

Safety Abroad

Requirements Guide 2025

Safety Abroad Workshop	2
Safety Abroad Registry.....	5
Log into the Safety Abroad Registry:	5
Introduction	6
Travel Locations & Dates:	7
Personal Profile Information:.....	8
Activity Sponsor	11
Out of Country Address:	12
Trip Description.....	13
Waivers & Final Submission.....	14
Canceling/Delete Registry.....	17
Editing the Registry	18
Safety Abroad FAQs	19
What can Safety Abroad do for me?.....	19
Do I have to complete the Safety Abroad requirements?.....	19
Do the requirements still apply to me if I am not receiving any UofT funding or credit?	19
What are the resources available to me?	19
Who is my Activity Sponsor?.....	19
Why do I need Travel Health Insurance?.....	20
I am a citizen of my host country; can I use my host country health insurance?	20
I will receive my health insurance information after I arrive in my host country, what should I do about the Registry?20	
I have no Out of Country address yet, what should I do about my Registry?	21

Safety Abroad Workshop

- Once complete, the Workshop is valid for 18 months from the date of completion.
- [Register for the Safety Abroad Workshop](#):

TRAVEL ADVISORIES SAFETY ABROAD WORKSHOP TRAVEL HEALTH INSURANCE SAFETY ABROAD REGISTRY

You must complete a [Safety Abroad Workshop](#) prior to your departure. Once complete, the Workshop is valid for 18 months.

WHAT IS THE SAFETY ABROAD WORKSHOP?
The Safety Abroad Workshop is accessible online and in-person and covers topics such as health and wellness, personal safety, and intercultural awareness. The workshop is designed to help you identify and mitigate risks in your international destination. You must complete the workshop prior to your departure.

HOW DO I REGISTER?

Online: [Register here](#) to access the workshops online through [Quercus](#). You'll be able to complete the modules at your own pace and even log back in if you want to review any material in the future.

In-Person: All in-person workshops are cancelled until further notice. [Online workshops are still available](#).

If you have any questions about in-person workshops or in-person group presentations, please contact [Safety.Abroad@utoronto.ca](mailto:safety.abroad@utoronto.ca).

Already completed a workshop?
An updated version of the Safety Abroad Workshop launched January 11 2024 and we have retained all previous completion records. If you completed the Safety Abroad Workshop in the last 18 months (perhaps for a previous university-related trip abroad), you will not need to complete another one! Not sure if your Workshop is still valid? [Contact us](#).

- You will receive an automated confirmation email – the title is “Safety Abroad Online Workshop – Enrolled.”

Hello,

Thank you for registering for the [Safety Abroad Online Workshop](#) offered by the University of Toronto. To access the workshop, please log into [Quercus](#) and select the Safety Abroad course. When possible, it is recommended that modules are completed through a browser on a desktop/laptop in order to ensure persistent internet connection.

Please also make sure to complete any remaining [Safety Abroad requirements](#) well in advance of your departure. If you have any questions, please contact Safety Abroad at safety.abroad@utoronto.ca.

Thank you.

Safety Abroad
Cumberland House | 33 St. George St., Room 209 | Toronto, Ontario | M5S 2E3
Email: safety.abroad@utoronto.ca
Tel: +1 416 978-1148
Web: <https://learningabroad.utoronto.ca/safety-abroad/students/>

- Log into [Quercus](#) to access “SL – Safety Abroad (Updated: December 2025)”



The screenshot shows the Quercus platform interface. On the left, there is a vertical sidebar with four icons: a tree, a circle, a clock, and a document. The main content area has a header "Courses" with a close button "X" in the top right. Below the header, there is a section titled "All Courses" with a blue "All Courses" button. Further down, there is a section titled "Published Courses" with a blue "Published Courses" button. Under "Published Courses", there is a list item "SL - Safety Abroad (Updated: Dec 2025)" in blue text, with a smaller, grayed-out text "SL - Safety Abroad (Updated: Dec 2025)" directly below it.

- Click on the numbered squares to access the modules, or you can access them directly from the modules tab.

SL - Safety Abroad (Updated: Dec 2025)



If you are travelling on University of Toronto sanctioned activities abroad, you must complete all four required online Safety Abroad modules prior to your international experience. Before starting the modules, please review the [Global Affairs Canada Country Travel Advisory](#) to familiarize yourself with your destination. You should also register with the [Safety Abroad Registry](#) as early as possible, ideally 4-6 weeks before departure.

[More information about the Safety Abroad Requirements](#)
[Review the Frequently Asked Questions](#)

Required for Workshop Completion



Strongly Recommended



[To check your completion status for these modules, please login here.](#)

Note: If you're attempting the modules for the first time and receive a completed status, please wait 24 hours before re-attempting the modules.

If you have any questions, please contact Safety Abroad at safety.abroad@utoronto.ca

If you have difficulties viewing the above content, please allow third party cookies in your browser settings and refresh the page. If further difficulties persist, please email safety.abroad@utoronto.ca.

- The modules usually need to be loaded in a new window – click the button to do so.

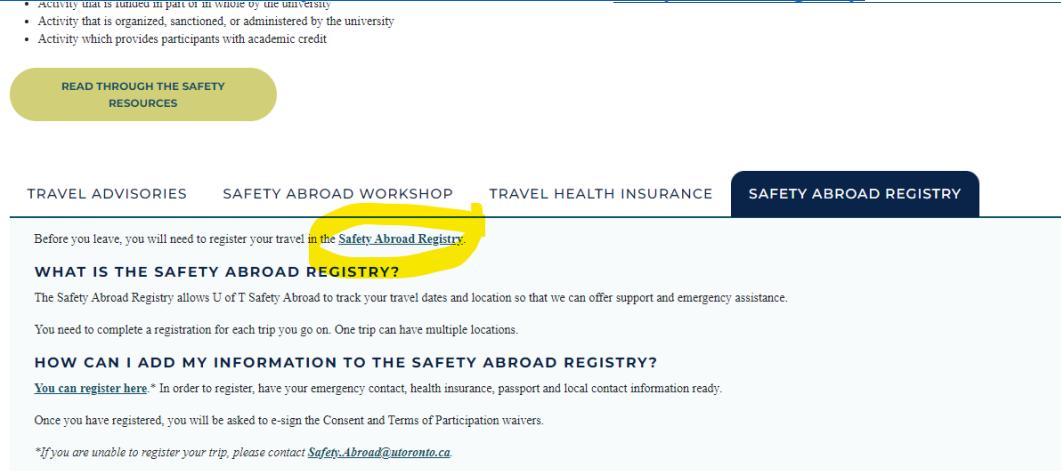
- Then you will see the module content and be able to move through it.

- **Make sure to complete and submit Modules 1-4 as these are required.** The Coronavirus Awareness and Pandemic Planning videos are short and highly recommended but are not graded nor required for completion.
- Check your completion status: <https://apps.learningabroad.utoronto.ca/safety-abroad/onlineworkshop>
- Any difficulties/questions: safety.abroad@utoronto.ca

Safety Abroad Registry

Log into the Safety Abroad Registry:

- <https://learningabroad.utoronto.ca/safety-abroad/students/#tab-safetyabroadregistry>



Before you leave, you will need to register your travel in the [Safety Abroad Registry](#).

WHAT IS THE SAFETY ABROAD REGISTRY?

The Safety Abroad Registry allows U of T Safety Abroad to track your travel dates and location so that we can offer support and emergency assistance.

You need to complete a registration for each trip you go on. One trip can have multiple locations.

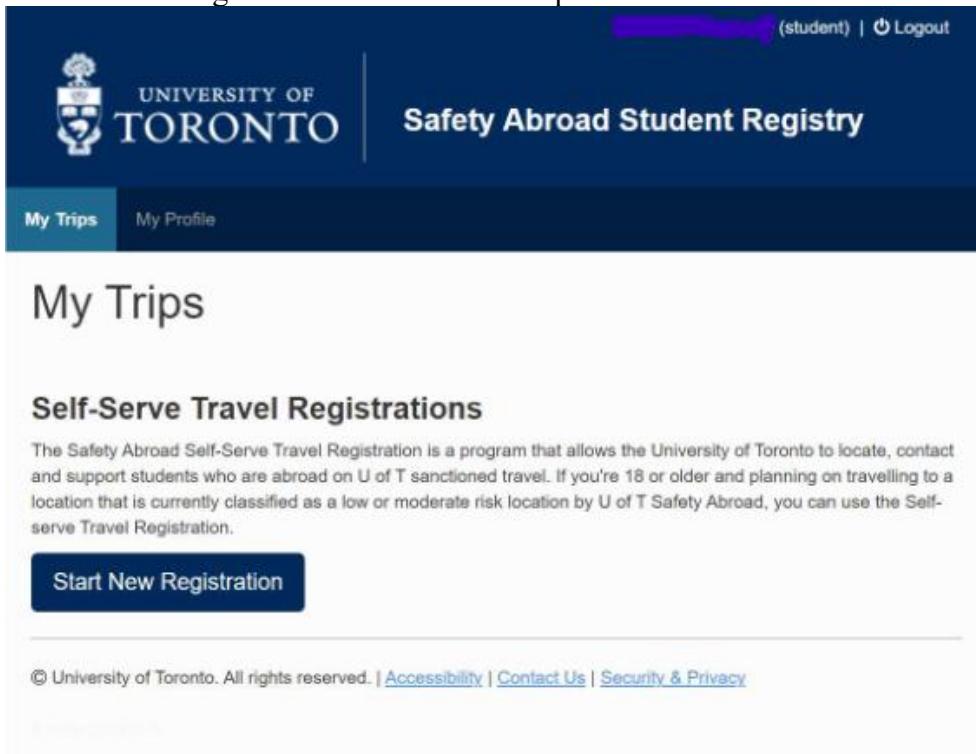
HOW CAN I ADD MY INFORMATION TO THE SAFETY ABROAD REGISTRY?

[You can register here](#) * In order to register, have your emergency contact, health insurance, passport and local contact information ready.

Once you have registered, you will be asked to e-sign the Consent and Terms of Participation waivers.

**If you are unable to register your trip, please contact Safety.Abroad@utoronto.ca*

- Click on “Start New Registration” to add a new trip.



My Trips

Self-Serve Travel Registrations

The Safety Abroad Self-Serve Travel Registration is a program that allows the University of Toronto to locate, contact and support students who are abroad on U of T sanctioned travel. If you're 18 or older and planning on travelling to a location that is currently classified as a low or moderate risk location by U of T Safety Abroad, you can use the Self-serve Travel Registration.

Start New Registration

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Introduction

- Confirm if you are 18 years or older, and that you are travelling on university activity. You can select one or all the options that apply to your trip. When complete, click “Proceed to Travel Locations & Dates”.

Introduction

Step 1 of 6

The University of Toronto's Safety Abroad program allows the University of Toronto to locate, contact and support students who are abroad on University activity. Prior to travelling outside of Canada for University activity, all students are required to register with U of T Safety Abroad.

What will I need to register?

Have your travel itinerary, health insurance, passport, address(es) abroad and emergency contact information ready to complete your profile.

Can I Register?

If you're 18 or older and planning on travelling to a location that is currently classified as a low or moderate risk location by Global Affairs Canada, you can use the Self Serve Travel Registration. If you are under 18 or travelling to a higher risk location, you will be directed to contact Safety Abroad for assistance completing your registration.

Note: If you are part of a group activity abroad (e.g. ICM, Woodsworth Summer Abroad, UTM Abroad) you will be invited to register once the group activity has been set up.

Are you 18 years or older?

Yes, I am 18 years or older.
 No, I am under 18 years of age.

Which of the following apply to your trip? Select all that apply.

Your travel is funded in whole or in part by the University of Toronto.
 Your travel plans and/or itinerary are coordinated in whole or in part by the University of Toronto.
 You are receiving academic credit or recognition from the University of Toronto for the activity abroad.

Since your travel activity is related to your University studies, you will need to register with Safety Abroad.

Please have the following items handy before proceeding with registration:

- 1) A list of your travel locations and associated dates
- 2) Your passport information
- 3) The contact information for an emergency contact
- 4) The address(es) where you'll be staying while abroad
- 5) Your travel health insurance information
- 6) Your primary care physician's contact information

All information collected from you during registration will be kept private and used solely for the purpose of assisting you in the event of emergency while abroad.

Proceed to Travel Locations & Dates

Travel Locations & Dates:

- Now add your travel locations and dates. If you are not sure of the exact dates, please include your earliest possible arrival date and your latest possible departure date.

Travel Locations & Dates

Step 2 of 6

Let us know where you'll be travelling, and when. For each location you add below, we'll give you a list of steps to follow to help you complete your Safety Abroad registration and prepare for your travel.

Note: Different regions within the same country may have different physical and political circumstances, and may carry different levels of risk for travellers. If you are travelling to multiple distinct regions within the same country, specify them as separate locations below.

Location 1

Country *	Estimated Arrival Date *
<input type="text"/>	<input type="text"/>
City *	Estimated Departure Date *
<input type="text"/>	<input type="text"/>
If your trip includes personal travel, only specify the dates where you'll be conducting University-related travel.	

- If you are travelling to more than one location, make sure to click “Add location” to add further details. You can add up to 5 locations per registration. If you are travelling to more than 5 locations, make sure to submit another trip with the remaining locations once this registration is submitted.

Location 1

Country *	Estimated Arrival Date *
<input type="text"/> (Pick One)	<input type="text"/> 2024-10-01
Country is a required field	
Estimated Departure Date *	<input type="text"/> 2024-11-01
If your trip includes personal travel, only specify the dates where you'll be conducting University-related travel.	

Info Staying in multiple places? If so, [add Another Location.](#)

[Proceed to Profile Information](#)

- You'll then see some reminders, including to review the [Global Affairs Canada Travel Advisory](#) for your destination, as well as to complete the Safety Abroad Workshop.
- Click the button at the bottom of the page to move to the next step.

Personal Profile Information:

- Some information will be automatically filled in based on your U of T student information. You can then fill in the rest of the information.

Personal Information

Last Name
First Name
Faculty Faculty of Arts and Science
Date of Birth

Out-of-Country Contact Info

Provide contact information that will allow the Safety Abroad Office to reach you while you are abroad in case of emergency.

U of T Email

Additional Email
g.c@gmail.com

Telephone *

Additional Telephone
(Pick One) Enter local number including a

Emergency Contact for Travel

Enter the information of an individual we can contact for aid in case you end up in an emergency situation. Please note that your emergency contact will only be contacted with your expressed consent or if you are unable to give consent and it is reasonable to assume that doing so is in your best interest. Your emergency contact for travel can be a different person than any of your existing emergency contacts in ACORN if necessary.

First Name *
Last Name *
Relationship to you *
Email *
Telephone

- Please include the passport you will be travelling on in case of an emergency.

My Passport

Name *

Passport Number *

Gender *

Issuing Country *

Date of Birth *

Expiry Date of Passport *

I will be travelling on this passport

- You must secure sufficient and appropriate travel/health insurance that will cover you for the entire period of your university activity outside of Canada. **Please note that UHIP and OHIP/provincial insurance coverage is severely limited and is not sufficient nor appropriate coverage outside of Canada.** More information: [UHIP outside of Canada](#); [OHIP outside of Canada](#).
 - You may already have travel health insurance coverage through your student union. [Check if you have student union travel insurance](#).
- The system will only accept a 10-digit phone number – if your number is longer, please include it in “Name of Insurance Provider” and put a Canadian number in the phone number section (e.g. a family member, friend, or UofT staff who would have access to this information).

 Do you hold multiple passports? If so, [add additional passport](#) to ensure the Safety Abroad Office has as much information as possible to help you in case of emergency.

Travel / Health Insurance

Provide the details of the travel health insurance plan you will be covered under while travelling. Make sure you review your policy carefully and record the correct contact information.

Name of Insurance Provider *

Policy Number *

Phone Number of Insurance Provider *

Email Address of the Insurance Provider

Primary Care Physician

Primary Care Physician

Provide the name and contact information of your primary care physician.

Physician First Name

Physician Last Name

Phone Number of your Physician

Email Address of your Physician

Proceed to Trip Details

Activity Sponsor

- For the Activity Sponsor information, please include the staff or faculty member at U of T who knows the most about your upcoming travel activity and can support Safety Abroad in case of an emergency with more information about the activity or yourself. *Please note that the Activity Sponsor does not need to be providing funding.*

Activity Sponsor

All University-sponsored travel activities must have an Activity Sponsor. Please enter your Activity Sponsor. They will be asked to confirm their sponsorship of your trip. [What if I am unsure who my Activity Sponsor is?](#)

First Name *

Last Name *

Email *

Phone *

Professional Title at University *

Sponsoring Organization Affiliation *

- If you are a graduate student, the person who knows the most about your travel is your supervisor. If you do not have a current supervisor, we would recommend including the U of T staff or faculty who know the most about your travel. If you are not sure whom to include, please do let us know and we can assist you in figuring it out.

Out of Country Address:

- Add the address(es) at which you will be staying while outside of Canada.
 - o Please wait for confirmation of the out-of-country address and accommodation details before completing the Safety Abroad Registry. If you still don't have your accommodation information 4 weeks prior to departure, please email safety.abroad@utoronto.ca for support. [More information in FAQs.](#)

Out of Country Address

Specify the main address where you will be staying while abroad. This could be a hotel, hostel, friend's house, residence, etc.

Address Line 1 *

Address Line 2

City *

Country *

Region *

Telephone *

Arrival Date *

City *

Country *

Region *

Telephone *

Arrival Date *

Departure Date *

Staying in multiple places? If so, [add another Out-of-Country Address](#) to ensure that Safety Abroad has as much information as possible to help you in case of emergency.

Trip Description

- Include a description of what kind of activity you are engaging in during your trip. You can select multiple categories and then use the Trip Description section to add more specific details.
- For example, if you are going for exchange, you could include a description like “Exchange to University College London”.

Purpose and Description of Travel Activity

Trip Purpose *

Conference

Course

Field Research

Field Trip

Internship / WP

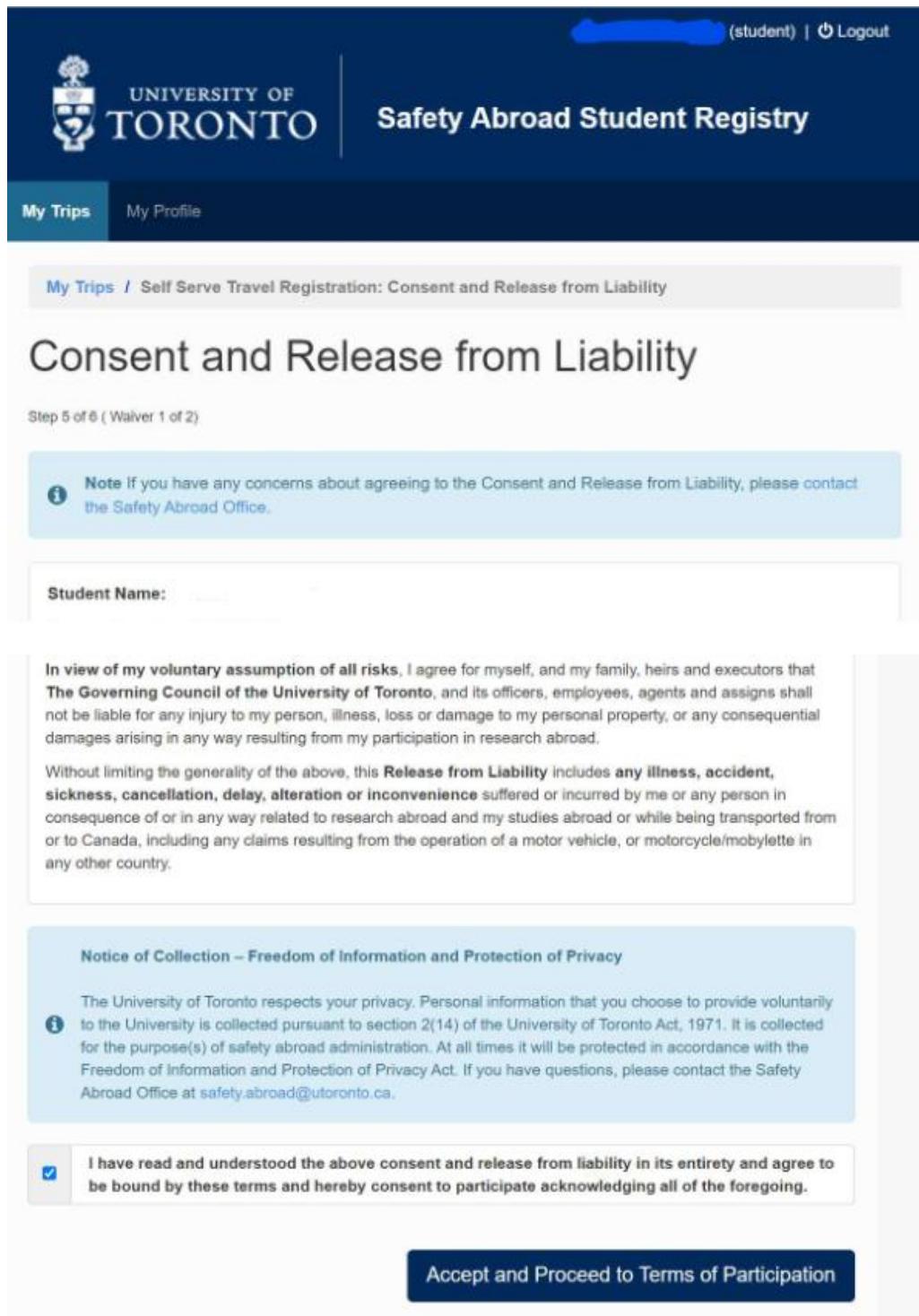
Trip Description *

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Proceed to Consent and Release from Liability

Waivers & Final Submission

- Review the Consent & Terms of Participation waivers.



The screenshot shows the University of Toronto Safety Abroad Student Registry interface. At the top, the University of Toronto logo is on the left, and the text "(student) | Logout" is on the right. Below the logo, the text "Safety Abroad Student Registry" is displayed. A navigation bar at the bottom of the header includes "My Trips" (which is highlighted in blue) and "My Profile". The main content area has a breadcrumb navigation "My Trips / Self Serve Travel Registration: Consent and Release from Liability". The title "Consent and Release from Liability" is centered above the form. A note in a blue box states: "Note If you have any concerns about agreeing to the Consent and Release from Liability, please contact the Safety Abroad Office." Below this, a "Student Name:" field is present. The main text of the waiver reads: "In view of my voluntary assumption of all risks, I agree for myself, and my family, heirs and executors that The Governing Council of the University of Toronto, and its officers, employees, agents and assigns shall not be liable for any injury to my person, illness, loss or damage to my personal property, or any consequential damages arising in any way resulting from my participation in research abroad." Another text block states: "Without limiting the generality of the above, this Release from Liability includes any illness, accident, sickness, cancellation, delay, alteration or inconvenience suffered or incurred by me or any person in consequence of or in any way related to research abroad and my studies abroad or while being transported from or to Canada, including any claims resulting from the operation of a motor vehicle, or motorcycle/mobylette in any other country." A "Notice of Collection – Freedom of Information and Protection of Privacy" section is present, stating: "The University of Toronto respects your privacy. Personal information that you choose to provide voluntarily to the University is collected pursuant to section 2(14) of the University of Toronto Act, 1971. It is collected for the purpose(s) of safety abroad administration. At all times it will be protected in accordance with the Freedom of Information and Protection of Privacy Act. If you have questions, please contact the Safety Abroad Office at safety.abroad@utoronto.ca." A checkbox is checked, and the label next to it reads: "I have read and understood the above consent and release from liability in its entirety and agree to be bound by these terms and hereby consent to participate acknowledging all of the foregoing." A large blue button at the bottom right is labeled "Accept and Proceed to Terms of Participation".

(student) |  Logout

UNIVERSITY OF
TORONTO

Safety Abroad Student Registry

My Trips My Profile

My Trips / Self Serve Travel Registration: Terms of Participation

Terms of Participation

Step 6 of 6 (Waiver 2 of 2)

Note If you have any concerns about agreeing to the Consent and Release from Liability, please contact the Safety Abroad Office.

Student Name:

- follow the travel safety advice as outlined by the Foreign Affairs Advisory and the Safety Abroad Office;
- avoiding all regions where Foreign Affairs has issued a warning against non-essential travel and all travel;
- reporting any newly identified hazards to the onsite supervisor or Safety Abroad Office;
- in the event of an emergency (personal or regional) or crisis, follow the instructions of the on-site supervisor and Safety Abroad Office;
- reporting all incidents in a timely manner to the on-site supervisor or Safety Abroad Office.

Additional expectations of Student

- availability to make a contribution to the program / community in which they are registered;
- ability to live and study in collaborative, cooperative community setting;
- ability to adapt to changing environments and to tolerate the physical, emotional and mental demands of the program;
- not place an excessive burden upon the host community, fellow students, or program staff or faculty.

Costs

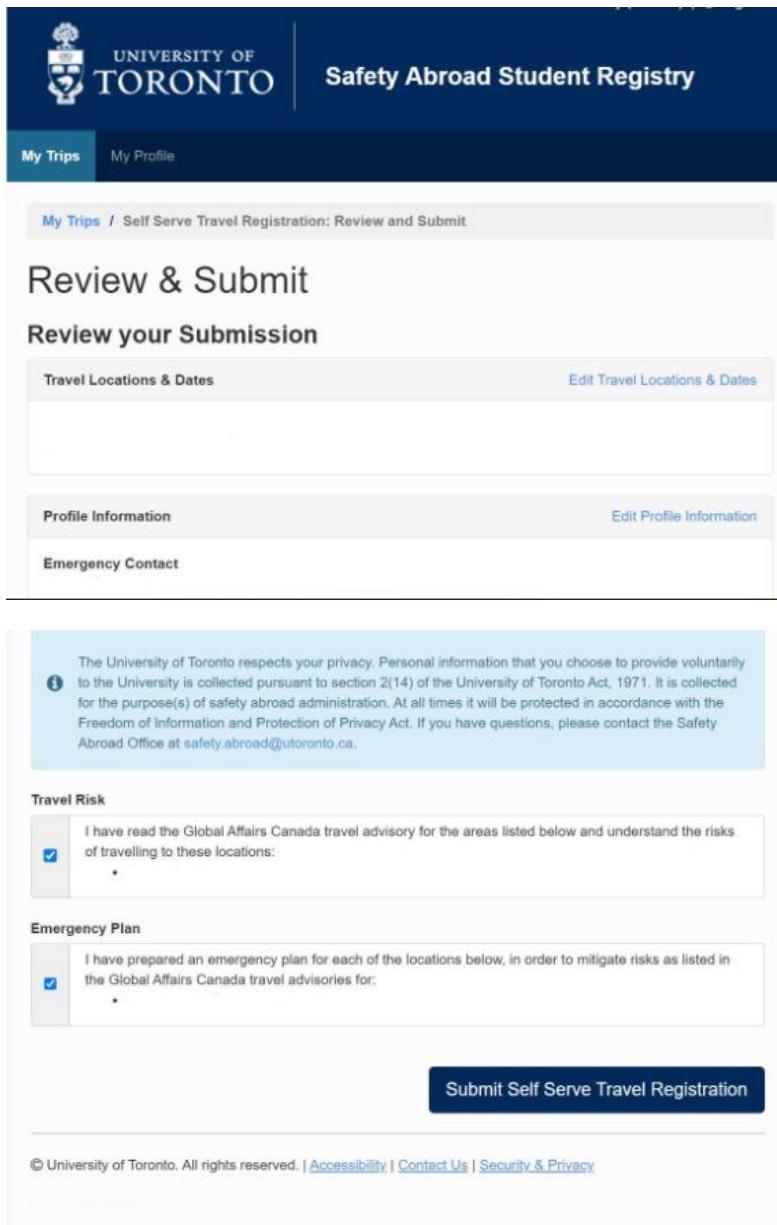
- It is STUDENT's responsibility to cover any additional expenses;
- It is mandatory that STUDENT obtain medical insurance for the duration of the travels abroad;

I have read and understood the above conditions related to participation in their entirety, and agree to be bound by these terms and hereby consent to participate acknowledging all of the foregoing.

Failure to comply may result in my termination from the program.

Accept and Proceed to Review & Submit

- Finally, review and submit your trip information.



The screenshot shows the University of Toronto Safety Abroad Student Registry website. At the top, the University of Toronto logo and the text 'Safety Abroad Student Registry' are visible. Below the header, there are two tabs: 'My Trips' (which is active) and 'My Profile'. The main content area is titled 'Review & Submit' and 'Review your Submission'. It contains sections for 'Travel Locations & Dates' (with a 'Edit Travel Locations & Dates' link), 'Profile Information' (with a 'Edit Profile Information' link), and 'Emergency Contact'. Below these sections is a note about privacy: 'The University of Toronto respects your privacy. Personal information that you choose to provide voluntarily to the University is collected pursuant to section 2(14) of the University of Toronto Act, 1971. It is collected for the purpose(s) of safety abroad administration. At all times it will be protected in accordance with the Freedom of Information and Protection of Privacy Act. If you have questions, please contact the Safety Abroad Office at safety.abroad@utoronto.ca.'. Under 'Travel Risk', there is a checkbox that is checked, followed by the text: 'I have read the Global Affairs Canada travel advisory for the areas listed below and understand the risks of travelling to these locations:'. Under 'Emergency Plan', there is another checked checkbox with the text: 'I have prepared an emergency plan for each of the locations below, in order to mitigate risks as listed in the Global Affairs Canada travel advisories for:'. At the bottom right of the page is a large blue button labeled 'Submit Self Serve Travel Registration'.

My Trips / Self Serve Travel Registration: Review and Submit

Review & Submit

Review your Submission

Travel Locations & Dates	Edit Travel Locations & Dates
Profile Information	Edit Profile Information
Emergency Contact	

The University of Toronto respects your privacy. Personal information that you choose to provide voluntarily to the University is collected pursuant to section 2(14) of the University of Toronto Act, 1971. It is collected for the purpose(s) of safety abroad administration. At all times it will be protected in accordance with the Freedom of Information and Protection of Privacy Act. If you have questions, please contact the Safety Abroad Office at safety.abroad@utoronto.ca.

Travel Risk

I have read the Global Affairs Canada travel advisory for the areas listed below and understand the risks of travelling to these locations:

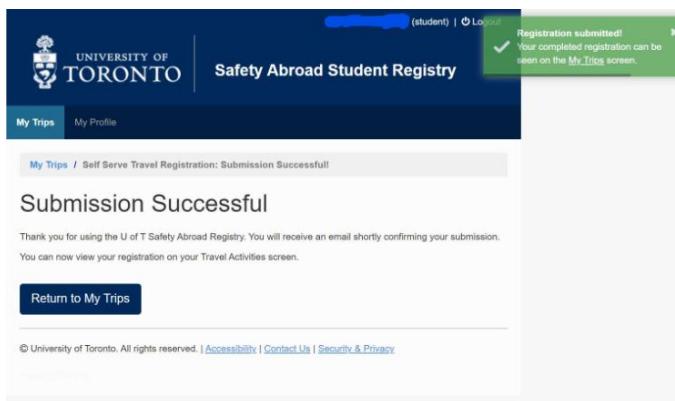
Emergency Plan

I have prepared an emergency plan for each of the locations below, in order to mitigate risks as listed in the Global Affairs Canada travel advisories for:

Submit Self Serve Travel Registration

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- If your submission is successful, you'll see the below screen and will receive a confirmation email. Your Activity Sponsor will also receive a confirmation email.



The screenshot shows the University of Toronto Safety Abroad Student Registry website. At the top, the University of Toronto logo and the text 'Safety Abroad Student Registry' are visible. Below the header, there are two tabs: 'My Trips' (which is active) and 'My Profile'. The main content area is titled 'Submission Successful'. It contains a message: 'Thank you for using the U of T Safety Abroad Registry. You will receive an email shortly confirming your submission. You can now view your registration on your Travel Activities screen.' Below this message is a 'Return to My Trips' button. At the bottom right of the page is a green box with the text: 'Registration submitted! Your completed registration can be seen on the [My Trips](#) screen.' At the very bottom of the page is a copyright notice: '© University of Toronto. All rights reserved. | [Accessibility](#) | [Contact Us](#) | [Security & Privacy](#)'.

My Trips / Self Serve Travel Registration: Submission Successful

Submission Successful

Thank you for using the U of T Safety Abroad Registry. You will receive an email shortly confirming your submission. You can now view your registration on your Travel Activities screen.

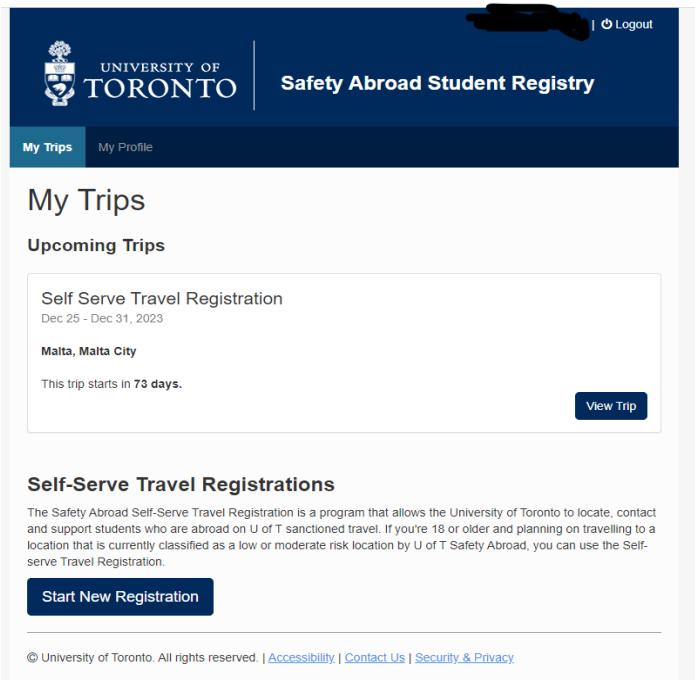
Return to My Trips

Registration submitted! Your completed registration can be seen on the [My Trips](#) screen.

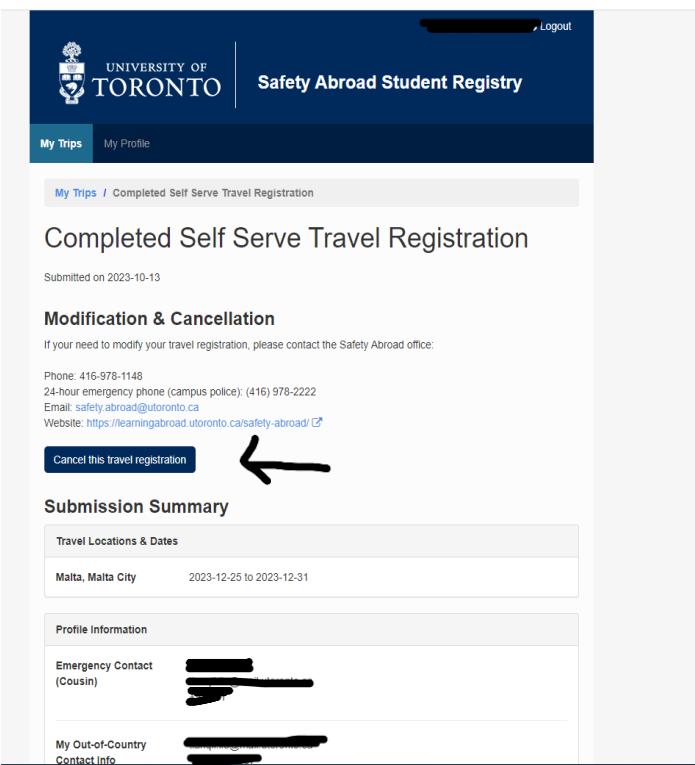
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Canceling/Delete Registry

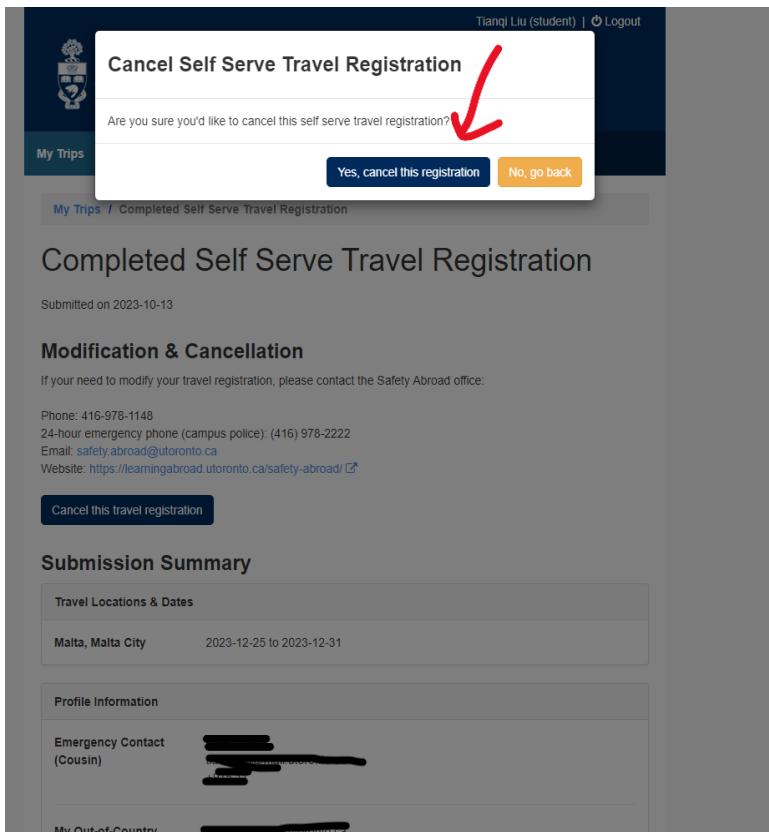
- Click on the “View Trip” button to see your trip details. At the top you will see the “Modification and Cancellation” section. Click on “Cancel this travel registration” and confirm in the pop-up message to remove your trip registration from the Safety Abroad Registry. Please note that once you delete the trip, we cannot retrieve the trip information.



The screenshot shows the 'My Trips' section of the Safety Abroad Student Registry. It displays an 'Upcoming Trips' box for a 'Self Serve Travel Registration' from Dec 25 - Dec 31, 2023, to 'Malta, Malta City'. The trip starts in 73 days. A 'View Trip' button is visible. Below this, a 'Self-Serve Travel Registrations' section explains the program and provides a 'Start New Registration' button. The footer includes copyright information and links to Accessibility, Contact Us, and Security & Privacy.



The screenshot shows the 'Completed Self Serve Travel Registration' page. It displays the trip details: 'Submitted on 2023-10-13'. A 'Modification & Cancellation' section with contact information is present. A 'Cancel this travel registration' button is highlighted with a large black arrow pointing to it. The 'Submission Summary' section shows travel locations, dates, profile information, emergency contact, and out-of-country contact info, all of which are redacted with black bars.



Editing the Registry

- If you need to change any information, or have any questions or concerns, please email safety.abroad@utoronto.ca

Safety Abroad FAQs

What can Safety Abroad do for me?

- UofT Safety Abroad can support you in understanding and mitigating possible risks you may encounter while on your travel. The main goal of Safety Abroad is to offer support and emergency assistance when needed.
- When Safety Abroad **cannot** help you:
 - Safety Abroad cannot help you with your course pre-assessments or admission letter status – these are for learning.abroad@utoronto.ca
 - If you have questions about IE Awards and IE Awards+, please email cie.funding@utoronto.ca

Do I have to complete the Safety Abroad requirements?

- The Safety Abroad requirements apply to all students participating in university-related activities outside of Canada (including the USA). These requirements are meant to help keep you safe overseas, to help you plan for any issues you might face and to improve the University of Toronto's ability to support you during your trip.
 - It is important to note that **both** the Safety Abroad Workshop and the Safety Abroad Registry must be completed to receive 100% completion on your Safety Abroad Requirements.
 - The Safety Abroad Registry allows U of T Safety Abroad to track your travel dates and location so that we can offer support and emergency assistance. It is mandatory to complete a registration for each trip you go on. One trip can have multiple locations.

Do the requirements still apply to me if I am not receiving any UofT funding or credit?

- According to Safety Abroad policy, university activities are funded (in part or in whole), supported/sponsored, or organized by U of T. Also, if the activity is directly connected to your academic degree (e.g., research), then that would be considered university activity as well. During your trip, would you be engaging in activities related to your degree here at the University of Toronto (e.g., research)? If so, then the travel would be considered university-related, and the Safety Abroad requirements (including the Safety Abroad Registry) would apply.

What are the resources available to me?

- While most students go abroad without incident, travelling overseas does have its challenges. Check out the [Safety Abroad Resources](#) – these pages offer practical information and tips regarding various health and safety issues.
- When traveling abroad, prioritize safety by familiarizing yourself with [the International SOS](#) and U of T emergency support numbers, and local information about transportation, accommodation, culture, customs, and political situation. Check the [In an Emergency](#) page for more information.
- Studying abroad can trigger mental health issues like stress, depression, and homesickness. [University of Toronto students have access to resources to manage these issues](#).
- If you have any questions or concerns about your trip, email safety.abroad@utoronto.ca.

Who is my Activity Sponsor?

- An Activity Sponsor is a staff or faculty member that knows most about your travel activity and can support Safety Abroad with either additional information about the trip or about yourself in case of

emergency. For example, for CIE Exchange, this is the Learning Abroad Advisor or Coordinator supporting with your exchange.

- If you are unsure of who your Activity Sponsor is, check out the partner checklist linked in your Conditional Nomination letter.
 - If you are still unsure or do not know who your Activity Sponsor is email learning.abroad@utoronto.ca

Why do I need Travel Health Insurance?

- University of Toronto policy requires students to have sufficient and appropriate health insurance coverage for the risks associated with their destinations, which is why we ask for the health insurance information. As an example, the U of T UTGSU extended insurance plan's travel insurance coverage is generally sufficient insurance for most students. We would suggest that you contact your insurance company to determine if the coverage is sufficient and appropriate for your needs.
 - It is important to note that UHIP/OHIP insurance is not sufficient. [Learn more about the required travel health insurance.](#)

I am a citizen of my host country; can I use my host country health insurance?

- If you are a citizen of the country to which you are travelling, then please note that many travel insurance providers would not provide coverage for you to travel to your country of citizenship. As such, if you have local health insurance coverage, please do include this insurance on the Safety Abroad Registry.
 - Keep in mind that your health insurance should be in place prior to departure, and that it should cover you for the entire time of your university activity. Sometimes there can be a delay for citizens to restart their local health insurance. If there is a delay, you'll need to purchase additional insurance to cover you while you wait.
 - Please also note that your local health insurance is not the same as travel health insurance. We'd strongly advise comparing your coverage with, as an example, [the U of T UTGSU extended insurance plan's travel insurance coverage](#), which is generally considered sufficient insurance for most students.

I will receive my health insurance information after I arrive in my host country, what should I do about the Registry?

- You will need to demonstrate before your departure that you have secured sufficient and appropriate travel health insurance coverage for your travel outside of Canada.
 - If you haven't opted out of incidental fees, and if you are not travelling to your country of citizenship, **you may already have travel health insurance through your student union.** You can find the contact information for your student union, and read more about travel health insurance, on the [Health & Wellness section of the Safety Abroad website](#).

I have no Out of Country address yet, what should I do about my Registry?

- If you have not confirmed your Out of Country address yet, please wait to complete the Safety Abroad Registry until you have the information on hand. If you are unable to confirm this information 4 weeks prior to departure – please email safety.abroad@utoronto.ca
 - If you have confirmed lodging but do not have the specific details –such as dorm room number—please include what information you have and notify safety.abroad@utoronto.ca when further information has become available.