

	Review <b>COVID-19 and UCalgary Travel</b> page to ensure that your travel follows current UCalgary requirements.	<a href="https://www.ucalgary.ca/risk/risk-management-insurance/travel/covid-19-international-travel">https://www.ucalgary.ca/risk/risk-management-insurance/travel/covid-19-international-travel</a>
	<b>Government of Canada Official COVID-19 Travel Advice</b> - Review this information including the risks related to travelling during the pandemic.	<a href="https://travel.gc.ca/travelling/advisories">https://travel.gc.ca/travelling/advisories</a>
	<b>Government of Canada COVID-19 Travel Testing and Borders Information</b> – Including requirements to return to Canada.	<a href="https://travel.gc.ca/travelling/health-safety/covid-19-security">https://travel.gc.ca/travelling/health-safety/covid-19-security</a>
	<b>Entry and Quarantine Requirements</b> - Review the requirements for the country of your travel as they may change suddenly and are different world-wide. <b>COVID-19 requirements within your country of travel</b> – ensure that you are aware of the requirements of the country you are travelling to and that such costs are yours	

and that such costs are yours

**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>

alone.

Review	
UCalgary International Travel Policy and Procedures	<b>Policy:</b> <a href="https://www.ucalgary.ca/legal-services/university-policies-procedures/international-travel-policy">https://www.ucalgary.ca/legal-services/university-policies-procedures/international-travel-policy</a> <b>Procedures:</b> <a href="https://www.ucalgary.ca/legal-services/university-policies-procedures/international-travel-procedure">https://www.ucalgary.ca/legal-services/university-policies-procedures/international-travel-procedure</a>
UCalgary Country Risk Ratings	<a href="https://iac01.ucalgary.ca/riskmgmt/travel/publiccountryrisk">https://iac01.ucalgary.ca/riskmgmt/travel/publiccountryrisk</a>
Government of Canada International Travel Advice and Advisories for your country of travel	<a href="http://travel.gc.ca/travelling/advisories">http://travel.gc.ca/travelling/advisories</a> -> Country
<b>Deciding to Travel – consider the following:</b>	<b>Go to <a href="http://travel.gc.ca/travelling/advisories">http://travel.gc.ca/travelling/advisories</a></b> -> Country -> Tabs include Safety and Security, Entry/Exit Requirements, Health, Laws and Culture, Natural Disasters and Climate and Assistance  <b>Go to the International SOS Mobile App – see page 3 for directions to download the app.</b>
<b>Crime</b> – crime rates, common crimes, areas to avoid, taxicab swindles, etc.	<a href="http://travel.gc.ca/travelling/advisories">http://travel.gc.ca/travelling/advisories</a> -> Country -> Safety and Security
<b>Entry and Departure Requirements</b> – review documentation required to pass customs, immigration, and visa requirements.	International SOS App -> Country -> Travel <a href="http://travel.gc.ca/travelling/advisories">http://travel.gc.ca/travelling/advisories</a> -> Country -> Entry/Exit Requirements
<b>Environmental conditions</b> - common weather, common wildlife, increased altitudes that may affect travellers.	<a href="http://travel.gc.ca/travelling/advisories">http://travel.gc.ca/travelling/advisories</a> -> Country -> Natural Disasters and Climate
<b>Health conditions</b> , including common diseases or parasites.	<a href="http://travel.gc.ca/travelling/advisories">http://travel.gc.ca/travelling/advisories</a> -> Country -> Health
<b>Holidays/celebrations</b> that may affect your travel plans.	International SOS App -> Country -> Travel -> Calendar

**Download** the International SOS Assistance App for mobile phones, which provide you with travel alerts and 24/365 access to their emergency services.

**App:**

<p><b>Vaccinations:</b></p> <ul style="list-style-type: none"> <li>- Ensure you adhere to the vaccination requirements of your country of travel and are able to provide the appropriate proof of vaccination.</li> <li>- Ensure your routine vaccinations are up to date.</li> <li>- Strongly consider the recommended vaccinations as well.</li> <li>- 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.</li> </ul>	<p>International SOS App -&gt; Country -&gt; Medical</p>
<p><b>Emotional Support Programs</b></p> <ul style="list-style-type: none"> <li>- Employees travelling abroad can access Lifeworks Employee and Family Assistance Program, 24 hours/365 days a year.</li> <li>- Students, Post-Docs, Interns, Externs and Volunteers can access International SOS programs 24 hours/365 days a year.</li> </ul>	<p><b>Employees/Academic Staff Members: LifeWorks</b>  Within Canada: 1-866-424-0699,  Within United States: 1.888.509.5560  All other countries: 1.905.886.3605</p> <ul style="list-style-type: none"> <li>- Tell the representative the name of your employer and what country you are calling from and request they call you back immediately, or at a time convenient for you.</li> <li>- Provide the representative with the telephone number where you can be reached.</li> </ul> <p><b>Students, Post-Docs/Interns/Externs/ Volunteers:</b>  International SOS (Call Collect) - 1 (215) 354-5000</p>

**Medications**

- Check the regulations of your destination

## 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).

International SOS App -> Country -> Travel  
-> Getting Around

[https://ucalgary.ca/risk/riskT0 Tc 0 Tw 5.a8\(\)10.6 \(M\)-1.7 \(a\)2.epdt](https://ucalgary.ca/risk/riskT0 Tc 0 Tw 5.a8()10.6 (M)-1.7 (a)2.epdt)

