You are required to upload this document as part of your travel registration process. There is a section at the end, which will require you to sign, prior to uploading.

<table>
<thead>
<tr>
<th>COVID-19 &amp; UCalgary Travel</th>
<th>Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Government of Canada Official COVID-19 Travel Advice - Review this information including the risks related to travelling during the pandemic.</td>
<td><a href="https://travel.gc.ca/travelling/advisories">https://travel.gc.ca/travelling/advisories</a></td>
</tr>
<tr>
<td>☐ Entry and Quarantine Requirements - Review the requirements for the country of your travel as they may change suddenly and are different world-wide.</td>
<td></td>
</tr>
<tr>
<td>☐ COVID-19 requirements within your country of travel – ensure that you have reviewed the current laws within that country and region and that you are equipped to follow them and have any protective equipment required with you prior to initiating travel. <em>Note that government regulations restricting travel inside or outside of your country of travel or your return to Canada can change suddenly.</em></td>
<td></td>
</tr>
<tr>
<td>☐ Government of Canada re-entry, self-isolation, vaccination or quarantine requirements that will be required upon your return should be reviewed. <em>Please note that the University of Calgary does not provide accommodations or financial assistance for testing, quarantine or self-isolation costs.</em></td>
<td><a href="https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/travel-restrictions-exemptions.html">https://www.canada.ca/en/immigration-refugees-citizenship/services/coronavirus-covid19/travel-restrictions-exemptions.html</a></td>
</tr>
<tr>
<td>☐ Insurance - Review your travel emergency health and repatriation insurance coverage. Consider travel insurance. Review your coverage to understand what is covered and whether or not you will be required to pay in advance for medical services. <em>Note: Your insurance is required to cover COVID-19 related illnesses/conditions, medical repatriation and repatriation of remains.</em></td>
<td><a href="https://ucalgary.ca/risk/risk-management-insurance/travel/before-you-go">https://ucalgary.ca/risk/risk-management-insurance/travel/before-you-go</a> -&gt; Review Your Medical and WCB Coverage</td>
</tr>
</tbody>
</table>
- **Increased Costs** - Any increased costs related to your travel or return, which may include, but are not limited to, extending or cancelling your accommodations, escalated cost of travel, food, loss of non-refundable fees or expenses or any portion thereof will not be reimbursed by the University of Calgary and that such costs are yours alone.

| Review |
|-------------------|-------------------|
| **UCalgary International Travel Policy and Procedures** | Policy: [https://www.ucalgary.ca/legal-services/university-policies-procedures/international-travel-policy](https://www.ucalgary.ca/legal-services/university-policies-procedures/international-travel-policy)  
Procedures: [https://www.ucalgary.ca/legal-services/university-policies-procedures/international-travel-procedure](https://www.ucalgary.ca/legal-services/university-policies-procedures/international-travel-procedure) |
| **UCalgary Country Risk Ratings** | [https://iac01.ucalgary.ca/riskmgmt/travel/publiccountryrisk](https://iac01.ucalgary.ca/riskmgmt/travel/publiccountryrisk) |

**Deciding to Travel** – consider the following:

- **Crime** – crime rates, common crimes, areas to avoid, taxi cab swindles, etc.

- **Entry and Departure Requirements** – review documentation required to pass customs, immigration and visa requirements.

- **Environmental conditions** - common weather, common wildlife, increased altitudes that may affect travellers.
  - [http://travel.gc.ca/travelling/advisories](http://travel.gc.ca/travelling/advisories) -> Natural Disasters and Climate

- **Health conditions**, including common diseases or parasites.
  - [http://travel.gc.ca/travelling/advisories](http://travel.gc.ca/travelling/advisories) -> Health

- **Holidays/celebrations** that may affect your travel plans.
  - [http://travel.gc.ca/travelling/advisories](http://travel.gc.ca/travelling/advisories) -> Calendar

- **Laws of that country** may be significantly different than those of Canada.

- **Political conditions**

- **Safety and security conditions**

- **Transportation conditions** (road conditions, driving, using taxi cabs, public transportation).
  - [http://travel.gc.ca/travelling/advisories](http://travel.gc.ca/travelling/advisories) -> Getting Around

- **Water and food safety**
<table>
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<th><strong>Before You Go</strong></th>
<th></th>
</tr>
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<tbody>
<tr>
<td>☐ <strong>Register</strong> on the University of Calgary Travel System. This allows us to contact you if we become aware of an emergency in the area to which you are travelling.</td>
<td><a href="https://iac01.ucalgary.ca/RiskMgmt/">https://iac01.ucalgary.ca/RiskMgmt/</a></td>
</tr>
<tr>
<td>☐ <strong>Register</strong> with the Government of Canada (or the country of your passport).</td>
<td><a href="http://travel.gc.ca/travelling/registration">http://travel.gc.ca/travelling/registration</a></td>
</tr>
</tbody>
</table>
| ☐ **Download** the International SOS Assistance App for mobile phones, which provides you with travel alerts and 24/365 access to their emergency services. You can also visit their website. The University’s membership number is 27AYCA093142. | **App:** [http://app.internationalsos.com/](http://app.internationalsos.com/)  
**Website:** [www.internationalsos.com/](http://www.internationalsos.com/) |
| ☐ **Download** the Government of Canada Travel Smart app for mobile phones. | [http://travel.gc.ca/mobile](http://travel.gc.ca/mobile) |
| ☐ **Entry and Departure Requirements** – obtain proper documentation required to pass customs, immigration and visa requirements in that country. Familiarize yourself with any departure tax requirements, immigration procedures, etc. Before you leave, check with the closest diplomatic mission for your destination. | **http://travel.gc.ca/travelling/advisories**  
> Country -> Entry/Exit Requirements  
International SOS App -> Country -> Travel -> Getting There |
| ☐ **Prepare for Emergencies:**  
- Obtain a **University of Calgary Emergency Assistance Card** and/or luggage handle wrap by contacting us at [riskmgmt@ucalgary.ca](mailto:riskmgmt@ucalgary.ca) – it will contain 24-hour assistance phone numbers. Alternatively, use your mobile phone and take a picture of the card or print off a copy.  
- Obtain the phone numbers and addresses of the nearest Canadian consulate or embassy office (you may also want the same information for the British, U.S. or Australian offices as they may be willing to assist). | [https://ucalgary.ca/risk/sites/default/files/teams/16/emergency-assistance-card.pdf](https://ucalgary.ca/risk/sites/default/files/teams/16/emergency-assistance-card.pdf)  
| ☐ **Health** - See your doctor and dentist before you travel. |  |
| ☐ **Health Emergencies:**  
- Keep a health emergency card on your person, written in the language of the country/area to which you are travelling (i.e. your name, language(s) that you speak, medical conditions, allergies, and emergency contact numbers).  
- Obtain information on medical services in that area, including how to obtain them. You can contact International SOS ahead of time as well, to obtain a list of vetted service providers. | Phone: 1 (215) 354-5000 |
| ☐ **Vaccinations:**  
- Ensure you adhere to the vaccination requirements of your country of travel and are able to provide the appropriate proof of vaccination.  
- Ensure your routine vaccinations are up to date. | International SOS App -> Country -> Medical |
- Strongly consider the recommended vaccinations as well.
  - Go to a travel clinic for a consultation with a travel medicine specialist as they can provide advice regarding the communicable diseases in that country/area as well as how to prevent or mitigate those risks.

**Emotional Support Programs**
- Employees travelling abroad can access LifeWorks Employee and Family Assistance Program, 24 hours/365 days a year.
- Students, Post-Docs, Interns, Externs and Volunteers can access International SOS programs 24 hours/365 days a year.

**Medications**
- check the regulations of your destination country regarding importation of your medications, as some drugs may be strictly prohibited (especially narcotics and psychotropics).
- Travel with medications in original containers
- Take extra with you, in case your trip takes longer than expected
- Take a copy of your prescriptions
- You can arrange for a copy of your personal health record to take with you, including a letter from your doctor explaining your need to take those medications

**Take extra prescription glasses or contact lenses**

**Bring a first aid kit**

**Communications**
- Set up a regular check-in process with someone at home or at the University. Ensure that they know how to contact the University for assistance, if you do not check in.
- Review emergency services phone numbers in that country (i.e. what do they use for 9-1-1), and also how to dial into the country as well as calling back to Canada.

**Driving**
- Ensure that you understand the language and/or road signs.
- Be aware of specific driving concerns (i.e. might be particularly dangerous at night or certain stretches of road have high accident rates).
- Check to ensure that you have the appropriate driver’s license and drivers permit.
- Ensure that you understand rental agency agreements and purchase the appropriate insurance (see Risk Management & Insurance website link to the right).

Employees/Academic Staff Members:
LifeWorks (Call Collect) – 1-866-424-0699

Students, Post-Docs/Interns/Externs/Volunteers:
International SOS (Call Collect) - 1 (215) 354-5000

International SOS App -> Country -> Travel -> Phone & Power

Keep an extra copy of your critical documents:
- Including passport and visa information, up-to-date vaccination documents, host country identification papers and any Embarkation Cards. Keep them in a different place than the originals, in case the originals are lost.
- Copy of your health/travel insurance.
- Leave a copy of these documents, along with your planned itinerary, with family or friends.
- Vaccination records

Cultural differences / tips

Equipment - if you are bringing University equipment with you, please check with Supply Chain Management – Customs and Traffic – to determine if you need a bond to ensure that you can export the equipment and return it to Canada.

PPE - Review masking requirements for all modes of transportation as well as at destination. Consider bringing extra supplies (Ex. Masks, wipes, hand sanitizer etc.)

Attend a briefing – (required for all Undergraduate students or those going to High or Extreme Risk countries) – for all others it can be set up by your Department through UCalgary International Study Abroad or it can be done at department level).

eLearning Travel Risk Awareness courses are also offered through UCalgary’s partnership with International SOS. Contact riskmgmt@ucalgary.ca for access to these courses.

DO NOT take weapons, alcohol or medications/drugs not permitted in that country.

Group Travel

If you are travelling as a group, prepare an emergency plan.

I have read the recommendations above and have had the opportunity to send any questions to Risk Management & Insurance.

I understand that it is my responsibility to:

a) ensure that I have adequately checked the conditions of the country I am travelling to prior to my departure,
b) ensure I am covered by adequate medical insurance,
c) have the required documentation to enter and depart the country; and
d) Remain aware of local and country situations during my travel.

Date

________________________________________

Signature

Name (please Print)