



# ESSENTIAL COVID TRAVEL RESOURCES

May 2021



*Meaningful Travel Starts Here*

# TABLE OF CONTENTS

A map to find the content you need.

<b>Welcome to Travel in a Post-Covid World</b> .....	<b>3</b>
<b>Should You Go Abroad Right Now?</b> .....	<b>4</b>
<b>How to Talk to Your Parents About Going Abroad</b> .....	<b>9</b>
<b>11 Tips for Visa Applications</b> .....	<b>14</b>
<b>Why You Should Get Travel Insurance On Your Next Trip</b> .....	<b>18</b>
<b>9 Must-Follow Tips for Travel After Quarantine</b> .....	<b>23</b>
<b>What to Do If You Get Sick Abroad</b> .....	<b>28</b>
<b>9 Helpful Travel Apps &amp; Websites for Covid Travel</b> .....	<b>33</b>
<b>6 Top Travel Insurance Options in a Covid World</b> .....	<b>37</b>
<b>Essential Travel Resources</b> .....	<b>41</b>

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Our advice comes from real travelers—just like you.



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# WELCOME TO TRAVEL IN A POST-COVID WORLD

## Traveling post-Covid is about looking to the future.

2020 was a bad year for millions of people—that simply can't be overstated; and even though last year continues to shrink in our collective rearview mirror, its effects will surely be felt for years to come.

Now, as we continue to move forward with a realistic end to the Covid pandemic in sight, it's starting to feel easier to hope and plan for the future.

Whether Covid prevented you from going abroad for the first time, or prematurely put an end to your time abroad, it's finally time to start seriously thinking about getting out and seeing the world once again!



## Traveling "post-Covid" means being prepared

So, when planning your future travels in this post-Covid world, what's the first thing you'll need? Resources. Resources to help you plan, learn, and prepare for the changes the travelsphere has undergone over the past year. **And that's exactly what you'll find in the pages of this eBook.** We hope you find what you need to make your travel dreams finally feel realistic again.

The world is waiting! We think 2021 might just be your year to discover it. —*Team GoAbroad*



### IES Abroad's #1 Priority? You!

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[SAI STUDY ABROAD](#)



[AFS-USA](#)

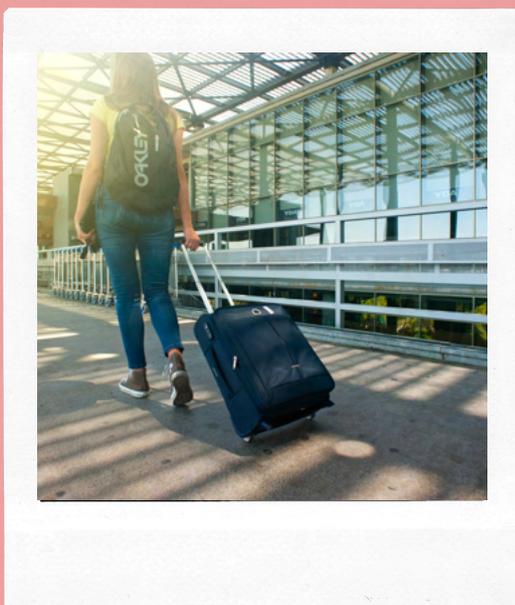
# SHOULD YOU GO ABROAD RIGHT NOW? HERE'S HOW TO DECIDE

The global pandemic has changed the world and things are much different than they were even a year ago. We've all been sitting at home, quarantined, or in lockdown, and the restlessness is getting to us.

Many of us crave to leave our homes and travel once more. But is it responsible to travel right now? Even if we are on meaningful travel experiences like study abroad, volunteer abroad, or more, that doesn't necessarily mean that we are traveling responsibly during these times.

The biggest question on our minds is should I travel internationally right now? There are lots of ways to look at it, and it's important to make an informed decision before jumping right in. It's crucial to keep in mind that the world of travel is not the same as it used to be, and many things have changed.

Below are some of the pros and cons of traveling abroad right now that you should consider before taking the next step and booking a trip overseas.



**"...depending on your nationality, some countries may be open to you and others might not be."**

## CAN I travel internationally right now?

Unfortunately, we can't answer this question for you. It all depends on how comfortable you are with the risks—both for you and for others—and extra challenges the world faces right now. If you are okay with it, yes, you can travel internationally right now; however, it's going to be a lot more complicated and restricted than it used to be.

Gone are the days of showing up somewhere having done little research because everywhere has its own rules and restrictions regarding travel and COVID-19 prevention. If you want to try to go abroad, it's important to figure out where you can go, because, depending on your nationality, some countries may be open to you and others might not be.

## How to decide if it's a good idea to travel

When looking at how to decide if it's a good idea to travel right now, you first need to consider your own expectations and comfort levels. Since everyone is different, we can't offer a single answer, but some questions to get yourself started include:

- Will this benefit my future?
- Do I have a plan if I get sick?
- Am I at an elevated risk for complications?
- Am I unable to travel abroad in the future?
- Am I fully able to follow pandemic regulations?
- Will I be prepared in case there's a lockdown abroad?
- How much support will I have in case anything happens?

## 11 pros and cons of traveling abroad right now

### Pro: There are fewer tourists right now

With much of the world on lockdown, some borders closed to some nationalities, and reduced movement, there are hardly any tourists where there are usually hundreds or thousands. You'll be able to visit a place like Venice and see it in a unique light all to yourself, instead of standing in a huge crowd. Not only will you be able to take better pictures, but it will be much easier to social distance!

Due in part to the lack of tourism, and also for the safety of employees, many typical attractions might be closed to the public in your destination. Although you might not be able to visit the art museum you've been longing to go to for years, you might find something more unique to visit in your research.

### Pro: You can get deals on flights!

Since fewer people are traveling right now, airlines are desperate to make ends meet, and are sometimes offering lower prices than typical to attract travelers. However, take this with a grain of salt because many airlines have also reduced the number of flights and routes available, and you may find yourself on a full flight.



## Con: You might not be able to get a visa

Travel restrictions are the norm and borders are in flux during these times. You'll have to do your research and find out if you're allowed to go to your country of choice, and what their current visa requirements are. Be sure to stay up-to-date on border closures, too, because they can change at any time. If you're traveling abroad with a program provider, they'll also keep you in the loop on the status of your destination.

## Pro: You'll be able to explore your host city with more intention

One of the best ways to get to know a place is by simply walking around and exploring with no plans. Even when museums and restaurants are closed, general outdoor sightseeing will most likely be open, allowing you to get a better feel for the general culture of your host city. You can use this as an opportunity to take a guided tour, discover unknown sites, and find which places are open. Of course, this is subject to current regulations.



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[Learn more](#)

## Con: You may have to quarantine for two weeks upon arrival or face a nation-wide lockdown

It's important to stay up to date with all the regulations in your host country, even after you have arrived. It's smart to plan for a quarantine period at the beginning of your program when you first arrive, which can seem like a pain because you just arrived and want to explore and get settled, but you aren't able to. Because of the situation, your host city or country might go back into a strict lockdown, so make sure you are prepared in case this happens.

## **Pro: Depending on where you go, the situation might be safer than at home**

Many other countries have had a proactive approach to the pandemic situation and, as a result, the number of cases are relatively under control compared to other places. This means that you might actually be going to a place that has a lower transmission rate.

Of course, the impact of the virus varies for each person and their own health background. Part of this difference is due to the culture, so if you decide to go abroad, you need to respect the cultural norms surrounding the pandemic so you don't put yourself and others at risk.

## **Con: The situation can change suddenly**

Waves, resurgences, and new strains of the virus could emerge at any time, and borders can close again. Although your host country may be in a good spot now, that might not be the case a couple weeks from now. Now, more than ever, you never know what will happen, so you have to always be ready to change your plans if necessary.

## **Pro: Immerse yourself more authentically**

With fewer tourists and fewer people going abroad in general, you'll have a unique opportunity to immerse yourself in your host culture without distractions. It might be harder to find avenues to find and interact safely with locals, but once you find them, you'll build stronger bonds and learn more about their lives.

## **Con: You'll have to navigate different restrictions and rules**

A common theme throughout this list—pandemic restrictions and rules—seems the most obvious, but cannot be repeated enough. The rules you encounter are most likely going to be different than at home, and it's your responsibility to be aware of and follow these rules.

Sometimes they may seem more restrictive, but it's meant to protect you and the people around you. By not following the rules, you are not only putting the health of yourself and others at risk, but you are risking cultural and legal consequences, putting a damper on any experience abroad.

Also, be aware that the rules are constantly changing and that you are following the most recent regulations.

## **Con: Getting sick abroad would be more complicated than at home**

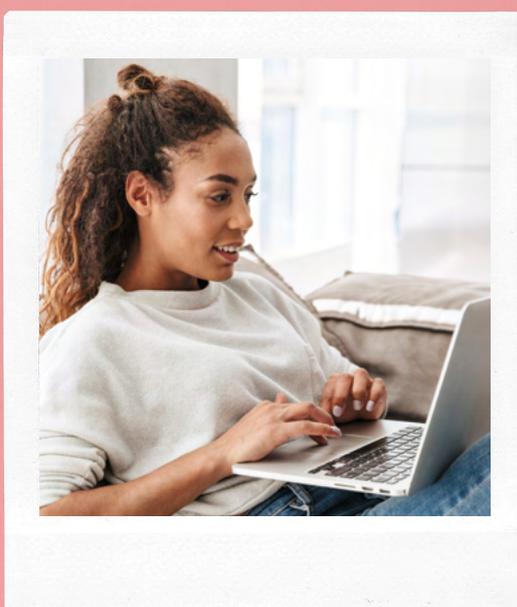
As with any experience abroad, there are risks that you have to be willing to take. However, because of social distancing, it might be more difficult or take longer to make friends, and you'll likely have a smaller support system than what was normal pre-Covid. If anything happens, although you'll have your program provider to help you along the way, you may be largely on your own to navigate the situation and care for yourself.

## Deciding to travel internationally right now requires a lot of thought

There are more factors to consider when deciding to go abroad right now, beyond the normal factors like location, program, and cost. It's important that you make an informed decision by thoroughly researching the current situation of your intended host country, [what support your program provider offers](#), travel restrictions and requirements, and your own health.

Although it's possible to travel internationally, you can't expect the experience to be the same as it used to be. If you do decide to travel abroad right now, you need to respect and follow the rules and regulations of your host country.

Even if you decide that it's better for you to stay at home, you don't have to give up your dreams of gaining international experience! Many program providers are offering virtual programs, internships, and volunteer opportunities, so you can still learn more about the world.



"...if you decide that it's better for you to stay at home, you don't have to give up your dreams of gaining international experience!"

### Resources for online programs:

- [9 Coolest Online Internship Opportunities \(with Reviews!\)](#)
- [9 Tips for Language Immersion at Home](#)
- [Virtual Gap Year: How to Know it's Right for You](#)

### Check out some of our virtual options here:

- [Online study abroad](#)
- [Online volunteer abroad](#)
- [Online internships](#)
- [Online language courses](#)

# HOW TO TALK TO YOUR PARENTS ABOUT GOING ABROAD RIGHT NOW

The year 2020 was full of, well, surprises to say the least. And for those of us with the travel bug, we've been waiting patiently for the time to come to pack our bags again. Whether you're looking to finally embark on your study abroad journey, looking to improve and test your professional skills working or interning abroad, looking for an adventure, or any other reason to get yourself out there, one thing is for certain: **you may have to work on getting your parents' approval first.**

So, now you're wondering how to go about talking to your parents about going abroad right now? How can you convince them, despite everything 2020 has thrown at the world, that traveling is safe and beneficial right now?

Thinking about how to start this conversation can be tricky, but we can offer you some golden words of wisdom to guide you through prepping for the travel talk.

## Should you go abroad in 2021?

There are many things to meditate on while attempting to travel during (or post) a pandemic. It's a good idea to make a list of pros and cons first, to get you started on what you want to highlight in your conversation with your parents about traveling abroad.

The most glaringly obvious negatives about traveling right now center around the topics of health and safety. Amidst this pandemic, the fear of contracting COVID-19, or even passing it on to someone else is a top concern.

Another con to think about while traveling during a pandemic is that some countries may be restrictive of what you can do and where you can go, so your experience may be limited.

However, despite any negatives that may deter you and your parents from letting you travel, there are pros to traveling right now. Many countries have strict safety and health regulations to keep you safe and clean during your stay. Naturally, many places have rules to follow too, but the rigidity of these orders can be viewed in a positive light, as it shows a country and its people are taking the health of others seriously.

To know you will be cared for and protected is important while abroad. Also, with the news of a few successful vaccines on the horizon and more accessible testing, we are learning more and more about the virus. There are signs that things can, and will, improve in the near future.

In the end, it's up to you to decide how to present your argument on whether you think student travel during a pandemic is beneficial right now. Coming prepared to have a mature and well thought out conversation will certainly impress your parents.



## 9 tips for talking to your parents about going abroad right now

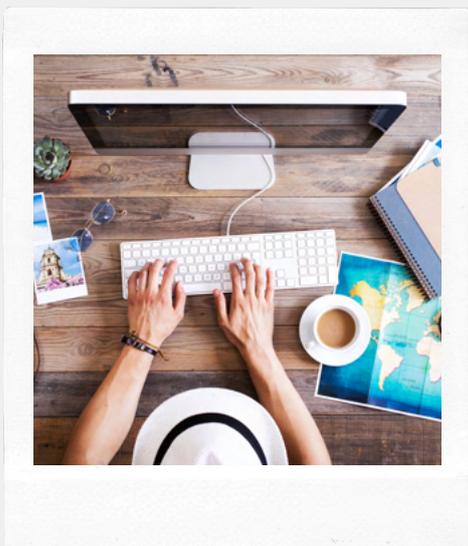
### 1. Consider your parents' feelings

Before you dive into giving your zealous speech on why you just have to travel right now, think about how your parents may react first. What have been their feelings about the pandemic and how do you think you should approach them?

It's important to show that you understand how your parents may feel. Exhibiting this type of understanding and empathy will show your parents that you've given some deep thought to what you're presenting to them and didn't selfishly go into your argument.

### 2. Get your arguments ready

Make sure you have a well thought out plan of how you want to execute your "please let me travel abroad" argument. If you go into the conversation without doing any research to back yourself up, it may come across to your parents that you're not being mature about the situation, or it's not as serious to you.



"You have to show them why traveling is beneficial to you..."

You have to show them why traveling is beneficial to you, especially during a pandemic. How will your impending travel experience better you in the long run? Having the right argument will help when talking to your parents about going abroad right now.

### 3. Make a list of preparations *together*

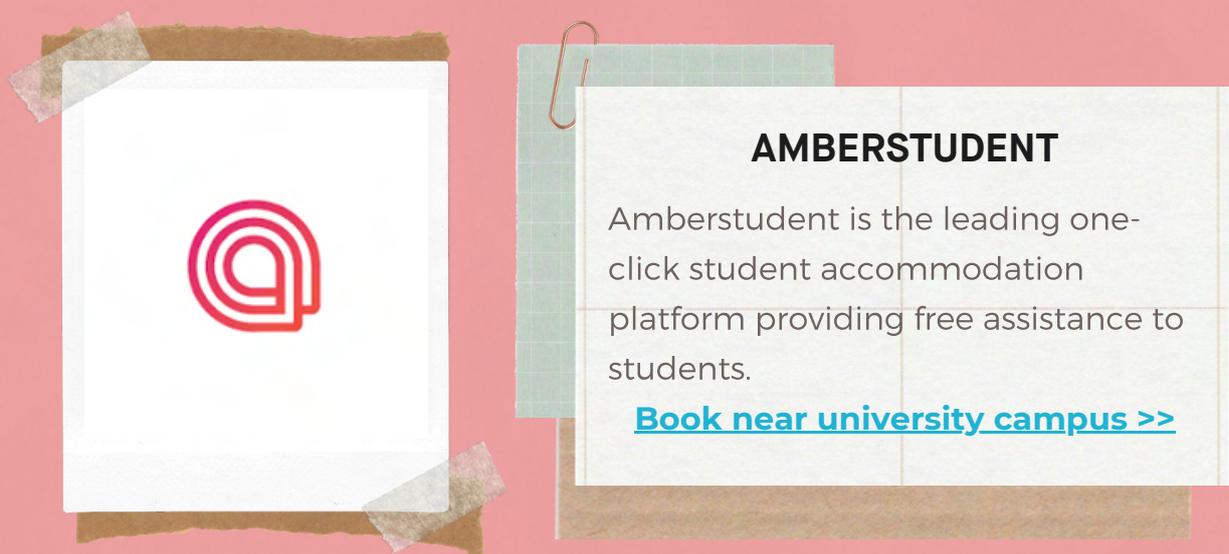
Be collaborative! Tell your parents you are willing to sit down with them so that together you can come up with a plan to make sure you will be safe and healthy. By making some sort of list together it will prove that you value their input, and that when you go abroad you will be communicative with them.

Most importantly, ensuring you have that go-to plan may ease any worries or concerns your parents might have about you traveling right now. The trust you will build by being cooperative will make it easier for your parents to agree with what you have to say about student travel during a pandemic.

## 4. Choose a safe-er destination

Picking the right place for you is integral to your experience. First, you definitely want to look at the countries that will be best for what goals, either personal or academic, you want to satisfy while abroad. Going from there, you then want to research the safety and health regulations these destinations have enacted in order to maintain optimal risk management for visitors.

Also find out what protocols your country's embassy has in place in case of an emergency or if you get sick. It's important to know what you can do if you find yourself in an emergency situation and what your rights and healthcare will look like abroad. Your parents will appreciate the information you've gathered when talking to them about going abroad right now.



## 5. Do your research

While the above information on researching the health and safety regulations of your new country is important to consider, it's also vital to research some other things.

Some countries may have travel restrictions that prohibit you from going to certain places in and out of the country. While restrictions may be a deal breaker for some, doing the right research will prepare you for any surprises you may want to avoid.

Researching what laws the country may have, especially new ones put into place because of COVID-19 (such as a curfew), will make it easier on yourself so you don't find out the hard way when you're there. All of this investigation will show your parents that you are invested in traveling abroad and understand the importance of being safe.

## 6. Show you're smart and responsible

Bringing your compiled list of research to your conversation with your parents will show them that you're responsible. They will see that you have thought this all through and that your trip abroad is important to you.

Consider also putting together a packing list and include a section of items that will be helpful if you become sick or find yourself in an emergency. While it may be exciting to show off all the cool outfits and other items you want to bring abroad, your parents will be happy that you also considered your health and safety as top priorities.

## 7. Plan your financial options

Pandemic or not, reviewing your finances and creating a budget will help prepare you for your time abroad. Making a list and applying to some scholarships and grants is a helpful way to convince your parents that traveling abroad wouldn't be as much of a financial burden as they may assume. Showing you're financially responsible (and aware), is a key element to your parents agreeing with student travel during a pandemic.

Set aside an amount you're okay with for personal expenses and socially-distanced excursions. Creating a plan for emergency funds is also a good idea. Going over your financial options with your parents will ease their minds over making a decision to let you travel abroad right now.

## 8. Consider what time is right for you

Maybe you're finding it harder to convince your parents to allow you to travel abroad right now. Thinking it over, you can find a time you agree on together that will be best for you to travel.

Whether that time is summer term, fall semester, or beyond, choosing the right time frame can help you and your family to ensure your health will be less at risk.

Going abroad at the right time can also be determined by how it fits into your current lifestyle. When thinking about how to tell your parents you still want to go abroad, consider whether traveling and living abroad is the right choice for you at that time.

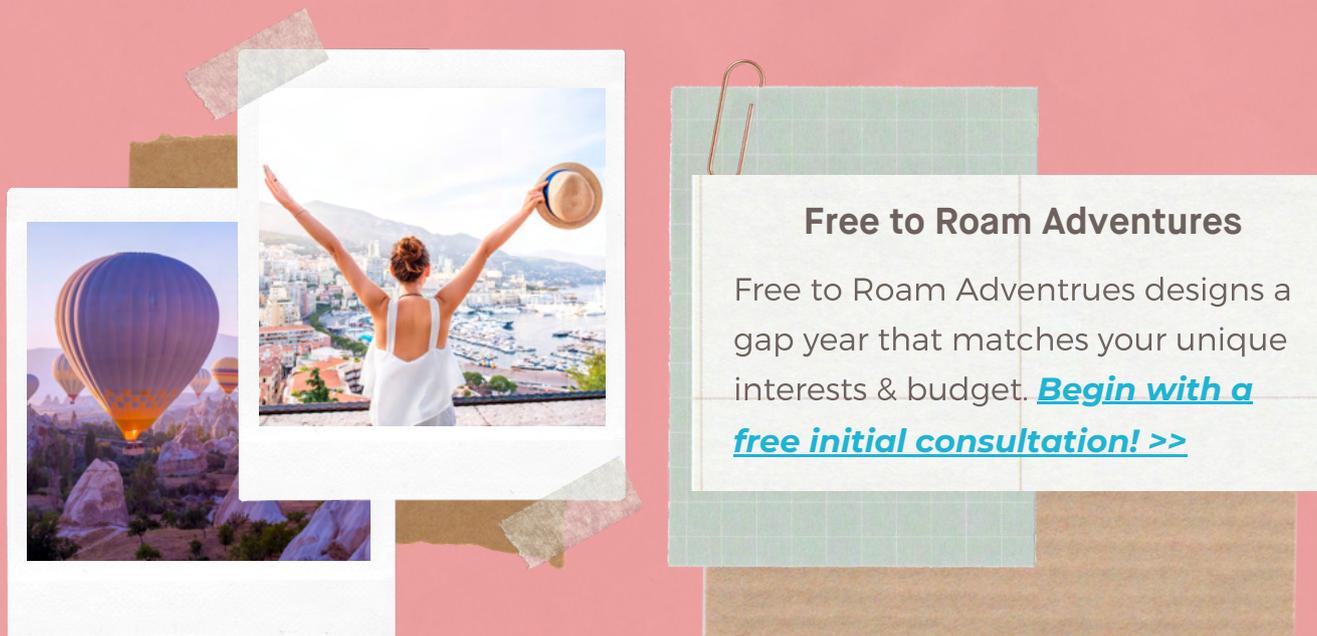


>> **Read More: [What Skills Do You Gain from Studying Abroad?](#)** <<

## 9. What kind of travel are you doing and why is it beneficial?

When putting your ideas together to talk to your parents about going abroad right now, explaining to them why traveling will be beneficial to you will help your argument. Relaying the benefits that living and traveling abroad can give you will prove that this trip is meaningful.

As parents, they will want you to expose yourself to opportunities that will enable you to grow in positive ways. Deliberately showing them how you want to improve your life, and how travel can act as a catalyst for your growth will leave them impressed and leaning on the side of agreeing to your travel plans.



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## Telling your parents you still want to go abroad might not be an easy conversation

Having a conversation with your parents about traveling should excite and motivate you. However, trying to convince your parents that traveling during or right after a pandemic can be daunting.

You have to come prepared with convincing evidence that you will have a plan to ensure your safety, and passion to show them why traveling will positively benefit you. Most importantly, listen to your parents and empathize with their questions and concerns. Work together to make sure that your trip plans are foolproof, and that you are prepared for whatever challenges and surprises your adventure brings you.

Last year brought a halt to most travel for the international community, but with more testing, better science, and news of a viable vaccine, sitting on that cramped airplane seat may soon be attainable again.

# 11 ESSENTIAL TIPS FOR VISA APPLICATIONS RIGHT NOW

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Despite the warnings, traveling is still possible during this pandemic. However, beware of the new restrictions and added safety measures for travelers right now. Swab tests, temperature checks, face masks, quarantine periods, and more may be required to enter a country.

On top of this, applying for visas during Covid will come with new challenges expats may not have had to face before. For example, embassies may only be working virtually or by appointment only. Plus, visas may only be issued under certain circumstances, which don't include tourism.

Each country has its own requirements for letting U.S. citizens obtain visas and travel within their borders, and it's crucial you find out what they are before you book a flight. For non-U.S. citizens, make sure to visit your country's tourism and immigration websites to learn more about Covid visa restrictions per country.

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## Can I apply for a visa right now? Are embassies open?

For a time, visa services were suspended across the world in certain countries (including the U.S.). In the summer of 2020, many countries began phased reopening and embassies have resumed visa services again.

With this in mind, travelers need to research how their destinations are processing visas. Certain embassies may be operating in-person or virtually, and they may have new hours of operation which delay or change the visa processes.

If you are traveling through your university or a third party travel provider, make sure to ask for assistance! Oftentimes, there are trained staff ready to answer questions and help you with your visa process.

# What to know before applying for a visa right now

## 1. Research or assistance will be necessary

Unless, of course, you're traveling abroad through a program provider; in that case, you'll have an advisor who can guide you through the process of getting your visa right now.

Find your destination's tourism or immigration website to find out the steps to applying for and processing a visa. This is *always* an essential step, but applying for visas during Covid has its own unique challenges that you need to know about. You can also contact the local [American embassy or consulate in your destination](#) or an [independent visa service](#) if you want more clarification on applying for a visa (or if you're even eligible to receive one).

## 2. You may need to acquire your visa prior to arrival

When researching your destination's visa requirements, make sure to clarify whether you need to present your visa prior to departure or if you'll receive one upon arrival. For some destinations, you'll be required to show a visa that you received by mail, email, or in-person before you even get on the airplane. In other countries, you'll simply receive a stamp when you go through customs and immigration.



## 3. Visa availability has changed

The length of time you can stay in a country without a visa (or visa-upon-arrival) varies for each country. In some destinations, U.S. citizens have always needed a visa to enter a country, and in others, all that's been needed is a passport if the planned stay is less than 90 days. Due to Covid, those visa-free destinations may have changed their policies, especially regarding testing or quarantining. *Don't* assume that pre-pandemic policies are still in place.

## 4. Your travel provider or study abroad office will be a huge help

Providers and universities are trained to help students and expats. They will be able to help you figure out the visa application process and help you obtain your visa. Often they will help you figure out which visa you need to get, where to get it, how to get it, and so on.

## 5. Apply as soon as possible!

This point cannot be emphasized enough. It's important now more than ever to complete the visa process as soon as you can because of ongoing delays with visa services. Reasons for extra delays could be that many embassies and consulates have gone virtual only, closed down temporarily, and/or adjusted their business hours.

Avoid complications by applying for your visa ASAP. To get your visa even sooner, there's also the option to expedite your visa for a fee. However, even with an expedited visa, make sure to plan for and expect delays in the process.

## 6. Keep track of your destination's border status

With new Covid visa restrictions and safety precautions put in place, certain citizens may not be able to enter a destination at all. Borders may be completely closed; some countries may be on lockdowns or stay-at-home orders. Keep a close eye on the news for travel warnings and news about border restrictions at your destination. Otherwise, you could get turned away at the airport.

## 7. Get verification from your provider or university to present to border agents

Make sure to get a written verification on why you are entering the country. In many destinations, students studying in-person, completing in-person internships, and doing language courses online are allowed to enter the country and get a visa. However, this is not always the case due to new and developing Covid measures.

## 8. You may be required to take a Covid test

Now that Covid tests are becoming more accurate and more accessible, many countries are requiring proof of a negative test within three days of travel prior to granting a visa (upon arrival). If you're heading somewhere that doesn't require you to obtain a visa prior to departure, make sure to check if you need to present a negative Covid test at customs and immigration when you arrive.

## 9. Comply with new safety measures

When applying in-person or traveling to a destination, this is extremely important. Be willing to go through temperature screenings before entering an embassy or consulate, or getting on your flight. You may be required by law to use a face mask in public places or provide proof that you have taken a Covid test with negative results.

Not all countries require proof of negative Covid tests, but it may be a good idea to get tested before you expose yourself to other travelers. Refusal to comply with new safety measures may result in your visa getting denied.

## 10. Be prepared to quarantine

Upon arrival, some countries require that tourists and expats quarantine as soon as they arrive in their country, or else face deportation. Some measures make it mandatory for foreigners to quarantine in government facilities for about 14 days at their own expense. Be sure to find out if that's the case in your own intended destination.



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iVisa has information on travel visa requirements to all destinations.

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## 11. If your visa is denied, don't freak out!

Visas can get denied simply because there was information missing in the visa application documents. If your visa gets denied, contact your travel provider, university, or the embassy/consulate that rejected your application. They will be able to tell you what went wrong and help you fix the issue.

**>>Skip the headache—explore visa services that'll help you figure it all out!<<**



"Visas can get denied simply because there was information missing..."

## Applying for visas during Covid might throw you a curveball

The visa application process may seem intimidating under normal circumstances. Before the pandemic, there was still a lot of information on what to know about international visas. Now applying for visas during Covid makes the process even more complicated. However, with help from your provider, university, or the American embassy/consulate itself, you will be well on your way to getting your visa and embarking on your next adventure abroad!

**>> Read More: 8 Essential To-Do List Items Before You Travel Abroad <<**

# WHY YOU SHOULD GET TRAVEL INSURANCE & HOW IT WORKS

The best travelers around the world use expat insurance and treat it as an essential step in planning their trips. But the obvious downside to purchasing travel insurance that's often at the forefront of peoples' minds is that it'll be an additional cost to what might already be an expensive jaunt abroad. Another downside? Trying to figure out what it covers, and if it's actually worth it.

However, the peace of mind you get from purchasing travel insurance will be unrivaled. Especially now, the Covid-19 pandemic is highlighting the need for people to get travel insurance when going abroad.

At any time, the unexpected could happen; your flight could be canceled, your luggage could get lost, emergency medical care might be needed, and so on. Save yourself a headache later on and find out how to use travel insurance, what's covered, what is *not* covered, and learn how travel insurance works.

## How important is travel insurance?

Purchasing travel insurance is necessary to ensure you are traveling safely and have a back-up plan for emergencies. We get it, you're already spending so much on your trip and you don't want to pay for something more. However, buying expat insurance is crucial to ensuring a safe and enjoyable adventure!

Do I *need* travel insurance? Should I get travel insurance or can I go without it? Well, consider what will happen if you do not. Most likely, if you're uninsured in the event of an emergency situation or extenuating circumstance, you will lose money and time you could have enjoyed at your destination.

**Note:** Even if you have insurance in the United States, this does not necessarily mean you have expat insurance. Most of the time, health insurance only covers you while you're in the United States, not when you go abroad. Obtaining travel insurance before your trip ensures less stress and more assurance while traveling abroad.

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## How to use travel insurance

There are many different types of travel insurance plans to choose from with varying levels of coverage, just like when purchasing insurance in the United States.

First, you need to **pick a provider and determine which plan works best for you** and your trip. Next, you need to fully **understand your coverage**. Does your plan cover medical emergencies, missed flights, or illnesses? How does travel insurance work for trip cancellation? In which countries is your insurance accepted? These are essential questions you need to find the answers to when selecting your plan and learning about your coverage.

Another important aspect of using your travel and expat insurance is to **learn how to submit a claim**. This way, if or when an accident or incident occurs, you will be well prepared and equipped to file a claim with your provider.

Need extra help with this? Make sure to contact an agent beforehand to get help learning how to use your travel insurance and what exactly it covers. Also, make sure you know how to contact your insurance company while abroad.



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*Take Trips. Not Chances.*

## What does travel insurance NOT cover?

With hundreds of providers and various tiers of coverage, there is no straight answer for what travel insurance does not cover. Typically though, there's a positive correlation between how much a plan costs and how much it covers.

So, why even get travel insurance if it doesn't cover everything? Fair question—but expat insurance can be very flexible. You don't have to get the most expensive plan or the cheapest plan available; travelers have the option to only pay for the type of insurance they want.

For example, if you are traveling a short distance to a destination with mild weather, you may not need insurance that covers weather delays or cancellations. Essentially, you choose what you want to pay for, so it's important to assess what quality of travel insurance you're interested in purchasing.

# Should I get travel insurance? 12 situations where you'll need it

## 1. Pandemics and epidemics...duh

Heard of a not-so-little thing called Covid-19? Of course you have. In the wake of abruptly canceled flights, borders suddenly slammed shut, and a flurry of local and national travel restrictions that left travelers stranded all around the world, people now understand exactly why expat insurance is worth paying for.

Of course, when the world starts to return to pre-pandemic levels of travel, we're unlikely to see another pandemic or epidemic immediately (we hope); however, now that we know that it *can* happen and how quickly it changes things, getting yourself insured for the unexpected seems like a no brainer. In 2020, many travelers used their insurance to get them home or out of Covid hotspots at little to no cost.

## 2. Flight cancellations

Flights are *expensive*, especially if we're talking about transatlantic or transpacific routes. Because of Covid-19, airlines have become a lot more flexible in terms of cancellations and rebooking. However, in case your flight gets canceled due to weather or other extenuating circumstances, it's good to have travel insurance that'll help you recoup losses on a flight you may need to buy to get home on time or to catch a connecting flight.



## 3. Flight delays

Similarly to cancellations, flight delays can cost a pretty penny, especially if it causes you to miss a connecting flight. Expat insurance will ensure you get your money back in case you need to book another flight ASAP to make your connection.

## 4. Missed flights or missed connecting flights

Are you gathering that travel insurance is important for frequent flyers? Certain tiers of travel insurance will cover you in case you miss a flight because you overslept or got stuck in traffic or a long TSA line. However, this tends to be a perk at higher tiers, so be sure to ask if your provider offers this benefit.

## 5. Terrorist attacks

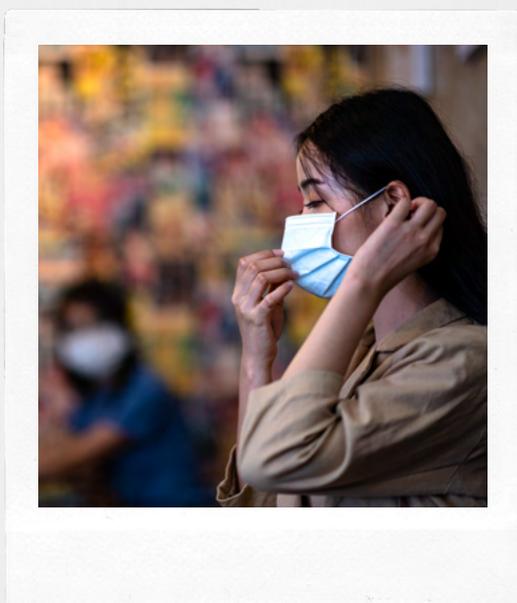
This isn't something *any* traveler wants to think about. However, if you're headed to a part of the world where there's currently political or civil unrest, it might be a good idea to get travel insurance that'll cover your evacuation in case of a dangerous local event, or threat of one.

## 6. Civil or political unrest

Civil or political unrest can happen at any time depending on the political climate in your destination, and especially during times of national or local elections; do your research to find out if your destination is undergoing internal political strife. If you happen to be abroad during a sudden, major protest—or maybe an insurrection or coup d'etat—your travel insurance will cover your evacuation or last minute flights if you feel unsafe or in danger.

## 7. Illness

It's unlikely that your health care provider at home will cover you while you're abroad (but be sure to ask!), which is why you'll need expat insurance—especially right now. If you get Covid, Dengue, Malaria, or any other deadly disease while you're abroad, you need to have a way of covering hospital costs. Out of pocket expenses could be astronomical in some countries.



"Make sure that...you have travel insurance that'll cover your medical expenses in case of an accident."

## 8. Major injury

Much like an illness could, a broken bone, burn, laceration, or any other bodily injury could cost you a ton out of pocket. Make sure that if you have adventure-type activities lined up (bungee jumping, zipline, windsurfing, etc.) that you have travel insurance that'll cover your medical expenses in case of an accident.

## 9. Lost luggage

Lost luggage is one of the worst feelings. In the event that your airline can't reunite you with your possessions, it's good to have travel insurance that'll reimburse you the value of whatever was in your backpack or suitcase.

## 10. Returning home early

If your return flight is already booked and paid for, but you need to suddenly return home ASAP for a personal reason, such as loss of a loved one, certain tiers of travel insurance will reimburse you for last minute flights or canceled plans.

## 11. Natural disasters

Headed to a tropical country during typhoon season? Maybe you should get travel insurance. Some tiers of coverage will cover damages or evacuation in the event of hurricanes, earthquakes, wildfires, and more. Be sure to assess how prone your destination is to natural disasters when shopping for coverage.

## 12. Lost passport

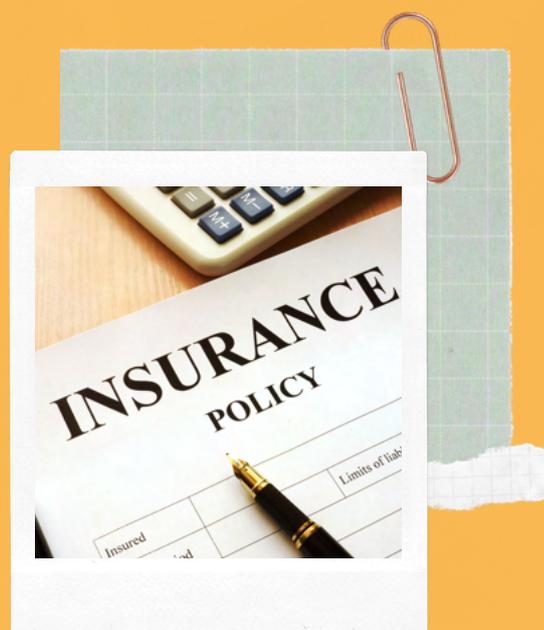
A lost or stolen passport is a *major* headache when you're abroad. You'll need to get yourself to your nearest embassy or consulate in order to buy a new one, and if you need it ASAP, the short processing time won't come cheap. You'll be incredibly thankful to have an insurance provider that'll cover or reimburse the cost of getting a new passport.

>> **Read More: [The Complete Guide to Health Insurance Abroad](#)** <<

## Expat insurance is an important investment

Protecting yourself while traveling is crucial, especially now. Purchasing health insurance is not only a safe decision, it's also a very smart decision.

Traveling abroad is such an exciting adventure that gives you the chance to grow as a person and see the world. Protect yourself from the unknown and uncertainty of life overseas and look into getting travel insurance. With more peace of mind, you'll be able to have a more enjoyable trip knowing you took the extra step to keep yourself safe.



## 9 MUST-FOLLOW TIPS FOR TRAVEL AFTER QUARANTINE

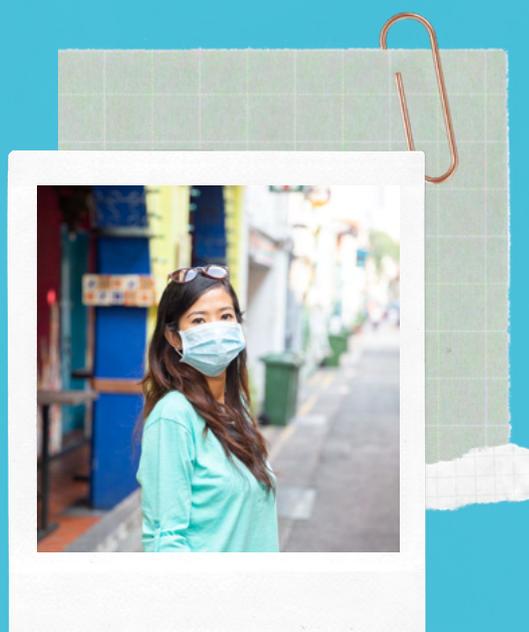
The COVID-19 pandemic has not only devastated economies and livelihoods and disrupted lives, but crushed many travelers' plans as well. If you're wondering when the novel coronavirus will blow over so you can start traveling without constantly worrying about your safety, there's no concrete answer to that yet.

With this, many people's target getaways, both abroad and domestic, have been put on hold. Some occasional travelers may have recovered quickly from the devastating halt brought upon by the global health crisis; however, to meaningful travelers, their booked and planned trips were more than just a vacation.

Those were purposeful journeys aimed to help fuel and enrich their lives, whether it's through studying, volunteering, or teaching.

While some countries like Taiwan, Vietnam, and New Zealand have been doing an excellent job of containing the virus, there are still several others that have yet to control it. In addition, there are more than 15 million COVID-19 active cases worldwide as of July 2020.

The pandemic has completely changed traveling. The question is, is it safe to sit down and resume your travel plans now? Essential coronavirus travel advice and tips for travel after quarantine may help.



### Is it safe to travel yet?

Even before the COVID-19 pandemic, there have already been countless articles about how to travel safely, implying that "safe" travel is relative. Some of the best coronavirus travel advice? As long as you take proper precautions and choose a destination where outbreaks are better contained and managed, then travel can be safe.

It may take a while before people restore their confidence in booking flights again. But, for those who are already itching to plan for a future trip, whether domestic or abroad, here's how you can safely resume traveling after the novel coronavirus finally begins to recede.

## 9 travel tips for post-quarantine

### 1. Buy travel insurance

Having travel insurance is important now, more than ever—it's no longer optional. You wouldn't want to be one of the thousands of travelers who could lose deposits or nonrefundable tickets because of an outbreak or an unforeseen event, do you?

When shopping for travel insurance, look for a policy that covers situations like a pandemic, along with other inclusions, like cancellation and medical coverages, to protect yourself and your travel investment from emergencies, especially when traveling outside of your country.

Just as how you would carefully plan your trip, take the time to review travel insurance plans, as well. Review the exclusions and find out what might not be covered.



#### MEDJET MEMBERSHIPS

The medical evacuation coverage of most insurance is to the “nearest acceptable facility”. Medjet get you moved to a hospital at HOME. [Memberships start at \\$99](#). Expert recommended, enroll prior to travel.

### 2. Maintain social distancing

This is coronavirus travel advice that just makes sense, right? After months of self-isolation and social distancing, you should be well conditioned by now on how essential it is to maintain a significant distance of at least 6 feet from other people.

Social distancing is difficult to observe on crowded flights, buses, and trains, and specific public places. As much as possible, minimize human contact and be mindful of what you touch for extra measure.

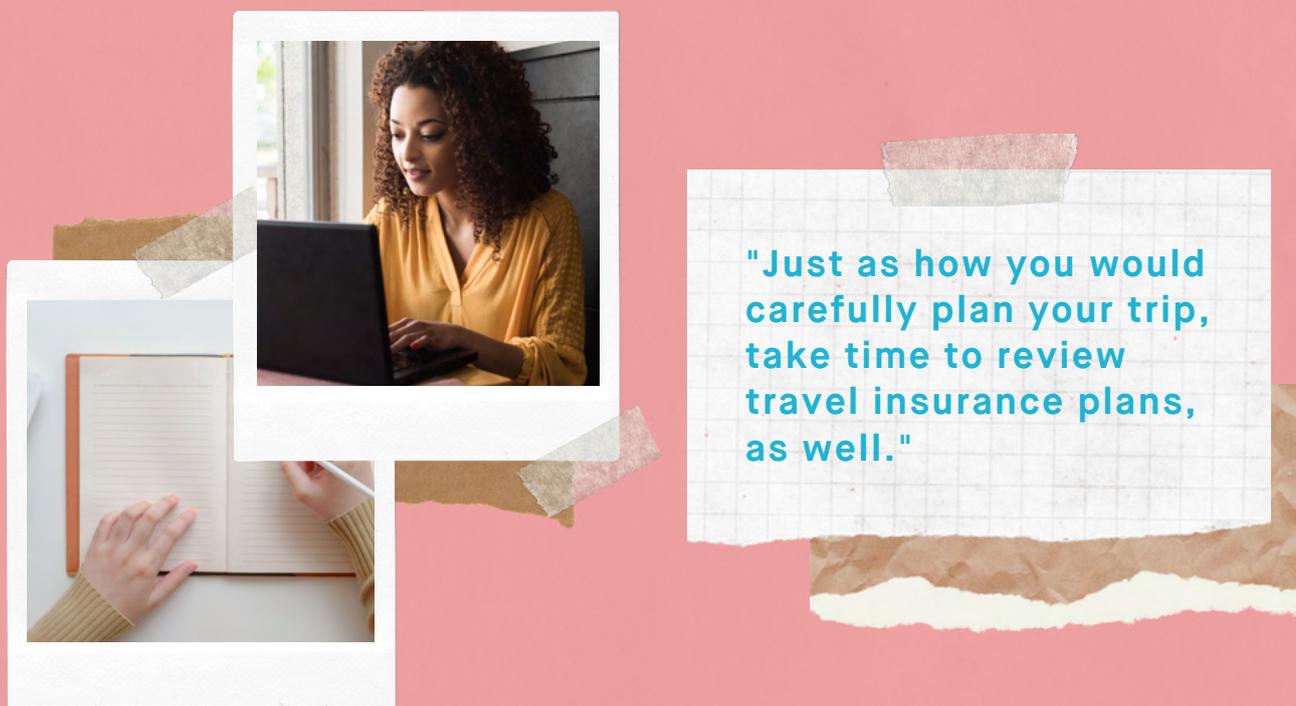
Perhaps assuming that everyone except you is positive for the virus can help you practice social distancing as if it's second nature to you. It's tough, but it's what can keep you safe from contracting the virus or any germs from an infected or ill person.

### 3. Be familiar with cancellation policies

Knowing cancellation policies will be one of the best tips for travel after coronavirus. The travel industry post-COVID-19 is bound to provide more flexible booking and hotel cancellation policies, so brush up prior to going abroad.

Perhaps you already saw some airlines offering affordable round trip fares with travel dates several months into the future that come with a more flexible cancellation policy (e.g. up to two rebookings).

If you're thinking about grabbing some cheap flights post-quarantine, make sure to read the fine print about their cancellation policies before booking.



**"Just as how you would carefully plan your trip, take time to review travel insurance plans, as well."**

### 4. Be prepared for new outbreaks

It's a bummer, but travelers should prepare for the worst, such as an outbreak, while traveling abroad. Take note from travelers who were in the middle of their travels and couldn't come back to their home country immediately due to the COVID-19 breakout.

Get in touch with your hotel and airline to inquire about their steps if another outbreak occurs, since you would need to stay indoors and rebook your flight until it's clear to fly home safely.

## 5. Carry some wet wipes and alcohol

Carrying disinfectants with you is one of the top tips for travel after quarantine. When boarding a plane or riding a bus or a train, do a quick wipe routine of the surfaces around you using disinfectant wipes. Make sure to scrub down the seat's headrest, the back of the seat in front of you, armrests, tray table, and all other areas where infectious droplets may land and survive.

After wiping the surfaces, let it rest for a while for the disinfectant to work. Take note not to use wet wipes on soft surfaces like upholstery. Aside from it leaving the seat wet, it can also contribute in spreading the germs further.

## 6. Drink water from sealed bottles

Airplane water comes from airplane water tanks, which are not always clean. If you ask for coffee or tea while onboard a plane, it's prepared with this water and did not come from bottled water.

During or after a health crisis due to a fast-spreading droplet, it's best to avoid possible contamination through drinking water, not just in planes but also anywhere else.

Opt for sealed bottled water for safety purposes. You can also invest in an electrolytic water-purifying device that uses a brine solution to purify water. Further, if you practice a no-plastic-bottle pact, you can always ask for filtered water.



## 7. Ask for recommendations and watch the news

Staying informed is one of those tips for travel after coronavirus that you just can't argue with. You can check out top travel blogs for recommendations or reach out to your travel groups or communities for personal recommendations.

Travel restrictions vary per country and change periodically as new COVID-19 developments emerge. As such, it's essential to keep yourself informed and up-to-date with the latest travel advisories and news.

It would help to check the health department or tourism department websites of your chosen destination for news.

## 8. Don't touch your face

The novel coronavirus spreads and gets people infected when they touch an infected area and then touch the entry points in their faces, such as the nose, eyes, and mouth. Restricting yourself from touching your face can be quite challenging, but it's crucial to steer clear of the virus.

When you need to touch public surfaces that other people may have touched as well, like doorknobs or chairs and tables, use wet wipes or tissues to avoid direct contact. Also, dispose of them properly after use.

## 9. Don't go anywhere if you're sick

Finally, the most important piece of coronavirus travel advice? Stay at home or in your accommodation if you feel a fever coming on.



"When traveling does resume, new travel norms may mean practicing and shifting to better safety habits."

People often focus on keeping themselves safe from contracting the virus but lose sight of another important part: preventing themselves from possibly spreading it. When you start feeling a little bit under the weather, refrain from going out. Additionally, stay home for at least a whole day after the fever has entirely cleared before you step out.

## We're not sure what post-coronavirus travel will look like...

But it doesn't hurt to prepare—and following tips for travel after coronavirus is a great place to start. The COVID-19 pandemic has disrupted almost all facets of one's daily life. Despite this, a lot of people are trying to work on getting some sense of normalcy back, such as planning for future travel. Predictions are still bleak, and the threat of an outbreak is still out there, but for meaningful travelers, there's no harm in preparing for the future. In fact, it can be exceptionally motivating!

Meaningful travel is all about growing, learning, and discovering the world one place at a time. When traveling does resume, new travel norms may mean practicing and shifting to better safety habits.

# WHAT TO DO IF YOU GET SICK ABROAD (AND HOW TO PREVENT IT)

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Who's ready to get back out there! As the world opens back up and we all get ready to travel again, we'll be carrying some extra baggage with us—hand sanitizer, wet wipes, and lots of anxiety. Unfortunately, traveling still carries the risk of getting and spreading Covid-19, and that risk may last for some time before vaccinations are widely available.

Now more than ever, if you deem it necessary to travel, it's essential to have a detailed plan of what to do if you get sick abroad. Program providers, universities, and other study abroad organizations have developed specific protocols to deal with the pandemic, but there is a sense of heightened personal responsibility.

You should take the time to understand not only your program's policies, but also the local protocols in your destination. Having a clear understanding of the health risks and safety protocols will not only help prevent infection, but will also provide the peace of mind to enjoy your time overseas.

## What happens if I'm exposed to Covid-19 while abroad?

Getting sick abroad can be incredibly frightening. You may not know your own medical information, you may not understand the language, you may be deadly afraid of needles! Regardless, if you are exposed to Covid-19, try to remain calm.

If you don't require emergency medical attention, your first move should be to isolate yourself and alert those who you have recently been in contact with that you are exhibiting symptoms.

Also **reach out to your program directors ASAP**. They will likely tell you who specifically to contact in the event of an emergency during your orientation, but if they don't, make sure to ask them! You're gonna want to know where to find help before you need it.



>> **Read More: [How To Prepare & Deal With An Emergency Abroad](#)** <<

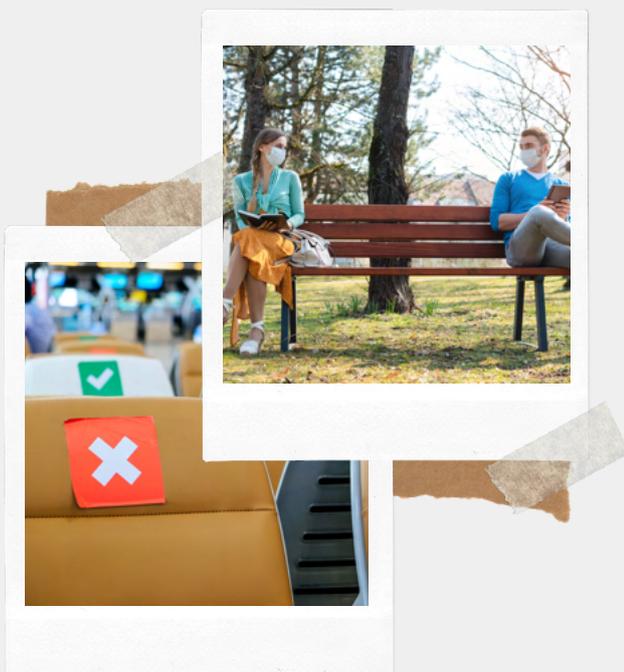
## How to avoid getting sick while traveling

### 1. Mask up!

The CDC highly, *HIGHLY* recommends wearing a mask to prevent infection—over your nose and mouth people! You will want your mask to have a couple of layers of fabric or a pocket for filters. Wearing a mask may be non-negotiable in your destination of choice, so invest in high-quality, reusable masks (and face shields) so that you're not in danger of running out.

### 2. Keep your distance

Maintaining a six-foot distance from others can be especially tricky to do while traveling. Check to see what your airline's policy is on social distancing ([Delta is still blocking middle seats!](#)). You'll also want to be careful when using public transportation. Try sitting near a window to improve ventilation, or spend a little extra coin on Lyft or Uber to avoid sharing your space with another customer.



"Wearing a mask may be non-negotiable in your destination of choice..."

### 3. U Can't Touch This

Keep your hands to yourself as much as possible and avoid contact with frequently touched surfaces—countertops, handles, and doors. Try to stay aware of your movements and avoid touching your face (face shields are great for stopping you from doing this subconsciously!).

## 4. Stop! Sanitize

Wash your hands frequently with warm soap and water for at least 20 seconds. If you don't have access to soap and water, use hand sanitizer containing at least 60% alcohol. TSA is allowing passengers to carry-on 12 ounces of hand sanitizer (other liquids, gels, and aerosols are still limited to the normal 3.4 ounce amount), but airport security is different in every country.

You should double check the policies at your destination so you won't be forced to throw out any precious hand sanitizer. Or, pack a bunch of wet wipes and you won't have to stress about liquid allowance!



### MedjetHorizon Memberships

Hospitalized abroad? Safety threatened? Medjet members call us to get home. [Global medical transport + crisis response.](#)

## 5. Know thyself

Anticipate your needs and be prepared before you leave home by stocking up on not only any prescribed medicines, but also over the counter medications (cold and flu, tums, ibuprofen, etc.). You may not always be able to find what you're looking for overseas, either because the country doesn't have it or the medicine is under its generic name (for example, Tylenol is a brand name of Paracetamol/Acetaminophen).

>> **Read More: [Why Study Online? 11 Reasons to Pursue Virtual Study Abroad](#) <<**

# What to do if you get sick abroad during Covid-19

## 1. Keep calm and seek help immediately

Tell someone right away if you start feeling sick, especially if you think you're exhibiting Covid symptoms. Depending on what kind of program you're on (provider, faculty-led, university exchange, etc.), there will likely be different protocols and points of contact in the event of an emergency. These individuals will help guide you to appropriate resources.

## 2. Alert those around you

Many programs are now trying to provide students with single rooms and limit homestays to reduce transmission in the event of an outbreak. But if you share a living space with others, isolate yourself as best as possible right away, and communicate with any roommates about what's going on so that they can protect themselves.

## 3. Carry your medical insurance card with you

Medical insurance cards will have your policy number and insurance provider contact information, two vital things to know when you're in need of medical treatment! (**BY THE WAY:** You need to check with your insurance provider at home to find out if you're covered abroad. If you're not, your program will most likely require that you get covered by an international provider.)

It's also a good idea to pack a copy of your updated medical information including current shots, past surgeries, allergies, and blood type.

Most universities with well-established study abroad offices offer or grant travel medical insurance to their students going overseas and several program providers also include insurance in their program fee ([CIS Abroad](#), [ISA](#), [IES Abroad](#), and [IFSA](#)).

Remember to collect both an itemized bill of the treatments you received abroad and an actual medical report (symptoms recorded by the doctor). You'll need these later in order to file an insurance claim.

If you are traveling abroad and are uninsured or you would like to learn more about travel medical insurance, check out these resources:

- [4 Important Travel Medical Insurance FAQs](#)
- [Health Insurance Abroad: The Complete Guide](#)
- [Explore GoAbroad Travel Insurance](#)

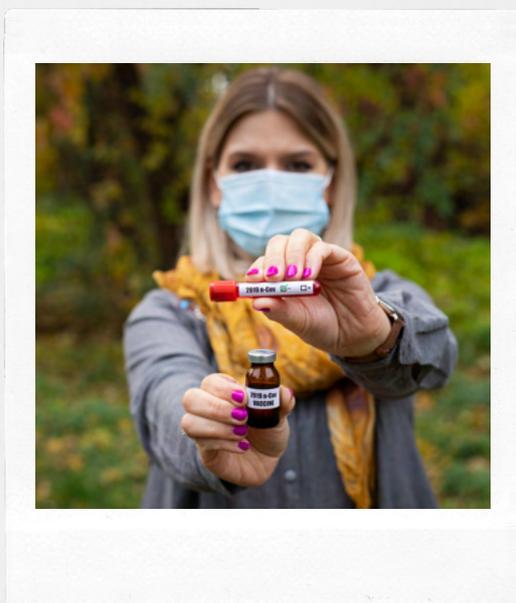


## I'm feeling sick after traveling abroad! What do I do?

So you just got back from an amazing, life-changing trip abroad and all you want to do is tell everyone about it, show off your pictures and souvenirs, and hug all those you've missed. Unfortunately, you'll have to suffice with phone calls and Instagram.

The CDC recommends a 14-day quarantine for all returning travelers. Of course, isolating yourself can be difficult if you have roommates or are living at home. If you start feeling sick, it's crucial for the safety of those around you that they be alerted immediately.

Get tested if you can do so safely and remain in isolation until you get your results back. Trust us, the hugs can wait!



"No one wants to dwell  
on worst-case  
scenarios, but..."

## Getting sick abroad is possible—so know what to do!

A trip to the hospital is probably not at the top of your travel plans and we don't want it to be part of your travel memories either. No one wants to dwell on worst-case scenarios, but sometimes it's better to hope for the best and prepare for the worst.

Arm yourself with a mask, some hand-sanitizer, and a well-informed plan. Be a true global citizen by protecting yourself and others.

### Covid-19 Resources:

- [Centers for Disease Control and Prevention](#)
  - [CDC's Recommendations for Protecting Yourself When Using Public Transit](#)
- [World Health Organization](#)
- [Overseas Advisory Council \(OSAC\)](#)
- [U.S. Department of State's COVID-19 Travel Alert](#)

## 9 HELPFUL TRAVEL APPS AND WEBSITES FOR COVID TRAVEL

Planning a trip during a pandemic is not going to be the same as it was pre-coronavirus. There are a lot more rules and regulations that you have to worry about in a Covid-19 world, so your trip might take a little more planning and consideration than it would have before 2020.

This might be okay if you revel in planning, but if you're more of a spontaneous traveler, you'll need to do some extra research before embarking on your journey so you don't run into any unexpected bumps or surprises along the way.

The biggest changes to travel in a Covid world have been the increased health and sanitation measures every step of the way, and border and travel restrictions. Beyond the initial trip-planning, it's important that you stay updated on current developments and restrictions wherever you're headed.

This may sound like a lot of extra work, but don't worry! We've already compiled a list of helpful apps for Covid travel, as well as useful websites for planning travel during Covid-19. With these resources, planning for a trip during the pandemic will go a lot more smoothly.

### TRAWICK INTERNATIONAL

Trawick specializes in travel related coverage for tourists, students, scholars, businesses, groups, and all other globe travelers.

[Insurance for Every Journey >>](#)



## 9 apps and websites for planning travel during Covid-19

### 1. CDC

**Why it's useful:** The Centers for Disease Control and Prevention (CDC) is a very useful resource for planning travel, no matter where or when you're planning on going. You can view current advisories, recommendations, vaccination requirements, and other tips as you are preparing for travel. They have an extensive section on COVID-19 and travel during the pandemic that will help you make decisions and stay safe. Even after the pandemic, the CDC website should be your go-to for learning about the health and vaccine situation at your destination.

- [Check it out here](#)

## 2. [Travel.State.Gov](#)

**Why it's useful:** The U.S. Department of State website is another great resource when planning out your travel. They give you an indication of the level of safety in each country based on the local political and health situations, including Covid-19, laws, general country information, current Covid-19 restrictions, border closures, and more. If you're a U.S. citizen, it's also a good idea to enroll in their Smart Traveler Enrollment Program (STEP) when you travel, which will notify you of any dangers or special circumstances you need to be aware of.

- [Check it out here](#)

## 3. [IATA Travel Centre](#)

**Why it's useful:** The International Air Transport Association (IATA) has compiled a map that displays the current coronavirus restrictions in every country around the world. The information in the maps includes up-to-date entry requirements and restrictions, required forms, testing, quarantine measures, and more. This is an important resource to help you get started figuring out what you need to get to your destination smoothly.

- [Check it out here](#)



## 4. [COVID Controls](#)

**Why it's useful:** COVID Controls is another helpful map that can help you figure out where you're allowed to go during the pandemic. You can search the map for a number of different factors, including entry regulations, lockdown status, virus containment, and more. Additionally, you can view graphs about the number of new cases in almost any country and read about the current regulations and recent pandemic-related news in that area. This map is also helpful even if you are traveling within the U.S. and want to see the Covid status and restrictions in different states.

- [Check it out here](#)

## 5. [Contact Tracing Apps](#)

**Why it's useful:** Many cities, states, and countries have created their own contact tracing apps to help curb the spread of the virus. Although not mandatory in most places, downloading one of these apps before your trip can help you to become more aware of any possible contact and to keep yourself and others safer in case you come in close contact with the virus. The quality and availability of the apps can vary, and please note that they are not 100% effective. You can't rely on an app to avoid coronavirus, and it's best used in combination with masks and social distancing. Follow this link so you can learn more and find an app for your destination.

- [Check it out here](#)

## 6. Google Maps

**Why it's useful:** A travel (and everyday) staple, Google Maps has published some updates that will help you navigate coronavirus restrictions and social distancing. With the update, you can view real-time transportation alerts, regulations, and checkpoints, the expected size of crowds on public transportation and at attractions, and information about medical facilities and Covid-19 testing centers to help you plan your daily commute or other travels while still practicing social distancing. It's available on both Android and iOS.

- [Check it out here](#)

## 7. Airsiders Compass

**Why it's useful:** The Airsiders Compass website is a handy tool to tell you more about the safety measures, requirements, and services that airlines and airports have implemented around the world. You can input any airport you'll be traveling through to view anything from open restaurant options to disinfection checkpoints. They're currently working on creating an app, so be sure to check back for more details.

- [Check it out here](#)

## 8. Check & Fly

**Why it's useful:** The Airports Council International recently released an app (currently only available for iOS) that, like Airsiders Compass, compiles information from airports about their current health and safety measures so you know what to expect when you're in transit. Through this app, airports can directly communicate with passengers the most up-to-date information to help you prepare and arrive at your destination safely and without hassle.

- [Check it out here](#)

## 9. App in the Air

**Why it's useful:** If you prefer to take care of all your travel planning and arrangements in one place, App in the Air can help you with trip planning and navigating COVID-19 at the same time. Available online, on Android, and iOS, you can search and book flights by certain Covid-19 safety measures (such as mask requirements or open middle seats), get notifications about changes, and learn about other pandemic regulations at your destination. Another fun feature allows you to save and track all your flights so you can view maps and statistics of your travels.

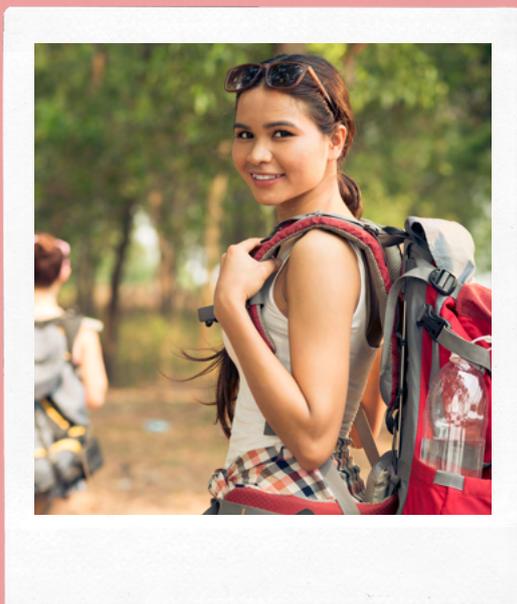
- [Check it out here](#)



## Bonus: Any airline or accommodation website/app

Some of the best, most accurate websites for planning travel during Covid are airline and accommodation websites; there you'll find the information you'll need about the companies you booked with. They'll explain their most recent health and sanitation measures, changes in services, their expectations for you, and if you need extra documentation of a Covid test.

Depending on how you're booking your travel, if you have any additional or specific questions, there's usually a customer service representative that you can contact to assist you.



**"Use a combination of these apps, plus your old favorites, so you can stay safe when traveling abroad."**

## Bookmark these apps and websites for planning your future travels!

Don't forget about all your favorite travel apps and websites from before! Although it's important to keep up to date on the most recent coronavirus regulations and rules, you still need to plan your experience, book transportation, and find accommodations.

It's best to use a combination of these apps and websites, plus your old favorites, so you can make sure that you're staying safe when traveling abroad during the pandemic. More helpful apps for Covid-19 travel are being developed and improved, so even if you don't find something that works for you now, there may be something new in the future!

## 6 TOP TRAVEL INSURANCE OPTIONS IN A COVID WORLD

Things happen when you go abroad. You can go on an adventure, learn a new language, maybe meet the love of your life! But...on the way less fun side, you can also get injured or sick. There are risks to traveling abroad, just like there are risks to anything you do in life. That's why it's important to protect yourself with travel insurance—just in case.

Traveling abroad anytime can be scary, but even more so now with Covid spreading across the globe. By finding the right travel insurance, you can worry a little less about what will happen if you get sick, or about how you'll cover the costs if it does happen.

It's especially important right now to find the best travel insurance during the pandemic so that you're not left footing costly hospital, transportation, or cancellation fees when the unexpected happens.

### What should my policy cover if I travel during COVID-19?

Travel insurance policies and their various tiers cover different things, from flight cancellations to theft and lost items, emergency medical care, and more. Each plan comes with different benefits and stipulations, so you have to make sure to read the fine print and find the right package for you and your travel plans.

However, Covid-19 has created a travel landscape like we haven't seen in our generation, and there's probably more risks involved in your travel plans (especially health-wise) than pre-Covid.

It's important to find the best travel insurance options during Covid-19 that cover pandemic-related risks and expenses, in addition to usual travel insurance coverage.

When looking for travel insurance that covers coronavirus, look out for coverage on:

- Testing
- Hospitalization
- Emergency evacuation
- Trip cancellation or interruption

Check out a lineup of some of your travel insurance options during Covid on the next page!



## 6 best travel insurance options during Covid-19

### 1. Safety Wing Nomad Insurance

- **Why?** Safety Wing Nomad Insurance covers emergency medical and dental care, trip interruptions, delays, lost luggage (except for electronics), and evacuations. You can sign up for Nomad Insurance anytime, even if your trip has already started, and it covers short trips to your home country. Their plan covers testing for Covid-19. Treatment for coronavirus falls under the normal medical treatment requirements.
- **Price:** Coverage costs about \$40 every four weeks (28 days) for ages up to 39.
- [Learn more](#)

### 2. Chapka Assurances

- **Why?** Chapka Assurances offers many different plans to personalize your experience and your needs depending on the type of travel you are doing. Insurance policies include medical and dental care and luggage insurance. Covid-19 specific coverage includes medical and hospitalization fees; however, your destination/trip cannot be forbidden by your country's health ministry or the WHO. Trip cancellation fees are covered under some policies.
- **Price:** Prices vary depending on the plan and your nationality. Note: Americans are not eligible for Chapka Insurance plans.
- [Learn more](#)



### 3. World Nomads

- **Why?** World Nomads is a highly recommended travel insurance company that covers trip protection, emergency medical insurance, emergency evacuation, and your gear. In addition, they cover many activities beyond other travel insurance plans, with the opportunity to upgrade to a more comprehensive plan for adventurous travelers. Their plans do not cover trips that have been canceled out of a fear of travel, but they cover cases in which you or a family member becomes sick.
- **Price:** Prices vary; you can get an accurate quote on their website.
- [Learn more](#)

## 4. Medjet

- **Why?** There are many different subscription plans with MedJet so you can personalize the plan depending on your travels, age, and more. Although not a traditional travel insurance option, MedJet covers medical, legal, and special services related to medical transportation to your hospital of choice. They are currently helping with transportation related to Covid-19 hospitalizations.
- **Price:** Find their complete list of plans and prices at their website.
- **Learn more**

## 5. Trawick International

- **Why?** Trawick International has a variety of plans for study abroad and other travel, including different medical and trip protection plans. The basic plans include medical, accidents, and evacuation expenses. Coronavirus cases will be treated the same as any other sickness under their plans, which includes coverage for trip cancellations in case you get coronavirus before traveling.
- **Price:** Receive your quote through their website.
- **Learn more**

### MEDJET MEMBERSHIPS

The medical evacuation coverage of most insurance is to the “nearest acceptable facility”. Medjet get you moved to a hospital at HOME. [Memberships start at \\$99](#). Expert recommended, enroll prior to travel.



## 6. TravelSafe Insurance

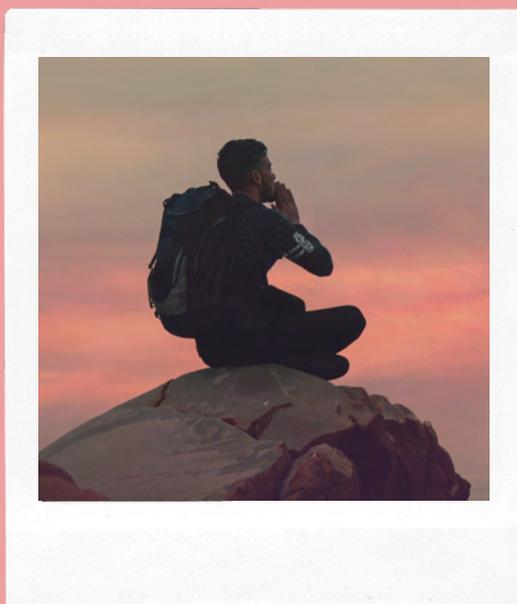
- **Why?** TravelSafe Insurance offers plans that cover American citizens on domestic and international trips. Their plans include coverage for travel protection, medical and dental, and personal belongings. Covid-19 is treated like any other medical concern with TravelSafe and they have an extensive FAQ regarding coronavirus on their website.
- **Price:** You can use your trip information to get a personalized quote online.
- **Learn more**

## How do I choose the right provider for me?

Choosing the right insurance plan can be overwhelming if you don't know what you're looking for. It's important to make a list of priorities and understand what kind of traveler you are and what risks you will be taking to help you find the right plan.

Below are some of the points you can use that can help you compare travel insurance plans, but it's important to remember that anything can happen—so it's always better to be safe than sorry.

- **Price.** How much am I willing/able to pay?
- **Coverage.** Which aspects are most important for me? Do I want my personal belongings covered too, or is that less important?
- **Trip cancellation/changes.** This aspect is now more important due to constant changes in border restrictions and the spread of Covid.
- **Eligibility.** Make sure you are in the eligible age range, purpose, etc. for the particular plan you're interested in.
- **Trip length.** Some plans are geared toward shorter trips, while others will cover you long-term.
- **Purpose.** Some companies have plans specific to study abroad programs or plans that will cover more unconventional or "extreme" activities.
- **Coronavirus coverage.** Make sure you find a travel insurance option that covers COVID-19 incidents. Coverage can vary, so make sure you are comfortable with what they offer.



"You can save yourself some energy by finding the right travel insurance that covers coronavirus for you and your plans."

## Travel insurance is more important now than ever before

Travel insurance has and will always be important to anyone going abroad. You never know when something is going to happen, and you don't want to be stuck paying out of pocket for huge medical bills, a broken laptop, or changing your plans due to a pandemic. Deciding to travel abroad right now is a big step and has many risks, but you can save yourself some energy by finding the right travel insurance that covers coronavirus for you and your plans.



## TRAVEL RESOURCES

### MEDJET MEMBERSHIPS

The medical evacuation coverage of most insurance is to the “nearest acceptable facility”. Medjet gets you moved to a hospital at HOME.



### SAFETYWING TRAVEL INSURANCE

SafetyWing lets you purchase insurance when already traveling. No cap on the duration of travel. Starting at 40USD per 4 weeks.



### STUDENTUNIVERSE

StudentUniverse empowers young adults to experience the world with discount travel.



### International University in Geneva

Start an international career and study in the capital for peace and diplomacy in the heart of Europe.



### Carpe Diem Education

International & domestic summer and gap year programs. Scholarships are available!



### VACorps

VACorps is offering in-person professional internships in Cape Town, South Africa!

# READY OR NOT—TRAVEL IS ON IT'S WAY BACK

A year ago, the thought of planning for a trip abroad seemed laughable—or, at least, hopelessly unrealistic. Now? Your dreams don't have to stay dreams. You can start planning for your first (or next) trip abroad **today**.

We get it...you might still be a little skeptical, and that's a-okay. However, there are dozens of providers out there who are ready to help guide you through the process of making your travel dreams come true this year and beyond. So even if you're not comfortable traveling in 2021, you can start planning for next year, or the year after, or even the year after *that*.

Travel is on it's way back—there's no doubt about it. So get ready (and excited) to plan your next steps. **Happy travels!**

## MORE RESOURCES

Find what (or who) you need to make your travel dreams come true.



[AFS-USA](#)



[IES Abroad](#)



[Seville Abroad](#)



[Round River Conservation Studies](#)

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Start searching for travel programs all over the world. Study, intern, volunteer, and more.

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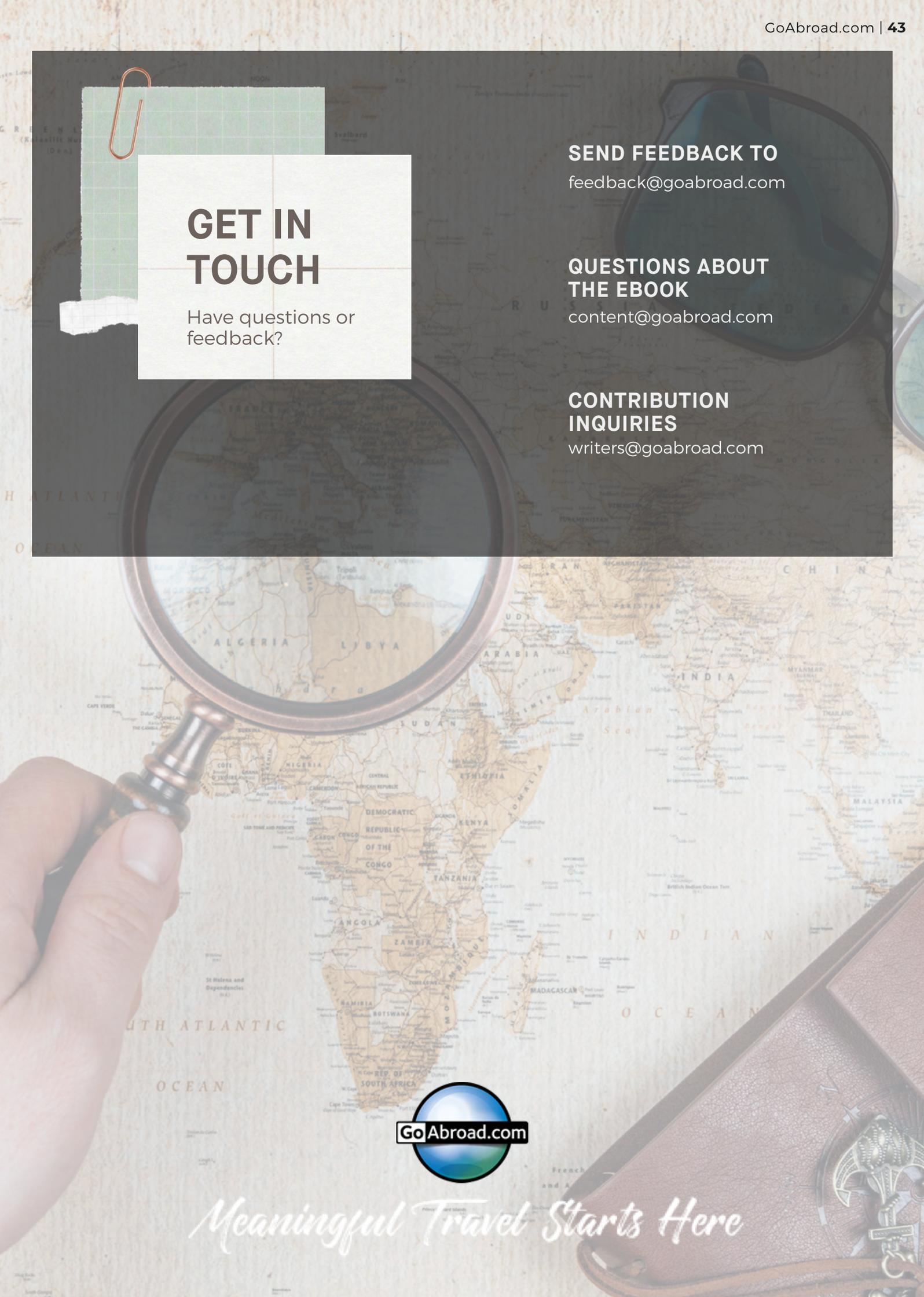
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