

Pre-Arrival Checklist 2021

Thank you for choosing Northeastern University Toronto. We are looking forward to welcoming you as you start your studies with us in January 2021.

Before you arrive, you will need to take care of some things to make sure you are prepared to arrive in good health and to remain in good health so you can join us on campus as soon as possible.

Once you have a visa/study permit approval, please complete the following steps

Step 1. Indicate your travel readiness by submitting a copy of your visa/eTA to arrivecanada@northeastern.edu and by updating the Study Permit Tracking Form [here](#).

Step 2. Students entering Canada must quarantine for 14 days. Read the instructions regarding mandatory 14 day quarantine for international travelers to Canada [here](#).

Step 3. Complete and submit the 14-Day Quarantine Plan that was attached to the Pre-Arrival email. This includes an attestation that you are required to sign, indicating that you agree to comply with pre-arrival and quarantine requirements. Once this plan is submitted and your travel letter issued **no changes can be made to the plan**, except for those outside your control, such as flight delays. Send the completed form to arrivecanada@northeastern.edu.

Students who submit an incomplete or inadequate quarantine plan will be required to book accommodation through the quarantine option provided by Northeastern University. Please see the Hotel Booking form for additional details.

Step 4. Complete and submit the Travel Letter request form [here](#).

Step 5. Send the following additional documents to arrivecanada@northeastern.edu:

1. Copy of travel itinerary or e-ticket
2. Copy of Proof of Health Insurance (<https://www.guard.me/neutoronto>)

Please note that Travel Letters will not be issued until these documents are received. Please allow a minimum of 5 business days for the Travel Letter to be issued.

Once you have received your Travel Letter, please follow these steps:

Step 1. Download the Government of Canada's ArriveCAN app to facilitate entry to Canada [here](#). Please instruct co-arriving family members to download the application as well.

PLEASE NOTE THAT TRAVELLERS TO CANADA MUST HAVE PROOF OF A NEGATIVE COVID 19 MOLECULAR TEST. For details and instructions, please click [here](#).

Step 2. Northeastern University Toronto has engaged Red Car Service to collect and transport incoming international students and co-arriving family members directly to their quarantine locations. Book transportation [here](#) using the booking code **Northeastern20**. Please note that this transportation is **mandatory** and provided at no charge to our students and their accompanying family members. The driver has been instructed to take you to your pre-arranged quarantine location, with no stops to be made along the way, except in the case of urgent medical care, in accordance with provincial quarantine guidelines.

Step 3. Complete the [airport arrival form](#), which includes your date and time of arrival and flight information. You and accompanying family members will be provided with a welcome package that includes masks for your entire group. You will also receive instructions regarding your 14-day quarantine, contact information for your key contacts at the Toronto campus, and information on COVID 19 assessment centres.

You must register your travel plan with the NU Provost Office:
<https://provost.northeastern.edu/international-travel/travel-guidance/travel-registry/>. This service can provide support to you should you encounter an issue during your travel.

Please note that the pre- and post-arrival support provided by Northeastern University, including airport transportation, are provided free of charge.

Consequences for Breaching Quarantine

According to the federal [Quarantine Act](#) and corresponding Provincial regulations, the consequences for breaching quarantine are as follows:

Violating any instructions provided to you when you entered Canada or failing to provide accurate information is an offence under the *Quarantine Act* and could lead to up to:

- 6 months in prison **and/or**
- \$750,000 in fines

If you choose to break your mandatory quarantine or isolation, resulting in the death or serious bodily harm to another person, you could face:

- a fine of up to \$1,000,000 **or**
- imprisonment of up to 3 years **or**
- both

The *Contraventions Act* gives police (including the RCMP, provincial and local police) more power to enforce the *Quarantine Act*. They can issue tickets to people who don't comply with the act or the emergency orders. Fines range from \$275 to \$1,000.

Daily Monitoring

A Northeastern representative will contact you daily by phone during the course of your quarantine to seek information on your health and well-being and that of your accompanying family members, and to provide any information on the following subjects:

- Quarantine requirements of the *Quarantine Act*
- The consequences of non-compliance with quarantine requirements
- Food, mental health support, medical care, and other necessities
- Phone and internet services
- Environmental cleaning protocols

Students (or accompanying family members) who report symptoms of COVID-19 to the Northeastern representative will be directed to take a self-assessment as recommended by the Province of Ontario, following the resulting instructions, and provide an update to their Northeastern representative.

If you or an accompanying family member are advised to secure a COVID-19 test *before* the quarantine period has elapsed, the Northeastern representative will provide instructions on how to book a testing appointment and will arrange transportation to and from the testing site.

In addition, please review the following resources, direction and public health requirements from the [City of Toronto](#) and the [Province of Ontario](#).

Testing Requirement

Please note that you will be required to provide confirmation of a negative COVID 19 test prior to being permitted on campus, following the completion of your mandatory 14-day quarantine. A map of testing centres in the vicinity of the Northeastern Toronto campus has been provided in your pre-arrival email. Please see a complete list of testing centres [here](#).

A Northeastern representative will provide you with an Uber booking code and instructions on arranging transportation to a COVID testing centre. You will be advised to observe the following safety protocols:

- Wear a mask at all times during the trip
- Sit in the back seat rather than front
- Handle own luggage if possible
- Wash or disinfect hands before entering the vehicle and after exiting
- Practice respiratory etiquette by ensuring that making sure to cough or sneeze into a sleeve (while remaining masked)

Students who do not have adequate personal protective equipment for themselves or their accompanying family members for the purposes of travel to and from the assessment centre will be provided with any equipment required.

If the student requires a COVID 19 test *before* the quarantine period has elapsed (following guidance from public health authorities), Northeastern staff will help the student to book a testing appointment and will arrange an Uber ride for the student to and from the testing site.

Additional Quarantine Support Resources

Students who require specialized guidance on the basis of a disability or health condition will be connected with Northeastern's Disability Resource Center. This office can be reached by calling 1 (617) 373-2675.

Students requiring mental health support will be connected with University Health and Counseling Services, which offers 24-7 phone support and counseling sessions through the Find@Northeastern service. This service is accessible by phone at 1 (781) 457-7777.

Students requiring phone or internet support will be connected with Northeastern's Office of Information Technology Services, which can arrange for overnight shipment of a mobile wi-fi hotspot. This service is reachable toll-free at 1 (888) 660-6938.

Telehealth Ontario

Call if you develop symptoms.

Telephone: 1-866-797-0000

Toronto Public Health Hotline

8:30 a.m. – 8 p.m.

Call if you have questions about COVID-19. Translation is available in multiple languages.

Telephone: 416-338-7600

TTY: 416-392-0658

Email: PublicHealth@toronto.ca

311 Toronto

Outside City limits: 416-392-2489

Call if you have questions about City services.

Telephone: 311

TTY: 416-338-0889

Email: 311@toronto.ca

Emergency Services

Call if you're having difficulty breathing or experiencing other severe symptoms.

Telephone: 911

Please contact the Toronto campus at 1 (888) 660-6938 if you have any difficulties connecting with the above resources.

Costs and Fees

Northeastern University does not foresee additional administrative costs imposed on students as a result of the measures outlined above. In the event that there are any such costs, we will ensure and confirm with students in writing that: 1) students are fully aware and have agreed to all costs in advance of travel to Canada; and 2) any student who chooses not to proceed with their

education/training as a result of these additional costs is provided with appropriate refunds of any other fees or tuition paid in advance in accordance with Northeastern University's refund policies.