

\*As of March 7, 2022

## Quarantine Resources for Students Travelling to start classes in May 2022.

We are looking forward seeing you at our college soon!

### Are you now outside of Canada?

**All students travelling to Canada MUST have a quarantine *plan*.** It is possible that the Government of Canada will require you to quarantine for 14 days. Use [these FAQs](#) to understand the possible situations which could require quarantine for you.

**All students should plan to be in Canada at least 15 days before the start of their college program.**

Also see Assiniboine's "Travel Checklist" PDF document on our website [here](#), for general information and advice for your required quarantine planning.

Below is information about transportation, accommodation, food, health insurance, banking, internet and cell phone—to plan your possible quarantine.

### Are you now in Manitoba?

Great! But if you leave Manitoba and/or Canada, for any reason, you will need to follow requirement(s) when you return.

If you travel outside of Canada, use [these FAQs](#) and the checklist on this page for your planning.

All students travelling *inside* Canada must also follow requirements. Click [here](#) for information.

### All students:

Please contact [registration@assiniboine.net](mailto:registration@assiniboine.net) if your contact information (email address, postal address, phone number) changes.

Please continue to check these websites for the most up to date information:

Assiniboine Community College COVID-19 information for international students [here](#).

Assiniboine Community College COVID-19 response [here](#).

Government of Manitoba COVID-19 information [here](#).

Government of Canada COVID-19 information [here](#).

**Note many college services are available to you online (through your MyACC account) or by phone to 1-800-862-6307.**

### Possible Resources in Manitoba:

(Please click on colored links for more information.)

Flights to Manitoba	To fly to <i>Brandon</i> , arrange flights as follows: Country where you are now, to Calgary, Alberta, to Brandon, Manitoba	Consider booking your flights through a travel agent and/or with airlines that are part of <a href="#">Star</a>	
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	<p>To fly to <i>Winnipeg</i>, arrange flights as follows:  Country where you are now, to  Winnipeg, Manitoba  (<i>Most</i> airlines will transit through a larger city, like  Montreal, Toronto or Vancouver.)</p>	<p><a href="#">Alliance</a>, to increase your chance of assistance if you are delayed or need to change flights. Book tickets with flexible change/cancel conditions, if possible.</p>	
<p>Accommodations</p> <p>These pages show <b>Brandon</b> accommodation providers. <b>Ask before you book whether they accept people for a quarantine period.</b></p> <p>For information about hotels in <b>Winnipeg</b>, request document at <a href="mailto:international@assiniboine.net">international@assiniboine.net</a></p>	<p>Quarantine requires a stay in one house/apartment/hotel room which avoids any close contact with others for 14 days. The only people you can have contact (less than 2 metres) with are the people you travelled with. Other than that, you must stay <i>alone</i> in a bedroom and use your own bathroom.</p> <p>This is by law: <a href="#">Section 58 of the Quarantine Act</a>.</p> <p><b>When choosing accommodation</b>, say that you need to quarantine for at least 14 days because you have travelled. Say that you will study at Assiniboine Community College after the quarantine period.</p> <p><b>Ask questions like:</b>  What does the cost include, and not include?  Will I have a private room and bathroom?  How would I get food and supplies?  Are there cooking facilities/refrigerator/microwave?  Is wi-fi included?  How and where can I do laundry?  Do you provide cleaning supplies?  Is there access to a private area outside (patio/balcony/yard)?  If you are a smoker, note that you will NOT be able to legally smoke indoors in any public place (example: a hotel or university residence), and many private homeowners will not allow smoking indoors.</p>	<p><b>Brandon Provider</b></p> <p><a href="#">Airbnb</a> for short-term rental</p> <p><a href="#">Best Western Plus Brandon Inn</a></p> <p><a href="#">Colonial Inn</a></p> <p><a href="#">Comfort Inn Brandon</a></p> <p><a href="#">Lakeview Inns &amp; Suites - Brandon</a></p> <p><a href="#">Places4students</a> for longer-term rental</p> <p><a href="#">eBrandon.ca</a> Classifieds under Housing for Rent for longer-term rental</p>	<p><b>Price per 15 days on average</b></p> <p><b>Varies</b></p> <p><b>Contact to check for your dates</b></p> <p><b>Contact to check for your dates</b></p> <p><b>Contact to check for your dates</b></p> <p><b>Varies</b></p> <p><b>Contact to check for your dates</b></p> <p><b>Varies</b></p>

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	<p><b>Ask anything else that is important for your health, safety and comfort. Write down answers, date of call/email, and name of person who answered.</b></p> <p>Remember: if you move in to a <i>longer-term</i> rental for your quarantine, you cannot leave quarantine to buy furniture or supplies (like dishes, sheets, towels). You would need to arrange a furnished place with supplies or buy everything you need during quarantine online, for delivery (not pick-up).</p>		
<p>Transportation</p>	<p>If arriving by air, students must arrange transportation from Brandon or Winnipeg airport.</p> <p>Use private transportation if at all possible. If a family member or friend picks you up, there should be <b>only one person</b> (the driver) in the car.</p> <p><b>Wear a mask the entire time you are in any vehicle with other people.</b> Also, do the following:</p> <ul style="list-style-type: none"> <li>• Clean your hands before and after, with an alcohol-based hand sanitizer.</li> <li>• Load and unload your own suitcases. Keep only your valuables in the vehicle with you.</li> <li>• Sit in the back seats only</li> <li>• Avoid touching the inside of the vehicle.</li> <li>• Avoid touching your face.</li> <li>• If you must cough or sneeze, cough or sneeze into your elbow.</li> <li>• Pay without cash, if possible.</li> </ul> <p>If you have an out-of-province or an international driver's license, bring this with you.</p>	<p><a href="#">Enterprise Rental Cars</a> RECOMMENDED OPTION</p> <p><a href="#">Taxi</a> from Brandon airport to Brandon accommodation or <a href="#">Taxi</a> from Winnipeg airport to Winnipeg accommodation.</p> <p><a href="#">Brandon Air Shuttle</a></p> <p><i>Must be fully vaccinated.</i></p>	<p>Pick up at Winnipeg airport; return to Brandon location: <b>Approx. \$160 plus gas</b> Book by contacting Brandon 1<sup>st</sup> Street location; say you are an Assiniboine Community College student. Driver must be at least 21 years of age and show valid Canadian or international driver's license.</p> <p><b>Varies.</b></p> <p><b>\$56 plus tax</b> <b>Book in advance</b> Luggage allowance includes 2 suitcases and 1</p>

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		<p>Winnipeg airport to Brandon accommodation Ridebooker <a href="#">Private Taxi</a></p>	<p>carry-on per passenger. Size/weight restrictions may apply. No pets. <b><u>NON-REFUNDABLE.</u></b></p> <p><b>\$580 estimated</b></p>
Food & Supplies	<p>You will not be able to stop at any stores to purchase food or supplies when you arrive. When you arrive, you can contact a home grocery delivery service.</p> <p>The delivery fee depends on the size of your order and the delivery time that you choose.</p> <p>Please do not meet your delivery driver outside. Let them leave your purchases at your door. You will need to make purchases using a credit card.</p>	<p><a href="#">Superstore – Click &amp; Collect</a>  <a href="#">Instacart.ca</a></p>	<p><b>For orders under \$35:</b> \$7.99 - \$9.99 <a href="#">Instacart</a> delivery fee + service fee is 5% of your order total before taxes.</p> <p><b>For orders over \$35:</b> \$3.99 – \$5.99 <a href="#">Instacart</a> delivery fee + service fee is 5% of your order total before taxes.</p>
		<p><a href="#">Walmart – Click &amp; Collect</a> If you don't know your postal code, use R7A 2A9 (if in Brandon).</p>	<p><b>Up to \$9.99 Instacart delivery fee plus service fee is 5% of your order total before taxes.</b></p>
Restaurants (Use Contactless Delivery only)		<p><a href="#">Skip The Dishes</a></p>	<p><b>\$3.45 - \$4.59</b> Delivery service</p>
		<p><a href="#">Door Dash</a></p>	<p>\$0 delivery fee on every first order over \$10. New users only. \$ 2.99 average after that.</p>

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<p>Health All students:</p>	<p><b>Monitor your health for possible symptoms <i>every day</i>.</b> Use the <a href="#">online screening tool for COVID-19</a>. <b>If you have symptoms or questions, contact <a href="#">Health Links</a>.</b></p> <p>Travellers required to quarantine <b>must</b> complete the full 14 quarantine period, whether they have symptoms or not, and even if test results are negative.</p> <p><b>Do you need a COVID-19 vaccine?</b> The Government of Manitoba will administer the vaccine to non-Manitoba residents (after any required quarantine/isolation period). Temporary residents must provide proof of date of entry to Manitoba, as well as documentation to support the reason and anticipated length of their stay (study permit, letter of acceptance). And, more information about vaccines is in <a href="#">this link</a>.</p> <p>Buy “early arrivals” insurance through <a href="#">guard.me</a> before leaving home, to cover the days between arrival and May 1, 2022. You can buy for spouse/children also. Cost is approximately \$2.15/day per person. Soon after your college program begins, you will receive (and pay for) health insurance coverage through <a href="#">guard.me</a> and Student VIP for a 12 month period, at a lower cost per day.</p> <p>It is normal to feel anxious at this difficult time. Please access the I.M. Well Student Assistance program. It is a free, online program that offers counselling, information and resources. Counselling is offered over the phone or online, and is available in a number of different languages. This is a free service to any Assiniboine student; use your student number.</p>	<p><a href="#">Health Links-Info Santé</a> is a telephone health information service staffed 24 hours a day, seven days a week by knowledgeable, experienced nurses and is free of charge everywhere in Manitoba. Call 204-788-8200 in Winnipeg or 1-888-315-9257 toll-free outside of Winnipeg <a href="#">COVID-19 Screening Tool</a></p> <p>For vaccine locations, use <a href="#">this link</a>.</p> <p>Buy “early arrivals” insurance by emailing <a href="mailto:admin@guard.me">admin@guard.me</a> calling (from within North America) 1-877-873-8447. Provide your needed coverage dates, school name (Assiniboine), and a phone number where you can be reached. If you do <i>not</i> have health insurance, COVID-19 <i>testing</i> would be available. But <i>other</i> costs could be <b>very</b> expensive without insurance!</p> <p><a href="https://aspiria.ca/">https://aspiria.ca/</a> or download iAspiria app User name and password are ACCSA 1-877-554-6935 You are welcome to contact Assiniboine International at <a href="mailto:acc2021@assiniboine.net">acc2021@assiniboine.net</a> if you have worries or need something during your quarantine period.</p>
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Banking	Search online about whether your preferred bank has a branch in the city for your Assiniboine program. Many banks offer remote services online or over the phone. Remember, you <i>cannot</i> leave quarantine to do banking.	<a href="#">Bank of Montreal- BMO</a> <a href="#">Canadian Imperial Bank of Commerce-CIBC</a> <a href="#">Royal Bank of Canada-RBC</a> <a href="#">Scotiabank</a> <a href="#">TD Bank</a>	
Cellular Phone	<p>It is important you can stay connected for your studies. If you do not have an international/Manitoba phone plan upon your arrival, you will <i>not</i> be able to visit a cell phone provider in person to get a Manitoba phone during your quarantine.</p> <p><b>Please make a plan <i>before</i> you arrive in Canada/Manitoba.</b></p> <p>If you buy a SIM card for your current phone, check if your device is compatible.</p> <p>If you do not have a Manitoba phone plan yet: WhatsApp is a popular text and voice messaging app. With a pre-paid sim card or Wifi, you can send messages, videos, photos, make voice calls, or host video chats. You can also use WhatsApp for international calls.</p>	<b>Company</b>	<b>Price</b>
		<a href="#">Bell</a>	Rate plans start at \$ 80 per month plus phone
		<a href="#">Fido</a>	Rate plans start at \$ 45 per month plus phone
		<a href="#">Phone Box</a>	\$11.30 for the SIM Prorated fee Monthly fee \$30.00/month
		<a href="#">Rogers</a>	Rate plans start at \$ 25 per month plus phone
		<a href="#">Lucky mobile</a>	\$10.00 for the SIM Rate plans start at \$ 15 per month.
		<a href="#">Telus</a>	Rate plans start at \$ 65 per month plus phone
		<a href="#">Virgin Mobile</a>	Rate plans start at \$ 45 per month plus phone
Internet Service	If your quarantine location in Canada does not already have internet, you can work with an internet provider for 'self installation'.	<a href="#">BellMTS</a>	Rate plans start at \$ 70.95 per month
		<a href="#">Rogers</a>	Rate plans start at \$ 65 per month
		<a href="#">Westman Communications Group</a>	Rate plans start at \$ 50.00 per month.