



Guide for international students

(with the exception of incoming
exchange students)

Developed by Student Services

January 11, 2021 version

Foreword

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

- ▶ A five-step plan to help you make an informed decision about your possible return to Montréal.
- ▶ 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

If you have started your school term remotely and are planning to come to Canada in the near future, **you must read the following information before you decide to travel.**

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

What “opening of borders for international students” means

International students who hold a valid study permit as well as members of their immediate family are now authorized to travel to Canada under certain conditions, including a [mandatory quarantine](#) and preparation of a quarantine plan (see Appendices 1 and 3 of this document).

02

An explanation of current health conditions in Montréal and Quebec

The Montréal region is currently under [Maximum Alert](#) (red). **IMPORTANT! The definition of red alert may differ from one country to the next.** In Quebec, it means:

- ▶ Dining areas in restaurants, bars, cafés, fitness rooms and cultural venues are **closed**.
- ▶ Indoor and outdoor gatherings are **prohibited** (e.g., a ban on meals and parties with friends; providers of residential services may not enter your home, with the exception of designated emergency services). People living alone may, in exceptional cases, receive one visitor at a time, preferably always the same person.
- ▶ This Maximum Alert has concrete and limiting effects on the student job market, both on and off campus.

January 5 2021, update: all non-essential businesses (shopping mall, stores, etc.) are closed for an undetermined period. Food stores and pharmacies remain open.

03

Impact on activities on the HEC Montréal campus

- ▶ Courses are currently being offered remotely for the 2020 Fall term and will continue to be offered remotely for the 2021 Winter term.
- ▶ [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.



[Follow the development of the situation on this Government of Quebec website, which details the applicable rules according to the alert level.](#)

04

Elements to consider before travelling

- ▶ Am I safer at home, surrounded by my friends and family, rather than alone in Montréal? If I'm planning to spend the holidays with my friends and family, can I postpone my arrival until January 2021?
- ▶ Do I feel capable of adapting to my new environment given the current situation?
- ▶ Will jet lag have a real impact on my success?
- ▶ Am I able to comply with all the conditions of the mandatory quarantine?
- ▶ Am I able to settle adequately in Montréal after my quarantine, with services being limited? Am I able to guarantee that an internet connection will be available in my home, knowing that no installation service will be able to come to my home during the quarantine period?
- ▶ Do I have the means to live in Montréal, knowing that the job market is weak? Am I relying on a job to meet my needs?

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.

- ▶ As per the requirements of the quarantine plan (Appendix 1), HEC Montréal is proposing you some options to facilitate your search for temporary accommodations, including agreements:
 - ▷ [with a hotel service, for temporary accommodation.](#)
 - ▷ with [GetYourPlace](#), for room rental in shared housing (minimum two month duration) (use the promo code **heccovid** for a discount of \$50 per month)
- ▶ Visit our [website](#) for help in finding housing.
- ▶ If you have a reservation at the HEC-Darlington residence, please write to this [email address](#).

STEP 2

Preparing for your arrival

01

Preparing for the mandatory quarantine

What does mandatory quarantine involve?

Mandatory quarantine means that anyone arriving in Canada must **self-isolate completely** in a safe place, for a minimum of 14 days starting from when they arrive at the airport. This procedure is **mandatory**, even if you have no symptoms.

▶ [Find more information on this Government of Canada page.](#)

How do I plan my quarantine?

- ▶ 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.

Starting November 21, 2020, 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
- ▶ 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.

IMPORTANT!

Starting January 7, 2021, anyone flying to Canada from another country will be required to provide written or electronic documentation showing they received a **negative result from a COVID-19 test** conducted within 72 hours prior to their scheduled boarding. [Get more information.](#)

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](#)
- ▶ 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

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

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 watch [this video](#) and [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

- After carefully reading this document, I have considered my decision to travel in the current pandemic conditions and I understand the consequences of this decision.
- 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.
- 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

