

UNIVERSITY REQUIREMENTS

- ▶ Attend Pre-Departure Orientation
- ▶ Complete McGill Travel Registry
- ▶ Courses and transfer credits: have them approved before you leave
- ▶ Download McGillAbroad App



MONEY MATTERS

- ▶ Plan budget including funds for emergencies
- ▶ Research destination banking system
- ▶ Bring sufficient cash (don't forget some foreign currency)
- ▶ Inform bank of travel plans before using credit cards



WHILE YOU'RE AWAY

- ▶ Keep in touch
 - family & friends
 - McGillAbroad FB pages
- ▶ Get engaged!
 - learn the language
 - write a journal or blog
 - experiment with new cuisines
 - get involved with community or student group
 - leave your comfort zone!



PASSPORTS & VISAS

- ▶ Passport - valid for 6 months
- ▶ Host country entry visa
- ▶ Bring birth/citizenship certificate (speeds up replacement of lost passport)
- ▶ Print copies of
 - passport identification page
 - travel documents (ex. visa)
 - identification cards
 - insurance policy
 - vaccinations & immunizations booklet/certificate
 - itinerary
 - emergency contacts
- ▶ Email yourself a copy of these documents. Leave a copy with a friend or relative.



HEALTH AND INSURANCE

- ▶ Travel + medical insurance including:
 - emergency health coverage
 - emergency evacuation coverage
 - trip cancellation + interruption
- ▶ Policy exclusions
 - limitations, restrictions, exclusions, caveats (eg., political demonstrations, extreme sports)
 - travel advisories – can affect your coverage
- ▶ McGill Health Clinic or Travel Clinic
 - vaccinations & immunizations
- ▶ Fill prescriptions for entire trip
 - store in original bottles with labels
 - have prescription on you for verification
- ▶ Appropriate supplies for host country (also OTC medication)
 - eyeglass prescriptions tool
- ▶ Pack a medical kit/supplies necessary for your destination
 - sunscreen
 - insect repellent
 - water filter
 - thermometer



EMERGENCY PLANNING

- ▶ Check your country travel report on travel.gc.ca
- ▶ Register with Registration of Canadians Abroad travel.gc.ca/register if you are Canadian
 - If not Canadian, register with your home country's foreign affairs office.
- ▶ Create an Emergency Action Plan (see flipside)

PASSPORTS/VISA

Consulate /Embassy

Emergency Contact, Host Institution

HEALTH AND INSURANCE

Pharmacy

Clinic/Doctor

Insurance Provider

MONEY MATTERS

Your Bank

Nearest ATM

EMERGENCIES

► My plan for host country national security crisis:

1.

2.

3.

► My plan in a medical emergency:

1.

2.

3.

EMERGENCY + 1-514-398-3000

If this student is in serious difficulty while outside of Canada, please call McGill Campus Security. Collect calls are accepted 24/7. They will contact the appropriate University Personnel to provide assistance.



McGill University
Montreal, Quebec, Canada

Fire Department

Hospital

911 equivalent

Police

OTHER

MCGILL INFORMATION

If you need to contact McGill in an emergency while abroad, call McGill Campus Security at + 1-514-398-3000, available 24/7.
You CAN call collect.

- Emergency consular assistance:
 1. Send an email to sos@international.gc.ca
 2. Make a collect call to +613-996-8885
 3. Call the nearest embassy or consulate
 4. Send a text to 613-209-1233

► If you're not in danger during a crisis, you should:

1. Contact your closest family members.
2. Check your McGill email.
mcgillabroad@mcgill.ca will reach out to you to check if you are safe and ask if you require any assistance. **You should respond immediately.**
3. Remain vigilant and follow the advice of local authorities.



READY FOR TAKE OFF?