Family back home emergency card

One card for you and one for your family: contacts on both sides, time zones, insurance, and what each of you does if something goes wrong.

NAME

DATE

MY ADDRESS IN CANADA

MY PHONE AND MESSAGING APP

TIME DIFFERENCE

BEST TIME TO CALL

Contact	Name	Phone	Notes
Friend nearby in Canada			
School international office			
My health insurance (policy no.)			
My embassy or consulate			
Family contact back home			
Backup family contact			

If my family can't reach me for 24 hours, they will…

If there is an emergency at home, I will…