

A stylized world map in white and light blue tones, showing continents and latitude/longitude lines, serves as the background for the slide.

# Pre-Departure Session

2024 - 2025

# Agenda

## Part 1: Travel Essentials

- University responsibilities
- Student responsibilities
- Travel documents
- Insurance
- Health & Wellness
- Safety, Risk & Responsibility
- Living Abroad
  - Accommodations
  - Finances
- Culture and Adjustment

## Part 2: Academics



You must  
remain for the  
entire session



Your International Relations team is here to support during your time abroad.



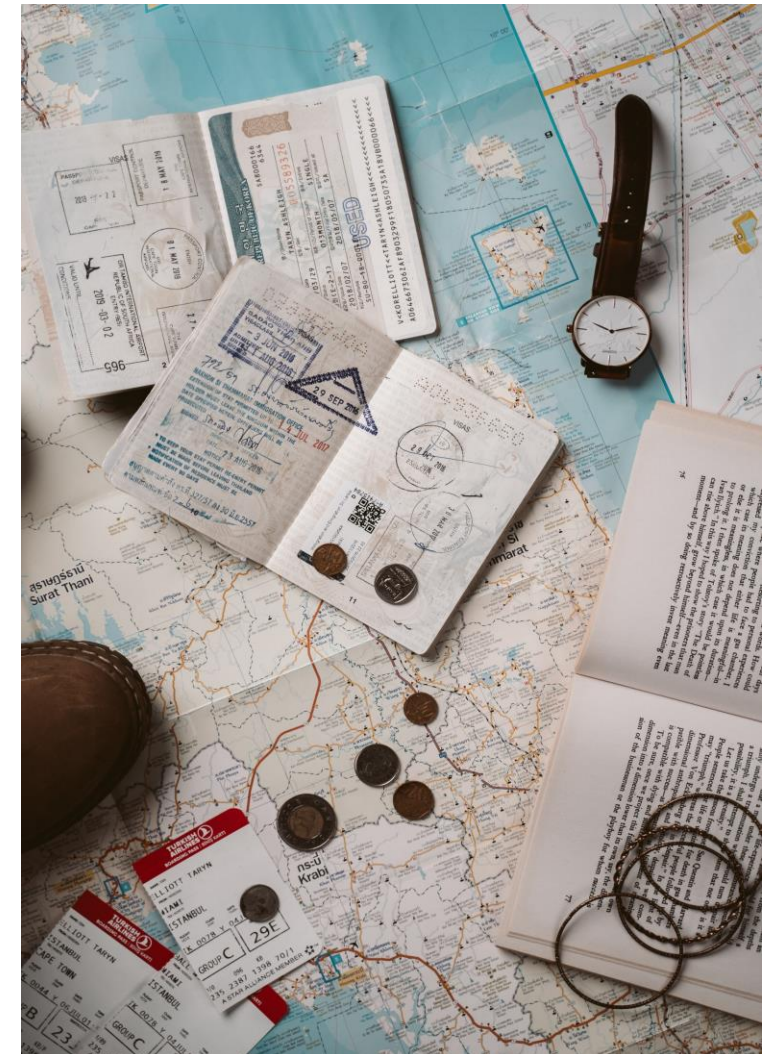
- Pre-departure briefing/resources
- Travel advisory monitoring
- Emergency response

# Student Responsibilities

Look before you leap

You are responsible to fully understand and prepare for your time abroad:

- Pre-departure research
- Travel documents
- Travel/health insurance
- Health & wellness
- Safety, risk & responsibility
- Accommodations
- Financial preparation
- Cultural awareness
- Academics



# Student Responsibilities

Plan ahead

- [Schulich Travel Registry](#)
- [Liability Form](#)
- [Emergency Contact Form](#)
  - Forms will be shared shortly
  - Failure to submit these forms prior to departure may result in cancellation of your exchange



Preparation is key to having a successful and safe experience abroad. Utilize resources to research and understand what to expect in your host country / institution.

## Government of Canada resources

- [Travel.gc.ca](https://travel.gc.ca)
- [Travel Advice & Advisories](#)
- [Country Insights](#)

## Those who've gone before

- [Exchange Reports](#)
- Connect with other students going to, or returned from, your destination

# Travel Documents

What you'll need to go

## 1. Passport

- Check expiry date (> 6 months)
- # of blank pages remaining
- Dual citizenship
- Keep your passport secure at all times



## 2. Visa

- What are the entry requirements of your destination country for exchange students?
- Do you need a visa? What type of visa? What about transit visas?
- Check with host institution, embassy/consulate
- Apply ASAP



## 3. Entry & Travel Considerations

- Research and understand all entry requirements of host country, and any other countries you may visit/transit
- COVID entry requirements may still be in place in some countries (i.e.: pre-departure COVID test, vaccination proof, etc)
- [COVID-19 Travel Regulations Map](#)

## 4. Exchange Acceptance Letter

- Carry proof that you've been accepted to study at your exchange institution
- Exchange offer letter AND letter of acceptance from host school

Check the expiry dates on ALL documents!

## Returning to Canada

- Canada currently has no [COVID travel restrictions](#) in place
  - All students, regardless of citizenship, need to comply with Canada's entry protocols, if in place upon your return.
  - It is your responsibility to review and understand the requirements to re-enter Canada, as these may change at any time

## Additional Considerations for non-Canadian students:

### Permanent Residents (PR)

- A valid PR Card is required to return to Canada. **Check validity** (usually valid for 5 years) before travelling
- If PR Card expires when outside Canada, you will need to apply for a PR Travel Document (PRTD)



### International Students

- Check your study permit AND travel document (TRV/eTA) expiry dates. Must be valid for your return to Canada
- Graduating students – do you need a **bridging study permit** to ensure sufficient time to obtain grades and apply for Post-Graduation Work Permit?





# Travel Insurance

Risk mitigation

We **strongly advise** that you consider purchasing travel insurance to cover:

- Flight cancellations / missed flights
  - Trip cancellation/ interruption
  - Baggage/personal belongings
- 
- Consider “cancel for any reason” (CFAR) insurance
    - Offers most cancellation flexibility
    - Usually available as upgrade to travel insurance plans



## Travel Health Insurance

- All students are **required** to have comprehensive health insurance for the duration of your time outside of Canada
  - We do not require coverage by a particular insurer. It is your responsibility to research and select best coverage for you
    - Consider York University's [Guard.Me International Travel Insurance](#)
  - OHIP and UHIP do not cover out-of-Canada expenses
    - May be possible to get refund for UHIP when outside Canada; however, keeping as base plan may make supplemental insurance cheaper. Contact UHIP office
  - York U Supplemental Plans (YFS or GSA) – may provide some out of Canada coverage, but likely not adequate
- If you already have supplemental travel health insurance (via workplace, parents, credit cards, etc), do NOT assume that it provides adequate coverage
  - Review policy and understand what is and is not covered
- Do NOT base your decision on price alone
- Answer any insurance questionnaire accurately and disclose information such as pre-existing conditions to ensure that your coverage is suited to you



## Be Prepared!

Make 2 copies of travel itineraries & insurance documents

- 1 copy (or email) with emergency contact, family member, friend or school
- Carry a copy (separate from originals)

Write down all important contacts and information

- Emergency contact
- Insurance policy # and contact

Call your insurance company before obtaining care

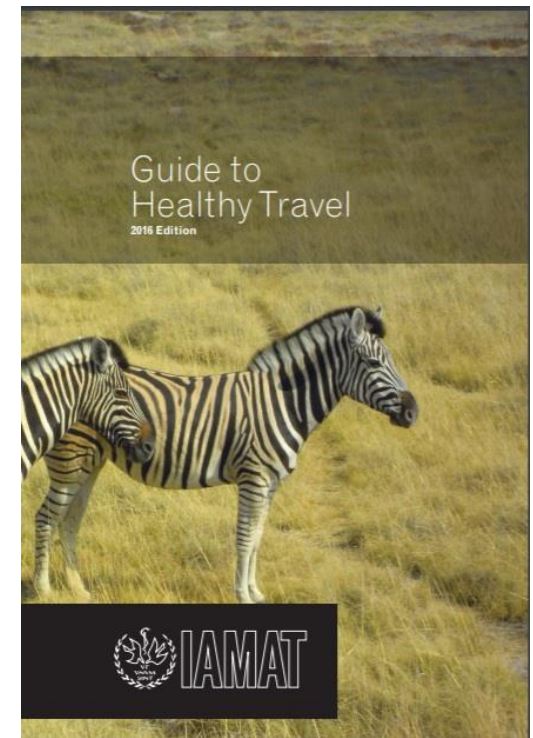
- Some services are not covered without prior approval
- Make sure its an authorized service or provider
- Have phone/connection numbers readily available

Always carry hard copies of important documents (i.e.: entry documents, health insurance, etc)

## Take steps to ensure your personal health while abroad:

- Visit your doctor well in advance of your travel
- Ensure your routine immunizations/travel vaccinations are up-to-date
  - Some countries have vaccine requirements
  - May need to be administered weeks in advance
- Prescriptions (enough for entire stay)
  - Bring copies of your eyeglass and drug prescriptions
  - Review “[travelling with medications](#)” to ensure you can bring medications with you
- Travel medicine kit
  - Consult list in “Guide to Healthy Travel”
- Medical/Emergency Contacts
  - Make list of family doctor, medical specialists, and emergency contacts
  - [International Association of Medical Assistance for Travellers](#) - English speaking doctors
- [Water, Food & Sanitation](#)
  - Drink filtered or bottled water & choose food wisely
  - Wash hands regularly and carry hand sanitizer

Government of Canada:  
[Travel Health and Safety](#)



# Safety, Risk & Responsibility

## Emergency preparedness

- Register with Foreign Affairs in your home country
  - Registration of Canadians Abroad: <https://travel.gc.ca/travelling/registration>
- Carry emergency contact info
  - Health insurance policy # and contact, emergency phone numbers
  - Consular Assistance
    - Canada: <https://travel.gc.ca/assistance/emergency-assistance>
    - Home country embassy/consulate
    - [sos@international.gc.ca](mailto:sos@international.gc.ca)
  - Contact information for host exchange coordinator / Schulich exchange coordinator
  - York U Emergency Line: can call collect (416) – 736-5333
- Bookmark Government of Canada [Emergency Information page](#)
  - Contains links to information/resources on various emergency or crisis situations
- Know emergency procedures & notification systems in host country (i.e.: 911) and security services at host school
- Keep up to date on current/local events
- Make a communication plan with family/friend
  - i.e.: Regular check-ins (email, phone, text, etc)
  - Always alert someone when you travel

### Email:

- [sos@international.gc.ca](mailto:sos@international.gc.ca)
- [Emergency contact form](#)

### Telephone:

#### From outside Canada

- Call the [nearest embassy or consulate](#).
- +1 613 996 8885 (call collect where available)
- [Toll-free numbers in some countries](#)

#### From inside Canada (non-passport-related)

- 613-996-8885
- 1-800-387-3124 (toll-free from the U.S. and Canada only)

#### Emergency passport services within Canada (weekends and statutory holidays)

- 1-800-567-6868 (toll-free from Canada only)

### SMS:

- +1-613-686-3658 (carrier charges may apply)

### WhatsApp:

- +1-613-909-8881 (carrier charges may apply)

### Telegram:

- Canada Emergency Abroad

### Emergency information

The following information and resources can assist you to manage emergency or crisis situations that may arise while you are abroad.

- [Arrest and detention](#)
- [Child abduction and parenting or custody issues](#)
- [Conversion therapy](#)
- [Death abroad](#)
- [Financial assistance](#)
- [Forced marriage](#)
- [Hijacking, hostage takings and kidnappings](#)
- [Large-scale emergencies abroad](#)
- [Lost or stolen belongings abroad](#)
- [Missing persons](#)
- [Passport security](#)
- [Physical assault abroad](#)
- [Sexual assault abroad](#)
- [Sickness or injury](#)

# Safety, Risk & Responsibility

## Street smarts

- Taking risks and making choices
- Be aware of your surroundings
- Know which areas to avoid
- Be wary of strangers approaching you
- Trust your instincts!



## SOCIAL MEDIA SMART

- No personal information
- No provocative photos
- Assume it is permanent
- Be wary of strangers asking to take your photo
- Do you have internet privacy?

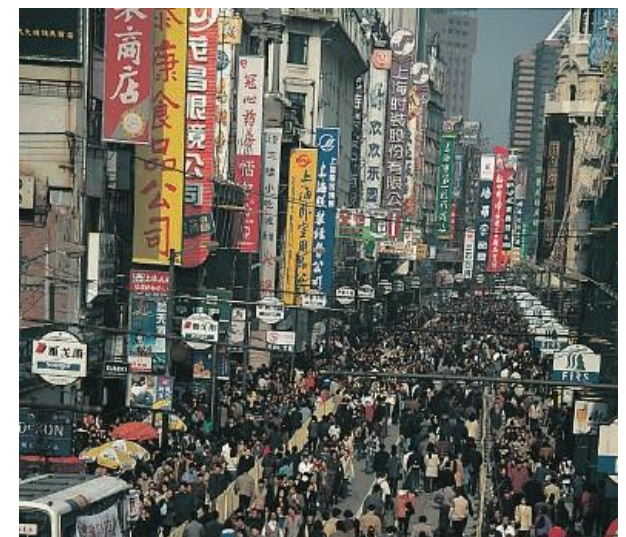


## PHOTOGRAPHY POLICY

- Ask permission
- Military, police, government, religious sites?



- Secure a place to stay
  - Check with your exchange school about on-campus accommodation options
  - Research off-campus accommodation options
  - May need to stay in a hotel for a few days
- Provide address details to school, family and/or friends
- Get receipts for payment of rent





- Review “[Travelling and Money](#)”
- Notify your bank & credit card company; verify your card will be accepted abroad
- Have local currency for taxi/bus fare, food
  - Ideal to obtain local cash before leaving Canada
- Check to see if there is a departure tax/airport service fee
- Avoid [fraud overseas](#) and protect your money
- Check for available [scholarships](#) for Canadians to study abroad



# Culture & Adjustment

Immerse yourself

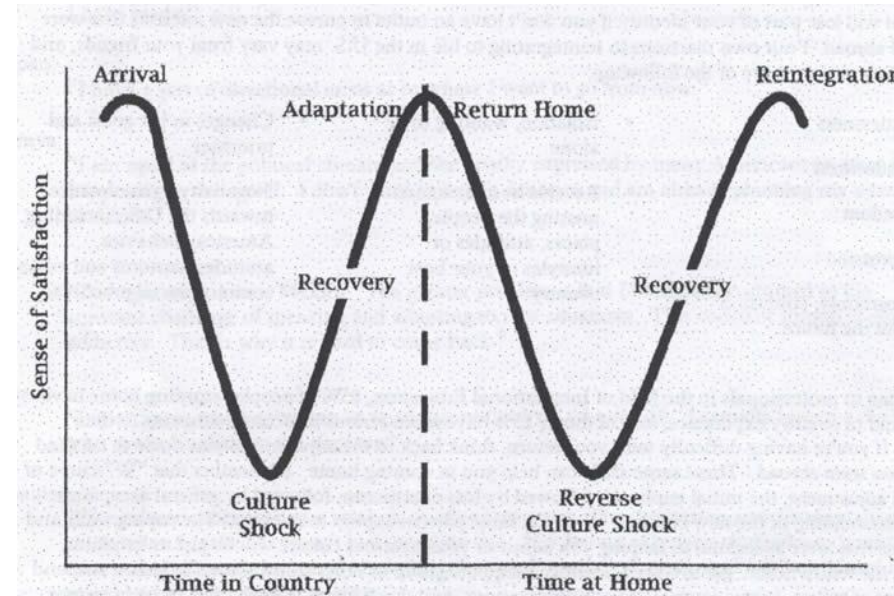
- Communication and language
- Sense of self & space
- Food & eating habits
- Relationships*
- Values & norms
- Beliefs & Attitudes
- Dress & appearance*
- Work habits & practices
- Time & time consciousness
- Mental processes & learning



# Culture Shock

Adjusting to your new environment

1. Honeymoon Phase
2. Crisis (Shock) Phase
3. Adjustment Phase
4. Acceptance Phase
5. Reverse Culture Shock



# Honeymoon Phase

“I can’t believe I’m here!”

- Excited
- Eager
- Anxious
- Enthusiastic
- Engaged
- Adventurous



# Rejection

“These people are so aggravating”



- Anger, discomfort, frustration, irritability
- Boredom, fatigue inability to concentrate
- Negative feelings about people and culture of host country
- Compulsive eating and drinking, excessive sleep
- Homesick

# Adjustment

Not strange, just unfamiliar

- Understanding of new culture
- Increase in self-confidence
- Beginning to feel at home



# Reverse Culture Shock

“Sucks to be home”



- People have changed
- View home culture differently
- Longing for host country
- Cycle begins again

# Culture Shock

## Coping mechanisms

- Give yourself time to adjust and remember that an adjustment period is normal
- Stay in touch with family & friends at home
- Make new friends in your new locations
- Find the familiar (comfort food, listen to music)
- Document your trip (photos, journal, blog)
- Get involved with host school
- Have a sense of humour and curiosity, stay active and be kind to yourself
- Build your self-care and resiliency skills (self-esteem and coping thoughts)
- Contact Exchange Coordinators
- Talk to someone/seek support





# Part 2: Academics