



CONCORDIA INTERNATIONAL

# COVID TRAVEL PREPARATION PLAN

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HOW TO PREPARE FOR YOUR SEMESTER(S) ABROAD

FOR OUTBOUND EXCHANGE STUDENTS

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# COVID TRAVEL PREPARATION PLAN

## How to prepare for your semester(s) abroad

These guidelines were developed in response to the COVID-19 situation to provide Concordia students traveling overseas with the necessary information and strategies to effectively handle personal health and safety and emergency situations. Although Concordia University strives to provide as much guidance as possible, we recognize that the decision to travel overseas is ultimately the responsibility of the student. The following guidelines highlight important information to consider prior, during, and after traveling, as well as useful tools and resources.

### Before Leaving Canada

It is strongly recommended that you research the country and host institution that you will be visiting prior to your departure. You should understand the current health and medical situation of the country and the precautionary measures put in place by your host institution. You should also review travel restrictions prior to booking any flights and confirm that your travel and health insurance have the right coverage for your needs.

#### Host Country

*I have conducted research on:*

- International travel restrictions
- The health and medical situation of my host country
- Social distancing measures that may or may not be implemented in my host country.
- Immigration requirements and possible delays in document processing
- The government measures and entry/exit requirements of my host country
- Canadian Government travel policies and/or restrictions
- Locating the nearest Canadian Embassy or Consulate in my host country

#### Host Institution

*I have checked whether:*

- My host institution is still accepting exchange students on-campus
- The start of the semester might be subject to change
- There are changes in course offerings at my host institution
- My courses will be taught online or on campus
- My host institution has a Covid-19 page and campus regulations
- My host institution still offers on-campus accommodation and what my other housing options are

#### Travel and Health Insurance

*I have verified that both my travel and my health insurance will cover me in the case of:*

- Repatriation
- Covid-19 related medical issues
- Medical assistance
- Airport closure and/or closed borders
- Canceled flights

#### Other Considerations

- I have filled out the Concordia and the Canadian abroad travel registry
- I have prepared a Covid-19 Kit (facemask, hand sanitizer, etc.) to bring with me on my travels
- I have adjusted my financial budget to account for unexpected Covid-19 related expenses early departure)

## Upon Arrival

When you arrive in your host country, you should be prepared to comply with any Covid-19 regulations they have in place. This could mean self-quarantine for a certain duration (refer to Appendix C). You should be aware of any penalties your host country may have for not following their regulations. You should also confirm that you have safely arrived.

### Confirm Safe Arrival

Upon arriving to my host country, I have:

- Returned my [Confirmation of Arrival form to Concordia International](#) via [studyaway@concordia.ca](mailto:studyaway@concordia.ca)
- Notified my host institution
- Checked-in with loved ones back home

## Before Returning Home

When you are preparing to return home to Canada, you should check Quebec's or your home province's (if returning to your home province directly) Covid-19 and travel regulations. Once again, you should be prepared to self-quarantine upon your arrival back home and be aware of the penalties for not following the government rules and regulations.

## Useful Resources

### Host Institution Information

Contact your [ILO](#) to find out about a) exchange cancellation, b) on-line or on-campus course verification, c) semester timeline

### Concordia Resources

- [Concordia International website](#)
- [Travel registry](#)
- Mental Health Support
  - [Concordia Wellbeing services](#)
  - [EmpowerMe](#)
- [How to make a financial budget](#)

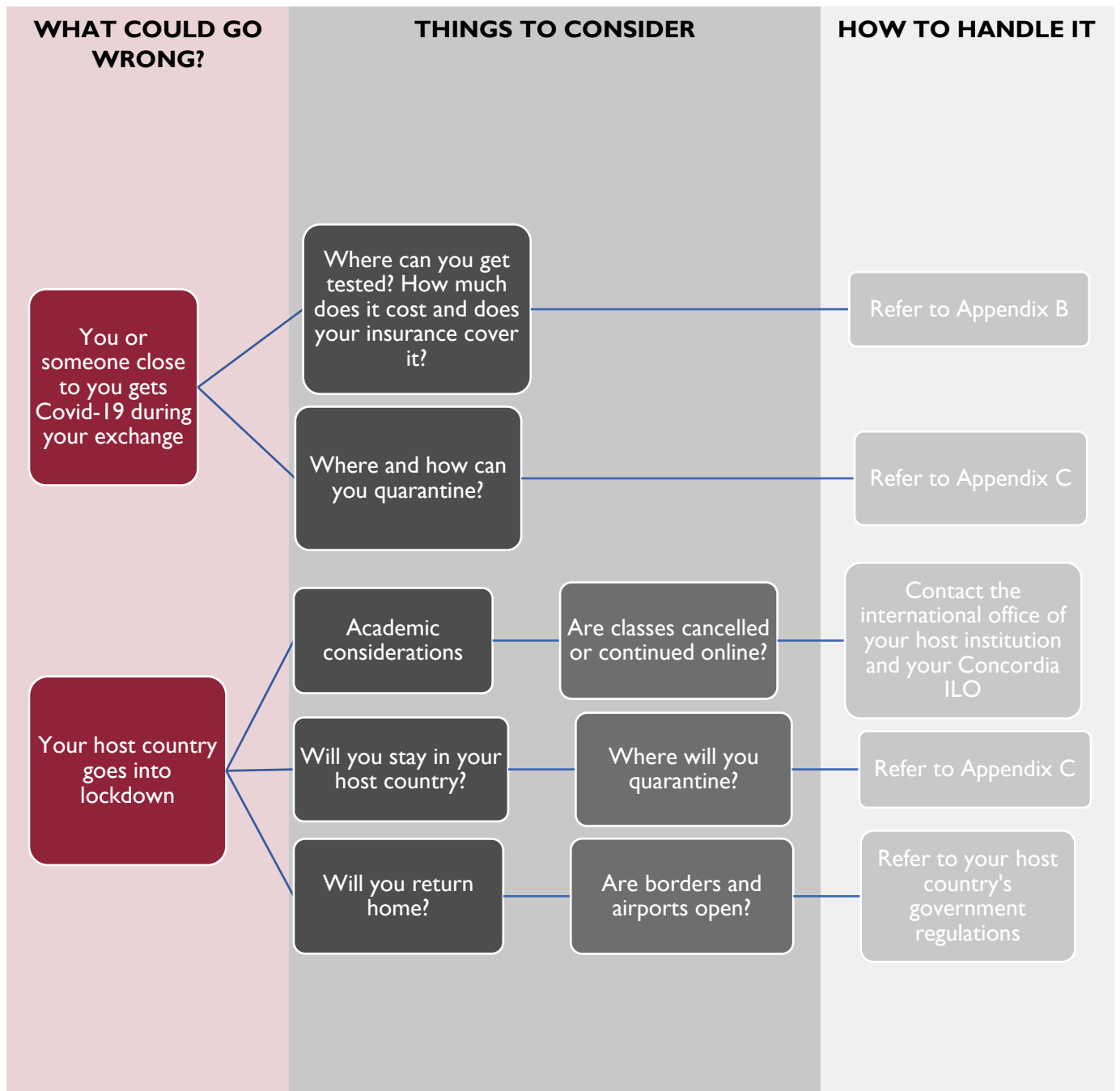
### Public Health and Government Resources

- [Global Affairs Canada](#)
  - [ArriveCan](#) (reduce wait times at Canadian ports of entry and limit points of contact)
  - [Bon Voyage](#) (mobile app)
  - [Web-based Covid-19 self-assessment tool](#)
  - [Country travel advisories](#)
  - [Assistance abroad](#)
- [Public Health Agency of Canada](#)
- [Quebec Public Health Information](#)
  - [Santé Montréal](#)
  - Info-Santé - 8-1-1
  - [Publications du ministère de la Santé et des Services sociaux](#)
- [World Health Organization](#)

## Contact Us

Still have questions? Feel free to email us at [studyaway@concordia.ca](mailto:studyaway@concordia.ca) and remember to check our [website](#) for any important updates.

# Appendix A: Potential COVID-19 Interruptions



# Appendix B: Personal Emergency Action Plan

Know where to go	
Indicate where you would go in case of an emergency (e.g., where would you go to get tested for COVID-19)	
<b>Location:</b>	
Know how to get there	
Be aware of all your emergency transportation options. Know the method of transportation and phone numbers you would use in case of emergency.	
<b>Airport:</b>	<b>Bus Station:</b>
<b>Train Station:</b>	<b>Metro Station:</b>
Know your emergency contact information	
In addition to your personal emergency contacts, indicate the numbers for the following agencies nearest to your study abroad and/or travel location(s):	
<b>City or country's 911 equivalent;</b>	<b>Local Gov't Visa office:</b>
<b>Consulate/Embassy:</b>	<b>Police:</b>
<b>Fire:</b>	<b>Post Office:</b>
<b>Translator Service:</b>	<b>Hospital:</b>
<b>Host Institution International Officer</b>	<b>Covid-19 Testing Center:</b>
<b>24hr Insurance Assistance:</b>	
In addition to your personal emergency contacts, indicate the numbers of your first, second, third contacts in case of an emergency?	
<b>Person 1:</b>	
<b>Person 2:</b>	
<b>Person 3:</b>	
Know how to reach out to your emergency contacts	
What are some alternate ways for you to communicate with your emergency contacts?	
Who would you like assisting you in the event of your illness, injury, etc...?	

## Backup plan and special conditions

If the situation does not permit you to follow the original emergency plan, what is the back-up plan (Plan B)?

Are there any other special conditions to consider which are unique to your situation (i.e. weather conditions/hazards in your region of study/travel, a personal physical handicap, poor public transportation or phone service in your area...)?

Which items do you need to add to your emergency first aid kit? (e.g., medications etc.)

Do you have emergency cash reserves, travelers' checks, credit cards, etc. on-hand, in case you can't count on banks/ATMs, or get to a bank/ATM?

# Appendix C: Quarantine Plan

Accommodation
Indicate where you will quarantine for 14 days (either upon your arrival or sometime during your stay)
<b>Location off campus:</b>
<b>Location on campus:</b>
<b>Requirements from host institution (i.e., will you have to move off-campus in the case that you get Covid-19 during your semester?)</b>
Transportation
Indicate your transportation from the airport to where you will quarantine. There are many transportation options. While at the airport, beware of drivers who solicit passengers inside the terminals. These are unlicensed taxis and limos that charge more than the regulated rates. Look for signage throughout the airport to identify verified transportation services.
<b>Transportation 1:</b>
<b>Transportation 2:</b>
Groceries
Indicate how you will get groceries and/or meals during quarantine. List the names of local services, restaurants, grocery stores or other takeout services that provide delivery in your region.
<b>Grocery stores:</b>
<b>Restaurants:</b>
<b>Local services:</b>
<b>Others:</b>