

How to Prepare for Your Arrival in Calgary During the Covid-19 Pandemic

July 13, 2021

International Student Services
University of Calgary



UNIVERSITY OF
CALGARY

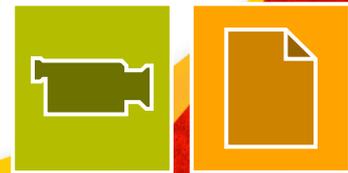
ISS Welcome Webinar:

How to Prepare for Your Arrival in Calgary during the Covid-19 Pandemic

Session Etiquette

- Please stay “muted”
- Please note that questions asked during the presentation will not be answered. Once the Q&A portion begins, we will start answering questions 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 not be recorded.** The presentation slides will be posted 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.

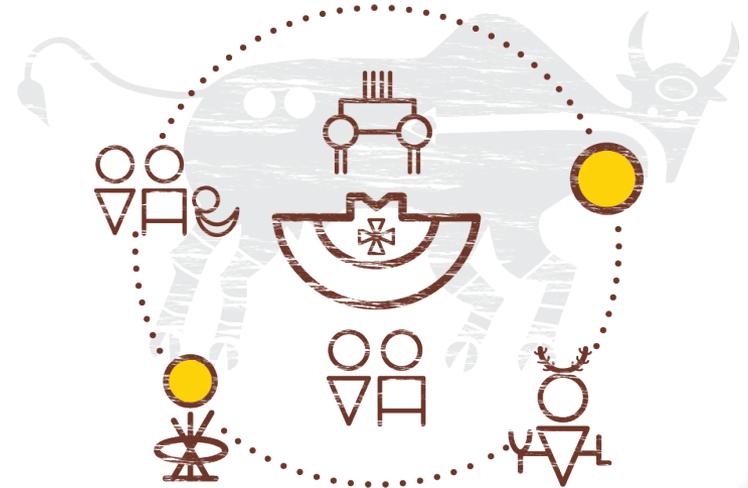


Image: The Cultural Model for the University of Calgary's Indigenous Strategy, ii' taa'poh'to'p

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 **July 13, 2021. While this is a helpful resource to get you started, please ensure that you are informed of updated regulations and policies prior to travel to Canada.**



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

Lien Tran, RCIC

- International Student Specialist, Immigration

Kirsty Gruber

- Advisor, International Student Transition Support

Garrett Beatty

- Advisor, Intercultural Programs

- 1. Before you Travel**
- 2. Arriving in Canada**
- 3. After Arriving**
 - a. While in Quarantine
 - b. After Quarantine

Government of Canada Checklists:

<https://travel.gc.ca/travel-covid/travel-restrictions/entering-canada-checklist>

Before You Travel

1

Find out if you can enter Canada

2

Check if you qualify for the **fully vaccinated traveller exemption**

3

Make and assess your quarantine plan *even if you are fully vaccinated*

4

Get your **Pre-Entry Covid-19** test

5

Register in advance for your **arrival Covid-19 test & 3-night hotel stopover**

6

Submit travel & quarantine plans & **proof of vaccination** in ArriveCAN

7

Inform UCalgary about your plans

<https://travel.gc.ca/travel-covid/travel-restrictions/entering-canada-checklist>

- You *may* be eligible for exemption from 3-night hotel stopover
- You *may* not be fully-vaccinated, so *may* not have proof of vaccination

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
- Only some airports are open to international arrivals and departures (Calgary is one of them)
- Please time your arrival to Canada no earlier than a month prior to the commencement of the Fall term (start of Fall semester: August 30th, 2021)
- **Any earlier than July 30th**, the border officer will want to know the reason you are coming so early and may not let you enter until closer to your start date

Fully Vaccinated Traveler Exemption

- If you meet criteria, may be exempt from:
 - 14-day quarantine
 - Hotel stopover (for air travelers)
 - Day-8 testing requirement
- 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
 - You must upload proof of vaccination digitally in **French or English (or certified translation)**
- <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada>

Fully Vaccinated Traveler Exemption- Approved Vaccines *(as of July 13, 2021)*

Accepted vaccines:

- ✓ Pfizer-BioNTech COVID-19 vaccine
- ✓ Moderna COVID-19 vaccine
- ✓ AstraZeneca/COVISHIELD COVID-19 vaccine
- ✓ Janssen (Johnson & Johnson) COVID-19 vaccine - single dose

Vaccines not currently accepted for fully vaccinated status in Canada:

- ✗ Bharat Biotech (Covaxin, BBV152 A, B, C)
- ✗ Cansino (Convidecia, Ad5-nCoV)
- ✗ Gamalaya (Sputnik V, Gam-Covid-Vac)
- ✗ Sinopharm (BBIBP-CorV, Sinopharm-Wuhan)
- ✗ Sinovac (CoronaVac, PiCoVacc)
- ✗ Vector Institute (EpiVacCorona)
- ✗ Other

The list of accepted vaccines may expand in the future.

<https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada>

How to Quarantine

- **All travelers must have a 14-day quarantine plan**
 - *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*
- <https://travel.gc.ca/travel-covid/travel-restrictions/isolation>
- **Mandatory Quarantine Sheet (multiple languages)**
 - canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html
 - albertahealthservices.ca/topics/Page17239.aspx

How to Quarantine

- You cannot quarantine in group living environments:
 - a small apartment you share with others
 - a shared household with a large family/families/many people
 - a shelter, group home, group residence, hostels, industrial camps, construction trailers or other group setting
 - shared living spaces with housemates who haven't travelled with you that you cannot avoid interacting with
- <https://travel.gc.ca/travel-covid/travel-restrictions/isolation#how-to-quarantine>

How to Quarantine: Your Plan

- **Not eligible for fully-vaccinated exemption:**
 - 3-night hotel stopover + quarantine accommodation for remainder of 14 days
- **Eligible for fully-vaccinated exemption (*just in case*):**
 - 14-day quarantine accommodation
- **Eligible for unaccompanied minor exemption:**
 - 14-day quarantine accommodation
- <https://travel.gc.ca/travel-covid/travel-restrictions/isolation#how-to-quarantine>
- University of Calgary **discounted hotel rates** (not for mandatory 3-night hotel stopover):
 - <https://ucalgary.ca/student-services/iss/resources/housing>

Quarantine Plans: Students Living in Residence for Fall 2021

- Residence Services FAQ:
<https://www.ucalgary.ca/ancillary/residence/fall-2021-faqs>
- Residents that are exempt from quarantine (by the Government) are **still required to apply for quarantine with residence**. Residents that do not need to quarantine will be able to move into residence and will not be charge for their early arrival.
- **Residence Services:**
campusservicecentre@ucalgary.ca

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 at the border
- UCalgary Quarantine Information for Students website:
 - <https://www.ucalgary.ca/current-students/quarantine-information-students>



Consider Your Needs while in Quarantine

- How will you **pay for expenses?** *International credit card/prepaid Visa*
- How will you order/receive **groceries or meals?** *apps*
- Will you have access to **prescription medication** for pre-existing conditions?
 - <https://www.canada.ca/en/health-canada/services/drugs-health-products/compliance-enforcement/importation-exportation/personal-use-health-products-guidance/document.html>
- Do you need to order a **SIM card or cell phone?**
- What **technology** do you need to bring with you to access wifi/internet *(needed to update ArriveCAN & UCalgary)*
 - *Cell phone, laptop, adaptor for North American electrical outlets (if needed)*
- <https://ucalgary.ca/student-services/iss/resources/self-isolation-supports-international-students>



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
 - SU/GSA plans: active Sept 1, but you may have to pay for services upfront, then request reimbursement
 - AHCIP: you must register after quarantine
- At least covers doctor visits, hospitalization, prescription drugs, vision care, and dental care
 - <https://ucalgary.ca/student-services/iss/resources/medical-insurance>
- **Healthcare & Medical Insurance in Alberta (Wednesday July 14, 9 am MDT)**



Pre-entry Covid-19 test

- COVID-19 testing is required for all travelers 5 years of age or older before entering Canada
- The test must be completed within 72 hours of your flight to Canada
- You must provide an accepted test, **not an antigen test**
- You are responsible for any cost
- <https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist/covid-19-testing-travellers-coming-into-canada>
 - Accepted types of tests
 - Searching for testing facilities

Register for your Arrival Test

- There are different testing providers depending on where you enter
- Learn more:

<https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist/covid-19-testing-travellers-coming-into-canada#arrival-testing>

Register for 3-Night Hotel Stopover

- Unless you are eligible for fully-vaccinated exemption or are an unaccompanied minor (under 18), you are required to stay 3-nights in a designated hotel quarantine location in the city **where you first enter Canada**
 - You will stay in the hotel until you receive negative results from your arrival test
 - 3 meals a day are included in your reservation
- **You are responsible for the cost**
 - *In September, explore: GSA support bursary, tuition differential bursary, peer assistance bursary*
- You must book the hotel in advance:
 - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/mandatory-hotel-stay-air-travellers/list-government-authorized-hotels-booking.html#s2>

Submit Quarantine Plan to ArriveCAN



- If you are eligible to enter Canada, you are required to provide mandatory traveler information
- You **must** submit your information electronically through **ArriveCAN** before you board your flight
- Download the **ArriveCAN** mobile app and submit your information
 - **ArriveCAN is free and secure**
- You must check-in on ArriveCAN everyday during quarantine
- <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>

Submit Quarantine Plan to UCalgary

- The University of Calgary also wants to ensure you are doing well. Please update the University by following the Quarantine Process, including informing sphi@ucalgary.ca of your quarantine plan, arrival, and any updates.
 - www.ucalgary.ca/current-students/quarantine-information-students
 - **Graduate students:** you must contact sphi@ucalgary.ca, but can access further assistance through: <https://grad.ucalgary.ca/current-students/newly-admitted/international-graduate-students-2021>

Boarding your Flight

1

Show **pre-entry test results** to airline official

2

Check **required steps** for boarding a flight to Canada

3

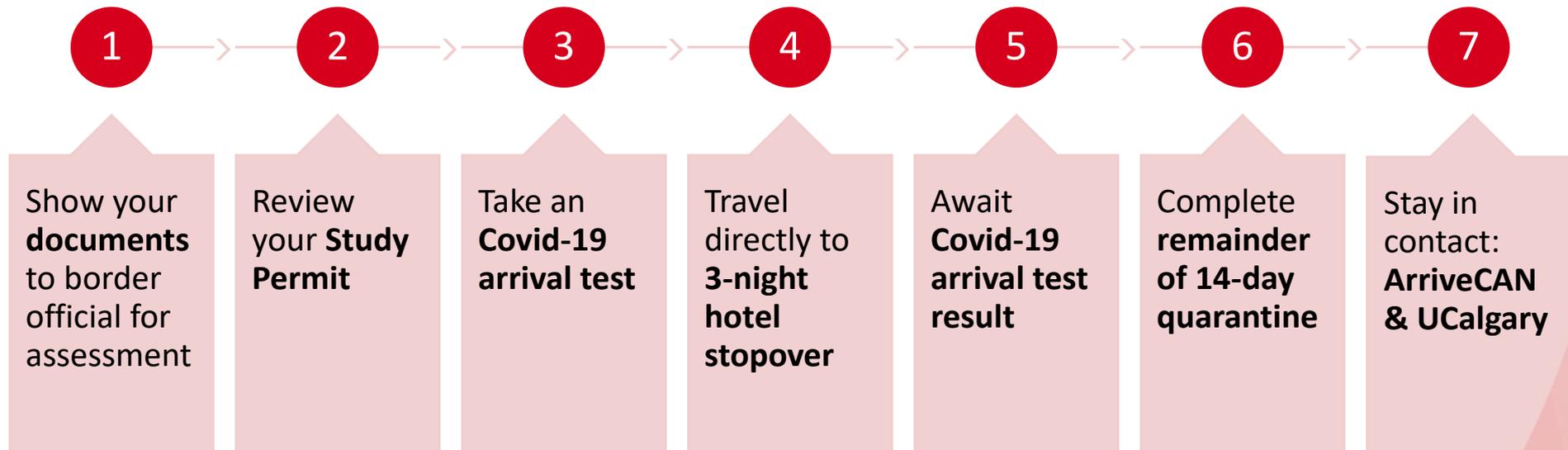
Keep your personal and travel **documents secure & with you at all times**

<https://travel.gc.ca/travel-covid/travel-restrictions/entering-canada-checklist>

Requirements for Boarding a Flight

- Travellers won't 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
- <https://travel.gc.ca/travel-covid/travel-restrictions/flying#board>

Arriving in Canada



<https://travel.gc.ca/travel-covid/travel-restrictions/entering-canada-checklist>

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](#) on preparing for your arrival to Canada for international students

Documents to Border Officials :

Fully vaccinated travellers

- Fully vaccinated travellers will still need to show the follow:
 - Pre-entry covid test
 - 14-day Quarantine plan
 - Proof of original Vaccination: proof must be 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

Proof of essential travel

- A support letter from your department stating reasons for you to be in Canada for your studies is only suggested not required.
- **You will need to contact your program advisor for it, ISS does not issue these letters.**
- 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>

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

Remarks/Observations:

MUST ACTIVELY PURSUE STUDIES AT A DESIGNATED LEARNING INSTITUTION. 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.

THIS DOES NOT AUTHORIZE RE-ENTRY/CECI N'AUTORISE PAS LA RÉ-ENTRÉE

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

- You must register for this test before traveling
- 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 at your hotel stopover or quarantine location
- <https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist/covid-19-testing-travellers-coming-into-canada>
 - Registering in advance

Go to 3-Night Hotel Stopover

- Unless you are eligible for fully-vaccinated exemption or are an unaccompanied minor (under 18), you are required to stay 3-nights in a designated hotel quarantine location in the city **where you first enter Canada**
 - Use transportation provided by your hotel
 - Only people who live in the same household may stay in the same hotel room if travelling together
- Review your responsibilities while in hotel quarantine
- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/mandatory-hotel-stay-air-travellers.html>

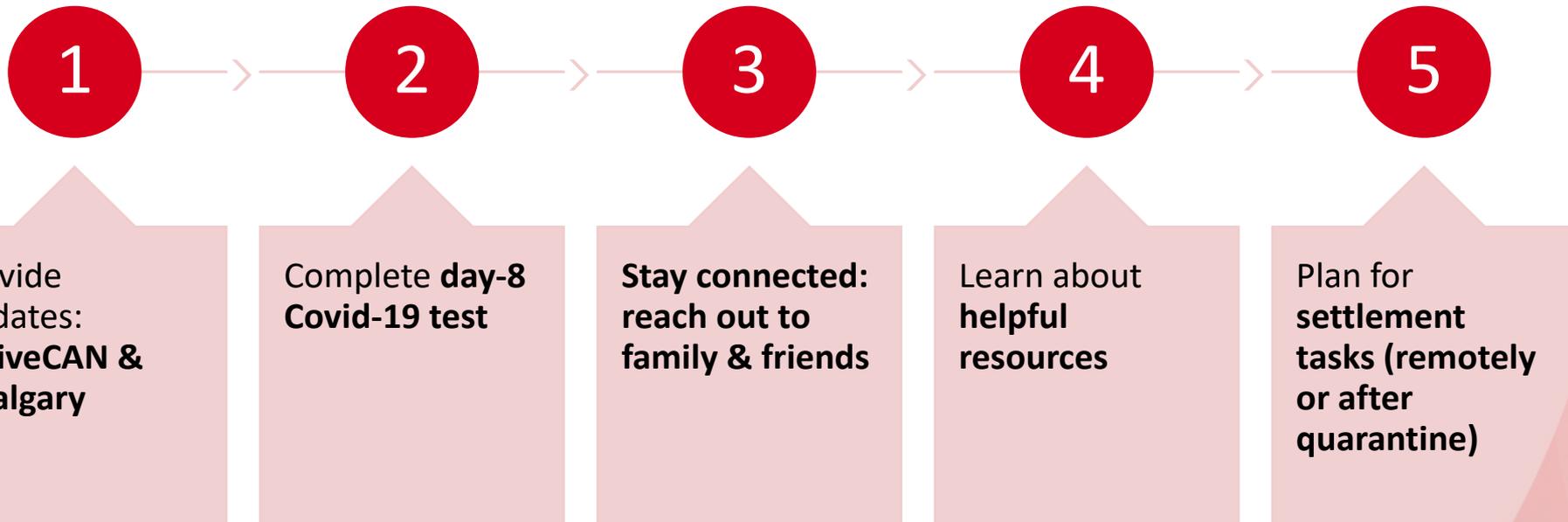
Complete Remainder of Quarantine

- If you are completing your 3-night hotel stay in Vancouver, Toronto, or Montreal, once you have a negative Covid-19 arrival test result you can make your way to Calgary and finish the rest of your quarantine
- You must travel from the hotel to your quarantine accommodation by uber or taxi without making any stops
- <https://travel.gc.ca/travel-covid/travel-restrictions/isolation#quarantine>

Provide Updates through ArriveCAN & to UCalgary

- The Government of Canada uses the ArriveCAN app. While you are in quarantine, you'll update the app daily.
- The University of Calgary also wants to ensure you are doing well. Please update the University by following the Quarantine Process, including informing sphi@ucalgary.ca of your quarantine plan, arrival, and any updates.
 - www.ucalgary.ca/current-students/quarantine-information-students
 - **Graduate students:** you must contact sphi@ucalgary.ca, but can access further assistance through: <https://grad.ucalgary.ca/current-students/newly-admitted/international-graduate-students-2021>

While in Quarantine



<https://travel.gc.ca/travel-covid/travel-restrictions/entering-canada-checklist>

Provide Updates & Monitor your Health & Wellbeing

- The Government of Canada uses the ArriveCAN app. While you are in quarantine, you'll update the app daily.
- The University of Calgary also wants to ensure you are doing well. Please update the University by following the Quarantine Process, including informing sphi@ucalgary.ca of your quarantine plan, arrival, and any updates.
 - www.ucalgary.ca/current-students/quarantine-information-students
 - **Graduate students:** you must contact sphi@ucalgary.ca, but can access further assistance through: <https://grad.ucalgary.ca/current-students/newly-admitted/international-graduate-students-2021>

Health & Wellbeing Contacts

Contacts to know:



- **Healthlink: 811**
 - 24-hour free phone line for non-emergency health concerns
 - Speak with a registered nurse
 - Service available in multiple languages
- **SU Wellness Services:** learn about services ucalgary.ca/wellness-services
- **Emergency: 911**
 - Fire, Ambulance, & Police

Complete day-8 Covid-19 test

- Unless you are eligible for fully-vaccinated traveler exemption, you are required to complete a test on the 8th day of your quarantine
- If the test were to be positive, a new 14 day isolation period would begin
 - A government representative will call you to provide you with additional instructions.
- Learn more:

<https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist/covid-19-testing-travellers-coming-into-canada#arrival-testing>



Stay Connected & Learn about Key Resources

- 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)
- Participate in UCalgary programs & events:
 - Sign up for a peer UCalgary mentor (open now—it's free)
 - Attend remote events: UCalgary unwind
 - Check if your faculty or department has a program-specific mentorship program
 - Sign up for orientation & welcome events--& keep attending webinars (by ISS and other offices)

<https://ucalgary.ca/student-services/iss/resources/international-student-orientation>

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>
- 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.

Settlement Tasks

- You may be able to submit documents online for:
 - Canadian bank account
 - Canadian cell phone plan
 - Social Insurance Number (SIN)
- While in quarantine, start your online search for a long-term off-campus accommodation (if needed)
 - Schedule viewings for after quarantine is complete
 - **Do not rent accommodation without first safely viewing it and talking to the landlord/other roommates.**
- <https://ucalgary.ca/student-services/iss/resources/new-international-student-checklist>

Scams- Newcomers

- Suspicious phone calls from people posing as:
 - Canada Revenue Agency (CRA)
 - Immigration Officials
 - Alberta Health Services
 - Fake job postings
 - Fake apartment/house rental postings
 - Police
- Aggressive language to pressure you into a decision
- Demanding immediate payment
 - E-transfers, Bitcoin,
 - Prepaid credit cards or gift cards
- Protect yourself
 - Do not share SIN unless necessary
 - Keep banking information secure
 - Use caution before clicking links in texts, emails, or answering phone calls

canada.ca/en/employment-social-development/programs/sin/protect.html

canada.ca/en/immigration-refugees-citizenship/services/protect-fraud/newcomers.html

Examples: competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/04333.html

After Quarantine

1

Safely get to know
**Calgary & UCalgary
campus**

2

**Ask questions &
Seek Support** as
needed

3

Consider getting a
Covid-19 vaccine

4

Register for **Alberta
Health Care
Insurance Plan**

Get to know the UCalgary community & resources



- Participate in orientation & welcome events
 - Undergraduate Orientation & Graduate Student Orientations
 - <https://ucalgary.ca/student-services/iss/resources/getting-familiar-ucalgary-campus>
 - www.ucalgary.ca/student-services/iss/resources/self-isolation-supports-international-students
- Stay in touch- we're here to help! Contact us along the way with questions:
 - iss@ucalgary.ca



Covid-19 Vaccinations in Calgary

- If you are born in 2009 or earlier, you are eligible to receive a Covid-19 vaccine in Alberta
- An Alberta Health Care card is not required in order to get the vaccine, but highly encourage you to register as soon as you are done quarantine
 - www.ahs.ca/covidvaccine
- **There is no cost**
- Talk to your doctor 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

Set Yourself up for Success!

Welcome Webinars

- **July 14:** Healthcare & medical insurance in Alberta
- **July 20:** Finding off-campus accommodation
- **July 21:** Finances and planning for the year ahead
- **July 27:** Resources for students with families

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

Programs & Events

- Sign up for an **International Student Mentor!**
- **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/
ucalgary.ca/student-services/iss/resources/international-student-orientation](https://events.ucalgary.ca/international-student-services/ucalgary.ca/student-services/iss/resources/international-student-orientation)

Staying Informed

- Key UCalgary websites:
 - [ISS Covid-19 FAQ](#)
 - [UCalgary COVID-19 page](#)
- External websites:
 - <https://travel.gc.ca/travel-covid>
- Checklist: <https://travel.gc.ca/travel-covid/travel-restrictions/entering-canada-checklist>

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