

## Pre-Arrival Checklist for Travel after October 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 so you can join us on campus as soon as possible.*

### Preparing for travel to Canada...

#### **Step 1. Check for Travel Requirements for Canada:**

Please note that the travel restrictions have been lifted as of October 2022, however you should verify any new updates on the Government of Canada [website](#).

#### **Step 2. Checklist for Documents to Present at Port of Entry:**

- ✓ 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. We have negotiated a comprehensive and affordable plan for our students with Guard Me. <https://www.guard.me/neutoronto>. International students in Canada are required to have comprehensive health insurance at all times while studying in Canada - do not let your insurance plan expire!
- ✓ 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)

#### **Step 3. Share your travel plan with us, so we can support you before and after your arrival:**

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

## Visiting the campus

Please visit this link for campus access: [Frequently Asked Questions - Northeastern University—Toronto | Northeastern University](#).

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](#).

## Additional 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](mailto: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](mailto: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.