



Canadian College of Shiatsu Therapy Inc 142 Lonsdale Ave. North Vancouver, BC V7M 2E8
TEL (604) 904 -4187 FAX: (604) 904- 4183 E-mail: info@shiatsuvancouver.ca web: www.shiatsuvancouver.ca



Canadian College of Shiatsu Therapy (CCST)

International Student Safe Travel Guide



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Please note the following COVID-19 update for February 19, 2021

Under new requirements for air travel that take effect February 22, 2021, when a student arrives in Canada, they must take a COVID-19 test before leaving the airport and spend 3 days in quarantine at a federal government-authorized hotel. With a clear test result, the student can proceed to the quarantine site identified in their quarantine plan. Ten-days into their quarantine, the student will use a take-home test provided at their arrival in Canada. A further clear result is required before leaving quarantine at 14 days.

The list of government-authorized hotels will be available to students on February 18, 2020.

[COVID-19 mandatory hotel stopover: Booking and list of government-authorized hotels - Canada.ca](#)

The Government of Canada has expanded restrictions for international travel, effective Feb. 22, including:

- [Travellers entering Canada by air](#) will be required to take a COVID-19 test before leaving the airport to spend 3 nights in quarantine at a federal government-authorized hotel, which the traveller must pre-book and pay for, while awaiting test results. With a clear test result, travellers will proceed to the quarantine site identified in their quarantine plan.
- [Travellers entering Canada by land](#) will be required to take a COVID-19 test on arrival at the border before proceeding to the quarantine site identified in their quarantine plan.
- All travellers will also be required to take a COVID-19 test toward the end of their 14-day quarantine.
- International students on study permits continue to be allowed into Canada to attend [designated learning institutions](#) assessed to have appropriate measures in place with respect to the mandatory quarantine.
- Details on these requirements are available on line: [Government of Canada expands restrictions to international travel by land and air - Canada.ca](#)

More information is available from the Government of Canada:

- [Entering Canada by air during COVID-19](#)
- [Entering Canada by land during COVID-19](#)
- [Additional testing and more stringent quarantine requirements for travel to Canada](#)
- [ArriveCAN](#)
- [Travel restrictions in Canada – Visitors, foreign workers and students](#)
- Orders in Council related to the [Quarantine Act](#)



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Safety Guide for International Students

Introduction

Due to the COVID-19 pandemic, the Government of Canada has implemented restrictions that limit the ability of foreign nationals to enter Canada and has mandated that travellers entering the country quarantine for 14 days upon arrival. This document will help you know what to expect with regards to traveling to and studying in Canada safely and smoothly. The Canadian College of Shiatsu Therapy (CCST) quarantine plan for international students will help students arrive safely, quarantine (self-isolate), and get to know the government and health authority guidelines so they can start their study at CCST. All international students who apply for CCST should follow this plan to familiarize the safety requirement from the Government of Canada, the government of British Columbia, and local health authorities.

Before Arrival

Travel Eligibility

To assess whether you may be permitted to enter Canada, carefully review Travel exemptions and restrictions for international students on the Immigration, Refugees and Citizenship Canada (IRCC) website.

<https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/students.html#exemptions>

Canadian College of Shiatsu Therapy is on the list of Designated Learning Institutes (DLIs). To be eligible to enter Canada, all international students must:

- Have a valid study permit or study permit approval (Port of Entry Letter of Introduction)
- Have a valid letter of acceptance from Canadian College of Shiatsu Therapy
- You may contact the Canada Border Services Agency (CBSA) directly for more information.
<https://www.cbsa-asfc.gc.ca/contact/bis-sif-eng.html>

A border services officer will make a final decision on your eligibility to enter Canada when you arrive.

Plan for quarantine

Once you have verified that you are eligible to enter Canada and have booked a flight, all international students will need to plan for mandatory 14-day quarantine by yourself, upon arrival into Canada as required by the federal Quarantine Act. Review the following information to meet all requirements.

Make sure you have a plan for your 14-day quarantine period and submit it to Canadian College of Shiatsu Therapy at info@shiatsuvancouver.ca with your arrival date, correct isolation address, and a telephone number, email address so we can reach you directly via telephone, email, video chat (zoom or others) before arriving in Canada.



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- **Quarantine Accommodation**

To better understand what kind of accommodation may be acceptable for your required 14-day quarantine read through IRCC – For travellers without symptoms of COVID-19 returning to Canada. <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html>

You may be able to complete your quarantine at a hotel if the accommodation has facilities for you to be completely separated from others and meets all government quarantine requirements.

Nearby hotels that can accommodate students during quarantine is listed as below: Holiday Inn
<https://www.ihg.com/holidayinn/hotels/us/en/reservation>

- **Transportation from the airport**

Students must travel directly to your quarantine accommodation from the airport by personal car, taxi, or limousine. We encourage students to use a taxi when traveling to a hotel from the airport and inform the website about taxi. Yellow Cabs <http://www.yellowcabonline.com/>

A mask or other face covering should be worn during this entire trip.

DO NOT use public transportation from the airport to your quarantine accommodation.

- **Food and other necessities**

Since you are NOT allowed to go out to shop during quarantine, you must have a plan where you can access food and any other items that you may need.

CCST provide information about how to get food, daily necessities, and medicine as below.

- Skip the dishes <https://www.skipthedishes.com/vancouver/restaurants>
- Doordash <https://www.doordash.com/>
- Fresh Street Market <https://www.freshstmarket.com>
- Instacart <https://www.instacart.ca/>
- Spud <https://www.spud.ca/https://www1.shoppersdrugmart.ca/en/home>
- London Drags <https://www.londondrugs.com/>

If you have a family or friends in the area that are willing to support you, you may be able to depend on them to deliver these items to you (In a safe manner). If you are planning to quarantine at a hotel, check if they offer meals by room service.

Also, you need to consider bringing certain items with you when you travel, such as:



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- any medication you may require
 - masks or facecoverings
 - a digital thermometer (to check your own temperature during quarantine)
 - chargers for all your electronic devices
 - extra toiletries

If you depend on delivery service, please make sure to have access to a credit card that you can use in Canada should you need to order any items.

- **BC Self-Isolation Plan**

Make sure that your quarantine plan is complete by submitting an BC Self-Isolation Plan.

<https://travelscreening.gov.bc.ca/>

Plan for Travel to Canada

Before traveling to Canada, prepare and double check that you have all your important documents including:

- A valid passport
- A copy of a valid letter of acceptance from Canadian College of Shiatsu Therapy
- Proof of financial support for yourself
- Your medical insurance information
- Letters of reference or any other documents the visa office told you to bring

You should always carry these documents with you and do not put them in your checked luggage. You may not be allowed into Canada if any of your documents are missing or if any of the information on your application or letters of reference is incorrect.

Also make sure to bring multiple masks or face coverings as you are required to wear them when meeting a border services officer and until you reach your quarantine accommodation.

- **ArriveCAN App**

The government of Canada requires international travelers to provide certain information.

Canadian College of Shiatsu Therapy suggest that students download and complete the ArriveCAN App before departing home for their trip.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#a1.1>

<https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/students.html#travel>



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Complete Your Quarantine

Important Note

Carefully review IRCC – How to quarantine (self-isolate)

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html>

It is important to understand that breaking the federal Quarantine Act could result in serious punishments including a maximum fine of \$750,000 and up to 6 months in prison.

Breach of Quarantine Protocol

If an international student does not follow the protocol of quarantine, Senior Educational Administrator (or Administrator) of the college will notify the health authority.

If the CCST aware of any students testing positive for COVID-19 before CCST hear from local health authority, Senior Educational Administrator (or Administrator) of CCST will report to the health Authority immediately.

Monitoring

CCST will monitor and contact international students who are in a quarantine on a regular basis by using telephone, text mail, and make sure their quarantine protocols, keep record quarantine details and report to EQA@gov.bc.ca every week.

CCST monitor students, to see how they are doing and to confirm that:

- Ensure students prepare appropriately pre-arrival
- Reviews arrival and transportation plan prior to arrival
- Communicates with students upon arrival
- Confirms student's self-isolation plan
- Monitoring students on a regular basis
- Keep record of health and safety data
- Report suspected or confirmed violations of regulations

Any student who develops positive COVID-19 symptoms during their 14- day quarantine will be directed to the BC COVID - 19 Self -Assessment <https://bc.thrive.health/> for more information 811 to speak health professional and be requested to take a COVID -19 test. If the test negative, they will continue their 14 -day quarantine as arranged. If the test is positive, the student will be asked to complete a further 14 days in quarantine from the date of the test.

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

Please note that quarantine is not optional. It is a requirement under the Quarantine Act.

Compliance Issues

In the case of violation during quarantine period such as:



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- Leaving their place of quarantine (except a medical emergency)
 - They have any guests or contact with another person (Even if they are outside and stay 2-m apart from them).
 - The use of shared spaces such as lobbies, courtyards, restaurants, gyms or pools.

CCST will review the incident as a violation of the Student Code of Conduct and students will be subject to appropriate disciplinary actions in accordance with CCST policy.

Furthermore, CCST will also:

- Senior Educational Administrator will report the offender to the Public Health Officer, Provincial Health Authorities, and the Private Training Institute Branch of any compliance issues immediately (within 24 hours), when and if they arise, during the quarantine period.
- Local bylaw officers have been asked to help ensure compliance with the Provincial Health Officer's orders. Concerns regarding compliance with the Provincial Health Officer's orders will be directed to a local bylaw office.
- CCST will communicate to student that non-compliance could carry a fine or jail time.
- CCST will not allow the offender to enter school premises.
- CCST will assist the offender to determine what the barriers to quarantine are, giving them the best opportunity to comply with the Quarantine Act and be able to return/start their study at CCST.

We remain committed to providing a safe and healthy workplace for everyone at CCST.

After arriving in Canada, Government officials will call students to monitor compliance of the mandatory quarantine. Students need to be prepared to receive and answer calls from 1-888-336-7755 to verify of quarantine.

After quarantine

Following completion of your 14-day quarantine period, if you have not presented any symptoms of COVID-19:

- Confirm transportation arrangements to your permanent accommodation.
- For the duration of your stay in Canada, please be mindful of and respect public health directives as below.
 - Continue to practice proper hygiene, including handwashing and use of hand sanitizer
 - Use proper coughing and sneezing etiquette
 - Practice physical distancing

Policies and Training

Upon completion of the mandatory 14-day quarantine period, students will be required to sign and comply with the following Policies.

- CCST Covid-19 Safety Plan and International Student Safe Travel Guide
- Document Checklist and Quarantine Plan



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Mental Health

Students and staff may be experiencing anxiety, depression or other mental health challenges arising from the COVID-19 pandemic.

- To maintain a good mental health, we recommend talking or video-chatting with their family and friends by using their cell phone or other electric gadgets. If students or staff need counselling or any help, contact to Senior Educational Administrator (or Administrator) through phone, video chat, email to support during COVID-19. Or outside of the college access to Here2Talk, available 24/7 for mental health counselling and referral service for post- secondary students.

<https://here2talk.ca/home>

- The Province offers a range of virtual mental health programs and services to support mental health and wellness: Mental Health Commission of Canada – National Standard for Psychological Health and Safety in the workplace <https://www.mentalhealthcommission.ca/English/what-we-do/workplace/national-standard>

To understand the culture in Vancouver

There is no racism in Canadian College of Shiatsu Therapy.

Vancouver is a multicultural city, and the city values this diversity, because it is a source of the city's strength, vitality, and prosperity. The city has complete access to civic services, and live free of prejudice and discrimination.

<https://vancouver.ca/people-programs/multiculturalism.aspx>

<https://www2.gov.bc.ca/gov/content/governments/multiculturalism-anti-racism/anti-racism>

Other helpful information

<http://britishcolumbia.com/plan-your-trip/maps-of-bc/vancouver-british-columbia/> <https://vancouver.ca/parks-recreation-culture/arts-and-culture.aspx> <https://new.translink.ca/>

Communication

Students can contact Canadian College of Shiatsu Therapy @604-904-4187 by phone or email (info@shiatsuvancouver.ca) to be directed to an administrator or Senior Educational Administrator.

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