

2020-2021: International Student COVID Travel Guide

BEFORE DEPARTURE TO CANADA

You must have a valid study permit or a letter of introduction that shows you received final approval for a study permit.

If you have received an Approval-in-Principle (AIP), you will need to wait for final approval before you will be able to travel.

Travel Documents Checklist

Please ensure you have the following ON YOUR PERSON (not in checked luggage) so you will be able to present it to the officer when you first arrive in Canada:

- Valid passport
- Valid study permit OR Port of Entry Letter of Introduction that shows that you were approved for a study permit
- Supporting documents for your study permit
 - Letter of Acceptance (from Lethbridge College), proof of financial support, etc.
- Quarantine Plan for 14 days – *REQUIRED (see below)*
- Health/medical insurance coverage for your travel to Canada and during quarantine
- Documents to prove your travel is essential/non-discretionary
 - Letter of Support and a copy of Assumption of Risk (AOR) from Lethbridge College
 - Returning students: documents to prove that you are already established in Canada (i.e. letter of explanation, copies lease/utility bills in Canada)
 - new student: documentation to show you will have a place of residence AFTER your 14-day quarantine (if different) - can include communication/documentation from leasing agency/landlord about lease, address of your residence, etc.
- If you are arriving in Alberta, you will also need to complete an Isolation Questionnaire. You can do this in advance here: <https://travel.isolationplan.alberta.ca/en>

Before Departure: ArriveCAN app

- Download the Government of Canada's ArriveCAN mobile app at least 48 hours before leaving for Canada (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#ua>)
 - You will be required to submit information (i.e. quarantine plan, travel and contact information) on the app before you board your flight
 - You must be ready to show your ArriveCAN receipt to CBSA officers when you arrive in Canada

MANDATORY 14-day Quarantine Plan

The Governments of Canada and Alberta require all international travelers arriving in Canada to have a 14-day self-isolation/quarantine plan to show when they first enter Canada. **You must make sure everyone who is travelling with you (i.e. spouse/partner, children) also have a quarantine plan.**

Information from Canadian government: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html>

Information from Alberta government: <https://www.alberta.ca/isolation.aspx>

If you cannot produce a plan or if the Border Services officer is not satisfied with your plan, you may be refused entry into Canada.

Your quarantine plan should include the following information:

- Your contact information while you are quarantining
 - Name, address, phone number and email address
- Type of place that you are quarantining (i.e. private residence, hotel, residence)
- How you will get to the location: you will need to use private transportation (such as your own vehicle) to get to your place of isolation –provide details on how you will ensure the safety you and others in the vehicle
 - Public transportation such as buses ***IS NOT ACCEPTABLE***
 - You must go **DIRECTLY** to your place of quarantine from the airport – do not stop anywhere
 - You must wear a non-medical mask or face covering while traveling to place of quarantine
- Information about how you will meet basic needs such as food, medication, childcare, cleaning supplies, etc.
 - For resources in Lethbridge, please see the last page of this guide.

During the 14 days of quarantine, you will NOT be able to leave your place of residence (i.e. if you are staying in a hotel, you will NOT be able to leave your room). Please make sure you have resources and supports in place so you will be able to follow the rules and regulations put in place by the government.

It is also recommended to contact the Canadian Border Services Agency information service line before you travel to Canada to confirm that you will be able to enter Canada when you arrive

- 1-204-983-3500 or 1-506-636-5064 (6 am to 10 pm EST, 7 days a week) – Long distance charges apply (<https://www.cbsa-asfc.gc.ca/contact/menu-eng.html>)

All travelers **MUST** wear non-medical masks or face coverings during travel to and in Canada ([CBSA](#))

After your arrival to Canada, please make sure to take the [COVID-19 Self-Assessment Tool](#) by MyHealth Alberta to monitor your health. You are also required to complete this assessment each time you visit the Lethbridge College campus.

During Quarantine – Responsibilities:

The following rules must be followed during you quarantine:

((Taken from: <https://www.alberta.ca/isolation.aspx>)

ArriveCAN app

- Confirm your arrival to your place of quarantine within 48 hours of entering Canada
- Complete a daily COVID-19 symptom self-assessment during your quarantine

You can submit the information above through the ArriveCAN app or by calling 1-833-641-0343 (toll-free number).

- If you use the phone number, you will not be able to change to the ArriveCAN app during your quarantine.

GENERAL:

- Stay home – DO NOT leave your place of quarantine for the mandatory 14 days
- You are NOT permitted to go outside for walks or to the park – this includes children in isolation
 - If you have a private backyard, you are permitted to be outside, but your yard must NOT be accessible to those outside of your household (i.e. a fenced backyard)
 - If you live in an apartment building and have a balcony that is at least 2 meters away from your neighbour's, you may go outside on the balcony
 - DO NOT take the elevator or use the stairwells to go outside
- DO NOT take public transportation for travel – i.e. buses, ridesharing
 - Use private transportation (your own vehicle) when necessary
- Avoid close contact with people in your household/place of quarantine
- Use delivery services for grocery/supplies shopping, food/prescription orders
 - You may also ask friends/family to drop off food and other essentials – please make sure it is contactless (i.e. left at door)
- DO NOT share household items (i.e. dishes, glasses/cups, forks/spoons/knives, towels, pillows)
 - Always wash these items thoroughly with soap and water after use
- Regularly clean and disinfect frequently touched surfaces (i.e. doorknobs, counters, tables)

HEALTH:

- Wash your hands frequently and thoroughly with soap and water for at least 20 seconds
 - Use an alcohol-based hand sanitizer if soap and water are not available
- Cover your mouth and nose for coughs and sneezes with a tissue or your sleeve
 - Discard your tissue immediately in the garbage and wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer
- Do not touch your eyes, nose and mouth with unwashed hands

Updated on: 11/16/2020

If you are travelling with family members (i.e. your spouse/partner, children)

If you are travelling with your spouse and/or children, they must also have a quarantine plan in place and quarantine upon arrival to Canada. You and the family members who have travelled together may quarantine in the same location (i.e. stay in the same apartment/house or same hotel room).

If you are staying in 1 or more hotel rooms, you will NOT be able to visit each other's rooms unless there is a connecting door between the two rooms (i.e. you CANNOT go into the hallway).

Additional measures that must be followed during your quarantine to ensure everyone's safety are listed below.

Safety measures for shared accommodations:

- Anyone in quarantine must have separate rooms and separate, dedicated spaces in bathrooms and kitchens for their belongings
 - For example, a separate shelf/cupboard for the cups, dishes, cutlery (forks, spoons, etc.) for each person in quarantine
- Any shared amenities such as kitchens and bathrooms, can be used by more than one (1) person in quarantine
 - Only the student in quarantine and the family members who are also in quarantine can use the amenity at one time
 - The shared area should be cleaned and disinfected BEFORE and AFTER each use. Everything that has been touched should be cleaned and disinfected.

Updated on: 11/16/2020

14-Day quarantine plan template

This template should help you gather the information you will need to provide to Border Services officers. Border Services officers may request additional information. It is your responsibility to provide that information.

Please attach documentation to support your plan (i.e. reservations, list of resources for groceries/supplies/medication)

Personal Information:

Name (First, Last): _____ Country of origin: _____

Passport number: _____ Home address: _____

Date of birth (yyyy/mm/dd): _____

Arrival in Canada:

Arrival date: _____ Airline name & flight no: _____

Arrival from: _____ Port of entry in Canada: _____

Quarantine Plan:

Quarantine location (name and address): _____

Contact phone number during quarantine: _____

Contact email address during quarantine: _____

Transportation to quarantine location:

Arrangements for basic needs (how you will be getting groceries/food, medication, etc.):

Updated on: 11/16/2020

*If necessary, how you and your family members will self-isolate:

Medical/health insurance during quarantine:

Provider: _____ Coverage Dates: _____

Emergency Contact Information:

Name: _____ Phone number: _____

Relationship: _____

Guide to resources



Lethbridge College is not be responsible for the use of the information provided. The following is for informational purposes only. Lethbridge College DOES NOT have any affiliation to any of the companies or their subsidiaries listed below* and does not endorse any particular company. There may be other companies that offer similar services. The following information may change at any time.

Transportation



For international students



The Canadian and Albertan Governments do not recommend using public transportation such as buses to get to your place of quarantine when you first arrive in Canada.

Please contact the transportation company directly to see if they are able to accept international travellers. You must make arrangements/appointments BEFORE departing for Canada to ensure that you have transportation directly to your place of quarantine. Include this information in your quarantine plan.

Connecting to domestic flights

If you are arriving from outside Canada and are deemed safe to fly, you may board a connecting (domestic) flight to your destination. However, upon arrival to your final destination, you must go directly to the place where you will isolate, and remain there for 14 days. This is because you are still at risk of developing symptoms and infecting others. You can read [travel advice here](#).

Shuttle Service from Calgary Airport

The Calgary Airport is about two hours away from Lethbridge by car.

- [Airport Shuttle Express](#)
- [Fifth Avenue Cabs](#)
- [J & L Shuttle Service](#)

Transportation from the Lethbridge Airport

Fares vary by company and pick-up/drop-off sites.

- [94 Cabs](#) Phone: 1-403-942-5694
- [Black Tie Taxi](#) Phone: 1-403-894-0077
- [Fifth Avenue Cabs](#) Phone: 1-403-382-1111
- [A-Plus Taxi](#) Phone: 1-403-317-7777
- [Royal Taxi](#) Phone: 1-403-328-5333
- [BWR Taxi](#) Phone: 1-403-327-7000
- [Black Diamond Taxi](#) Phone: 1-403-381-4444



Some taxi companies will take reservations and be waiting for you at the airport.

Prescriptions



Check websites for store hours and delivery options.

[The Medicine Shoppe](#)

Address: 1016a 20 Street South
Phone: 1-403-380-3282

- Online, app, or call store to place order

Phone: 1-403-320-6500

- Call pharmacy direct to place order

[Stokes Pharmacy](#)

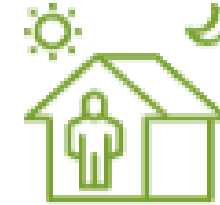
Address: 408 4 Avenue South
Phone: 1-403-380-3535

- Call pharmacy direct to place order

[Stafford Pharmacy](#)

Address: Bay 5, 1475 St. Edward Blvd. North

Places to stay



Lethbridge College Residence – Kodiak House

*(Residence is part of Lethbridge College operations and is located on campus)

We have very limited number of spaces available for stays of a minimum three consecutive nights and maximum 14 consecutive nights.

Email: res.life@lethbridgecollege.ca

Phone: 1-403-329-7218, Toll-free: 1-800-572-0103 (in Canada only)

Student Rate: \$80.00 (\$88.94 with tax)

Contact for weekly rates for five nights or more.

In-room amenities:

Fully furnished, kitchenette with microwave and fridge

Hotels in Lethbridge



These hotels offer a student discount and weekly rates. Call the hotel directly (not a toll-free reservation line) and mention you are a Lethbridge College student to request the student rate. Most require a minimum five-day stay for weekly rates.

Best Western Plus Service Inn and Suites

Address: 209 41 Street South
Phone: 1-403-329-6844

In-room amenities:

Radio alarm clock, coffee/tea maker, microwave, refrigerator, hair dryer, iron/ironing board, desk/work area, high-speed wireless internet access
On-site laundry services available (extra fees may apply)

Comfort Inn

Address: 3226 Fairway Plaza Rd South

Phone: 1-403-320-8874

In-room amenities:

Hair dryers, microwaves, refrigerators, coffee maker, work desk

Holiday Inn Express

Address: 217 41 Street South
Phone: 1-403-942-5856

In-room amenities: Iron/ironing board, microwave, mini refrigerator, coffee/tea maker, work desk, stereo/radio, hair dryer, free high-speed internet

Holiday Inn

Address: 2375 Mayor Magrath Drive South

Phone: 1-403-380-5050

In-room amenities:

Iron/ironing board, microwave, mini refrigerator, coffee/tea maker, work desk, hair dryer, wireless internet.
On-site laundry services available (extra fees may apply)

Motel 6

Address: 1142 Mayor Magrath Drive South

Phone: 1-403-328-4436

In-room amenities:

Rooms with kitchenettes (microwave, refrigerator), free wifi

Delivery services

Please contact each company/service directly for information about:

- payment methods (you will not be able to pay in cash/in person)
- how to order/use service
- delivery fees or extra costs
- delivery/service times



Grocery stores with delivery services

[London Road Market](#)

Address: 538 13 Street South

Phone: 1-403-328-1751

- Delivery fee: \$10.00
- Minimum order: No minimum
- Delivery dates: Every Monday, Wednesday and Friday
- If order is placed before 2 p.m., it will be delivered on the same day
- Orders accepted online only

[Save-On Foods](#)

North Lethbridge

Address: #45 – 1240 2nd Avenue

A North

Phone: 1-403-380-6000

West Lethbridge

Address: 401 Highlands Blvd

West Phone: 403-381-0362

- Sign-up required
- Visit website for details.

Delivery services (for groceries, supplies, etc.)

[Instacart](#)

- Sign-up required
- Visit website for details
- You can order from several grocery stores and retailers

[Mrs. Grocery.com](#)

Phone: 1-800-522-3250

Email: lethbridge@mrsgrocery.com

- Delivery service \$10.00 + 10% of your shopping bill(s).
- Can visit any store in area
- Order online or by phone

[Leave a Light on Delivery](#)

(Facebook page)

Phone: 1-403-393-6035

Email: leavealightondelivery@gmail.com

- Delivery fee: \$9.00 city-wide, additional stops \$3 each

[Simply Delivery](#)

Phone: 1-403-360-3637

Email: info@simply.delivery

- Sign up required
- Visit website for details

Restaurant/Food Delivery Services

Contact restaurants directly to see if they offer delivery.

[Skip the Dishes](#)

- Sign up required
- Check website for details

[Uber Eats](#)

- Sign up required
- Check website for details.

