GLOBAL ENGAGEMENT
UNIVERSITY OF MICHIGAN

CONSIDERATIONS FOR INTERNATIONAL TRAVEL DURING COVID-19

Travel during a global pandemic will require **careful preparation and flexibility** to adjust plans as may conditions change prior and during the experience. The purpose of this document is to outline topics that individuals should consider as they prepare to travel internationally. Travelers are encouraged to review this document and resources on <u>Global Michigan</u>. Sections in this document include:

- **PART 1: General Travel Recommendations**
- **PART 2: Host Country Considerations**
- **PART 3: Travel Planning Resources**

PART 1:
GENERAL TRAVEL RECOMMENDATIONS & REQUIREMENTS

Individuals engaging in international travel should visit the **Global Michigan – "Requirements"** page for the most current international travel information. In general, these include:

REGISTER YOUR TRAVEL & ENROLL IN U-M TRAVEL ABROAD HEALTH INSURANCE

For students who applied to a U-M program through the <u>M-Compass</u> system, the application serves as your registration; please complete all application requirements in M-Compass and verify if your unit will purchase insurance for you.

Faculty and staff can download their insurance card upon registration in the <u>U-M Travel Registry</u>.

REVIEW THE U-M TRAVEL DESIGNATION

View <u>this flowchart</u> to determine applicable requirements per your U-M status.

The 4 types of U-M **Travel Designations** include:
–*COVID-19 Medium Risk;*
–*Covid-19 High Risk;*
–*Travel Warning; &*
–*Travel Restriction*

NOTE: Undergraduate students are prohibited from traveling to a *COVID-19 High Risk* or T*ravel Restriction* destination for <u>UMRT</u>.

FOR STUDENTS ON UNIVERSITY OF MICHIGAN RELATED TRAVEL (UMRT)

Submit the applicable <u>COVID-19 Travel Plan</u> OR an <u>Individual Safety Plan</u> to be reviewed by U-M's International Travel Oversight Committee (<u>ITOC</u>).

Please submit the plan at least 3 weeks before travel and ideally before making any non-refundable purchases towards a trip in the event travel is not approved or must be postponed. Examples can be seen <u>here</u>.

FOR INTERNATIONAL STUDENTS AND NON-U.S. CITIZENS

Review the <u>International Center's (IC) resources and announcements</u>, and contact the IC for any questions related to the US visa or updated travel signature on the travel documents, if needed.

International students and other non-US citizen travelers should also verify their ability to re-enter the United States. See the IC's <u>Travel Guidance for International Travel</u> for details.

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PART 2:
HOST COUNTRY CONSIDERATIONS

Prior to departure, check entry requirements for your destinations, which may include obtaining specific COVID-19 testing or other documents. Explore requirements on the U.S State Department COVID-19 Country Specific Information pages or the host country's official governmental websites.

The University of Michigan encourages travelers to be fully vaccinated for COVID-19 and to get a COVID-19 booster before travel.

REQUIREMENTS TO ENTER THE DESTINATION COUNTRY
- Review the recommended and/or required vaccinations prior to travel and identify suitable COVID-19 testing. Travelers should schedule COVID-19 testing that meets the timetable and testing type of their destination. Travelers should consider the time the testing site is open (including holidays and weekends) as well as the timeframe that they will receive their test results. To locate additional suitable testing sites, visit the University Health Services COVID-19 Testing for International Travelers page which recommends visiting the Washtenaw County website as well as the Michigan statewide website.
- Travelers should verify entry requirements for each country that they plan to visit and determine any associated costs and requirements. During the COVID-19 pandemic, entry requirements for countries may change regularly, including details about:
  - Who is permitted to enter the country, including requirements for travelers arriving from different countries, or requirements based on traveler's nationality and departure country
  - What immigration forms, COVID-19 tests, vaccinations, and pre-arrival online registrations need to be completed before departing
  - What health regulations are in place upon arrival, noting that some countries may require visitors to quarantine in their own residence or in specific hotels for a period of time at the cost of the traveler and require the traveler to follow specific health procedures, such as testing, downloading public health apps, etc.
- Ensure that the activity does not violate any local, federal, state, or other guidelines, rules, orders, regulations, laws, and the like. See the destination's official government website(s) for details.

HOUSING ACCOMMODATIONS
- Travelers should ensure they have arranged accommodations prior to arrival, as well as contingency plans. Research and consider costs associated with quarantine requirements upon arrival in the host country, quarantine requirements during the program due to illness or exposure, or staying in-country longer than expected because of border closures or being unable to meet exit requirements, such as testing positive for COVID-19 before departure. Visit Global Michigan's Housing Checklist for items to consider.

COMMUNICATIONS
- The ability to communicate with local partners and/or hosts, as well as externally to both U-M will provide helpful in the event of an emergency. Ensure that your emergency contact information is provided and up-to-date in the *Trip Emergency Contact & How to Find Me* form located in your Travel Registration or M-Compass application. Visit Global Michigan's Emergency Contacts for critical U-M contact information.

REMAIN FLEXIBLE WITH PLANS (TRAVEL AND FINANCIAL)
- Travelers should develop financial contingency plans, using their own personal funds, in the event of unanticipated travel disruptions. Please note the U-M Office of Financial Aid and the Dean of Students Office have limited to no emergency funds at this time, and will not be able to cover costs associated with travel disruptions.

IN-COUNTRY HEALTH AND MEDICAL FACILITIES

Travelers should research the health and medical facilities of the host destination/s and its conditions. U-M's Travel Abroad Health Insurance provider, GeoBlue, offers an mobile app that provides relevant information, from locating physician or hospital profiles in your area, to medical translation tools or finding drug equivalencies. Learn more here.

VULNERABLE OR HIGH-RISK TRAVELERS

Students with health conditions and identities that may make them high-risk travelers should use the U-M Travel Health Preparation Guide in preparation for travel.

RE-ENTRY INTO THE UNITED STATES

- Follow CDC guidelines for returning to the U.S. from abroad. The CDC Travel Assessment has more information about what you will need to board a flight to the U.S. The CDC has also posted a Test and Vaccination Documentation Requirements FAQ with detailed information about acceptable tests. Visit the U.S. Embassy COVID-19 Information page of your destination for testing sites abroad.
- Non-U.S. citizens and non-permanent residents may be prohibited from re-entering the U.S. after travel abroad has completed, especially since COVID-related travel restrictions are frequently changing. Contact the U-M International Center for immigration related questions.
- Travelers who do not meet the host country exit or U.S. entry requirements—such as proof of vaccination status or proof of a negative COVID-19 test—may need to remain in their host country until they are able to depart. Travelers are responsible for any costs associated with remaining abroad longer than expected.

PART 3:
TRAVEL PLANNING RESOURCES

PERSONAL HEALTH, SAFETY, & WELL-BEING

- **Personal Health Preparation**. Students are responsible for all health-care related costs and for considering their individual health vulnerabilities related to COVID-19. The U-M Travel Health Preparation Guide is a self-care plan helps students catalog, reflect upon, and plan for their physical and psychological health needs during travel.

- **Safety Abroad Orientation**. U-M's online safety abroad certification orientation program.

- **Resiliency Abroad**. A resource for learning how to manage stress to enhance your experience abroad.

HOST COUNTRY REQUIREMENTS & CONDITIONS

- **COVID-19 Country Specific Information** – View entry and exit requirements and detailed COVID-19 specific information in your destination country.
- **Skyscanner** – A live, interactive map that highlights COVID-19 updates and restrictions
- **General Country Information** – Learn about transportation, crime, and other risks in your destination and sign up for email advisories
- **Using Transportation** – Public transit, rideshares and taxis, micro-mobility devices, and personal vehicles.
- **U-M Resources & Tools**
  - U-M COVID-19& Travel FAQs
  - University Health Services COVID-19 Testing
  - U-M Campus Blueprint FAQs, including for Travel

**For questions, contact
umich-itoc@umich.edu**

2021 COVID-19 FAQS
FOR TRAVEL AND WHILE ABROAD

How are U-M COVID-19 Medium / High and U-M Travel Warning / Restriction designations determined?

To determine health, safety, and security risks and assigning travel designations, U-M evaluates CDC, U.S. Department of State, vaccine rates, medical infrastructure capacity, and other resources when evaluating a location's risk level. The Provost Office will continue to liaise with ITOC and the U-M COVID-19 Campus Health Response Committee, which consists of public health experts, and is relying on science and research when making determinations.

How does U-M determine if U-M study abroad programs will proceed?

Each U-M School/College considers a number of factors when deciding whether or not a study abroad program will proceed:

- **U-M Requirements and Program Approval:** All U-M managed study abroad programs are subject to the U-M International Travel Policy (SPG 601.31). U-M requirements include:
  - The program must be reviewed by the International Travel Oversight Committee (ITOC) before students financially commit to the program. Please note that each program has specific financial commitment dates.
  - If the destination is under U-M Travel Restriction by the time financial commitments must be made or by the departure date, the program will not run.
  - Travel risk designations, such as U-M COVID-19 Medium Risk / High Risk and U-M Travel Warning / Restriction, and student travel requirements are available on Global Michigan.

- **Conditions for U-M Cancellation of a Study Abroad Program:** If U-M makes a country a U-M Travel Restriction for health, safety, or security concerns, the study abroad programs in that country may be cancelled. High case counts of COVID-19 are not a reason for cancellation since our travel population is vaccinated and are encouraged to get a booster before travel. Just as the U-M campus has on-campus activities and classes because vaccines have proven to protect our community against severe illness, students are able to travel to campuses abroad with the protection of vaccines and boosters. U-M continues to liaise with ITOC and the U-M COVID-19 Campus Health Response Committee, who consists of public health experts, and is relying on science and research in making determinations for in-person activities.

- **Conditions for U-M Department Cancellation of a Study Abroad Program:** U-M departments can cancel a study abroad program for many reasons. Some are outlined below.
  - Countries may adapt entry requirements in response to the pandemic and entry requirements remain a fluid and important determining factor of whether a program is able to run. If a country no longer allows students to enter that country, the U-M unit may cancel the program.

- Unfortunately, U-M cannot predict if and when entry requirements will change, <u>so students will need to plan accordingly in the event there are changes and students cannot enter a specific country.</u> A useful resource to monitor for your programs' locations is the <u>COVID-19 Country Specific Information page</u> for each U.S. Embassy/Consulate, which typically provides direct links to the host country's requirements.
- It is also conceivable that some departments/units may choose to cancel their program for other logistics, academic, or other reasons. Countries may have new entry requirements (e.g. quarantine upon arrival) that cause a unit to cancel a program. Similarly prohibitive health regulations in a host country (e.g. work from home orders, shifting to online learning, closure of museums and other public spaces) may reduce the academic quality of the program that is not in line with a unit's academic goals. Units may also cancel programs based on enrollment numbers or for any other reason.
- U-M Schools and Colleges may determine that certain providers or partner institutions do not have the capacity to meet certain COVID-19 health and safety measures for U-M students and/or the host community. There may also be cases where the provider or partner institution makes the decision not to run programs.
- Because of the complexity involved with running programs according to the needs of a college or department, it is possible that one college or department cancels a program to a country while another college or department continues their program. For additional details, please contact the U-M office sponsoring your program.

I applied to a U-M study abroad program and am worried that I may not be able to get into my host country. What should I do?

Students should be able to enter their host country if they follow all entry requirements (including visa requirements as well as COVID-19 requirements), and that country still allows foreigners to enter the country. To ensure that students meet all entry requirements, students should monitor the entry requirements and **verify that they meet the entry requirements for each travel destination(s) the weeks leading up to departure and right before departure.** Entry requirements can change at any time and may include showing a specific type of negative COVID-19 test result, showing proof of being fully vaccinated, completing passenger locator forms, downloading certain public health apps, and possibly quarantining upon arrival. Visit the <u>U.S. Embassy COVID-19 Information page</u> of your destination(s), which provides an overview requirements and links to the host country's entry requirement websites.

Students who are traveling through a U-M study abroad office, a study abroad provider, or directly with a university abroad can also email their contact if they have questions.

Travelers should also remain flexible with travel plans and purchase refundable flights in the event that you are unable to meet your destination country's entry requirements and travel must be delayed or cancelled. See the <u>Global Michigan Travel Planning</u> page, the "<u>Preparing for International Travel" page on Campus Blueprint</u>, and the <u>Considerations for International Travel During COVID-19</u> for more information

I was not able to board my flight to go abroad or enter my destination country because I tested positive for COVID-19, what should I do?

Most countries require travelers to test negative for a specific COVID-19 test before boarding a plane to travel to their country. Visit the U.S. Embassy COVID-19 Information page of your destination(s), which provides an overview requirements and links to the host country's entry requirement websites.

If you test positive, you will not be able to board the flight. If this happens, you should:

- Follow all local health regulations for testing positive for COVID-19.
- Postpone travel until able to meet the entry requirements of the host country. Steps may include:
  - Contact the airline to see if the flight can be cancelled or changed.
  - Contact any housing accommodations (hotels, AirBnb, apartment, etc) to see if the housing can be cancelled or the dates can be changed.
  - Contact any need-to-know people involved with your travel, which may include a study abroad or internship advisor and anyone who may be expecting you abroad.
  - Make arrangements if you are unable to attend in-person activities abroad, such as class or an internship, to see what alternatives, if any, can be made.

Prepare to meet entry requirements after recovering from COVID-19. As noted on the UHS UHS COVID-19 Testing for International Travelers site, travelers who have had COVID-19 within the previous 90 days may receive a "false positive" COVID-19 result. In these instances, UHS will provide you with a letter stating that you have recently had COVID-19 and are unable to provide a negative COVID-19 test result. Students can share this letter with the consulate of the destination country to determine if this letter meets entry requirements, if additional steps must be taken, or if travel must be delayed until entry requirements can be met.

I was not able to board my flight to go abroad or enter the country because I did not complete all the entry requirements, what should I do?

Most countries have very specific entry requirements related to COVID-19 that each traveler must follow in order to be allowed into the destination country. If you do not meet the entry requirements, you may not be able to board your flight. If this happens, you should:

1. Determine which entry requirements still need to be met. Entry requirements can change at any time and may include showing a specific type of negative COVID-19 test result, showing proof of being fully vaccinated, completing passenger locator forms, downloading certain public health apps, and possibly quarantining upon arrival. Visit the U.S. Embassy COVID-19 Information page of your destination(s), which provides an overview of requirements and links to the host country's entry requirement websites.
2. Complete the entry requirements.

3. If completing the entry requirements takes time, such as obtaining a specific type of negative COVID-19 test, the traveler may have to postpone travel until able to meet the entry requirements of the host country. In this instance, steps may include:
   a. Contact the airline to see if the flight can be cancelled or changed.
   b. Contact any housing accommodations (hotels, AirBnb, apartment, etc) to see if the housing can be cancelled or the dates can be changed.
   c. Contact any need-to-know people involved with your travel, which may include a study abroad or internship advisor and anyone who may be expecting you abroad.
   d. Make arrangements if you are unable to attend in-person activities abroad, such as class or an internship, to see what alternatives, if any, can be made.

I am not able to enter a country because of changes in that country's entry requirements that restrict travelers from my country from entering, what should I do?

If a country restricts the entry of foreigners, you should:

1. Contact any need-to-know people involved with your travel, which may include a study abroad or internship advisor and any non-U-M person who is organizing or managing the experience. They may be able to provide insight into whether there are contingency plans to have remote learning options for the whole experience, or remote learning options in hopes that the country reopens its borders to international travelers and the in-person activities can resume.
2. If there are no remote learning contingency plans, or the remote learning options are not satisfactory, explore other options such as enrolling in U-M classes (if you enrolled in on-campus courses as a backup option).
3. Contact the airline to see if the flight can be cancelled or changed.
4. Contact any housing accommodations (hotels, AirBnb, apartment, etc) to see if the housing can be cancelled or the dates can be changed.

Someone on my study abroad program tested positive for COVID-19, what should I do?

Just as classmates in Michigan have tested positive for COVID-19, it is also likely that someone on your study abroad program will test positive. Though there are specific protocols on U-M's campus (see Campus Blueprint for details on quarantine and for classmates who test positive), the protocols may differ in another country. Because of this, you will need to follow local public health protocols which may or may not include:
- Follow quarantine / self-isolation protocols
- Make arrangements with classes or other in-person obligations if isolation is needed
- Follow local testing guidelines, which *may* include getting tested 5-7 days after your exposure, even if you do not have symptoms, and following any masking or social distancing requirements if isolation is not mandatory for 14 days following exposure or until your test result is negative.
- If you test positive for COVID-19 following the initial exposure, follow all local public health guidelines and use the GeoBlue Travel Abroad Health insurance if medical assistance is necessary.

My roommate tested positive for COVID-19, what should I do?

Just as roommates in Michigan have tested positive for COVID-19, it is also possible that a roommate abroad will test positive. Though there are specific protocols on U-M's campus (see Campus Blueprint for details), the protocols may be different in another country. Because of this, you will need to follow local public health protocols which may or may not include:

1. Contact the person abroad who is organizing housing, such as the local university contact or study abroad provider contact. They can provide you with an overview of options and protocols.
2. Students can learn more about isolation and quarantine by reviewing the guidelines from the CDC and reading the "Protect Yourself" section of the CDC advice for caring for someone sick at home.
3. Follow local guidelines if you have had exposure to your roommate, which *may* include getting tested 5-7 days after your exposure, even if you do not have symptoms, and following any masking or social distancing requirements if isolation is not mandatory for 14 days following exposure or until your test result is negative.
4. If you test positive for COVID-19 following the initial exposure, follow all local public health guidelines and use the GeoBlue Travel Abroad Health insurance if medical assistance is necessary.

I tested positive for COVID-19 while abroad, what should I do?

Students who test positive for COVID-19 should contact the person abroad who is organizing housing, such as the local university contact or study abroad provider contact. They can provide you with an overview of local public health guidelines and next steps. Next steps may include:

- Work with the on-site contacts to discuss isolation, food, and arrangements to receive daily necessities. There are factors that may determine what kind of support is available, such as whether you are living in dorms/university housing or a self-chosen apartment, whether you are studying directly with a university or with a study abroad provider, etc. Note that GeoBlue does not cover the cost of quarantine, food, and daily necessities. See GeoBlue & COVID-19: What To Know Before you Travel for details.
- Make arrangements for classes or other in-person obligations.
- Maintain contact with your loved ones back home so they are up-to-date on your well-being.
- Use the GeoBlue Travel Abroad Health Insurance if medical assistance is necessary.
- Isolation can be an understandably difficult experience. For emotional well-being support, there are several resources at your disposal:
  - Local resources provided by the host institution
  - GeoBlue resources, including:
    - GeoBlue Global Health Services Overview
    - GeoBlue Global Wellness Assist (tele-health mental health services through GeoBlue)
    - GeoBlue Global TeleHealth (tele-health consultation with a medical professional)
    - GeoBlue COVID-19 and TeleHealth
  - CAPS MiTalk resources and Peer Counseling
  - CAPS Crisis Services

Contact U-M through emergency or non-emergency channels depending on the situation. Details are on the U-M Emergency Contact page on Global Michigan.

There are increased public health guidelines where I am studying, what should I do?

It is unfortunate that we are still in the pandemic, and the coming and going of increased public health guidelines can be understandably frustrating. During these situations, the well-being of our travelers is of the utmost importance, and U-M asks that all travelers follow local public health guidelines for their own well-being and for the well-being of others. Public health guidelines abroad adapt as COVID-19 cases rise and fall, just as they do in the U.S. As cases increase, it is possible that additional public health guidelines will be implemented such as masking, social distancing, curfews, limits to people in enclosed spaces, and temporary closures of business or activities, such as classes or non-essential activities. With this in mind, it is possible that in-person activities and gatherings will be temporarily suspended.

I was not able to board my return flight to the United States because I tested positive for COVID-19, what should I do?

If you tested positive for COVID-19 before returning to the United States, next steps may include:

- Follow local public health guidelines for testing positive for COVID-19.
- Work with the on-site contacts to discuss isolation, food, and arrangements to receive daily necessities. There are factors that may determine what kind of support is available, such as whether you are living in dorms/university housing or a self-chosen apartment, whether you are studying directly with a university or with a study abroad provider, etc. Note that GeoBlue does not cover the cost of quarantine, food, and daily necessities. See GeoBlue & COVID-19: What To Know Before you Travel for details.
- Contact the airline to see if the flight can be cancelled or changed.
- Make arrangements with classes, work, or other in-person obligations that you may miss back in the U.S. (or your final destination).
- Maintain contact with your loved ones back home so they are up-to-date on your well-being and the timing of your return.
- Use the GeoBlue Travel Abroad Health Insurance if medical assistance is necessary.
- Isolation can be an understandably difficult experience. For emotional well-being support, there are several resources at your disposal:
  - Local resources provided by the host institution,
  - GeoBlue resources, including:
    - GeoBlue Global Health Services Overview
    - GeoBlue Global Wellness Assist (tele-health mental health services through GeoBlue)
    - GeoBlue Global TeleHealth (tele-health consultation with a medical professional)
    - GeoBlue COVID-19 and TeleHealth
  - CAPS MiTalk resources and Peer Counseling
  - CAPS Crisis Services
- Contact U-M through emergency or non-emergency channels depending on the situation. Details are on the U-M Emergency Contact page on Global Michigan.

- Once your immediate well-being, housing, and food needs are taken care of, you will need to plan to return to the U.S. (or your final destination). This means you will need to follow the exit requirements of your departure country. These requirements supersede any United States entry requirements (which also need to be followed). To determine exit requirements of your host country, you can:
  - Contact the person abroad who is providing support, such as the local university contact or study abroad provider contact. They may be able to provide you with an overview of options and protocols.
  - Visit the U.S. Embassy COVID-19 Information page of your destination(s), which provides an overview of exit requirements and may link to the host country's exit requirement websites. Otherwise, you may need to search for your country's exit requirements online.
  - Contact your U-M contact, who may be able to assist and walk you through next steps.
  - Exit requirements will likely involve obtaining medical documentation that you have recently had COVID-19 and have recovered, since those who have recently had COVID-19 will most likely not pass a negative COVID-19 test. Though your host government's exit requirements should detail specific requirements of this medical documentation, it will likely be similar to the CDC requirements which are listed on Part 2 Option B of this document.
- Follow U.S. Entry Requirements by following CDC guidelines for returning to the U.S. from abroad.
  - All travelers flying to the U.S. will need to receive a COVID-19 viral test (regardless of vaccination status or citizenship) no more than 1 day before you travel by air into the United States. You must show your negative result to the airline before you board your flight; you will also be required to confirm that the information you present is true in the form of an attestation.
  - Alternatively, travelers to the U.S. may provide documentation from a licensed health care provider of having recovered from COVID-19 in the 90 days preceding travel. See Part 2 Option B of the CDC Airline Checklist: How to Confirm Proof of COVID-19 Vaccination and Negative Qualifying Test Results or Documentation of Recovery from COVID-19 for details of meeting the CDC Requirement for recovering from COVID-19. The CDC Travel Assessment has more information about what you will need to board a flight to the U.S. The CDC has also posted a Test and Vaccination Documentation Requirements FAQ with detailed information about acceptable tests. Visit the U.S. Embassy COVID-19 Information page of your destination for testing sites abroad.
  - If you are an international student, scholar or employee at U-M (i.e. not a U.S. citizen or permanent resident), in addition to having a negative COVID-19 test, you also are required to show proof of being fully vaccinated against COVID-19 before you travel by air to the U.S. from a foreign country. Details about pre-departure testing timelines, country-based restrictions and exceptions and other announcements are on the U-M International Center website.

I am not comfortable with the uncertainty of travel at this time, what should I do?

U-M's goal is to offer education abroad experiences that provide students with the best opportunity to meet their personal goals and succeed according to the student's own comfort level. Travel during the pandemic is not for everyone, and that is completely understandable and having reservations is a normal feeling. If you are not comfortable with travel at this time, the best course of action is to learn as much as you can about travel during the pandemic and especially at your intended destination, discuss any reservations with your U-M advisors and with your family, and make a decision based on your own comfort level. If you decide that now is not the right time to travel, reach out to your U-M advisors and any non-U-M entities – such as a host institution, internship provider, study abroad provider, etc – to determine options for cancellation.