

## International Student Safe Travel, Quarantine, and Arrival 2020-2021

### Fall/Winter 2020 Delivery

Keystone recommends that international students who are residing outside of Canada undertake their studies from their home countries for the fall/Winter 2020 term.

Keystone is committed to supporting you in your studies at home – nearly all courses that are offered in Keystone College have been transitioned to online delivery – and we are confident this is the best approach to ensure your safety and success.

### Post-Graduation Work Permit (PGWP) Eligibility

Keystone College is privately regulated DLI institute with EQA certification in British Columbia and strive to provide better learning experience to students but program at Keystone College are not qualified for work permit hence it will not affect our students

However, for Articulated Institutions, please refer their website for more details.

### International Student Travel Readiness and Commitment to Health and Safety

If you are considering travel to Canada, despite our recommendations, this document will support you in meeting requirements.

International travel during the COVID-19 pandemic is complex, and the information we provide is subject to change based on the requirements of government and health authorities. It is your responsibility as a student to consult reliable sources of information and comply with requirements. In case any family member is accompanying you and the CBSA permits family members to enter in Canada, it is also required for all family members to complete a full quarantine.

Your commitments to follow the health and safety requirements outlined for you, including your quarantine at point of entry, is part of Keystone's work to ensuring the health and safety of our communities during the COVID-19 pandemic. It is very important that you understand and abide by the legal and other requirements.

### Government, laws, and regulations

All international students planning to travel to Canada must clearly understand Government of Canada and Government of British Columbia laws and regulations before making travel plans. Please consult government websites for the most up-to-date information.

Stay up-to-date of current travel requirements, restrictions and immigration related updates through the [Canadian government website](#).

## Government of Canada

There are restrictions on travel, making it very important that before making any travel plans, you know if you are allowed to travel to Canada. For detailed information on who can travel to Canada please visit [Canada Travel Restrictions](#).

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

The Government of Canada has implemented an Emergency Order under the Quarantine Act that requires those entering Canada from other countries — whether by air, sea or land—to quarantine themselves for 14 days. The quarantine period is required in order to limit the introduction and spread of COVID-19. The 14-day period begins on the day the person enters Canada and concludes when the 14 days have passed without symptoms and with advice from local health care professionals. Any family members accompanying you (i.e. children) must also complete quarantine. Please visit

### Mandatory Quarantine - Government of Canada.

On arriving at your point of entry, you must prove that your travel is essential ([non-discretionary travel](#)) to a Canada Border Service Officer (CBSA); the CBSA will review the circumstances of your entry and documentation and decide whether you are allowed to enter Canada – there is no guarantee of entry.

## Government of British Columbia

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

Keystone follows [all orders of the PHO](#) and proceeds with public health compliance checks where warranted.

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

Keystone requires you to forward your quarantine plan along with travel details to [studentservices@keystonecollege.ca](mailto:studentservices@keystonecollege.ca)

## Timing of your arrival at point of entry

Keystone's program has monthly intake and you may start your program from overseas or while being in Canada during the said period. Keystone College will share the schedule for every month in advance it would be student's responsibility to accordingly plan travel during the days when there is no class so that no part of course is missed but in case student missed any delivery session for travel reason it would be student responsibility to cover the topic with help of instructor

## Travel Eligibility

Travel continues to be highly restricted and it is best to stay home. [Only certain groups of people](#) are exempt from travel restrictions, including international students

Please check the categories from Government of Canada website for any documentation you may need to facilitate your entry in Canada

## Medical Requirements

All BC residents, including international students who reside in Canada for more than six months are required to have medical insurance through our provincially funded Medical Services Plan (MSP). This plan provides basic medical benefits including doctor/ clinic visits and emergency services. You must apply for MSP immediately on arrival in BC by completing the [online application](#). *This is a great task to complete while in quarantine!*

There is a three-month waiting period for all new MSP applicants. During this waiting period, you are required to have private medical insurance.

## Travel planning required before you leave home for Canada

- Confirm whether you meet travel requirements as outlined.
- Complete and [submit a BC quarantine plan](#), printing a copy for your carry-on.
- Email a completed copy of your BC quarantine plan to [studentservices@keystonecollege.ca](mailto:studentservices@keystonecollege.ca) reflecting how you meet the government plans, in return, we may provide you with a letter of support for entry confirming your access to Canada for the purpose of learning.
- Download the ArriveCAN application here: [ArriveCAN for IOS](#) or here [ArriveCAN for Android](#)
- Email your itinerary, medical insurance and flight details to [studentservices@keystonecollege.ca](mailto:studentservices@keystonecollege.ca), no later than two weeks before your arrival at your point of entry

## Your travel itinerary considerations

Keystone College require our students to complete their quarantine in Vancouver or Lower Mainland. You will need to purchase a flight ticket to Vancouver, where Keystone has established access to packages at local hotels, including transportation, food, and access to health services nearby and complete your quarantine period. You will need to plan for sufficient time to complete quarantine requirements. Students who choose to travel to different point of entry than Vancouver are required to meet the same requirements for ensuring health and safety, including completing quarantine at their final destination

If you have any connecting flights on your trip, do not leave the airport, and follow all required protocols (masks, no close contact, etc.),

## What you should Carry with You:

Take time to consider what you will need to remain indoors and isolated for at least 14-day quarantine. You should also plan for the possibility of the requirement to quarantine for longer in the event you are unwell.

There are items that you must bring which are listing below, and there may be additional items that you may prefer to have on hand to support your comfort. You are required to pack sufficient supplies in your carry-on for the duration of your travel to your Port of Entry and location of quarantine:

- Hygiene supplies: masks, gloves, disinfectant wipes, a travel-sized hand sanitizer
- Passport
- [Proof of sufficient funds](#)
- IRCC Visa and Study Permit Approval letter Letter of Acceptance from Keystone
- Arranged quarantine accommodation document and contact information Letter of Support
- Printed copy of your BC Self-Isolation Plan Printed copy of medical information
- Any medication required for an ongoing medical condition – a two-month supply and copy of your prescription are recommended

## You are required to pack sufficient supplies in your checked baggage for the duration of your quarantine

- Enough clothes for the 14-day quarantine as there may be limited or no access to do laundry until the quarantine is complete
- Hygiene supplies: soap, toothpaste, hand sanitizer, etc.
- Thermometer (you are required to monitor your health, including your temperature on a daily basis) 60 disposable face masks OR 30 disposable and 1 cloth face mask
- Box of Nitrile gloves

## While traveling to your point of entry in Canada or within Canada

- Wear a non-medical mask
- Wear gloves
- Practice physical distancing Wash hands frequently
- Use hand sanitizer regularly and as necessary
- Sanitize personal space and high-touch areas such as seat belts and tray tables
- Minimize trips to the washroom (flush the toilet with the seat cover down) Touch as few surfaces as possible
- Keep cell phone charged
- Bring some food as restaurants or stores may be closed Bring a refillable water bottle

## Upon arrival at your point of entry

There are public safety measures that you must comply with during your travel and upon arrival. This includes knowing when and how to use a mask safely, completing a mandatory 14-day quarantine, and more. Failure to comply with requirements could impact your access to Canada and your studies

Here are the details and below is a checklist to support you.

- Prove to a Canada Border Service Officer (CBSA) that your travel is essential non-discretionary travel
- Maintain physical Distancing
- Wear a fresh mask and gloves
- Pick up baggage while maintaining a physical distance
- Exit the baggage area and go to the location you have previously arranged to meet your driver Load your own luggage into the car and sit as far away from the driver as possible
- Travel directly to your place of quarantine
- You must wear a mask while traveling to the place you will quarantine
- Avoid any unnecessary social interactions and public transit

## Quarantine Guide and Expectations

### 14-day quarantine stay

All students must complete a 14-day quarantine upon arrival in Canada. Keystone College require our students complete their quarantine in Vancouver/Lower Mainland area. You will need to plan for sufficient time to complete quarantine requirements

Students who choose to travel to different point of entry than Vancouver are required to meet the same requirements for ensuring health and safety. If you have any connecting flights on your trip, do not leave the airport, and follow all required protocols (masks, no close contact, etc.),

Due to the COVID-19 pandemic, restrictions that limit travel to Canada are in place. Additionally, all travelers are required to self-isolate for 14 days upon arrival in Canada and must present a quarantine plan to Canada Border Services Agency. Failure to provide this quarantine plan at the border may result in being denied entry into the country.

In certain situations, government authorities may also fine travelers for non-compliance. Failure to comply with these requirements may compromise your ability to attend and participate in Keystone programs and/or activities and could also affect your ability to stay and study in Canada.

### **Quarantine (self-isolation) is a requirement of the Quarantine Act and it is not optional**

After arriving in Canada, officials from the Health Authorities will monitor your compliance with the mandatory quarantine. You need to be prepared to receive and answer calls from 1-855-906-5585

Here are the things you need to know about mandatory quarantine upon your arrival into Canada, such as directly going to the arranged quarantine location, using private transportation, and so on.

1. Keystone supports your access to hotel packages for students in quarantine. The hotel locations we have worked with are in the Lower Mainland area, familiar with the government regulations for quarantine, and we have confirmed that they are positioned to provide you with access to all the supports that you will need to be successful. *Detailed packages are shown below.*
2. Student will need a valid credit card (either MasterCard or Visa) that can process international transactions for a security payment upon hotel check-in.
3. Some of the hotel packages include shuttle service to and from the Vancouver International Airport. However, if you choose a hotel option without a shuttle, you must have Canadian cash for private transportation using a taxi or rideshare service (from/to the airport). Wear your mask while using a taxi or rideshare service. Do not use a taxi or rideshare service if you have symptoms of illness.
4. The cost of quarantine is the student's responsibility. The hotels recommended by Keystone are offering discounted and special rates for guests completing quarantine requirements.
5. Students are responsible for:

- booking the hotel for their 14-day quarantine, in advance (prior to the arrival in Canada),
- notifying the hotel when booking that the stay is for the 14-day quarantine as the room package, supplies and arrangements for the 14-days quarantine a discounted package and are different than if you were staying as a regular guest, and
- contacting the student services team via email [studentservices@keystonecollege](mailto:studentservices@keystonecollege) within 24 hours of arriving in Canada (ideally right after you safely check in at the hotel).  
The team would like to ensure student is safe and to set up periodical phone/virtual check-ins with the student during the 14- day quarantine period.

**List of Hotels providing Quarantine packages are given here for your reference, please check with the hotel directly for availability**

**1) Executive Hotel Vancouver Airport.**

- Standard room or Jr. Suite at rates \$128 +17.16% tax per night including breakfast+ Lunch+ Dinner , Parking, Wi-Fi & Airport Transfer as per our shuttle schedule from YVR
- Total 14-night stay including taxes: \$2099.50 CAD

Protocols:

- No Housekeeping service for the duration of 14-night stay
- Suite will be pre-stocked with 7-day supplies and after that supplies will be delivered to the door upon request
- meals delivered to the door daily or upon request
- Online shopping deliveries are dropped off at the front desk only. Our staff will make sure to deliver them to the floor (leave by the door) and communicate with the guest accordingly.

Check in process:

- Guests have to wear a mask when they arrive to the hotel and check in with our front desk by maintaining social distance protocols.
- Guests will be required to sign Executive Hotels waiver form and registration forms and provide personal credit card for incidentals

Student can make reservation request to [dos.richmond@executivehotels.net](mailto:dos.richmond@executivehotels.net)

**2) Sheraton Vancouver Airport Hotel and the Vancouver Airport Marriott Hotel.**

**Room Rates:**

14 nights or more – \$139 per night plus taxes and fees

13 nights or less - \$199 per night plus taxes and fees

## Meal Program:

We can also offer an optional Meal Program. Guests have the choice of opting in or out. This charge is per day and if they do not utilize a particular meal period they will still be charged (with the exception of arrival and departure date).

**Breakfast \$12.50 + 15% Service Charge + 5% GST = \$15.09**

**Lunch \$14.50 + 15% Service Charge + 5% GST = \$17.50**

**Dinner \$25.00 + 15% Service Charge + 5% GST = \$30.18**

## Additional Amenities:

- Complimentary Parking (One Vehicle)
- Complimentary Taxi from YVR to Hotel (one way) – At check in, guest to provide taxi receipt from YVR to the hotel at check in. The hotel will apply a credit for the amount paid towards the room bill.
- Complimentary Local/Toll Free Calls
- Complimentary Wireless High-Speed Internet (Tier One – 1MB)
- Microwave upon request (not guaranteed)

Laundry Services: 25% off posted rates

## 3) Hilton Vancouver:

The heavily discounted guestroom rate of \$139.00 plus tax, based on a 14-night stay, includes:

➤ **Complimentary private transportation** – We'll pay the fare of the Richmond Taxi from the airport to the hotel. No shared transportation, eliminating any contact with other guests or members of the general public!

➤ **Large and comfortable one-bedroom suite, perfect for long stays** – Separate living area so the guests are not confined to their bedroom. Every room has a view!

➤ **Complimentary upgrade to a room/suite with a balcony (subject to availability)** – Perfect for getting some fresh air, outdoor yoga, and consuming your morning coffee.

➤ **Welcome pack and amenity** – A welcome pack, containing information about the hotel, meal plan, "What to do in the case you feel ill", etc. This would be placed in their guestroom along with a welcome amenity (hand sanitizer, a mask, and a few items) to make their 14-night stay as comfortable as possible.

➤ **Authentic Indian Lunch & Dinner Meal Plan** – A carefully and professionally created Breakfast, Lunch and Dinner 14-day meal plan, containing authentic Indian lunches and dinners, delivered directly to the guest's door each day.

➤ **Personalised online booking link specific to Keystone Students** – This would be created once we have been confirmed as Keystone College approved accommodations. You can simply paste the link onto your website or information pack. The reservation process takes minutes, and are easily tracked. If you'd prefer, we could provide you with weekly reports on student reservations so you can track who is staying where and when.

➤ **Laundry Services: 25% off posted rates** – affordable laundry for your students, picked and return on the same day, and delivered to the guest's door.

➤ **Complimentary parking**

➤ **Complimentary high-speed WiFi**

## Hotel Safety

Each hotel has their COVID-19 safety protocols. The protocols for the hotel you select for your quarantine will be provided to directly by the Hotel



## What you can expect

Some students might choose to quarantine in Canada with a family member or trusted friend living near the port of entry. Please follow the BCCDC guidelines for [‘How to isolate if you live with others.’](#)

You are not allowed to leave your room and must avoid all contact with other individuals during the 14-day quarantine. See the [Dos and Don’ts Self Isolation Sheet](#) from the BCCDC.

During your quarantine, you may be contacted by officials of the Government of Canada or the province of British Columbia, including possible visits to your quarantine location. You are required by law to respond to their inquiries.

You are required to respond to all emails, calls, or texts you receive from Keystone, or an emergency wellness check may be initiated. To support your safety and as well learning you must commit to participating in the scheduled virtual classes ;, during your quarantine, and to confirm the end of your quarantine and/or support ongoing quarantine beyond the minimum 14-day period, as required.

[Here](#) is the link from BC Centre for Disease Control about symptoms, self-isolation, how to monitor your condition, testing, and more.

You are required to actively monitor your health daily to identify any symptoms as early as possible.

Use the [B.C. COVID-19 Self-Assessment Tool](#) to help monitor your health and determine if you need further assessment or testing for COVID-19. This can be done from your laptop or your phone.

If at any time you are unsure about your health or possible symptoms, call 8-1-1 and a health care professional will help provide you with health information. This service is available to anyone.

If you become ill, the hotel will continue to provide services to support you, and you contact us for further support.

If your symptoms are severe, call 9-1-1 for immediate help.

In case of emergency, Keystone College will be in direct contact and follow the protocols provided by the health authorities.

Your hotel will provide laundry services for a fee.

Some hotels include discounted meal plans with an additional cost. You may either opt in or opt out. If you have decided to go for the 14-day meal plan, you will be charged even if you choose to skip any or some meals in between.

**Online shopping and food delivery services are available. Food delivery services are reached through apps such as Skip the Dishes, Uber Eats, Door Dash are available in Vancouver**

You may order your food or personal necessities online and have them delivered to the hotel.

The hotel staff will deliver them to your room by placing them outside your door.

You must apply for MSP immediately on arrival in BC by completing the [online application](#).

## Mental

Quarantine can be difficult, and your mental health is an important part of your wellness. The province of British Columbia is increasing [access to virtual mental health supports for everyone](#), including specialized resources for students and many other communities.

Keystone College rejects racism in any form. No one should experience [stigma associated with COVID-19](#). If you have any experiences or racism or stigmatism related to COVID-19, please inform an Educational Administrator for information about college policy and process.

## Completing your quarantine and travel to campus

If you have remained asymptomatic throughout your quarantine, on the fourteenth day you may visit the Keystone College campus.

Please ensure to book your appointment before you plan your visit to campus as most of team members are working either remotely or at minimal capacity at campus.

Once you are at campus, please follow the procedure laid out at your campus or using any computer or other labs.

For the duration of your stay in Canada, please be mindful of and respect public health directives. Continue to practice good hygiene, including handwashing, the use of hand sanitizer, good coughing and sneezing etiquette.

Practice physical distancing in all public or shared area and avoid group gatherings. Keystone strongly recommends using a face-covering in all shared, indoor spaces and anytime physical distancing is not possible.

Enjoy your studies at Keystone College! We are delighted to have you join us and look forward to meeting you online.

*On the last day of quarantine, you must call 8-1-1 to confirm your eligibility to leave quarantine..  
If you are not feeling well, please do not travel, contact 8-1-1 for medical assistance and extend  
your quarantine stay*

Questions are welcome, by email to [studentservices@keystonecollege.ca](mailto:studentservices@keystonecollege.ca)

