

GETTING STARTED: QUARANTINE AND PRE-ARRIVAL CHECKLIST

Please use this checklist to prepare you, and any co-arriving immediate family members, for your travels and for your [mandatory quarantine](#) in Canada.

Please remember that quarantine is a mandatory requirement of the [Quarantine Act](#), and is required for most travelers to Canada.

- Download the [ArriveCAN app](#).** This is a mandatory requirement of the government of Canada. Travelers must provide mandatory information to CBSA using this app, and must do so using this app within a 48-hour window before arriving in Canada.
- Check travel restrictions and make sure that you and your family can travel to Canada at this time.** [Click here](#) to check travel exemptions and restrictions for international students. [Click here](#) to make sure that you (and/or any family members traveling with you) can travel to Canada at this time.
- Review the Government of Canada's Mandatory [quarantine rules and guidelines](#) and their [COVID-19, travel, testing, quarantine and borders page](#)** to ensure you have the most update information.
- Review the Government of Canada's travel information guides and Checklists.**
Entering Canada by Car: See [Entering Canada by Car During Covid-19](#) and the [Driving To Canada checklist](#)
Entering Canada by Air: See [Entering Canada by Air During Covid-19](#) and the [Flying to Canada checklist](#)
- Carefully Read** the Government of Canada's [COVID-19 Vaccinated Travelers Entering Canada Webpage](#) if you have been fully vaccinated for COVID-19.
- Attend the Succeeding@Sheridan [Quarantine Planning and Attending Hybrid Classes on Campus Workshop](#) 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](#).
 - Watch the videos about how to quarantine
 - Read information on how to quarantine, how to social distance, how to wear a mask etc.
 - Read the Navigating Canada during Covid-19 Guide
 - Get information about quarantine housing, securing food and other basic needs etc.
- Make the necessary arrangements for your, and any co-arriving immediate family members to quarantine for 14 days (even if you hope to 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.).
 - **Please note, according to Canada's Quarantine Act (the law), you CANNOT quarantine in a place where you would be in contact with vulnerable people, such as persons aged 65 and older or those with pre-existing medical conditions. 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.**
 - **Secure somewhere to stay during your quarantine.** If you already have a place to stay in Canada where you will have a bedroom for yourself alone, you may quarantine there. If you need a place to quarantine, lists of hotels are available on the [off-campus housing website](#).
 - **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. **You must avoid buses and trains.** Please wear a mask during your transportation. If friends or family **cannot** pick you up, you must use the transportation option we have provided on the [International Student Virtual Community](#). You are responsible for all travel-related costs; please ensure that you have enough Canadian money to take a taxi if you need to take one.
 - 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](#).** You must use your Sheridan email address to access the form. **Be sure to check the box to email a copy of the form to yourself.**

- Request your travel letter (continuing/returning students only).**
Students who will start studying with us in Fall 2021, the visa support letter you received from Sheridan is also your travel letter. Students who have completed at least one semester at Sheridan should email confirmationletters@sheridancollege.ca to request your travel letter **after** you have completed the [My Quarantine Plan and Attestation Form](#). Include your full name, student ID, and program in your email.
- Schedule your COVID-19 PCR test for no more than 72 hours before your flight or scheduled arrival by car.**
Travelers to Canada will be required to test negative for COVID-19 before travelling from another country to Canada. You will need to [show documentation of a negative laboratory test result](#) prior to boarding a flight to Canada or at the port of entry if arriving by car. The test must be performed using a COVID-19 molecular polymerase chain reaction (or PCR) test.
- Schedule your [Arrival COVID -19 test](#)** before you arrive so that things will move more quickly when you arrive.
- Upload your COVID-19 Vaccination Record in the ArriveCan App if you have been fully vaccinated for COVID-19.**
If you are fully vaccinated you may seek an exemption to quarantine. **Very Important Note:** Final determination if you are exempt from quarantine and testing requirements is made by a government representative at the border based on the information you present at the time of entry into Canada. You must therefore be prepared to quarantine for 14 days, in case you it is determined that you are not eligible for quarantine and testing exemptions.
- Download the [Sheridan International Mobile app](#)** from Google Play or the App Store so that you can quickly gain access to Sheridan resources and other important quarantine supports through the COVID Safe pre-arrival and quarantine support program by clicking on the COVID SAFE Canada Tile.
- If you will be living on a Sheridan Residence,** be sure to read the [Sheridan Residence: COVID-19 Updates page](#) and submit any documents required by Residence(e.g. proof of vaccination) to them **before** you travel.
- Gather your travel/immigration documents.**
Please note that 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)
 - Enrollment Letter (returning students) or Enrollment confirmation letter and Letter of Acceptance (new students)
 - Proof of Finances, Fee Invoice and Fee Payment Receipt,
 - Travel Letter (returning students) from Sheridan OR Visa Support Letter (students traveling to Canada to begin their first semester) from Sheridan
 - All documents that were required for your Study Permit application.
 - A copy of your 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).
 - Any other documents that help to explain why you are coming to/ returning to Canada during Covid-19.
- 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 2-week period. After 2 weeks, additional PPE can 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. If you are enrolled in the current term (Spring/Summer 2021) and did not opt out of health insurance, you should have a valid Guard.me policy through Sheridan. However, if you opted out of health insurance for the previous term or the current term or you are student who is beginning their first term at Sheridan and you are arriving before September 1, 2021, you must purchase health insurance that will cover you until August 31, 2021. Pre-arrival health insurance is available through [Guard.Me](#). If you are a returning student who did not opt out of Winter 2021 or Spring Summer 2021 insurance, your Guard.me policy that was issued and is valid until August 31, 2021.

Do you need help? Do you have questions?

Email askanadvisor@sheridancollege.ca

Chat with someone live (9am – 4pm): [Open Chat](#)