

TRAVEL TIPS

These are some travel tips that we have put together to help outgoing exchange students. This list is a guideline only, and is not comprehensive; there are many resources available for students travelling on exchange beyond what we have listed here. If you ever need any help, or have any questions, please contact the exchange advisors at exchange@haskayne.ucalgary.ca.

TRAVEL PLANNING & TRANSPORTATION

- Travel Planning: there are many websites and apps to help you plan your travels (some free, some not).
- Booking Flights: there are various websites and apps that can help you find discounted flights, predict when it is best to purchase flights, etc.
- Packing: Search online for tips for packing for long trips. Look for articles or lists of items to pack and also items NOT to pack. If you are taking any electronics with you, make sure that your devices' chargers/adapters are compatible with the voltage at your destination.
- Temporary Accommodation: you may need to arrange temporary accommodations while you search for permanent housing depending on your host country and institution.

HEALTH & SAFETY

- Physical Health:
 - Book an appointment with a travel health clinic or speak to your doctor/pharmacist about your travel plans. Get any vaccines / medications recommended. Check into health insurance for your travels.
 - If you have any prescriptions for medications, confirm that you can bring it into the country and if you need documentation, if you can get refills in your host country, etc. (Talk to your doctor.)
 - [ImmunizeCA](#): website and app that has information and resources on immunizations for Canadians.
- Mental Health:
 - The process of adjusting to a new culture can aggravate pre-existing concerns or challenges that had previously gone unnoticed, or were well managed at home. The differences in travel can also be distressing and lead to loneliness, culture shock, and feelings of anxiety or stress. Some things to watch for include:
 - Inability to Get out of Bed/Motivate Yourself
 - Lack of or Too Much of an Appetite
 - Unavoidable Negative Thoughts
 - Erratic Mood Swings
 - Lack of Focus or Pervasive Forgetfulness
 - Difficulty Sleeping or Sleeping Too Much
 - Irritability
 - Difficulty in Upholding Self Care
 - If you find yourself experiencing any of these while abroad seek support through the Emergency Assistance card, the Emergency App, or by contacting the student health office at your host institution.

- Safety:
 - Once you have confirmed your travel plans, register with [Foreign Affairs & International Trade Canada](#) (Government of Canada).
 - Download [International SOS app](#).
 - Download the [Travel Smart app](#).
 - Check country ratings on [Risk Management website](#) for host institution country and others you want to visit. (Click “Check the Risk Rating of the Country” under “Before You Go” (near bottom of page).)
 - Check [Travel Reports](#) on Foreign Affairs’ Canada website for host institution country and others you plan to visit while away.
 - Scan your passport and email a copy to yourself and a family member.
 - Send your travel itinerary to a family member, including contact information for where you’ll be staying. Keep your family members updated of your travel plans if they change.
 - Write your name and a contact phone number on a card in your luggage in the event that it gets lost. If you do not have a contact phone number for your host country yet, use a family member.

GENDER-SPECIFIC & LGBTQ+ RESOURCES

- For resources, please see “UCI Useful Resources” file on [UCalgary Study Abroad](#) Facebook group.

CULTURE & COUNTRY AWARENESS

- Going to a foreign country means you will encounter people from different ethnic and cultural backgrounds – it is strongly encouraged to learn a bit about the culture and country before your departure.
 - [Cultural Insights by Country](#)

COMMUNICATON & NAVIGATION

- Communication:
 - It may be beneficial in some countries to learn some basic words and phrases in the national language to help you get around the country. Consider purchasing a phrase book, downloading a language app, or even attending a class to learn some basics of the language before your departure.
 - What are you going to do with your cell phone while you are away? Are you going to get a SIM card for the country? If yes, your phone may need to be unlocked.
 - There are numerous free and paid apps and websites and programs for texting/calling internationally.
 - [Calling codes for international calls](#)
- Offline Maps: downloading offline maps for the area you are going to be travelling around is a great way to make sure you can find where you need to go without using data or Wi-Fi. Many websites and apps offer this feature.
- If you are considering driving in the country you are staying in, check into whether you need an international driver’s license (at a registry) and research driving laws for your host country.

MONEY & BUDGETING

- Look into setting up a Living Will/Personal Direction for when you’re abroad. You can find more information about this [online](#).



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- Consider assigning someone Power of Attorney to take care of any official financial matters while you are away; please contact your bank directly for more information on this.
- [Numbeo](#): website for comparing estimated costs of living in various cities/countries.
- Consider download a budgeting app to help with your budget while abroad.