Co-op and COVID-19
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Tips for working remotely
Do co-op abroad –
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Before and after you go
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Co-op for international students
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Before and after you go

Before you leave

Note: Restricted International Co-op Opportunities for Spring and Summer 2021

Please refer to the UVic's COVID-19 website to learn more about restrictions on university-sanctioned travel.

Review and complete the Work Abroad Readiness Checklist

The Work Abroad Readiness Checklist will help you ensure that you are prepared to explore working abroad during a co-op work term.

Take the pre-departure course

All students going on an international work term must take an online (CourseSpaces) pre-departure course called *Take Flight With Co-op – Preparing for Your Work Term Abroad*. The course content includes managing risks, the logistics of going abroad and using your intercultural competencies to plan for a successful international experience.

To register in the pre-departure course, please contact your co-op coordinator.

Follow these Travel Safety for Students steps

UVic's International office has put together a list of steps to take when preparing to work abroad.

To assist you in preparing for your co-op abroad, UVic International Co-op and Career has collected the following resources that we encourage you to review carefully:

To prepare for your international co-op, please review these resources

+ **Resources for living abroad**
+ **UVic health resources**
+ **Financial resources for your co-op abroad**
+ **Other useful resources**

Secure a work permit

Open all | Close all

Work permit resources
Working in the USA
Working in Australia
Working in the United Kingdom

Consider a few questions

As you prepare to go abroad, it's helpful to ask yourself some reflective questions:

- Why am I choosing to go abroad?
- What do I hope to gain from this experience? What specific skills do I want to develop?
- How do I ensure that I'm successful on this work term? How can I prepare?

After you return

Once you've returned to UVic after your work term, you'll need to:

- Submit your work term report or alternate submission to your co-op office (learn more about work term requirements)
- Attend a mandatory debriefing session with the international co-op coordinator within a month of your return (contact intlcoop@uvic.ca to schedule)

CO-OP+CAREER

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