ISS Welcome Webinar:  
*How to Prepare for Your Arrival in Calgary during the Covid-19 Pandemic*

**Session Etiquette**

- Please keep your microphone off.
- Questions asked in the chat during the presentation will not be answered. After the presentation, we will answer questions. Please wait to post a question until 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 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
How to Prepare for Your Arrival in Calgary During the Covid-19 Pandemic

Updated August 5, 2021

International Student Services
University of Calgary
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
https://ucalgary.ca/student-services/iss/contact-us

Lien Tran, RCIC
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Today’s Webinar:

Before You Travel

- Entry to Canada requirements
- Airline requirements
- Exemptions
- Quarantine plan
- UCalgary arrival form
- 3-night stopover registration*

72 Hours before Your Flight

- Pre-entry Covid-19 test
- ArriveCAN information

Boarding Your Flight

- Negative pre-entry test results
- Personal and travel documents
- Health regulations while travelling

Arriving in Canada

- Documents for Canadian Immigration official
- ArriveCAN receipt
- Study permit
- Arrival or randomized Covid-19 test
- 3-night hotel stopover*
- Daily ArriveCAN Check-in
- Quarantine (if required)

While in Quarantine

(If required):
- Daily ArriveCAN Check-in
- Day 8 test
- Stay Connected
- Settlement Tasks

After Quarantine

- Covid-19 vaccination
- Alberta Health Care
- Seek support
- Explore Calgary

*required for unvaccinated travellers before August 9, 2021

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 August 5, 2021. While this is a helpful resource to get you started, you are responsible for staying informed of updated regulations and policies prior to travel to Canada.

- [https://ucalgary.ca/student-services/iss/covid-19-faqs](https://ucalgary.ca/student-services/iss/covid-19-faqs)
Recent Federal/IRCC Announcements & Changes after 12:01 a.m. EDT on August 9, 2021

• Extended to Aug 21: Suspension of Flights from India extended

• Effective Aug 9: International Students and Travel to Canada (IRCC Backgrounder)

• Effective Aug 9: Easing border measures for fully vaccinated travellers entering Canada...

• Effective July 6: Government of Canada’s first phase to easing border measures for travellers entering Canada
Recent Provincial/Alberta Announcements

• Effective July 29:
  • Alberta no longer has additional provincial quarantine requirements for international travellers except for what is required by the federal government.

• Federal border measures and quarantine laws apply for all international travellers entering Canada.

• Effective August 16:
  • Alberta will lift the legal requirement for 10-day isolation following a positive COVID-19 test, **though it will be strongly recommended**. Staying home when sick is an important way to care for those around us by not passing on any illnesses.

• [https://www.alberta.ca/isolation.aspx](https://www.alberta.ca/isolation.aspx)
Before You Travel

1. Confirm you can enter Canada and check provincial regulations.
2. Check eligibility for fully-vaccinated traveller exemption.
3. Check your airline’s boarding requirements.
4. Make and assess a quarantine plan even if you are fully vaccinated.
5. Inform UCalgary about your plans.
6. Register in advance for your arrival Covid-19 test & 3-night hotel stopover *


*Effective 12:01 a.m. EDT on August 9, 2021 (10:01 p.m. Calgary time on Aug 8)
  - Travellers will not be required to book a 3-night hotel stop over
  - Fully-vaccinated travellers are subject to random arrival testing
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), more international airports will open August 9th
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**.

- **Contact your program advisor if you want one.** ISS does not issue these letters.
  - **Faculty Advisor Contact List**

- 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
To be eligible for fully vaccinated traveller exemption, you must:

• 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
    • Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2)
    • Moderna (mRNA-1273)
    • AstraZeneca/COVISHIELD (ChAdOx1-S, Vaxzevria, AZD1222)
    • Janssen/Johnson & Johnson (Ad26.COV2.S)

• You must use ArriveCAN to enter proof of vaccination, quarantine, and travel information.

## Testing and Quarantine Exemptions for Travellers by Air

<table>
<thead>
<tr>
<th>Before August 9 (12:01 EDT)</th>
<th>Pre-entry test required</th>
<th>Arrival Test required</th>
<th>Day 8 test required</th>
<th>3-night hotel stopover required</th>
<th>Complete 14-day quarantine</th>
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<td>No Exemptions</td>
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<tr>
<td>Unaccompanied Minor</td>
<td>YES</td>
<td>Alternative arrival testing protocols</td>
<td>NO</td>
<td>Yes</td>
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<tr>
<td>Children (under 5)</td>
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<td>NO</td>
<td>NO</td>
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<tr>
<td>Recently recovered from Covid-19</td>
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<td>NO</td>
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<td>After August 9 (12:01 EDT)</td>
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<td>YES</td>
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</tbody>
</table>

All travelers must have a Quarantine Plan prepared

*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
  - Graduate Students: Hotel Support Program & Revised Program
- [Mandatory Quarantine Sheet (multiple languages)](https://albertahealthservices.ca/topics/Page17239.aspx)
How & Where to Quarantine

- A suitable place where you:
  - Can stay for 14 days or possibly longer
  - Have access to the necessities of life, including water, food, medication and heat without leaving quarantine
  - Can avoid contact with others who did not travel with you
  - Have no visits from family or guests


- University of Calgary discounted hotel rates (Quarantine Accommodation): [https://ucalgary.ca/student-services/iss/resources/housing](https://ucalgary.ca/student-services/iss/resources/housing)
How & Where to Quarantine

- As of August 5, the Government of Canada has not yet released specific details about where to quarantine:
  - if you are arriving after August 9,
  - are not eligible for the fully-vaccinated traveler exemption, AND
  - are arriving in a city other than Calgary


- ISS will update the FAQ page [here](#) when we know more
Quarantine Plans: Students Living in Residence for Fall 2021

- Residence Services:
  - [https://www.ucalgary.ca/ancillary/residence/fall-2021-faqs](https://www.ucalgary.ca/ancillary/residence/fall-2021-faqs)
  - [https://www.ucalgary.ca/ancillary/residence/self_isolation](https://www.ucalgary.ca/ancillary/residence/self_isolation)
  - campusservicecentre@ucalgary.ca

- Residents who meet the fully vaccinated exemption are **still required to apply for quarantine with Residence Services.**
Prepare for Your Needs while in Quarantine

- Health Canada resource
- ucalgary.ca/student-services/iss/resources/self-isolation-supports-international-students
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 when you arrive

Inform UCalgary of Your Plans

• UCalgary Quarantine Information for Students website & arrival form:
  • https://www.ucalgary.ca/current-students/quarantine-information-students
  • Graduate students: can access further assistance through: https://grad.ucalgary.ca/current-students/newly-admitted/international-graduate-students-2021
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
  • AHCIP: you must register after quarantine
  • SU/GSA plans: active Sept 1, but you may have to pay for services upfront, then request reimbursement

• At least covers doctor visits, hospitalization, prescription drugs, vision care, and dental care

• Healthcare & Medical Insurance in Alberta
  • Thursday, August 12, 9 am MDT
Arrival Testing: Unvaccinated Travellers must register in advance

• There are different testing providers depending on where you enter

• Learn more:


Effective August 9: travellers meeting the fully-vaccinated exemption are not required to book arrival testing; you may be randomly selected
Register for 3-Night Hotel Stopover

*if arriving before August 9, 12:01 am EDT*

- 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
- Review your responsibilities while in hotel quarantine
- **You are responsible for the cost**
  - *In September, explore: GSA support bursary, tuition differential bursary, peer assistance bursary*
- **Booking website** for authorized hotels
- **Exemptions:** unaccompanied minor & fully-vaccinated travellers
72 Hours before Your Flight

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

2. Submit travel & quarantine plans \& **proof of vaccination in ArriveCAN**


- You *may* not be fully-vaccinated, so *may* not have proof of vaccination
- This information is current as of **August 5, 2021**.
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
  - Accepted types of tests
  - Searching for testing facilities
Submit Information in ArriveCAN app

• **ArriveCAN is free and secure**
• Download the **ArriveCAN** mobile app and submit your information
• If you are eligible to enter Canada, you are required to provide mandatory traveler information within 72 hours before your arrival in Canada
• You **must** submit your information electronically through **ArriveCAN** before you board your flight
• You must check-in on ArriveCAN everyday during quarantine
Submit Information in ArriveCAN app

<table>
<thead>
<tr>
<th>Fully Vaccinated Travellers</th>
<th>No Exemptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your Contact Information</td>
<td>Your Contact Information</td>
</tr>
<tr>
<td>Purpose of Travel</td>
<td>Purpose of Travel</td>
</tr>
<tr>
<td>Date of arrival, port of entry, flight number, airport, airline</td>
<td>Date of arrival, port of entry, flight number, airport, airline</td>
</tr>
<tr>
<td><strong>Vaccination information &amp; proof of vaccination</strong>*</td>
<td><strong>Quarantine Plan</strong>*</td>
</tr>
<tr>
<td>Information about countries you’ve visited 14 days prior to arrival (not connections)</td>
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</tr>
<tr>
<td></td>
<td>Trip reference code (for 3-night stop over if arriving before August 9)</td>
</tr>
</tbody>
</table>

*All travellers must have a quarantine plan prepared, but the ArriveCAN app may not ask you to submit it if you have included your vaccination information.*
Submitting Proof of Vaccination

- Details of first dose (date, country, vaccine)
- Details of second dose if required (Pfizer, Moderna, AstraZeneca)
- A photo/PDF of the record of each dose such as receipts, cards, or confirmations
  - PDF is preferred
- Uploaded proof must be in English, French or certified translation
  - Do not upload your proof of vaccination if it is not in English or French; upload the certified translation

Bring original proof of vaccination with you while you travel.

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**

Requirements for Boarding a Flight

- Travellers will not 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


Check with your airline as well.
Arriving in Canada

1. Show your documents to border official for assessment & Review your Study Permit
2. Take a Covid-19 arrival test
3. Travel directly to 3-night hotel stopover & Await Covid-19 arrival test result
4. Complete remainder of 14-day quarantine
5. Stay in contact: ArriveCAN & UCalgary

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](https://www.ic.gc.ca) on preparing for your arrival to Canada for international students
Documents to Border Officials:

Fully vaccinated travellers must show:

- Pre-entry covid-test (negative)
- 14-day Quarantine plan
- Proof of original Vaccination 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
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 and Go to Required Accommodation

• Unvaccinated:
  • 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 (before August 9) or quarantine location (after August 9)

• Vaccinated:
  • You may be selected to complete arrival testing
  • You do not need to wait for your test results

Complete Remainder of Quarantine & Update ArriveCAN

• 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


• The Government of Canada uses the ArriveCAN app. While you are in quarantine, you’ll update the app daily.
While in Quarantine

1. Provide Updates: ArriveCAN & UCalgary
2. Complete day-8 Covid-19 test
3. Stay connected: reach out to family & friends
4. Learn about helpful resources & plan for settlement tasks

Monitor Your Health & Wellbeing: Contacts

• **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](ucalgary.ca/wellness-services)

• **Emergency: 911**
  - Fire, Ambulance, & Police
Complete day-8 Covid-19 test

• If the test were to be positive, your quarantine time may be extended
  • A government representative will call you to provide you with additional instructions.

• Learn more:

**Exemptions:** fully-vaccinated traveler & unaccompanied minor
Stay Connected & Plan for Settlement Tasks

• 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)

• You may be able to submit documents online for:
  • Canadian bank account
  • Canadian cell phone plan
  • Social Insurance Number (SIN)

• Schedule accommodation viewings for after quarantine is complete

• [https://ucalgary.ca/student-services/iss/resources/new-international-student-checklist](https://ucalgary.ca/student-services/iss/resources/new-international-student-checklist)
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.
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

Welcome Webinars

• **Aug 6**: Finding Off-Campus Accommodation
• **Aug 10**: How to Adjust to Living in a New City
• **Aug 11**: Finances and Planning for the Year Ahead
• **Aug 12**: Healthcare & medical insurance in Alberta
• **Aug 18**: Exploring Calgary
• **Aug 25**: Calgary Weather

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

Programs & Events

• **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!

Information is accurate on August 5, 2021. Changes may arise after this date.

[Links to events.ucalgary.ca/international-student-services/ and ucalgary.ca/student-services/iss/resources/international-student-orientation]
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
Staying Informed

- Key UCalgary websites:
  - ISS Covid-19 FAQ
  - UCalgary COVID-19 page

- External websites:
  - Canada: https://travel.gc.ca/travel-covid
  - Alberta: https://www.alberta.ca/isolation.aspx


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