ISS Welcome Webinar:  
How to Prepare for Your Arrival in Calgary during the Covid-19 Pandemic

Session Etiquette

• Please keep your microphone off.

• Questions asked in the chat during the presentation will not be answered. After the presentation, we will answer questions. Please wait to post a question until then.

• If your question is not answered at the end of the webinar, first review the ISS website for resources (ucalgary.ca/iss), then email iss@ucalgary.ca.

• **This session will be recorded.** The presentation slides will be posted within 2 business days:
  
  ucalgary.ca/student-services/iss/advising/iss-webinars-workshops
We acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes the Blackfoot Confederacy comprising the Siksika, Piikani, and Kainai First Nations, the Tsuut’ina First Nation, and the Stoney Nakoda including the Chiniki, Bearspaw, and Wesley First Nations. The City of Calgary is also home to Métis Nation of Alberta, Region III.

The University of Calgary is situated on land adjacent to where the Bow River meets the Elbow River, and the traditional Blackfoot name of this place is “Moh’kins’tsis”, which we now call the City of Calgary.
How to Prepare for Your Arrival in Calgary During the Covid-19 Pandemic

*Updated August 17, 2021*

International Student Services
University of Calgary
International Student Services

International Student Services (ISS) provides advice and programs to support all international students adjusting to studies at the University of Calgary and to life in Canada.

ucalgary.ca/student-services/iss

Canadian Immigration Advising & Workshops

Transitional Advising & Workshops

Web Resources

New International Student Orientation

International Student Mentorship Program

USpeak Global Program

Global Families Program

Social Events

International Student Services: currently providing remote advising only
Presenters
https://ucalgary.ca/student-services/iss/contact-us

Lien Tran, RCIC
• International Student Specialist, Immigration
• Manager, International Student Services

Kirsty Gruber
• Advisor, International Student Transition Support

Garrett Beatty
• Advisor, Intercultural Programs

Rachel Joshaghani
• Administrative Assistant, International Student Services
Today’s Webinar:

**Before You Travel**
- Entry to Canada requirements
- Airline requirements
- Exemptions
- Quarantine plan
- UCalgary arrival form

**72 Hours before Your Final flight to Canada**
- Pre-entry Covid-19 test
- ArriveCAN information

**Boarding Your Flight**
- Negative pre-entry test results
- Personal and travel documents
- Health regulations while travelling

**Arriving in Canada**
- Documents for Canadian Immigration official
- ArriveCAN receipt
- Study permit
- Arrival or randomized Covid-19 test
- Daily ArriveCAN Check-in
- Quarantine (if required)

**While in Quarantine (If required):**
- Daily ArriveCAN Check-in
- Day 8 test
- Stay Connected
- Settlement Tasks

**After Quarantine**
- UCalgary protocols
- Covid-19 vaccination
- Alberta Health Care Insurance
- Seek support
- Explore Calgary safely

Due to the evolving and unpredictable nature of the Covid-19 pandemic, rules and regulations may change without advanced notice.

This information is current as of August 17, 2021.

While this is a helpful resource to get you started, you are responsible for staying informed of updated regulations and policies prior to travel to Canada.

- [https://ucalgary.ca/student-services/iss/covid-19-faqs](https://ucalgary.ca/student-services/iss/covid-19-faqs)
Recent Federal/IRCC Announcements & Changes after 12:01 a.m. EDT on August 9, 2021

- Extended to Sept 21: Suspension of Flights from India extended
- Effective Aug 9: International Students and Travel to Canada (IRCC Backgrounder)
- Effective Aug 9: Easing border measures for fully vaccinated travellers entering Canada...
- Effective July 6: Government of Canada’s first phase to easing border measures for travellers entering Canada
Recent Provincial/Alberta Announcements

• Effective July 29 onwards:
  • Alberta no longer has additional provincial quarantine requirements for international travellers except for what is required by the federal government.

• Federal border measures and quarantine laws apply for all international travellers entering Canada.

• Effective September 27 (tentatively):
  • Alberta will lift the legal requirement for 10-day isolation following a positive COVID-19 test, **though it will be strongly recommended.** Staying home when sick is an important way to care for those around us by not passing on any illnesses.

• [https://www.alberta.ca/isolation.aspx](https://www.alberta.ca/isolation.aspx)

Updated August 17, 2021
Before You Travel

1. Confirm you can enter Canada and check provincial regulations.
2. Check eligibility for fully-vaccinated traveller exemption.
3. Check your airline’s boarding requirements.
4. Make and assess a quarantine plan even if you are fully vaccinated.
5. Inform UCalgary about your plans.
6. Register in advance for your arrival Covid-19 test if not exempt*


*Fully-vaccinated travellers are subject to random arrival testing

Updated August 17, 2021
Are you eligible to enter Canada?

• International students who have a valid study permit or study permit approval letter that are coming to study may enter Canada

• **Find out if you can enter Canada**
Which Airports are Open to International Arrivals?

- International passenger flights arrive and depart at the following four Canadian airports:
  - Calgary International Airport
  - Montréal-Trudeau International Airport
  - Toronto Pearson International Airport
  - Vancouver International Airport

- Effective August 9, 2021, international flights carrying passengers will be permitted to land at the following five additional Canadian airports:
  - Halifax Stanfield International Airport
  - Québec City Jean Lesage International Airport
  - Ottawa Macdonald–Cartier International Airport
  - Winnipeg James Armstrong Richardson International Airport
  - Edmonton International Airport


Updated August 17, 2021
Proof of essential travel

- A support letter from your department stating reasons for you to be in Canada for your studies is **not required**.
  - **However**, some airlines will require a letter to board your flight. You are responsible for checking with your airline.
  - **ISS does not issue these letters. Contact your program advisor for one: Faculty Advisor Contact List**

- If you are a returning student, proof that you have already been living in Canada and are now returning.
  
  https://travel.gc.ca/travel-covid/travel-restrictions/visitors-workers-students#students
To be eligible for fully vaccinated traveller exemption, you must:

• You must be asymptomatic, be eligible to enter Canada, and entered your information into ArriveCAN
  • Received **approved vaccine**; last dose at least 14 days before entering Canada
    • Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2)
    • Moderna (mRNA-1273)
    • AstraZeneca/COVISHIELD (ChAdOx1-S, Vaxzevria, AZD1222)
    • Janssen/Johnson & Johnson (Ad26.COV2.S)

• You must use ArriveCAN to enter proof of vaccination, quarantine, and travel information.

## Testing and Quarantine Exemptions for Travellers by Air: After August 9, 2021

<table>
<thead>
<tr>
<th></th>
<th>Pre-entry test required</th>
<th>Arrival Test required</th>
<th>Day 8 test required</th>
<th>Complete 14-day quarantine</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Exemptions</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Fully-Vaccinated Travellers</td>
<td>YES</td>
<td>NO*</td>
<td>NO</td>
<td>NO</td>
</tr>
<tr>
<td>Unaccompanied Minor</td>
<td>YES</td>
<td>Alternative arrival testing protocols</td>
<td>YES</td>
<td></td>
</tr>
<tr>
<td>Recently recovered from Covid-19</td>
<td>NO</td>
<td>NO</td>
<td>NO</td>
<td>YES</td>
</tr>
</tbody>
</table>

*Vaccinated travelers may be randomly selected for testing upon arrival; you do not need to register for a test in advance

The 3-night hotel stopover was eliminated for all travelers after August 9, [https://travel.gc.ca/travel-covid/travel-restrictions/exemptions](https://travel.gc.ca/travel-covid/travel-restrictions/exemptions)

*Updated August 17, 2021*
All travelers must have a Quarantine Plan prepared

Even if you meet criteria for fully-vaccinated exemption, you still need a plan in case you are deemed ineligible at any point during travel

- You are responsible for the cost
  - In September, explore: GSA support bursary, tuition differential bursary, peer assistance bursary

- Mandatory Quarantine Sheet (multiple languages)
- [albertahealthservices.ca/topics/Page17239.aspx](http://albertahealthservices.ca/topics/Page17239.aspx)
How & Where to Quarantine

• The Government of Canada advises to travel directly to your final destination and quarantine there.
  • Example: if you arrive in Vancouver, plan a connecting flight to Calgary. Arrange full quarantine time in Calgary.
  • You are not able to split your quarantine time between two locations (e.g. 2 nights in Vancouver, 12 in Calgary)


• Arrange at least 3 hours between your arrival in Canada and connecting flight to Calgary. Time to:
  • collect your bags, go through Canadian immigration,
  • clear Canada Customs,
  • complete your Arrival PCR test (if selected/required),
  • and transfer to the domestic terminal for your connecting flight (this can time some time)
How & Where to Quarantine

• A suitable place where you:
  • Can stay for 14 days or possibly longer
  • have access to the necessities of life, including water, food, medication and heat without leaving quarantine
  • can avoid contact with others who did not travel with you
  • have no visits from family or guests


• University of Calgary discounted hotel rates (Quarantine Accommodation): [https://ucalgary.ca/student-services/iss/resources/housing](https://ucalgary.ca/student-services/iss/resources/housing)
Quarantine Plans: Students Living in Residence for Fall 2021

• Residence Services:
  • https://www.ucalgary.ca/ancillary/residence/fall-2021-faqs
  • https://www.ucalgary.ca/ancillary/residence/self_isolation
  • campusservicecentre@ucalgary.ca

• Residents who meet the fully vaccinated exemption are still required to apply for quarantine with Residence Services.
Prepare for Your Needs while in Quarantine

- Health Canada resource
- ucalgary.ca/student-services/iss/resources/self-isolation-supports-international-students
Assess Your Quarantine Plan

• Complete the online Government of Canada assessment to determine if your plan is suitable: https://travel.gc.ca/travel-covid/travel-restrictions/isolation/quarantine-start
• You will be asked about your plan when you arrive

Inform UCalgary of Your Plans

• UCalgary Quarantine Information for Students website & arrival form:
  • https://www.ucalgary.ca/current-students/quarantine-information-students
  • **Graduate students:** can access further assistance through: https://grad.ucalgary.ca/current-students/newly-admitted/international-graduate-students-2021
Medical Insurance while in Quarantine

- Purchase travel medical insurance that provides coverage during your travels to Calgary and until you are eligible for coverage through the SU/GSA and Alberta Health Care Insurance Plan, if eligible
  - AHCIP: you must register after quarantine
  - SU/GSA plans: active Sept 1, but you may have to pay for services upfront, then request reimbursement
- At least covers doctor visits, hospitalization, prescription drugs, vision care, and dental care, [https://ucalgary.ca/student-services/iss/resources/medical-insurance](https://ucalgary.ca/student-services/iss/resources/medical-insurance)
- Healthcare & Medical Insurance in Alberta
  - [Thursday, August 12, 9 am MDT](#)
Arrival Testing: Unvaccinated Travellers must register in advance

- There are different testing providers depending on where you enter

**Effective August 9:** travellers meeting the fully-vaccinated exemption are not required to book arrival testing; you may be randomly selected
72 Hours before Your Flight into Canada

1. Get your Pre-Entry Covid-19 test
2. Submit travel & quarantine plans & proof of vaccination in ArriveCAN


- You may not be fully-vaccinated, so may not have proof of vaccination
- This information is current as of August 17, 2021.
Pre-entry Covid-19 test

• COVID-19 testing is required for all travelers 5 years of age or older before entering Canada

• If you're flying to Canada, you must take a test within 72 hours of the scheduled departure time of your flight to Canada
  • Airlines will refuse boarding to travellers who are unable to provide a valid molecular test result
  • If you have a connecting flight, the test must be conducted within 72 hours of the scheduled departure time of your last direct flight to Canada

• You must provide an accepted test, not an antigen test

• You are responsible for any cost


• Accepted types of tests
• Searching for testing facilities
Submit Information in ArriveCAN app

• **ArriveCAN is free and secure**
• Download the ArriveCAN mobile app and submit your information
• If you are eligible to enter Canada, you are required to provide mandatory traveler information within 72 hours before your arrival in Canada
• You **must** submit your information electronically through **ArriveCAN** before you board your flight
• You must check-in on ArriveCAN everyday during quarantine
Submit Information in ArriveCAN app

<table>
<thead>
<tr>
<th>Fully Vaccinated Travellers</th>
<th>No Exemptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your Contact Information</td>
<td>Your Contact Information</td>
</tr>
<tr>
<td>Purpose of Travel</td>
<td>Purpose of Travel</td>
</tr>
<tr>
<td>Date of arrival, port of entry, flight number, airport, airline</td>
<td>Date of arrival, port of entry, flight number, airport, airline</td>
</tr>
<tr>
<td><strong>Vaccination information &amp; proof of vaccination</strong></td>
<td><strong>Quarantine Plan</strong>*</td>
</tr>
<tr>
<td>Information about countries you’ve visited 14 days prior to arrival (not connections)</td>
<td>Information about countries you’ve visited 14 days prior to arrival (not connections)</td>
</tr>
</tbody>
</table>

All travellers must have a quarantine plan prepared, but the ArriveCAN app may not ask you to submit it if you have included your vaccination information. [https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html](https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html)
Submitting Proof of Vaccination

- Details of first dose (date, country, vaccine)
- Details of second dose if required (Pfizer, Moderna, AstraZeneca)
- A photo/PDF of the record of each dose such as receipts, cards, or confirmations
  - PDF is preferred
- Uploaded proof must be in English, French or certified translation
  - Do not upload your proof of vaccination if it is not in English or French; upload the certified translation

Bring original proof of vaccination with you while you travel.

Boarding Your Flight

1. Show *pre-entry test results* to airline official
2. Check *required steps* for boarding a flight to Canada
3. Keep your personal and travel *documents secure & with you at all times*

Requirements for Boarding a Flight

• Travellers will not be allowed to board if they:
  • have symptoms of COVID-19 unless they have a medical certificate stating that their symptoms are not COVID-19 related or
  • have been refused boarding in the past 14 days due to a medical reason related to COVID-19 or
  • are subject to a provincial or local public health order


Check with your airline as well. They may required a letter (see slide 13).
Arriving in Canada

1. Show your documents to border official for assessment & review your Study Permit for errors

2. Take a Covid-19 arrival test

3. Travel directly to quarantine location or continue direct travel to final destination.

4. Complete remainder of 14-day quarantine if not exempt.

5. Stay in contact: ArriveCAN & UCalgary

When you first arrive to Canada

• Please let the Border Services Officer know that you are coming here as a student where you **FIRST** enter into Canada (first airport or land border crossing) - do not let them just move you through.

• Always answer all questions asked of you truthfully. If you do not know how to answer any questions, it is okay to say “I don’t know” just remember to remain calm and polite.

• Please review the [IRCC website](https://www.ircc.ca/) on preparing for your arrival to Canada for international students.
Documents to Border Officials: Fully vaccinated travellers

• Fully vaccinated travellers must show:
  • Pre-entry covid-test (negative)
  • 14-day Quarantine plan
  • Proof of original Vaccination in English or French. If your proof is not in English or French, do not upload it into ArriveCAN. You will provide a certified translation on ArriveCAN instead.

Please travel with both the original proof of vaccination and the certified translation
Required Documents To Bring for all Students:

- A valid study permit or A study permit approval (a port of entry letter of introduction)
- Your passport
- A copy of your UCalgary acceptance letter and updated enrolment letter
- Proof of Financial support
- Valid visa or eTA
- 14-day quarantine plan
- ArriveCAN receipt
- Pre-COVID test
Review of your study permit

- Your Name is spelled correctly;
- Your Date of Birth is correct;
- Your Country of Citizenship is correct;
- Duration of the study permit is correct.
- Your Study Permit includes a printed condition authorizing you to work 20 hours a week:

Your study permit should state one of the following:
- "May work 20 hours per week off-campus or full-time during regular scheduled breaks if meeting criteria outlined in section 186(v) of IRPR" or
- "May accept employment on or off-campus if meeting eligibility criteria as per R186(f), (v) or (w). Must cease working if no longer meeting these criteria."
Review of your study permit

If there are any errors or mistakes, please bring them to the attention of the Border Services Officer before leaving the area.
Arrival Covid-19 test and Go to (Quarantine) Accommodation

• Unvaccinated:
  • You will take the test in the airport and will be given instructions on how to complete your day-8 test or given a home test kit.
  • You will await results while you complete 14-day quarantine in final destination

• Vaccinated:
  • You may be selected to complete arrival testing
  • You do not need to wait for your test results

Complete Remainder of Quarantine & Update ArriveCAN

• You must travel from the airport to your quarantine location directly (without making stops)

• While in Canada, you must submit a daily health report. You can submit by:
  • Using the ArriveCAN mobile App
  • Using the ArriveCAN online website

• If you are unable to use ArriveCAN after entering the country, call 1-833-641-0343 daily during your quarantine period
ArriveCAN Technical Support

- Use the website or call 1-833-641-0343 daily during your quarantine period if encountering technical issues with mobile app.

*Updated August 17, 2021*
While in Quarantine

1. Provide Updates: ArriveCAN & UCalgary
2. Complete day-8 Covid-19 test
3. Stay connected: reach out to family & friends
4. Learn about helpful resources & plan for settlement tasks

Monitor Your Health & Wellbeing: Contacts

• **Healthlink: 811**
  - 24-hour free phone line for non-emergency health concerns
  - Speak with a registered nurse
  - Service available in multiple languages

• **Student Wellness Services**: learn about services
  - [ucalgary.ca/wellness-services](ucalgary.ca/wellness-services)

• **Emergency: 911**
  - Fire, Ambulance, & Police
Complete day-8 Covid-19 test

• If the test were to be positive, your quarantine time may be extended
  • A government representative will call you to provide you with additional instructions.

• Learn more:

**Exemptions:** fully-vaccinated traveler & unaccompanied minor
Stay Connected & Plan for Settlement Tasks

• Contact your family, friends, or loved ones while in isolation to check in:
  • Planned times for a phone/video call or shared remote activities (eg. video games, watch tv or videos together, stretches/yoga)

• You may be able to submit documents online for:
  • Canadian bank account
  • Canadian cell phone plan
  • Social Insurance Number (SIN)

• Schedule accommodation viewings for after quarantine is complete

• [https://ucalgary.ca/student-services/iss/resources/new-international-student-checklist](https://ucalgary.ca/student-services/iss/resources/new-international-student-checklist)
Academic Resources and Supports

• Student Success Centre (SSC)
  • The SSC provides services and programs to help you be successful in your studies. Our advisors, learning support staff and writing support staff will help you enhance your skills and achieve your academic goals.
  • [https://www.ucalgary.ca/student-services/student-success](https://www.ucalgary.ca/student-services/student-success)

• Library Resources
  • There are lots of experts, services, and resources available in Libraries and Cultural Resources to you as a new International student. This interactive orientation provides you with information on some of the resources that will be helpful for your first year at UCalgary.
After Quarantine

1. Safely get to know Calgary & UCalgary campus
2. Adhere to UCalgary rapid testing/vaccination and masking protocols
3. Ask questions & Seek Support as needed
4. Consider getting a Covid-19 vaccine
5. Register for Alberta Health Care Insurance Plan


Updated August 17, 2021
Get to know the UCalgary community & resources

Welcome Webinars

- **Aug 18**: Exploring Calgary
- **Aug 25**: Calgary Weather

Additional webinars through SSC, Wellness Services, and Career Services!

Programs & Events

- **Graduate International Student Orientation**: Sept. 1, 9-10 a.m. MDT
- **Undergraduate & International Exchange Student Orientation**: Sept. 1, 10:30-11:30 a.m. MDT
- **Student panels, social events, and extended orientation workshops** throughout September!

[events.ucalgary.ca/international-student-services/](https://events.ucalgary.ca/international-student-services/)
[ucalgary.ca/student-services/iss/resources/international-student-orientation](https://ucalgary.ca/student-services/iss/resources/international-student-orientation)
UCalgary Protocols: rapid testing or vaccination & mandatory mask policy

• To maximize safety for in-person teaching and learning, new policies are being implemented for this September.
  • Effective September 1, students, faculty, and staff who are not fully vaccinated or prefer not to disclose their vaccine status will regularly complete rapid screening test and receive negative result before they participate in in-person activities. Those who are fully vaccinated against COVID-19 are exempt from this requirement.

Stay informed about UCalgary protocols and procedures by checking the website below and reading all emails from UCalgary:

ucalgary.ca/risk/emergency-management/covid-19-response

Updated August 17, 2021
UCalgary Protocols: rapid testing or vaccination & mandatory mask policy

• The University of Calgary will continue to require those with COVID-19 symptoms or a positive test to self-isolate.

• Anyone who has any of the following COVID-19 symptoms is required to isolate for 10 days from the onset of symptoms, or until they receive a negative COVID-19 test result.
  
  • Fever
  • Cough
  • Shortness of breath or difficulty breathing
  • Loss of sense of smell or taste
  • Sore throat (adults only)
  • Runny nose (adults only)

ucalgary.ca/risk/emergency-management/covid-19-response

Updated August 17, 2021
UCalgary Protocols: rapid testing or vaccination & mandatory mask policy

Effective Sept 1, non-medical face masks must now be worn in all public indoor areas on University of Calgary campuses where physical distancing is not possible.

Masks are not necessary to be worn on campus under the following circumstances:

- Working alone in private offices
- Working outdoors and there is a minimum of 2 metres between people
- Meeting indoors and there is a minimum of 2 metres between people
- Working alone in a shared space
- Working in a cubicle with plexiglass, wall, or other approved barrier between people and when not providing services to anyone
- In a classroom where there is a minimum of 2 metres between instructor or among students

[Link to full policy]

Updated August 17, 2021
Covid-19 Vaccinations in Calgary

• If you have not yet registered for Alberta Health Care Insurance Plan, you can book a vaccination by calling Healthlink (811); you do not need insurance to get vaccinated.

• If you already have an Alberta Health Care card, you can book a vaccine online, with a pharmacy, or on-campus:
  • www.ahs.ca/covidvaccine
  • https://www.ucalgary.ca/wellness-services/services/medical-services/COVID-19-vaccine

• There is no cost

• Talk to a physician if you partially vaccinated and the same vaccine is not available in Canada
  • Once you are in Alberta, book a virtual appointment with Student Wellness Services physician for questions/concerns about vaccines ucalgary.ca/wellness-services
Staying Informed

- Key UCalgary websites:
  - ISS Covid-19 FAQ
  - UCalgary COVID-19 page

- External websites:
  - Canada: https://travel.gc.ca/travel-covid
  - Alberta: https://www.alberta.ca/isolation.aspx


You are responsible for staying informed and checking your email for updates from UCalgary.
Questions?

Thank you
iss@ucalgary.ca
issimmigration@ucalgary.ca
ucalgary.ca/student-services/iss/contact-us