

Pre-Departure Check-List

First, review the [Trent Safe Arrival Protocol](#). Read it thoroughly and understand the regulations, expectations. The Trent Safe Arrival Protocol provides details of your options to arrive safely in Canada as a Trent University student.

Review requirements for fully-vaccinated Individuals [here](#)

Review requirements for non-vaccinated Individuals [here](#)

4-6 Weeks Prior

- ☐ Border agents may request supporting enrolment documentation, either a valid **Letter of Admission (LOA)** or a **Letter of Enrolment**.

If you are an undergraduate registered in a full-time fall semester course load, an ESL student enrolled in an ESL program, or a graduate student enrolled in a Graduate program once your quarantine plan has been approved, we will send an LOE for the purpose of a safe arrival

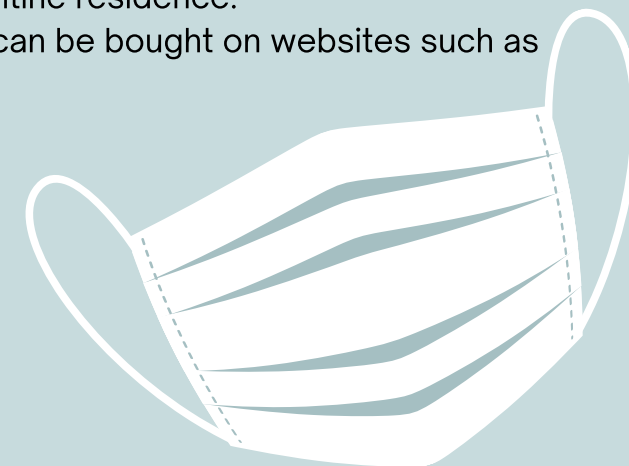
- ☐ Determine your 14 day quarantine plan. Regulations for a [suitable place of quarantine](#) can be found [here](#).

2 Weeks Prior

- ☐ Submit your plan to the Trent University Quarantine Plan Registry. Trent students planning on entering Canada must register their plan in the [Trent University Quarantine Plan Registry](#). The registry is **mandatory** for all Trent University students entering Canada.
** Students must accept their offer to study **before** submitting their plan.
- ☐ Ensure you have pre-arranged private transit arrangements ([shuttle](#), private taxi, private transit with friend or family member) prior to departure to Canada.
- ☐ Ensure you have adequate health insurance coverage for the day of your arrival.
Apply for your University Health Insurance Plan (UHIP) E-card:
MyTrent Portal > Support > Health and Wellness > UHIP E-card request.
You will receive your UHIP e-card by Trent email on the day of your arrival.

1 Week Prior

- ☐ Prior to departure, download and print the PDF of your quarantine plan as submitted to the Trent University Quarantine Plan Registry. You may be required to present the plan to a Canadian Border Services Agent.
Be prepared to explain your plan in detail.
- ☐ Register in advance for your arrival test (flying to Canada). Find [registration information](#) [here](#).
- ☐ Check temporary SIM card services and shipping times. Purchase a SIM and ship it to your quarantine residence.
SIM cards can be bought on websites such as Amazon.



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72 Hours Prior

- ☐ Get a COVID-19 molecular test **72 hours** before your scheduled flight.
- ☐ Submit your approved plan on the ArriveCAN app **72 hours** prior to departure to Canada for the Government of Canada.
- ☐ Confirm Flight and hotel reservations online or by phone.

48 Hours Prior

- ☐ Pack all necessary documentation and supplies, including masks, sanitizer, passport, additional ID, immigration documents, plane tickets and your device charger into your carry-on bag.

Day of Departure

- ☐ Have your ArriveCAN receipt and negative **72 hour COVID-19 test result** ready for flight and entry.
- ☐ Wear a mask. If symptoms develop, tell your flight attendant immediately

Day of Arrival

- ☐ Take a COVID-19 molecular test at the airport.
- ☐ Collect a day 8 test kit at the airport (if non vaccinated).
- ☐ If you did not order a SIM card to your residence pick one up at the airport.
Chatr in Terminal 1 before security provides SIM cards and phone plans.
Chatr Hours of Operation
10 AM– 10 PM

Trent International is here to support your transition to Canada, we are available **Monday-Friday** and require a 24 hour turn around for email correspondence. Connect with us via email, or virtual chat.

Have questions about safe arrival and quarantine? Email safearrival@trentu.ca

General inquiries can be directed to
- international@trentu.ca

Website: www.trentu.ca/international

Have a question? Visit our Virtual Front Desk:
Operating Monday to Friday
10 AM - 12 PM and 1 PM - 3 PM
Follow the [Zoom Link here](#) to access the front desk and use passcode: trentu.