

International Pre-Departure Orientation

Travel Risk Assessment and Emergency Plan



Assessing your risks is an important aspect of responsible travel planning. Use this resource to assess and mitigate your risks. The administrators of this course will **not** store a copy, and it will **not** be uploaded to the UM Learn platform. However, your travel program coordinator or supervisor may request a copy.

First, think broadly about the following:

Goals – What are your goals and objectives for your travel?

Expectations - What are your expectations regarding living conditions, accommodation, food, climate, study/work placement, health regulations, cultural interactions, workplace safety, and communications?

Hosting Organization – What do you know about your host organization/institution/agency?

Workplace/Classroom - What will you be expected to do on this program? What are working/studying conditions like? Does the organization take steps to ensure a safe working/studying environment?

Host Culture - What is the political system in the country? How will your financial position, race, and social status compare with dominant culture or the majority living in your destination(s)? What things are taboo?

Accommodation – Have you found suitable accommodation? Will you have electricity, water, heat, etc.? What are the living conditions?

Travel Risks

A risk is a potential incident, activity or situation where your health and safety could be threatened. While abroad you will be in unfamiliar surroundings and will be exposed to different risks than usual. For example:

- Health Risks (epidemics, pollution, water and air contaminants, dietary concerns)
- Environmental / Natural Disasters (road conditions, floods, earthquakes)
- Civil Unrest (strikes, political turmoil, terrorism, violence, demonstrations, riots)
- Legal Risks (crime, petty theft, drug use)
- Serious Illness or Injury, including sexual assault and mental illness
- Other Traumatic Events (personal risks and emergencies)
- Linguistic, Cultural or Ethics-related risks

Risk Self-Assessment, Analysis and Management

Use the chart below to assess any health, environmental, civil, legal or any other risks you may encounter.

- 1) **Risk Identification** - List the predominant risks that you will encounter.
- 2) **Risk analysis** - Describe possible negative effects of hazards, put risks into their contexts, analyze the exposure to the risk and identify your perceptions of the risk.
- 3) **Risk Management** - Identify actions and precautions you can take to prevent or decrease impacts.

Risk Identification	Risk analysis	Risk Management
<i>Example: Global Affairs Canada has identified the presence of Zika virus.</i>	<i>I could get sick, and perhaps have to return home. This increases risks if I (or my partner) get pregnant.</i>	<i>I will visit the Travel Health Clinic to get relevant information. I will avoid areas with a greater risk of infection.</i>
<i>Example: Earthquakes are fairly common at my destination.</i>	<i>My safety could be threatened. Earthquakes are difficult to predict and can cause mass destruction.</i>	<i>I will ensure that I understand local earthquake procedures and what supports are available to me.</i>
<i>Example: Laws are strict about drug usage, even for cannabis.</i>	<i>I could be jailed, fined or deported. Foreigners are targeted by police for random searches.</i>	<i>I will not use illegal drugs, and I will avoid situations where drugs are used.</i>
Risk Identification	Risk analysis	Risk Management

Students participating in Field Work should also reference the [Field Safety Core Manual](#).

Emergency Plan

Travellers must identify all relevant emergency information prior to departure. Keep a copy with you while travelling and provide the following information to a family member or another trusted person.

Name as written on Passport	
Date of Birth (dd/mm/yyyy)	
Medical Condition Information	
Current Medications	
Allergies	
Medical and Travel Insurance Coverage Providers, Policy Numbers and contacts	
Departure Date, Time, and Flight #	
Return Date, Time, and Flight #	
Accommodation Address(es)	
Host Organization Address and Contacts	
U of M Program Coordinator Contact Information	
Itinerary (and other Planned Trips)	
Embassy or Consulate Contacts	
UM Security Services Contact	1-204-474-9312
International SOS Contact	1-215-942-8478 - U of M Membership Number: 27AYCA524935
Bank and Credit Card Contacts	