

INTERNATIONAL STUDENTS GUIDELINES AND INFORMATIONS

LONDON SCHOOL - 114 WEST HASTINGS STREET, VANCOUVER, BRITISH COLUMBIA, CANADA V6B1G8

Updated February 2021

Welcome to all of our International Students interested in London School. International students who are currently outside of Canada and who are planning to travel to Canada to study at London School, please read the following information:

Due to the COVID-19 pandemic, there are travel restrictions that limit travel to Canada. If you are making plans to come to Canada, please let us know by emailing us at info@londonschool.ca.

Only students with approved study permits are permitted to enter Canada. Individuals may only enter, if their travel is deemed essential by Immigration, Refugees and Citizenship Canada.

We **strongly** recommend that all international students planning to travel to Canada clearly understand the Government of Canada and BC Government laws and regulations before making travel plans.

- https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist/covid-19-testing-travellers-coming-into-canada?utm_campaign=gac-amc-covid-20-21&utm_source=travel-covid_travel-restrictions_flying_&utm_medium=redirect&utm_content=en#register

If you have not already, we suggest you begin applying for a study permit after agreeing on a program start date with school administration.

Applicants for a study permit are currently encouraged to [submit their applications online](#), since many Visa Application Centers may remain closed. You can begin this process after you have paid your tuition deposit and received your final Letter of Acceptance from London School.

MAKE YOUR TRAVEL & QUARANTINE PLANS

As of February 21st, 2021 travellers will be required to:

- reserve a government-authorized hotel for 3 nights prior to departure to Canada
- take a COVID-19 molecular test on arrival in Canada
- stay in the government-authorized hotel while awaiting the results of the COVID-19 molecular test taken on arrival
- pay for the cost of the hotel stay, as well as all associated costs for:
 - food
 - security
 - transportation
 - infection prevention and control measures
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Please download the [ArriveCAN](#) app on your phone. Your quarantine plan must be submitted through this app before your departure. Your quarantine process will also be tracked through this app and you will need it for your travels into Canada.

When you arrive in Canada by air or land, the government will assess your health before you leave the port of entry. If you have a valid study permit. **You must have a plan to quarantine for 14 days when you arrive in Canada. This is mandatory, even if you have no symptoms. Your first 3 days must be in a government-authorized hotel and the remaining 11 days will continue in your choice of residence.**

Please look for a government-authorized quarantine hotel [here](#) for your first 3 days of quarantine. This hotel stay must be booked *before* your departure.

When you arrive at your hotel or quarantine residence, quarantining means you CANNOT leave the hotel/house/apartment for the next 14 days unless it is a medical emergency. You may leave to go outside if there is a private yard or private, non-public, area.

Your compliance with the requirements of mandatory quarantine is subject to verification and enforcement.

The penalties for not following your quarantine plan can include:

- 6 months in prison and/or \$750,000 in fines.
- Being found inadmissible, removed from Canada and banned from entering for 1 year.

Further, a person who causes a risk of imminent death or serious bodily harm to another person while wilfully or recklessly contravening this act or the regulations could be liable for a fine of up to \$1,000,000 or imprisonment of up to 3 years or both.

A suitable place of for the remaining 11 days of quarantine is one where you:

- **Have access to the necessities of life without leaving your place of quarantine** (see links provided at end of document for help finding necessities)
- **Have a separate bedroom if the space is shared with family/friends who didn't travel with you**
- **Can limit interactions with others in the household. If spaces, such as a kitchen, are shared:**
 - wear a mask or face covering if a 2m distance cannot be maintained;
 - thoroughly and regularly clean common areas after use
- **Are not living with those at risk of more severe disease**
- **Are not in close contact with others who did not travel with you. For example, do not quarantine in:**
 - a group or communal living setting, including camps or students dorms unless the location is pre-authorized;
 - a household with a large family or many people
 - a shared small apartment or similar setting

Please make sure your stay is pre-planned before your departure. You will be required to provide the address of your stay on your [ArriveCAN](#) phone app.

TRAVEL PREPARATIONS

PRE-DEPARTURE PACKING

Carry-On Luggage:

- You must bring in your carry-on luggage, at least 2 cloth masks or several disposable ones, a travel-sized bottle of hand-sanitizer (check flight allowance of liquids/gels) and disinfectant wipes.

Checked-In Luggage:

In addition to regular packing requirements, students are recommended to bring:

- 30 disposable face masks and 1 cloth face mask
- One bottle of quality hand sanitizer (check flight allowance of liquids/gels)
- Box of Nitrile gloves
- Thermometer

You must also ensure to have the following documents ready in your carry-on luggage for when you arrive in Canada:

- Passport
- IRCC Approval letter
- Letter of Acceptance and support letter from London School indicating that you are registered and required to be on campus.
- Proof of pre-arranged accommodation document and contact information of Hotel/Home/Apartment.
- Proof of Negative COVID-19 test results

PRE-DEPARTURE PROTOCOL

Inform us of your arrival date before you come to Canada so that we can re-confirm that you have received and understood your responsibilities with respect to Canada International travel restrictions and your safe entry into Canada.

Please send the following documents and informations to info@londonschool.ca before leaving your country:

- Your travel itinerary
- Travel to Canada now requires proof of negative COVID-19 test results (within 72 hours of entry date) to enter.
- Proof of adequate [Health Insurance](#) (including COVID-19 health insurance)
- Completed Federal **ArriveCAN** Application (You can download the **ArriveCAN** application on your phone on [iPhone](#) or [Android](#) devices: The app works in airplane mode and allows you to save your information to submit upon arrival at the airport or border.)
- Read [Self-Isolation Guide](#) and complete a B.C. [Self-Isolation Plan](#) (Your plan can either be: Completed and submitted online before, or when you arrive in British Columbia)
- Download COVID-19 App and [Daily Symptom Tracker](#) on your mobile device.

AFTER ARRIVAL

While travelling to your quarantine hotel in Canada, you must:

- Properly wear a mask
- Practice social distancing
- Wash hands frequently
- Use hand sanitizer regularly where hand washing is unavailable and as necessary
- Sanitize your personal space and high-touch areas such as seat belts and tray tables
- Minimize trips to the washroom (flush the toilet with the seat cover down)
- Touch as few surfaces as possible
- Make sure your cell phone is charged
- Bring some food as restaurants or stores may be closed
- Bring a refillable water bottle

Transit from YVR Vancouver International Airport to your quarantine accommodation:

- Ensure you wear on appropriate mask or face covering and be mindful of physical distancing during your transport from YVR to your accommodations.
- If your hotel or other accommodation does not provide food services during your quarantine and you do not have anyone to help to drop off groceries or pick up necessities, please email info@londonschool.ca or call 604-685-4121 for help and suggestions.

During Quarantine:

- You must monitor your health for 14 days and make daily reports through the **ArriveCAN** app, if you start having COVID-19 symptoms, then Isolate yourself from others for an additional 14 days until no symptoms are felt. Reminders from administration will be emailed every 2-3 to ensure monitoring is being continued and reported.
- Symptoms may include one or all of these:
- Fever, equal to or greater than 38°C
 - Cough
 - Difficulty Breathing
 - Shortness of breath
 - Signs of fever Shivering, flushed skin, excessive sweating

If you are experiencing any of these symptoms, immediately call the public health authority (811) and describe your symptoms and travel history, and follow their instructions.

Administration from London School will periodically check up on you during your quarantine period.

We will require your response before you may join us for your program.

HELPFUL LINKS AND REFERENCES

Please refer to the following links to assist you in getting ready to study in BC:

- **Information on studying in BC**
<https://www.learnlivebc.ca/>
- **Mandatory quarantine information**
<https://travel.gc.ca/travel-covid/travel-restrictions/isolation>
- **Health Coverage in BC information**
https://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/medical-services-plan/bc-residents/public_qa_health-fee-international-students.pdf
- **Understanding more about the novel virus**
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novelcoronavirus-Information-sheet.html>
- **Covid-19 Testing information**
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing>
- **Quarantine Hotel booking:**
<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#a2>
- **Mental Health support**
<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>
- **Restaurant Delivery Services:** DoorDash, UberEats, SkiptheDishes
- **Grocery Delivery Services:** InstaCart, SPUD
- **News Outlets:** <https://globalnews.ca/>, <https://vancouver.sun.com/>, <https://www.straight.com/>
- **London School Social Media:** Instagram, Facebook
- In the case on an emergency (police, fire or medical where **immediate response** is required) please call **9-1-1**