Pre-Arrival Checklist Fall 2022

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

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.

Preparing for travel to Canada…

Step 1. Please check if you meet the travel exemptions and restrictions for international students on the Government of Canada website.

If you do not meet the travel exemptions, you may not travel to Canada.

Please read the COVID-19: Entering Canada Requirements Checklist to prepare your travel. Please make sure that your medical exam has not expired.

Step 2. Checklist for what you need to have ready at the border:

- ArriveCAN receipt with the proof of vaccination that was uploaded into ArriveCAN (original or paper copy).
- Travel document, e.g. A valid passport.
- A Temporary Resident Visa (TRV) or an electronic travel authorization (e-TA) for non-US citizens.
- Letter of Introduction/Port of Entry (POE) Letter- issued by IRCC, contains permit reference number.
- A copy of the admission letter/decision letter/deferral confirmation letter or email if applicable from Northeastern University.
- A copy of the Proof of Acceptance (POA) letter that you submitted for your study permit application.
- A copy of valid international student insurance.
- A copy of the e-Medical form showing your medical exam was done during the past 12 months and is still valid, if you were requested to do the medical exam when you applied for the study permit.
- Proof of funds (you have enough money to support yourself and the accompany family members during your study in Canada) *.

* We recommend using GuardMe as your insurance provider as this will be made mandatory moving forward and even if you have another policy, you will be required to have to Guard me.:
https://www.guard.me/neutoronto
Step 3. Register your travelling plan with Office of Global Services, Canada.

1. Follow the link here to fill in the registration form and submit all the required documents.
2. Make sure to register at least 10 business days prior to travelling.
3. If you need to update/change any information (e.g., travel date, flight number etc.) please submit the registration form again.
4. You are recommended to register your travel plan with Global Safety and Support 24/7 Travel Assistance.

After Landing in Canada…

If you need to isolate after landing, please email arrivecanada@northeastern.edu. A Northeastern representative will contact you through Microsoft Teams or phone during the course of your isolation 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

The requirements and policies about quarantine/isolation may change any time. Please check the COVID-19: Travel, testing and borders - Travel.gc.ca before travel. In addition, please review the following resources, direction and public health requirements from the City of Toronto and the Province of Ontario.

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.
Visiting the campus

Please visit this link for campus access: [Frequently Asked Questions - Northeastern University—Toronto](https://www.northeastern.edu/toronto/frequently-asked-questions/)

For attending our orientation event, complete the New Student Orientation course and requesting your Husky Card, please visit this link: [Student Life Toronto | Northeastern University—Toronto](https://www.northeastern.edu/toronto/)

For more information, including on the process of requesting an exemption to this policy, please see our FAQ [here](https://www.northeastern.edu/toronto/frequently-asked-questions/).

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:

- **Find@Northeastern service.** This service is accessible by phone at 1 (781) 457-7777.

- **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** Call if you have questions about City services. Outside City limits: 416-392-2489
  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.