



Travel and Quarantine Checklist

Dear student,

This checklist is to help you be prepared and to understand the protocols and regulations put in place by Canada to reduce the risk of infection and transmission of the virus. A mandatory 14-day quarantine period is required immediately upon arriving in Canada for people who have NOT been fully vaccinated.

To qualify as a fully vaccinated traveller, you must:

- have received the full series of an accepted COVID-19 vaccine or a full series of a combination of accepted vaccines
- have received your last dose at least 14 full days prior to the day you enter Canada
 - (Example: if your last dose was anytime on Thursday July 1, then Friday July 16 would be the first day that you meet the 14 day condition)
- upload your proof of vaccination in ArriveCAN
- have no signs or symptoms of COVID-19
- [meet all other entry requirements](#) (for example, pre-entry test result)

If health regulations are violated, you are subjected to penalties by Canada authorities.

Please take the time to review the information provided by this document so that you may transition into Canada without any hassle and avoid violations or denied entry into the country.



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By signing below, you confirm that you acknowledge and agree with the following:

1. I acknowledge that I must be compliant to the Government of Canada's Quarantine Act and if I do not comply with the Quarantine Act, the penalties incurred can include up to 6 months in prison and/or \$750,000 in fines.
2. I have completed the Travel and Quarantine Plan that has been reviewed and approved by the Director of Quantum College.
3. I confirm that I have the appropriate medical insurance upon arriving in Canada, which includes coverage for COVID 19 during my quarantine.
4. I will have the ArriveCAN App prior to arriving to Canada with all supporting documents ready if required.
5. Name: _____

Signature: _____

Date: _____



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Student Checklist

This checklist provides everything you need to support you in your travel and quarantine period in Canada.

Pre-Departure:

1. Communicate with Quantum College about your arrival and have the Travel and Quarantine Plan document filled out and reviewed.
2. Quantum College will provide help and support for completing the Travel and Quarantine Plan document.
3. Transportation can be arranged from airport to place of stay for the quarantine period if required.
4. Quantum College will help with place of accommodations if required to ensure that you have all you need such as:
 - a. Adequate supplies of toiletries, hygienics, and other supplies for 14 days.
 - b. Delivery of meal plans.
 - c. Monitoring to ensure full compliance as you do not leave your accommodation.

Preparations for 14-days of isolation:

1. Refer to the guidelines on How to Self-Isolate from the Provincial Health Authorities
2. Quantum College will support your physical and mental wellness during quarantine.
3. If any symptoms of COVID 19 develop during quarantine period, immediately contact 811 or use the BC COVID 19 Self-Assessment Tool and get tested. Follow the advice of public health until either the test is confirmed to be negative, or it is advised that you are safe.

Complete Arrival Plans:

1. Complete and prepare all documents prior to arriving in Canada so that you are ready to present them if required.
2. Download the ArriveCAN App on your mobile phone and complete the pre-arrival forms on the app before boarding the flight to Canada. You must have your ArriveCAN receipt ready when seeking entry into Canada. Additional delays may occur if you do not have this ready and can be subject to enforcement ranging from verbal warnings to fines.



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Packing:

1. Safety and PPE:
 - a. Ensure you have brought enough disposable face masks to use or a reusable cloth face mask
 - b. Hand sanitizer
 - c. Nitrile gloves
 - d. A thermometer
2. Documents:
 - e. Passport
 - f. A valid study permit
 - g. Letter of Acceptance.
 - h. Travel and Quarantine Plan for 14-day period upon your arrival in Canada
 - i. Contact Information for Quantum College
 - j. [Proof of funds](#) available to support you in Canada
 - k. Proof of valid [immigration medical examination](#) , if required
 - l. Proof of [pre-departure Covid-19 test result](#)
 - m. ArriveCAN receipt
 - n. [Proof that you have been vaccinated against COVID-19](#), if applicable
 - o. A Travel Support Letter from Quantum College
 - p. Signed copy of this document

During Travel:

1. Wear a mask and gloves.
2. Wash hands frequently.
3. Use hand sanitizer.
4. Practice physical distancing (6 feet/2 meters from others).
5. Minimize trips to the washroom or high traffic areas during travel.
6. Minimize touching surfaces.
7. Keep your cell phone charged.



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Arrival in Canada:

1. Confirm your arrival with Quantum College via email or text.
2. Do the COVID-19 test at the airport.
3. Contact your mode of transportation.
4. Wear a new mask and gloves.
5. Proceed through immigration and baggage pick up.
6. Do not loiter around, get your baggage as soon as possible and meet your driver.
7. Check-in to your accommodation and follow the best practices.

For Students Who Are Not Vaccinated

During 3-Day Quarantine:

1. Use ArriveCAN App to complete the daily COVID 19 self-assessments during the quarantine period.
2. Check-in with Quantum College every day.
3. Stay in your accommodation room and do not leave the room unless it is a medical emergency.
4. Keep your room well-ventilated and clean.
5. Keep practicing good hygiene via washing your hands frequently, covering your mouth and nose when sneezing or coughing, clean up your garbage, and have clean laundry.
6. Stay connected with your friends and family.
7. Monitor your own well-being.
8. If COVID 19 symptoms develop, immediately contact 811 or use the BC COVID 19 Self-Assessment Tool and get tested.
9. Once a clear test result is established and is negative, the student may leave the 3-day
10. stay hotel and travel to their place of isolation by private transportation.

During Remaining Days of Quarantine:

1. Use ArriveCAN App to complete the daily COVID 19 self-assessments during the quarantine period.
2. Check-in with Quantum College every day.
3. Stay in your accommodation room and do not leave the room unless it is a medical emergency.
4. Keep your room well-ventilated and clean.



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5. Keep practicing good hygiene via washing your hands frequently, covering your mouth and nose when sneezing or coughing, clean up your garbage, and have clean laundry.
6. Stay connected with your friends and family.
7. Monitor your own well-being.
8. If COVID 19 symptoms develop, immediately contact 811 or use the BC COVID 19 Self-Assessment Tool and get tested.
9. On the 10th day of quarantine, the student will be asked to use their take home COVID-19 test and a clear test result reporting negative will be required before they can finish their quarantine.

After Quarantine:

1. If cleared of any symptoms of COVID 19:
 - a. Please continue to follow all health regulations imposed by the Provincial Health Officer.
 - b. Continue to practice best safe practices such as proper hygiene, social distancing, and covering your mouth and nose when coughing or sneezing.

For Students Who Are Fully Vaccinated

During 14 Days of Quarantine:

1. Use ArriveCAN App to complete the daily COVID 19 self-assessments during the quarantine period.
2. Check-in with Quantum College every day.
3. Stay in your accommodation room and do not leave the room unless it is a medical emergency.
4. Keep your room well-ventilated and clean.
5. Keep practicing good hygiene via washing your hands frequently, covering your mouth and nose when sneezing or coughing, clean up your garbage, and have clean laundry.
6. Stay connected with your friends and family.
7. Monitor your own well-being.
8. If COVID 19 symptoms develop, immediately contact 811 or use the BC COVID 19 Self-Assessment Tool and get tested.



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9. On the 10th day of quarantine, the student will be asked to use their take home COVID-19 test and a clear test result reporting negative will be required before they can finish their quarantine.

After Quarantine:

1. If cleared of any symptoms of COVID 19:
 - c. Please continue to follow all health regulations imposed by the Provincial Health Officer.
 - d. Continue to practice best safe practices such as proper hygiene, social distancing, and covering your mouth and nose when coughing or sneezing.