Before departing on your Study/Work/Travel Abroad program, it is your responsibility to research carefully your destination and your planned activities, and to gather site-specific information regarding known hazards that you may encounter, to analyze the risks associated with each, keeping in mind your personal needs in relation to your destination, and to come up with a risk management plan for each. In this process of “risk analysis” you should keep in mind Health Issues, Environmental Hazards, Legal Considerations, and Personal Risks and Emergencies.

If you are an undergraduate student traveling internationally, except for those attending the International Study Centre at Herstmonceux, you are required to comply with Queen’s Off-Campus Activity Safety Policy (OCASP), a large part of which revolves around the performance of a detailed risk analysis. All others are strongly encouraged, and in many cases required, to complete the OCASP Form 1. Information on OCASP and the process for completing the Safety Planning Record Form 1 and a risk analysis can be found at www.safety.queensu.ca/policy/activity/

**STEPS TO COMPLETE YOUR PERSONAL RISK ANALYSIS:**

1. Read the Department of Foreign Affairs and International Trade Canada (DFAIT) on-line Travel Report for your host country(ies) which can be found at [http://www.voyage.gc.ca/countries_pays/menu-eng.asp](http://www.voyage.gc.ca/countries_pays/menu-eng.asp). The DFAIT report will provide many (but not necessarily all) of your hazards/risks.
3. Access QUIC’s pre-departure resources, including participating in a pre-departure session. Resources and session details can be found at [http://quic.queensu.ca/outgoing/predepartureorientations.asp](http://quic.queensu.ca/outgoing/predepartureorientations.asp).
4. Consider the following list of general questions that you should be asking in analyzing your personal risks, as well as some recommended on-line resources that will assist in developing your risk management plan.

**HEALTH ISSUES**

1. What kinds of health services are available?
2. Are English speaking doctors readily available?
3. Is national health insurance required? If so, what items are covered, which are not?
4. What diseases are prevalent? How are they transmitted?
5. Which immunizations are required to enter the country? Which are suggested?
6. Do you have adequate health insurance? Please see the QUIC health insurance information sheet at [http://quic.queensu.ca/outgoing/additionalpredepartureresources.asp](http://quic.queensu.ca/outgoing/additionalpredepartureresources.asp).
7. Do you have any health factors/conditions that could contribute to potential hazards (e.g. pre-existing allergies, disabilities, psychological conditions, etc)

**ENVIRONMENTAL HAZARDS**

1. Have there been any recent, or are there any recurring, natural disasters in your host country?
2. What are the environmental issues in your host country?

**LEGAL CONSIDERATIONS**

1. Are there any special security concerns – crime, violence?
2. Do you know the laws regarding drug and alcohol use?
3. Are there laws regarding Lesbian/Gay/Bisexual/Transgender activities? (please see QUIC’s LGBT information sheet)
4. What are the transportation standards in your host country? Are international drivers licenses recognized? Are Canadian licenses recognized? Are there any issues regarding local/national transportation? Does traffic travel on the right or the left?
PERSONAL RISKS AND EMERGENCIES

1. What is the political system in the country? Is the political environment stable? Are there any issues related to corruption?
2. Is there any special concern about the economic instability of the country?
3. What is the currency? Are there any issues related to currency trading?
4. What are the main characteristics of traditional daily life? Are there any issues related to dress?
5. What religion is practiced in this country? Are there any issues related to religious intolerance?
6. Are there any special concerns about the gender/sex difference? Are there any issues related to sexual intolerance?
7. Are there any special concerns about racial/ethnic difference? Linguistic difference?
8. What is the situation of Canadian relations with your host country? What is the history? Are there any specific issues/incidents which may impact you as a Canadian visitor? What about for other countries with which you hold citizenship or national ties?
9. What are the contacts in your host countries in case of emergency, natural disasters, or civil unrest?
10. Are there any issues around individuals travelling alone? In groups?
11. Are there areas/sites in your host country/city which are recommended to be avoided?
12. Do you know the equivalent of “911” in your host country?

RESOURCES

Canadian Air Transport Security Authority: Instructions and information for air travellers, including how to pack, pre-board screening, a list of items not allowed on board and information for travellers with special needs. www.catsa-acsta.gc.ca

Canadian Public Health Association (CPHA): Information about conferences, policy statements, and periodicals about health issues. www.cpha.ca

Canadian Society for International Health (CSIH): Health information for Canadian travellers. www.csih.org

Center for Disease Control (CDC): Geographic health recommendations and a graphical travel map. www.cdc.gov/travel/

Centre for Intercultural Learning Country Insights: Providing country facts and cultural topics on countries of the world. www.intercultures.ca


Health Canada’s Travel Medicine Program (TMP): Health advice for travellers including health hazard advisories and travel health recommendations. www.phac-aspc.gc.ca/tmp-pmv/index-eng.php

Intercultural Press: Cultural, intercultural, and multicultural resources; including publications, educational videotapes and games. www.interculturapress.com

International Air Transport Association (IATA): Information regarding air travel standards and regulations, including publications, customer focus guides, and other surveys. www.iata.org

International Association for Medical Assistance to Travellers (IAMAT): Offers many useful publications including World Climate Charts, a Directory of Physicians, and a World Immunization Chart. www.iamat.org

Safety Abroad First Educational Travel Information: Information pertaining to study abroad, in particular health and safety issues; including publications, orientations, and recommended resources. www.globaled.us/rfsa/

Travel Health Online: Health advice for travellers including travel planning advice, information on risks and diseases, news and alerts, plus more. www.tripprep.com

World Health Organization (WHO): Many useful publications including the guide “International Travel and Health 2007”. www.who.int

World Travel Institute: Information about “do’s and don’ts” for informed travel abroad; including publications, country reports, and recommended resources. www.worldtravelinstitute.com

All Study/Work/Travel Abroad Information Sheets are available in the International Resource Library or on the QUIC website.