

COVID-19: Manitoba Travel and Arrival Protocol for International Students Spring 2022

Version prepared in April 2022



MANITOBA
COUNCIL FOR
INTERNATIONAL
EDUCATION

Welcome Message

Manitoba schools are ready to welcome international students for the 2022-2023 school year. However, international students traveling to Canada and Manitoba must follow government regulations for the COVID-19 pandemic to keep travellers and communities safe. This document outlines what international students must do while traveling and after arrival in Manitoba in order to meet these requirements.

These are the requirements effective as of April 1, 2022, but can change at any time. You are responsible for keeping up to date on entry requirements:

- Entry requirements for [Canada](#)
- Entry requirements for [Manitoba](#)

As of January 15, 2022, certain groups of travellers, who are currently exempt from entry requirements, will be allowed to enter Canada *only if they are fully vaccinated* [with one of the vaccines](#) approved for entry into Canada. These groups include:

- international students 18 years of age and over
- most temporary foreign workers
- individuals travelling to reunite with family (other than unvaccinated children 18 and under)

International students younger than 18 years of age are exempt from the above entry requirement.

We want to help you and ensure your safety and the community's safety. Please make sure you read and follow this package carefully so that you have a smooth journey to Canada and can start your studies successfully.

Please note that all students and staff must be fully vaccinated in order to attend in-person classes at Heartland International English School.

Welcome to Manitoba!

Contents

Welcome Message	2
Travel Safe.....	3
Before You Travel.....	3
During Travel.....	7
Arrive Safe	8
Quarantine/Self-Isolate Safe (if required)	8
Study Safe	11
After Arrival/Quarantine (if required)	11
Supporting Documents & Links.....	13

Travel Safe

Before You Travel

1. **Print and read this entire *Manitoba Travel and Arrival Protocol for International Students Spring 2022* document before you leave your home country.** Re-read sections as you need them, as you make your plans for travel and arrival. Click on any coloured links as you need them.
2. **Determine whether you are “fully vaccinated” (by Canada’s definition). Check [here](#).**
 - If “yes”:** follow guidance in [this document](#) and [here](#).
 - If “no”:** you will be allowed to enter Canada ONLY IF you are *younger* than 18 years of age. If you are *18 or older*, you will NOT be allowed to enter Canada as an unvaccinated traveller, starting on January 15, 2022.
3. **If you meet Canada’s requirements to enter, plan your flights as follows:**
 - a) Your home country to your *first* Canadian airport. This will be your “arrival city”.
 - b) Proceed directly to Manitoba and do *not* stop in your arrival city (unless, of course, your first airport is Winnipeg James Armstrong Richardson International). Your connecting flight *inside* Canada must be scheduled to depart within 24 hours of the departure time of the flight to Canada.

Note: IF you plan to enter Canada more than 4 weeks before your classes begin, be prepared to explain to the border officer why you need to arrive “early”.

4. **Make a quarantine plan.**

ALL travellers to Canada, even if fully vaccinated, MUST have a quarantine plan. It is possible that the Canada Border Services Agency officer could require any traveller to quarantine.

 - a) Book one place in Manitoba to stay for 14 days *after* your flight to Manitoba.
 - If you’ve booked your long-term housing arrangements (ex: homestay, residence, private housing), contact them to confirm whether you are able to quarantine there, if quarantine is required by the border officer. Some accommodation providers may allow you to safely quarantine there, while others may require you to complete your quarantine in another place before moving into your long-term accommodations. You must quarantine where you will have no contact with vulnerable people, such as:
 - people 65 years or older, or
 - people with underlying medical conditions.
 - If you are allowed to move into your long-term accommodations as soon you arrive in Manitoba, send your accommodations provider information about your flight arrival date/time. Ask them if they provide transportation from the airport to your accommodations.
 - If you must quarantine in a *different* place before moving into your long-term accommodations, send your accommodations provider confirmation of your flight arrival date/time *and* your plan/contact information for quarantine in short-term accommodations, if required by the border officer.

- Possible short-term accommodation providers include: Heartland homestay, Booth University College Residence, hotel, Airbnb, etc. For a list of hotels, or help with your quarantine arrangements, please contact Heartland.

b) Learn what services are offered by your Manitoba quarantine plan accommodations.

Ask questions such as:

- What does the cost include, and not include?
- Can you provide transportation from the airport to the accommodations?
- Do you provide meal delivery services?
 - If yes, how often and at what cost?
 - If no, are there cooking facilities/refrigerator/microwave? And, how would I get food for cooking?
- Do you provide bedsheets, towels, dishes, and other supplies, including cleaning supplies?
- Will I have a private room and bathroom?
- Is wi-fi included and is there a cost?
- How and where can I do laundry?
- Is there access to a private area outside (patio/balcony/yard)? If you are a smoker, note that you will NOT be able to legally smoke indoors in any public place (example: a hotel or university residence), and many private homeowners will not allow smoking indoors.
- **Ask anything else that is important for your health, safety, and comfort. Write down answers, date of call/email, and name of person who answered.**

5. Book airport pick-up services

If you book your accommodations through Heartland, we will arrange your airport transfer for you. Otherwise, we recommend that you pre-book transportation services. We do **not** recommend using a taxicab. Some Winnipeg options are listed below. You will be required to wear a mask as you travel to your quarantine location. Only one student can travel in a hotel shuttle or a private vehicle from the airport to the place of quarantine (exception: family members who travelled on the same flight as you did).

- Winnipeg Limousine
Website: <http://www.winnipeglimousine.com>
Phone: 1-204-981-4100
- Hollywood Limousine Service
Website: <https://www.hollywoodlimoservice.com>
Phone: 1-204-999-1860

6. Understand your responsibilities as a traveler entering Canada/Manitoba, including requirements for testing before departure, and testing/quarantine upon arrival

Read the information located on the Government of Canada's website [here](#).

Read the information located on the Government of Manitoba's website [here](#).

Also click on the colored links below for important information about requirements for travel, arrival, and quarantine, including:

- This [PDF document](#) from the Government of Canada. We suggest you print this and keep it with you as you travel to help you remember your responsibilities and requirements.
- Guidance about quarantine [here](#). You must:

7. Pack appropriately

Pack things you will need for your travel *and* for a 14-day quarantine period, because you may be told it is required once you arrive at the port of entry/border.

Aside from the usual items you would pack, such as clothing and toiletries, some suggested items to help for travel to Canada and quarantine include:

- Prescription or other medication, in *original* bottles/package
- Face masks
- Thermometer
- Printed copies of documents, including those listed in the “During Travel” section of this guide
- Laptop, phone, and chargers, to keep connected with your family and friends
- Activities for quarantine, such as books and games
- Bedsheets and towels (if your housing arrangements require you to bring your own)
- A credit card, if possible, so you can purchase delivery services when needed

8. Up to 72 hours before arriving in Canada, download the ArriveCAN app to your mobile phone.

- Download the most recent version from [here](#).
- Enter your proof of vaccination (if you are vaccinated), travel information, quarantine plan and contact information.

Travel Planning Checklist:

☐ I have booked my long-term housing arrangements. I will be staying at *(enter address)*

☐ I have confirmed my quarantine plan:

1) I will stay for 14 days at an approved place of quarantine at *(enter address)*

_____ between *(enter dates)* _____ and

_____.

☐ I have confirmed my airport pick-up arrangements:

- Person/company picking me up: _____
- Phone number to contact airport pick-up provider, if my flight is delayed:

☐ I have read the Government of Canada's website and understand my responsibilities and requirements to ensure the health and safety of myself and others.

☐ I will pack items I will need access to for my quarantine. Other items I want to add to my list include:

- _____
- _____
- _____
- _____
- _____

☐ I have my proof of vaccination, if applicable.

☐ I have downloaded the ArriveCAN app to my phone and entered the required information.

During Travel

- 1. Carry these important documents with you. Carry one hard copy and one electronic copy, as possible:**
 - Passport, and copy of passport photo page in another location of your luggage
 - Study Permit or Study Permit Approval Letter
 - Letter of Acceptance (and Custodianship document, if required, signed by you and your parent(s) / guardian(s))
 - Your quarantine plan
 - Proof of vaccinations, if you are vaccinated
 - Proof of health insurance/insurance information
 - Contact names, addresses, emails and phone numbers of accommodation and travel providers, and Manitoba school's International office. You could use the Personal and Arrival Information form provided later in this document.
 - Credit card(s), if possible, and other methods to access funds

- 2. Follow airline/airport/government health requirements**
 - Wear a mask and gloves
 - Wash hands frequently
 - Use hand sanitizer when necessary
 - Practice physical distancing (minimum 2 metres from others)
 - Sanitize your personal space and high touch areas
 - Minimize trips to the washroom (Flush the toilet with the seat cover down.)
 - Touch as few surfaces as possible
 - Keep your cell phone charged
 - Continue to monitor your health for
 - Fever
 - Cough
 - Difficulty breathing

If you have symptoms during your travel (cough, shortness of breath, fever greater than 38°C, or signs of fever for example, shivering, flushed skin, excessive sweating), immediately contact your airline staff/flight crew.

Please refer to the [Symptoms of COVID-19](#) for additional symptoms common to COVID-19.

- 3. If you exhibit symptoms during travel, contact your airline(s) and/or travel agent as soon as possible. They can guide you on requirements based on your current location.**
 - Also contact your family, accommodation provider, and school if there are any delays in your travel plans to Canada.
 - For *any* traveller *with* symptoms of COVID-19, travelling to Canada: click [here](#).

Arrive Safe

- Be prepared to follow airline and airport directions about wearing a mask/face covering, washing/sanitizing your hands, staying 2 metres apart from other people, or other actions.
- Answer every question from airline, airport, or border staff **completely and truthfully**. It is okay to ask someone to repeat a question or explain it in a different way if you do not understand.
- Travel directly to your place of quarantine. Do not stop anywhere. Wear a mask or face covering while traveling to your place of quarantine.
- Contact the International Office at your school by email or phone to tell them you have arrived. Be sure to give the office your most up to date contact information (email address, postal address, phone number).
- Please continue to check these websites for the most up to date information:
 - Government of Manitoba COVID-19 information [here](#).
 - Government of Canada COVID-19 information [here](#).

Quarantine/Self-Isolate Safe (if required)

Prior to arrival, you confirmed your accommodations, including your location(s) for 14 days (total) of quarantine. Please also refer to the *Shared Health Manitoba COVID-19 public health fact sheet* and *quarantine fact sheets* (available in multiple languages) located [here](#) to help you be prepared and knowledgeable in requirements for quarantine and to link you to essential services.

It is important that you follow the [Government of Canada's requirements](#) for quarantine, including:

- Quarantining in a location without vulnerable people, such as those over the age of 65 or individuals with underlying medical conditions
- Having access to basic necessities such as food and toiletries
- Wearing a mask when travelling to your place of quarantine
- Travelling directly from your place of arrival in Manitoba to your place of quarantine and
- Monitoring your health for symptoms of COVID-19 throughout the 14 days of quarantine.

Students will be required to self-monitor for symptoms of COVID-19 using the Manitoba Self Screening Tool. If you experience any symptoms of Covid-19 during the quarantine period, follow the directives of the Province of Manitoba.

- The Screening Tool is available in Interactive Voice Response (IVR) format. Call 1-877-308-9038 or online at <https://sharedhealthmb.ca/covid19/screening-tool/>.
- The Province of Manitoba offers a service called Health Links – Info Santé, a bilingual (English/French) phone-based nursing triage service. They can advise you on what to do in your specific situation. You can contact Health Links – Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.

- If you become ill during your quarantine period, make an appointment at a testing center [here](#). After your test you must continue to quarantine until you receive test results. If the test result is positive, Manitoba Public Health officials will contact you. You will be required to follow all guidance and requirements from Public Health. This may include self-isolating *longer than* the original 14-day quarantine period.
- Any additional costs related to testing positive for Covid-19 and/or requiring a longer quarantine are the responsibility of the student/parents.

Quarantine can be difficult for some students. It is important that you take care of yourself during this time of isolation and keep connected with your friends and family using other methods, such as *FaceTime* and *Zoom*. Here are a few useful tips to help you through the quarantine:

- **Connect with your school.** All Manitoba schools are ready to provide academic support, anti-racism support, as well as physical and mental wellness supports.
- **Further information on anti-racism and stigma** can be found [here](#).
- **Develop a support network.** Form an online chat group with close friends. Stay in contact with your family. Reach out to your school advisors/instructors by email. Check your school and community social media resources to start “meeting” people. The more people you know in Manitoba, the more connected you’ll feel!
- **Be active.** Exercise is important for your mental outlook and helps prevent depression. Take a break from your quarantine boredom and get moving on a regular basis. There are many online home workouts that are useful when quarantining!
- **Eat well.** Choose a wide variety of healthy, nutritious foods. Eat regularly to keep up your energy, in amounts that help you feel and perform your best.
- **Get enough sleep.** Sleep is vital to your mental well-being. Go to bed at a reasonable hour and wake up at roughly the same time every day. Jet lag may be a challenge for you as part of your adjustment to your move to Canada, so you could download meditation or sleep apps that help you develop a regular sleep schedule.
- **Seek professional help.** You’re not alone and there are many people who can help. Talk to a professional about how you are feeling; talk to your school’s student services team. Don’t just rely on the advice of friends. Sometimes you need more and we’re here to support you.
- **Take a break from watching or reading the news.** Get your news from reliable sources. Try not to watch the same stressful stories over and over in the same day. Do not end your day by watching the news before bed; this could interrupt sleep.

Quarantine Plan Template

Please print and complete this form to bring with you to Canada. Some of this information may be requested of you upon entry to the country.

Personal Information

Full Name (as it appears on passport):

Date of Birth:

Passport Number:

Citizenship:

Home Address:

School in Manitoba:

Student Number:

During Travel Contact Details (if applicable):

Emergency Contact:

Arrival Information

Arrival Date:

Port of Entry/Airport location:

Arrival From:

Arrival By (Airline & Flight #):

Flight details to Winnipeg:

Quarantine Information

Location (name and address):

Contact #:

Transportation to quarantine location:

Plan for meals:

Plan for toiletries, linen, cleaning supplies:

Additional details:

Health Insurance information

Health insurance Provider:

Policy number:

Dates of coverage:

Study Safe

After Arrival/Quarantine (if required)

After your 14-day quarantine has passed, or if you have been exempted from quarantine and if you have no symptoms, you may now attend school, leave your accommodation, and begin to explore your community in Manitoba.

Continue to follow and respect Manitoba Public Health requirements and guidance. Please note that restaurants, stores, and other businesses might have their own Covid-19 protocols that you will need to follow, such as wearing a mask and physical distancing in public, and washing or sanitizing your hands often.

Use proper coughing and sneezing etiquette (into your elbow, not your hand) and if using a tissue, dispose of the tissue in a plastic lined garbage/trash container immediately.

If you feel sick at any time, stay at home and be sure to tell your school's international office immediately. Use the self-assessment tool at <https://sharedhealthmb.ca/covid19/screening-tool/> or <https://ca.thrive.health/>. Follow directions and seek medical attention or contact Manitoba Public Health, as guided.

Access to rapid antigen tests is currently available for all Manitobans for use if they become symptomatic in the future. Tests can be accessed free of charge through a variety of locations, including provincial testing sites, retail establishments and Winnipeg public libraries, among others. More information can be found at <https://www.gov.mb.ca/covid19/testing/rat.html>.

Isolation is recommended when you test positive on a laboratory based (e.g. PCR) test, on a rapid antigen test, or if you have symptoms without testing:

- You should **isolate for 5 days** after your symptoms started and until you have no fever and your other symptoms have improved over the past 24 hours.
- If you don't have symptoms and test positive, you should **isolate for 5 days** after your test date.

You should also avoid non-essential visits to high-risk settings (e.g. personal care homes, health care facilities, etc.) and non-essential contact with individuals at high risk of severe outcomes for 10 days after your symptoms started, or if you don't develop symptoms, for 10 days after your test date. As well, you should wear a well-made, well-fitted mask during this 10 day period if/when you have contact with other people. Details about isolation requirements can be found: <https://manitoba.ca/covid19/info-for-mbs.html#isolation>.

Any additional costs related to testing positive for Covid-19 and/or requiring a quarantine are the responsibility of the student/parents.

Health Privacy

Out of respect for your personal health information, and by Manitoba's Personal Health Information Act, you are **not** required to provide personal health information/diagnosis to your school or employer.

However, your school is here to support you. We welcome you to contact us if you need assistance with navigating our medical system, requesting academic modifications, contacting family, or other needs. If your health requires you to miss classes or work, contact your school or employer to help you manage this in a safe way for everyone.

Also, your Heartland's health insurance package offered through Guard.me includes remote access to doctors as well as mental health support services if you need them.

Supporting Documents & Links

Government Websites

- Province of Manitoba COVID-19 Page - <https://www.gov.mb.ca/covid19/index.html>
- Province of Manitoba COVID Screening Tool- <https://sharedhealthmb.ca/covid19/screening-tool/>
- Government of Canada COVID-19 Page - <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- Government of Canada COVID-19 Page: Penalties-https://travel.gc.ca/travel-covid/travel-restrictions/isolation?_ga=2.8155825.2095115698.1618339059-960077532.1584627007#penalties
- Government of Canada Accepted Vaccines: <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#determine-fully>
- Government of Canada Children and Families: <https://travel.gc.ca/travel-covid/travel-restrictions/exemptions>
- Government of Canada-ArriveCAN-<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>
- Government of Canada: Infographic Air Arrivals-
<https://www.canada.ca/content/dam/phac-aspc/documents/services/diseases/2019-novel-coronavirus-infection/awareness-resources/entering-canada-covid-19/entering-canada-during-covid-19-land-english.pdf>
- Government of Canada Checklist for Requirements and Exemptions-
<https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist>
- Boarding Flights and Trains Inside Canada: <https://travel.gc.ca/travel-covid/travel-restrictions/domestic-travel>
- November 30 and January 15 updates: <https://www.canada.ca/en/public-health/news/2021/11/government-of-canada-announces-adjustments-to-canadas-border-measures.html>

Mental Health Support Websites

- Anxiety Disorders Association of Manitoba - <http://www.adam.mb.ca/>
- Canadian Mental Health Association COVID-19 Managing Stress and Anxiety - <https://mbwpg.cmha.ca/covid-19-managing-stress-and-anxiety/>
- Canadian Mental Health Association COVID-19 Mental Health Resources Guide for Winnipeg - <https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/>
- Centre for Addition and Mental Health: Stress, Anxiety, and Mental Health During Social Distance - <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- Province of Manitoba Mental Health Virtual Therapy Program - <https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

Emergency Contact Details

- For an emergency, including medical emergency, call 911.

- To speak to a nurse by phone to assess a non-emergency medical situation, contact Health Links / Info Santé – 204-788-8200 or toll-free at 1-888-315-9257
- For crisis support, consider the following options:
 - Klinik Crisis Line: 204-786-8686 or toll free 1-866-690-8260
 - Mobile Crisis Service: 204-940-1781
 - Manitoba Suicide Prevention/Support Line: 1-877-435-7170
 - First Nations and Inuit Hope for Wellness Services: 1-855-242-3310
 - Sexual Assault Crisis Line: 1-888-292-7565