

# GVI Travel Smart Checklist

*For participants travelling from the UK*

COVID-19 has changed the travel landscape for the foreseeable future, and we know the changing rules and regulations can be daunting and overwhelming at times. To help get you on your next GVI adventure, we've put together this checklist to help you navigate travel today.

## Foreign Travel Advice

- Visit the [Foreign travel advice section](#) and select the country or countries you are planning to visit, including countries you will transit through on your flight;
- Check that you meet the entry or visa requirements to travel to your destination(s); and;
- Select the option to "Get email alerts" as the requirements may change so you can stay updated.

## Red, Amber and Green Lists

- Ensure you are familiar with the rules for the red, amber and green list.
- Visit [their website](#) to get the latest information on quarantine and vaccination requirements that you'll need to follow when you return home. Your destination's rating may change at short notice, so it's essential to be familiar with all requirements in case you need to follow them when you return home.

## Book Your Flight

- Check your flight provider's policy on refunds if your destination changes on the red, amber or green lists or if they need to cancel or reschedule your flight.



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## Get Insurance

- Ensure your travel insurance is valid for your destination. GVI offers a tailored policy through CISI, which covers all GVI destinations and has additional cover if you test positive for COVID-19 while travelling and need to quarantine or delay your return.

## Book Your Vaccine

- If you haven't yet been vaccinated, book your vaccine through the [NHS website](#) and ensure you can receive a minimum of one dose (of a two-dose regimen) before your travel. It's a requirement to have at least the first dose before you join a GVI program unless you have a medical exemption.

## Schedule Your PCR Test

- Even if it's not required for your destination, you will need a negative PCR-test result, no older than 72-hours, to join your GVI program.

## Make an Impact & Have Fun

- Once you arrive at your GVI destination, GVI will provide you with masks and hand sanitiser for your time on base.

## Plan Your Return Home

- GVI will facilitate your PCR test for your journey home. We will take you to a testing site to get your results in time for your return flight home.
- Review the testing or quarantine requirements for green, amber and red lists and book your test kits or quarantine hotel package by visiting [CTM's portal](#).
- Complete a [passenger locator form](#) 48-hours before you arrive in the UK.



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