



**Athabasca  
University**

**International Students  
Pre-Arrival Information**

**DLI# 01909237372**



## Pre-Arrival Information

Athabasca University takes the health and safety of our learners and staff seriously. As such, we have implemented a Covid-19 re-opening plan. As of December 1, 2021, proof of vaccination is required in order to enter an AU facility or engage in any in-person university activity. [Coronavirus outbreak - advice | Athabasca University](#)

International students enrolled in any of the AU collaborative group-study programs must follow the Covid-19 guidelines, protocols, and vaccination requirements of their host post-secondary institution.

eg. *Lakeland College*    [www.lakelandcollege.ca](http://www.lakelandcollege.ca)    [international@lakelandcollege.ca](mailto:international@lakelandcollege.ca)

*Note: currently there are no group-study courses or programs.*

**International students entering Canada** for in-person university activity at an AU facility or any work placement, field study, or clinical placement, will be required to have an approved quarantine plan, even if fully vaccinated and meet the exemption eligibility requirements.

## Before you Leave Home

(One to two months before departure)

**Review** the pre-departure information provided.

**Know** where you will be living or staying on arrival. This is important as it needs to be part of your quarantine plan. Will you be living alone? Shared accommodation? Can you isolate yourself in a shared situation? Will you be provided with food, medication, water, etc., while isolating? You will be required to isolate from housemates and wear a mask and practice physical distancing when in shared spaces. Clean and disinfect amenities before and after use. However, shared spaces should be avoided as much as possible.

**Avoid** staying with persons over age 65 and avoid exposure to vulnerable individuals such as those with chronic conditions or compromised immune system.

**Review** Canada's travel restrictions before booking your flight to Canada  
[COVID-19: Travel, testing, quarantine and borders - Travel.gc.ca](#)

**Be sure you have adequate health care coverage.** International students who will be studying less than one year in Canada are not eligible for Alberta Health Care, therefore must provide their own travel and health care coverage.



**Confirm** that Athabasca University is on the DLI Covid-19 readiness plan approved list [Coronavirus disease \(COVID-19\): Designated learning institutions reopening to international students - Canada.ca](#)

**Prepare** your quarantine plan and provide a copy to AU International [International@athabascau.ca](mailto:International@athabascau.ca) at least one week prior to departure. The template is included within your Pre-Departure information package. Use the “tool to assess your quarantine plan” on the Government of Canada website [COVID-19: Assess your quarantine plan – Travel restrictions in Canada - Travel.gc.ca](#)

**Download** the ArriveCAN app, or use the web version, and follow the instructions carefully. Travelers to Canada must use the ArriveCAN App and provide accurate contact information and their mandatory 14-day quarantine plan. All travelers entering Canada must submit their information, including details of their 14-day travel history, electronically using ArriveCAN. This information must be entered into ArriveCAN within 72 hours before a travelers’ arrival to Canada to ensure accuracy and to help monitor importation of COVID-19. Either print the confirmation email or take a screen shot of your confirmation after entering your information into the app. You will have to show it upon arrival.

**For information** on non-medical masks during your travels, during your quarantine time, and your stay in Canada: [About COVID-19 non-medical masks - Canada.ca](#)

**Monitor** yourself [COVID-19 Self-Assessment \(alberta.ca\)](#) and do not travel if you are experiencing COVID-19 symptoms.

**Fully vaccinated travelers can be exempt from the 14-day quarantine and day-8 testing if you:**

- are travelling for essential reasons (to study, not earlier than three weeks before your classes start)
- are asymptomatic
- meet the [Government of Canada requirements of fully vaccinated travelers COVID-19 vaccinated travelers entering Canada - Travel restrictions in Canada – Travel.gc.ca](#)
- meet all other [entry requirements](#) , including entering your information in ArriveCAN before arrival



## Your Quarantine Plan

(Must include any co-arriving immediate family members)

You must have a [suitable quarantine plan](#) in place where you can stay for at least 14 days. This is required even if you are seeking the fully vaccinated exemption. Check the [tool to assess your quarantine plan](#). A quarantine plan template will be provided to you.

**Final determination** is made by a government representative at the border based on the information presented at the time of entry into Canada. You must therefore be prepared to quarantine for 14 days, in case you:

- are symptomatic
- don't meet the requirements

If you don't meet the requirements, you'll be asked to follow the instructions provided by the government representative. If you meet all the requirements, you won't need to quarantine.

**If you are fully vaccinated** and exempt from quarantine, then you can proceed to your destination and attend the AU campus, facilities, or clinical/work placement. Continue to monitor yourself for symptoms on an ongoing basis. Follow Covid-19 protocol if you show any symptoms or feel sick. Continue to maintain your personal health and safety, including following provincial mandatory health regulations and guidelines. [COVID-19 public health actions | Alberta.ca](#)

## Transportation to your quarantine destination

Arrange your transportation from the airport to your quarantine destination. You must follow these guidelines while travelling the most direct route to your destination:

- avoid contact with others while in transit
- handle your own luggage
- keep a distance, as much as possible, from driver
- remain in the vehicle as much as possible
- do not make any unnecessary stops
- practice physical distancing always
- pay at the pump if you need gas
- use a drive-thru if you need food
- wear a suitable [mask](#) while in transit, unless you are alone in a private vehicle
- ensure good hygiene practices if you need to use a rest area

Upon arrival to your quarantine destination, you will be required to check in with [International@athabascau.ca](#) Daily check-ins will be arranged and conducted by phone and/or video conference such as Zoom.



## Your Mental Health

Your mental health is just as important as your physical health, during your quarantine and beyond. As an AU student, even if you have not begun studies, you have access to many resources to assist you with mental health and the challenges of student life, effects of COVID-19 and the pandemic, and the effects of quarantine. Be sure to set up your account with Homewood Health, available through the AU website [Homeweb | Home](#). Once logged in, you will be able to access a myriad of tools and resources. [Available wellness programs and resources | Support Services | Athabasca University](#)

Use social media and other tools to keep in contact with friends and family, such as Facetime or Zoom.

AU Learner Support Services Mental Health and Wellness team is also here to help. [healthandwellness@athabascau.ca](mailto:healthandwellness@athabascau.ca) or **1-844-969-0911**

For more information on Mental Health and Wellness at AU:  
<https://www.athabascau.ca/support-services/mental-health-and-wellness/index.html>

## Your Physical Health

Be sure that your quarantine plan includes delivery or access to nutritional food and beverages, any prescription medications, as well as over-the-counter medications. Consider your need for exercise and what arrangements you have available while remaining compliant and safe and following provincial and federal COVID-19 regulations and jurisdictional protocols.

## Welcome

During your stay in Canada, beyond any quarantine period, be sure to continue to maintain appropriate health practices, and follow Alberta Health regulations and guidelines as these may change over time.

[COVID-19 info for Albertans | Alberta.ca](#)

If at any time you have any symptoms, report this to [International@athabascau.ca](mailto:International@athabascau.ca) and isolate. You will be provided further instructions. It is important that if experiencing symptoms while at an AU facility or other site, that you notify a supervisor or other appropriate person, that all areas of use, such as desk, work bench, etc, be wiped and sanitized, and that you leave immediately to isolation, wearing a mask.

Your health and safety, as well as the health and safety of all our students and staff, takes top priority. Be safe!