



LaSalle College International Student Arrival Guide

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INTRODUCTION

Arriving in Canada from another country? Let this guide help you prepare for your arrival. The information provided here is based on official government updates. As things continuously change, please make sure you always check the official updates on these websites:

- [COVID-19: Travel, testing, quarantine and borders](#)
- [International students: Travel restrictions and exemptions](#)

Of course, you can always contact your admissions advisor to check on the latest updates as well. We will do everything we can to make your arrival as smooth as possible!

Please take some time to review the information in this guide carefully. By not following this protocol, 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, faculty, staff, partners, and community. We are obligated to follow the regulations and recommendations of the Canadian and provincial governments, and the local public health authority. This includes recording the flight information and self-isolation plans for all of our arriving international students; you must send us this information before departing your home country.

Disclaimer: In the event of a discrepancy between the information in this file and Canadian government official sources, the latter shall prevail.



INTERNATIONAL STUDENTS: TRAVEL RESTRICTIONS AND EXEMPTIONS

The following information is from the Government of Canada website. A summary is included here:

To be able to enter Canada as a student, you must meet 2 requirements:

1. You must have a valid study permit or a letter of introduction that shows you were approved for a study permit.
2. You must be attending a designated learning institution (DLI) with a COVID-19 readiness plan approved by its province or territory. LaSalle College | Montréal is a DLI with an approved readiness plan. | Montreal is an PST with an approved response plan.

As of August 9, 2021

[Use this checklist](#) to see if you are eligible for the recently announced quarantine exemption.

If you are fully vaccinated you may be exempted from the federal requirements to quarantine and to complete a day-8 test. These exemptions are made by a government representative at the border based on the information you provide at the time of your entry into Canada. Please follow the checklist:

Before you travel

Use the same email address for all of your entry requirements, where applicable (that is, when registering for COVID-19 testing upon arrival and creating your ArriveCAN account).

- [Find out if you can enter Canada](#)
- [Check if you qualify for the fully vaccinated traveller exemption](#)
- [Screening test to enter Canada](#)
- [Screening on arrival](#)
- [Have a quarantine plan in case you don't receive the exemption](#)
- [Use ArriveCAN to submit your proof of vaccination](#)

Arriving in Canada

Have the following items with you for assessment by a government official at the border:

- ArriveCAN receipt with the letters A, I or V next to the name of the vaccinated traveller
- Your proof of vaccination that has been uploaded to ArriveCAN (original or hard copy)
- Prepare to take a test on arrival if you are selected
- Other travel documents entered in ArriveCAN (e.g. passport)

After your arriving

If you meet the requirements and are exempt from quarantine, you may travel on by air or land to your destination.

You must:

- follow local public health measures;
- report any positive result of a government-required test if you are selected for one;
- wear a mask for the duration of your trip (by plane, train or boat);

If you are unvaccinated or partially vaccinated, you have to quarantine for 14 days upon arrival. Please follow the checklist:

Before you travel

Use the same email address for all of your entry requirements, where applicable

- [Find out if you can enter Canada](#)
- [Assess your quarantine plan before you travel](#)
- [Get tested for COVID-19 prior to arrival in Canada](#)
- [Register in advance for the screening test on arrival](#)
- [Use ArriveCAN to submit your travel and quarantine plans](#)

Boarding your flight

- Have your pre-entry test results ready to provide to the airline, if you are not fully vaccinated
- [Check the requirements for boarding a flight to Canada](#)

Arriving in Canada

- Have your ArriveCAN receipt, test results, and quarantine plans (if applicable) ready for assessment by a Border Services Officer
- [Take a test on arrival](#)

Completing your quarantine

** Not needed for fully vaccinated travellers**

On day 8 of your quarantine, you will take another test, following the instructions provided to you. You must stay in your place of quarantine while you await the results from this test.

- [How to travel to your place of quarantine](#)
- [Use your Day-8 test and await results](#)

Changes from September 7, 2021

Provided that the epidemiology of COVID-19 in Canada allows, the Government has opened its borders to travellers who travel for a discretionary reason (including eTA or TRV holders), regardless of the country from which they arrive, if they have been fully vaccinated with vaccines authorized by the Government of Canada at least 14 days prior to their arrival in Canada and if they meet the specific entry requirements.

Once more details are confirmed, we will update this guide.

Packing

Include the following in your carry-on bag:

- Proof of vaccination in English or French (if applicable)
- Passport
- Study permit and/or TRV approval letters
- Custodianship Documents (if required)
- Letter of Acceptance
- Host Family Profile with contact information (if applicable)
- Residence/Dormitory/Hotel information (if applicable)
- Private transportation service information (if applicable)
- Screening test results (if applicable)
- Change of clothes
- Snacks



QUARANTINE IN CANADA

If you do not meet the requirements for fully vaccinated travellers, you may be denied entry to Canada or required to quarantine for 14 days or until you leave Canada. You must demonstrate that you have a suitable quarantine plan. An appropriate quarantine plan helps reduce the spread of COVID-19 in our country, in our communities and within our families.

If you need to quarantine, [please read the information here carefully](#) as it addresses the following topics:

- When your quarantine starts and ends
- Getting to your place of quarantine (final destination)
- How to report after you've entered Canada
- While in quarantine
- Penalties and fines

PREPARE YOUR QUARANTINE PLAN

OPTION A

Choose the Study Safe Corridor all-inclusive package with Languages Canada

Includes hotel stay with meals and transportation, a Canadian SIM card, full insurance coverage for 4 weeks, and even discounted flights (flight service optional).



[Book online](#) by choosing **LAB – Languages Across Borders (Montréal) – Collège Lasalle** from the dropdown menu.

OPTION B

Choose a tailored quarantine plan LaSalle College helps you build:

1. Where will you stay?

a. Hotels offering Quarantine Services

Reserve your room in a hotel before you leave your home country. Special Student Self-Isolation Rates may be available. Contact us for selected hotels.

b. Accommodation Services

i. **Homestay** – Our Homestay families are aware of the necessary measures to be taken for quarantine and are a great support network for our students. **Students choosing this option are required to take the 3 meals/day option for the first two weeks of their stay.** Meals will be delivered to your room.

ii. **Student Residence** – Our Student Residence has very strict quarantine measures in effect and offers all the services you need during this period, including meals delivered to your room.

iii. **Student House** – Some of our Student House apartments are available as quarantine locations (those with few occupied rooms and capacity to add on a meal delivery service). You will not be permitted to access shared rooms during your quarantine, except of course the washroom. You

will be responsible for following the quarantine rules very strictly, to protect your roommates from exposure, and will be required to sign the Quarantine Declaration on the last page of this document.

c. Your own private accommodation

2. How will you get to your accommodation?

If you are in quarantine, you are not allowed to take public transportation. You must arrange for private transportation. If you have a friend or Homestay parent who can pick you up, that is ideal. If you are staying in a hotel, speak to the hotel about transportation options. LaSalle College also offers airport pickup services. Contact our Accommodation Services for more details.

3. How will you get your meals?

If you are staying in a hotel, in a Homestay, in our Student Residence or Student House, meals will be provided to you.

4. Make sure you have a proof of medical insurance that provides coverage for COVID-19 that is valid upon entry to Canada.

Your medical insurance provided by LAB (Tugo) covers COVID-19 related sickness for policies issued after July 8, 2020. Make sure you have received your **Tugo e-card** in your email BEFORE your trip. If not, contact servicesfinetudiants@collegelasalle.com and we will help!

5. Find a solution to make phone calls in Canada

You can order a Canadian SIM card and prepaid phone plan before arrival from our partner [PhoneBox](#). They will ship the SIM card to you to your home address at no extra charge!

WHAT TO DO DURING QUARANTINE

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, so that you can adjust to the time zone in Montréal and keep your immune system strong.

Monitor your Mental Health

Being in a new country is exciting but being in self-isolation may be challenging. Communicate with your host family or with LaSalle College regularly and let us know how you are feeling. We are all here to support you!

Stay Connected

Contact your friends and family when you are self isolating. Check with your host family or accommodation provider to make sure you have access to WI-FI. It is important to check your email regularly because we may need to send you important information.

IF YOU NEED SUPPORT

1. You can call **811 Info Social** 24/7 if you are stressed, worried, or sad because of this really unusual situation! Qualified professionals will give you guidance totally free of charge.
2. LaSalle College offers regular discussion groups with the Social Intervention Counselor for students feeling stressed, demotivated or preoccupied. Contact us on MiO - Ineedtotalk!
3. The College nurse is also available for online consultations. Write to us if you would like an appointment with her.



ARRIVAL PLANS

Before you leave your home country, you must download the ArriveCAN app from the Government of Canada and complete the International Student Quarantine Plan form. Both of these need to be complete prior to your arrival. This is for all travellers whether or not you are fully vaccinated and eligible for quarantine exemptions.

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 will provide you with a TOKEN NUMBER you will need to enter.



Here are the steps to setup the app:

- 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.
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.
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.
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.
First Name: John
Last or Middle Name (optional):
Date of Birth: 1-01-31
- Supports multiple travellers**
Travellers
✓ Smith, John
✓ Smith, Jackie
ADD ANOTHER TRAVELLER
- Complete the questionnaire**
Complete this Covid-19 Self-Assessment and Quarantine Plan Questionnaire
- Remember! You can get the token at the port of entry**
Thank you for filling out your travel information
1st Step
will need to enter a token - available on-site at Canadian airports and borders.
Number:
is a token number
- Show your receipt to an officer**
Your Summary:
REPORT: ArriveCAN International App
FLIGHT: # 45321
DATE: Apr 28, 2020, 10:43 PM
TRAVELLERS:
John Smith
Jackie Smith
Present this Reference Code to the Border Services Officer

RESOURCES

COVID-19: Travel, testing, quarantine and borders

<https://travel.gc.ca/travel-covid>

International students: Travel restrictions and exemptions

<https://travel.gc.ca/travel-covid/travel-restrictions/visitors-workers-students>

Checklist to enter Canada

<https://travel.gc.ca/travel-covid/travel-restrictions/visitors-workers-students#checklists>

Montreal Airport Updates

<https://www.admtl.com/en/node/18026>

Montreal Airport FAQ

<https://yulsatisfaction.admtl.com/hc/en-ca/sections/360002799478-Landing-at-YUL>

LaSalle College COVID-19 Policy

<https://www.lasallecollege.com/student-ressources/covid-19-policy>

Register to Accueil Plus

A free service offered to new international students arriving at YUL airport that reduces wait times while collecting study permits.

<https://www.accueilplus.ca/inscription/?lang=en>



INTERNATIONAL STUDENT QUARANTINE PLAN

Personal Information

Name [First, Last]: _____ Country of origin: _____

Passport number: _____ Home address: _____

Date of birth (yyyy/mm/dd): _____

Arrival information

Arrival date: _____ Port of entry into Canada: _____

Arrival from: _____ Arrival by (airline name and flight #): _____

Quarantine plan

Quarantine location (name and address of homestay provider, hotel or accommodation provider):

I confirm that the following are provided by the quarantine site:

- Transportation to quarantine location
- 3 meals/day, delivered to my room
- Access to needed toiletries, linen, cleaning supplies, etc.
- I confirm that I will not be living with vulnerable persons or in shared accommodation during the period of mandatory quarantine upon entry.
- I confirm that I am entering Canada with medical insurance that provides coverage for COVID-19 during the period of mandatory quarantine upon entry.
- I confirm that I have access to sufficient funds to cover any and all additional COVID-19-related costs, including testing.

Commitment to this plan

I, [STUDENT NAME] _____, confirm that I understand the importance of the quarantine procedure upon arrival in Canada, and will follow all criteria provided in this document, as well as all requirements provided by the Government of Canada, for a full 14 days.

Signature: _____ Date: _____