

# International Students COVID-19 Arrival Plan

All International Students must quarantine for 14 days upon their arrival into Canada

Before your arrival please download a copy of the following Apps:  
[ArriveCAN](#) and [BC COVID-19 App](#)

## Before your departure:

- You must provide the school with a copy of your flight itinerary and a detailed **International Student Arrival Plan** for your arrival into Canada **no less than 7 days prior** to your departure. The School Registrar must review, suggest changes or approve your plan.

## Your Arrival Plan must include:

- Updated contact information while you are in Canada (phone and email).
- Address you will be staying during your 14-day quarantine.
- How you will be travelling to your quarantine location.
- How you plan to obtain food during your quarantine period (food delivery services, etc)
- How you plan to obtain any medication/prescriptions, if required.

## Accommodations

- Students must arrange for accommodation that will not have contact with any vulnerable individuals or be living in a group or communal setting (except for family members).
- If staying with family, you must ensure social distance will be maintained at all times.

## Upon their arrival:

- You **must** contact the school upon your arrival into Canada (after clearing Customs and Immigration) **BEFORE** leaving the airport to confirm you have arrived safely and are on route to your quarantine destination.
- You **must** contact the school to confirm the moment you have arrived safely at your quarantine destination.

## The school conducts regularly check ins with you by phone to ensure that you are:

- adhering to the 14-Day quarantine guidelines.
- not experiencing symptoms of COVID-19 or determine if you need to contact health officials
- have up to date information about COVID-19, testing, contact tracing and access to care
- have adequate access to food and medication (if required).
- ensure you are managing any mental stress associated with being isolated for 14 days.

The name and contact information of the person at the school you need to contact should you need any assistance or have questions regarding the quarantine regulations:

**Theresa Mura (Registrar)**

**Tel: 604-633-1525**

**Email: [info@vadastudios.com](mailto:info@vadastudios.com)**