

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



**BRANDON
UNIVERSITY**

Updated: August 2021

Welcome Message

Manitoba universities are ready to welcome international students for the 2021-2022 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 to and upon arrival in Manitoba to meet these requirements.

Please note that it is the law to quarantine (or “self-isolate”) for 14 days after your arrival in Canada if you are not fully vaccinated with a government approved vaccine. If you do not follow quarantine instructions, you may face financial and/or criminal penalties. These penalties may include:

- a fine of up to \$750 000.00 and/or
- 6 months of jail time

In order to ensure the safety of yourself and our community and a smooth transition to BU, please read through and follow the necessary instructions outlined in this package.

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Travel Safe

Before You Travel

1. **Print and read this entire *Manitoba Travel and Arrival Protocol for International Students* document before you leave your home country. Refer to this document when you make your travel plans on an as needed basis.**

2. **Plan your flights as follows:**
 - If you have not received 2 doses of a [Canadian approved vaccine](#) 14 days prior to your arrival at your port of entry to Canada, you **must** quarantine for 14 days.
 - Book your flight
 - from your home country to your port of entry to Canada, and
 - then from your port of entry in Canada to Winnipeg, Manitoba or Brandon, MB (if required)
 - If you must quarantine, take the 14-day quarantine time into consideration when booking your flight(s).

3. **If required, book your accommodation for your 14-day quarantine period**
 - If you fly directly from your home country to Winnipeg, Manitoba, and are required to quarantine for 14 days in Winnipeg, please find below a list of hotels/school accommodation with their rates and contacts in Winnipeg.
 - Some situations require you to quarantine or isolate for longer than 14 days. These include:
 - If you start having symptoms of COVID-19, OR receive a positive COVID-19 test, you **must** isolate yourself from others immediately for a period of 14 days that begins the day you have a COVID-19 test or develop symptoms.
 - On day 8 of your mandatory quarantine, you must take another COVID-19 test. You **must** stay in your place of quarantine until you receive a negative test result.

Hotel Proposal Summary (Updated Aug. 12, 2021)

Hotel	Region	Daily Rate	Total Room (14 days)	Meal Plan Price (14 days)	Grand Total (14 days)	Airport Transfer	French Speaking Staff	Electricity Converter	Comp Local Call	Multiple Room Types	Suites	Kitchenettes	Comp Breakfast
Delta Hotels by Marriott	Downtown, Wpg	\$130	\$2,134	Included	\$2,134	Yes	Yes	No	No	Yes	Yes	No	No
Holiday Inn & Suites Winnipeg Downtown	Downtown, Wpg	\$60	\$985	\$831	\$1,816	No	No	Yes	Yes	Yes	Yes	No	No
The Fort Garry Hotel, Spa & Conference Centre Winnipeg	Downtown, Wpg	\$95	\$1,559	\$1,270	\$2,829	No	Yes	Ltd.	Yes	Yes	Yes	No	No
Best Western Plus Pembina Inn & Suites Winnipeg	South, Wpg	\$112	\$1,838	\$715	\$2,553	Yes	Yes	Ltd.	Yes	Yes	Yes	No	Yes
Hyatt House Winnipeg South Outlet Collection	South, Wpg	\$99	\$1,622	\$784	\$2,406	Yes	Yes	No	Yes	No	No	No	Yes
Best Western Plus Winnipeg Airport Hotel	St. James District, Wpg	\$154	\$2,528	Included	\$2,528	Yes	No	Yes	Yes	No	No	No	Yes
Hampton Inn by Hilton Winnipeg Airport, Polo Park	St. James District, Wpg	\$80	\$1,310	\$470	\$1,781	Yes	Yes	Yes	Yes	No	No	No	Yes
Hilton Winnipeg Airport Suites	St. James District, Wpg	\$150	\$2,462	Included	\$2,462	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Sandman Hotel & Suites Winnipeg Airport	St. James District, Wpg	\$65	\$1,778	Included	\$1,778	Yes	No	No	Yes	No	Yes	No	Yes
Viscount Gort Hotel, Banquet & Conference Centre Winnipeg	St. James District, Wpg	\$68	\$1,116	\$991	\$2,107	Yes	Yes	No	Yes	No	Yes	No	No
Days Inn & Suites by Wyndham Brandon	Brandon	\$79	N/A	N/A	\$79/night	No	No	No	No	No	No	No	Yes
Victoria Inn Hotel & Convention Centre	Brandon	\$125.99 (single occupancy) / \$135.99 (double	\$2,019.62 / \$2,176.42	N/A	\$2,019.62 / \$2,176.42	No	No	No	Yes	Yes	Yes	Yes	Yes

*All grand total prices are after taxes

*All hotel properties provide complimentary WiFi, room calls and flexible billing services

4. Determine what services are offered by your Manitoba quarantine accommodation provider.

Ask questions such as:

- What does the price include, or not include?
- Do 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. Transportation

Students must provide proof of quarantine or of vaccination prior to receiving 3rd party transportation.

The *Brandon Air Shuttle* provides transportation from the Winnipeg International Airport to addresses in Brandon. The number for the *Brandon Air Shuttle* is 204-729-3333.

Taking a taxi advice:

- Manitoba Public Health advises that one student can be in the taxi/hotel shuttle from the airport to hotel.
- The taxi driver will screen you for symptoms of Covid 19 or exposures prior to entering the vehicle.
- You will be encouraged to use an alcohol-based hand sanitizer before entering the taxi.
- You may be required to load and unload suitcases by yourself in and out of the trunk of the vehicle.
- You will be asked to sit in the back seat.
- Cashless payment is preferred.

6. **Arrange to take a COVID-19 molecular test in your country of departure within 72 hours *before* your scheduled flight departure or arrival at a land border.** You will need to show this result to the airline before boarding a flight to Canada and again at the Canadian airport (or land border). See [this link](#) for accepted types of tests and test result requirements.

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

Read the information located on the Government of Canada's website

(<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>) Click on each of the links below; this website

lists important information about requirements for travel, arrival, and quarantine, including:

- A “Flying to Canada requirements checklist” [here](#).
- A “Driving to Canada requirements checklist” [here](#).
- Required COVID-19 testing [here](#), or [here](#).
- [Guidance about COVID-19 vaccinated travellers entering Canada](#)
- [Guidance about quarantining](#). You must:
 - go directly to your place of quarantine, without stopping anywhere, and stay there for the full required number of days. (Exceptions: medical, fire or police emergency.)
 - do not go to school, work, other public areas, or another person’s home
 - monitor your health for symptoms of COVID-19
 - arrange to have someone pick up or deliver essentials like groceries or medication for you
 - do not have visitors
 - if you go outside for fresh air, stay in a private place like your yard or balcony
 - keep a distance of at least 2 arm’s lengths (approximately 2 metres) from others. If this is not possible because of an emergency, wear a mask that covers your nose and mouth.

8. Pack appropriately for your 14-day quarantine

Pack things you will need for your travel as well as for your 14-day quarantine period.

Aside from the usual items you would pack, such as clothing and toiletries, some suggested items to help you through 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 quarantine arrangements require you to bring your own)
- A credit card, if possible, so you can purchase delivery services when needed

9. Download the ArriveCAN app to your mobile phone and enter your travel information, quarantine plan, and contact information up to 48 hours before arriving in Canada.

- This will speed up your arrival through Canada Immigration at the port of entry, meaning you will spend less time with border and health officers.

- You will **also** need to use the ArriveCAN app to:
 - i. Confirm that you have arrived at your quarantine accommodation; and
 - ii. Complete COVID-19 symptom self-assessments each day of your quarantine
- Download the most recent version from here:
- <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/arrivecan.html>

10. Click [here](#) for a helpful PDF showing the steps you will need to follow.

We suggest you print this and keep it with you as you travel to help you remember.

During Travel

1. Carry these important documents with you. Carry one hard copy and one electronic copy, if 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))
- Copy of this document, signed by you and your parent(s) / guardian(s)
- Your quarantine plan (i.e. Pre-Arrival Information Form)
- Proof of health insurance/insurance information
- Proof of Negative PCR test result
- 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. Comply with the following airline/airport/government health requirements/regulations

- 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
- You must continue to monitor your health for
 - Fever
 - Cough

- Difficulty breathing

If symptoms present themselves during your travel (cough, shortness of breath, fever greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating), immediately contact your airlines/flight crew.

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

To help reduce the spread of COVID-19:

- Go directly to your place of quarantine. Do not make any stops while in transit.
- Check-in within 48 hours of arrival through the [ArriveCAN](#) app or call 1-833-641-0343.
- Report your symptoms through the [ArriveCAN](#) app or call 1-833-641-0343 every day until the end of your 14-day quarantine.

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>

For travellers with symptoms of COVID-19 returning to Canada:

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/travellers-with-symptoms-return-canada.html>

- 3. If you exhibit symptoms during travel, contact your travel agent and airline as soon as possible. They will best be able to guide you on requirements based on your current location. Be sure to alert your family, accommodation provider, and school if there are any delays in your travel plans to Canada.**

Arrive Safe

- Read about entry to Canada and about COVID-19 testing [here](#), [here](#) and [here](#). [This PDF is a good view of the steps, but read and follow all of the information in the links above.](#)
- Be prepared to follow airline and airport directions about wearing a mask/face covering, washing/sanitizing your hands, staying 2 meters 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 (international@brandonu.ca) or phone (204-727-7479) to tell them you have arrived. Be sure to give the office your most up to date contact information (email address, postal address, and 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 Safely

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 health 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](https://www.gov.mb.ca/covid19/testing/locations.html): <https://www.gov.mb.ca/covid19/testing/locations.html>. 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.

- You can arrange a ride to the testing services through Health Links here. Just ask!: <https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>
- 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! For example, you can find many workouts at the YMCA: <https://ymca360.org/>
- **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.

Study Safe

After Your Quarantine

After your 14-day quarantine has passed, if you have no symptoms, you may now attend school, leave your home and begin to explore your community in the Province of Manitoba, Canada.

- Continue to follow and respect Manitoba Health regulations and directives, including wearing a mask and physical distancing from other people in public and washing or sanitizing your hands often.
- Remember to 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 container immediately.
- If you feel sick at any time, stay at home and be sure to tell your Program and 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.
- If you have symptoms of COVID-19, book an appointment at a testing center [here](https://www.gov.mb.ca/covid19/testing/locations.html): <https://www.gov.mb.ca/covid19/testing/locations.html>.
- You can arrange a ride to the testing services through Health Links here upon request: <https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>. Call Health Links-Info Santé, a telephone health information service staffed 24 hours a day, seven days a week by knowledgeable nurses and is free of charge everywhere in Manitoba at 1-888-315-9257.
- After your test, you must quarantine until you receive your test results. If your test result is positive, Manitoba Public Health officials will contact you. You will be required to follow all guidance and requirements from Public Health.
- 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.

Information about Brandon University's current Covid 19 policies and procedures can be found here: <https://www.brandonu.ca/safety/coronavirus/>

Supporting Documents & Links

Government Websites

- Province of Manitoba COVID-19 Page - <https://www.gov.mb.ca/covid19/index.html>
- Government of Canada COVID-19 Page - <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.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

- In the event of an emergency, including medical emergency, call 911.
- Westman Crisis Service, 1-888-379-7699

Student Services and Financial Support

- For Scholarship and Bursary information – please email Carolyn at vodonc@brandonu.ca
- For information about the University's emergency loan information – please visit <https://www.brandonu.ca/student-services/student-emergency-funding-loans/>
- For information about Student Services – please visit <https://www.brandonu.ca/student-services/>
- Brandon Regional Health Centre - <https://www.pmh-mb.ca/index.php/8-our-locations/20-brhc>

Declaration

We, the undersigned, have read, understand, and agree to abide by all clauses as stated in the 'Manitoba Travel and Arrival Protocol for International Students – Fall 2021'.

Signature of Guardian

Date

Signature of Student Applicant

Date

