if you have a luggage allowance. Items you can buy here include: pillows, towels, cleaning supplies, hangers, as well as winter clothes. If you'd like to ship items to Canada before you arrive, contact Registrar and have your shipment delivered to the college for pickup once you arrive.

How to make a quarantine plan

Your plan should include:

- where you will stay and how you will get there
- how you will get your groceries
- how you will access essential services and medical care

Your next steps are:

1. Pre-arrange where you will quarantine for 14 days off campus.
2. Book your travel from the airport to where you will quarantine.
 - You may not make any planned or unplanned stops on your trip from the airport to your quarantine location.
 - There are many [transportation options](#). You can book shuttle service, or book a taxi or limousine offered by a variety of companies. Look for signage throughout the airport to identify verified transportation services.

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- Using public transit to get to a quarantine location is not allowed. Students cannot share their ride with others unless they can sit 2 meters apart and the student should sit as far away from the driver as possible.
 - If you're travelling with a lot of luggage, you should notify your transport company beforehand so that they can make provisions for you.

3. Arrange how you will get groceries and/or meals during quarantine.

- Arrange for a delivery of groceries and essential supplies from [Instacart](#).
- Order takeout food from [Uber Eats](#), [SkipTheDishes](#) or [Doordash](#).
- Check for additional restaurants that are open and provide delivery in the region.
- The College will also provide support if anything is needed at 780-392-2450 or executive.assistant@newman.edu.

4. Write your plan (below) and be prepared to show it to the Canadian Border Services Agency (CBSA) officer. Use ArriveCAN ([iOS](#), [Android](#) or [web version](#)) to submit information about your quarantine plan up to 48 hours ahead of time.

For more information, please refer to the [Government of Canada guidelines](#)

Contact us

Please email the Registrar if you have questions about traveling, quarantining, or the International Student Travel Plans and Quarantine Checklist.

Appendix 1 - Quarantine Plan

Primary Contact Information

Name _____ Date of Birth _____
First / Middle / Last YYYYY-MM-DD

Home Address _____
Street / Box # / R.R.

Town / City Province Postal Code Country
() ()
Home Phone Alternate Phone E-mail Address

Travel Information

Are there any additional YES NO (if YES, each traveler must fill out their own form)
travelers in your group?

Arrival Date Airport of Arrival
(YYYY-MM-DD) & Terminal

Arrival by? AIR SEA GROUND

Airline/Flight Number Passport Document
(if applicable) Number

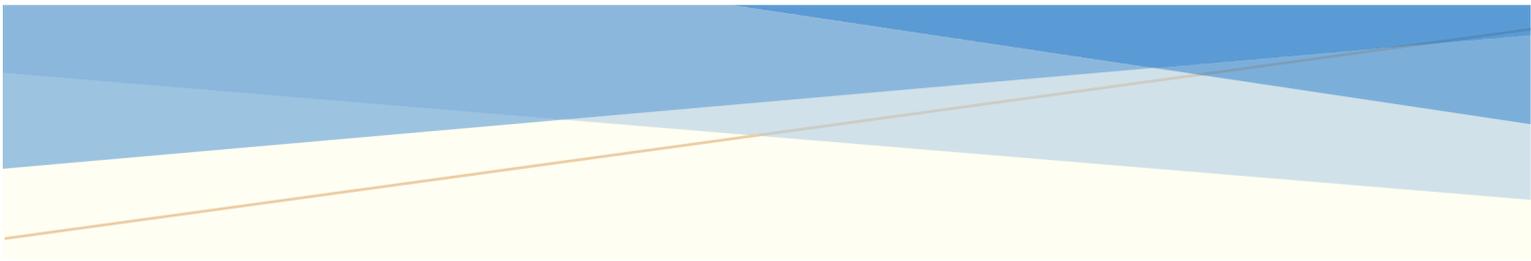
Quarantine Plan

Do you have accommodations where you can quarantine for 14 days? YES NO

If "YES", quarantine Private Residence With Family Commercial (Hotel) Other
type?

If "YES", what is the address where you will be staying?
Hotel Name Address

Unit # Town / City Province Postal Code



Do you need accommodation assistance to quarantine from anyone who is over 65 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 NO

Are you able to make the necessary arrangements for your quarantine period? (e.g. food, medication, childcare, cleaning supplies, pet care)

YES NO

If "YES", how will you receive these necessities?

Delivery Meal Plan Friends/Family to provide Other

What form of transportation will you take to your quarantine location?

Private Transportation Taxi or Ride Share

Note: Using public transit to get to a quarantine location is not allowed. Students cannot share their ride with others unless they can sit 2 meters apart and the student should sit as far away from the driver as possible.

Additional Information

If you have any other details that you would like to include for your quarantine plan, please add them here.

Disclaimer and Signature

I certify that my answers are true and complete to the best of my knowledge.

_____ Signature

_____ Date

Appendix 2 – Covid-19 Alberta Health Daily Checklist

Overview

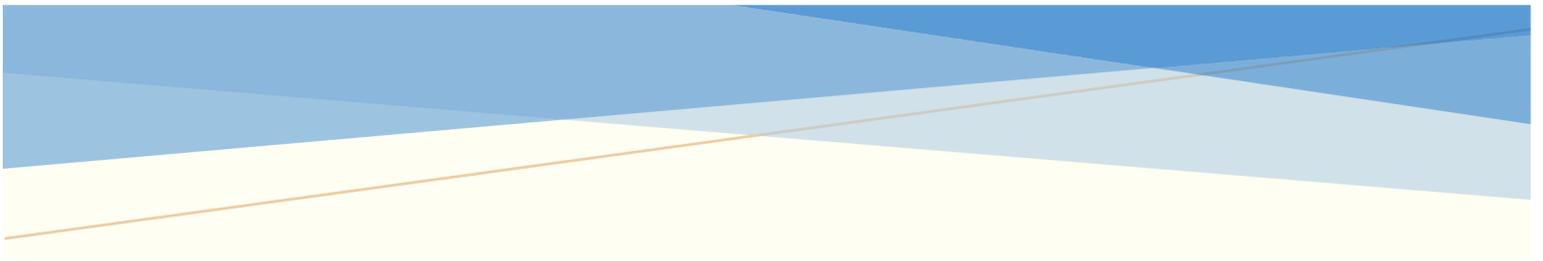
This tool has been developed to support activity organizers, employers, businesses and facility operators in reducing the risk of transmission of COVID-19 among attendees/staff. The tool is meant to be used to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should fill out this checklist prior to participating in the activity or program. If an individual answers **YES** to any of the questions, they **must not** be allowed to attend or participate in the activity or program. Children and youth will need a parent to assist them to complete this screening tool.

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

Screening Questions

1.	Does the attendee have any new onset (or worsening) of any of the following symptoms:	Circle One	
	Fever	YES	NO
	Cough	YES	NO
	Shortness of Breath / Difficulty Breathing	YES	NO
	Sore throat	YES	NO
	Chills	YES	NO
	Painful swallowing	YES	NO
	Runny Nose / Nasal Congestion	YES	NO
	Feeling unwell / Fatigued	YES	NO
	Nausea / Vomiting / Diarrhea	YES	NO
	Unexplained loss of appetite	YES	NO
	Loss of sense of taste or smell	YES	NO
	Muscle/ Joint aches	YES	NO
	Headache	YES	NO
	Conjunctivitis (commonly known as pink eye)	YES	NO



- | | | | |
|-----------|---|-----|----|
| 2. | Has the attendee travelled outside of Canada in the last 14 days? | YES | NO |
| 3. | Has the attendee had close contact ¹ with a confirmed case of COVID-19 in the last 14 days? | YES | NO |
| 4. | Has the attendee had close contact with a symptomatic ² close contact of a confirmed case of COVID-19 in the last 14 days? | YES | NO |

¹ Face-to-face contact within 2 metres. A health care worker in an occupational setting wearing the recommended personal protective equipment is not considered to be a close contact.

² 'Ill/symptomatic' means someone with COVID-19 symptoms on the list above.