

Updated: March 19, 2021

2020-2021: International Student COVID Travel Guide

This guide is to provide information to students on the travel measures and requirements set by the Government of Canada and the Government of Alberta and the information is current as of the date listed at the top of each page. For the most up-to-date information, visit the links provided.

You must have a valid study permit or a letter of introduction that shows you received final approval for a study permit to be eligible to travel to Canada.

Travel Documents Checklist

Please ensure you have the following with you (not in checked luggage) 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.
- Letter of support from the College and a copy of your course schedule for Spring 2021
- Quarantine Plan for 14 days – *REQUIRED (see next section)*
- Health/medical insurance coverage for your travel to Canada and during quarantine
 - It is recommended that you get travel insurance for your travel to Canada and if possible, coverage during your quarantine
- Documents to prove your travel is essential/non-discretionary
 - Letter of Support and a copy of Assumption of Risk (AOR) from Lethbridge College
 - Copy of your Spring 2021 course schedule / proof of course registration
 - Returning students: documents to prove that you are already established/living in Canada (i.e. letter of explanation, copies lease/utility bills in Canada)
 - New students: 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>

If you will be entering Canada through a land border, you will still need to submit a negative COVID-19 test to enter Canada. Your COVID test must be one that is completed within 72 hours **in the U.S.** A negative COVID test from a different country will NOT be accepted at a land port of entry.

For more information on travel measures for land travellers, visit: <https://travel.gc.ca/travel-covid/travel-restrictions/driving-canada-checklist>

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COVID-19 testing when you first arrive in Canada

For the most up-to-date information on COVID-19 testing requirements, visit:

<https://travel.gc.ca/travel-covid/travel-restrictions/flying/covid-19-testing-travellers-coming-into-canada#register>

Register for your arrival COVID-19 test at your Port of Entry & Day 10 Test

You will be required to take two COVID-19 molecular tests when you first arrive in Canada:

1. at your Port of Entry (airport) – before Hotel quarantine
2. Day 10 of your quarantine (after hotel quarantine)

Visit the link above for more information on how to register in advance for these tests and information about test results.

Air Travelers: MANDATORY 14-day Quarantine Plan

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

- Information from Canadian government: <https://travel.gc.ca/travel-covid/travel-restrictions/isolation>
- Information from Alberta government: <https://www.alberta.ca/covid-19-travel-advice.aspx#jumplinks-0>

If you cannot produce a quarantine 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 as much detail as possible.

It is your responsibility to create and submit a suitable quarantine plan. You are also responsible for any costs that are associated with your quarantine plan and testing.

DO NOT SUBMIT THIS TRAVEL GUIDE AS YOUR QUARANTINE PLAN. If needed, *copy and paste information into a separate document for your quarantine plan and remember to have documentation that supports your plan such as hotel reservations, list of resources for groceries/supplies/medication, etc. with you when you enter Canada.*

Personal Information:

Name (First, Last): _____

Home address: _____

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

Passport Number: _____

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Arrival Flight into Canada:

Arrival date: _____ Arrival from: _____

Port of entry in Canada: _____

Airline name & flight no: _____

Connecting Flight information (if your final destination is NOT your port of entry):

Flight date: _____ Destination: _____

Airline name & flight no: _____

3-Day Hotel Quarantine:

For a list of government approved hotels and instructions on how to book a hotel, please visit:
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/mandatory-hotel-stay-air-travellers.html>

For information on how to reserve and pay for your 3-day hotel quarantine, visit:
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/mandatory-hotel-stay-air-travellers/list-government-authorized-hotels-booking.html#a2>

Your hotel quarantine should be at the city of your Port of Entry. For example, if the first airport that you arrive at in Canada is Vancouver, but your final destination is Calgary, you will need to do your hotel quarantine in Vancouver before you are able to fly to Calgary. Please make sure your flight itinerary reflects this new requirement.

For your quarantine plan, please provide the information of the hotel that you plan to use for your hotel quarantine. When you have confirmed your reservation, please inform the college at international@lethbridgecollege.ca.

Hotel Name: _____

Hotel Address: _____

Hotel Phone number: _____

Transportation arrangements to/from hotel quarantine:

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Information on transportation to your government authorized hotel can be found here:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/mandatory-hotel-stay-air-travellers/traveller-expectations-hotel-stay.html#a2>

Arrangements for basic needs (how you will be getting groceries/food, medication, etc.) during hotel quarantine (if necessary):

For information on the expectations of travellers during the hotel quarantine, visit:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/mandatory-hotel-stay-air-travellers/traveller-expectations-hotel-stay.html>

After Hotel – Quarantine:

***The length of your quarantine after the hotel quarantine will depend on which province you will be doing your quarantine in.** If you will be do your quarantine in Alberta, your hotel quarantine will be included in your 14-day quarantine. For other provinces, you must check with the provincial health authority for the length of your quarantine after finishing the hotel quarantine.

Quarantine location (name and address): _____

Contact phone number during quarantine: _____

the phone number that you list **MUST be one that you can answer as government authorities will call you to check in during your quarantine.*

Contact email address during quarantine: _____

Transportation arrangements to quarantine 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

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.

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Arrangements for basic needs (how you will get groceries, medication, cleaning supplies, etc.):

- For resources in Lethbridge, please see the last page of this guide.

Medical/health insurance during travel & quarantine:

Provider(s): _____

Coverage Dates: _____

- It is highly recommended that you get travel insurance for your travel to Canada to make sure that you have health care coverage while you are in quarantine. The LCSA Health and Dental Plan as well as Alberta Health Care coverage may not be available to you. For more information on these plans, visit:
 - LCSA Health and Dental Plan: <https://mylcsa.com/services/health-dental>
 - Alberta Health Care coverage for international students: <https://www.alberta.ca/ahcip-students.aspx#jumplinks-2>

Emergency Contact Information:

Name: _____ Phone number: _____

Relationship: _____

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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.

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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, hotel reservation, 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

Negative COVID-19 Test

- You will need provide proof of a negative COVID-19 laboratory test result to your airline in order to board your flight to Canada (<https://tc.canada.ca/en/initiatives/covid-19-measures-updates-guidance-issued-transport-canada/covid-19-pre-departure-testing-transport-canada-interim-order>)
 - The test must be a PCR or LAMP test and taken **withing 72 hours (3 days)** of your scheduled departure date to Canada
 - The test results must have the following information:
 - Name and date of birth
 - Name and address of laboratory/clinic/facility of where the test was taken
 - Date of test
 - Method of test (PCR or LAMP)
 - Test results (for example: "negative" or "not detected")

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

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>)

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AFTER ARRIVAL:

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
- Respond to requests/prompts for check ins with government officials

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.

Lethbridge College Daily Check Ins

- Send an arrival email to International Services (international@lethbridgecollege.ca) as soon as possible after you arrive to your hotel for quarantine
- Check your Lethbridge College email daily for check ins
- Respond to check-in emails as soon as possible ON THE DAY of the check-in for your entire quarantine
- Attend video check-ins with Lethbridge College staff
- Inform Lethbridge College staff if you have changes to your travel plans or with your quarantine

Please remember that the college will report any student for non-compliance if there are no responses for check-in requests.

During Quarantine – Responsibilities:

- 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)

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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

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.

AFTER QUARANTINE:

- Continue to follow public health measures

Government of Alberta: <https://www.alberta.ca/enhanced-public-health-measures.aspx>

Government of Canada: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

City of Lethbridge: <https://www.lethbridge.ca/NewsCentre/Pages/Coronavirus-COVID-19.aspx>

- Check your Lethbridge College email for important updates and information
 - If you will be going on-campus, you must complete the [AHS COVID-19 Self-Assessment Tool](#) BEFORE you enter
 - You will need scan your Student ID Card for entry into buildings
- Contact International Services for questions or concerns: international@lethbridgecollege.ca

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](#)

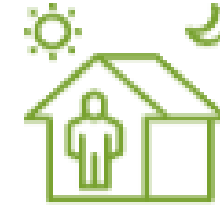
Address: 408 4 Avenue South
Phone: 1-403-380-3535

- 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

[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

[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

[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.

