



Guide for international students

(with the exception of incoming
exchange students)

Developed by Student Services

September 7, 2021 version

Foreword

This guide has been prepared for HEC Montréal international students who are currently outside of Canada. It contains:

- ▶ A 5-step plan for your arrival in Montreal.
- ▶ The following appendices:
 - ▷ Appendix 1: A sample quarantine plan that you can use to prepare for quarantine and keep with you for border authorities
 - ▷ Appendix 2: A checklist of official documents that you should have with you when crossing borders
 - ▷ Appendix 3: A list of services that can deliver food and essentials to your accommodations

It is essential to be aware of the following before traveling.

¹ A note regarding general information on the procedures currently in place, which may change at any time without notice: The laws and regulations in force in Quebec and Canada, as well as the websites of the [Ministère de l'immigration, de la Francisation et de l'intégration \(MIFI\)](#), [Immigration, Refugees and Citizenship Canada \(IRCC\)](#) and the [Public Health Agency of Canada](#), take precedence at all times.

The quarantine plan is inspired by a guide called "Comment organiser la quarantaine" created by Université de Montréal's Student Services.

IMPORTANT!

You should not begin travelling until you meet all the requirements and have received all the necessary documents to cross the border.

STEP 1

Before you consider coming to Canada

01

Situation in effect for Canadian borders

International students with a valid study permit, as well as their spouses and dependent children, are allowed to travel to Canada, whether or not they are vaccinated (see step 6 on page 5).

The borders have been open since September 7, 2021 to fully vaccinated tourists (who have received two doses of a vaccine approved by the Government of Canada at least 14 days before their arrival in Canada (see step 6 on page 5)

Please note that parents, not fully vaccinated, of international students holding a valid study permit are not allowed to accompany them to Canada, unless the student is a minor or requires assistance. particular with proof of support (medical note).

02

An explanation of current health conditions in Montréal and Quebec

The health situation in Montréal is changing rapidly. Please consult [this Quebec government site](#) for the latest health guidelines for the Montreal area. Consult it regularly.

03

Impact on activities on the HEC Montréal campus

- ▶ For the fall term, the School offers a maximum of courses and activities face-to-face teaching, respecting the government and health guidelines. Note that the School will offer you solutions if your entry into the territory is not possible.
- ▶ To benefit from accommodations, you must complete the [online form](#).
- ▶ [This page](#) details the situation in effect on our campus.
- ▶ The situation is changing rapidly and measures are being adjusted regularly. The [COVID-19 section of our website](#) is updated frequently. Please visit it regularly.

04

Elements to consider before travelling

- ▶ In the event that I have to carry out a mandatory quarantine, am I able to comply with all the conditions?
- ▶ Am I able to settle adequately in Montreal?
- ▶ Do I have all my authorizations to come and study in Canada (passport, CAQ and letter of approval of the study permit)?

05

Accommodations

If you have not already done so, it is your responsibility to find temporary accommodations (for the duration of your quarantine plus a few extra days) and permanent accommodations after your quarantine.

- ▶ HEC Montréal is proposing you some options to facilitate your search for temporary accommodations, including agreements:
 - ▷ [with a hotel service, for temporary accommodation.](#)
- ▶ Visit our [website](#) for help in finding housing.
- ▶ If you have a reservation at the HEC-Darlington residence, please write to this [email address](#).

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Vaccines

Who is considered to be fully vaccinated?

- ▶ People who have received two doses of one of the vaccines authorized by the Government of Canada (Pfizer-BioNTech, Moderna, AstraZeneca (Covishield)) at least 14 days before their arrival.
- ▶ Students who have received a dose of Janssen vaccine at least 14 days prior to arrival.

Who is considered not adequately vaccinated?

- ▶ People who have not received any vaccine doses.
- ▶ Students who received only one dose of vaccine (except for Janssen vaccine).
- ▶ Students who received their two doses of vaccine less than 14 days before arriving in Canada
- ▶ Students who received a vaccine not authorized by the Government of Canada (Pfizer, Moderna, Janssen and AstraZeneca)

Recognition of vaccines

received outside of Quebec and recommended doses

You can make an appointment or register your vaccines before your arrival (online on the [website](#)) or upon your arrival, directly at Montreal Airport with the public health teams.

If you have received 2 doses of vaccines authorized in Canada, either Pfizer-BioNTech, Moderna, AstraZeneca, Covishield, or 1 dose of Janssen / Johnson & Johnson:

- ▶ It is not necessary to be vaccinated again, but you must register your vaccines in order to obtain proof of vaccination (QR code)

If you have not received a single dose or vaccine:

- ▶ Make an appointment now or come to a walk-in vaccination site after your quarantine.

If you have received a vaccine other than those authorized in Canada:

- ▶ Contact 1 877 644-4545 or make an appointment online at [Quebec.ca /vaccinCOVID](https://Quebec.ca/vaccinCOVID) by checking the option "COVID troubleshooting";
- ▶ A healthcare professional assesses your immunization coverage. Depending on the vaccines received, they may recommend an additional dose to activate your protection against COVID-19.
- ▶ The public health teams at Montreal Airport can also answer your questions and validate your vaccination status.
- ▶ Note that these recommendations evolve according to the evolution of knowledge on COVID-19 and vaccines, for example vaccines authorized in Canada and by the WHO.

Registration of vaccines received outside Quebec and application of the vaccine passport

- ▶ Since September 1, 2021, a vaccination passport is required to visit certain public places and businesses in Quebec (eg: bars, gyms, restaurants).
- ▶ Download the [VaxiCode](#) application:
 - ▷ It is possible to register vaccines received outside Quebec and obtain electronic proof of vaccination from Quebec (a QR code) in order to attend these places.
 - ▷ With the exception of the service at the public health kiosk at Montreal Airport, you must make an appointment at Quebec.ca/vaccinCOVID to record the vaccines received outside Quebec, by checking the option "Troubleshooting COVID-19 vaccine" on the appointment app.
- ▶ You can also dial 1 877 644-4545.
- ▶ The people concerned must then go to a vaccination clinic indicated on the platform in order to provide proof of vaccination and to be declared by a health professional.

STEP 2

Preparing for your arrival

01

Preparing for the quarantine

What does mandatory quarantine involve for people not adequately vaccinated?

Mandatory quarantine means that anyone who arrives in Canada and who is considered not to be adequately vaccinated must **isolate themselves completely** in a safe place, from the time they land at the airport until the end of a minimum period. 14 days. This procedure is **mandatory**, even if you have no symptoms. See the quarantine procedure upon arrival in Canada on the next page. [More details here.](#)

How to make my quarantine plan?

- ▶ You can find a sample quarantine plan in **Appendix 1** of this document to help you organize and make sure you don't forget any steps.
- ▶ Read through all the parts of the appendix and make sure you can answer each of the questions.

What are the consequences if I don't have a quarantine plan to present upon my arrival or if my plan is incomplete?

Travellers who do not submit the required information digitally before boarding a flight may be subject to enforcement action, which can range from verbal warnings to \$1,000 in fines.

Travellers who fail to present a satisfactory quarantine plan may be forced to be quarantined at a facility designated by the Chief Public Health Officer of Canada.

Download the ArriveCAN app

on [Google Play](#) for Android or the [App Store](#) for iOS.

For all students, fully vaccinated or not

You must **submit your information digitally through ArriveCAN** or by **opening an online session** before boarding your flight.

This includes:

- ▶ Information on your travel and contact information
- ▶ Your quarantine plan (Even if you don't have to quarantine yourself, you must have a quarantine plan to be prepared to self-isolate if necessary. See Appendix 1.)
- ▶ Your self-assessment of COVID-19 symptoms.

You must be able to show your ArriveCAN receipt (digital or paper) to border services officers upon your arrival.

02

Insurance

Take the necessary steps to ensure that you are covered by insurance upon your arrival in Canada. Rest assured, whatever insurance you choose (RAMQ, the CFE-HEC Pack, Sun Life), costs related to COVID are covered.

- ▶ Find more information [here](#).

03

Other steps before taking a flight

- ▶ Complete the [declaration of travel and arrival at HEC Montréal form](#) when you have purchased your flight ticket.
- ▶ Download these free applications to help reduce the spread of the virus in Canada:
 - ▷ [ArriveCAN](#)
 - ▷ [COVID Alert](#)
- ▶ Enter your information on the ArriveCAN application (no later than 72 hours before your flight).
- ▶ Perform a PCR test no later than 72 hours before your flight to Canada.
- ▶ Plan a method of payment that you can use during your quarantine, since you won't be able to go to a bank (ideally, this would be a credit card that can be used in Canada, since cash is no longer accepted everywhere).
- ▶ You may be required to undergo a health check before boarding. If the airline finds that you are showing COVID-19 symptoms, you will be unable to board for a 14-day period or until you provide a medical certificate confirming that your symptoms are not related to COVID-19.
- ▶ Ensure that you have a non-medical mask or face covering, since you will not be able to travel without one.

STEP 3

Arriving at the border

01

Upon arrival

- ▶ When you get to the border, the Canada Border Services Agency will determine whether you are authorized to enter the territory. Various factors will be considered, and the final decision will be made by the border officer based on the information you provide.
- ▶ See the checklist in Appendix 2 for the documents you need to prepare and present.

STEP 4

Completing the quarantine

Only for students who are not fully vaccinated

01

Follow the quarantine plan

(see the plan in Appendix 1)

During your quarantine

- ▶ You must remain in your place of quarantine at all times (it is prohibited to go outside!) except to receive medical care or get tested. If you live in shared housing, you must isolate yourself in your room for the duration of the quarantine without using the common areas.
- ▶ You must monitor your health for [symptoms of COVID-19](#). Refer to the first point in the After my quarantine section if you show any symptoms.

What are the consequences for not respecting your quarantine?

Failing to respect your mandatory quarantine is a violation of the Quarantine Act and may be punishable by:

- ▶ a \$750,000 fine **and/or**
- ▶ 6 months imprisonment

In addition, failure to respect Canadian laws constitutes a violation of your immigration obligations and may result in your being **removed from Canada** and denied access to Canadian territory.

IMPORTANT!

Royal Canadian Mounted Police (RCMP) officers may contact you or even come to your place of quarantine to make random checks.

IMPORTANT!

- ▶ Confirm that you have arrived at your quarantine location within 48 hours of your entry into Canada
- ▶ EVERY DAY of your quarantine, complete a **daily self-assessment** of COVID-19 symptoms.

You must **provide the required information via ArriveCAN** or by calling 1-833-641-0343 (toll free). Travellers who fail to submit the required information after crossing the border will be deemed a priority for follow-up with law enforcement organizations.

STEP 5

Upon my arrival / after my quarantine

01

If you're showing symptoms

You must monitor your health for [symptoms of COVID-19](#). If symptoms appear, you must isolate yourself, call 1-877-644-4545 and follow all their instructions.

▶ [Get tested for symptoms or do a self-assessment](#)

▷ The centre closest to HEC Montréal is:

Clinique de dépistage de la COVID-19 sur le terrain de l'**Hôpital général juif**

Roulotte mobile dans le stationnement

5800, chemin de la Côte-des-Neiges, Montréal H3S 1Y9

Sans rendez-vous

Tous les jours

De 8 h à 20 h

▷ [To find another testing centre in Montréal](#)

▶ [Complete the mandatory COVID-19 declaration form \(HEC Montréal\)](#)

02

Moving to Montréal

[Find out what to do first when you arrive in Montréal](#)
(bank account, phone number, Internet, etc.)

03

The School welcomes you

If you decide to come to Montréal, HEC Montréal will be happy to help you via its online services. There are many resources available to assist you before and after you arrive.

- ▶ School services remain available **remotely** for students. They include:
 - ▷ [Zone Info](#) (general questions, admission to a program, etc.)
 - ▷ Student Services (immigration, [study help resources](#), [psychological support](#), [support for disabled students](#))
 - ▷ [Business language training centre \(in French\)](#)
 - ▷ [Mathematics and Statistics Help Centre \(in French\)](#)
 - ▷ [Career Management Services](#)
- ▶ If you need to go to the HEC Montréal campus ([library](#), university store), you are required to [comply with all the health measures in place](#).

Finally, do not hesitate to contact the immigration section of the Student services team. They will be happy to answer your questions:
sae.accueil@hec.ca.



Here is a guide that will help you prepare for your mandatory quarantine when you arrive in Canada. For more information about quarantine conditions, visit this [site of the Government of Canada](#).

Accommodations

Accommodations for the duration of your quarantine

You must find accommodations for the duration of your quarantine before you come to Canada. It is recommended that you rent a place where you can stay for more than the mandatory 14-day quarantine period. If you develop symptoms during the quarantine period, you will have to extend your isolation for 14 extra days from the date on which the first symptoms appeared.

- I have rented accommodations
Important: You must ensure that the configuration and services of your accommodations allow you to quarantine effectively
- I have temporary accommodations (hotel or other residence)

People present in accommodations

You must not quarantine in a place where you will be in contact with people who are at risk (age 65 and over or with underlying health problems).

- I will be all alone in my accommodations
- I will be with people who are not at risk (under 65 years and no underlying health problems), and I will be isolated in a single room.

Travel from airport to accommodations

You should not take public transportation to reach your place of quarantine or stop anywhere on your way there. You must wear a mask or face covering while in transit until you reach your destination.

- I will take a taxi / Uber / Eva
- I will take a private vehicle
- I will not take public transportation (bus or métro)
- I will go directly to my place of quarantine

Accommodations (continued)

Bathroom

If you are going to live with people who are not at risk during your quarantine, the Public Health Agency of Canada recommends using a private bathroom, where possible, or disinfecting it after each use.

- I will have access to a private bathroom
- I will have access to a shared bathroom and I will disinfect it after each use

Food and essentials

You must ensure that someone can provide you with essentials (food, medicine, cleaning products, hygiene products, furniture, etc.) as you will not be able to go to stores when you arrive.

- My accommodations are furnished, and I ordered my food online before my arrival (see suggestions in Appendix 3).
We recommend placing an order before you arrive as there are wait times for online food deliveries.
- I know someone in Montréal who can help me acquire essentials while following the health measures in place.

During your quarantine

- ▶ You cannot leave your place of quarantine (even to take a walk!), unless you are receiving medical care or getting tested.
- ▶ You must not go to HEC Montréal or any other public place, including stores and grocery stores.
- ▶ You must not have visitors.

Checklist of required documents

- I have the “**Border Crossing**” **certificate** provided to me by the Registrar by email on July 29, 2021.
- I have my Québec Acceptance Certificate (or a letter confirming that one has been issued) and a proof of acceptance of my **study permit**.
- I have submitted my quarantine plan on ArriveCAN and I have a copy of the receipt to give to Canadian Border Service Agency Officers upon arrival, even though I am fully vaccinated.
- I have my certificate of enrolment (available in on [HEC en ligne](#)).
- I have filled out the [declaration of travel and arrival at HEC Montréal form](#).
- I am able to pay for all my living expenses as soon as I arrive in Montréal.

Businesses offering home delivery services*

Grocery stores

- ▶ [Hector Larivée](#)
- ▶ [IGA](#)
- ▶ [Metro](#)
- ▶ [Provigo](#)
- ▶ [Paniers Lufa](#)

Pharmacies

- ▶ [Jean Coutu](#)
- ▶ [Pharmaprix](#)

Meal kit delivery services

- ▶ [GoodFood](#)
- ▶ [Cook It](#)
- ▶ [Hellofresh](#)

Meal delivery (restaurants)

- ▶ [Skipthedishes](#)
- ▶ [Healthy options](#)
(in French only)
- ▶ [Doordash](#)
- ▶ [Domino's Pizza](#)
- ▶ [Uber Eats](#)

*You must have a credit card to pay for these services

