

Safety Planning Record – Alternative Practicum

Personal Details

First Name: Student A

Last Name: Student A

ID Number: 1234567

Address: Kingston

Queen's Email Address: studentA@queensu.ca

Telephone Number: 1234567890

Date of Birth: 1994-06-24

University Status: Student - Professional degree: J.D./B.Ed. etc

Activity Details

I am undertaking one of the following activities

Activity: Practicum

Department Overseeing Activity: Faculty of Education - Practicum Office

Short Description of Activity: I will be completing a 4 week alternative practicum with an adult education organization. My tasks will involve working in their library and archives.

Will you be travelling outside of Canada?: Yes

Aware of Contact Requirements: Yes

Are you a citizen of or do you have travel documents for the country in which you are undertaking this activity?: No

Citizenship under which you are travelling: Canada

Passport Number under which you are travelling: 1234567

Country of Activity: Australia

Geographical Site or Institution for Activity: Tranby National Indigenous Adult Education and Training

Setting for Activity: Urban

City or Nearest City to Activity Location: Sydney

Distance to Nearest City (km): 0

Activity Leaders:

[Edit](#)

Pre-Departure Training

Complete

Itinerary

Departure Date: 2020-03-06

Return Date: 2020-03-20

Itinerary

Dates	Type	Description
2020-03-06 - 2020-03-06	Car Erin Linnen	Travel directly from practicum (Ottawa) to Montreal
2020-03-07 - 2020-03-07	Flight VA 5155 - Virgin Australia	Fly from Montreal (YUL) to Los Angeles (LAX)
2020-03-07 - 2020-03-09	Flight VA 2 - Virgin Australia	Fly Los Angeles (LAX) to Sydney (SYD)
2020-04-04 - 2020-04-04	Flight VA 1 - Virgin Australia	Fly Sydney (SYD) to Los Angeles (LAX)
2020-04-04 - 2020-04-04	Flight VA 5150 - Virgin Australia	Fly Los Angeles (LAX) to Montreal (YUL)
2020-04-05 - 2020-04-05	Train TBA	Train from Montreal to Kingston

Hazards/Risks

Hazards and risks related to your activity: Not Applicable

Advisories

Hazard: Australia - Take normal security precautions Take normal security precautions in Australia.
Areas affected by bushfires - Exercise a high degree of caution Exercise a high degree of caution in areas affected by bushfires.

Risk: In areas affected by bushfires, I could face possible loss of property and life. Elsewhere in the country, I could be affected by the smoke from the fires.

Plan: I will completely avoid areas affected by bushfires and watch for updates from New South Wales fire services, including evacuation orders and warnings of service disruptions. Although I do not have a respiratory disorder or any other health issue that would make me more susceptible to illness from the smoke, I will also check daily air quality advisories and take the necessary precautions to protect my health (ex. remain indoors as much as possible).

Safety and Security

Hazard: Crime Violent crime is low, but petty crime such as pickpocketing and bag snatching occurs in larger cities. Vehicle break-ins are common. Ensure that your personal belongings, including your passport and other travel documents, are secure at all times. Exercise caution in the more popular tourist areas, where thieves target foreigners, including: Melbourne St. Kilda Sydney Kings Cross downtown George Street Darling Harbour Bondi Beach The Rocks Hyde Park and Centennial Park Queensland Queensland's Cairns and the Gold Coast. Robberies of safe-deposit facilities are common at inexpensive hotels and hostels. Ensure that your personal belongings are secure, particularly in crowded places.

Risk: There are a number of areas in Sydney where I, as a tourist, could be especially targeted by petty crime. My belongings, if left in hotels/hostels or vehicles, are also possibly at risk if not secured properly.

Plan: As I will be living and working in another area of the city, I will spend limited time in the flagged tourist areas of Sydney. When I am there, however, I will go with at least one friend and ensure that my belongings are secured with a travel belt or other concealed pocket. No matter where I travel, I will remain vigilant at all times against petty theft. I will not have a vehicle available to me during my travels so I do not risk having my belongings stolen in a vehicle break-in. I will purchase a portable travel safe and use it to keep valuables secure at my accommodations. I will also take photocopies of my passport, insurance, and other travel documents so that I can connect more easily with assistance in the event that I am robbed.

Hazard: Hitchhiking Avoid hitchhiking. Attacks on backpackers have occurred.

Risk: If I hitchhike, I could be vulnerable to attack.

Plan: I will never hitchhike. If I need a ride, I will use public transportation or take a taxi.

Hazard: Terrorism There is a threat of terrorism. The Government of Australia maintains a national terrorism threat advisory system. Individuals or groups have developed both the intent and capability to conduct a terrorist attack in Australia, and further attacks can't be ruled out.

Risk: If there is a terrorist attack, I could be injured or killed.

Plan: I will be especially vigilant in highly populated areas and ensure that I have the necessary forms of identification and health/travel insurance documents on my person at all times in case of emergency.

Hazard: Demonstrations may occur. Even peaceful demonstrations can turn violent at any time. They can also lead to disruptions to traffic and public transportation. Avoid areas where demonstrations are taking place. Follow the instructions of local authorities. Monitor local media for information on ongoing demonstrations.

Risk: If there is a violent demonstration, I could be injured or killed. A demonstration may prevent me from accessing public transportation and other services as well.

Plan: I will avoid all demonstrations by watching local media for information on demonstrations and their location. If I encounter a demonstration by accident, I will leave the area immediately.

Hazard: Women's safety Women travelling alone may be subject to some forms of harassment and verbal abuse.

Risk: As a woman doing much of my travel alone, I could be at risk of encountering physical and verbal harassment and abuse.

Plan: I will be staying with another B. Ed student who is also completing her alternative practicum in Sydney. We are not working with the same organization, but we can travel some of our walking commute together, creating safety in numbers. When traveling around the city, I will plan all routes ahead of time so I can be focused on my surroundings and not appear like a tourist. I will also dress in a culturally appropriate manner to minimize drawing attention to myself.

Hazard: Spiked food and drinks Never leave food or drinks unattended or in the care of strangers. Be wary of accepting snacks, beverages, gum or cigarettes from new acquaintances, as they may contain drugs that could put you at risk of sexual assault and robbery.

Risk: I could inadvertently consume spiked food or drinks, leaving me vulnerable to sexual assault or robbery.

Plan: I will be eating the majority of my meals in my own private kitchen at my accommodations. When eating out, I will not leave food or drinks unattended or with strangers and I will not accept food or drinks from strangers. When possible, I will eat out with friends so we can watch each other's food and drinks.

Hazard: Road safety Exercise caution when driving in rural areas, particularly in the Northern Territory and at night, due to roaming animals, excessive speeding and "road trains" (trucks pulling two or more trailers). Pull over and allow oncoming road trains to pass to avoid being sideswiped. Access to some remote locations may be impossible during inclement weather. Plan your over-land route carefully due to the great distances between settlements and the isolation of many outback areas. Provide a friend or relative with your itinerary, and ensure that your vehicle is in good repair. Carry sufficient supplies of gasoline, water and food, as well as a cellular telephone, and, when travelling into remote areas, bring a satellite phone or an emergency position indicating radio beacon (EPIRB)

Risk: If I travel in remote and rural areas, I may encounter dangerous road and weather conditions that could affect my safety.

Plan: I will not be doing any driving while in Australia and I will not be traveling in remote and rural areas. If I would be doing any such travels, I would prepare in advance of the trip (ie. by sharing my itinerary with friends, packing supplies of food and fuel, portable charger for cell phone) and share the driving with a friend.

Hazard: Remote areas Many regions in Australia's interior are remote and have small populations and few services. Overland travellers may have limited access to telephones and other facilities.

Risk: If I travel to remote regions of Australia, I may risk losing access to health and safety services.

Plan: I will not travel to remote regions of Australia. If I would be doing any such travels, I would travel with a guide and would bring the appropriate equipment for communicating from remote regions.

Hazard: Trekking and mountaineering If you intend on trekking or mountaineering : -never do so alone and always hire an experienced guide from a reputable company -buy travel insurance that includes helicopter rescue and medical evacuation -ensure that your physical condition is good enough to meet the challenges of your activity -ensure that you're properly equipped and well informed about weather and other conditions that may pose a hazard -inform a family member or friend of your itinerary, including when you expect to be back to camp -know the symptoms of acute altitude sickness, which can be fatal -obtain detailed information on trekking routes before setting out and do not venture off marked trails or slopes

Risk: If I would do any trekking or mountaineering, I may be injured or lost in remote or harsh locations.

Plan: I will not do any trekking or mountaineering. If I would do any hiking, I would go with someone more experienced, pack the necessary survival and first aid materials, and plan and share my itinerary with others.

Hazard: Swimming Riptides are common. Several drownings occur each year. In certain areas, sharks, crocodiles, jellyfish and other wildlife pose a risk to swimmers. Swim at supervised beaches only, obey the lifeguards, heed flag warnings and never swim when a red flag is displayed.

Risk: If I swim in the ocean, I could drown or be injured or killed by wildlife.

Plan: I will do limited swimming in the ocean and only swim at supervised beaches with friends. I will watch for and follow warnings about dangerous wildlife and other risks and be vigilant about my surroundings while swimming. If I am ever caught in a riptide, I will float on my back til I escape it and then swim parallel to the shore until I can return.

Entry and Exit Requirements

Hazard: Passport Entry requirements vary depending on the type of passport you use for travel. Before you travel, check with your transportation company about passport requirements. Its rules on passport validity may be more stringent than the country's entry rules. Regular Canadian passport Your passport must be valid on the day of entry into the country. Passport for official travel Different entry rules may apply. Other travel documents Different entry rules may apply when travelling with a temporary passport or an emergency travel document. Before you leave, check with the closest diplomatic mission for your destination. Visas Tourist visa: required Business visa: required Student visa: required Canadians must also be in possession of an electronic travel authority (ETA) to visit Australia. Ensure that you travel with the same passport used to apply for your ETA. A health examination might be necessary to obtain certain visas.

Risk: If I am not in possession of a valid passport or ETA, I will be denied entry to Australia.

Plan: I have verified that my passport will be valid for several more years, ensuring that it will be valid at the time of my entry and departure from Australia. I have also obtained an ETA that is valid for 12 months, including the period of my travel to Australia. I will travel with the same passport that was used to apply for this ETA.

DFAIT Section 5: Government Contacts

Canberra - High Commission of Canada
Street Address
Commonwealth Avenue, Canberra ACT, Australia 2600
Telephone
(61) 2 6270 4000
Fax
(61) 2 6270 4060
Email
cnbra@international.gc.ca
Internet
www.australia.gc.ca
Services
Passport Services Available
Facebook
Canada Down Under
Consular services

The High Commission of Canada in Canberra issues passports to Canadian citizens in the states of Victoria, Tasmania, South Australia, and Western Australia; in the Australian Capital Territory; in

Papua New Guinea; and in the Pacific islands in its jurisdiction (Guam, Marshall Islands, Micronesia, Nauru, New Caledonia, the Northern Marianas, Palau, Solomon Islands, and Vanuatu).

Sydney - Consulate General of Canada

Street Address

Level 5, Quay West Building, 111 Harrington Street, Sydney, NSW 2000, Australia

Telephone

61 (2) 9364-3000

Fax

61 (2) 9364-3098

Email

sydney@international.gc.ca

Internet

www.australia.gc.ca

Services

Passport Services Available

Facebook

Canada Down Under

Twitter

[@canadadownunder](https://twitter.com/canadadownunder)

Consular services

The Consulate General of Canada in Sydney issues passports to Canadian citizens in the states of New South Wales and Queensland, and in the Northern Territory.

For emergency consular assistance, call the High Commission of Canada in Australia, in Canberra, or the Consulate General of Canada in Sydney and follow the instructions. At any time, you may also contact the Emergency Watch and Response Centre in Ottawa (011-800-2326-6831).

Health

Hazard: Routine Vaccines Be sure that your routine vaccines, as per your province or territory, are up-to-date regardless of your travel destination. Some of these vaccines include: measles-mumps-rubella (MMR), diphtheria, tetanus, pertussis, polio, varicella (chickenpox), influenza and others. Vaccines to Consider You may be at risk for these vaccine-preventable diseases while travelling in this country. Talk to your travel health professional about which ones are right for you. Hepatitis B Influenza Japanese encephalitis Measles Yellow Fever

Risk: I may be at-risk for these vaccine-preventable diseases while in Australia.

Plan: I verified that I have the most recommended vaccines. I will take the usual precautions to avoid infectious diseases, such as washing my hands regularly.

Hazard: Food and Water-borne Diseases Travellers to any destination in the world can develop travellers' diarrhea from consuming contaminated water or food. Practise safe food and water precautions while travelling in Australia and New Zealand. When in doubt, remember...boil it, cook it, peel it, or leave it!

Risk: I may be at risk of catching food and water-borne diseases.

Plan: I will follow safe food and water precautions while in Australia. I will only drink water that I know is safe and will only eat food that has been properly cooked.

Hazard: Insects and Illness In some areas in Australia and New Zealand, certain insects carry and spread diseases like dengue fever, Japanese encephalitis and West Nile virus. Travellers are advised to take precautions against bites.

Risk: I could contract illnesses from insects like mosquitoes.

Plan: If I spend time outdoors in areas where mosquitoes are more prevalent, I will wear long-sleeved clothing and apply bug spray to prevent bites.

Hazard: Animals and Illness Travellers are cautioned to avoid contact with animals, including dogs, monkeys, snakes, rodents, birds, and bats. Certain infections found in some areas in Australia and New Zealand, like rabies, can be shared between humans and animals.

Risk: I could contract illnesses through contact with animals.

Plan: I will avoid contact with all animals, especially wild ones. If I am bitten by any animal, I will seek medical care to check for rabies.

Hazard: Person-to-Person Infections Crowded conditions can increase your risk of certain illnesses. Remember to wash your hands often and practice proper cough and sneeze etiquette to avoid colds, the flu and other illnesses. Sexually transmitted infections (STIs) and HIV are spread through blood and bodily fluids; practise safer sex.

Risk: I may be at risk of contracting infections from other people.

Plan: I will take the usual precautions such as washing my hands regularly and practicing proper cough/sneeze etiquette.

Hazard: Bushfires in Australia Smoke contains fine particles (that are not visible to the human eye) that penetrate the lungs and bloodstream, sometimes leading to serious health effects. Those at greater risk of these effects are: - small children - pregnant women - elderly - people with lung or heart conditions such as asthma, emphysema, and angina - people involved in strenuous outdoor activities During heavy smoke conditions, all individuals are at risk regardless of their age or health. Mild and common symptoms of smoke exposure include: - sore and watery eyes - runny nose and sinus irritation - scratchy throat and mild coughing - headache Less common but more serious symptoms may include: - breathing difficulties, including asthma attacks - severe cough - chest pains - heart palpitations - heart attacks

Risk: My health could be impacted by smoke from the bushfires.

Plan: I will regularly monitor local media and emergency services for updates on smoke conditions. I will limit outdoor activity and strenuous physical activities as much as possible. If I experience any of the serious symptoms of smoke inhalation, I will seek medical attention.

Hazard: Measles An increase in the number of measles cases has been seen worldwide in recent years, with many countries reporting a higher number of cases than usual. Anyone who is not protected against measles is at risk of being infected with it when travelling internationally. Most measles outbreaks in Canada are the result of returning travellers who were infected abroad.

Risk: If I am not vaccinated and I come into contact with the measles virus, I may become ill and/or spread the virus.

Plan: I have verified that I have my measles vaccination and I will take the necessary precautions, such as washing my hands frequently and practicing proper cough/sneeze etiquette.

Currency: Not Applicable

Laws and Culture

Hazard: Drugs Penalties for possession, use or trafficking of illegal drugs are severe. Convicted offenders can expect lengthy jail sentences and heavy fines.

Risk: If I am caught with any drugs in my possession, I could face serious consequences, including prison and fines.

Plan: I will not possess, travel with, or use any drugs. I will monitor my bags at all times while travelling to ensure that none are placed on my person.

Hazard: Imports and exports There are very strict rules and quarantine measures regarding the importation of food and animal products. Information about items which you can and cannot bring to Australia is available from Australia's Department of Home Affairs.

Risk: If I bring any food or animal products in Australia, I could face serious consequences from border officials.

Plan: I have consulted Australia's Department of Home Affairs website for what food items are not permitted for import and I will not bring those items.

Hazard: Driving Traffic drives on the left. Local authorities will only accept your overseas driving licence if the names on your licence match exactly those in your passport. You must apply for a local licence if you intend to stay in Australia longer than three months and you hold a permanent visa. Permits are required when travelling on Aboriginal territory. Drinking and driving laws are strictly enforced. The legal blood alcohol limit is 0.05 percent. There is zero tolerance for drinking and driving by holders of a provisional driver's licence.

Risk: If I am not aware that traffic drives on the left, I could be at greater risk of injury and death as a pedestrian.

Plan: I will take precautions as a pedestrian to be aware of the direction of traffic, checking right-left-right in recognition that vehicles will be on the left. I will not drive while in Australia and will only take public transportation or taxis.

Hazard: Dual citizenship Dual citizenship is legally recognized in Australia. If you are a Canadian citizen, but also a citizen of Australia, our ability to offer you consular services may be limited while you're there. You may also be subject to different entry/exit requirements.

Risk: If I was a dual citizen, I may not be able to access the same services from the Canadian consulate.

Plan: I am a Canadian citizen and I don't hold dual citizenship with Australia or any other country.

Hazard: Money The currency is the Australian dollar (AUD).

Risk: If I do not have Australian dollars and my credit cards are not accepted, I may be unable to pay for goods and services.

Plan: I will order some Australian dollars prior to the trip and inform my bank that I will be travelling so that my cards aren't frozen.

Road Travel: Not Applicable

Disasters and Climate

Hazard: Bushfires Australia is experiencing devastating bushfires in a number of regions. These fires have resulted in loss of life and property. Elevated fire danger ratings and alert levels may be applied to affected areas. Air quality may be significantly reduced and disruptions to the following essential services may occur: - transportation, including air traffic - power distribution - water and food supply - telecommunication networks - emergency services - medical care If you are in or near an affected area: - be prepared to modify your travel arrangements or even evacuate the area on short notice -

comply with any evacuation order - monitor local media to stay informed on the evolving situation - contact your airline or tour operator to determine if the situation will disrupt your travel plans In the event of an emergency, dial triple zero (000). For current information on affected areas, consult state or territory authorities.

Risk: In Sydney, I may be impacted by smoke from the bushfires and disruptions to essential services. If I travel outside of Sydney, I may encounter the bushfires themselves. These all pose risks to my health and safety.

Plan: As stated earlier, I will regularly monitor information from local media and authorities related to the bushfires. I will follow all advisories related to the smoke and take the necessary precautions to protect my health, such as remaining indoors and avoiding intense activities outdoors. I will not travel in or through areas affected by the bushfires and will comply with all evacuation orders should they occur where I am staying.

Hazard: Cyclones The cyclone season extends from November to April. Cyclones may occur along the coastal areas of Queensland, the Northern Territory and Western Australia. Severe rainstorms can lead to flooding and landslides, which in turn can cause extensive damage to infrastructure as well as loss of life, and can also hamper the provision of essential services.

Risk: I will be in Australia during cyclone season. If I travel in coastal areas of Queensland, the Northern Territory, or Western Australia, my life and property may be threatened by cyclones.

Plan: I will not be travelling or staying in any of the territories most likely to be impacted by cyclones. I will monitor local media and weather alerts to be aware of dangerous weather in my own region.

Hazard: Seismic activity Australia is located in a seismic zone.

Risk: In the event of an earthquake, I could be injured or killed or face loss of essential services in the aftermath.

Plan: I will monitor information from local authorities to watch for earthquake warnings and follow their instructions, such as taking shelter when possible.

Additional Information (if required): Not Applicable

Country Alerts

Hazard: Australia - Take normal security precautions Take normal security precautions in Australia. Areas affected by bushfires - Exercise a high degree of caution Exercise a high degree of caution in areas affected by bushfires.

Risk: In areas affected by bushfires, I could face possible loss of property and life. Elsewhere in the country, I could be affected by the smoke from the fires.

Plan: I will completely avoid areas affected by bushfires and watch for updates from New South Wales fire services, including evacuation orders and warnings of service disruptions. Although I do not have a respiratory disorder or any other health issue that would make me more susceptible to illness from the smoke, I will also check daily air quality advisories and take the necessary precautions to protect my health (ex. remain indoors as much as possible).

Travel Documents/Work Permits/Visas

Hazard: Visas Tourist visa: required Business visa: required Student visa: required Canadians must also be in possession of an electronic travel authority (ETA) to visit Australia. Ensure that you travel with the same passport used to apply for your ETA.

Risk: If I do not have an ETA, I will be refused entry to Australia.

Plan: I have already obtained an ETA, allowing me to enter and stay in Australia for up to 3 months.

World Health Organization: Not Applicable

Public Health Agency of Canada: Not Applicable

Immigration Canada: Re-entry into Canada

Hazard: When re-entering Canada, I will need to make a declaration about what I am bringing back into the country.

Risk: If I do not verify what is permitted/not permitted to be brought into the country, I could unintentionally bring something back illegally and face serious fines. Similarly, I could face fines if I am not completely honest on my declaration form.

Plan: I will check the CBSA website to verify what is permitted to bring into Canada and I will complete my declaration form properly and completely.

Immunizations

Aware of Immunization Requirements: Yes

Travel Health Insurance Provider: Allianz

Emergency Response

Local Emergency Contact Information

- Agency: Emergency Call Service
- Tel. Number: 000
- Agency: Tranby National Indigenous Adult Education and Training
- Tel. Number: 1800601988

How will we contact you in the event of an emergency?

- Agency: Tranby National Indigenous Adult Education and Training
- Tel. Number: 1800601988
- Email Address: reception@tranby.edu.au
- Comment: Reception