



Please use this checklist to prepare for your travel and quarantine, if required.

- Download the [ArriveCAN App](#). This is a mandatory Government of Canada requirement.
 - Travelers must provide mandatory information to the Canadian Border Services Agency (CBSA) using this app and must do so within a 72-hour window before arriving in Canada.
- Review the [Travel Exemptions and Restrictions for International Students](#) and make sure that you are eligible to travel.
 - Review the Government of Canada's [Who can come to Canada Page](#).
- Review the Government of Canada's [Quarantine Rules and Guidelines](#) and their [COVID-19: Travel, testing and borders page](#) to ensure that you have the most update information.
- Review the Government of Canada's travel information guides and checklists.
 - Read the [Entering Canada by Land and Air During Covid-19 page](#).
- Carefully read the Government of Canada's [Covid-19 Vaccinated Travelers Entering Canada Webpage](#).
- Effective July 19th, [Mandatory Random Arrival Testing](#) resumes for air travellers qualified as fully vaccinated. All COVID-19 testing will be done outside of airports. Travellers who must test will receive an email shortly after entering Canada.
- Attend the [Succeeding@Sheridan Studying and Working in Canada Workshop](#) for information about quarantine and travelling to Canada or watch a recording of the workshop by looking under the Succeeding@Sheridan Section of our [Transition Well page](#).
- Read Sheridan's Student Support Guide for Quarantine. Additional quarantine information and supports are available on the International Students Virtual Community.
- Make the necessary arrangements for you, and any co-arriving immediate family members to quarantine for 14 days (even if you believe that you will be exempt from quarantine).
 - Ensure that you have enough Canadian funds to cover your quarantine expenses (e.g., quarantine housing costs, food and basic necessities, transportation to your quarantine housing etc.)
 - Secure somewhere to stay during your quarantine. If you need a place to quarantine, lists of hotels are available on the [off-campus housing website](#).
 - Refer to the following website to see what is acceptable for quarantine
 - You also should not stay in a communal (shared bedroom space) or group setting with people you did not travel to Canada with while you are in quarantine.
 - Make arrangements for meals and other basic necessities during quarantine. Information about grocery and meal delivery services is available on the International Student Virtual Community and on the [off-campus housing website](#).
 - Make arrangements for direct transportation from the airport to your quarantine housing.
 - Ensure you have a Canadian phone number that you can be reached at. You may order an eSIM card at <https://gophonebox.com/> that will be delivered to your email address so that you can have a working Canadian number when you arrive.

- ✓ Complete and submit [Sheridan's My Quarantine Plan and Attestation Form](#).
 - **This is Mandatory.** Use your Sheridan email address to access the form. Be sure to check the box to email a copy of the form to yourself.
- ✓ Upload your COVID-19 Vaccination Record in the ArriveCAN App
 - **Very Important Note:** Final determination if you are exempt from quarantine requirements is made at the port of entry. You must therefore be prepared to quarantine in case it is determined that you are not eligible for quarantine exemption.
- ✓ Download the [Sheridan International Mobile App](#) from Google Play or the App Store to gain access to Sheridan resources.
- ✓ Gather your travel/immigration documents and proof of vaccination. Entry to Canada is at the discretion of the Canada Border Services Agency (CBSA). Upon arrival in Canada a CBSA agent will make the decision if you will be allowed entry into Canada or not.
- ✓ Don't forget to pack the following in your carry-on bag:
 - Passport
 - Study Permit (for returning students)
 - Letter of Introduction you received when your study permit (stage 2) was approved (for new students) Enrolment letter (returning students) or Letter of Acceptance (new students)
 - Proof of Finances, Fee Invoice and Fee Payment Receipt
- ✓ Remember to bring all documents which were required for your Study Permit application:
 - A copy of the quarantine plan (remember that when you complete Sheridan's Quarantine Plan Form, you should check the box at the end to receive a copy of your plan in your Sheridan email).
 - Proof that you received a [Health Canada Approved Vaccine](#) or vaccine on the WHO emergency approved list.
- ✓ Pack a thermometer and enough supply of PPE (personal protective equipment) for 2 weeks. Make sure you bring enough masks, gloves and sanitizer for at least the two-week period. After two weeks, additional PPE may be purchased at stores in Canada.
- ✓ Ensure you have valid health insurance coverage in Canada
 - Health insurance is included in your fees, and CBSA agents may ask students to demonstrate proof of health insurance coverage during their study period. Coverage for new students starting in the Fall 2022 term will commence on September 1, 2022. If you will be arriving before September 1, 2022, please make arrangements for health insurance to cover you until September 1st. Pre-arrival health insurance is available through Guard.me (www.guard.me/sheridancollege)



Do you need help? Do you have questions about travel?

Click on the link: <https://sheridancollege.formstack.com/forms/otr>

Chat with someone live (9am - 4pm): [Open Chat](#) (Monday to Friday)

