



**MAPLE RIDGE  
PITT MEADOWS**  
INTERNATIONAL PROGRAM

International Student Arrival Guide  
**Keeping Safe During COVID-19**



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## **Maple Ridge – Pitt Meadows International Education Office**

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Email: [inted@sd42.ca](mailto:inted@sd42.ca)  
Website: [www.inted.sd42.ca](http://www.inted.sd42.ca)

**Afterhours emergencies (Police or Medical) call 604.345.9802**

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# Introduction

As you can certainly appreciate, this year we need to alter our travel and arrival protocols.

Please take some time to review the information in this package. By not following this protocol, students may be denied entry into the country. Government authorities may also fine students for non-compliance in certain situations.

Our top priority is the health and safety of our students, host families, schools and communities. We are obligated to follow the regulations and recommendations of the Canada and provincial governments, and the local public health authority

At the end of the document is the **COVID-19 Travel and Arrival Protocols** form.

**This document must be signed and sent to [intedtravel@sd42.ca](mailto:intedtravel@sd42.ca)**



# Definitions

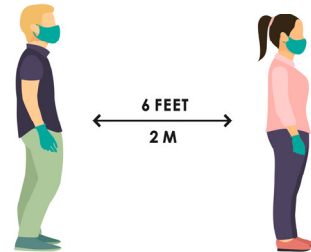
Below you will find [COVID-19 vocabulary](#). Please become familiar with these terms.

## Social/Physical Distancing

Keep at least 2 meters between you and others.  
Avoid crowded spaces and places.

---

### Social Distance



## Self-Isolation and Quarantine

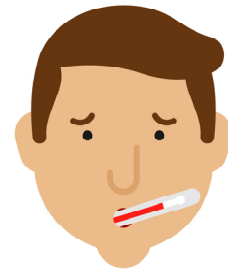
Stay in a place in isolation to prevent  
exposing others or yourself to COVID-19.

---



## Self-Monitoring

Check your health for possible symptoms of  
COVID-19.



**MAPLE RIDGE  
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# Pre-Departure

## Communication and Relationship Building

Contact your host family to know each other. A video chat using Zoom or Skype is a good way. Remember to exchange emails and cell phone numbers with your host family and then enter the International Education office number into your cell phone.



## Medical Check / Testing

Students must obtain a negative PCR COVID-19 test within 72 hours before departure. If you do not have a negative result you will not be allowed to board the plane to come to Canada.



## Packing

Include the following in your carry-on bag:

**Passport, Study Permit or Letter (if you have one), Custodianship Documents, Letter of Acceptance, Host Family Profile with contact information, change of clothes and some snacks.**



# ArriveCAN App

The ArriveCAN app is available for iPhone and Android and can be downloaded from the App Store or Google Play. This app must be setup before you arrive in Canada.

## Guide for ArriveCAN v2.15.18 Mobile App for International Students

Here is a step-by-step guide for the updated ArriveCAN v2.15.18 mobile App that all people entering Canada from abroad must complete. Please enter your own information when filling it out on your phone. It must be completed within 48 hours before arriving in Canada.

**\*\*Tip\*\* Sur Name = Family Name & First Name = Given Name**

The day after you arrive in Canada, all travellers, whether you travel by air, land or marine, must use ArriveCAN to:

- confirm that you've arrived the address you provided for your quarantine or isolation location
- complete daily COVID-19 symptom self-assessments until the completion of your quarantine period or until you report symptoms

Government of Canada officials will call you to ensure that you're complying with your mandatory quarantine or isolation. You must answer calls from 1-855-906-5585 and answer all questions truthfully to demonstrate your compliance with the law. You may also receive a visit from a designated screening officer to confirm your compliance with the quarantine or isolation order.

If you are having technical issues with your ArriveCAN App: call 1-833-283-7403 (toll-free from inside Canada) or 1-613-954-8485 if you are outside Canada<sup>1</sup>

<sup>1</sup> <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>

**1. Press "START" to enter the APP**



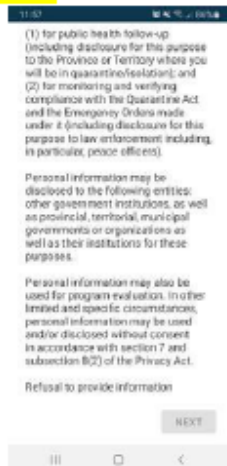
**2. The Privacy notice is long. Be sure to read it all and scroll down to the bottom**



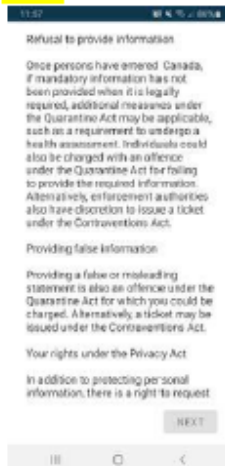
**3. Continue reading and scrolling to the bottom**



**4. Keep going... Continue reading and scrolling to the bottom**



**5. Keep going... Continue reading and scrolling to the bottom**



**6. After reading to the bottom, the "NEXT" button will highlight to be pressed**





7. Next you need to create an account

2:38

Welcome to ArriveCAN  
Create an account

Email Address

Password

Confirm Password

CREATE ACCOUNT

Already have an account? Login

8. Be sure to make the correct style of password

11:53

Welcome to ArriveCAN  
Create an account

Password must be at least 8 characters, include an upper and a lower case letter, a numeric digit, and a special character (Upp, #, \$ etc)

OK

CREATE ACCOUNT

Already have an account? Login

9. You will be sent a Verification Code to the email address that you provided. Enter it here

11:53

Verify your account

Privacy and security is our top priority. Please confirm your account by entering the verification code sent to your email.

Verification Code

VERIFY

[Resend code?](#)

10. Press "NEXT / Forward arrow"

1:14

Canada

Let's get started

This tool is used to facilitate the collection of information needed to administer and enforce legislation to help contain COVID-19 and keep Canadians safe and healthy. You will only need to fill this out once per household.

Skip

NEXT

11. Press "NEXT / Forward arrow"

10:28

Canada

Finish as you go

The app works in airplane mode and allows you to save your information to submit at a later time.

Skip

NEXT

12. Press "NEXT / Forward arrow"

1:14

Canada

Submit your form

To submit your form, you will need to enter your travel information, along with answering our COVID-19 self assessment questionnaire.

Skip

NEXT



13. For nearly all students, you will be entering by air. Click on Entry by Air

1:14 90%

Canada

How are you entering Canada?  
Select from one of the following.

Entry by Air

Entry by Land

Important travel information  
The Government of Canada has put in place an Emergency Order under the Quarantine Act that applies to all travelers arriving in Canada in order to slow the introduction and spread of COVID-19 in Canada.

ArriveCAN is intended for use by incoming travellers ...

14. Read carefully. It is stating that you acknowledge this important Covid testing and quarantine information

12:01 86%

Mandatory travel requirements

Prior to completing your ArriveCAN submission, please be aware that requirements, including the following and subject to certain exemptions, may be applicable to you. Please also be reminded that travel requirements can change with very short notice.

- Individuals 5 years of age or older are required to have and provide proof of a [molecular COVID-19 test](#) prior to boarding a flight to Canada, with limited exceptions.
- Unless [exempt](#), individuals must have a [suitable quarantine plan](#) for 14 days starting on the day they enter Canada.

I ACKNOWLEDGE

15. Read to the bottom and then Press "I ACKNOWLEDGE"

12:01 86%

are required to have and provide proof of a [molecular COVID-19 test](#) prior to boarding a flight to Canada, with limited exceptions.

- Unless [exempt](#), individuals must have a [suitable quarantine plan](#) for 14 days starting on the day they enter Canada.
- Unless exempt, individuals will be required to take a molecular COVID-19 test on arrival in Canada and on day 10 of their quarantine period.
- Unless exempt, individuals must stay at a [Government of Canada approved hotel](#) for the first few nights after entry into Canada. You must pre-book and prepay for a 3-night hotel reservation.

I ACKNOWLEDGE

16. Select "No" unless you have tested positive in the stated time frame. Press forward arrow

12:01 86%

Positive COVID-19 test

Have you, or any traveller listed in this submission, tested positive for COVID-19 on a sample collected between 14 and 90 days before the scheduled departure of your flight into Canada?

No Yes

I ACKNOWLEDGE

17. Information to read and understand about the pre-departure Covid-19 testing guidelines

12:02 86%

Molecular COVID-19 test

Travellers 5 years of age or older must show proof of a molecular COVID-19 test result prior to boarding a flight to Canada. For more information, see [COVID-19 pre-departure testing](#).

I acknowledge that I, and the travellers listed in this submission, must each show proof of one of the following:

- Negative COVID-19 test on a sample taken no more than 72 hours before the scheduled departure of my flight; or,
- Positive COVID-19 test on a sample collected at least 14 days, and no more than 90 days, before the scheduled departure of my flight.
- There are only a limited number of [exceptions](#) where an individual is not required to show proof of a molecular COVID-19 test.

I ACKNOWLEDGE

18. Read to the bottom of the pre-departure test information and press "I ACKNOWLEDGE"

12:02 86%

Molecular COVID-19 test

- Negative COVID-19 test on a sample taken no more than 72 hours before the scheduled departure of my flight; or,
- Positive COVID-19 test on a sample collected at least 14 days, and no more than 90 days, before the scheduled departure of my flight.
- There are only a limited number of [exceptions](#) where an individual is not required to show proof of a molecular COVID-19 test.

I acknowledge that I, or the travellers listed in this submission, will not be allowed to board the flight to Canada if I/we cannot show proof of a valid COVID-19 test. You must keep the proof of your COVID-19 test for your entire quarantine period.

I ACKNOWLEDGE



19. Select "No" and press the forward arrow

**Is your travel exempt?**

Your exempt travel status will be evaluated at the border by a Border Services Officer. This is for information collection purposes only and is in no way designating this travel as exempt

☒ No ☐ Yes

Exempt travel is travel for the purpose of performing cross border services, essential services, medical support services or trade/transport services

20. Select "Study (international student)" and press the Forward Arrow

**What is the purpose of your travel?**

☐ Family reunification  
A foreign national who intends to enter Canada to be with an immediate [more](#)

☐ Foreign worker  
A foreign national who seeks to enter Canada to work and who either holds [more](#)

☒ Study (international student)  
A foreign national who holds a study permit, whose application for a study [more](#)

☐ Study (US-Canada cross-border student)  
Students, their accompanying family members, who cross the border [more](#)

21. Enter your flight information. You will select the Airport, Airline, and Date of Arrival from a drop-down list. You can enter the flight number manually

**Your Flight into Canada**

Airport: Vancouver International Airport (YVR)

Airline: Air Canada (AC)

Flight Number: 064

Date of Arrival: 2021-03-18 10:35

Save & Close

22. Select Passport

**Register your Travel Document**

☒ Passport

☐ NEXUS Card (PASSID)

☐ Permanent Resident Card

☐ Enhanced Drivers License

Not now [I have used my current card](#)

23. You can allow the App to take pictures in order to easily upload your Passport

**Add Traveller**

Register your Travel Document

Allow ArriveCAN to take pictures and record video?

[Allow](#) [Deny](#)

24. You can scan your Passport right on the App

**ArriveCAN**

Place your card on a dark background. Tap screen to focus.

25. If you have trouble scanning your Passport, you can enter it manually

**Add Traveller**

Scanning Unsuccessful  
We were not able to scan your passport. Try holding your camera steady, and aligning your passport picture with the outlines.

[TRY AGAIN](#)

[ENTER MANUALLY](#)

☐ NEXUS Card (PASSID)

☐ Permanent Resident Card

☐ Enhanced Drivers License

Not now [I have used my current card](#)

26. Enter your information and press Forward Arrow

**Add Traveller**

Add your details here. If you are traveling as part of a family or group, you can add multiple travellers after.

Document Type: Passport

Country:

Document Number:

Surname:

Given Names:

Date of Birth:

[Forward Arrow](#)



27. You can add other family members if you are travelling together. If you are travelling alone, press Forward Arrow

28. Enter the phone number of your homestay. Enter your cellphone number if you have a Canadian number. Enter your personal email address and select English or French as the language you want to use. Press Forward Arrow

29. The beginning of the Quarantine Plan Questionnaire. Press Forward Arrow to start

30. Select, "YES" and press Forward Arrow

31. Select "YES" and press Forward Arrow

32. Select "YES" and press Forward Arrow



33. Select "NO" unless you have been instructed otherwise and have an accompanying explanation letter from Maple Ridge - Pitt Meadows School District International Programs. Press Forward Arrow

12:10 85%

← Question 4 of 6

**Are there at-risk people at the location where you plan to quarantine?**

At-risk people are those who are at risk of more severe disease, specifically those who:

- are 65 years or older;
- have underlying medical condition(s); or
- have a compromised immune system

Brent Gibson ☐ NO ☐ YES

Save & Close

34. Read and scroll to the bottom of the question

12:10 85%

← Question 5 of 6

**Is there a person at the location where you plan to quarantine who works or assists in a facility, home or workplace that includes at-risk populations?**

This includes:

- Nurses, doctors, other healthcare professionals, personal support workers, social workers, and developmental services support staff
- First responders such as paramedics, police officers, firefighters
- Cleaning and maintenance staff, receptionists and administrative staff, food services staff, volunteers, essential visitors to those living in long term care

Brent Gibson ☐ NO ☐ YES

Save & Close

35. Select "NO" unless you have been instructed otherwise and have an accompanying explanation letter from Maple Ridge - Pitt Meadows School District International Programs. Press Forward Arrow

12:10 85%

← Question 5 of 6

This includes:

- Nurses, doctors, other healthcare professionals, personal support workers, social workers, and developmental services support staff
- First responders such as paramedics, police officers, firefighters
- Cleaning and maintenance staff, receptionists and administrative staff, food services staff, volunteers, essential visitors to those living in long term care settings

Brent Gibson ☐ NO ☐ YES

Save & Close

36. Read and scroll to the bottom of the question

12:10 84%

← Question 6 of 6

**Is your place of quarantine a group living environment (e.g. group home or senior residence) or does it currently house different families?**

A group living environment is a setting where you cannot separate yourself from others. This may include a home, group or co-living setting such as:

- A shelter, group home, group residence, hostels, industrial camps, construction trailers or other group setting
- A student residence (unless you've received prior authorization)
- A small apartment you share with others
- A shared household with a large family or many people

Brent Gibson ☐ NO ☐ YES

Save & Close

37. Select "NO" and press Forward Arrow

12:10 84%

← Question 6 of 6

your place of quarantine prior authorization)

- A small apartment you share with others
- A shared household with a large family or families or many people
- Shared living spaces with housemates who haven't travelled with you that you cannot avoid interacting with

For a full list of examples, visit the [congregate living settings section](#)

Brent Gibson ☐ NO ☐ YES

Save & Close

38. Select "No" and press Forward Arrow

12:11 84%

← Mandatory hotel pre-booking

Travellers entering Canada by air must stay at a Government of Canada approved hotel for the first 3 nights after entry into Canada. You must pre-book and prepay for your hotel reservation. Providing false information about your hotel booking may result in fines upon entry to Canada. For more information, visit [Mandatory Hotel Stay](#)

Have you, and the travellers listed in this submission, pre-booked and prepaid for 3 nights at a Government-approved hotel?

☐ No ☐ Yes

Save & Close





38. Select, "Other" from the list of DestinationTypes. Then type, "Homestay Family" in the Destination Description section and enter your homestay family's address including city and postal code. Press Forward Arrow

39. The beginning of the Self-Assessment. Press Forward Arrow to start

40. Select "NO" and press Forward Arrow

42. Press "SUBMIT" and remember to check your email, this App and answer any phone calls as they will contact you to follow up after entering Canada

The day after you arrive in Canada, all travellers, whether you travel by air, land or marine, must use ArriveCAN to:

- confirm that you've arrived the address you provided for your quarantine or isolation location
- complete daily COVID-19 symptom self-assessments until the completion of your quarantine period or until you report symptoms

Government of Canada officials will call you to ensure that you're complying with your mandatory quarantine or isolation. You must answer calls from 1-855-906-5585 and answer all questions truthfully to demonstrate your compliance with the law. You may also receive a visit from a designated screening officer to confirm your compliance with the quarantine or isolation order.

If you are having technical issues with your ArriveCAN App: call 1-833-283-7403 (toll-free from inside Canada) or 1-613-954-8485 if you are outside Canada<sup>1</sup>

<sup>1</sup>: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>

**Maple Ridge International Education  
Emergency # +1.604.345.9802**

Thank you to SD#37 for this guide



**MAPLE RIDGE  
PITT MEADOWS**  
INTERNATIONAL PROGRAM

# Airport/Flight: Best Practices

## Wearing a Mask/Hand Washing

Remember to wear a mask at all times. Wash your hands before you board the airplane.

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## Practice Social Distancing

It is important to try to keep your distance from other people. You should try and keep at least 2 meters from other people.

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## Keeping Safe

Keep your cell phone charged in case you need to contact your host family. Bring some snacks in your carry on bag because the restaurants in the airport may not be open. When you get to your airplane seat remember to wipe down your area.





# Arriving in Canada

You finally made it! We are sure you are excited to begin your authentic Canadian experience in Maple Ridge — Pitt Meadows.

Have the following documents ready for when you go through immigration:

- 1) Text your host family when you land
- 2) Have a copy of your host family profile
- 3) **Very important**—Don't forget to get your Study Permit if you need one!
- 4) You may receive another COVID-19 test at the airport or you might be given a test to take when you get to your host family's home.
- 5) Meet your host family at the spot you decided with them

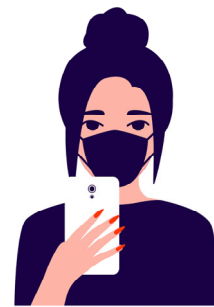


# Self Isolation/Quarantine

## Government Rules and Communication

You made it through the airport and now are heading to your new home! In British Columbia everyone has worked hard to keep COVID-19 manageable. We did this by following some important rules from the government. If you are told by immigration to self-isolate when you arrive in Canada you should stay in your room and avoid direct contact with your host family and others.

The governments of Canada and British Columbia want to make sure all new arrivals to Canada are safe and healthy. To do this they will call you or your host family to make sure you are self-isolating and following the law. You must be prepared to answer call from **1-855-906-5585** or **613-221-3100**.



## Student Responsibilities

To keep you and your host family safe while you are self-isolating, it is important that you stay in your room. You are able to leave your room to go to the bathroom.

Remember to keep your room clean and practice good hygiene. Some examples are washing your hands often, showering everyday, cleaning the bathroom after using it, covering your mouth and nose with your elbow when you cough and sneeze and keeping your room clean.



# What To Do During Self-Isolation

## Stay Connected

Contact your friends and family when you are self isolating. Check with your host family to make sure you have access to wi-fi. It is important to check your email regularly because your school might try to contact you.



## Monitor your Mental Health

Being in a new country is exciting but being in self-isolation may be challenging. Communicate with your host family regularly and let them know how you are feeling. We are all here to support you!



## Physical Health

Staying active during self isolation! This is a great opportunity for you to try a new exercise routine, such as yoga. It is important to make sure you establish a healthy routine as quickly as possible. Try to go to bed at a reasonable hour and don't stay up all night.



# Resources

## **Tips for Proper Hand-Washing:**

<https://bc.thrive.health/covid19app/resources/58c360e2-ad98-47f3-bcf9-2c162c96a626?from=/home>

## **Tips for Cleaning and Disinfecting**

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>

[-provincial-health-officer/covid-19/covid-19-pho-guidance-k-12-schools.pdf](#)





## COVID-19 Travel and Arrival Protocol

We look forward to welcoming you to the Maple Ridge-Pitt Meadows International Program. We must ensure the health and safety of our students and host families. The following document will outline the expectations of government and health authorities. Students must abide by these expectations to participate in the program.

This document must be signed and email to [inteddocuments@sd42.ca](mailto:inteddocuments@sd42.ca)

**International Education Office (8 AM to 4 PM) (604) 466-6555 ext. 3**

**International Education Emergency Phone (24hr) (604) 345-9802**

### Pre-Departure:

- ☐ Contact host family and discuss expectations, make sure they have a current photo of you
- ☐ Provide arrival information and exchange contact information (cell, email)
- ☐ Download the [ArriveCAN App](#) (iOS and Android) and enter your flight information within 72 of your departure from your home country
- ☐ Read [Daily Self-Monitoring form for COVID-19](#)
- ☐ Pack 60 disposable face masks OR 30 disposable and 1 cloth face mask, one large bottle of hand sanitizer, one box of nitrile gloves, thermometer
- ☐ In carry on, pack the following:
  - o Passport and Study Permit/Confirmation document
  - o Custodianship documents and Letter of Acceptance
  - o Host family profile and contact information
  - o Copy of this document signed by yourself and your parents
  - o Printed self-isolation plan form
  - o 2 masks, travel-sized hand-sanitizer, disinfecting wipes.
- ☐ You must get a PCR COVID-19 test with a negative result **within 72 hours** of your departure to Canada

### Airport:

- ☐ Wear mask and gloves
- ☐ Wash hands frequently and use hand sanitizer
- ☐ Practice social distancing and touch as few surfaces as possible
- ☐ Sanitize your personal space and minimize washroom trips
- ☐ Keep cell phone charged
- ☐ Bring your own food and refillable water bottle

### Arrival in Canada:

- ☐ **Contact host family and confirm pick up point**
- ☐ Upon arrival you will have a COVID-19 test or a take home test.
- ☐ Have all documents ready to proceed through immigration. **Do not forget your study permit**
- ☐ Load your own luggage into the car and sit in back seat if possible



### **In Homestay – Self-Isolation:**

- ☐ You may be required to self-isolate for a period of time – this means staying in your room and avoiding contact with others. **(If you are not required to isolate the CBSA agent at the airport will let you know and you must communicate with our office prior to leaving quarantine)**
- ☐ When you arrive to your host family's home immediately remove your travel clothes and place them in a plastic bag for your host family to wash for you.
- ☐ Your homestay family will provide you with foods, clean linens, a comfortable room and internet access
- ☐ Keep your room well ventilated and clean – open your window to allow air circulation
- ☐ Practice good hygiene and use a separate bathroom if possible
- ☐ Clean the bathroom after every use
- ☐ Stay connected with friends and family by phone or internet
- ☐ Monitor your physical and mental well-being. If you are not feeling well, let your host family know.
- ☐ Empty garbage frequently, wash hands after
- ☐ Follow your host family's advice to wash clothes / do laundry
- ☐ Keep personal items separate from those belonging to others
- ☐ Ask for help from your host family or homestay coordinator if you need it!

**Self-Isolation is a requirement of the Quarantine Act and is not optional. Students who are in private homestay arrangements or with parents must also self-isolate if required by CBSA. By signing, I have read, understand and agree to comply with the expectations listed in this document. I understand if I do not follow these expectations, I risk being dismissed from the program. Students and parents are responsible for any fines incurred due to breach of the Quarantine Act and regulations from the Government of British Columbia.**

<b>Student – Legal Name (Print)</b>			
<b>Student Signature</b>		<b>Date:</b>	

<b>Full Name (Print)</b>			
<b>Signature</b>		<b>Date:</b>	
<b>Relationship</b>	<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Legal Custodian <input type="checkbox"/> Other (please specify)		

<b>Full Name (Print)</b>			
<b>Signature</b>		<b>Date:</b>	
<b>Relationship</b>	<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Legal Custodian <input type="checkbox"/> Other (please specify)		