

## WHAT TO KNOW

Acsenda will be offering classes on campus which will mean that students are required to come to campus. Students must present the following upon arrival in Canada: completed ArriveCan form, proof of negative pre-departure COVID-19 test results, mandatory proof of vaccination, student visa, and passport.

Failure to comply to the arrival requirements may result in dismissal from Acsenda School of Management, fines by the government, and/or deportation.

### **Ensure you meet the latest entry requirements**

## TRAVEL RESTRICTIONS

### **Travel is allowed with restrictions for vaccinated travelers**

Fully vaccinated travelers who have completed the full course of vaccination with a Government of Canada-accepted vaccine at least 14 days before arrival in Canada are allowed to enter Canada.

The Government of Canada might change this recommendation without prior notice. Please continue to check restrictions prior to travel.

### **No quarantine required for vaccinated travelers**

Fully vaccinated travelers with valid proof of vaccination are not required to quarantine upon arrival in Canada. In the coming days, all fully vaccinated travelers arriving by air from departure points other than the United States will be subject to arrival testing.

Fully vaccinated travelers will be required to quarantine while they await the results of their arrival test. Travelers who fail to comply, or provide untruthful information of vaccination proof, may be subject to a penalty or a fine.

## **DOCUMENTS YOU NEED FOR YOUR TRIP**

### **Mandatory contact information form via ArriveCAN**

All travelers are required to submit a quarantine plan and a COVID-19 "self-assessment" a maximum of 72 hours before arrival. The information must be submitted digitally through the [ArriveCAN](#) app online.

Travelers who fail to comply, or provide untruthful information, such as vaccination status or quarantine accommodation details, may be subject to a penalty or a fine.

### **Proof of negative pre-departure COVID-19 test results**

Travelers must have a negative COVID-19 molecular test (PCR, RT-PCR, NAAT, RT-LAMP) result and it must be taken a maximum of 72 hours before the scheduled departure of their last direct flight to Canada. In addition, antigen tests are not accepted.

Travelers returning from short trips must take the test outside of Canada. Travelers arriving via land border must provide a test taken a maximum of 72 hours before arrival in Canada. Also, travelers who have previously tested positive for COVID-19 may alternatively provide proof of a positive COVID-19 molecular test taken between 11 and 180 days prior to departure.

Travelers who fail to comply, or provide untruthful information on this measure, may be subject to a penalty or a fine.

## Mandatory Proof of Vaccination

Fully vaccinated travelers must have a vaccination certificate in English, French, or with a certified translation. The certificate must be uploaded digitally into the ArriveCAN app and must contain all details required.

Fully vaccinated travelers must have received a full course of vaccination with an accepted vaccine. The accepted 2 dose vaccines are:

- AstraZeneca/COVISHIELD (ChAdOx1-S, Vaxzevria, AZD1222)
- Bharat Biotech (Covaxin, BBV152 A, B, C)
- Janssen/Johnson & Johnson
- Moderna (mRNA-1273)
- Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2)
- Sinopharm BIBP (BBIBP-CorV)
- Sinovac (CoronaVac, PiCoVacc)

Travelers that have received a combination of 2 accepted vaccines are considered fully vaccinated. Travelers must have received their last dose at least 15 days before departure. Travelers who have recovered from COVID-19 are still required to have a full course of one of the approved vaccines to be considered fully vaccinated.

Travelers who are unable to present a valid certificate, or who do not adhere, may be required to comply with the requirements for unvaccinated travelers, or may be liable to a monetary penalty.

Travel restrictions are subject to change in response to the circumstances surrounding COVID-19. You can stay informed with the latest updates by checking the government website regularly.

# SELF-ISOLATION PLANNING INFORMATION

## Food Arrangements

Here are some options that can be used to secure food. **Please note, many of the delivery apps do not accept cash, and require a credit or debit card to purchase.**

## Food delivery apps

- Skip the Dishes – [www.skipthedishes.com](http://www.skipthedishes.com)
- Uber Eats – [www.ubereats.com](http://www.ubereats.com)
- Door Dash – [www.doordash.com](http://www.doordash.com)
- Fantuan – [www.fantuan.ca](http://www.fantuan.ca)
- Yogi's Kitchen – [www.yogiskitchen.ca](http://www.yogiskitchen.ca)

**Tip:** Google the name of the delivery services and the word 'promo' or 'voucher' to find money saving deals.

## Grocery Delivery

- Save-on-Foods - <https://www.saveonfoods.com/shop-online-how-it-works/>
- Stong's Market - <https://stongs.com/delivery-update/>
- Spud - [www.spud.ca](http://www.spud.ca)
- Walmart - [www.walmart.ca](http://www.walmart.ca)
- Instacart – <https://www.Instacart.ca/>

## Meal Kit Delivery

- Chef's plate - <https://www.chefsplate.com/>
- Fresh Prep - <https://www.freshprep.ca/SCVIA19>
- Hello Fresh - <https://www.hellofresh.ca/>
- Good Food - <https://www.makegoodfood.ca/en/home>

## Transportation

### Airport pick up

Ride-share Apps:

- Lyft
- Uber

### Taxis

- Black Top and Checker Cabs – (604) 731-1111
- Bonny's Taxi – (604) 435-6655
- Newton Whalley – (604) 581-1111
- Pacific Cabs – (604) 596-6666
- Vancouver Taxi – (604) 871-1111
- Yellow Cabs – (604) 681-1111

### Car Rental

On-site companies:

- National
- Alamo
- Hertz
- Dollar Thrifty
- Avis
- Budget

## Medical Insurance

**Note:** You are required by law to maintain medical insurance the entire time you are in Canada. If you are a returning student, you need to ensure your BCMSP is in place. If you are a new student, you must arrange with Guard.me and provide arrival dates to immigration. This is mandatory for all new students.

### Guard.Me

Covers every student for the first three months in Canada for emergencies only. Included in first term tuition charges. The coverage information will be sent through email. If you have MSP already, you must let Enrollment Services or Admissions know (with proof) so you are not charged for GuardMe.

### Medical Services Plan (MSP)

All BC residents (including students) must register for MSP, and we will provide sessions to help you enroll in MSP during your first term.

- Sign up: [www.my.gov.bc.ca/enrolment/check-eligibility](http://www.my.gov.bc.ca/enrolment/check-eligibility)

## Important Contact Information

### Admissions

(604) 430-5111 ext. 127

778-227-5454

[admissions@acsenda.com](mailto:admissions@acsenda.com)

### Enrollment Services

(604) 430-5111 ext. 147 or 122 778-227-5504

[registrar@acsenda.com](mailto:registrar@acsenda.com)

### Student Services

(604) 430-5111 ext. 128

778-772-8722

[Student\\_Services@acsenda.com](mailto:Student_Services@acsenda.com)

### English Department

(604) 430-5111 ext. 134

[Garima.yadav@acsenda.com](mailto:Garima.yadav@acsenda.com)

### Library Services

(604) 430-5111 ext. 132

[ali.dehaan@acsenda.com](mailto:ali.dehaan@acsenda.com)

## Government and Health Contacts

### Health Link BC

8-1-1

### BC Centre for Disease Control

(604) 707-2400

[admininfo@bccdc.ca](mailto:admininfo@bccdc.ca)

### Immigration, Refugees, and Citizenship Canada

[www.canada.ca/en/services/immigration-citizenship.html](http://www.canada.ca/en/services/immigration-citizenship.html)

### Testing info page

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing>