



College of the Rockies | International

# STUDENT NEWSLETTER

VOLUME 1 | AUGUST 2020 | TRAVELLING TO CANADA EDITION

## TRAVELLING TO CANADA - RESTRICTIONS AND REQUIREMENTS

This newsletter is for all new and continuing College of the Rockies international students who are currently outside of Canada and who are planning to travel to Cranbrook to study at College of the Rockies. Due to the COVID-19 pandemic, there are travel restrictions that limit travel to Canada. College of the Rockies strongly recommends students remain in their home country until the travel restrictions are relaxed and when classes return to primarily face-to-face delivery.

Before you make any travel plans, it is extremely important for you to understand the Government of Canada and BC Government laws and regulations to determine if you are allowed to travel to Canada. For detailed information, follow this [link](#) to the Government of Canada's website. The Government of Canada also has restrictions on [non-optional and non-discretionary travel](#).

If you believe you are exempt from the government travel restrictions and are making plans to come to Canada, please let us know by completing the [Arrival Form](#).

All international students who are planning to travel to Canada at this time must quarantine (self-isolate) for 14 days upon arrival in Canada and must have an approved quarantine plan before travelling.

When you arrive at your final destination, you must go directly to your place of quarantine, without stopping anywhere, and stay there for 14 days even if you do not have symptoms. During quarantine, you cannot go to the College or other public areas and community settings, and you cannot go shopping. See page three of this newsletter for information on food delivery options.

## QUARANTINE LAWS AND REGULATIONS

International students who choose to travel are responsible for following the guidelines described by the federal and provincial governments, the directions of the health regions which they are

travelling through, and College of the Rockies. Please regularly consult with the Government websites for the most up-to-date information.

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Since March 25, 2020, the **Government of Canada** requires all travellers entering Canada to [self-isolate](#) under the Quarantine Act. International students should familiarize themselves with the [penalties](#) for not adhering to the self-isolation requirements.

On March 17, 2020, the **BC Provincial** Health Officer issued a self-isolation order directing travellers entering British Columbia from international destinations to [self-isolate](#).

## TIMING OF TRAVEL TO CANADA

The Fall 2020 semester begins on September 8, 2020. International student should plan to arrive in Canada with enough time to complete the mandatory 14-day self-isolation before classes begin.

**Students who arrive too early and/or who have only online classes may be denied entry into Canada, if their travel is considered optional and discretionary by Canada Border Services Agency.**

## TRANSPORTATION FROM THE CRANBROOK AIRPORT (YXC) TO YOUR QUARANTINE LOCATION

Complete the [Arrival Form](#) at least five business days prior to arrival to request our free transportation service from the Cranbrook airport to your quarantine location. Costs for using other transportation services will not be covered by the College.

## FLIGHTS

When booking flights to Canada, please make sure you book a connecting flight directly to Cranbrook. It is much simpler, faster, and safer to travel directly to Cranbrook.

International students in the Hospitality Diploma program, Adventure Tourism Business Operator (ATBO) program, or Mountain Adventure Skills Training (MAST) program, please email the International Office at College of the Rockies for campus-specific arrival information.

## QUARANTINE AND SELF-ISOLATION PLANS

College of the Rockies international students travelling to Canada must submit the following documents for approval:

1. Provide mandatory information using the traveller contact information form via the ArriveCAN mobile app. (Download the ArriveCAN app for: [iOS](#), [Android](#), [webform](#)).
2. Complete and submit a [BC Self-Isolation Plan](#).
3. Email both Self-Isolation plans to the International Office at College of the Rockies.

## QUARANTINE LOCATION

Due to COVID-19, some local hotels are restricting guest reservations. College of the Rockies has contacted the following providers which may be able to provide accommodation for the self-isolation period. Please ensure you reserve as a “College of the Rockies student” to receive the best rate. All rates are nightly rates and are in Canadian Dollars.

### 1. Travelodge - Cranbrook

Room rates: \$99 + taxes. Includes three meals per day from on site restaurant or special East Indian menu by special request. Each room has a kitchenette, free wi-fi.

Reservations: email [vikbhamraa@gmail.com](mailto:vikbhamraa@gmail.com).

Website: [Travelodge](#)

### 2. Best Western Hotel - Cranbrook

Room rates: Standard room \$109.99 plus taxes; Kitchenette room \$139.99 plus taxes

Reservations: Call 1-250-417-0444 or email [lmacdonald@prestigehotels.ca](mailto:lmacdonald@prestigehotels.ca)

Website: [Best Western Cranbrook](#)

### 3. Prestige Hotel - Cranbrook

Room rates: Standard room \$109.95 plus taxes; Kitchenette room \$139.95 plus taxes

Reservations: Call 1-250-417-4002 or email [cranbrook@prestigehotels.ca](mailto:cranbrook@prestigehotels.ca)

Website: [Prestige - Cranbrook](#)

### 4. Prestige Hotel - Golden (for ATBO students)

Room rates: Standard room \$115.95 plus taxes; Kitchenette room \$155.95 plus taxes

Reservations: Call 1-250-344-7990 or email [golden@prestigehotels.ca](mailto:golden@prestigehotels.ca)

Website: [Prestige - Golden](#)

### 5. Sandman Hotel - Cranbrook

Room rates: Standard room \$84 + taxes

Reservations: email [res\\_cranbrook@sandman.ca](mailto:res_cranbrook@sandman.ca) or [fom\\_cranbrook@sandman.ca](mailto:fom_cranbrook@sandman.ca)

## FOOD AND BASIC NECESSITIES

Travellers to Canada who are in self-isolation may not go out to purchase food or supplies. Students can arrange for delivery of these items.

[Save On Foods](#) in Cranbrook offers online shopping and delivery. You must request delivery

in the comment section and include your address.

There are other options in Cranbrook for take-out restaurant meals and delivery services.

- [Dash Delivers](#)
- A list of the [restaurants](#) that deliver in Cranbrook

## PERMANENT ACCOMMODATION

Some students may choose to stay in hotels long-term since some hotels have kitchenettes and offer extended-stay rates. Please consult directly with the hotel provider.

Other student housing options are available. For more information please visit [College of the Rockies Student Housing](#).

The following organizations provide information and support to tenants in BC:

- [BC Residential Tenancy Branch](#)
- [Rent Smart - Education and Support Society](#)
- [Tenant Resource and Advisory Centre \(TRAC\)](#)

## TRAVELLING TO CANADA – STEP BY STEP

