

Please find the following documents attached to support your travel to Canada:

- Letter of Travel Support from Adler University
- Support for Travellers Self-Isolation Plan
- International Student Arrival and COVID-19 Information

### Pre-arrival procedures

- As of January 15, 2022, all travellers entering Canada must meet the criteria for being [fully vaccinated](#). Please bring your proof of vaccination to the port of entry for examination by a Border Services Officer. Please note that your vaccination certificates must be in English or French or be accompanied by an official English or French translation.
- Please prepare a self-quarantine plan per the attached *Support for Travellers Self-Isolation Plan* document and complete the [federal ArriveCAN application](#) prior to your departure. Have a copy of your self-quarantine plan and your ArriveCAN receipt ready to present to a Canada Border Services Officer at the port of entry upon arrival.
- As of January 7, 2021, all air and land travellers coming to Canada must obtain a [negative test for COVID-19](#) within 72 hours of boarding their flight. Please arrange this test prior to your departure accordingly. Ensure that your test results are in English or French, or accompanied by an official English or French translation.
- We recommend having a copy of your class schedule to be presented at the border upon request. You can print your schedule from the “Schedule” tab in [Self-Service](#) on Adler Connect.
- The [Adler University Pre-Arrival Guide](#) provides general information about preparing for your trip, Adler University’s resources, and settling in Vancouver.

### Post-arrival procedures

- The BC Medical Services Plan (MSP) is the mandatory health insurance plan for all individuals who will be living in British Columbia for six months or longer. Please [apply for MSP](#) at your earliest convenience after arriving. Your coverage will begin after a [wait period](#) of approximately three months after applying.
- During the MSP wait period, you will be covered under a temporary health insurance plan administered by Study Insured. You will receive an email from Study Insured with the plan details and your member information. The university will enrol you in this plan based on your arrival date in Canada.