

## Travelling to Canada – What you Need to Know

This newsletter is for all North Island College international students who are currently outside of Canada and who are planning to travel to Canada to study at North Island College.

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 the [Office of Global Engagement](#).



NIC has been approved by Immigration, Refugee and Citizenship Canada (IRCC) to welcome students with approved study permits to travel to Canada. For more information please see the [IRCC website](#).

**Please follow all steps outlined in the sidebar before booking any flights.** →

North Island College strongly recommends 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.

Please note that Government of Canada and BC Government restrictions and regulations are subject to change. Please consult with the government websites for the most current information.

**All travelers to Canada must self-isolate for 14 days upon arrival in Canada.**

- Instructions:**  
Please follow all instructions step-by-step.
- STEP 1:** Find out if you are [allowed to travel to Canada](#).
- STEP 2:** [Send an email to the Office of Global Engagement](#) to tell us you are planning to travel to Canada and request the OGE Quarantine Settlement Assistance Form. Use this form to develop your Quarantine Plan and BC Self-Isolation Form.
- STEP 3:** The Office of Global Engagement will review your **OGE Quarantine Settlement Assistance Form** and confirm whether you can book flights. **Wait to book flights** until we have confirmed you should do so.
- STEP 4:** Once your travel has been approved by OGE, please book **your flights**.
- STEP 5:** Submit your [BC Self-Isolation Plan to the BC Government](#).
- STEP 6:** Download the federal ArriveCAN app. Provide all mandatory info requested in the app. This is available two weeks prior to your departure date.  
[Apple users](#)  
[Android users](#)
- STEP 7:** Submit the following documents to the [Office of Global Engagement](#):
- A copy of your flight itineraries.
  - Your BC Self-Isolation Plan PDF version.
  - A screenshot of your BC Self-Isolation Plan online submission.
  - A screenshot of your ArriveCAN submission.
- STEP 8:** Complete the Confirmation of Enrollment form, which will be provided to you by OGE.
- STEP 9:** Ensure that you purchase private health travel insurance before you leave your home country.

## COVID-19 GOVERNMENT REGULATIONS

### Government of Canada National Laws and Regulations

On March 25, 2020, the Government of Canada implemented a [self-isolation requirement for returning international travelers under the Quarantine Act](#).

For Government of Canada information for travelers arriving in Canada please visit [Mandatory Quarantine - Government of Canada](#)

The Government of Canada has restrictions on optional and discretionary international travel. For detailed information please visit [Optional and Discretionary Travel](#).

For detailed information on who can travel to Canada please visit [Canada Travel Restrictions](#)



### BC Government Provincial Laws and Regulations

On March 17, 2020, the BC Provincial Health Officer issued a [self-isolation order](#) directing people returning to, or arriving in B.C. from international destinations, to self-isolate.

For information about the BC Government order please visit [Self-Isolation - BC Government](#).

Please email your Self-Isolation Plan to the [Office of Global Engagement](#).



Any person to be found in violation of the quarantine period may be penalized under Canadian Law. Failure to comply with the Quarantine Act could result in fines up to \$750,000 and/or imprisonment for six months.

## Letters of Support

Immigration, Refugees and Citizenship Canada recommends that any student trying to enter Canada provide the Border Services Agent with a Letter of Support from the Designated Learning Institute.

North Island College can issue Letters of Support to international students planning to travel to Canada.

To receive a letter of support, students must submit all documents required in step 7 of the instructions on the first page.

You will be sent a Letter of Support, as well as, a Confirmation of Enrollment letter within 7 days of submitting your documents to the Office of Global Engagement.

## Reliable Sources of Information

It is extremely important to seek information from reliable sources. We have compiled the list below, of reliable sources of information related to the COVID-19 pandemic:

[North Island College & COVID-19](#)

[BC Centre for Disease Control](#)

[Public Health Agency of Canada](#)

[World Health Organization](#)

[Travel & Tourism Canada](#)

[COVID-19 Stigma Guide](#)

[Ministry of Health BC COVID-19 symptom self assessment tool](#)

### VERY IMPORTANT:

It is the responsibility of the student to follow all the rules of flight/travel and quarantine. Please check with your airline provider prior to reaching the airport.

Strict fines and regulations regarding quarantine plans are in place as per the Quarantine Act. Failure to obey these regulations could result in significant fines or removal from the country. It is the students responsibility to follow all rules as per the Quarantine Act (see page 2).

## Timing of Travel to Canada

Please plan your arrival to coincide with the start of your semester before booking any flights.

if you arrive too early to Canada, Canada Border Services could consider your travel as optional and non-discretionary travel, and may restrict you from entering the country



**We do not recommend arriving any earlier than 1-2 weeks prior to term start.**

## Flights

Any international student with COVID-19 symptoms will not be allowed to board their flight to Canada. If symptoms develop in flight, students may not be permitted to enter Canada. Students will be expected to demonstrate to a Border Services agent that they have a suitable quarantine plan in place. Students must undergo health checks at all check points and **MUST** wear a non-medical mask or face covering during travel.

There are currently only 4 international airports in Canada accepting international travelers.

- Vancouver International Airport (YVR)
- Calgary International Airport (YCC)
- Montreal-Pierre Elliott Trudeau International Airport Montreal (YUL)
- Toronto Pearson International Airport (YYZ)

You must make sure you book a connecting flight directly to Comox BC (YQQ) on the same day.

**You cannot overnight anywhere in Canada except for your designated quarantine location.**

NIC recommends students fly directly from a Canadian international airport, listed above, directly to the Comox Airport (YQQ). Do not take the ferry.

## Transportation from the Comox Airport (YQQ)

For everyone's safety, please arrange to travel by taxi from the Comox Valley Airport to your quarantine location.

Local Comox taxi companies:

Comox Taxi: 250-339-7955

Joe's Taxi: 250-792-5637

## Food and Basic Necessities Package

Travelers to Canada who are in quarantine are **not permitted go out to purchase food and basic necessities.**

All new students staying in the Super 8 Motel will be provided with a basic food and necessities package. This package will include:

- Fresh fruit (apples, oranges, bananas)
- Instant rice
- Instant noodles
- Packaged curry (vegetarian) or meat stew (chicken or beef)
- Instant soup
- Bread, butter, jam

(dietary restrictions and allergies can be disclosed in the OGE Quarantine Settlement Assistance Form).

Basic necessities: soap, shampoo, coffee, tea and drinking water will be available in the motel room. Please bring any other personal hygiene items with you. Personal items like toothpaste, toothbrush, deodorant (anti-perspirant), feminine hygiene products will not be provided.

This package will provide enough food for the first 2-3 days in Canada. Students will then need to arrange for grocery or food delivery.

Students who choose Canada Homestay Network accommodation option will be provided full meals upon arrival.

## Grocery Delivery Options

- [Thrifty Foods Courtenay](#)
- [Quality Foods Courtenay](#)

## Take-out Delivery Options (Restaurant and Fast-Food Delivery Options)

- [SkipTheDishes](#)

(students will need a credit card to perform online grocery shopping or online take-out delivery)

## Medical Support on Arrival

All new arrivals to Canada and North Island College will be placed on temporary medical insurance through [Guard Me](#) effective on the day of your arrival in Canada. If you require medical attention when you arrive you will need to contact one of the following:

- Dial **9-1-1** if you are in an immediate danger or health emergency —fire, difficulty breathing, difficulty speaking, profuse bleeding are examples of a 9-1-1 emergency.
- Dial **8-1-1 (Health Link BC)** for any other health concerns or to consult with a doctor.

**You will need to have your Guard Me policy number or Personal Health Number (MSP) when you call for help.**

## Accommodations

Any students arriving from out of country will be required to do a 14-day quarantine (self-isolation). The Office of Global Engagement has made two arrangements for you. \*

**Option 1:** We booked quarantine rooms at a local motel.

**Location:** [Super 8 Courtenay BC](#)

**Cost:** \$603.75 CDN/per person for 14 nights (based on single occupancy)

### Includes:

- Daily wellness checks with NIC staff.
- Daily virtual engagement activities
- Daily access to NIC supports such as advisors, employment services, counsellors and peer mentors.
- Each motel room will contain a microwave and a refrigerator. Some rooms are equipped with a small kitchenette (stove top). Kitchenettes are limited.
- NEW STUDENTS ONLY: Complimentary food and basic necessities package for 2-3 days (see side bar for more details). Students will be responsible for the cost of additional food/groceries and delivery for the remaining quarantine time.
- Free breakfast (baked goods, coffee, tea, juice).
- Wi-Fi

**Rooms must be reserved!** Reserve by: submitting the NIC Quarantine Application package.

**Option 2:** Our partner [Canada Homestay Network \(CHN\)\\*\\*](#) will be providing full homestay options for students requiring quarantine with the [CHN Safe Arrival plan](#). The cost for 14-nights of homestay (including full meals) is \$1092 CDN. For more details or to apply please visit the [CHN for North Island College students website](#).

### Includes:

- Daily wellness checks with NIC staff.
- Daily virtual engagement activities
- Daily access to NIC supports such as advisors, employment services, counsellors and peer mentors.
- 3 meals per day plus snacks. (for the entire 14 days).
- Wi-Fi

**\*\*CHN space is limited and must be booked prior to making flight arrangements or submitting quarantine plans.** Please email [globalengagement@nic.bc.ca](mailto:globalengagement@nic.bc.ca) if you would like to book a homestay room.

**PLEASE NOTE: Private residence is not an option for quarantine for new students.**

\*If you are a continuing/returning student with existing private residence. Please email: [isa@nic.bc.ca](mailto:isa@nic.bc.ca) if you plan to use private accommodations for quarantine.

## Final Notes

We look forward to supporting you with your travel arrangements. Please don't hesitate to reach out if you have any questions or concerns by emailing the [Office of Global Engagement](#).

All information in this newsletter was deemed correct at the time of publication. Information is subject to change based on government travel advisories. Please review links to travel advisories often to be sure you have the most current and updated information.