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.** You will receive the presentation slides by email within 2 business days. ucalgary.ca/student-services/iss/advising/iss-webinars-workshops
Territorial Acknowledgement

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.
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

- Non-immigration: iss@ucalgary.ca
- Canadian immigration: issimmigration@ucalgary.ca
- FAQ page: ucalgary.ca/student-services/iss/covid-19-faqs

- 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

• **ISS Canadian Immigration Advising:**
  • Virtual Drop-in: Monday & Wednesday, 9am - noon (Calgary time, on Zoom)
    • [International Student Services Advising | University of Calgary (ucalgary.ca)]
  • In-Person Advising: Thursday, 1pm – 3pm (Calgary time, on Zoom)

• **ISS Transition Support Advising:**
  • Virtual Drop-in: Thursday, 10am-noon (Calgary time, on Zoom)
    [ucalgary.ca/student-services/iss/advising/international-student-services-advising]

• **ISS Student Study Space:**
  Open Monday-Friday, 9 am-noon and 1-4pm, unless the University is closed
  [MacEwan Student Centre (MSC) room 275]

  **Note:** ISS office is closed for winter break Dec 25, 2021-Jan 2, 2022
Study Abroad Exchange Team

• We handle all your questions related to your exchange and connect you with the right resources
• We're located in MacKimmie Tower (MT) 501, please check our website for office hours: [https://www.ucalgary.ca/international/study-abroad/incoming-exchange](https://www.ucalgary.ca/international/study-abroad/incoming-exchange)
• Don't hesitate to email us at iexch@ucalgary.ca, please include your UCID in the email
• Your exchange advisors are Prachi and Veronica
Today’s Webinar:

Before You Travel

Requirements & Exemptions:
- Entry to Canada
- Boarding flights
- Alberta
- University
Plan your Flight(s)
Emergency/Travel Medical Insurance
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/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

Alberta Proof of Vaccination
UCalgary Protocol
Covid-19 vaccination
Seek support
Get your UNICARD
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 December 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.**
Before You Travel

Requirements & Exemptions:
- Entry to Canada
- Boarding flights
- Alberta
- University
- Plan your Flight(s)
- Emergency/Travel Medical Insurance
- Quarantine plan & UCalgary arrival form

Incoming Exchange – Course Registration

• You **must be enrolled in a minimum of three courses** during your exchange, as per your Study Permit requirement

• The last day to drop a course is January 20 and the last day to enroll in a course is January 21: [https://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html](https://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html)

• Some courses have labs, tutorials, or both. These are supplementary parts of a course. You must enroll in them if they are part of the course: [https://www.ucalgary.ca/registrar/registration/definitions](https://www.ucalgary.ca/registrar/registration/definitions)
Incoming Exchange – Course Request

• Some courses have prerequisites, or courses that must be taken before you can take that course
• The course registration system will not be able to recognize courses you took in your home university as prerequisites so you must complete the Course Request form and send it to the correct department with syllabi of prerequisites: https://www.ucalgary.ca/international/study-abroad/incoming-exchange/course-requests
• This process is for incoming exchange students only
Travel Suspensions:
*Effective Nov 26, 2021- December 18, 2021*

- All foreign nationals who have been in Nigeria, Malawi, Egypt, South Africa, Mozambique, Namibia, Zimbabwe, Botswana, Lesotho and Eswatini within the previous 14 days before arriving in Canada, will not be permitted entry to Canada until December 18, 2021, at 11:59pm

- Government of Canada introduces new measures to address Covid-19 Omnicron variant of concern (Nov 26, 2021)
Are you eligible to enter Canada?

- **IRCC & Airline Requirements**

- International students who have a valid study permit, study permit approval letter or exchange letter, that are coming to study, may enter Canada
  
  - Note: The email you received confirming your exchange placement is your student exchange letter.
  
  - You must have a quarantine plan prepared, regardless of vaccination status.
  
  - Find out if you can enter Canada
  
  - International Students and Travel to Canada (IRCC Backgrounder)
  
  - IRCC does not require a support letter from your department stating reasons for you to be in Canada for your studies.

- **However**, some airlines will require a letter to board your flight.

- **You are responsible for obtaining documents required by your airline(s).**
  
  - ISS does not issue these letters.
  
  - Contact your exchange advisor iexch@ucalgary.ca
International Students Boarding Connecting Flights in Canada

- **Starting Nov 30, 2021**, travelers must be fully vaccinated with an approved vaccine to board a flight departing a Canadian airport
  - *The list has expanded to include WHO Emergency Use Listings*

- **Exception**: arriving unvaccinated international students may take a connecting flight that is scheduled to depart within 24 hours of the departure time for your flight to Canada
  - Use a valid pre-entry molecular test as long as the scheduled departure time of their domestic flight is within 24 hours of the departure time for their flight to Canada

Fully-Vaccinated requirement for International Students: Jan 15, 2022

- After Jan 15, 2022, international students who are 18 years or older must be fully-vaccinated to enter Canada

- Government of Canada announces adjustments to Canada’s border measures (Nov 19, 2021)
Planning your flight

Considerations you should factor in your travel plans:

1. **When are you arriving?**

   *Effective, *November 3rd, 2021*, Canada Border Services Agency (CBSA) will no longer restrict international student arrivals to four (4) weeks before their studies begin.*

2. **Are flight costs increasing during winter holiday season?**
   - The cost of airfare typically increases during the Holiday season in December.

3. **Will arrival services be available, should I need assistance at the time of my arrival?**
   - The ISS & University services are closed winter break: Dec 25-Jan 2, 2022.

4. **Does your flight include travel/emergency medical insurance?**
   - If not, when are you purchasing medical insurance (more details to come...)

5. **Do you have enough time between connecting flights?**
   - Arrange at least 3 hours between your arrival in Canada and connecting flight to Calgary: this allows time for you 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.
Entry to Canada: Vaccination Requirements

List of vaccines approved by Government of Canada

List of vaccines approved by Government of Alberta
• For Alberta Restriction Exemption Program

List of vaccines approved for UCalgary CovidSafe requirements

Updated, Dec 17, 2021
Fully Vaccinated Traveler Exemption

Eligibility

• You must be asymptomatic,
• be eligible to enter Canada,
• Have entered your proof of vaccination, quarantine plan, pre-departure negative PCR test and traveler information into ArriveCAN before boarding flight, and
• Received vaccine approved by Health Canada; last dose at least 14 days before entering Canada
  • Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2)
  • Moderna (Spikevax, mRNA-1273)
  • AstraZeneca (Vaxzevria, COVISHIELD, ChAdOx1-S, AZD1222)
  • Janssen/Johnson & Johnson (Ad26.COV2.S)
  • Bharat Biotech (Covaxin, BBV152 A, B, C) Starting November 30
  • Sinopharm (Beijing) BBIBP-CorV (Vero Cells) Starting November 30
  • Sinovac (CoronaVac, PiCoVacc) Starting November 30

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
- 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
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)


*It is your responsibility to be aware of all travel & quarantine requirements.*
How & Where to Quarantine

Off-Campus:

- University of Calgary discounted hotel rates for quarantine
- Private accommodation
  - [ucalgary.ca/student-services/iss/resources/housing](ucalgary.ca/student-services/iss/resources/housing)
  - [ucalgary.ca/student-services/iss/resources/self-isolation-supports-international-students](ucalgary.ca/student-services/iss/resources/self-isolation-supports-international-students)

On-Campus:

- Residence Services:
  - [ucalgary.ca/ancillary/residence](ucalgary.ca/ancillary/residence)
  - [Campusservicecentre@ucalgary.ca](Campusservicecentre@ucalgary.ca)
  - Residents arriving internationally MUST fill out the quarantine request form, even if they believe they will be exempted
    - [ucalgary.ca/ancillary/residence/self_isolation](ucalgary.ca/ancillary/residence/self_isolation)
Incoming Exchange – On Campus Residence

• There is still time to apply for residence on campus. If you wish to live on campus, please apply on the Residence Services: https://www.ucalgary.ca/ancillary/residence
• The sooner you apply for residence, the better chances you have for securing a space. If you apply too late, there may not be a space for you
• You can choose between First Year, Second Year, or Upper Year residences: https://www.ucalgary.ca/ancillary/residence/live-with-us/places-to-live
How will you prepare for your needs while in Quarantine?

How will you...

• **travel** to your quarantine location? *Taxi, uber*
• **pay for expenses?** *International credit card/prepaid Visa*
• order/receive **groceries or meals?** *Apps*
• access to **prescription medication** for pre-existing conditions?
• order a **SIM card or cell phone**?

What **technology** do you need to bring to access wifi/internet to update ArriveCAN?

• Cell phone, laptop, adaptor for North American electrical outlets (if needed)
Assess Your Quarantine Plan

• Complete the online Government of Canada assessment to determine if your plan is suitable:

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
  • International students living in on-campus Residence:
    ucalgary.ca/ancillary/residence/self_isolation
Emergency/Travel Medical Insurance

Short term exchange students (<12 months)

You are not typically eligible for the Alberta Health Care Insurance Plan (AHCIP)

You need to purchase a private plan

- Possible options:
  - Through your home institution
  - Typically, easier to purchase prior to travel/before leaving home country
  - Purchase together with your travel arrangements (like flight + travel insurance package)
  - ISS does have a list of Canadian options “visitor insurance”
Private medical Insurance
How Does it Work?

• Typically
  1. You pay for a service
  2. Submit a claim/receipts to your insurance
  3. You are reimbursed according to your plan

• Check how much a service will cost BEFORE you use that service
  • Wellness Centre (403-210-9355)
  • Health Link (811) – quick, free advice from a registered nurse 24/7
Travelling with Medication or Planning if you have existing medical needs

• Talk to your doctor before you travel to plan ahead for your specific needs

• Canada Border Services Agency (CBSA)

• [https://www.cbsa-asfc.gc.ca/menu-eng.html](https://www.cbsa-asfc.gc.ca/menu-eng.html)
  - Visitors to Canada and non-residents arriving from abroad are permitted to import a single course of treatment or a 90-day supply of a prescription drug hand-carried for their personal use or the use of a person under their care and with whom they are travelling.
Travelling with Medication or Planning if you have existing medical needs

• Canada Border Services Agency (CBSA)
• [https://www.cbsa-asfc.gc.ca/menu-eng.html](https://www.cbsa-asfc.gc.ca/menu-eng.html)
  • Visitors and non-residents are allowed to import a single course of treatment or a 90 day supply of a prescription drug by mail or courier.
  • All personal importations of prescription drugs must be packaged in the hospital, pharmacy dispensing or retail packaging, or have the original label affixed to it clearly indicating what the product is and what it contains.
Within 72 Hours before Your Final Flight into Canada

Pre-entry Covid-19 test
ArriveCAN information

72 Hours before Your Final flight to Canada

Arriving in Canada

After Quarantine

Before You Travel

Boarding Your Flight

While in Quarantine

Pre-entry Covid-19 test

• Required for ALL travelers 5 years of age or older
• 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 & finding a testing facility
• You can learn more about the accepted types of PCR testing:
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>If not Eligible for Vaccination Exemption</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.*

Submitting Proof of Vaccination in ArriveCAN

- 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.

ArriveCAN Technical Support


- After you review the suggestions, if you’re still encountering issues, fill out the **help/contact webform** here: https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan/contact-us.html#arrivecan-issues.

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

72 Hours before Your Final flight to Canada

Before You Travel

Boarding Your Flight

- Negative pre-entry test results
- Personal and travel documents
- Health regulations while travelling

Arriving in Canada

While in Quarantine

After Quarantine

Requirements for Boarding a Flight

• Airlines will verify that you have submitted your information digitally by using the ArriveCan app or website before you can board their flight.

• Travellers may not be allowed to board if they:
  • have symptoms of COVID-19 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

https://travel.gc.ca/travel-covid/travel-restrictions/flying#board

• Remember to confirm in advance if your airline requires a letter to explain why you’re coming to Canada for courses (see slide 9).
Arriving in Canada

72 Hours before Your Final flight to Canada

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

Arriving in Canada

While in Quarantine

Exchange Students: Methods for Granting of Entry to Canada

Method 1: Entry as a Student

• Study Permit will be issued

Method 2: Entry as a Visitor

• Passport might be stamped
• Visitor Record may be issued
When you Enter Canada

• When you enter Canada (at the first airport or land border crossing):
  • Tell the Border Services Officer that you are coming to Canada to study as an exchange student
    • If you have an approved study permit, do not let them just move you through. You need to be referred to an officer for examination.
  • Always answer all questions truthfully.
    • If you do not know how to answer any questions, it is okay to say “I don’t know”. Stay calm and remain polite.
• Review the [IRCC website](https://www.imgc.state.gov) on preparing for your arrival to Canada for international students
# Documents to show border officials

<table>
<thead>
<tr>
<th>Unvaccinated student travelers</th>
<th>Fully vaccinated student travelers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Study Permit Approval (also known as a Port of Entry (POE) Letter of Introduction (LOI) ) or a Valid Study Permit</td>
<td>Study Permit Approval (also known as a Port of Entry (POE) Letter of Introduction (LOI) ) or a Valid Study Permit OR UCalgary Acceptance Letter (Your exchange letter)</td>
</tr>
<tr>
<td>*Entry permitted only until January 14th, 2022.</td>
<td></td>
</tr>
<tr>
<td>Your passport</td>
<td></td>
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<tr>
<td>A copy of your UCalgary acceptance letter and enrolment letter</td>
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<tr>
<td>Proof of Financial support</td>
<td></td>
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<tr>
<td>Valid visa or eTA</td>
<td></td>
</tr>
<tr>
<td>14-day quarantine plan</td>
<td></td>
</tr>
<tr>
<td>ArriveCAN receipt</td>
<td></td>
</tr>
<tr>
<td>Pre-entry covid-test (negative)</td>
<td></td>
</tr>
<tr>
<td>The original proof of vaccination from your country of vaccination AND a certified translation (if it’s not in English or French)</td>
<td></td>
</tr>
</tbody>
</table>
Review your study permit (if applicable)

Note: If you are unvaccinated, you require a study permit as an exchange student.

Ensure:

• Your Name is correct;
• 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 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.
Review your Visitor Record (if applicable)

If you are vaccinated and entering as a Visitor, an Officer may issue a document called a "visitor record" to document your exchange studies in Canada. Ensure:

• Your Name is correct;
• Your Date of Birth is correct;
• Your Country of Citizenship is correct;
• Duration of the visitor record is correct.
  • Will be for a period less than 6 months.

Note: As a visitor, you cannot work in Canada.
As a result, your visitor record will state that you cannot work.

*IMPORTANT* An activity may be considered “work” even if it is unpaid. You can read more about what constitutes work [here](#) and [here](#).
Entering as a Visitor & No Documents Issued

If you are vaccinated and entering as a "Visitor," an Officer may allow you into Canada without issuing a visitor record or study permit. If this happens, here's what you need to know:

• You've been admitted as a visitor
• You cannot work in Canada
• The Officer may stamp your passport and either:
  (I) write under the stamp: "SX-----------------[Date]
    • The date marked is the date you must leave Canada by or apply for an extension of your status by.
  OR
  (II) An Officer may only stamp your passport.
    • This means that you must leave Canada within 6 months or apply for an extension to your status.
• If an officer does not stamp your passport, it is okay. Know that you have been granted entry as visitor and must leave Canada within 6 months from the date of entry.
Arrival Covid-19 Testing – Unvaccinated Travellers

• All unvaccinated travelers arriving to Canada by air (including the United States) will need to complete a COVID arrival test.

  
  • Register with test provider before traveling
  • You will be directed to either take the test in the airport or given an at home test kit, along with instructions on how to complete your day-8 test
  • You will await results while you complete 14-day quarantine in final destination
  • **You must travel from the airport to your quarantine location directly (without making stops)**

• **Quarantine:** [travel.gc.ca/travel-covid/travel-restrictions/isolation#quarantine](http://travel.gc.ca/travel-covid/travel-restrictions/isolation#quarantine)

**Domestic Connections**

• Foreign nationals **may take a connecting flight that is scheduled to depart within 24 hours of the departure time for their flight to Canada.** Foreign nationals authorized entry into Canada can continue to their final destination using their valid pre-entry molecular test as long as the scheduled departure time of their domestic flight is within 24 hours of the departure time for their flight to Canada.

• Learn more: COVID-19 Boarding flights and trains in Canada – Travel.gc.ca
Arrival Covid-19 Testing – Vaccinated Travellers

- Fully vaccinated travellers who have been in any country other than Canada and the United States in the 14 days prior to entry to Canada may be selected for arrival testing.
- The Government of Canada is increasing the number of fully vaccinated travellers being selected for testing to reach 100% of vaccinated travellers in the coming weeks.
- Learn more:

Arrival Testing:

- You may be directed to either take the test in the airport or given an at home test kit
- You will await results while you complete upwards of a 3-day quarantine at your final destination
  - You must travel from the airport to your quarantine location directly (without making stops)
While in Quarantine (if required)

72 Hours before Your Final flight to Canada

Before You Travel

Boarding Your Flight

Arriving in Canada

While in Quarantine

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

After Quarantine

Daily ArriveCAN Check in

• 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

We strongly recommend you have phone service while in quarantine.
Monitor Your Health & Wellbeing: Contacts

- **UCalgary Quarantine Update Form**
  - ucalgary.ca/current-students/quarantine-information-students

- **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

- **Emergency Services: 911**
  - Fire, Police, Ambulance
Travelers in quarantine complete day-8 Covid-19 test

• Your quarantine time may be extended if you receive a positive test result
  • A government representative will call you to provide you with additional instructions.

• Learn more:

*Note: Effective January 15, 2022, students who are not fully vaccinated will be unable to enter Canada.
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)

• If you have proof of address, you may be able to submit documents online for:
  • Canadian bank account - if desired
  • Canadian cell phone plan - if desired
  • Social Insurance Number (SIN) - if needed

• 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)
Exchange Arrival Forms/Survey

• Your home university may ask you to fill out a certificate of arrival or another form verifying that you have arrived at the University of Calgary
• Prachi or Veronica can sign this for you. Please come in person (MacKimmie Tower (MT) 501) or email us a PDF of your form at iexch@ucalgary.ca
• You will also receive an arrival survey from us collecting your emergency contact information, your address in Calgary, and other vital information. Please make sure you fill it out
After Quarantine

72 Hours before Your Final flight to Canada

Arriving in Canada

While in Quarantine

Alberta Proof of Vaccination
UCalgary Protocol
Covid-19 vaccination
Seek support
Get your UNICARD
Explore Calgary safely

Before You Travel

Boarding Your Flight

Alberta and Calgary Requirements

- You are responsible to check current requirements for any Canadian provinces you transit through
  - Alberta has no entry requirements in addition to federal requirements: alberta.ca/isolation.aspx

- Temporary restrictions in Alberta started Sept 16, 2021:
  - Alberta Restriction Exemption Program requires proof of vaccination & mandatory masking OR testing at your own cost ($$$)

- You are responsible to stay informed.
- List of vaccines approved by Government of Alberta
- Calgary Covid-19 Bylaws
Alberta Restriction Exemption Program (Vaccine Passport)

To enter spaces that are participating in REP, you must provide personal government issued identification that matches your vaccine record/proof of vaccination. If your proof of vaccination is from

- **Alberta**: use an Alberta vaccine record with QR code *after Nov 15, 2021, this is the only Alberta-issued proof of vaccination accepted
- **Another Canadian province**: use proof of other provincial vaccine record that includes a QR code
- **Outside Canada**: use your ArriveCAN app proof of vaccination

More information:

- [Alberta Restriction Exemption Program](#)
Alberta Restriction Exemption Program: Alberta Proof of Vaccination with QR Code

Residents of Alberta with proof of vaccination from outside Alberta or Canada can:

1. upload your proof of approved vaccine to the Immunization Record Submission Online Portal
2. once it’s been approved, download an Alberta Vaccine Records QR Code

*This process makes the most sense if you are starting a degree program (intending to live in Alberta for a year or more) and registering for Alberta Health Care Insurance Plan. Call 811 if you have difficulties with the above steps.*
COVIDSafe Campus Measures: Vaccination Attestation by Jan 1, 2022

• By January 1, 2022, UCalgary will be requiring students, faculty and staff to be fully vaccinated – or have a legitimate exemption to vaccination.

• The University of Calgary will consider you fully vaccinated if you have a full series of a World Health Organization-approved COVID-19 vaccine and upload a valid vaccine record from your country of vaccination to the Thrive Health portal.
  • How to complete your vaccination attestation through Thrive Health Portal

• Carefully review the COVIDSafe Campus website and pages below for specific details:
  • Vaccination Status Frequently Asked Questions
  • Rapid Testing Frequently Asked Questions
  • Masking on Campus Frequently Asked Questions

• You can send questions about uploading proof of your WHO-approved vaccination for the UCalgary CovidSafe policy to covidsafe@ucalgary.ca.
Covid-19 Vaccinations in Calgary

• You can book a vaccination by calling Healthlink (811); you do not need an Alberta Health Number nor provincial insurance to get vaccinated

• There is no cost for Covid-19 immunizations in Alberta

• Talk to a physician for guidance about your options if you are:
  • Vaccinated with a WHO-approved vaccine that is not approved by Health Canada (Sinovac or Sinopharm)
  • Vaccinated with an unapproved vaccine
  • Partially vaccinated

Once you are in Alberta, book a virtual appointment with Student Wellness Services physician for questions/concerns about vaccines ucalgary.ca/wellness-services
Get your UNICARD

www.ucalgary.ca/ancillary/unicard/get-card/get-your-card

- Meal plan
- Student identification
- Library card & lab access
- Verification to attend in-person university events
Get to know the UCalgary community & resources

Welcome Webinars

• **December 2:** Weather in Calgary
• **December 9:** Get to know Calgary
• **Recordings available:**
  • Choosing accommodation in Calgary
  • Finances and Planning for the Year ahead
  • Finding accommodation
  • Healthcare and Medical Insurance in Alberta
  • How to adjust to living in a new city (navigating culture shock)

Programs & Events

• **January 5, 2022:** International Student Orientation (virtual)
• **January 6, 2022:** International Student Panel (virtual)
• **Week of Jan 3-7, 2022:**
  • Campus tours (in-person)
  • Social events (in-person)

[events.ucalgary.ca/international-student-services/](events.ucalgary.ca/international-student-services/)
[ucalgary.ca/student-services/iss/resources/international-student-orientation](ucalgary.ca/student-services/iss/resources/international-student-orientation)
Staying Informed

• UCalgary websites:
  • UCalgary COVID-19 page
  • ISS Covid-19 FAQ
  • Subscribe to the ISS Newsletter

• Set up your UCalgary IT account & active UCalgary email: ucalgary.ca/registrar/student-centre/set-your-ucalgary-emailit-account

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

Before You Travel

Requirements & Exemptions:
• Entry to Canada
• Boarding flights
• Alberta
• University
Plan your Flight(s)
Emergency/Travel Medical Insurance
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/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

Alberta Proof of Vaccination
UCalgary Protocol
Covid-19 vaccination
Seek support
Get your UNICARD
Explore Calgary safely

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