

The objective of this document is to transmit information intended for people not residing in Canada and newly accepted to a program at the Université du Québec en Abitibi-Témiscamingue (UQAT), as well as to students in training, which were established in Quebec before the pandemic and which are currently outside of Canada.

The laws and regulations in force in Quebec and in Canada can be found on the websites of the [ministère de l'Immigration, de la Francisation et de l'Intégration \(MIFI\)](#), [Immigration, Refugees and Citizenship Canada \(IRCC\)](#) and [Public Health Agency of Canada](#) and take precedence at all times. This information may change at any time without notice. It is essential to regularly consult the various websites as well as the sections regarding COVID-19 for the latest updates..

WHAT IS A QUARANTINE?

A quarantine means that anyone arriving in Canada must isolate themselves completely from others, from the time they arrive at their destination until the end of a **minimum** period of 14 days.

Quarantine is mandatory, even if you have no symptoms.

Travelers who fail to submit a satisfactory quarantine plan could be quarantined at a facility designated by the Chief Public Health Officer of Canada or be refused entry into Canada.

In addition, the air operator will conduct a health check of its passengers before boarding. If he or she find a passenger showing symptoms of COVID-19, the passenger will be denied boarding. Passengers on all flights will also be required to show, at the times of boarding, that they have in their possession a non-medical mask or face covering.

Failure to adhere to quarantine is a violation of the Quarantine Act. You could be liable to:

- a fine of \$750 000 in canadian dollars and/or
- 6 months of imprisonment

Failure to comply with Canadian laws constitutes a violation of your immigration obligations and could result in your removal from Canada with a ban on finding you on Canadian territory.

WHO SHOULD QUARANTINE?

Quarantine is mandatory for all UQAT students coming from abroad. With some exceptions, the quarantine of all students, regardless of their campus or centre, is planned for **Rouyn-Noranda**.

HOW TO ORGANIZE YOUR QUARANTINE?

UQAT can support you in order to carry out a quarantine under the best possible conditions. However, you are responsible for the organization and the success of this quarantine. UQAT offers you below, a model quarantine plan to help you prepare for your arrival in Canada. It is your duty to enter all the information **in blue** and send this plan to the international student advisor via sae-international@uqat.ca. Then you will need to print or save your personalized plan in order to present it and answer questions from border officials.

MANDATORY ArriveCAN Application

All travelers from abroad must use ArriveCAN and must submit certain information digitally before arrival, but also before entering Canada. [Find out more.](#)

Use this mobile app to speed up the process of arriving in Canada and spend less time interacting with border officials and public health officials. Send your information easily and securely through the app within 48 hours of your arrival in Canada. The application allows you to:

- provide the information required to enter Canada
- avoid queues and reduce contacts at the border
- provide the Government of Canada with voluntary updates on your compliance with the quarantine requirement and on the onset of any symptoms within 14 days of your arrival in Canada.

Download the app ArriveCAN ([iOS](#), [Android](#) or [Web format](#)).

14 Day Quarantine Plan

Last name and first name: _____

Student | Université du Québec en Abitibi-Témiscamingue

TRANSPORTATION

When I arrive at (specify the name of the airport and the name of the city of this airport, i.e. the point of entry into Canada, for example: airport XXX) in the city of XXX, I have planned to use the following private means of transportation to get to the transit point of Rouyn-Noranda (means of transportation used, city and specific location with address) or to the place where I will spend my quarantine period (city and precise place with address):

Transportation XXX, from the point of entry into Canada XXX to XXX to (city and specific place with address)

Planned health measures (**provide proof of reservation/payment for transportation**):

- separation of glass or plexiglass between you and the driver
- hand washing and disinfection
- mandatory face covering, etc.

List all the transportations that will be used using this wording for each.

I will not stop anywhere on my way to my quarantine location, I will wear a face covering the whole way, and I will follow all sanitary distancing and hand washing rules.

Note that the Government of Canada has limited the arrival of international flights to four airports until further notice, namely [Lester B. Pearson International Airport in Toronto](#), [Vancouver International Airport](#), [Pierre-Elliott-Trudeau International Airport in Montreal](#) and [Calgary International Airport](#).

ACCOMMODATION

The place where I will spend the 14 days of my quarantine, and more if necessary, without the presence of vulnerable people (over the age of 65 or with underlying health problems), is as follows:

Precise address of the location

Mention if you will be living alone or with other people. If you think you have to share the premises with other people, explain the configuration of the rooms in the premises as well as the planned sanitary measures (example: disinfecting the toilets after each use) when using shared rooms (toilets, kitchen...). Provide written proof of agreement from your roommates, if you plan to spend your quarantine in the same location as them. Provide proof of reservation/payment for the location where you will be spending your quarantine.

I also agree to follow the following instructions:

- Stay alone in a room as often as possible.
- Eat and sleep alone in a room of the premises.
- Avoid contact with other people in the premises as much as possible. If that's not possible, keep a distance of at least 2 meters between yourself and others. Cover your nose and mouth if you have to come within 2 meters.
- Ventilate the premises and your room often by opening a window (weather permitting).
- Use only the bathroom assigned to you and ensure disinfection after each use.

FOOD AND HYGIENE CARE

During my period of isolation, I plan to feed myself by the following means:

- Online purchase at XX supermarket and delivery to the door or XXX.
- Provide a list of businesses or friends/family, with their address and a way to contact them, who will be able to provide you with food.

HEALTH OR EMERGENCY CARE

In case of discomfort or COVID-19 symptoms, contact the following local health authorities by phone at 1 877-644-4545.

Go to a screening centre, a medical clinic or a hospital, by respecting the sanitary measures by wearing a mask or face covering and inform the staff upon arriving that you have traveled out of Canada.

FINANCIAL RESOURCES

I have a credit card valid for a period longer than the time of quarantine and Canadian currency which will allow me to cover the costs relating to transportation, accommodations, food as well as health care or emergency, if necessary, in order to respect the sanitary measures in force on arrival, during my period of isolation and during my stay in Canada.

DÉCLARATION

I agree to stay in the premises where I will be spending my quarantine, without going out to a public place or hosting visitors. I will respect the hygiene measures, as recommended by the *Santé publique du Québec*. If symptoms of COVID-19 appear, I will isolate myself and immediately call the public health authority (1 877 644-4545) and follow any instructions received.

Last name and first name:

Date of birth:

Passport number:

Signature:

Useful services for your quarantine in Rouyn-Noranda

BASIC RULES DURING QUARANTINE:

- You must stay at all times in the premises where you are spending your quarantine;
- You must not go to the University or any other public place;
- You cannot go to stores, grocery stores or any other business;
- You cannot host visitors;
- You need to monitor your health and symptoms of COVID-19. If you have symptoms you should isolate yourself in your room and contact public health at 1 877 644 4545.

The person in quarantine cannot leave. He or she must be able to obtain the essential goods he or she will need through a third party. In addition, he or she should be able to reach the international student advisor in case of a problem - sae-nternational@uqat.ca.

Having a credit card is essential for the quarantined person who will have to buy groceries and other goods online. In Quebec, when you make a purchase, allow an additional 15% (taxes) on the prices indicated. In addition, many consumer items are not taxable.

▷ TRANSPORTATION

From the Montreal Pierre-Éliot-Trudeau Airport to Rouyn-Noranda, the trip takes over 600 kilometers.

1. By bus

From the airport, ideally take a taxi to avoid public transit. Otherwise, the aerobus to the Montreal Central Bus Station provided by the *Société des transports de Montréal* (shuttle no 747). Travel time: 45 minutes.

From the Montreal Central Bus Station to Rouyn-Noranda, you can use the services of the *Autobus Maheux* carrier. You must purchase your ticket online at: autobusmaheux.qc.ca

Travel time: 9 hours (take note that the number of daily trips is reduced and that places are limited).

2. By plane

The carrier is Air Canada Jazz and to view flights, go to: aircanada.com

Travel time: 1 h 30

It is to your advantage to buy your plane ticket from your country directly to Rouyn-Noranda. You will have to make a stopover in Montreal, but the price will be much more affordable than if you buy your Montreal-Rouyn-Noranda plane ticket when you arrive in Montreal. Make sure you have 3 hours in Montreal in order to have time to collect your study permit from the Canada Border Services Agency.

From Rouyn-Noranda airport to downtown: 13 kilometers separate them, so you will have to take a taxi.
Travel time: 10 minutes

3. Transportation by private vehicle by a friend or acquaintance.

▷ HOUSING

Residences | Université du Québec en Abitibi-Témiscamingue

Single occupancy room, furnished with refrigerator. Shared bathroom and kitchen in 2 or 4 bedroom units.
From: \$465/can per month (upon signing a lease)

Quarantine service available: With signing a lease: \$100 (+ taxes) additional for 14 days of confinement / without a lease: \$300 (+ taxes) per week.

Make a reservation before your departure at: residence@uqat.ca - uqat.ca/residences

Other housing services

▷ FOOD AND PHARMACY SERVICES

Here is a list of grocery stores, convenience stores, restaurants and pharmacies that can deliver what you want/need.

Do not hesitate to consult the Web to find various services offered by businesses or organizations in Rouyn-Noranda.

SUPERMARKETS (GROCERY AND CONVENIENCE STORES WITH DELIVERY SERVICE)	CONTACT INFORMATION	BUSINESS HOURS
Chez Gibbs Centre-ville (Beer/microbrewery)	819 290-0244	Tuesday, Wednesday, Saturday: 11 a.m. to 6 p.m. Thursday & Friday: 11 a.m. to 8 p.m.
La Semence (Natural, healthy and organic products)	819 762-8918	Thursday to Friday: 11 a.m. to 5 p.m. (allow 6 hours between the order and delivery)
Windsor (Convenience store)	819 762-4813	Monday to Sunday: 8 a.m. to 11 p.m. (delivery time: 1 day)
IGA Éric Lambert (Grocery store)	819 762-5783 Orders to be made on iga.net	Monday to Friday: 11 a.m. to 5 p.m.
IGA Extra famille Julien (Grocery store)	819 762-6226 Orders to be made on iga.net	Monday to Friday: 11 a.m. to 6 p.m.
IGA Marché Bélanger (Grocery store)	819 762-2992 Orders to be made on iga.net	Monday to Friday: 11 a.m. to 6 p.m.
Walmart (Supercentre)	819 762-2445 Online purchases: walmart.ca	Monday to Friday: 8 a.m. to 9 p.m. Saturday: 8 a.m. to 6 p.m. Sunday: 8 a.m. to 5 p.m.
Maison des viandes	819 762-9291 maisondesviandes.ca	Sunday to Thursday: 11 a.m. to 6 p.m. Friday & Saturday: 9 a.m. to 7 p.m.

RESTAURANTS WITH DELIVERY SERVICE	CONTACT INFORMATION	BUSINESS HOURS
Boston Pizza (Pizzeria)	819 797-0086 bostonpizza.com	Sunday & Monday: 11 a.m. to 9 p.m. Tuesday & Wednesday: 11 a.m. to 10 p.m. Thursday, Friday & Saturday: 11 a.m. to 11 p.m.
Chez Morasse (Fast Food)	819 762-6666	Monday & Tuesday: 11 a.m. to 11 p.m. Wednesday, Thursday & Sunday: 11 a.m. to 11 p.m. (4 a.m. if busy) Friday & Saturday: 11 a.m. to 1 a.m. (4 a.m. if busy)
Deux par Quatre (Resto-Pub)	819 797-2119	Wednesday to Sunday: 4 p.m. to 9 p.m.
Freshii (Healthy food)	1 800 909-4990 freshii.com	Everyday from 10 a.m. to 8 p.m.
Habaneros Gill Mexicain (Mexicain)	819 762-8226	Monday to Friday: 11 a.m. to 8 p.m.
Hao Van (Chinese)	819 764-9861	Monday to Friday: 11 a.m. to 1:30 p.m. Everyday from 3 p.m. to 8 p.m.
Horizon Thai (Thai)	819 762-4060 horizonthai.ca	Everyday from 4:30 p.m. to 8 p.m.
La Paramount (Resto-Pub)	819 762-1949	Wednesday to Saturday: 4 p.m. to 8 p.m.
Le St-Honoré (Bakery/Pastry)	819 764-9909	Tuesday to Friday: 7 a.m. to 6 p.m Saturday: 8 a.m. to 7 p.m.
Mikes (Italian)	819 762-2393 toujoursmikes.ca	Monday to Saturday: 11 a.m. to 1 p.m. and 4 p.m. to 7 p.m. Sunday: 4 p.m. to 7 p.m.
Moulin noir (Steakhouse)	819 797-8778	Wednesday to Sunday: 4 p.m. to 8 p.m.
Olive et Basil (Bistro)	819 797-9955 oliveetbasil.com	Wednesday to Saturday: 11 a.m. to 9 p.m.
PizzaPizza (Pizzeria)	819 762-1111 pizzapizza.ca	Wednesday to Saturday: 4 p.m. to 8 p.m.
Pizzé (Pizzeria)	819 797-4461 or pizzemangerboire.com	Wednesday to Saturday: 4 p.m. to 8 p.m.
Pizzeria Noranda (Pizzeria)	819 762-1888	Tuesday to Saturday: 11 a.m. to 8 p.m.
Rôtisserie Ô Tourne Broche (Chicken specialty)	819 762-0709	Everyday from 11 a.m. to 9 p.m.
Rôtisserie O' Poulet (Chicken specialty)	819 762-4419 opoulet.com	Everyday from 8 a.m. to 11 p.m.
Rôtisserie St-Hubert (Chicken specialty)	819 797-2151 st-hubert.com	Saturday to Wednesday: 11 a.m. to 9 p.m. Thursday & Friday: 11 a.m. to 10 p.m.
Subway (Sandwich shop)	819 762-1234	Monday to Friday: 11:30 a.m. to 1:30 p.m. and 4:30 p.m. to 6:30 p.m.
Valentine (Fast Food)	819 762-2162	Saturday to Wednesday: 7 a.m. to 8 p.m. Thursday & Friday: 6 a.m. to 9 p.m.

READY TO COOK	CONTACT INFORMATION	
Good Food	makegoodfood.ca	
Cook it	chefcookit.com	
HelloFresh	hellofresh.ca	
PHARMACIES	CONTACT INFORMATION	BUSINESS HOURS
Brunet	819 764-4748	Monday to Wednesday: 9 a.m. to 6 p.m. Thursday & Friday: 9 a.m. to 8 p.m. Saturday & Sunday: 9 a.m. to 5 p.m.
Jean Coutu	819 764-9551	Monday to Friday: 8 a.m. to 9 p.m. Saturday: 8:30 a.m. to 6 p.m. Sunday: 10 a.m. to 6 p.m.
Proxim (Murdoch avenue)	819 762-2323	Monday to Wednesday: 9 a.m. to 6 p.m. Thursday & Friday: 9 a.m. to 9 p.m. Saturday: 9 a.m. to 5 p.m.
Proxim (Larivière avenue)	819 762-5801	Monday to Friday: 10 a.m. to 6 p.m.
Uniprix	819 797-0500	Monday to Friday: 9 a.m. to 7 p.m. Saturday: 9 a.m. to 5 p.m. Sunday: 10 a.m. to 1 p.m.