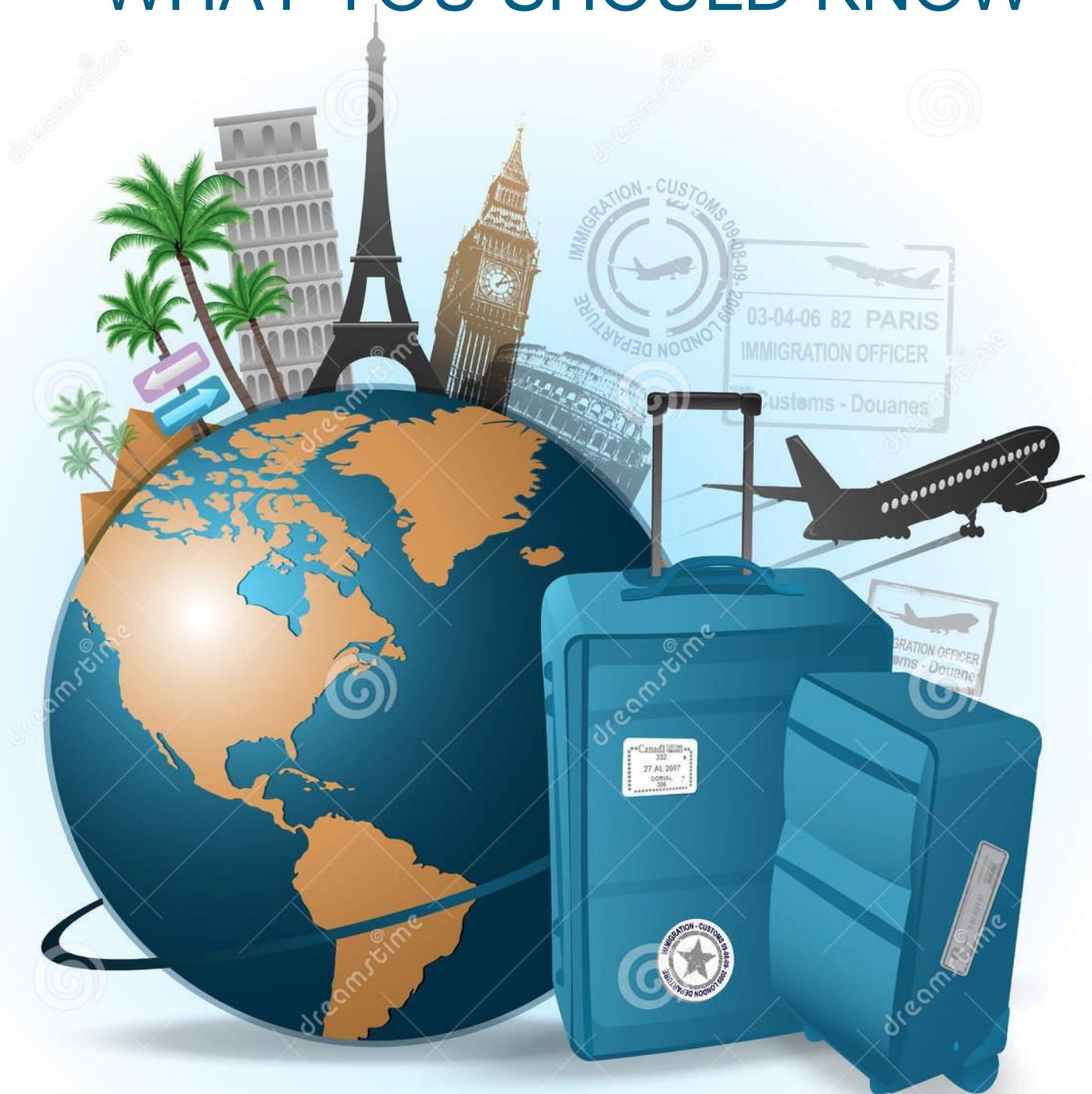


# TRAVELLING ABROAD: WHAT YOU SHOULD KNOW



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The CATA International Relations Committee has prepared resources to help certified athletic therapists and candidates who are considering studying, volunteering, or working internationally.

## Contact

For more information, please contact:

The International Relations Committee  
Canadian Athletic Therapists Association  
[irc\\_chair@athletictherapy.org](mailto:irc_chair@athletictherapy.org)

# Introduction

The intention of this International Toolkit is to provide resources and guidance to certified and candidate members of the Canadian Athletic Therapists Association (CATA) who are interested in pursuing international activities.

## Purposes

The tips, information, guidelines, and processes outlined in this toolkit are based on best practices and policies as suggested by international organizations and institutions. Use this toolkit as a reference guide, but remember to do your own due diligence prior to travelling.

## How to Use This Toolkit

This toolkit will provide first steps and general tips for studying abroad, volunteering abroad, and working abroad. This toolkit will also provide tips and resources for travelling internationally.

**SECTION 1:** [STUDYING ABROAD](#)

**SECTION 2:** [VOLUNTEERING ABROAD](#)

**SECTION 3:** [WORKING ABROAD](#)

**SECTION 4:** [TRAVELLING ABROAD](#)



# STUDYING ABROAD

## First Steps *(Adapted from the World Federation of Athletic Training)*

- Start planning early. In fact, start planning at least a year ahead of your desired departure date.
- Determine where you would like to study or complete your practicum.
- Determine if you would like to travel individually or as part of a group.
- Discuss with your Athletic Therapy faculty members and/or program advisor about the feasibility of completing a study or practicum abroad program.
- Contact your university's international student affairs office to explore international and funding opportunities. They might also be able to put you in contact with individuals who specialize in studying abroad.
- Explore programs offered through universities in the country you wish to study. A good place to begin is to research the academic institutions that are listed as Associate Members of the World Federation of Athletic Training & Therapy <<https://www.wfatt.org/academicmembers>>.
- Create a cover letter and resume to send to the study abroad program director or practicum site. It will be extremely important to make a good first impression; therefore, be professional and have 2 to 3 faculty/mentors/family/friends review it prior to sending.
- Make initial contact by emailing a PDF copy of your cover letter and resume.
- **NOTE:** Completion of an international program may provide you with valuable experience BUT may not be feasible based on your program as you may be required to take time off, delaying graduation from your program. Therefore, compare the benefits and determine if you will be able to receive course credit for your study/practicum abroad program.
- **NOTE:** The Canadian Athletic Therapists' Association is a partner of the International Arrangement for the Athletic Training and Therapy Profession. The International Arrangement allows members of International Arrangement Partners to obtain certification from partner countries, accredited institutions, or

associations. This may influence your decision when choosing to study abroad. Please refer to the [International Arrangement Partners](#) Section for more information.

## General Tips

- After making initial contact, discuss your timeframe and determine if the opportunity is feasible. Keep in mind, different countries have different academic calendars and sport season schedules.
- Create a syllabus (studying abroad) or list of expectations (practicum). Share this with your host site and discuss the feasibility of accomplishing your personal and professional goals.
- Register your travel with your institution. All institutions will have a formal process of obtaining formal agreements to secure your study or practicum abroad program. Ensure that these documents meet institutional standards and secure your placement.
- Review your institution's international travel policies.
- Determine the cost of your program and create a budget. Things to include:
  - Travel tickets (air, train, ship)
  - Accommodation
  - Living expenses (food, necessities)
  - International insurance
  - Leisure/sight-seeing
- Research funding possibilities such as scholarships, bursaries, loans, and fundraising opportunities.
- Research your destination to avoid culture shock – read a book, watch a documentary, enroll in a course.
- Reach out to students, faculty, or alumni who have visited your country of interest.
- Ensure you look over the [Travelling Abroad](#) section of this toolkit.



## Useful Resources

- Studying Abroad <<https://alis.alberta.ca/explore-education-and-training/additional-resources-for-specific-audiences/for-international-students/studying-abroad-getting-ready-to-go/>>
- BC Study Abroad <<https://www.bcstudyabroad.ca/resources>>
- International Aboriginal Youth Internship Initiatives <[https://www.international.gc.ca/world-monde/study\\_work\\_travel-etude\\_travail\\_voyage/aboriginal\\_internships-stages\\_autochtones.aspx?lang=eng&\\_ga=2.117400321.646037245.1600705674-675679262.1600705674](https://www.international.gc.ca/world-monde/study_work_travel-etude_travail_voyage/aboriginal_internships-stages_autochtones.aspx?lang=eng&_ga=2.117400321.646037245.1600705674-675679262.1600705674)>
- International Youth Internship Program <[https://www.international.gc.ca/world-monde/study\\_work\\_travel-etude\\_travail\\_voyage/youth\\_internship-stages\\_jeunes.aspx?lang=eng&\\_ga=2.122103820.646037245.1600705674-675679262.1600705674](https://www.international.gc.ca/world-monde/study_work_travel-etude_travail_voyage/youth_internship-stages_jeunes.aspx?lang=eng&_ga=2.122103820.646037245.1600705674-675679262.1600705674)>
- Student Resources for Studying Abroad <<https://www.educations.com/student-resources-18820>>
- Study Abroad Student Handbook <<http://www.studentsabroad.com/>>
- Student's Guide to Studying Abroad <<https://www.accreditedschoolsonline.org/resources/study-abroad/>>



## The International Arrangement Partners

The International Arrangement for the Athletic Training and Therapy Profession is a global agreement that allows comparable best practices, quality education, professional standards, and the opportunity for athletic training, athletic therapists, and sport rehabilitation professionals to work in other international jurisdictions. The International Arrangement was created to allow members of International Arrangement Partner Associations to challenge each other's credentialing examination. Each International Partner has outlined specific requirements that must be met before a certification examination can be taken. Please refer to the International Arrangement on the CATA website (<https://athletictherapy.org/>) for more details. Currently, our International Partners include:

- the Athletic Rehabilitation Therapy Ireland (ARTI);
- the Board of Certification, Inc. (BOC) of the National Athletic Trainers' Association of the United States of America; and
- the British Association of Sport Rehabilitators and Trainers (BASRaT) of the United Kingdom.

### ARTI (Ireland)

The governing body for Ireland is Athletic Rehabilitation Therapy Ireland (ARTI). ARTI is responsible for the promotion, regulation, and continued education of Certified Athletic Therapists in Ireland. In order to attain ARTI certification, individuals must have received an Honors Degree (NFQ Level 8) from an ARTI accredited 3<sup>rd</sup> level institution. Information about these respective programs can be found at:

<https://www.arti.ie/certification/>.

### BOC (USA)

The Board of Certification (BOC), Inc. is the credentialing agency that provides a certification program for the entry-level athletic training professional in the United States of America (USA). The BOC works with state regulatory agencies to provide credential information, professional conduct guidelines, and regulatory standards on certification

issues. In order to attain BOC certification, an individual must complete an entry-level athletic training education program accredited by the Commission on Accreditation of Athletic Training Education (CAATE). To search for accredited programs, visit <http://caate.net/search-for-accredited-program/>.

## **BASRat (United Kingdom)**

The British Association of Sport Rehabilitators and Trainers (BASRaT) is the United Kingdom (UK) regulator and professional association for Sport Rehabilitators and is accredited by the Professional Standards Authority for Health and Social Care. Sport Rehabilitators must adhere to a strict code of ethics, conduct, and professional practice as outlined by BASRaT. BASRat accredits a number of undergraduate and postgraduate educational programmes across the UK. A list of BASRat-approved undergraduate programmes can be found at:

<https://www.basrat.org/student/wheretostudy>. Individuals who have graduated from other programmes may also be eligible for membership if their studies have provided adequate and equivalent levels of study to the Sport Rehabilitator Role Delineation, and have maintained adequate levels of continuing professional development. Visit <https://www.basrat.org/home/typesofmembership#graduate> for more information.

# VOLUNTEERING ABROAD

## First Steps

- ❑ Start planning early. In fact, start planning at least a year ahead of your desired departure date.
- ❑ Determine where you would like to volunteer.
- ❑ Determine if you would like to travel individually or as part of a group.
- ❑ Check with your university's international student affairs office to explore volunteer opportunities.
- ❑ Contact the volunteer organization.

## General Tips

- ❑ Use a reputable agency or non-government organization. Do not trust web-based volunteer agencies unless you have done your due diligence and have verified the information yourself.
- ❑ Check for accreditations and memberships the organization may have with another group.
- ❑ Check the profiles of the people involved in the organization: sponsors, management, staff, contact persons.
- ❑ Ask yourself:
  - Why would I like to work with this organization?
  - Is the work carried out by the organization what I thought it was?
  - Is this the only kind of work or service this organization carries out?
  - What can I learn about the country and area where the organization is?
  - Does the area suit the organization's activities?
- ❑ Contact the references you found while researching the organization and ask them for a profile of the organization you are choosing.
- ❑ Ensure you have a signed contract in place to secure your volunteer program.
- ❑ Create a budget and be sure to include:

- Travel tickets (air, train, ship)
- Accommodation
- Organizational fees
- Living expenses (food, necessities)
- International insurance
- Leisure/sight-seeing



- Reach out to students, faculty, or alumni who have also volunteered with this organization.
- Ensure you look over the [Travelling Abroad](#) section of this toolkit.

## Useful Resources

- Here is a list of several organizations that sponsor or initiate international service-learning trips. Some may have already established certain programs for health care professions, but you may have to contact the organization to see if it can be tailored for athletic therapy skills and experiences.
  - Athletes in Action <https://goaia.org/sportsperformance/>
  - Christian Sports Medicine Alliance <https://www.christiansportsmed.org/>
  - Doctors Without Borders <https://www.doctorswithoutborders.ca>
  - Government of Canada Site [https://www.international.gc.ca/world-monde/study\\_work\\_travel-etude\\_travail\\_voyage/volunteer\\_internships-benevolat\\_stages.aspx?lang=eng](https://www.international.gc.ca/world-monde/study_work_travel-etude_travail_voyage/volunteer_internships-benevolat_stages.aspx?lang=eng)
  - Go Overseas <https://www.gooverseas.com/volunteer-abroad/canada>
  - GVI <https://www.gvicanada.ca/>
  - Volunteering in the US <https://www.visaplace.com/blog-immigration-law/volunteering-us-immigration/>

# WORKING ABROAD

## First Steps

- Start planning early. In fact, start no less than a year prior to your desired departure date.
- Determine where you would like to work.
- Use personal network connections or resources on the Canadian Athletic Therapists Association or World Federation of Athletic Training & Therapy website.
- Decide if this is a paid or unpaid internship. In many instances, there are job internships and experiences that are unpaid. This experience might be viewed as a good opportunity to gain knowledge in your field. Weigh the pros and cons.

## General Tips

- After making initial contact, discuss your timeframe and determine if the opportunity is feasible.
- Ask the following questions:
  - Are in-person interviews required for the position?
  - What are the work requirements for this country?
  - Does your employer provide visa support/sponsorship as part of your contract or stipend?
  - Is there any type of training provided or required before departure and upon arrival into the country?
  - Will your employer provide travel insurance, work insurance, and/or liability insurance?
  - If this is an unpaid internship or job experience, ask if your employer can provide a small stipend to cover living expenses.



- Create a budget and be sure to include:
  - Travel tickets (air, train, ship)
  - Accommodation
  - Work visa
  - Living expenses (food, necessities)
  - International insurance
  - Leisure/sight-seeing
- Reach out to students, faculty, or alumni who may have worked with this employer.
- Ensure you look over the [Travelling Abroad](#) section of this toolkit.

## Useful Resources

- International Aboriginal Youth Internship Initiatives  
[https://www.international.gc.ca/world-monde/study\\_work\\_travel-etude\\_travail\\_voyage/aboriginal\\_internships-stages\\_autochtones.aspx?lang=eng&\\_ga=2.117400321.646037245.1600705674-675679262.1600705674](https://www.international.gc.ca/world-monde/study_work_travel-etude_travail_voyage/aboriginal_internships-stages_autochtones.aspx?lang=eng&_ga=2.117400321.646037245.1600705674-675679262.1600705674)
- International Youth Internship Program [https://www.international.gc.ca/world-monde/study\\_work\\_travel-etude\\_travail\\_voyage/youth\\_internship-stages\\_jeunes.aspx?lang=eng&\\_ga=2.122103820.646037245.1600705674-675679262.1600705674](https://www.international.gc.ca/world-monde/study_work_travel-etude_travail_voyage/youth_internship-stages_jeunes.aspx?lang=eng&_ga=2.122103820.646037245.1600705674-675679262.1600705674)
- International Scholarship Opportunities for Canadian Professionals  
<https://www.educanada.ca/scholarships-bourses/can/professionals-professionnels.aspx?lang=eng>
- Travelling on Business Abroad <https://travel.gc.ca/travelling/living-abroad/business>
- Working in Sport: How to find a sports related job in the UK or abroad  
<https://www.amazon.ca/Working-Sport-sports-related-abroad-ebook/dp/B00OGV10KS>

# TRAVELLING ABROAD

## Pre-Departure Tasks

- Passport basics – it can take several months to apply for a passport.
  - Apply ahead of time if you do not have one or it needs to be renewed.
  - Visit <https://www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html> for more information.
  
- Visa basics – [Visit https://www.onlinevisa.com/](https://www.onlinevisa.com/) to obtain visa information for any country. Ask the following:
  - Do I need a visa?
  - What type of visa do I need?
  - How much will the visa cost?
  - How long will it take for my visa to arrive?
  - Will I require a transit visa (for a layover or travel through another country on the way to my destination)?
  - What timeframe is my visa acceptable (for example, some visas will be accepted no less than one month and no more than three months prior to the start of the study abroad program)?
  
- Travel Health basics – schedule a travel consultation at least 6 – 8 weeks before your departure.
  - You may require immunizations – many of which are given in a series over time.
  - Make sure to discuss vaccinations, travelling with medication, and other health concerns for the destination.
  
- Travel health insurance coverage basics – determine if your health insurance plan covers you while abroad. If you do not have insurance or have incomplete

coverage, consider purchasing international travel health insurance. You may wish to ask:

- Will the plan cover hospitalization for accidents and illness for the entire period I'm abroad?
  - Will the plan cover doctor visits and medications?
  - Will the plan cover care for pre-existing conditions?
  - Is there a deductible? How much?
  - Is there a dollar limit to the amount of coverage provided?
  - What are the procedures for filing a claim for medical expenses abroad? Do I pay up front and then get reimbursed?
  - What if I don't have enough money to pay cash up front?
  - When does the plan begin and end?
  - What do I use as proof of international medical coverage?
- Safety Basics – whether you are studying, volunteering, working, or planning a vacation, register with the Government of Canada's Registration of Canadians Abroad. This site allows the Government of Canada to notify you in case of an emergency abroad or a personal emergency at home. The service also enables you to receive important information before or during a natural disaster or civil unrest. <<https://travel.gc.ca/travelling/registration>>.

## Useful Resources

- A Woman's Safe Guide to Travel <https://travel.gc.ca/travelling/publications/her-own-way>
- Association for Safe International Road Travel <<https://www.asirt.org/>>
- Canadian Embassies and Consulates <https://travel.gc.ca/assistance/embassies-consulates>
- CDC Traveler's Health <<https://wwwnc.cdc.gov/travel/>>
- Country Calling Codes <<https://www.countrycallingcodes.com/>>
- Currency Converter <<https://www1.oanda.com/currency/converter/>>

- Emergency Assistance Abroad <https://travel.gc.ca/assistance>
- Overseas Fraud <<https://travel.gc.ca/travelling/health-safety/overseas-fraud>>
- Returning to Canada <https://travel.gc.ca/returning>
- Timezone Converter <<http://www.thetimenow.com/>>
- Transparency International Corruption Perceptions Index <<https://www.transparency.org/en/cpi>>
- Travel Advice and Advisories <https://travel.gc.ca/travelling/advisories>
- Travel Security Guide <https://www.canada.ca/en/security-intelligence-service/corporate/publications/far-from-home.html>
- Travel Documents <https://travel.gc.ca/travelling/documents>

