



Centre for Arts & Technology International Students: Preparations for Pre-Arrival to Canada

Please note that this information is for currently registered CAT international students with either a study permit approval or study permit valid on or before March 18, 2020.

The Centre for Arts & Technology (CAT) is committed to ensuring the health and safety of all its students and community by following the guidelines of the Government of Canada and health authorities. For more information about how CAT is addressing the COVID-19 situation, please visit our [Website](#).

This bulletin is to provide CAT international students who plan to travel to Canada with important information regarding the current travel restrictions and mandatory quarantine requirements considering COVID-19. Please review this information carefully for important updates and resources for a safe arrival in Canada. It is the responsibility of CAT international students to understand the federal and provincial laws and regulations before planning to arrive in Canada. Students are recommended to review the government websites regularly for up-to-date information as they are subject to change.

Travel Restrictions and Quarantine Requirements

Before you make plans to travel to Canada, it is very important that you understand the travel restrictions and exemptions for international students. Please refer to the IRCC website for more information regarding [Travel Restrictions and Exemptions](#). It is important to note that Canada border services can use their discretion to determine if your travel is considered discretionary (not essential) or non-discretionary (essential) based on the information you provide. Travelers arriving in Canada are required to self-isolate (quarantine) for 14 days under the [Quarantine Act](#) in order to slow the spread of COVID-19. Please visit the IRCC website for information about [Quarantine Requirements](#).

Communicate your Travel Plan with the International Student Liaison

If you have determined that you are [eligible to travel to Canada](#) and have booked your flights, please email the [International Student Liaison](#) the following information:

1. Your full name, student number, and program of study
2. A copy of your flight ticket
3. Your [self-isolation/quarantine plan](#)

4. Once you arrive in Canada, please email the [International Student Liaison](#) or call 1-866-860-2787 to let us know of your arrival.
5. You must remember to stay in your quarantine location for 14 days before you can attend classes (if required). All students are required to complete a pre-screen questionnaire before being allowed to come on campus. Please email the [International Student Liaison](#) for a copy of the questionnaire which must be submitted to IE before arriving on campus.

Planning your Travel to Canada

International students should plan to arrive in Canada with adequate time to fulfil the 14-day quarantine plan before attending any classes in person (if applicable). This requires advance flight booking and planning with airlines.

Things to prepare for the flight (check with airlines for specific guidelines):

- Wear a non-medical mask or face covering
- Wear gloves (if applicable)
- Practice safe social distancing
- Carry hand sanitizer and wash hands frequently
- Things to prepare upon arrival in Canada:
 - Wear your non-medical mask or face covering on until you reach your quarantine location
 - Provide basic information using the [Traveler Contact Information Form](#)
 - Undergo a health check screening
 - Provide [Quarantine Plan](#)
 - Show your passport, CAT's letter of offer, [Port of Entry Introduction Letter](#) or study permit, proof of funds, and course registration information.

Transportation from Kelowna International Airport (YLW) or Vancouver International Airport (YVR) to Quarantine location

International students will have direct transportation from Kelowna International Airport (YLW) or Vancouver International Airport (YVR) to their quarantine location. CAT will ensure that the student will be picked up and dropped off in a safe and viable manner. If the CAT International Student Liaison is unavailable to personally provide this transportation, CAT is committed to working directly with international student(s) and an approved carrier so that their rides are arranged and paid for by the college.

It is required that you wear a mask or face covering throughout the transportation process.

Note: You should NOT take public transportation once you leave the airport as you will be exposing yourself to the public. IF you plan on taking public transportation after your quarantine period, you are required to wear a mask or face covering as stipulated by [BC Transit](#) effective August 24, 2020.

Accommodations for 14-day Quarantine Requirement

CAT has been in contact with hotels/tourism accommodations and has a list of quarantine locations throughout the Central Okanagan (Kelowna) and the Lower Mainland (Surrey). As an example, the following hotels/tourism accommodations offer short-term housing options which are confirmed to be acceptable and meeting the 14-Day Quarantine Requirements outlined by the Government of Canada:

Sandman Hotel & Suites Kelowna

2130 Harvey Ave, Kelowna, BC V1Y 6G8
(\$65 Per Night)
Phone: (250) 860-6409

Kanata Kelowna Hotel & Conference Centre

2429 BC-97, Kelowna, BC V1X 4J2
(\$500 per week)
Phone: (250) 763-0500

Accent Inns

1140 Harvey Ave, Kelowna, BC V1Y 6E7
(\$90 plus taxes (16%) Per Night)
Phone: (250) 862-8888

Best Western Plus Kelowna Hotel & Suites

2402 Hwy 97 N, Kelowna, BC V1X 4J1
(\$129 plus taxes (16%) for a Kitchenette Suite)
Phone: (250) 860-1212

Best Western – King George (Surrey)

8033 King George Boulevard, Surrey, BC, V3W 5B4
Phone: 604-502-9000 / Email: management@bestwesternsurrey.com
Discount code: Ask for "Student Isolation"

Option #1 A room with 2 queen beds at the rate of \$115.00/night plus tax for September and \$105.00/night plus tax for October and November

Option #2 A room with 2 queen beds and a kitchenette, this room also includes a cooktop, sink, larger fridge, over the range fan, pots pans and cooking utensils. The discounted price for this room will be \$125.00/night plus tax for September and \$116.00/night plus tax for October and November.

Option #3 A room with 1 King bed in the bedroom and a pull-out sofa bed in the living room. This room also has a kitchenette and includes everything like option #2 except the 2 queen beds. The discounted price for this room will be \$139.99/night plus tax for September and \$129.00/night plus tax for October November.

Linda Vistal Motel (Surrey)

6498 King George Blvd, Surrey BC V3W 4Z3
(\$1250 inclusive of taxes for 14-day period)
Phone: 604-591-1171 / Email: lindavistamotel@hotmail.com

Canadian Inn (Surrey)

Address: 6528 King George Blvd, Surrey BC V3W 4Z3

(\$1200 inclusive of taxes for 14-day period)

Phone: 604-594-0010 / Email: Canadian_inn@shaw.ca

International students who have already arranged accommodations with relatives or friends should avoid contact with others until the quarantine period is over. For more information on how to self-isolate (quarantine) with others, please visit the [Government of Canada website](#).

Accommodation Options after Quarantine Period

There are many accommodation options for students in the Okanagan (eg. furnished and un-furnished rentals in houses, basement suites, condos, apartments). Resources for locating available housing can be found online but the International Student Liaison is also available to assist you with finding accommodations. You are recommended to be familiar with your rights as responsibilities as a tenant by reviewing the information from the [Tenant Resource and Advisory Centre](#). If you would like support to find accommodation or review your rights and responsibilities as a tenant, you can contact the International Student Liaison at 1-866-860-2787 or by email at ISL@digitalartschool.com

Meals and Groceries

Travelers to Canada may not leave their quarantine location to purchase meals, groceries, or other necessities. The Centre for Arts & Technology will arrange to have someone deliver meals and groceries and other necessities as needed. The Centre for Arts & Technology will be providing students a 14-day supply of food and will work with International Students on securing and delivery of the food so that students do not need to leave their quarantine location.

Some options are listed below to which stores and delivery services that will be used to assist International Students during their quarantine time.

Grocery Delivery Services:

[Real Canadian Superstore](#)

[Save-on-Foods](#)

[Safeway](#)

Meal Delivery Services:

[DoorDash](#)

[SkipTheDishes](#)

Medical Insurance

All BC residents, including international students, who reside in Canada for more than six months are required to have medical coverage through the publicly funded BC Medical Services Plan (MSP). MSP provides basic medical benefits including doctor/clinic visits and emergency services. You should apply for MSP immediately upon arrival in BC by completing the online application form from the [MSP Website](#).

There is a three-month waiting period for all new residents to BC. During this waiting period, you will be required to have private medical insurance.

How to Monitor for Symptoms

If you have any COVID-19 symptoms, you should avoid contact with others. Even if your symptoms are mild, self-isolate for a minimum of 10 days. You should not plan to leave your home.

Common symptoms for COVID-19 include fever, chills, cough, shortness of breath, fatigue, and loss of sense of smell or taste. Symptoms may take up to 14 days to appear after exposure. If you are unsure about your symptoms, use the [BC COVID-19 Symptom Self-Assessment Tool](#) or call HealthLink BC (8-1-1).

Anyone with symptoms, however mild, can get tested for COVID-19 in B.C. Information about how and where to get tested in the Kelowna area can be found here: [Testing Information](#)

Do you have any questions or suggestions? Call us at 1-866-860-2787 or email the International Student Liaison at ISL@digitalartschool.com. We are available Monday to Friday, 8:30am to 4:30 pm to support you.