

*Assiniboine Community College has made every attempt to provide accurate information here, as of June 18, 2021. Any information or weblinks could change without Assiniboine's knowledge. We encourage students to check all information important to them before making final decisions.

Travelling to Canada during COVID-19 pandemic

We are looking forward seeing you at our college soon! The checklists below will help you plan required steps to travel and arrive for classes. Click on any colored links for more information.

If you have any questions, please email us directly at acc2021@assiniboine.net. We are here to support you, so you can follow Canada's and Manitoba's public health laws, and you can be safe.

Before travelling:

- ☐ Plan your flights as follows:
 1. Your home country to one of these Canadian airports: Calgary International; Vancouver International; Toronto Pearson; Montreal Pierre Elliott Trudeau.
 2. **Stop** for a minimum of 3 nights in your arrival city. See more information below.
 3. *After* that minimum 3 days: fly from your arrival city to Brandon or to Winnipeg, where you will need to complete 11 *more* days, for a full 14-day quarantine.
- ☐ Book your 3-night stay (**required** by Canadian law) in government-authorized hotel in your arrival city. Click [this link](#) for information about how to book and about costs you will pay. Book this *as early as possible*; you will need to show the reservation to border authorities when you arrive in Canada.
- ☐ **Plan to arrive in *Canada* between 15 days and 30 days before your program start date.** Canadian Border Services Authority officers (at airport/border) may not admit you to Canada *earlier* than 30 days before your program start date. But you must arrive *at least* 15 days before program start date to allow time for Canada's required minimum 14-day quarantine period. **If you have doubts about this, please contact us at international@assiniboine.net**
- ☐ **Plan to arrive in *Manitoba* at least 12 days before your program start date,** to allow time for Manitoba's required quarantine period, *after* your required 3 nights in a government-authorized hotel in your Canadian arrival city. **If you have doubts about this, please contact us.**
- ☐ **If you visit any other Canadian province** after your required 3 nights in a government-authorized hotel, you will need to **arrive in *Canada* 30 days in advance**, to quarantine (14 days) in that province *first*, and then travel to Manitoba and quarantine *again* (another 14 days). **If you have doubts about this, please contact us.**
- ☐ Confirm all flight/hotel/other reservations and keep this information in at least two places (one electronic; one paper).
- ☐ When you confirm your flight date(s), request "essential travel letter" from Assiniboine International. Send us an email with subject line "Request Essential Travel Letter" to international@assiniboine.net **Include this information: name, student number, college program, flight arrival date and Canadian city.** Request this letter *at least* 10 days *before* you travel to allow enough time for processing.
- ☐ Arrange to take a COVID-19 molecular test in your country of departure within 72 hours *before* your scheduled flight departure or arrival at a land border. You will need to show this result to

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the airline before boarding a flight to Canada and again at the Canadian airport (or land border). See [this link](#) for accepted types of tests and test result requirements.

- ☐ Read information about entry to Canada and about COVID-19 testing [here](#), [here](#) and [here](#). [This PDF](#) is a good view of the steps, but read and follow *all* of the information in the links above.
- ☐ You will also be required to take a COVID-19 test in your airport of arrival. You will wait for the results in the government-approved hotel you have booked for 3 nights. You can click [register in advance for your arrival test](#), to save you some time at the airport, if you choose.
- ☐ If you will drive to Canada from the United States, use the information in [this link](#).
- ☐ Confirm all parts of your [quarantine plan](#) and keep this information in at least two places (one electronic; one paper).
 1. One place to stay for 11 days *after* your required 3-day government-authorized hotel stay (or 14 days, if you drive to Canada), with address and contact name(s), phone numbers(s) and email(s). You must *not* share living space with people who did not travel with you, or have contact with “vulnerable people” at greater risk with COVID-19.
 2. Private transportation to your place of quarantine.
 3. Arrangements to order, receive and pay for supplies (food, medication if needed, other supplies). Deliveries only; you cannot leave place of quarantine to shop or pick up.
 4. Arrangements and payment for cellular phone service and data/wi-fi.
- ☐ **Please** send 1) your flight date(s); 2) your quarantine plan and 3) methods to reach you (phone and email) to acc2021@assiniboine.net. If your travel plans or contact information change, please update us at that email address.
- ☐ Download the [ArriveCAN app](#) on your phone and be prepared to give contact information on it. This is a **legal requirement** from the Government of Canada.
- ☐ Arrange [health insurance](#) to be valid *from first day in Canada*. College health insurance is valid as of September 1, 2021; arrange insurance from date of arrival until then.
- ☐ Gather items for your quarantine period; pack things most important for your safety and comfort in your carry-on luggage, if possible.

Pack these items in your carry-on luggage, so you can use them at airport/border when needed:

- ☐ Passport and any other identification. Make a photocopy and/or electronic copy of your passport photo page and keep in a different (but secure) location.
- ☐ COVID-19 test result(s). See [this link](#).
- ☐ Letter of authorization to study in Canada (and any other letter) from IRCC
- ☐ Letter of Acceptance and Essential Travel letter from Assiniboine
- ☐ Original, official (hard copy) documents of education and language testing. Keep all documents that are difficult to replace in your “carry-on” (in the plane cabin) luggage.
- ☐ Cellular phone and any laptop/tablet, plus charger(s), ideally including a battery pack.
- ☐ Written quarantine plan including all contact information and reservation confirmations.
- ☐ Information about health insurance you have purchased.
- ☐ Driver's license, if you have one.
- ☐ Enough required medication for at least 15 days, in original container(s).
- ☐ More than one method to access funds, and proof of adequate funds for stay in Canada.
- ☐ Hand sanitizer and a number of face masks.
 1. COVID-19 test result(s) and/or vaccine information, if you have these.

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During travel:

- ☐ Follow airline and airport direction about wearing a mask, washing hands and/or using hand sanitizer, and staying at least 2 meters away from other people.
- ☐ Touch as few surfaces as possible and wash or sanitize your hands frequently.
- ☐ Avoid touching your mouth, nose and eyes.
- ☐ Avoid alcohol or sleep medication, so your mind is clear.
- ☐ Keep phone charged.
- ☐ Look at this information again: [here](#), [here](#) and [here](#) and [this PDF](#).
- ☐ Answer every question from airline, airport or border staff **completely and truthfully**. Ask staff to repeat a question or explain it in a different way if you do not understand.

During quarantine period:

- ☐ Travel quickly and directly to a) your 3-day quarantine hotel; and after that, b) your place of quarantine for the remaining 11 days. Do not stop anywhere, except for medical, fire or police emergency. Wear a face mask while traveling.
- ☐ The Canadian government requires you to use your [ArriveCAN app](#) to:
 - confirm that you've arrived at your hotel for your quarantine
 - complete daily COVID-19 symptom self-assessments until the completion of your quarantine period, or until you report symptoms.
- ☐ Contact us at acc2021@assiniboine.net when you arrive safely in Manitoba. If you have a Canadian or US phone number, please give us that number. Assiniboine International staff will contact you by phone and/or email **every** day during your required 14-day quarantine. You need to respond to **each** contact. **This is a shared legal responsibility—yours and ours.**
- ☐ Stay in your room(s), alone, except for emergency (like a fire, or illness needing medical attention).
- ☐ Avoid contact with other people. If you must leave the room for an emergency, stay at least 2 meters away from other people.
- ☐ Go outside only at place of quarantine (for example, a patio or yard), and alone.
- ☐ Keep your room(s) clean, especially surfaces another person may need to touch.
- ☐ Wash your hands frequently.
- ☐ Self-monitor health by using the screening tool [here](#). More information is [here](#) and [here](#). If you have [symptoms](#) of COVID-19, contact Health Links at 1-888-315-9257 to ask about testing.
- ☐ On Day 10 after arrival in Canada, you must take another COVID-19 test, using the kit you received at the airport. See "Take your Day-10 Test" [here](#).
- ☐ Download Canada's free COVID Alert app [here](#). This app would notify you (on your phone) if you were near a user of the app who tested positive within the last 14 days. The app does this in a way that protects your privacy.

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After quarantine period:

- ☐ Contact [Assiniboine International](#) if you have any questions or doubts.
- ☐ Be prepared to purchase books/supplies and health insurance for the year.

All information and links above were valid on June 18, 2021, but could change at any time.

For the most up-to-date information about travel and arrival to Canada, please visit the Government of Canada's website at <https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist>