

Pre-Departure Exchange Checklist



Exchange Requirements

- Complete Brightspace course
- Attend in person Pre-Departure session

Academics

- Apply to the host institution
- Complete course equivalency process
- Receive acceptance letter from host institution



Travel Provisions

- Arrange flights and accommodations
- Apply for passport and student visa, if needed
- Research options for cell phone plan

Health and Safety

- ✓ Obtain medical and travel insurances
- ✓ Ensure adequate supplies of prescription medications
- ✓ Photocopy passport and other important documents



Finances

- ✓ Create a budget
- ✓ Apply for scholarships and bursaries
- ✓ Research options for accessing banking



Final details

- ✓ Complete CU Travel Registry, including Proof of Insurance Form
- ✓ Download ISOS app and add travel details

