



NEW STUDENTS TRAVEL AND ARRIVAL PROTOCOL

Our number one priority is the health and safety of our students, host families, schools and community. We are also obligated to follow the regulations and recommendations of various authorities, including the Government of Canada and the BC Ministry of Health.

By not following the steps below, students may be denied entry into the country. Government authorities may also fine students for non-compliance in certain situations.

STEP 1: BEFORE ARRIVAL

1. Complete, and print the MANDATORY [BC Self Isolation Plan](#). Once complete, you will get a confirmation number. Bring that confirmation number with you to the airport in Vancouver.
2. Download the ArriveCAN app (available for iPhone and Android):
 - o Iphone: [ArriveCan App](#)
 - o Android: [ArriveCan App](#)
3. You must submit your information on ArriveCAN before you board your flight to Canada.

STEP 2: CONNECTING WITH YOUR HOST FAMILY AND PREPARING FOR SELF-ISOLATION

1. Plan ahead for your self-isolation. Is there anything you can bring to help keep you busy and entertained?
2. Read the article: [How to self-isolate after travel when you live with other family member](#)

STEP 3: PACKING AND DEPARTURE

In addition to your personal items, please have the following packed in your carry-on luggage:

- o Passport
- o Study Permit or Letter of Approval
- o Letter of Acceptance from Langley School District International Student Program
- o Custodianship documents, unless travelling with your natural parent
- o A copy of self-isolation plan, including full details of your host family or your natural parent
- o Cell phone, laptop and all charging cables
- o Masks (5 or more)
- o Travel-sized bottle of hand-sanitizer (100 ml or less)
- o Disinfectant wipes

We strongly discourage booking any connecting flights via the USA. Current Canadian rules do not allow entry into Canada from the USA and we anticipate these rules to be in place for some time.



STEP 4: AIRPORT AND FLIGHT

While in transit to the airport, in airports, and during the flight(s), students must:

- Wear a mask
- Practice physical distancing (minimum 2 meters from others) when possible
- Wash your hands frequently and avoid touching your face
- Use hand sanitizer regularly and as necessary, particularly before eating
- Sanitize your personal space and high-touch areas (armrests, seat belts, tray tables, screens)
- Minimize trips to the washroom
- Touch as few surfaces as possible
- Keep mobile phone charged if using throughout the flight to watch movies or play games, clean it with a disinfecting wipe frequently
- Bring some food or snacks as restaurants or stores may not be open

STEP 5: ARRIVAL IN CANADA

- Practice physical distancing while you proceed through the airport
- Have print outs or screenshots of your plans and documents
- Be ready to show your ArriveCAN receipt
- Be prepared – you may be asked about your self-isolation plan
- Know the name and cell phone number of the person picking you up
- Text the person who is picking you up once you are off the airplane
- If you are a NEW student who has a study permit approval letter, **MAKE SURE YOU PICK UP YOUR STUDY PERMIT BEFORE GETTING YOUR LUGGAGE.**
- Wear a mask and gloves when arriving to the vehicle

If you need help at the airport, go to the service desk or look for volunteers that can help you. At the Vancouver International Airport, the volunteers are wearing green shirts.

At Vancouver International Airport, you will need to:

1. Pick up your baggage
2. Put on a fresh mask
3. Exit into the arrivals area. Do not leave the airport until you meet your driver!
 - If you are being picked up **Beaton's Meet & Greet**, exit the baggage area and go directly to meet the driver.
 - If you arranged your own transportation, please be sure to confirm a meeting spot



STEP 6: SELF-ISOLATION PROCESS IN CANADA

All travelers to Canada are required to self-isolate for 14 days. After arriving in Canada, you must:

1. Use ArriveCan or call 1-833-641-0343 to confirm that you have arrived at the address you provided for your quarantine or isolation location within 48 hours of arriving in Canada
2. Complete daily COVID-19 symptom self-assessments during your quarantine period

NOTE: If you receive phone calls or emails from the Canadian Government they will never ask you for your financial information.

Once you have arrived at your homestay or home (place where you will self-isolate you must:

1. Take care of your laundry
 - o All clothes worn during the flight should be washed immediately
 - o Your clothes should be washed separately from other family members during this time
2. Stay in room as much as possible and away from others
3. Keep your room well ventilated and clean – open your window to let the air circulate
4. Practice good hygiene:
 - o Wash your hands frequently with plain soap and water for at least 20 seconds
 - o Use a separate towel which is kept away from others
 - o Cover your mouth and nose with your elbow (or use a tissue) when coughing or sneezing – avoid coughing into either your hands or into the air. Dispose of used tissues right away into a trash bin and immediately wash your hands
5. Use a separate bathroom if possible:
 - o Clean the bathroom regularly with household cleaning products
 - o Flush the toilet with the lid down
6. Keep bathroom and frequently touched surfaces such as doorknobs, countertops, dressers, and other surfaces clean and disinfected frequently
7. Keep personal items (toothbrush, cups, cell phone, tablets, laptops, etc.) separate from those belonging to others
8. Remove garbage frequently and wash your hands after
9. Monitor your physical and mental well-being
 - o If you are not feeling well, ask your host to help you complete an online self-assessment to determine if you need further assessment or testing
 - o Use the daily self-monitoring website if needed at <https://ca.thrive.health>

STEP 7: AFTER THE ISOLATION PERIOD IS OVER

If you were not living with your host family during isolation, arrangements have been made to move you after your 14-day self-isolation. Your temporary host family will tell you the plan.