



WESTERN MARITIME INSTITUTE

International Student Pre-Arrival Information Package



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Introduction

Purpose

This package contains information that students need to know before they leave their home country, tips for travelling, and detailed information about mandatory quarantine as well as resources needed to plan the first two weeks in Canada.

Prior to Departure

Prior to travelling to Canada, students must meet the following requirements:

- [Have study permits and documents ready](#)
- [Get your pre-entry molecular test result](#)
- [Register in advance for your arrival test](#)
- [Have a quarantine plan](#)* (required regardless of exemption status)
- [Use ArriveCAN to submit your travel details](#)

* *You may be exempt from quarantine if you qualify for the [fully vaccinated traveller exemption](#).*

Student must have one of the following:

- An original, valid study permit issued recently
- If travelling from any country other than the US, a Letter of Introduction, or initial study permit approval.

Students must also have at least one of the following (US citizens exempted)

1. A valid Temporary Resident Visa (TRV)
2. An Electronic Travel Authorization(eTA)

If you apply for an initial study permit outside of Canada, you do not need to apply separately for a TRV. If your study permit is approved and a TRV is required, you will be issued a TRV along with your study permit



Important Next Steps

All students prior to travelling to Canada must prepare a [14-day quarantine plan](#) whether they are exempted from quarantine or not.

Students must demonstrate that they have a suitable place to isolate or quarantine. Suitable places of quarantine must meet the following criteria:

- Student can stay for 14 days or possibly longer
- 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

For accommodation options near WMI's Surrey campus, click [here](#).

All air passengers five years of age or older are required to test negative for COVID-19 before travelling to Canada from another country.

All travelers must **provide documentation of a negative laboratory test result** to the airline prior to boarding a flight to Canada.

The test must be performed using a COVID-19 molecular polymerase chain reaction (or PCR) test and it must be taken within the 72 hours prior to your scheduled departure to Canada. Anyone who receives a negative test result and is allowed to enter Canada must still complete the full, mandatory 14-day quarantine, if not exempted.

Students travelling by air are required to submit their information electronically through the federal **ArriveCAN** app before boarding their flight. This includes travel and contact information, their quarantine plan, and a COVID-19 symptom self-assessment. More information on the **ArriveCAN** app can be found [here](#).

Students can submit their information securely using the app at least 48 hours before their arrival to Canada. Exceptions will be made for people who cannot submit documents electronically due to personal circumstances, such as disability or inadequate infrastructure.



While travelling to your place of quarantine, the following protocols must be observed:

- Avoid stops and contact with others while in transit to quarantine
- Use a private vehicle if possible
- Remain in the vehicle as much as possible
- Pay at the pump for gas and use drive through when you need food
- Wear a suitable mask at all times unless you are alone in a private vehicle
- Practice physical distancing
- Sanitize your hands frequently and avoid touching surfaces

For a list of transportation options see [here](#).

Please note that the **Self-Isolation Plan** is a legal commitment to self-isolate that is enforceable under the Public Health Act. The link to the self-isolation plan also includes contact information in case you need help developing your plan. This help is available in more than 110 languages.

For more information, visit:

- [Self-isolation on return to BC \(Government of BC\)](#)
- [Self-isolation and self-monitoring \(BCCDC\)](#)

Be sure to bring all relevant documentation with you for your trip.

For any questions or concerns, please contact the WMI COVID-19 Project Leader Lana Forgie: ana.forgie@maritimeed.com

While Travelling to Canada

Students are to adhere to the following tips to ensure a safe journey to Canada:

- Wear a mask. Most airlines have made masks mandatory, but it's best practice in the airport or other indoor areas.
- Avoid large crowds or crowded areas.
- Avoid contact with sick people, especially if they have a cough, fever or difficulty breathing.
- Wash your hands often with soap under warm running water for at least 20 seconds.
- Use alcohol-based hand sanitizer if soap and water are not available. Always keep some with you when you travel.
- Practice proper cough and sneeze etiquette.
- Take precautions against respiratory illnesses and seek medical attention if you become sick.

If you are abroad and you have COVID-19 symptoms or have been diagnosed with COVID-19:

- Inform WMI by emailing us at infosurrey@maritimeed.com
- Follow the advice and instructions of local public health authorities.
- Seek medical attention if required.



Upon Arrival

Before leaving the airport, students will be required to complete a COVID-19 molecular polymerase chain reaction test. They will also be given test kits to use near the end of their 14-day quarantine period if quarantine is required.

Once the test at the airport is completed and you have received your test kits, you must proceed to your quarantine location.

Travel straight to your isolation accommodation. Transportation options can be found [here](#).

Travelers who test positive for COVID-19 will be relocated to a designated quarantine facility or other suitable place of quarantine.

Travelers who enter Canada by air and/or marine modes will also be required to submit information to the Canadian government during their 14-day quarantine period through the ArriveCAN app or by calling 1-833-641-0343.

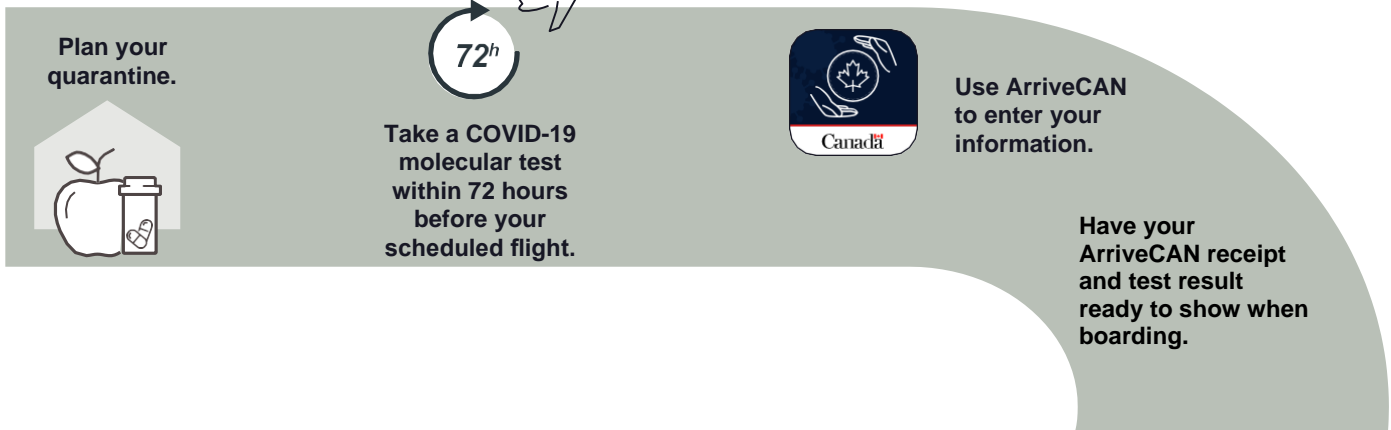
Within 48 hours of entering Canada travelers must confirm that they have arrived at their place of quarantine and those in quarantine must complete a daily COVID-19 symptom self-assessment.

During your quarantine you are required to test again using the take-home test provided at the airport. A negative result is required before leaving quarantine at 14 days.

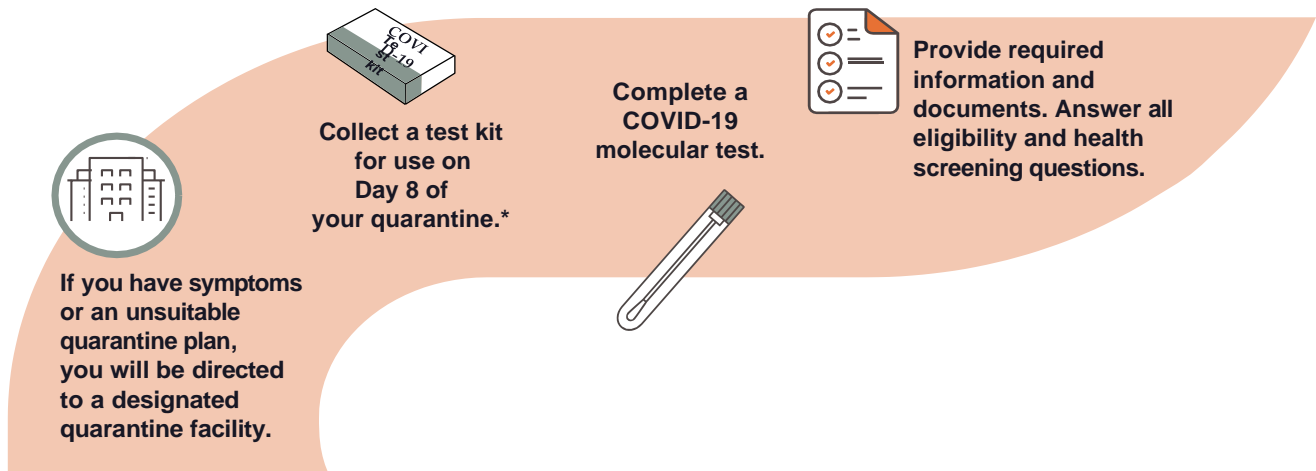
Entering Canada by AIR during COVID-19

Travellers entering Canada must follow the rules set out by the Emergency Orders under the Quarantine Act to help reduce the spread of COVID-19 and its variants. Failure to comply with any requirements or providing false information may result in fines, penalties or imprisonment. If you develop symptoms at any time, isolate yourself from others and contact local public health.

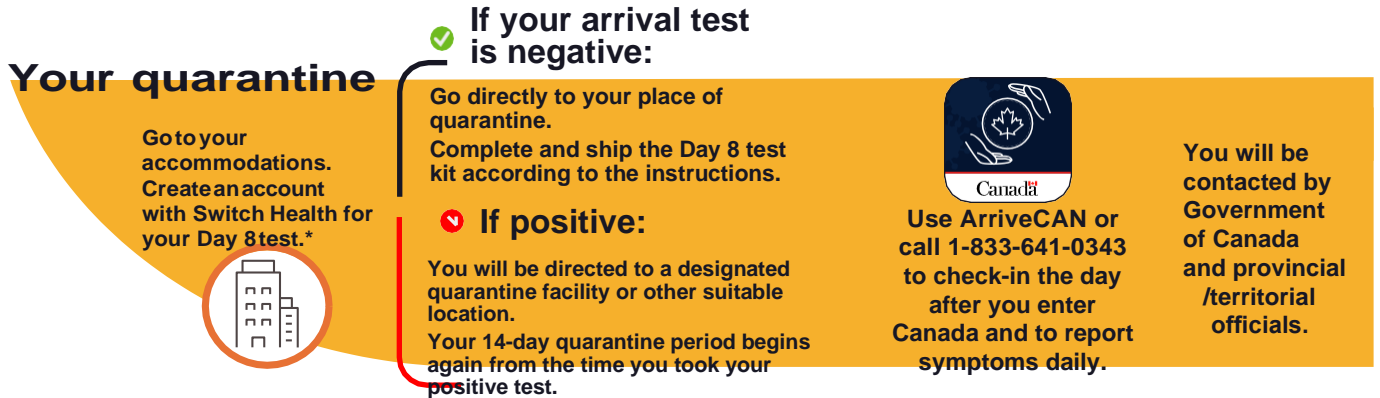
Before Departure



Upon Arrival to Canada



Your quarantine





During your 14-day self-isolation, our dedicated WMI team will be providing the following support:

3 scheduled calls during isolation. Staff will call the isolation accommodation provider to ensure you're self-isolating and doing well. You will be called the day you arrive, after 7 days of self-isolation, and again near the end of your 14 days.

We will offer virtual drop-in sessions via Zoom/ Teams.

If you need to contact the school, please call 604-560-6088 or email: infosurrey@maritimeed.com

Please note that you must have purchased your medical insurance via [Guard.me](https://www.guard.me) prior to your arrival in Canada. Students who do not have a valid medical insurance may not be allowed to travel to Canada.

Student can opt out of Guard.me by showing proof of valid medical insurance up to 60 days after coverage starts.

All WMI students have access to [Here2Talk](https://www.here2talk.ca), a BC Government service that connects all post-secondary students in BC with 24/7 mental health support.

Getting Supplies During Isolation

There is a need to have access to food, groceries, pharmaceutical products and other supplies during your isolation period. A list of grocery stores and pharmacies in the Surrey area can be found [here](#).

Support for Family Members in Isolation

WMI understands that some students will travel to Canada with their family so we have compiled a list of resources that can be accessed to help ease their transition to Canada:

- [MOSAIC](#) – one of the largest settlement non-profit organizations in Canada. They serve immigrants, refugees, migrants, and mainstream communities in BC.
- [My Surrey](#) – the website of the City of Surrey list a number of community and cultural centers in the city and the services they offer.



Mental Health Support

[Fraser Health Authority](#) has compiled a list of mental health support services available to newcomers to BC.

[Wellness Together Canada](#) offers mental health support.

Community Recreation Centers

[City of Surrey Parks & Recreation](#) operates multiple recreation centers open to all residents of the city. They offer a wide array of programs and facilities.

COVID-19 Resources and Translated Video

The BC Centre for Disease Control has compiled a list of COVID-19 videos and other resources that are available in several different languages including Simplified Chinese, Punjabi, Farsi, and more. You and your family members can read questions and answers about COVID-19, physical distancing, and more [here](#).

Resources and Online Activities for Children

For students travelling and isolating with children, please see below a list of free online activities and resources.

- [Dav Pilkey at Home](#) from the creator of Dogman and Captain Underpants
- [Khan Academy](#) is a nonprofit that offers free courses for all levels from children to adults
- [Kidoodle.TV](#) is a Canadian-based safe streaming video service specifically for kids
- Lunch doodles with Mo Willems: the children's author releases a "lunch doodle" video every weekday
- Ontario Ministry of Education recently launched its [Learn at Home Site](#)
- [Ontario Virtual School](#) offers several free high school prep courses



Experiencing Symptoms While Self-Isolating

While you are self-isolating, you should watch for symptoms of COVID-19 in yourself or anyone you are isolating with. These symptoms include:

- Fever/ chills
- Cough
- Sore throat
- Loss of taste or appetite
- Shortness of breath or difficulty breathing

If you have symptoms, you must get tested for COVID-19 by a healthcare provider or at a [local collection center](#). You should inform the Institute at infosurrey@maritimeed.com or 250-560-6088. [HealthLink BC](#) recommends testing for anyone with cold or flu symptoms.

If you do not have any symptoms, you do not need to get tested. If you are unsure if you should get tested, use this online [assessment tool](#) or call [HealthLink BC](#) at 8-1-1.

If you develop symptoms, you must continue to self-isolate for at least 10 days from when your symptoms started or 14 days from when you started self-isolation, whichever is longer.

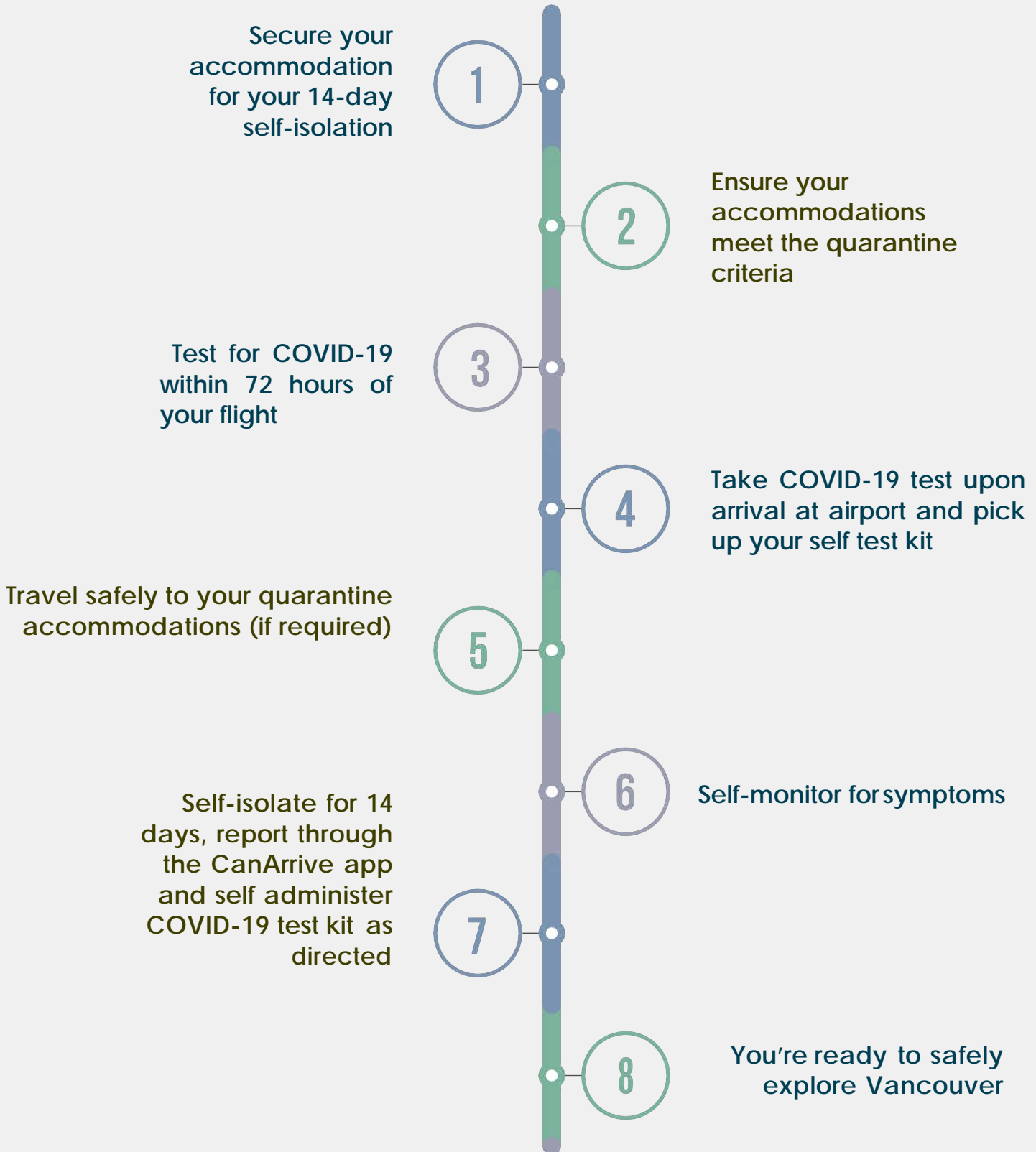
If you are starting to develop or show symptoms of COVID-19 while in self-isolation, please follow these steps:

1. Notify WMI and your close contacts. In accordance with provincial and federal laws, WMI staff will notify local health officials while maintaining confidentiality and Canadian privacy laws and regulations.
2. Inform people who have had close contact with you since your arrival. They must self-monitor for symptoms and follow local health guidelines.

For more information, visit:

- [COVID-19 testing information \(BCCDA\)](#)
- [COVID-19: If you are sick \(BCCDA\)](#)
- [Symptoms of COVID-19 \(HealthLink BC\)](#)

OVERVIEW OF ARRIVAL AND SELF-ISOLATION IN CANADA





If you Test Positive for COVID-19

If during your 14-day quarantine period you contract COVID-19, you must inform WMI immediately. In this case, WMI will:

- Maintain regular virtual check-ins every 3 days to provide necessary support and guidance
- Provide a [daily monitoring form](#) for COVID-19 and follow up with the student.

Near the End of Your Self-Isolation

When your 14-day self-isolation is nearly done, there are a number of steps to take before joining us on campus. These steps are for students with no symptoms of COVID-19.

Once you complete your 14-day self-isolation and have not experienced any symptoms, you must complete a Self-Isolation Completion Checklist below and send to your admission rep or infosurrey@maritimeed.com.