Graduate Student Travelling to a High-Risk Country (Alone or in a Group)

1. Check the Global Affairs Canada advisory level for the country you will visit
   Carefully review the posted travel advice for your destination and continue with the next step.

2. Register your travel
   Register on SFU's International Travel Safety Database.
   (An up-to-date Registration Guide can be found at www.sfu.ca/travelsafe)
   Register with the Registration of Canadians Abroad. Students who are not Canadian citizens are
   strongly encouraged to register with their home country’s Foreign Affairs department/ministry.

3. Complete an Emergency Plan (See Appendix A-4)

4. Complete a Terms of Participation Contract (See Appendix A-7)

5. Complete a Waiver or an Assumption of Risks Form (See Appendix A-8)

6. Complete a Consent to Disclose Personal Information Form (See Appendix A-9)

7. Attend a Pre-Departure Orientation

8. Ensure that your passport is valid for at least 6 months beyond the date of your return
   to Canada and that you have all the necessary travel documents including visas

9. Visit a Doctor and/or a Travel Clinic

10. Ensure that you have adequate health insurance and travel insurance
    You must have comprehensive and sufficient insurance coverage appropriate to travel, study, and work
    overseas. It is strongly recommended that you review the policies carefully, including the fine print, to
    ensure that you know what it covers and more importantly, what it does not cover.

11. Create and follow a check-in plan

12. Set up International SOS Email Alerts and download app

13. Complete Safety Planning Record and all requirements for Special Authorization

   Student Name: _____________________________ Student ID: ______________________
   The activity leader/sponsor below has verified that the student named above has completed the steps listed.
   Verified by (please print): ________________________ Department: ________________________
   Signature: _______________________________ Date: ____________________