



Immigration, Refugees
and Citizenship Canada

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et Citoyenneté Canada

2022 International Experience Canada (IEC) youth study

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For more information on this report, please contact IRCC at:
IRCC.COMMPOR-ROPCOMM.IRCC@cic.gc.ca

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This public opinion research report presents the results of a quantitative online survey and a qualitative bulletin board conducted by Environics Research on behalf of Immigration, Refugees and Citizenship Canada. The quantitative survey was conducted with 2,504 Canadian youth and 1,050 parents of Canadian youth, and the bulletin board was conducted with 108 Canadian youth and 39 parents of Canadian youth in March 2022.

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IRCC.COMMPOR-ROPCOMM.IRCC@cic.gc.ca or at:

Communications Branch
Immigration, Refugees and Citizenship Canada
Jean Edmonds Tower South
365 Laurier Ave W
Ottawa ON K1A 1L1

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Executive summary

Background and objectives

International Experience Canada (IEC), a program managed by Immigration, Refugees and Citizenship Canada (IRCC) enables young Canadians to work and travel abroad. For Canadian citizens aged 18-35, IEC provides a path to a work permit or visa, giving them opportunities to work and explore one of over 30 countries and territories. Because it is a reciprocal program, foreign youth from partner countries/territories can do the same in Canada. The program includes options for Open Work Permits (i.e. Working Holiday) which do not require a job offer, and Employer-Specific permits that are tied to a valid job offer.

IEC as a program aims to maximize reciprocity between international youth participation and Canadian youth participation. As a result, the primary objective of this research is to provide insights that will help IEC increase Canadian youth participation in the program. This involves evaluating the knowledge of the IEC program among its target audiences. More specifically, the objectives of the research include measuring:

- previous travel and or work abroad experience (where, main objective of travel, duration, etc.)
- awareness of the IEC program
- motivations and barriers to participating in international work abroad experiences, such as those facilitated by the IEC program
- perceived benefits of travel or work abroad experience
- the impact of the COVID-19 pandemic on attitudes and travel intentions
- experiences and attitudes in key target groups including LGBTQ2+ youth, Indigenous youth, youth women in Science, Technology, Engineering and Math (STEM), and youth with mobility/hearing impairments

Insights about perceived barriers and motivators to pursuing work abroad experiences build on past knowledge from previous public opinion research with Canadian youth and past IEC participants, will inform policy and will allow targeted engagement and promotion of IEC.

Methodology

To meet the research objectives, both quantitative and qualitative research was conducted. The quantitative phase consisted of an online survey with Canadian youth, aged 18 to 35, and parents of Canadian youth attending secondary or post-secondary education. The qualitative phase drew participants from the final sample of both youth and parents, as well as through referrals from organizations that work with Indigenous youth.

1. A **quantitative online survey** conducted February 3 to March 4, 2022, with 2,504 Canadian youth aged 18-35, and 1,050 parents of Canadian youth currently attending secondary or post-secondary education. Both groups were recruited from an online panel. The survey was approximately 10 minutes in length and explored behaviours and attitudes toward international travel, perceived benefits and barriers of an international experience, awareness and perceptions of the IEC program and the impact of the COVID-19 pandemic on travel attitudes.

2. The qualitative phase drew insights using two separate approaches:
 - a. A selection of participants from the quantitative survey were screened and invited to participate in a two-day **qualitative bulletin board**. The boards required input from participants on two separate days and was conducted over a total window of three days, from March 2 to 4, 2022. A total of 147 people (39 parents and 108 youth aged 18-35) from across the country participated and each was given an honorarium of \$100. In order to get input from specific groups of interest to IRCC, youth from each of the following groups were also included: General population, LGBTQ2+ youth, Indigenous youth, youth women in STEM and youth with mobility/hearing impairments.
 - b. Environics conducted 30 one-on-one interviews; 21 interviews with Canadian youth (age 35 or under) who identify as Indigenous, and 9 parents of Canadian youth who identify as Indigenous and are currently enrolled in secondary or post-secondary education. These interviews were conducted by the respondent's choice of Zoom videoconference or telephone between February 7 and March 1, 2022 and were approximately 60 minutes in length; a \$150 honorarium was given to each participant who completed an interview. Participants were recruited in two ways: first, a networking and referral approach beginning with organizations that work with Indigenous youth, and second, recruiting from qualified respondents in the online quantitative survey. Interview participants included First Nations, Métis, and Inuit, and comprised a range of identities and backgrounds.

A more detailed methodology is presented in Appendix A of this report.

Statement of limitations: Qualitative research provides insight into the range of opinions held within a population, rather than the weights of the opinions held, as measured in a quantitative survey. The results of the qualitative research should be viewed as indicative rather than projectable to the population.

Since online panel surveys are not random probability samples, no formal estimates of sampling error can be calculated. Although not employing a random probability sample, online surveys can be used for general population surveys provided they are well designed and employ a large, well-maintained panel.

Contract value

The contract value was \$199,494.60 (HST included).

Key findings

Qualitative phase

Reflecting on two years of pandemic life, youth and parents largely described their adaptation in terms of a balance between negative and positive. Over time, many learned to cope with disappointment and isolation by appreciating certain benefits, like a slower pace of life and the proliferation of virtual options for school and work. At this stage in the pandemic (research was conducted in early 2022), many were also beginning to transition back to more normal routines, a change that brought its own ups and downs. Some youth and parents expressed ongoing concerns about the mental health impacts and academic consequences the pandemic has had on youth, and most participants retained some level of concern about the risks of COVID-19 to themselves, their families, and their communities.

Most participants indicated that they (or their child) took at least one international trip before the pandemic; vacation trips were most common. Those who had not travelled mainly cited financial barriers. While some participants reported that they had already started travelling again, most indicated a desire to wait a bit longer to ensure there is less risk when they do go. While some suggested that the pandemic had increased their desire to travel, this concept of pent-up demand was not universal and many expressed varying degrees of unease about international travel in the near term. For some, other concerns like the conflict in Ukraine made them additionally uneasy about going to other countries at this time. Among qualitative participants, few had clear intentions to travel specifically for work, study, or volunteer opportunities.

In terms of future travel, safety around COVID-19 was a primary consideration for most participants, both youth and parents. Work responsibilities, finances, and the cost of travelling were also mentioned frequently as barriers by youth; parents noted similar considerations and also often mentioned travel companionship as a means of making travel safer for their children. There was a wide range of views on when international travel will truly be safe again, but most youth and parents saw vaccines and vaccine mandates – domestic and international – as the key factor in ensuring safety for travellers. Many also expected to see public health measures like masks in place for some time. In general, there was widespread acceptance of public health measures as an unavoidable fact or a necessity for international travel, though some expressed more impatience for a return to normal. Overall, youth and parents were broadly optimistic that there would eventually be a return to normal, and most were able to describe future visions of travel with hope and excitement.

Within the four specific target groups identified for this study (youth with mobility or hearing impairments, LGBTQ2+ youth, youth women in STEM, and Indigenous youth), attitudes and perceptions were largely in line with those expressed by youth overall. However, youth with impairments sometimes expressed a higher degree of concern about COVID-19 and felt more strongly about maintaining measures like vaccines and masks for travellers. For many Indigenous youth who were interviewed, the pandemic had substantial impacts on their communities, leading them to feel a strong duty of caution about the risks of travel and the possibility of bringing COVID-19 into their communities. Distance was also an important consideration for Indigenous youth living in remote/northern communities and the importance of family/community connections appear to be more of a barrier to travel for some.

Quantitative phase

Canadian Youth

Travelling internationally is generally common among Canadian youth aged 18 to 35. Most of the time (86%), Canadian youth travel for leisure or business, reporting at least one international trip for this reason in their lifetime. About four in ten travelled specifically for a work, study, or volunteer experience. Of those who have travelled for work, study, or volunteering, about half (49%) say they have obtained a visa for this purpose. International experience is most commonly self-arranged, as opposed to being arranged through school, an employer, or elsewhere. These results are consistent with the same questions asked in 2021.

When asked to reflect on their international experiences, young travellers continue to place the highest value on the opportunity to learn about new cultures, the adventure, and personal growth. Benefits such as learning a secondary language or gaining career skills are mentioned less often. A little over half of youth who have travelled abroad say they include this experience on a resume; those who don't often cite a lack of relevance to a specific role. While more than six in ten (64%) say they are eager to highlight their international experience to potential employers, only half (53%) believe that such experience has improved their job prospects since returning to Canada.

Just under one in ten Canadian youth say they have participated in the IEC program; Australia, France, Germany and the UK remain the most visited IEC partner countries. Among IEC participants, total satisfaction (86%) and likelihood of recommending the program (85%) to family or friends is consistent with satisfaction results from 2021. Above all else, IEC participants attribute their satisfaction with the program to a great overall experience and personal growth (51%).

Similar to last year, awareness of the IEC program is generally low among Canadian youth. Those aware are likely to have heard about it through family or friends or through general internet searches. The desire to learn more, however, is still vibrant, with one third (30%) indicating interest in learning more. Communicating such information would be mostly welcomed through the internet, school, or by word of mouth.

Looking to the future, Canadian youth generally look forward to travel once the pandemic is over, with three quarters (74%) very or somewhat likely to pursue such experiences, particularly for leisure or business. To that end, young Canadians remain mindful of safety concerns surrounding travel and COVID-19, with over six in ten more likely to travel when restrictions make it possible (64%) and over half (56%) saying they are more comfortable travelling now that they are vaccinated.

Despite widespread general interest in travel, many Canadian youth encounter obstacles that prevent them from pursuing international experiences. When asked about potential barriers to travelling abroad, most mention language, financial issues or obligations at home. In addition, a sizeable proportion of youth express long-term concerns about travel after the pandemic including four in ten (39%) who say there are places in the world they would no longer consider living in. Canadian youth, however, are seemingly less concerned with another country's COVID-19 rates approaching zero as a standard to dictate their comfort; this concern sits at 34 percent this year, a noteworthy decline from 2021 when it was 53 percent.

Though likelihood of participating in a program like IEC is somewhat low (30%), most youth do plan to travel internationally in the future in some way. Likely to be motivated by exploration and adventure, as well as the chance to learn about a new country, most youth (76%) say they are likely to travel for leisure or business before they turn 35. Close to one in three (34%) say they are likely to travel for work, and one in five intends to travel abroad for study (20%) or to volunteer (20%).

With most Canadian youth now vaccinated from COVID-19 and more inclined to consider future travel, they are also looking forward to reduced restrictions to feel comfortable travelling. Barriers to future trips specifically for work, travel or volunteering are broadly similar to other reasons cited for not travelling in general (i.e. language, finances, and personal obligations). Additionally, more than half of youth (56%) feel they simply do not know how to get started when it comes to working, volunteering or studying outside Canada. A similar proportion (49%) feel they would have difficulty finding work in another country.

Parents of Canadian Youth

Few parents (11%) of Canadian youth say their child has obtained a visa for international work, study, or volunteer experiences and 6 percent say their child has participated in IEC. Among parents themselves, fewer than one in five (17%) have obtained a visa for work, study, or volunteering abroad, and 5 percent are past IEC participants.

Comparable to 2021, parents, like youth, have low awareness of IEC and most often learn about the program by word of mouth. Despite this, almost half (44%) of parents say they are interested to learn more about the program, preferably through the internet, school resources, or IEC information sessions. Though school

resources are still valued by parents, general internet searches have risen in importance since last year in terms of driving awareness.

Like their younger counterparts, parents hold some concerns related to safety outside of Canada due to the pandemic. One such concern, held by over six in ten (63%), is that there are places in the world they wouldn't want their children to live (in case there is another pandemic). Despite these concerns, however, more than half (58%) of parents say they are likely to recommend international travel for work or volunteering to their children once it is safe to do so. In fact, parents of Canadian youth are even more inclined to say their child is likely to travel for study, work or volunteer than youth themselves.

Parents with their own experience outside of Canada are more likely to recommend an international experience to their children in general (79%) compared to parents without international experience (53%). There was no significant difference, however, between these groups in terms of how they view travel to specific countries outside of Canada, due to the pandemic.

Political neutrality statement and contact information

I hereby certify as senior officer of Environics that the deliverables fully comply with the Government of Canada political neutrality requirements outlined in the Communications Policy of the Government of Canada, and Procedures for Planning and Contracting Public Opinion Research. Specifically, the deliverables do not include information on electoral voting intentions, political party preferences, standings with the electorate, or ratings of the performance of a political party or its leaders.



Tony Coulson
Group VP - Corporate & Public Affairs
Environics Research Group
tony.coulson@environics.ca
613-699-6882

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For more information, contact IRCC at IRCC.COMMPOR-ROPCOMM.IRCC@cic.gc.ca

Introduction

Background

International Experience Canada (IEC) is a program managed by IRCC offering Canadian youth the opportunity to travel and work in one of over 30 partner countries and territories. Because it is a reciprocal program, foreign youth from partner countries/territories can do the same in Canada. The age limit and types of work permits available depends on the youth mobility arrangement negotiated with each partner country but for Canadians to qualify, they must be citizens resident in Canada between the ages of 18-35.

The IEC program has the mandate to maximize reciprocity between international youth participation and Canadian youth participation in the work-travel pathways negotiated with partner countries/territories, however, IEC officials believe participation in the program by Canadian youth is not as strong as it should be and is not reciprocal in terms of participants with almost all of our partner countries. IEC has a targeted stakeholder engagement and promotion plan in place, with the goal of increasing awareness of opportunities abroad, and increasing Canadian youth participation in the program.

This report provides insight into the travel and work abroad behaviours and attitudes of Canadian youth and parents and examines their perceptions and attitudes towards travel and work abroad experiences like those facilitated by IEC. Insights about perceived barriers and motivators to pursuing work abroad experiences, particularly in light of the COVID-19 pandemic, will inform policy and allow targeted engagement and promotion. The survey results will also be used to inform corporate performance reporting requirements (such as Performance Information Profiles and associated Performance Measurement Strategy Framework) for the IEC program.

Objectives

The objective of this research is to evaluate how the COVID-19 pandemic has impacted perceptions and willingness to travel among the IEC program's target audience as well as parents of the target audience, who are likely influencers for youth. More specifically, the objectives of the research include measuring:

- previous travel and or work abroad experience (where, main objective of travel, duration, etc.)
- awareness of the IEC program
- motivations and barriers to participating in international work abroad experiences, such as those facilitated by the IEC program
- perceived benefits of travel or work abroad experience

Although both the quantitative and qualitative phases of this research contribute to these research objectives, the phases had distinct research goals:

The **quantitative online survey** was conducted to gather information from Canadian youth and parents of Canadian youth by gathering feedback on their previous international experiences, views on travel in general and in light of COVID-19, their views on the IEC program and future intentions regarding international experiences.

The **qualitative bulletin board exercise** was conducted to collect in-depth information from Canadian youth and parents of Canadian youth, with participants drawn from the quantitative survey sample. This research was done using an online bulletin board where participants were asked to provide detailed information about the impact the COVID-19 pandemic has had on them in general, and how it has affected their attitudes and expectations toward international travel post-pandemic.

The **qualitative in-depth interviews (IDIs)** were conducted to collect in-depth information from Indigenous youth and parents of Indigenous youth, in order to better understand where there are differences and similarities in their experiences and attitudes on these topics. Participants were mainly recruited using a networking and referral approach, supplemented with recruitment from the online survey. This research used similar questions to those asked in the bulletin board, exploring the impact of the COVID-19 pandemic on Indigenous youth and their communities, and how it has affected their attitudes and expectations toward international travel post-pandemic.

The information gathered from the qualitative research will be used to inform future communications about the IEC program and encourage participation. In addition to youth and parents in the general population, the qualitative research specifically included Indigenous youth and parents of Indigenous youth, LGBTQ2+ youth, youth women in STEM and youth with mobility/hearing impairments in order to explore if and how their views differ on these topics.

About this report

This report begins with an executive summary outlining key findings and conclusions, followed by a detailed analysis of the qualitative results and the quantitative survey data. A detailed methodology section is provided in Appendix A. Provided under a separate cover is a detailed set of “banner tables” presenting the results for all questions by population segments as defined by region and demographics for the quantitative portion of the research. Results for the qualitative phase are included in the report as quotes from participants of the bulletin board and the individual interviews. The quantitative data tables are referenced by the survey question in the detailed analysis. Tracking data from the previous wave of the study (2021) is included where applicable in the quantitative section of the report.

In this report, quantitative results are expressed as percentages unless otherwise noted. Results may not add to 100% due to rounding or multiple responses. Net results cited in the text may not exactly match individual results shown in the tables due to rounding. Qualitative results do not reference percentages or precise proportions to avoid any implication that results are projectable.

I. Detailed findings – Qualitative phase

A. Participant profile

Bulletin Boards

Two online bulletin boards were conducted with English and French speakers respectively. Each bulletin board included a sample of youth participants and parent participants. Quotas were implemented to achieve representation of the following groups among youth participants:

- LGBTQ2+ youth
- Youth women in STEM
- Youth with mobility or hearing impairments

Table 1 summarizes the distribution of the youth participants by target quota group. Note that some participants identified with more than one target group.

Table 1: Youth Participants

Target group	Total bulletin board	English bulletin board	French bulletin board
General population	47	34	13
Youth with impairments	10	8	2
LGBTQ2 Youth	34	26	8
Youth Women in STEM	27	24	3
Youth Total	108	84	24

Table 2 summarizes the distribution of the total sample, including youth and parent participants in the online bulletin board.

Table 2: Total participants

Target Group	Total bulletin board	English bulletin board	French bulletin board
Parent	39	32	7
Youth	108	84	24
Total	147	116	31

As an introductory exercise on day 1 of the bulletin boards, participants were asked to share something interesting about themselves:

- Participants used the introductory exercise to talk about their jobs, school programs, sports, hobbies, pets, and families.
- While some participants mentioned travelling here, most participants discussed other types of leisure activities including outdoor pursuits, cooking, crafts, and video games.
- Parents who participated introduced themselves in a very similar way, often emphasizing their children in their responses.

IDIs With Indigenous Youth / Parents of Indigenous Youth

A total of 30 interviews were conducted with Indigenous youth (n=21) and parents of Indigenous youth (n=9) between February 7 and March 1, 2022. Participants were recruited with an effort toward reaching a broad cross-section of Indigenous people living across Canada, but no specific quotas were set. Participants resided in communities across Canada. Note that the following table is based on province/territory of permanent residence; some youth participants are currently attending school away from their home communities.

Table 3: IDI Participant Residence

Province / Territory	Total	Youth	Parents
Alberta	5	4	1
British Columbia	8	7	1
Manitoba	2	1	1
New Brunswick	3	3	0
Northwest Territories	1	1	0
Nova Scotia	1	1	0
Ontario	9	3	6
Saskatchewan	1	1	0
Total	30	21	9

Table 4: On-reserve / Off reserve

Province / Territory	Total	Youth	Parents
Live on reserve	15	15	0
Live off reserve	15	6	9
Total	30	21	9

During recruitment, youth were asked to indicate which Indigenous group they identify with, i.e. First Nations, Métis, or Inuit; parents were asked about the identity of their children (not themselves). Of the 30 participants, 25 were First Nations (or parents of First Nations youth), three were Métis, and two were Inuit.

Table 5: Indigenous Identity of Youth

Province / Territory	Total	Youth	Parents
First Nations	25	20	5
Métis	3	1	2
Inuit	2	0	2
Total	30	21	9

At the outset of interviews, participants were asked to introduce themselves and provide some personal background details.

Much like the bulletin board participants, youth and parents often described their jobs and school programs in their initial introduction.

Participants were probed about where they grew up and where they currently live. Several youth participants lived on reserve including reserves in or near major urban centres like Vancouver (BC), Fredericton (NB), and

Hamilton (ON), and more remote reserve communities including Fort Nelson (BC), Hay River (NWT), and Red Bank (NB). All of the parents interviewed currently live off-reserve, mainly in urban centres. Some of the participants living off-reserve in urban areas, including most of the parents, noted that they remain connected to family living in more remote communities like Kluane (YT), Wabaseemoong (ON), and Kashechewan (ON).

Many of the youth participants lived with parents, siblings, and other family members full-time or while they were not attending school, though a handful lived alone or with a partner. Most of the parent participants had their high school and post-secondary children living at home with them.

In addition to the broader identity groups, many First Nations participants named the specific nations, bands, and communities that they are connected to. These included a wide range of peoples including Oneida, Cree, Dene, Mississauga, Ojibwe, Mi'kmaq, Wolastoqiyik, Haudenosaunee, Tsuut'ina, and Coast Salish.

B. Pandemic Life and Adaptation

General impact of the pandemic on youth

Participants were asked to describe how their lives (or children's lives) have been affected by the pandemic and how they have adapted over the past two years. Participants often discussed the pandemic in both positive and negative terms, acknowledging certain benefits and steps toward personal development they have encountered alongside the personal struggles.

"I'm not sure if we're supposed to admit this, but the pandemic has brought a lot of positive to my life, particularly professionally. My primary job has been work-from-home for the past two years, allowing me to participate in and lead projects as we adapted to change."

"On the upside, I was able to start working a lot of my off-season job from home... It has saved me hundreds of dollars on gas, and about an hour per day of commuting in my car to get to work... On the downside, most of my immediate and distant family lives in the US across the border, and it has been incredibly straining not getting to see them. I worry about my aging grandmother the most, and how I see my mom far less often because of the restrictions."

"The pandemic has brought its share of difficulties, but also some positive points. I welcomed my first child a month before the start of confinement. My spouse had to stop his studies for a period of six months. This allowed us to adapt to our new reality as parents. However, we had little outside help. I missed my family very much during this time."

With the pandemic approaching the two-year mark when participants completed this exercise, many youth mentioned long-term shifts and enduring changes in their lifestyles as a result of public health measures and personal adaptations.

"It's been wonderful to be able to connect with my children, and spend more time being able to learn and grow with them. The pandemic has opened my eyes to the more important things in life and what truly matters."

"I now work from home and I prefer it that way. One thing that the pandemic has changed is that I've become less social. I used to be more of a social butterfly but these days I don't care to socialize. I prefer to be safe."

"Since my indoor social hobbies have been suspended, I started focusing more on horses and riding, which has also had a great positive impact on my wellbeing. It means I am outdoors and exercising much

more often than before. I still see my friends in limited and outdoor capacities, but I have always preferred small and quiet gatherings, so it has been lovely to not have pressure from others to attend large group gatherings or visit crowded venues.”

For many youth, a diminished social life and feelings of isolation were ongoing concerns, even when other aspects of life were becoming more manageable. In addition to feelings of loneliness and missing loved ones, disconnection from family support was often an issue for those trying to juggle family responsibilities and life transitions.

“The pandemic has been extremely isolating... we got pregnant and had our second child in the midst of things, and my mom still hasn’t been able to travel across the country to meet my 14-month-old son yet. I would have normally had a lot of post-partum support from family and friends, but I’ve had very little and things have been incredibly tough to manage.”

“My husband and I were supposed to have a big wedding and go on a nice honeymoon but instead we had a small marriage ceremony and have had to indefinitely postpone our honeymoon. We had our daughter during the pandemic so we’ve had to be extra cautious with seeing people since we didn’t want to risk her getting COVID. So we really have limited ourselves when it comes to seeing people and doing things.”

“Like almost everyone, I suffered from isolation and a marked decrease in physical social contact with my loved ones. I started again with virtual meetings, but it's not the same, less friendly.”

“The aspect of my life the pandemic has taken the largest toll on is casual friendships, when previously circumstance brought us together, we haven't necessarily sought each other out.”

Many youth commented on how their schooling was impacted by the pandemic and how they had to navigate stop-and-start restrictions and transitions between virtual and in-person school. Some used the pandemic as an opportunity to concentrate on school or change careers. While most learned to adjust to the uncertainty and transitions, others found the pandemic made it difficult to focus on school.

“Motivation has been very difficult to muster throughout the pandemic - so staying engaged at work and at university has been hard. The switch to online learning was quite the adjustment but I have adapted and am handling it better now.”

“At the beginning of the pandemic I was mostly working night shifts at a hospital's laboratory. It was very intense and made me realize that I wanted a change... I am now doing my first year back to school online which was difficult at first, but after I adjusted, it has been a really good experience.”

“I am pursuing a music degree, and at least 1/3 of my courses each semester are performance based... so my schooling has been turbulent. Since my degree started, there has been 3 unexpected switches to online, which I've found very isolating, difficult to adjust to (back-and-forth), and discouraging from pursuing a career in my field.”

“At the start of the pandemic I was living with my best friend, working and studying remotely ... after several months together in the same small apartment, my relationship with my friend deteriorated a bit and my motivation for my studies was very low. Since that time I have moved to a new city to pursue my studies and my relationship with my girlfriend has improved. Although living alone brings its share of problems too and I still have certain periods when I lack motivation, the classes and the face-to-face work help a lot.”

Parents describe the impact of the pandemic on their children in similar terms as the youth participants, discussing both the good and the bad. While many parents naturally expressed worry about the impact that prolonged isolation, school difficulties, and household changes have had on their children, they also shared success stories and praise for their children's resilience during this time.

"I'd say my children's (17 and 23) lives had been severely impacted in the early days of the pandemic, but with the help of virtual meeting facilities like Zoom or Facetime they managed to stay connected with friends. And as physical restrictions were loosened they managed to stay connected with small groups of friends. We built a small workout room in our basement so that helped keep them busy and fit; and our family time got more focused with a routine because, well, we just had to."

"It was a little stressful for him at the beginning like all of us, but he adapted more easily to constraints like masks than me. On the other hand, he hated class bubbles, he found himself isolated from his friends and, frankly, in the fall of 2021 I feared for his mental health... after the holidays he finally made friends in his class and he began to smile again."

"Throughout the pandemic, we have definitely grown closer as a family. We spent a lot of time cooking together, playing board games, and doing puzzles. We also actively sought out ways to connect with others. Our boys made cards for all of the neighbours and we dropped them off, we connected via Zoom with friends, and when school was in person, they played with their friends. Aside from a few missed play dates and some social "hanging out" that was missed, our kids have been good."

Some parents mentioned mental health struggles in their children, often stemming from the impact of pandemic restrictions, but in other instances due to worries about COVID-19 itself.

"It's been hard for her...she started grade 10, but her best friend was going to another school. Then her best friend broke up with her over a silly issue and got very nasty and petty. It really hurt her and she started having panic attacks. We paid to have her see a psychologist over period of a few months. She is much better now, although she may always have anxiety. She mentioned a few months ago that kids her age will forever be triggered by the words 'quarantine' and 'self-isolation'."

"I have noticed my eldest daughter, who was always an introvert becoming even less social and more anxious in group settings. My youngest teen is an extrovert and she's struggled with having boundaries with how many friends she can see each week during the tightest restrictions."

"My daughter switched to being online at the beginning of the pandemic, went back in person for a short period, and back online. She is still worried to go back to class in person and we are waiting to see how life will go with the easing of restrictions. Her life became really different since then, spending much more time at home, seeing her friends a lot less in person, spending more time behind screens. I believe if we will go to life pre-pandemic she will need a good amount of time to adapt."

Some parents found they have been able to maintain a semblance of normal (especially since the return of in-person school), with no substantial impact on their children's lives one way or another.

"My child's life honestly hasn't changed. We don't do anything different except travel. My son can go to whoever's house he pleases and he's been going to work just the same."

"It hasn't been too bad. He didn't love online school last year, and it was his first year of high school, so he missed out on the sense of high school community. This year has been almost back to normal as he's been in school full time, but there have been limited extracurriculars. He still spends time with his friends everyday after school, which is nice to see."

Two years into the pandemic, many youth felt that COVID-19 had endured longer than expected, both in terms of the risks and the public health measures to combat it, often leading them to discuss the strategies and coping techniques they have used to adapt. For some, safety measures like masks, hand sanitizer, socializing outdoors, and avoiding public places are a matter of routine, with many becoming more comfortable and adept with online communication tools for work, school, and ordering supplies. For others, adaptation meant finding ways to feel useful to others, or to get out and be around people in person when possible.

Some were able to adapt more easily than others; those experiencing mental health challenges and financial concerns often related these struggles in their responses. Still, while most have learned to adapt to the circumstances, many youth said they were keeping an eye on the future and looking forward to even more normalcy.

“I feel in general I have more of a ‘live for now’ mentality than I did before. The pandemic has shown me that life is really short and our freedoms can truly be taken away at any time. Also, time has felt like it has passed us so quickly. While I haven’t yet made huge changes in my life as a result, I feel more and more confident to take a risk and live my life when the opportunity arises in the future.”

“I am surprised by how well my family has adapted since the pandemic began. At first there was a lot of fear but we did everything that was recommended to stay safe. I now feel more knowledgeable and the fear is going away.”

“I have become a lot more paranoid about catching any sickness. It can be so exhausting but I am trying to adapt and not let myself get too worked up. I have also adapted in spending much more time in video chats with my friends instead of hanging out with them in person. Sometimes I wonder how long after the pandemic it will take for me to return to my old ways pre-corona. I try to take things one day at a time.”

“It was for sure a really rough transition. My mental health was really going downhill so I wasn’t able to finish my course work. I quickly realised that I would not be able to stay home and wait this out, so I got a job at a local grocery store. My job got me out of the house and allowed me to connect with new people and my community, and it was really great.”

Parents in the study observed similar coping strategies in their children, often seeing resistance and disappointment give way to adjustment. Many parents mentioned the strategies their children used to offset the potential impacts of isolation, increased screen time, and ongoing stress.

“To be honest the hardest part for my youngest son (only one at home) was the online learning. As a child who suffers with a learning disability it was very difficult for him to feel a real connection to his teachers virtually. Learning new skills was next to impossible.”

“They eventually adapted to online schooling as best they could. They learned to be more independent and cooperative with all other family members who were cooped up under the same roof for the longest time ever.”

“They have had no choice but to adapt but it’s not been easy. There have been many nights filled with tears. They have had to do online school which has been extremely challenging. My youngest has ADD which makes it even more difficult. She is not motivated at all with the online teaching.”

“My eldest is now on medication for social anxiety.”

“My son is a teenager and he approached this pandemic with common sense. His mental state was good throughout the pandemic. What helped him a lot from feeling isolated was playing games and talking with his friends online and also continuing to participate in his youth council online. We also as a family went on local trips around the mainland.”

General impact of the pandemic on target groups:

In general, pandemic adaptations included a similar range of ups and downs for **LGBTQ2+ youth** and **women in STEM fields**. Like other youth, they often saw substantial impacts to their lives, with some adapting more readily than others. **Women in STEM fields** often mentioned academic and career adaptations in their responses.

“Overall my experience during the pandemic has been positive. I moved in with my long-term partner, moved out of the city, and started a good job. Before the pandemic I was in a bad living situation with an abusive roommate, and the pandemic gave me the opportunity to leave.”

“When my restaurant reopened in June, I made the personal decision to not go back. I had been wanting to leave for a while and it was not a career oriented job. I have a BSc and had been wanting to use it, but the pandemic was finally the push I needed to leave my job permanently.”

“Initially, my life was impacted because my method of schooling was transitioned. For my remaining semester, we did virtual delivery. Then I had to wait 2-months before I was able to complete my practicums (healthcare settings)... When I graduated and began at my job, it was very virtual heavy and less community based than what it typically entails.”

Some **youth with impairments** had to be particularly cautious about COVID-19 risks, and sometimes felt anxious about their health or increasingly depressed, particularly during periods of isolation. While pandemic measures were understood to be important for safety, those measures sometimes came with trade-offs that could be more difficult to manage for those already living with an impairment. Not all changes were difficult, however; for some, adapting to pandemic life brought positive benefits that were unforeseen at the outset of the crisis.

“As someone who is immunocompromised and lives alone, I have been very isolated since the start early 2020. Not being able to see family and friends has been very difficult. I have used this time at home to work on hobbies.”

“Wearing the mask has been incredibly harmful in my communications with others since lip reading is my primary way of understanding people. From one day to the next, it's as if I was completely cut off from others whereas before, my handicap didn't even appear. I developed a lot of apprehension when I had to go out and be in contact with people because I knew I wouldn't understand them.”

“Only leaving home for work, medical appointments, and essential errands has become my new normal. I have learned to enjoy the solitude of being alone in the evenings. Communicating with family and friends electronically has become my normal but I do look forward to seeing them in person again.”

“I was laid off from my job of 8 years. It was both negative and positive. It allowed me to take a year to pursue my dream of starting my own farm. I also have a closer connection now with my children from our time spent together. We spend a lot of our time on nature walks and tending to our animals. Overall I am happier with the lifestyle I am now living.”

Indigenous youth who participated in one-on-one interviews also described a range of pandemic experiences, often very similar to those described by youth in the bulletin board exercise. However, in many instances, the experience of being Indigenous during the pandemic meant that some aspects of life were impacted differently or more acutely, particularly for those living in or near reserve communities. The following are specific difficulties mentioned by Indigenous youth.

- Long-term isolation from family due to strict restrictions on movement in and out of reserve communities. This was often the case for Indigenous youth living in remote regions and in more urban areas. Youth who lived off reserve were often prevented from visiting loved ones living on reserves, and others were impacted by not being able to travel between reserves to see family and friends. Sometimes this isolation had led to extreme difficulties and tragedies within communities.

“We have experienced a lot of losses from ODs, suicides, and addictions at a rate I’ve never seen before in addition to the expected deaths among elders.”

- Several Indigenous youth and parents of youth mentioned the hardship of missing out on cultural events and practices that tie their communities together. As gatherings like drum circles, pow-wows, and funerals were often cancelled or held virtually, several interview participants indicated that the loss of these events increased their feelings of isolation and made it more difficult to heal from the general trauma of living through a pandemic.

“The community is known for gatherings, drum groups, hand games – that hasn’t been allowed to happen.”

- Many youth participants felt a burden of responsibility to protect the safety of their communities and care for loved ones. Several youth who were enrolled in school away from home indicated that they had moved back to their home communities to get away from the risk and be with family, while others mentioned that they had avoided visiting family for extended periods of time because they did not want to bring the risk of COVID-19 to a remote community.

Impacts on different aspects of life

Bulletin board participants answered some survey-style questions about the impact that COVID-19 has had on their lives. Most parents and youth shared some major changes in their lives, including job loss, schooling adjustments, and changes to social life and daily routines, but few mentioned being impacted directly by illness. Asked if they or someone in the household is at a high risk for the disease, some mentioned various health conditions or indicated that someone in the household works in a high-risk setting like health care. However, most indicated that nobody in the household is at high risk, and few said that someone close to them had become very ill or had died from the disease.

Impacts on target groups:

Many **youth with impairments** reported being at high risk for COVID-19 complications due to their health status. In general, **LGBTQ+ youth** and **women in STEM** indicated experiences similar in range to those noted by youth generally.

Interviewed **Indigenous youth** and parents were not asked directly about their health status or experiences with loss due to COVID-19. In some instances, these participants disclosed personal health concerns like diabetes as complicating factors while they coped with pandemic life. A few mentioned losing grandparents or seeing elders in their community pass away with COVID-19.

Pandemic and academic adaptation

Current students were asked to describe the pandemic’s impact on their academic lives and progress, with many elaborating simultaneously about both positive and negative aspects of the adjustments they’ve had to make. Students described a variety of school situations, with some learning entirely online, others back to doing in-person school, and some doing a mix. While most seemed to be in a stable routine one way or another, some

were still coping with back-and-forth transitions between online learning and in-person school through recent pandemic waves. Some mentioned feelings of relief at being able to return to school in-person, finding that this shift was beneficial to their well-being overall, but others expressed ongoing concerns about the safety of in-person school environments.

“My high school moved online for the end of second semester of my last year, I wasn't able to finish my courses which sucked because they were fun, but I got the credits anyway. University looked very different than I had imagined it; I didn't plan to spend my first semester of my dream program alone in my living room on my computer. We still had in person labs which was nice, but we weren't able to do placement during first year which was a bummer - it was replaced with online clinical stuff which was okay but of course not the real thing.”

“Courses moving online has been a mixed bag. While I like that I can attend class in my pyjamas, it's harder to access my professors and help. I also miss the sense of community from classmates who may be harder to connect with from behind a screen, than when I am sitting next to them in class.”

“The uncertainty of how I'm going to access and study for my courses, the readjusted timeline of my degree, combined with the fact that I've had to do mostly everything at home (work, schooling, normal home life) has been a source of major stress for me.”

“Being online has felt very isolating. Especially being a mature student, I didn't know anyone going into school... The positive is that online learning is more flexible, I can be anywhere, and depending on the class, it can be at anytime. This was nice because then I could take advantage of other opportunities, like going snowboarding during the week and then watching my lectures on the weekend. It created a bit more balance in life.”

Online learning was a frustrating transition for some youth.

“I enjoyed classes online for the commute, but not for the learning experience.”

“It is hard to stay motivated staring at a computer screen for hours on end.”

While online school presented challenges to some, for others it brought benefits. For some, pursuing school online meant getting access to classes and programs that wouldn't have been available to them in person. For others, being online allowed them flexibility in other aspects of life, like work and family. Some youth also mentioned that the pandemic gave them time to slow down and reflect on their priorities.

“All of my classes moved online, which allowed me to have more flexibility with my schedule and to work more hours at a job that I loved. However, I find that online classes interfered with my learning, especially in terms of interaction between the students and the teacher.”

“The deadline for obtaining my diploma was extended due to the disruptions. However, continuing my studies remotely was beneficial for the time I was able to spend with my family, because I wasted much less time travelling.”

“I actually started a new career path via online training during the pandemic. I don't think it's something I would have picked up if COVID hadn't hit, and it was enjoyable for me to be able to learn it online remotely.”

In some instances, youth mentioned that the pandemic had caused delays in their educational progress, or influenced decisions about their education.

"My degree has been extremely delayed and we are still trying to get the lab and animal facility back to full running capacity. Biological sciences means working with live animals and there's a lot of maintenance and upkeep."

"I am not currently enrolled in any classes, but have considered taking some professional development classes at the local university. I am not willing to do so at the moment if they involve in person learning as I do not feel the benefits of taking the classes outweigh the risk of exposure to COVID."

"My national optician licensing exam was delayed a few months. I also had shorter hours during the beginning of the pandemic, so the portion of my diploma that dealt with my practicum was also delayed."

Parents related a wide mix of observations where their children's academic life was concerned. While some had praise for the way their children had adjusted or even excelled in transitional school situations, others had ongoing concerns about the lack of stability or their children's capacity to cope with ever-shifting circumstances. Disruptions to social life, lack of extracurricular opportunities, and concerns about education quality were common themes, and some parents mentioned that their children had delayed their education because of the pandemic.

"She found adjusting to online learning difficult at first, but got used to it. Then they sent them back to school and then she was in isolation because of a case in her class. This was in her first year of high school. Thankfully it has led to a stronger work ethic."

"Well, my youngster has enough computer skills so taking these courses remotely with his laptop was not too complicated, but he seemed less interested in these courses."

"Her marks became better during the pandemic but the social side was so negatively affected."

"My daughter was to go to university next year but is now going to take a gap year. She doesn't feel prepared as they have cancelled exams for years now. She also has developed social anxieties."

"High school has been positive for my son because now he can socialize in person with his friends at school and he is able to participate in school extracurricular activities. I see that he is more energetic and enthusiastic about things around him."

Pandemic and academic adaptation for target groups:

Adapting to academic life in the pandemic looked similar for youth in target groups overall, with some adjusting to public health measures and virtual learning better than others. While virtual learning was a mixed bag for youth generally and within target groups, some **youth with impairments** had noted that virtual learning had particular benefits for them.

"All courses have been online, I will graduate without ever stepping foot on campus and I honestly enjoy it. Waking up 3 minutes before class and laying in bed for the whole 3 hours is amazing. I prefer this."

"I can work whenever convenient for me."

"It has been extremely positive. I am a very active member of all my classes because it is online and easy to participate without feeling awkward or shy."

“I followed all the instructions because I know that it is important for my health and that of others. I learned to live with wearing a mask which even allowed me to develop my hearing more (having to concentrate on people's voices to try to understand them) but the majority of people were understanding enough to lower their masks or write what they wanted to tell me.”

Indigenous youth, and parents of Indigenous youth, also found that the pandemic had a varied impact on academic life, sometimes providing unanticipated benefits:

- In several instances, virtual learning gave Indigenous youth (particularly in urban areas) an option to pursue school at their own pace while coping with other difficulties without the daily pressure of being at school in-person. Several mentioned that, before the pandemic, they (or their children) had struggled with issues like depression, anxiety, or ADHD, and that the pandemic had provided an unexpected opportunity to slow down, re-group, and pursue school at a personal pace.

“I was in a weird place, I had just finished a college course, and hadn't taken any breaks from school since high school. The pandemic was kind of a forced break and I probably needed that.”

- While some Indigenous youth and parents mentioned ways that the pandemic had altered or delayed school as it did for some youth in general, those living in remote communities often mentioned that the proliferation of virtual learning had made it possible for them to pursue courses and programs that were not easily accessible to them before.

Pandemic and personal finances

While some youth participants experienced a range of financial impacts during the pandemic, others felt no major changes at all. Some experienced job loss or a reduction in hours, particularly in instances where their ability to work was conditional on public health restrictions. Others managed to pivot to new roles or benefit from high demand for workers in their local job markets, or benefited from government support.

"It was impacted negatively in some ways, such as having less work available... people were being more frugal, so I wasn't selling as many stock images, my finances definitely took a hit."

"I'm a youth pastor and so with restrictions, everything about my job changed and that was really challenging. My job centres around bringing people together and gathering groups, and this wasn't a possibility."

"I can't find a job that I want. I've had to settle for something I don't want just to maintain an income. I've applied to tons of jobs only to hear back nothing. The only good I'd say is that I have been able to save money by not going out and doing things as much."

"As a self-employed artist/actor, I lost virtually all my contracts when the pandemic started. For the next six months, I struggled to find work or other sources of income... At this point, some of my acting contracts began to return. However, the live performance sector continues to be severely impacted."

"My working hours have not changed. On the other hand, I was entitled to COVID bonuses and a salary increase. It saved me more money."

"Buying a house a year into the pandemic was significantly more expensive due to the pandemic exodus of city dwellers into more remote regions which has led to skyrocketing house prices and reduced availability. On the bright side our interest rate is very low for the next few years."

For some, the financial set-backs were tangibly offset by lifestyle improvements like more time at home and less time spent commuting. Others found that pandemic lifestyle changes meant less spending, and more saving or paying down debts.

"I believe my finances have improved: although I did lose wages because of reduced hours at my second job, I have saved so much money on gas and clothes and makeup because I get to stay home! My job was impacted by moving online, which created a much better work-life balance for me."

"I was able to move into a permanent work from home situation, which in turn will save us some expenses and time. With less expenses, we are able to put more into debt repayment."

"I lost all of my hours but thankfully was eligible for government COVID relief benefits so I did receive those which allowed me to save a lot more because I was spending less."

"My finances personally haven't changed dramatically, but I've had fewer expenses, which has allowed me to accumulate a down payment towards buying a house next year."

While many parents found that their children were not directly impacted in terms of finances, parents with older teenagers or children in their 20s sometimes noted that their children experienced job loss or uncertain working

hours, particularly in cases where they were working part-time or in industries significantly impacted by public health measures.

“Unable to participate in summer camp with cadets where he would have been paid.”

“My daughter lost her job at a catering company due to the pandemic. This affected her confidence negatively and she’s struggling to find new employment.”

“I think not pursuing a summer job due to the uncertainty is a lost opportunity. The only positive would be decreased discretionary spending, and perhaps becoming more aware of issues such as inflation and supply chain shortages that have been triggered by COVID; hopefully it will reinforce the importance of building savings and planning for emergencies.”

Some parents saw their children impacted negatively by their own financial difficulties.

“Our family budget was tight, so we have to cut some expenses.”

“He didn’t/doesn’t have a job so that hasn’t been impacted. My wife and I are retired so our income is 100% from our RRSP’s, etc. When the pandemic first started the stock market dropped drastically which was a huge concern...”

Pandemic and personal finances for target groups:

Youth in target groups generally saw a similar impact on their finances as everyone else. **Youth living with impairments** sometimes encountered job loss due to lay-offs or because they found it unsafe to work. On the other hand, members of this target group frequently mentioned that their spending decreased because of the public health restrictions, often off-setting income losses.

“I do not want a service job where I am constantly exposed to COVID because of my severe asthma.”

“During the onset of the pandemic my salary was reduced significantly due to having to close our doors, I was however able to work from home at reduced hours and a reduced pay. Not having anywhere to go and everything essentially being closed I was able to save a fair amount of money during this time.”

Some youth living with impairments were disability pension recipients, an uninterrupted and stable income source that came with its own pros and cons.

“I’m on disability so I haven’t personally been effected financially.”

“I have to budget more carefully because I have a lower income and prices are climbing higher and higher.”

Indigenous youth and parents who participated in interviews mentioned a similar variety of financial impacts to themselves personally, including trade-offs between job loss and savings. These participants often touched on the economic situations within their communities, sometimes noting that widespread unemployment and business closure had community-wide impacts. For those in remote communities, particularly in northern regions, price inflation on necessities like groceries and gas had a considerable impact on daily life, sometimes exacerbating other difficulties like job loss and isolation. Some participants saw signs of recovery and new opportunity in their communities in more recent days.

C. Travel Motivations and Barriers

After discussing their general life experiences during the pandemic, youth were asked about their pre-pandemic travel experience; parents were asked about their children's travel. Most indicated they had travelled outside of Canada at some point before the pandemic, many as recently as 2018 or 2019, but there were some who have never travelled outside of Canada at all or have only taken short excursions into the United States.

Destinations and reasons for travelling before the pandemic

Youth participants frequently described leisure trips, with a range of destinations and activities as varied as the participants themselves. Sometimes, these trips included visits with family or friends living abroad.

"Just before the pandemic began, my parents and I went to visit my extended family in South Korea. I visited my grandparents, went through a round of visits to all my aunts and uncles and cousins, and did some shopping in Seoul."

"After finishing undergrad I backpacked in Europe. I visited England, Ireland, France, Switzerland and Italy. I got around via bus, plane and train. I mostly visited tourist attractions like the Eiffel Tower, Colosseum, etc."

"I've travelled quite a bit. Starting when I was young, my parents took me to China and Sweden to see family. I've done a few trips to the Caribbean with friends. Also I did a big backpacking trip for 2 years through Asia, Australia, Europe and South Africa."

"Went to Mayan Riviera with family and friends to marry my husband. It was an amazing trip."

"I went to Guadeloupe with my family for fun and loved my experience. I was able to learn more about the culture and wonders of this country."

For some, international travel opportunities were related to work, study, or specific events like conferences and concerts.

"I lived in Nice, France for a year from 2015-2016. I was studying at the university there. On weekends and during school breaks, I would often travel around Europe, as well as within France. Throughout that year I visited Italy, England, the Netherlands, Spain, Ireland, Scotland, Czech Republic, Hungary, Greece, and Croatia."

"In 2019, I visited 9 countries for leisure and work. I have been to Colombia, Bahamas, Jordan, France, Singapore, Indonesia, Israel, USA and Cameroon."

"School trip in 2012 to Germany and France. Visited historical sites and did touristic activities."

"I used to go on many music program tours with my school and my choir. These include performance tours to Spain (2014), Italy (2017, 2019), Greece (2019), and South Africa (2018)."

Parents in the bulletin board exercise mainly described family vacation trips, or trips to visit relatives abroad.

"Yearly tropical trips, two trips to the UK and Europe, and a trip to Brazil. We try to stay with family and friends to save money and give her a local taste of their lives."

“We went on family vacations. Last trip we took was to London, England. My son has travelled overseas since he was 6. He loves it, he likes seeing different things and trying different foods.”

“Thailand to see family. We have also been to China, Laos, Mexico and Cuba; we were just tourists in these countries and spent 2 weeks in each. We explored all of the local sites that we could in the time we had there, including boating, kid friendly clubs at night time, and the food of these cultures.”

Destinations and reasons for travelling in target groups:

Most youth who identified as members of target groups in the bulletin board exercise said they had travelled outside of Canada at least once in the past, most often on vacation trips, though some also mentioned work and study opportunities. The types of trips, and reasons for travelling, generally didn't differ within these groups compared to youth as a whole.

“A little over ten years ago I traveled to Ireland for the summer with a friend to explore and see some castles. We also spent a week in Scotland and then a week in Germany.”

“I moved to Europe to pursue a joint Master's degree in neuroscience. My motivations were also to live and travel within Europe, and be exposed to a different culture and language. In addition to my studies, I travelled often (flights and hostels are very cheap there, and my stipend was very generous). I learned a new language (German), and enjoyed all the art and museums Europe has to offer.”

“My most recent trip was in the fall before the pandemic. I travelled around Japan for a month learning about the different cultures, enjoying the cuisines of the regions and experiencing a different way of life. I feel grateful to have had this opportunity as I feel it helped quell my urge to travel while in lockdown and throughout the pandemic.”

Discussing past travel experiences in the one-on-one interviews with **Indigenous youth** (or their parents), leisure trips to the United States were very common, with many mentioning their ability to travel on a status card instead of a passport for this purpose. For many, trips to the United States were their only international experience, and several had never been outside of Canada at all. For those who travelled, particularly outside of North America, there were some common motivations:

- Family members were an important motivator, with several Indigenous youth indicating that they had been inspired to travel by a parent, a sibling, an aunt, or another close relative. Parents of Indigenous youth also often mentioned that their children were interested in travelling due to the influence of family members.
- School trips and study-abroad programs, sometimes specifically aimed at Indigenous youth, provided some with international opportunities. Some had opportunities to travel for arts performances, including school band, throat singing, and jingle dancing.
- Several Indigenous youth mentioned that they were motivated in part by a desire to inspire and pave the way for younger relatives and community members. In a similar vein, several parents of Indigenous children saw international travel as a way for their children to get experiences and opportunities that weren't available to them when they were young.

“I kind of feel like there's only a short window of time for them to have those experiences as a kid and I don't want them to miss out on that.”

Pre-pandemic barriers to travel

Youth who had not travelled outside of Canada were asked what barriers prevented them from doing so; parents were asked about the barriers that prevented their children from travelling. Often, those who had never travelled did not provide any specific reasons – it just wasn't something they had ever pursued. Among those who stated a reason, lack of money was cited most often as a barrier. Some mentioned other considerations like not having a passport, not wishing to travel alone, and concern about the environmental impact of travel.

Pre-pandemic barriers to travel for target groups:

For youth with impairments, LGBTQ2+ youth, and women in STEM, travel barriers generally aligned with those noted by youth in general. Cost in particular was mentioned repeatedly by participants in these target groups.

“I take my finances very seriously. I would rather put money on the side or invest, than travel and be broke.”

Indigenous youth tended to encounter certain travel barriers more acutely, and also experienced some barriers that were not common among non-Indigenous youth:

- As with other youth, Indigenous youth frequently mentioned cost in general as a significant barrier to travel. Often, youth or parents elaborated on the theme of cost with other issues that exaggerate that barrier. Some lived in households with many children, multiplying the potential cost of a trip. Several grew up in lower-income households where long-haul vacations simply weren't affordable.
- For those in remote communities, distance added a layer of difficulty in terms of cost, time, and the energy required to go on a trip. For some, the effort just to get to and from an international airport was a matter of several travel days and hundreds or thousands of dollars of additional costs for a trip.
- Often, Indigenous youth participants and parents said that family closeness made it difficult to feel comfortable leaving home for any length of time. They often expressed worries about being lonely or not wanting to be away if they were suddenly needed at home. Some Indigenous youth also mentioned complex family situations and custody arrangements as factors that made travel difficult or impossible.

“Being a single parent of an Inuit family, we are very close and we rely on each other. For one kid to just go on their own – they probably haven't really thought about that. It's a bit different for Indigenous families to think about travelling.”

- In several instances, Indigenous youth participants talked about international travel as something that seemed very distant or inaccessible to them. In fact, more than one overtly referred to international travel as something they saw as being for white people. These perceptions were tied to emotional and mental barriers, like general unease with travel or the sense of just not knowing where to start.
- Health concerns were another recurring theme among this group. Several participants mentioned having personal health issues, like diabetes, that would need careful management during a trip. Many were concerned that travelling to other countries could put them at risk of COVID-19 or other transmissible illnesses, and in general, Indigenous youth were highly conscientious about the risk of exposing their families and communities to disease.

"I was recently diagnosed with Type 1 diabetes. If I travel, I will need to worry about getting insulin and other supplies outside of BC. It would take some research to learn about managing my health while travelling."

Passports

Most of the youth participants in the study indicated that they have current passports, and most parents said the same about their children. For those without passports, they just didn't see passports as a current necessity in their life, they've put off renewal due to the pandemic, or they didn't want to spend the money right now.

"I don't have any reasons to travel outside of Canada at the moment. I may do it later down the line if I feel financially stable."

"I forgot about it since we weren't using it and then it had already expired."

Passports for target groups:

Within the bulletin board exercise, most youth in target groups were travellers with a current passport. Those without passports shared similar reasons for not having a passport, most often seeing no need to go through the application process until they felt a passport was imminently needed.

"Laziness, didn't see myself traveling anytime soon, also the annoying procedures."

"It expired before the pandemic and I have been planning to get a renewed but due to the pandemic I put it off."

"In the context of the pandemic and travel being strongly discouraged, I did not see the relevance of renewing it. When the situation is restored for good, I intend to have a new one issued, but I believe it will be 2023, because we will have more waves of the pandemic in 2022."

Outside of those with recent travel experience, most **Indigenous youth** did not have a current passport. As with youth in general, a lack of imminent need was the most significant reason for not having a passport within this group. Some specific barriers were relatively unique to this group:

- Many of the youth in this group, or their parents, mentioned that status cards permitted travel into the United States, making passports redundant unless they intended to pursue travel further abroad.
- As within youth in general, the complexity of applying for a passport was a barrier, but for Indigenous youth this was sometimes amplified by difficulties gathering and submitting the necessary paperwork. In particular, those with missing or stolen status cards said it was difficult to have those documents replaced. For some this meant they didn't have the documents needed to apply, and made others hesitant to send their documents away for fear they would not get them back.

Travel during the pandemic

While most youth indicated that they have not travelled abroad since the pandemic began, there was a sizeable minority who said they have. Similarly, a minority of youth said they are likely to travel internationally at some point before the pandemic ends, though most said they are not very likely to do so. Parent responses were similar, with a handful indicating their children have travelled since the pandemic began, and said their children

are likely to do so before the pandemic is over. Timing may play a role here; with the study time period occurring in early 2022 as many jurisdictions began to lift travel restrictions and testing requirements, a subjective end of the pandemic may have seemed within reach for some.

Travel during the pandemic for target groups:

Most **youth with impairments** reported that they have not travelled since the pandemic began and are largely hesitant to travel while it is ongoing. Among **LGBTQ2+ youth** and **women in STEM**, travel during the pandemic was somewhat more common, and attitudes about travel while the pandemic is ongoing were in line with that seen among other youth in general.

For **Indigenous youth**, few said they had travelled during the pandemic, but several had upcoming plans to do so. Among this group, many seemed to experience a faster and more intense cycle in their attitudes towards pandemic travel. While many indicated that they had been extremely cautious and mindful of the risks of travel in the earlier days of the pandemic, they often indicated a readiness to move past the pandemic more readily than other youth.

Likelihood of post-pandemic travel

Asked about their likelihood to travel or live overseas in the next three to five years when pandemic-related travel restrictions have ended, most youth said they are very likely to travel, but some were less sure. When it comes to the impact the pandemic has had on their likelihood of travelling post-pandemic, responses were mixed. While some expressed a sense of pent-up demand to travel outside of Canada, others were wary about unpredictable and changing restrictions making it difficult to travel in the next few years. Some youth were concerned about their safety where COVID-19 is concerned, or worried about the risk of spreading it to others.

“The pandemic effected my mood and mental health more than I was expecting and I really need to get out travelling to have some relief from that.”

“The pandemic has made me think and I don't want to miss out on things.”

“I had a lot more opportunity and flexibility pre-pandemic (I was in high school, not as tied down to academic and work commitments). I am afraid of getting sick or having to follow isolation protocols if I travel, which can negatively impact these commitments (taking more time off).”

“The obvious travel restrictions come to mind, as well as all the protocols for arriving in another country, and returning to Canada make planning travel much more complicated.”

“The situation is gradually stabilizing and the countries most affected by the pandemic are reducing the conditions for entering their country. It encourages me to plan trips again.”

“I seem to see that travel is a high risk endeavour (especially flying) for catching COVID. That makes me nervous.”

“I wasn't planning to travel anytime soon BUT COVID did make me even more less likely to travel. This is less because I'm afraid of catching COVID but more because I don't want to accidentally spread it.”

When asked more specifically about their likelihood of pursuing work, study, and volunteer experiences abroad in the next three to five years, few youth indicated that this is priority for them. Some suggested that the

pandemic had lessened their interest in pursuing an opportunity like this, largely due to perceptions that this type of international travel would be made more complicated by restrictions, or risky due to the virus.

“I am much less likely to live overseas because different countries are dealing with COVID in different ways. I feel like Canada has handled it decently, and I feel somewhat safe here. But working or studying abroad in a different country may have different rules and regulations, so I don’t want to be forced to be somewhere I don’t feel safe.”

“The risks involved not only to myself, but also my family seem more real now. While also considering if family in my home country became ill it may be more difficult to return and be by their side in their time of need.”

Still, some youth indicated that they are eager to pursue this sort of opportunity, in spite of, or even because of their experience with the pandemic.

“I just don’t want to miss out on things in life and I’d love to travel and learn about other places.”

“Working abroad opens up new opportunities. It would make the cost of travel more affordable and force me into some new situations. I have friends who have had very positive experiences working abroad for their accommodation. I am also more interested in studying abroad, I have deep dived into a few subjects during the pandemic, that I would love to be able to explore in different regions. I believe this would be the perfect way to force me out of my comfort zone and meet new people.”

“Life is short, the pandemic has really accentuated that. I want to travel and work abroad to experience different cultures and ways.”

Parents were mixed in their expectations of future travel for their children. In general, parents were somewhat more hesitant about travel than youth participants, as very few said their children are likely to travel in the next few years. With the pandemic perhaps beginning to recede in prominence, parents also expressed concerns about other global events that could impact their children’s safety, whether travelling in general, or for work and study experiences abroad.

“Travelling is much more difficult and stressful due to testing requirements and constantly changing rules.”

“One’s personal safety in a foreign country during a pandemic and the ability to leave that country if the need arises has been played out in the media for all to see, which my son is certainly aware of. Also the current war in Ukraine has added to that.”

“If there are closures and limits in international travel that would leave him potentially stranded, then he can’t go. If there are lockdowns in Europe anywhere, or war that affects anything in the destination country, it would likely have to be cancelled.”

Likelihood of post-pandemic travel for target groups:

For **youth with impairments**, the prospect of post-pandemic travel was often daunting, and several of these youth indicated that the pandemic had made them less likely to travel.

“I just feel most safe when I am at home.”

“I want to travel but being claustrophobic in an airplane is hard and the thought of being enclosed in a small area with COVID is just not my cup of tea. Maybe a short flight with few people I would consider but a flight over 1h30 would be too much for me.”

“We saw it especially at the start of the pandemic, when we are outside our own country and something of such a large scale is happening, it is not at all easy to come back home... it would have been really difficult to experience the pandemic elsewhere.”

Still, this attitude was not universal, and some youth in this target group suggested that the pandemic had made them more interested in getting out to see the world.

“I figure life is too short and unpredictable, and the world is both smaller and bigger than I realize, sitting at home, reading and watching the news every day. I want to experience as much of it as possible on my own - beyond the virtual world.”

Among those who identified as **LGBTQ2+**, there was a range in travel intentions, ranging from trepidation to excitement, though many said the pandemic had made them somewhat less likely to travel.

“My father is getting older. I am his only child and he is a single parent. Currently he is able to live on his own, but it is a situation I will monitor when considering travel plans. I think I'm less likely to spend years away than I was previously.”

“While the pandemic is forcing us to put our plans on hold, the desire to travel is stronger than ever. I really feel like I need to be reminded of all the beautiful things that I love about this world. And with certain recent losses, I am putting myself first more than ever. I will do these things to give myself the life that I want, I must.”

Among **women in STEM**, there tended to be a strong awareness of ongoing health risks and a high expectation that public health measures would be in place for some time to come. As a result, many in this target group said they were less likely to travel because of the pandemic, at least for now.

“Travel restrictions have made it difficult to travel anywhere outside of my own country, so I have mostly been taking short trips within my own province, rather than considering anything else right now.”

“I think because of the restrictions I'm less likely to travel because there's so many more requirements and it is much harder to do so. Also lots of places have currently been in lockdown so even if we travelled to said destination, there wouldn't be much to do because restaurants and shops are closed.”

“I think I am less likely to travel as it seems the costs of flights have increased. I also don't want to wear a mask for so many hours on a plane as its very uncomfortable and hard to breathe. I also don't want to go to countries where COVID is high and there is an increased risk of getting sick.”

For **Indigenous youth**, most reported that their general attitude toward travel had not changed, despite the pandemic preventing them from travelling over the past two years. In many instances, these youth had only vague intentions to travel in the first place, and other barriers were simply more prominent than the pandemic. Parents of Indigenous youth often expressed higher levels of concern about post-pandemic travel than youth themselves.

For those Indigenous youth who were already travellers, and those with more concrete interest in international travel, the pandemic had not dampened their likelihood of travelling. Several of these youth were already in the advanced stages of planning for international trips in the coming weeks and months.

“The pandemic has made me long to travel again. It feels like a bad breakup. I feel an urge to travel more – to get past the ifs and buts.”

Travel Considerations

Youth were asked to indicate the top five considerations that would go into their decision to travel or not travel when the pandemic is over; parents were asked what top five considerations would be on their mind where their children’s travel is concerned. The top three broad considerations mentioned were safety, costs, and time.

Safety was frequently mentioned, often specifically referring to the COVID-19 situation.

- **Vaccination** – In 2021, vaccines were mentioned by many participants in the study, with many indicating they would wait until they could be vaccinated before travelling. With vaccines now widely available in Canada and vaccine uptake high, in 2022 youth and parents were concerned about the vaccination situation in destination countries, rather than their own or their children’s vaccination status. Vaccination was widely mentioned as a consideration by most youth including those within key target groups, and especially **Indigenous youth**.
- **Travel restrictions in destination countries** – While many youth and parents indicated that they would expect to see some safety measures like testing and vaccine passports in place in destination countries, other restrictions like quarantine were perceived as a barrier. Specific travel restrictions and measures were discussed in more detail in a later question.
- **COVID-19 at the destination** – Some indicated that they would look at the level of COVID-19 infection present in a destination under consideration. Others mentioned being mindful of related issues like new variants, the availability of treatment should illness arise while travelling, and whether or not desired attractions and activities would be open during their trip. COVID-19 was widely mentioned by youth in general and within all target groups.
- **Political situation** – Some participants mentioned concerns about the political climate, civil unrest, and current conflicts when making decisions about travel to other countries.
- **Crime** – Some youth suggested that, depending on destination, they worried about the possibility of being victim to crimes like theft or violence. **Indigenous youth** (particularly women and those identifying as LGBTQ2+) sometimes mentioned concerns that they might be particularly vulnerable to crime while travelling. However, in several instances, Indigenous youth mentioned that travelling outside of North America made them feel less vulnerable to personal crime because their physical appearance caused them to blend in with locals in a way that wasn’t possible in predominantly white North American cities.

“As a queer Indigenous person, that makes me vulnerable, even though I generally pass as white. I know others who have experienced racism against Indigenous people in other countries.”

“I sometimes worry about racism / hate crime, or just being a visible minority in other places. I’ve experienced racism entering a store in Seattle, and I would be conscious about being a minority.”

“People around the world are very uneducated about Indigenous; European people just have no idea what that is. Educating people about these issues can be tiring, sometimes people can be offensive and disrespectful.”

- **Safety** also factored into a variety of concerns around issues like crime, general availability of health care and health insurance (particularly for **youth with impairments**) and the relative welcomeness of a destination toward tourists.

Cost and **time** were other top factors:

- **General affordability** – Many participants indicated that simply being able to afford a trip was a driving consideration. Others mentioned making sure they have enough savings to handle contingencies and to really take the type of trip they want. Some participants mentioned that good deals on things like flights and accommodation would influence their travel decisions as well. While cost was a widely shared issue for youth, it was particularly important for **youth with impairments** and **Indigenous youth**.
- **Time off from work** – Participants often mentioned that their ability to travel was contingent on their ability to take time off work. For those with stable, permanent jobs, the amount of paid time off they would be permitted to take was an important consideration. Those working in more temporary positions often said they would need to consider the timing of their trip and the amount of savings they have before leaving a job to travel. Work considerations and vacation time were frequently mentioned by **women in STEM**.

Youth mentioned an array of other considerations; some common themes were family obligations and home responsibilities, environmental and ethical concerns about the impact of travel, the logistics of travelling with other family members or friends, cultural and language barriers, and the availability of desirable work or education opportunities.

Safety was a primary consideration for parents, with a bent toward preparedness; parents often mentioned advice they might share with their children about being careful and street wise. Specific mentions of COVID-19 were sparse, with most simply mentioning safety in broad terms. Parents also frequently discussed considerations related to planning and paperwork, like passports, visas, insurance, and being ready for contingencies. Several parents, including parents of **Indigenous youth**, also mentioned that trustworthy travel companionship for their child was an important consideration for them.

Intentions to volunteer, work, study, or live abroad

Most youth indicated that they had no plans to volunteer, work, study, or live abroad before the pandemic began, though several of these indicated that they are now considering an international experience like this, either while the pandemic is ongoing or when it is over.

Among the youth who said they were considering such an experience before the pandemic, there had been some attrition as several said they are not planning such an experience, or they didn't know now. Those considering a plan to volunteer, work, study, or live abroad were almost evenly split between doing so even if the pandemic is ongoing, or waiting until it is over. However, even among those who indicated they are considering such plans, few seemed to have anything concrete in mind.

"I do not have plans to study work or live abroad. I thought about it and looked into working elsewhere briefly due to high housing costs, but have since abandoned those plans. Abandoning them had nothing to do with COVID."

"I haven't really put in any thought or planning to pursue any of those opportunities."

"My plans are to return to travel once the pandemic is completely over, but I don't want to get too involved in plans, because everything is likely to change over time and we are currently living in a period of uncertainty."

Parents were similarly vague; while some indicated that their children were considering or planning an international experience like this, few elaborated on any specific plans.

Intentions to volunteer, work, study, or live abroad in target groups:

Intentions to pursue international opportunities like work or study were similarly low or unformed among youth in target groups, including the Indigenous youth participants in interviews.

D. Travel Timing

On day two of the bulletin boards, participants were asked to think a bit further into the future and envision what international travel will look like when the pandemic recedes, and what the lasting impact of COVID-19 will be on travel intentions and considerations.

Predicted Timing

To begin day two, youth and parents were asked when they think it will be safe to travel internationally. Responses to this question conveyed a wide range of viewpoints, as some said it is already safe to travel abroad, and others expected it to take several more years before international travel becomes normalized again. Many participants saw this issue as a matter of personal risk assessment that will evolve over time, rather than a simple timeline for everyone. This marks something of a departure compared to 2021, when there were strong expectations that mass availability of vaccines would bring normalcy to travel. Parents' views on this issue were not markedly different than the youth.

"I think it could happen as soon as this summer. People I know personally are already travelling quite a bit, and it seems to be becoming more normal again. If not this summer, then I fully believe it'll happen sometime in 2023."

"I think it may be this summer when sanitary measures have been relaxed and infections have decreased."

"I already feel safe to travel internationally, given I have three vaccinations, I've already had COVID, and I've already been on three international trips during the pandemic. In terms of it being easier to enter countries and return home without restrictions, I think we're likely to have normal travel polices in the fall to the end of this year."

"I think it is less of an all-encompassing when but rather a question of where and when. Personally, I will be looking at destinations on a case-by-case risk assessment. There are some countries I feel comfortable travelling to in a couple months and others where I can't anticipate a timeline."

"I don't think COVID will ever go away. I expect it will be with us forever like the flu. Due to the nature of "survival of the fittest", the virus will continue to mutate to be less severe and more contagious. It will be safe to travel again once COVID becomes even less severe than Omicron. If I were to take a guess I would say in a couple of years."

"Hopefully within the next 5 or so years, although I am being cautious with being too hopeful as we all saw what happened with Omicron."

For some youth, travel concerns related to other major global issues were beginning to replace their worries about COVID-19.

“I think safe travel may be a few years away, the pandemic is still here, many other countries are not as vaccinated as Canada and thus the risk of new variants still exists. Also with the war between Russia and Ukraine occurring that has led to additional instability worldwide.”

“I think there are more concerns traveling with regards to safety during international conflict right now that there are due to COVID. Most other countries have opened up and are relatively free of restrictions. There are inherent risks to traveling to any country with third world living conditions and those risks are increase with COVID.”

“I think governments as a whole need to take climate change and all that comes with it and how it affects our health and the development of disease more seriously and put effort into it as opposed to empty promises.”

Predicted timing for target groups:

Among **youth with impairments**, there was a similar range in predictions of safe international travel, though some degree of apprehension was more prominent in this group compared to youth overall.

“I think it will be at least five years before it is safe to travel internationally.”

“I feel that right now the world needs to recover from both COVID and the issues being felt from many different factors of life, so thus I feel like travel is going to be very difficult in the coming months and years.”

Youth in other target groups did not differ substantially from other youth in general.

Signals of safe travel

Bulletin board participants were asked what they think needs to change before international travel will be safe. Responses to this question highlighted a divergence in viewpoints between those who expect to see more measures in place, and those who feel the time for measures had passed and travel is already safe enough to proceed. Youth and parents were similarly varied in their views on this subject.

“Increase lockdown measures. COVID passports for 1 year (at minimum) to keep unvaccinated people safe, and to stop them from spreading the virus.”

“No, I think nothing needs to change. This virus will continue to exist and possibly mutate, and no additional measures will offer complete protection.”

Many participants discussed a need for additional vaccination to improve the safety of international travel, often noting disparities in worldwide vaccination as a specific issue that needs to be fixed.

“I think more people need to be vaccinated, and not just in fortunate countries such as Canada or the United States. While it is helpful, it would be more helpful to give mass amounts of vaccines to countries in Africa and South America that have minimal access to vaccines, so as to prevent another variant from emerging.”

“Higher vaccination rates, lower rate of positive test results. Vaccines ought to be freely available to everyone.”

For others, mandates were seen as a critical element of travel safety.

“I think vaccine mandates for air travel, train travel and crossing the border is necessary, as well as a negative COVID test within 24 hours of traveling. Mask mandates during travel should also stay in place, including while in airports and on airplanes.”

“Better infection screenings and quarantines before and after travelling needs to happen. People who are unvaccinated should be banned from travelling abroad to lower risks considerably.”

“I think masking should stay mandatory until we see all COVID viruses become less severe.”

While many participants believed that ongoing or additional measures are necessary for travel to be safe, there was a contingent of participants who felt the measures were good enough already to make international travel suitably safe.

“No, I think it is fine. I am fine to keep masks on planes and extra sanitization. I would assume it helps, as pre-COVID I could always tell when someone came back from vacation as they got sick when they arrived home!”

“It is time to open up and go forward. People need to not travel when they are sick so there needs to be the ability to cancel without charge if you are sick. This would allow people to cancel if they need to without losing all their money.”

“The measures already in place are excellent in my opinion, but time will bring herd immunity.”

Some youth and parents believed that the time for measures had passed, and looked forward to seeing measures relaxed so they can enjoy a more normal or less uncertain travel experience.

“I believe people need to make decisions for themselves... at some point we need to live normally, and virus' will always be around one way or another.”

“It already is safe enough to go. But would be nice to get rid of all requirements.”

“I think it is relatively safe depending on the location you travel to. I am just awaiting not having to test on return to not have to worry about being stranded.”

Signals of safe travel for target groups:

Among all target groups, including Indigenous youth who completed interviews, vaccination was mentioned most often as the factor that would make travel safer more quickly. Adherence to other public health measures was also mentioned by many in these key groups.

“I think only way for us to travel safely is to take the latest availability vaccine. We might have to take a vaccine booster before every trip.”

“People who are unvaccinated should be banned from travelling abroad to lower risks considerably.”

“It should be mandatory that people aged 3 and up wear masks while on airplanes, trains, buses and in common areas of cruise ships.”

E. Destination

New considerations due to the pandemic

Most youth participants believed that the pandemic would shape where travellers want to travel in the future. Most comments focused on two broad themes: COVID-19 safety and restrictions, and contingency planning.

Many youth participants said they expect that travellers will pay close attention to COVID-19 rates in the destinations they are considering. Some also indicated that there may be lower interest in countries that were perceived to handle the pandemic poorly, even if the situation appears to be improved in the future. China specifically was mentioned often.

“I believe people will be more inclined to travel to places where larger amounts of the population have been immunized and outbreaks are under control with adequate healthcare available. More developed countries may be higher on the list for many due to the perception of lower risk involved in such travel and associated activities.”

“I feel that a lot of people have fairly negative views about China, because people see it as where COVID started and was able to rapidly spread. I know I personally would have no desire to ever travel there. Besides that, if COVID is ever resurging in a particular country at a particular time, I believe travelers will avoid those areas.”

“I think people will pay more attention to current outbreaks in other countries and will travel to lower risk countries. I think there might continue to be a stigma around traveling to China due to the pandemic.”

Others suggested that safety, restrictions and public health measures will be key factors in post-pandemic travel decisions. For some, this went beyond simply avoiding COVID-19 – it was about balancing an expectation of safety with a desire for normal travel experiences.

“I assume nations will evaluate risk of incoming/outgoing/returning travelers and we may see vaccine or negative test requirements added to visa applications.”

“The vaccination rates of the country, how back to normal the activities are in the country, how the healthcare systems are destinations.”

“People will seek to travel to the safest destinations with the fewest restrictions.”

“I think people will want to travel to less popular places to avoid the crowds, such as choosing destinations where you can do activities in nature, or going to small towns and villages.”

“Safety will be a top concern and also convenience, if they have to be quarantined for a week or two, I am sure that will cause people to stop travelling.”

Some believed that travel will be more complicated, which will influence not just destinations but also the types of experiences travellers pursue. Some predicted that travellers will pay more attention to planning for

contingencies like sudden public health measures, difficulty travelling in and out of countries, or other disruptions that became commonplace during the pandemic.

“People may be less inclined to participate in 'whirlwind travel' and opt more for a single destination they explore more in-depth... We may see more mindset-marketing with destinations promoting 'no masks' or 'we maintain COVID cleaning protocol after it's no longer mandated' to appeal to a particular group. I think, initially, people will be drawn to more structured travel (like a resort or guided experience) over backpacking or arrive-and-explore travel.”

“People will likely gravitate towards urban areas where there are more choices if something goes wrong.”

“I'm sure people will consider whether their plans can be cancelled and refunded with short notice, as well as planning for when and where to get COVID tested before/after their travel.”

One more theme that emerged was an expectation that among a certain sub-set of youth travellers, their decisions would be influenced by their own lived experiences during the pandemic. Some predicted that travellers will be driven by a desire to make up for lost time, or guided by the perspectives they gained during periods of isolation.

“Post pandemic, I think people will want to start checking destinations off their bucket lists. Most of us have not traveled for 2+ years. We all got older in that time period, and it makes us want to make up for lost time!”

“I don't think the pandemic has influenced where people would want to travel, I think it probably reinforced people saying they really want to travel because they've been stuck at home for two years.”

“Yes, I think people will want to 'get off the beaten path' more, primarily to avoid large crowds of people. But I also think that people's mind frame has changed in regards to nature and what we hold important and dear in our lives. Its not just about materialism, but slowing down and enjoying what life has to offer.”

Parents generally focused on COVID-19 safety measures and vaccines when discussing new considerations for travellers. As with the youth, some mentioned a need for destinations to find a good balance where they can prioritize safety while still attracting tourists.

“People will think about what the level of COVID is in the country they are thinking of travelling to, the ease of leaving that country quickly if the need arises, the quality of the healthcare system in the country they are travelling to. Also the general level of peace and stability in the country they are going to.”

“I believe that the majority of people will travel only to the more advanced countries where the greater majority of population has been fully vaccinated and avoid those where the vaccination rates are low.”

“I believe they will limit any travel to countries with Western oriented values and laws but have a heightened focus on how each treated its citizens throughout the pandemic.”

New considerations for target groups:

Youth from the key target groups were generally similar to other youth, also anticipating a mix of caution, complexity, and pent-up demand as travellers decide their next steps. **Youth with impairments** often emphasized safety as a new consideration.

“I think that they will be more cautious and research about restrictions, if there are any, and what places are doing to keep people safe.”

“I feel that some travellers will not feel easy is restrictions are lifted and they are uncomfortable because of the virus and how they feel about their health and safety... I know particularly in Canada one must be vaccinated to board a plane, this will certainly impact unvaccinated travellers and I don't feel like this will be something that leaves us any time soon.”

Indigenous youth and parents often suggested that how destinations handled COVID-19 would have a lasting impact on travellers’ interest in visiting. Frequently, they mentioned that people might be less interested in going to countries where the pandemic’s impact was early and severe, like China and Italy, or places where the impact of COVID-19 seemed to be poorly understood, frequently mentioning Africa in this regard.

“The pandemic has raised a lot of superiority complexes about medical infrastructure – people won’t want to go to places that didn’t handle it very well.”

Contingency planning was another consideration frequently mentioned by Indigenous youth, who often talked about making sure they had a surplus of funds and someone back home in a position to help them if difficulties came up during their travels.

“Non-Indigenous people tend to have better access to resources – we have generational problems. When you travel you need to learn to be resourceful and think for yourself in tricky situations – that's not something that a lot of Indigenous youth have experience with unless they get out away from home.”

Public health measures as reassurances and deterrents to travel

Participants were asked to consider six different public health measures, restrictions, and circumstances, and indicate how reassuring they would be in terms of a destination’s safety as a place to visit. Each one was rated using a scale from not at all reassuring to very reassuring.

1. **A high vaccination rate among the population:** This was the measure both youth and parents found most reassuring, including those within key target groups, with most participants rating it very reassuring. For some, vaccination was about more than just protection from illness, it was sometimes seen as a broader signal of a destination’s safety and careful handling of the pandemic. There was, however, a contingent who felt less reassured about this, feeling that as long as they themselves were vaccinated, they had less concern about what others around them were doing.

“If they have a good handle of COVID, specifically knowing that they are taking it seriously and trying to protect the people of the destination as well as travellers.”

“If I was to travel or live overseas I would want to know the vaccination rate of the general public and make sure it is high enough. Everyone should eventually be vaccinated (except those with severe health risks).”

2. **Low positivity rates/low hospitalization for COVID-19:** Low levels of COVID-19 remained important for many. Nearly all youth and parents rated this at least somewhat reassuring, often seeing it hand-in-hand with vaccination.

“High vaccination rate and low case load would reassure me since that would make my risk of getting sick the lowest.”

“I already feel safe to travel but hospitalizations would probably be the main thing. If I did happen to get sick, even if it wasn't COVID-related, I would want to make sure I could be cared for.”

3. **A requirement that visitors be fully vaccinated:** Youth and parents generally expected and accepted that vaccination for visitors will be a requirement for travel in many places, and most found this somewhat or very reassuring.

“High vaccination rate among residents, full vaccination requirements for travelers and new residents, and overall low active cases in the area.”

“As I have received my three doses of vaccine, I will not feel responsible for spreading the virus when I have taken all the necessary means to travel safely.”

4. **Public health measures like enforced social distancing and masks:** Other public health measures were generally seen as somewhat reassuring by youth and parents. For some, these types of measures were seen as a mild preference or expectation while travelling, but they didn't necessarily feel strongly about them. **Youth with impairments** and **Indigenous youth** often indicated that these measures were highly reassuring to them.

“Mask mandates in public spaces that are actually enforced, vaccine mandates to enter the country, vaccine passports in place to visit restaurants, movie theaters and other public venues. Covered healthcare costs for those who may be visiting and contract COVID-19.”

“If there are some kind of health and safety protocols still in place, I would be fine with that. I am fine with testing requirements for travel, masks in crowded areas, and some measure of social distancing to minimise having too many people in one place at one time.”

5. **Quarantine for inbound travellers:** While most participants rated inbound quarantine as a somewhat reassuring measure, most also saw it as a costly and time-consuming deterrent to travel. This measure stood out as the one most likely to be mentioned as a specific barrier to visiting a particular country – eager travellers were often willing to live with almost any other type of measure, but found the notion of quarantine unappealing.

“Low COVID rates, having safety or preventive measures instead of requirements, no quarantine, accommodations options that are known for their cleanliness, and that majority of population is vaccinated.”

Indigenous youth mentioned quarantine very frequently as a barrier or a dealbreaker, with some indicating that travel in and out of their community or province / territory would already involve quarantine or isolation, and they simply couldn't fathom finding time to do this repeatedly in different locations and still have time to enjoy the trip.

6. **Absence of public health measures like enforced social distancing and masks:** Few participants said they would find it reassuring if a destination had eliminated social distancing and masks, though a handful indicated they are not particularly invested in any measures at this point.

“I would travel anywhere. I don't believe any of these measures are working anymore.”

"I don't think there's anything that would really reassure me that a destination is safe, everywhere you travel or live has risks and benefits so you just have to trust your decision and make sure you do your research and prepare."

Beyond pandemic control measures, some participants said they would look at other aspects of a country's pandemic response in terms of how people were treated and prioritized throughout the crisis.

"A country's humanitarian record how they handled and weathered the pandemic if they made an effort to accommodate and support marginalized portion of the population and even at the end of the pandemic when restrictions were lifted. If they put peoples lives before the bottom line during the pandemic it would be both reassuring, refreshing and be an indicator of whether or not I would want to visit and or move there."

"I would be reassured if I knew the location was willing to respond to any new variants/outbreaks without hesitating to implement restrictions again."

"To reassure me that the destination is safe for my child, I would want authorities and government of that destination to care that he was safe. I want him to visit only caring and compassionate countries that care about the health and wellbeing of their citizens and of tourists. I would want to see official mandates, whether they be provided by the ministries of the country itself or some other reliable source. I want to know what would happen if there is an outbreak in their country and my son would be stuck there."

Other participants also mentioned non-pandemic related issues that they intended to keep an eye on when considering a trip. These sorts of considerations were often mentioned by **LGBTQ+ youth**.

"Quality of life is very important to me. I think that everyone should have the opportunity to live life to the fullest and should have the opportunities in the country they live in to be able to do that. I think our governing bodies are very important and that they should provide the foundation of how a country should operate in order to provide citizens with those opportunities."

"A low crime rate. A stable political climate. Good relations between my home country and the country I am visiting. Low racism in the country I am visiting."

"A place that is unaffected by conflict or war. Also, a country where the health and education systems are at least equivalent to what I currently have in my life."

"Things like an efficient healthcare system (universal), overall low crime rates (strong gun control measures), acceptance of ethnic minorities and LGBTQ people would reassure me."

F. Vision of Travel After the Pandemic

Visions of post-pandemic travel shared by youth participants were wide ranging, with some sharing hopeful and whimsical descriptions of dream trips and others relating their ongoing concerns about safety and other travel barriers. Potential destinations and experiences were quite varied, and many used this part of the exercise to express their thoughts with creativity and openness.

"I would go somewhere with lots of history and architecture like the Balkan Countries. I would eat local food and stay in non touristy areas. I would choose sight seeing and nature tours and make sure I take lots of pictures to show friends and family back home."

“I would love to get a taste of the local cuisine, so I will probably splurge a bit on going to the restaurants that offer prix fixe or full course menus. There is also the concept that exists that involves ‘dining with the locals,’ which is similarly priced to the aforesaid restaurants, but it offers a more intimate experience as you get to eat inside the home of a local resident.”

“When I am ready to travel the first place I will pack my bags up and head to would be Santorini, Greece. When my flight lands I would head over and stay in a Villa overlooking the Aegean Sea.”

“When I share my experience with my friends, I will talk about my trip as epic, off-the-beaten track, and in complete autonomy. I want to make people understand that all-inclusives are completely opposite to me and my travels... I will talk a lot about the surprising cultural differences that I noticed - it seems that's what stays with me the most in the end. The natural elements affect me deeply too, but it's a more personal aspect that I keep to myself.”

Many youth predicted that considerations around the pandemic would be a factor in their travel plans for the foreseeable future. For some, this manifested as attention to safety precautions, avoiding countries with larger outbreaks, and choosing destinations that are perceived to be better at handling COVID-19. A few had difficulty envisioning future travel based on feelings that the pandemic would remain an issue for a longer period of time.

“I would choose a destination that has high vaccination rate and low case load. Since we are still in the pandemic, I cannot currently choose a destination... I would research current travel restrictions and pandemic measures first.”

“When I think about travelling internationally, I'd likely choose somewhere either familiar, where a friend lives, or somewhere that has had appropriate resources to manage COVID-19 during the pandemic. I would go online and do some research about the current state of the location and any ongoing precautions. I would likely choose air travel to get to my destination and would research the current protocols for travel/any requirements and restrictions.”

“I will still travel internationally by plane but my hope is that rapid tests will be so common that people boarding the plane should be tested.”

For some, travel readiness came with caveats, and pandemic concerns would influence decisions they make about things like transportation, accommodations, and activities. Many youth mentioned various types of pandemic contingency planning in their responses.

“I imagine I will probably not be staying at hostels any more, it will take some time for me to be comfortable staying in close quarters with strangers again. I think it would be reassuring if the hostels had strict policies about showing vaccine proofs, but I also think it will be hard to verify for hostel staff to faithfully verify all types of international vaccine proofs. Until there is a universal standardized vaccine passport recognized across the countries I want to visit, I would feel safer staying in a hotel or AirBnB than in shared accommodations.”

“I intend to book a hotel in the center of Lisbon, walking will be my main means of transport. Lisbon is a small city where it is easy to walk around. I don't think I'm comfortable enough to use public transit or a taxi.”

“I would choose a not so busy spot so I am not worried about getting COVID from a crowd. I would choose a destination based on least amount of time spent in transit so that could be a short flight or long road trip. I would plan and book each day ahead of time to avoid lines and crowds.”

“I would also consider countries where we have friends or family that could provide insight/support if needed. I would definitely consider visiting places that are more off the beaten trail to avoid large crowds and consider taking methods of transport that are smaller/more intimate. This could include more self-driving holidays.”

While many youth mentioned various degrees of hesitancy around COVID-19 when thinking about a future trip, there was a contingent who are ready to pursue travel, often taking precautions in stride or hoping to seek out destinations with few restrictions. Some of these youth had already seized opportunities to travel abroad since the pandemic began, while others were in an active planning frame of mind.

“I have actually openly travelled during this pandemic so it hasn’t stopped me at all. I take all the necessary precautions to stay safe and to be able to return home as well.”

“I am currently planning a trip to Paris in June 2022. We’ve looked into the restrictions there and (at least as of now) they are very similar to the restrictions that we have in Canada... I will tell my family and friends about it with excitement. I think they will be supportive in my decision to travel again, since it is a calculated risk.”

“I’d love to either go to an all inclusive resort or somewhere in Europe like Scotland. I’d stay in hotels when I travel and would avoid any place where quarantining is mandatory. I’d probably avoid public transportation as much as possible. I wouldn’t limit myself in what attractions I’d like to go see since it’s all part of travelling. Overall I don’t think I will change much of my travelling decisions other than keeping a bit of distance from strangers when I can.”

While the sense of pent-up demand for travel was by no means universal among youth, it was a theme that emerged within the responses to this part of the bulletin board exercise. In some instances, youth described much-anticipated trips and rites-of-passage that were postponed due to the pandemic. Others discussed trips that they had daydreamed about during periods of restriction, or trips they hope to take as a way to mark the end of the pandemic.

“It is funny I actually have this planned since I was unable to go on my honeymoon.”

“I can’t wait to finally go on a honeymoon to an all-inclusive resort. Somewhere not too far and not considered dangerous.”

“I am planning a 6-month educational trip to London in the fall of 2022. This is a requirement to complete a graduate program. I have already delayed this twice due to travel restrictions.”

“I think that once we are able to travel, everyone should go to a place that is on their bucket list. This pandemic has shown that life is too short to put these things off. I think I would plan it as I would have if a pandemic hadn’t happened. If it’s a trip of a lifetime, I wouldn’t want to alter it in any way.”

There was also a contingent of youth who expressed doubt about travelling anywhere outside of Canada in the near-to-medium future. Low travel intentions were sometimes driven by specific barriers, most often affordability, family obligations, and work or school commitments, but for some, international travel just wasn’t something that is of particular interest.

“Since I have no travel companion and have never travelled overseas alone, I don’t see this happening anytime soon.”

“To be honest I am a terrible traveller and I truly prefer staying home, but one place I really want to go internationally is Israel. I don’t really have a timeline because money is a thing but it’s something I’ve wanted to do for a while.”

“Honestly I can't really afford to travel now or probably in near future either. I'm a student and will be just entering the field in a couple years.”

Naturally, parents were often very safety-minded when imagining what their children’s future travel plans might look like. Most saw pandemic considerations as a primary factor in travel planning at all stages of the travel journey. Parents also placed a high degree of emphasis on companionship as a means of increasing safety during an international trip, often envisioning their children staying with friends or relatives, or taking a trip with peers for support.

“I would hope the pandemic has taught her the importance of careful planning and researching requirements before the trip. This would open the doors to communication with us as we ensure all precautions are taken to ensure her safety.”

“She has a second cousin in Denmark, I have a friend near Milan, lots of friends in the UK, and her boyfriend's family came from Serbia and they still have apartments, there. I want her to go where she wants and they want to go to Europe after graduation.”

“My daughter has a trip planned in the summer internationally... the people she will be visiting/staying with have similar views to ours on dealing with the pandemic, i.e. high reliance on public safety measures. She will be escorted at all times by her friends there, and they are expected to abide by all public safety measures.”

“I think my child would plan his trip with a group of friends or with an organization. He and the group would plan a trip by researching what is a good and safe country to travel.”

Vision of travel for target groups:

In their vision of future international travel, **youth with impairments** sometimes mentioned considerations related to accessibility and their health, but in general their responses were similar to other youth in the bulletin boards.

“I would like to be able to have a motorhome to travel in if I had the option. That way my transportation and accommodations would be all the same.”

“I want to go to England someday... I'm not sure what activities I'd do but I'd only feel comfortable doing something where I could wear a mask.”

LGBTQ2+ youth, like youth in general, often responded in detail, describing their future trips with excitement about the destinations and activities they planned to pursue.

“I am planning a trip to Scandinavia. I would fly there, share a room with someone, travel by bus, take part in glacier hikes, white water rafting, food tours. I would tell people around me it's a once in a lifetime trip, everyone has to be vaccinated and that is all I care about.”

“My closest friend and I were always big fans of Anthony Bourdain and we always joked about how amazing it would be to be able to visit every place he visited and find the joy and beauty in it that he did and also discover our own.”

“In the future, it is my hope that we can choose our travel destinations without too much worry about health risks like Covid-19. I have always wanted to go to the Bahamas or a Caribbean destination, which would require taking a flight or multiple flights and despite never having flown before I would do it to be able to experience a nice vacation.”

Similarly, **women in STEM** described a wide range of potential trips, often giving thoughtful details about their planning around accommodations and transportation. Women in STEM also demonstrated a high degree of awareness and ongoing attention to pandemic concerns.

“When all restrictions are removed, I'd love to plan a longer vacation to somewhere like Thailand. Due to potential issues in layover countries, I have been only travelling via direct flights during the pandemic so I can't wait to go somewhere further/more remote.”

“At this point, I would picture myself prioritizing more outside based activities and attractions rather than indoors, and something more spacious rather than cramped. Things like festivals would be on my mind because I enjoy them but I would be hesitant, even if they are outdoors. I would likely want to discuss the measures I've taken to promote safety before leaving and likely talk about how these measures looked in reality on the trip.”

“In Scotland, I imagine that I would need to rent a car since the places I would want to visit are more spread out and are more easily accessible by car. I would love to drive along the North Coast 500 highway in Scotland as I've heard how breathtaking the views are there. It would be a nice contrast to the Icefield Parkway from Banff to Jasper.”

“My inspiration for wanting to visit New Zealand has always been to visit the filming locations used in Lord of the Rings... I would probably use a combination of the internet for research and a travel agent.”

For **Indigenous youth**, who discussed their visions for a future trip during one-on-one interviews, imagining international travel often started with a bucket-list of interesting destinations or a desire for relaxation in a warm place. While their interests were generally quite similar to other youth in terms of the variety of destinations and experiences mentioned, some unique themes emerged from these conversations with Indigenous youth (and parents).

- For those living in more remote communities, an international trip carries the additional complication of travel within Canada just to reach an international airport. Often, these youth mentioned that flights from their local airports were expensive and infrequent, so international trips need to begin with several hours of driving to a larger centre with more flights available. In one example, a participant said that it was common to drive 12 hours from her community to the closest international airport in Edmonton.
- In terms of accommodation preferences, Indigenous youth and parents generally emphasized cost and safety as their primary considerations, tending to favour options like hotels or Airbnb instead of things like hostels that were seen as riskier.
- Indigenous youth often mentioned a strong preference for travelling with a friend or family member for companionship and security while abroad. Similarly, parents of Indigenous youth frequently hoped that their child would have someone to travel with.

- The experience of being Indigenous during international travel had a range of different implications for interview participants. Some anticipated a need to be cautious in places where they might stand out or be a target because of being Indigenous and a visible minority in an unfamiliar place; in some instances, youth participants had already encountered jarring experiences with racism while travelling, leading them to be especially mindful of this in the future.
- Still, others mentioned that international travel sometimes offered opportunities to “blend in” that weren’t possible in major North American cities. Several of the Indigenous youth participants who had taken international trips related stories about being mistaken as local in places like Peru, Mexico, and Hawaii, because of their personal appearance. These encounters were related as positive or funny stories, not negative experiences.
- The experience of travelling internationally as an Indigenous person was sometimes seen as an act of empowerment and inspiration. Some youth mentioned that international travel was often perceived within their communities as a white-dominated activity, and that it could be difficult to find information about international travel that is specific to the needs of Indigenous people. These participants often expressed a sense of responsibility and hope that by travelling themselves, they could make travel seem more accessible and worthwhile to others.

“I got tired of seeing non-Indigenous people travelling and I wanted to be a traveller, to set the example. It’s becoming more socially normal for us to travel.”

“The culture of travelling is very white – it’s a right of passage for young white people to go abroad. For Indigenous people the right of passage is connecting with their own community.”

- Some Indigenous youth and parents indicated an interest in connecting with other Indigenous people and cultures, to learn and compare experiences. Those with international roots of their own often indicated that they had a desire to seek out connections related to their ancestry as well.

“We are connected to the Arctic. Not just Canada, but other northern places like Greenland, Siberia.”

- Connecting with nature and the outdoors was a common theme among Indigenous youth when sharing their vision of future trips. In many interviews, participants indicated a strong interest in outdoor experiences and visiting natural landmarks. One participant explained that as an Indigenous person, connection with the land was important to his sense of being grounded and safe in a new place.

“I would visit natural sites like parks and lakes – I like sitting next to water. I feel grounded by looking at mountains and water – the absence of mountains would throw me off in a new place.”

- Several Indigenous youth and parents also talked about having a duty or responsibility to learn about other cultures by meeting with people, trying local food, and visiting important cultural landmarks. This was explained by a couple of participants in terms of reciprocity in understanding and respect between peoples, that is, a belief that those who wish to be understood and respected should also seek to understand and respect others.

“We want others to understand our culture, so we need to respect other cultures and make the effort to learn about them too.”

II. Detailed findings – Quantitative phase

A. Demographic profiles of respondents / children of respondents

Respondent Demographics (Youth and Parents)

The qualified respondents to the online survey are youth (age 18 to 35) and parents of Canadian citizens attending secondary and post-secondary education. In total, there were 2,504 youth and 1,050 parent respondents in the final sample.

Table 6: Survey participants' gender

	Youth (n=2,504)	Parents (n=1,050)
Female	49%	48%
Male	50%	52%
Another gender	1%	<1%
Prefer not to say	<1%	<1%

Table 7A: Youth survey participants' age

	Youth (n=2,504)
18-24	39%
25-30	27%
31-35	34%

Table 7B: Parents survey participants' age

	Parents (n=1,050)
36-40	10%
41-50	50%
51-60	34%
Over 60	6%

Table 8: Survey participants' province

	Youth (n=2,504)	Parents (n=1,050)
NET: BC/Territories	13%	14%
Alberta	13%	11%
Manitoba / Saskatchewan	7%	6%
Ontario	38%	38%
Quebec	23%	23%
Atlantic Canada	6%	7%

Table 9: Survey participants born in Canada

	Youth (n=2,504)	Parents (n=1,050)
Yes	86%	75%
No	14%	25%

Table 10: Survey participants with immigrant parent(s)

	Youth (n=2,504)	Parents (n=1,050)
Yes, one parent	10%	8%
Yes, both parents	31%	29%
No	57%	62%
Prefer not to say	2%	1%

Table 11: Languages spoken by survey participants

	Youth (n=2,504)	Parents (n=1,050)
English	88%	84%
French	32%	28%
Other	10%	12%
Prefer not to say	1%	1%

Table 12: Survey participants' education level

	Youth (n=2,504)	Parents (n=1,050)
Elementary school or less	1%	1%
Secondary school	12%	8%
Some post-secondary or current post-secondary student	14%	7%
College, vocational or trade school	21%	29%
Undergraduate university program	33%	30%
Graduate or professional university program	16%	24%
Prefer not to say	1%	1%

Table 13: Survey participants' identity

	Youth (n=2,504)	Parents (n=1,050)
LGBTQ2+	15%	3%
Indigenous	5%	4%
Women in STEM	7%	N/A

Table 14: Survey participants' vaccination status

	Youth (n=2,504)	Parents (n=1,050)
Have not received any COVID-19 vaccinations	7%	5%
Partially vaccinated: received first dose of a two-dose vaccine	3%	1%
Fully vaccinated: received first and second dose of a two-dose vaccine	37%	26%
Fully vaccinated and have received at least one booster	51%	64%
Other	<1%	1%
Prefer not to say	3%	3%

Respondent Demographics (Youth Only)

The following tables outline demographic characteristics only asked of the youth sample (n = 2,504).

Table 15: Survey participants' employment status

	Youth (n=2,504)
Employed full-time for pay (i.e. more than 30 hours per week)	59%
Employed part-time for pay	10%
Self-employed	4%
Unemployed, and currently seeking work	4%
Homemaker	3%
Student	17%
Other	2%
Prefer not to say	1%

Table 16: Survey participants' physical impairment

	Youth (n=2,504)
Vision impairment or vision loss not easily corrected with glasses or contact lenses	3%
Hearing impairment or hearing loss that is a partial or total inability to hear	3%
Mobility impairment that impacts your ability to perform tasks that require motor control and coordination	4%
Other physical impairment not listed	1%
No physical impairment	87%
Prefer not to say	3%

Respondents' Children Demographics (Parents Only)

Respondents from the parent sample (n = 1,050) were asked to provide details about their child (those with more than one eligible child were directed to consider just one of their children when responding). Demographic characteristics of the parent respondents' children are outlined in the tables below.

Table 17: Participant's child education currently attending

	Parents (n=1,050)
High school	70%
College/CEGEP	8%
Trade school	2%
University (undergraduate)	13%
University (post-graduate)	2%
Other	1%
They are currently between secondary and postsecondary education	4%
Prefer not to say	<1%

Table 18: Participant's child gender

	Parents (n=1,050)
Male	52%
Female	47%
Other	<1%
Prefer not to say	1%

Table 19: Participant's child age

	Parents (n=1,050)
< 18	76%
18-24	21%
25-30	1%
Prefer not to say	3%

Table 20: Participant's child identity

	Parents (n=1,050)
LGBTQ2+	8%
Indigenous	5%
Women in STEM	19%

Table 21: Participant's child physical impairment

	Parents (n=1,050)
Hearing impairment or hearing loss that is a partial or total inability to hear	1%
Mobility impairment that impacts their ability to perform tasks that require motor control and coordination	2%
Vision impairment or vision loss not easily corrected with glasses or contact lenses	3%
Other physical impairment not listed	2%
No physical impairment	91%
Prefer not to say	3%

B. Travel Style and Behaviour (Youth)

Past Travel Experience

Four in ten (41%) report travelling for work, study, or volunteering at some point; of these almost half (49%) say they obtained a visa for this purpose.

While travelling for leisure or business continues to be the most common among Canadian youth (85% report taking at least one such trip in their lifetime), international travel is far less common for work (27% at least one trip), study (25%), or volunteering (17%). When combined, four in ten youth (41%) report having travelled for work, study or volunteering, consistent with 2021. Among all youth, one in three (33%) have taken at least one international trip since the pandemic started.

Around half of youth with international experience say they obtained a visa (49%) for their travels outside of Canada. This includes about one third who obtained a visa to work (30%), less so to study (27%) and further less to volunteer (15%). These travel experiences were most often self-arranged (43%), through school (26%), or with an employer (17%). These results are consistent with 2021.

Table 22: Travel for leisure/business/work/study/volunteering (% reporting at least one lifetime trip)

Question 3: How many times have you done any of the following activities outside Canada in your lifetime? Travel for...

	Overall (n=2,504)	18-24 (n=917)	25-30 (n=712)	31-35 (n=875)	Male (n=1,152)	Female (n=1,331)	2021 Overall (n=2,500)
Leisure or business	85%	79%	87%	89%	85%	84%	86%
Work	27%	18%	31%	34%	38%	16%	27%
Study	25%	24%	27%	24%	28%	21%	24%
Volunteering	17%	19%	17%	16%	21%	13%	17%
NET: Travelled for work, study, volunteering	41%	35%	46%	45%	50%	33%	41%

Table 23: Travel for leisure/business/work/study/volunteering (mean # of lifetime trips)

Question 3: How many times have you done any of the following activities outside Canada in your lifetime? Travel for...

	Overall (n=2,504)	18-24 (n=917)	25-30 (n=712)	31-35 (n=875)	Male (n=1,152)	Female (n=1,331)	2021 Overall (n=2,500)
Leisure or business	11.5	7.5	11.8	15.7	11.7	11.3	11.7
Work	2.1	1.2	2.3	3.1	3.2	1.1	2.3
Study	1.1	1.3	1.2	0.8	1.3	0.8	1.2
Volunteering	0.7	0.9	0.8	0.5	0.8	0.6	0.8

Table 24: Travelled for leisure/business/work/study/volunteering (since pandemic began)

Question 3: Of the trips you mentioned above, how many have been since the beginning of the COVID-19 pandemic in March, 2020?

Subgroup: Those who travelled for any reason in Question 3 (n = 2,171).

	Overall (n=2,504)	18-24 (n=917)	25-30 (n=712)	31-35 (n=875)	Male (n=1,152)	Female (n=1,331)
Total travelled since pandemic began	33%	33%	32%	34%	42%	24%

Table 25: Visa/work permit for each type of travel

Question 6: Did you obtain a visa or permit to work, study or volunteer outside of Canada?

Subgroup: Those who worked / studied / volunteered in Question 3 (n = 1,021).

	Overall (n=1,021)	18-24 (n=350)	25-30 (n=308)	31-35 (n=363)	Male (n=557)	Female (n=457)	2021 Overall (n=1,020)
Work	30%	31%	26%	33%	37%	20%	32%
Study	27%	34%	25%	23%	27%	28%	27%
Volunteer	15%	20%	13%	12%	17%	12%	15%
Total Obtained Visa	49%	54%	47%	47%	54%	43%	48%

Table 26: Visa/work permit for each type of travel

Question 6: Did you obtain a visa or permit to work, study or volunteer outside of Canada?

Base: All youth respondents (n = 2,504).

	Overall (n=2,504)	18-24 (n=917)	25-30 (n=712)	31-35 (n=875)	Male (n=1,152)	Female (n=1,331)	2021 Overall (n=2,500)
Work	12%	11%	12%	15%	18%	7%	13%
Study	11%	12%	11%	10%	13%	9%	11%
Volunteer	6%	7%	6%	5%	8%	4%	6%
Total Obtained Visa	20%	19%	22%	21%	27%	14%	20%

Table 27: Travel arrangements

Question 8: How did you arrange your international experience?

Subgroup: Those who worked / studied / volunteered in Question 3 (n = 1,021).

	Overall (n=1,021)	18-24 (n=350)	25-30 (n=308)	31-35 (n=363)	Male (n=557)	Female (n=457)	2021 Overall (n=1,020)
Self-arranged	43%	36%	49%	46%	47%	39%	37%
Through school	26%	36%	24%	18%	20%	34%	29%
Employer	17%	10%	16%	25%	21%	11%	19%
Travel or adventure company	7%	11%	4%	5%	6%	9%	6%
Non-profit organization	2%	3%	2%	2%	2%	3%	3%
Government program	1%	1%	<1%	1%	1%	1%	1%
Other	1%	1%	1%	1%	1%	2%	3%
Prefer not to say	2%	3%	3%	2%	2%	2%	2%

Past International Travel Benefits and Challenges

Youth travellers point to learning about a new culture, adventure, and personal growth as the key benefits to experiences outside Canada. Language barriers and COVID-19 travel restrictions are considered the greatest challenges. More than six in ten say they are eager to highlight their experience for prospective employers, and about six in ten have done so on a resume.

Among Canadian youth who have travelled internationally for work, study, or volunteering, most say that the key benefits of their experience were learning about a new country or culture (76%), exploration and adventure (68%), and personal growth (57%). These results are largely consistent with 2021. Benefiting from language (36%) and career skills (37%) through international travel continue to be mentioned somewhat less.

More than half of these youth travellers (57%) say they have listed their international experience on their resume. Among those who have not included their international experience on a resume, the most common reason is a perceived lack of relevance or importance to the specific job applied for (30%); this was also the top mention in 2021. Other reasons for not mentioning this experience on a resume includes not thinking the experience was worth noting (16%) and simply not having the recent need to update their CV (11%).

Most Canadian youth who travelled for work, study, or volunteering agree that they are eager to highlight that experience to potential employers (64%) and that they feel the experience improved their job prospects (53%). Less than half (47%) say they have been asked about this experience directly by an employer.

When asked to consider the challenges they faced while travelling, youth travellers most often mention language barriers (47%) – the same top reason given in 2021. Travel restrictions due to the COVID-19 pandemic were the second-biggest challenge mentioned in 2022 (37%); with travel still heavily restricted during the pandemic when the 2021 study was conducted, this did not rate as a noteworthy barrier in the past wave. Challenges surrounding country customs and culture shock (33% in 2022; 38% in 2021), feeling safe or secure (23% in 2022; 32% in 2021), and financial issues funding travel experience (23% in 2022; 29% in 2021) have fallen in rank since last year.

Table 28: Key benefits of travel

Question 4: What would you say are the key benefits you gained from your work, study or volunteer experiences outside of Canada?

Subgroup: Those who worked / studied / volunteered in Question 3 (n = 1,021).

	Overall (n=1,021)	18-24 (n=350)	25-30 (n=308)	31-35 (n=363)	Male (n=557)	Female (n=457)	2021 Overall (n=1,020)
Learned about a new country or culture	76%	72%	78%	78%	75%	78%	81%
Exploration and adventure	68%	63%	68%	72%	61%	78%	72%
International travel experience that contributed toward my personal growth	57%	46%	62%	63%	51%	67%	62%
Obtained international career experience or professional development	37%	32%	37%	42%	37%	39%	40%
Learned or improved a secondary language	36%	37%	34%	37%	37%	35%	43%
Other	3%	2%	2%	4%	3%	3%	2%
Not applicable	5%	3%	5%	6%	6%	3%	4%

Table 29: Included international experience on resume

Question 24: Have you included your international work or volunteer experience on your resume after returning to Canada?

Subgroup: Those who worked / studied / volunteered in Question 3 (n = 1,021).

	Overall (n=1,021)	18-24 (n=350)	25-30 (n=308)	31-35 (n=363)	Male (n=557)	Female (n=457)	2021 Overall (n=1,020)
Yes	57%	59%	54%	59%	59%	56%	53%
No	39%	36%	43%	39%	38%	40%	43%
Not sure	3%	6%	3%	2%	3%	4%	4%

Table 30: Reasons for not including international experience on resume

Question 25: For what reason have you not included this experience on your resume?

Subgroup: Those who did not include international experience on resume (n = 399).

	Overall (n=399)	18-24 (n=124)	25-30 (n=135)	31-35 (n=140)	Male (n=210)	Female (n=187)	2021 Overall (n=433)
Didn't think it was relevant/important to the job I was applying for	30%	27%	29%	34%	26%	36%	36%
Not valid experience at the time/not worth noting/didn't do much for me	16%	20%	16%	13%	14%	18%	11%
Still working for the same employer/it was part of my work/haven't needed to update my CV yet	11%	9%	11%	13%	14%	6%	12%
Didn't think of it/didn't want to/didn't know I could	8%	13%	7%	6%	9%	8%	7%
Was a learning trip during high school/university/it was for study not work	6%	5%	6%	6%	4%	9%	5%
Trip was mainly for leisure/didn't work or volunteer abroad	5%	4%	7%	5%	5%	6%	8%
It was a very short trip	5%	3%	9%	4%	5%	5%	6%
It was long time ago	3%	4%	2%	3%	1%	6%	4%
Informal experience	2%	1%	2%	3%	2%	2%	<1%
Other	4%	6%	5%	3%	6%	2%	7%
No specific reason	5%	2%	6%	6%	5%	4%	2%
Don't know	8%	12%	6%	6%	10%	4%	8%

Table 31: Agreement with statements about international travel

Question 26: How much do you agree with the following statements?

Subgroup: Those who worked / studied / volunteered in Question 3 (n = 1,021).

Top 2 Box (Strongly or somewhat agree)	Overall (n=1,021)	18-24 (n=350)	25-30 (n=308)	31-35 (n=363)	Male (n=557)	Female (n=457)	2021 Overall (n=1,020)
I am eager to highlight my international experience to potential employers	64%	66%	62%	62%	66%	61%	63%
I feel that my international experience improved my job prospects upon returning to Canada	53%	52%	52%	55%	55%	49%	51%
Potential employers ask about my international experience	47%	48%	48%	47%	49%	45%	43%

Table 32: Key challenges of travel

Question 5: What would you say are the key challenges you faced during your work, study or volunteer experiences outside of Canada?

Subgroup: Those who worked / studied / volunteered in Question 3 (n = 1,021).

Challenges	Overall (n=1,021)	18-24 (n=350)	25-30 (n=308)	31-35 (n=363)	Male (n=557)	Female (n=457)	2021 Overall (n=1,020)
Encountering a language barrier	46%	44%	47%	46%	45%	47%	54%
Travel restrictions due to the COVID-19 pandemic	37%	34%	35%	40%	38%	36%	N/A
Challenges with country customs and laws, cultural norms or cultural shock	33%	35%	34%	31%	33%	34%	38%
Isolation or loneliness	25%	27%	26%	23%	25%	24%	28%
Restrictions, lockdowns or work/school interruptions in your host country due to the COVID-19 pandemic	25%	29%	24%	23%	25%	26%	N/A
Feeling safe or secure (ex. concerns about personal safety, and/or racial, religious, or sexual orientation/gender discrimination)	23%	24%	21%	25%	20%	28%	32%
Financial issues funding my travel experience	23%	26%	23%	21%	22%	26%	29%
Challenges with travel, residency or employment documents/permits	20%	21%	23%	18%	24%	15%	21%
Impact on my obligations back in Canada (family, children or career)	17%	14%	18%	18%	18%	16%	19%

Challenges	Overall (n=1,021)	18-24 (n=350)	25-30 (n=308)	31-35 (n=363)	Male (n=557)	Female (n=457)	2021 Overall (n=1,020)
Having to cut short your time abroad due to the COVID-19 pandemic	14%	17%	17%	9%	14%	14%	N/A
Challenges finding employment outside of Canada	13%	15%	11%	12%	15%	10%	14%
I did not know how to get started	9%	12%	9%	7%	10%	8%	8%
Other	1%	1%	2%	2%	2%	1%	1%
Not applicable	12%	7%	16%	15%	11%	14%	12%

C. Work Abroad and Awareness of IEC (Youth)

Past Participation in IEC

About one in ten youth say they have participated in the IEC program; among IEC participants, two-thirds did so using the open work permit option. Satisfaction with IEC is high among past participants at 86 percent; a similar proportion say they would recommend the program to friends and family.

One in ten Canadian youth (9%) say they have participated in the IEC program, while 10 percent report having participated in another mobility program such as IYIP or IAYA. These numbers remain unchanged since 2021. Though the majority (87%) of those who participated in the IEC program did so before the COVID-19 pandemic, one in five (21%) report having participated since March 2020 (note that some participants travelled before and during the pandemic)

Australia continues to be the most common IEC destination, with close to one in five (18%) IEC participants saying they visited this country. Other top mentions include France (17%) and Germany (12%). Most IEC participants (68%) travelled on an open work permit, rather than an employer-specific permit (25%).

Overall satisfaction with the IEC program is steady compared to last year, with a majority of participants saying they are very or somewhat satisfied (86%). When asked to elaborate on their reasoning, half (among those satisfied) say that IEC was simply a great personal experience (51%); that they received great support (10%) and that it was a good program for learning (9%). Likelihood to recommend the program is also high, with 85 percent of past participants very or somewhat likely to recommend IEC to a friend or family member.

Compared to 2021, there is a shift in satisfaction and likelihood to recommend, with fewer participants saying they are *very* satisfied or *very* likely to recommend; the net totals remain consistent with more saying they are *somewhat* satisfied and *somewhat* likely to recommend. This change may reflect a degree of hesitation or expectations that travel will be more difficult due to the pandemic.

Table 33: Past participation in IEC

Question 9: Have you ever participated in the International Experience Canada (IEC) program, which provides Canadian youth facilitated access to a work permit in 36 different countries and territories?

	Overall (n=2,504)	18-24 (n=917)	25-30 (n=712)	31-35 (n=875)	Male (n=1,152)	Female (n=1,331)	2021 Overall (n=2,500)
Yes	9%	11%	9%	8%	14%	5%	9%
No	87%	83%	87%	90%	81%	92%	87%
Not sure	4%	6%	4%	2%	5%	3%	4%

Table 34: Past participation in IEC

Question 9A: Did you participate in the IEC program before or after the beginning of the COVID-19 pandemic in March 2020?

Subgroup: Those who have participated in IEC (n = 220)

	Overall (n=220)	18-24 (n=115)	25-30 (n=47)	31-35 (n=58)	Male (n=164)	Female (n=55)
Before the COVID-19 pandemic (before March 2020)	87%	90%	85%	82%	85%	92%
After the start of the COVID-19 pandemic (March 2020 or later)	21%	19%	20%	26%	21%	23%

Table 35: Participation in other Canadian youth mobility programs

Question 9B: Have you ever travelled abroad using another Canadian youth mobility program such as the International Youth Internship Program (IYIP) or the International Aboriginal Youth Internships (IAYI)??

	Overall (n=2,504)	18-24 (n=917)	25-30 (n=712)	31-35 (n=875)	Male (n=1,152)	Female (n=1,331)	2021 Overall (n=2,500)
Yes - International Youth Internship Program (IYIP)	7%	9%	6%	5%	10%	3%	7%
Yes - International Aboriginal Youth Internships (IAYI)	2%	4%	1%	2%	4%	1%	2%
Yes - Other	1%	1%	<1%	1%	<1%	1%	1%
No	87%	82%	89%	91%	81%	93%	87%
Not sure	4%	5%	3%	2%	5%	2%	3%

Table 36: IEC countries visited

Question 10: Which International Experience Canada partner country(ies) did you go to?

Subgroup: Those who have participated in IEC (n = 220)

	Overall (n=220)	18-24 (n=115)	25-30 (n=47)	31-35 (n=58)	Male (n=164)	Female (n=55)	2021 Overall (n=204)
Australia	18%	19%	16%	17%	18%	16%	23%
France	17%	13%	16%	25%	19%	12%	16%
Germany	12%	8%	26%	5%	13%	7%	13%
United Kingdom	11%	11%	15%	9%	11%	12%	16%
Costa Rica	8%	12%	2%	7%	8%	9%	9%
Italy	7%	8%	3%	8%	6%	8%	9%
Japan	6%	7%	5%	6%	7%	4%	6%
Hong Kong	6%	3%	12%	7%	6%	7%	9%
Greece	6%	10%	0%	4%	5%	9%	5%
Spain	5%	3%	4%	10%	5%	5%	8%
Mexico	5%	9%	2%	1%	6%	4%	6%
Norway	5%	1%	7%	9%	7%	0%	2%
Denmark	5%	5%	8%	1%	6%	1%	7%
Ireland	4%	4%	2%	5%	5%	0%	5%
New Zealand	4%	1%	5%	7%	4%	3%	5%
Austria	4%	4%	5%	2%	5%	0%	5%
Belgium	3%	2%	4%	4%	3%	5%	10%
Portugal	3%	2%	3%	5%	4%	1%	3%
Switzerland	3%	1%	3%	5%	4%	0%	4%
Chile	3%	3%	1%	4%	2%	6%	7%
Republic of Korea	3%	2%	3%	3%	4%	0%	6%
Czech Republic	3%	6%	0%	0%	3%	2%	4%
Croatia	2%	4%	0%	2%	1%	5%	5%
Estonia	2%	4%	0%	2%	1%	6%	2%

Poland	2%	1%	3%	2%	3%	0%	1%
Netherlands	2%	1%	0%	5%	2%	1%	5%
Ukraine	2%	4%	0%	0%	2%	0%	2%
Sweden	2%	2%	2%	0%	2%	0%	3%
Slovenia	1%	1%	3%	1%	1%	1%	2%
Andorra	1%	2%	2%	0%	2%	0%	1%
Latvia	1%	1%	3%	0%	1%	0%	4%
Taiwan	1%	2%	0%	1%	1%	1%	2%
Slovakia	1%	0%	2%	0%	1%	0%	2%
Lithuania	<1%	1%	0%	0%	1%	0%	1%
San Marino	<1%	1%	0%	0%	<1%	0%	1%
Luxembourg	0%	0%	0%	0%	0%	0%	1%
Other	7%	5%	7%	10%	6%	10%	9%

Table 37: IEC Travel Stream

Question 17A: What International Experience Canada stream did you travel through?

Subgroup: Those who have participated in IEC (n = 220)

	Overall (n=220)	18-24 (n=115)	25-30 (n=47)	31-35 (n=58)	Male (n=164)	Female (n=55)	2021 Overall (n=204)
Open work permit	68%	69%	70%	64%	70%	61%	68%
Employer-Specific Work Permit (pre-arranged contract of employment was required)	25%	27%	22%	23%	23%	31%	21%
Do not know	7%	4%	8%	13%	7%	8%	11%

Table 38: IEC satisfaction rating

Question 21: To what extent were you satisfied or dissatisfied with your work and travel abroad experience via the International Experience Canada program?

Subgroup: Those who have participated in IEC (n = 220)

	Overall (n=220)	18-24 (n=115)	25-30 (n=47)	31-35 (n=58)	Male (n=164)	Female (n=55)	2021 Overall (n=204)
Net: Satisfied	86%	83%	90%	89%	90%	74%	84%
Very satisfied	35%	42%	28%	32%	35%	35%	41%
Somewhat satisfied	51%	41%	62%	57%	55%	40%	42%
Neither satisfied nor dissatisfied	9%	13%	8%	3%	6%	19%	12%
Somewhat dissatisfied	1%	2%	0%	1%	1%	1%	1%
Very dissatisfied	1%	1%	0%	1%	1%	1%	<1%
Do not know	3%	1%	2%	6%	2%	4%	3%

Table 39: IEC satisfaction rating reasons

Question 22: Why do you say that?

Subgroup: Those who have participated in IEC and were satisfied with it (n = 190)

	Overall (n=190)	18-24 (n=98)	25-30 (n=41)	31-35 (n=51)	Male (n=147)	Female (n=42)	2021 Overall (n=163)
Great experience/ personal growth	51%	49%	63%	44%	50%	54%	37%
Easy process/ good support	10%	7%	9%	16%	11%	9%	5%
Good program to learn	9%	7%	6%	13%	10%	7%	10%
It was fun experience	9%	14%	3%	6%	8%	10%	5%
Ability to travel/see new places/meet people	7%	6%	7%	8%	6%	13%	8%
Everything was set up/arranged professionally	6%	8%	3%	4%	5%	8%	7%
Some negative sides (e.g. Complex Process)	6%	2%	6%	10%	6%	4%	2%
It was okay/could have been better	4%	7%	2%	2%	4%	7%	3%
It was difficult to find a job	1%	1%	0%	3%	1%	2%	2%
Was able to work and earn money	1%	0%	3%	1%	1%	2%	10%
Other	3%	6%	0%	2%	2%	7%	7%
No reason/my thoughts/just do	5%	3%	8%	5%	6%	0%	9%
Not sure	4%	5%	3%	4%	4%	4%	9%

Table 40: IEC satisfaction rating reasons

Question 22: Why do you say that?

Subgroup: Those who have participated in IEC and were dissatisfied with it or neutral (n = 24)

	Overall (n=24)	2021 Overall (n=32)
Some negative sides (e.g. Complex Process)	21%	22%
It was okay/could have been better	20%	7%
Great experience/ personal growth	12%	5%
Didn't stay for long	6%	4%
Ability to travel/see new places/meet people	5%	8%
Other	6%	14%

No reason/my thoughts/just do	23%	19%
Not sure	15%	13%

Table 41: IEC recommendation rating

Question 23: To what extent are you likely or unlikely to recommend an international working abroad experience such as International Experience Canada to family or friends?

Subgroup: Those who have participated in IEC (n = 220)

	Overall (n=220)	18-24 (n=115)	25-30 (n=47)	31-35 (n=58)	Male (n=164)	Female (n=55)	2021 Overall (n=204)
Net: Likely	85%	86%	81%	87%	86%	83%	80%
Very likely	33%	39%	22%	34%	33%	33%	41%
Somewhat likely	52%	47%	59%	53%	53%	50%	38%
Neither likely nor unlikely	13%	13%	17%	8%	13%	11%	16%
Somewhat unlikely	1%	0%	0%	2%	0%	3%	2%
Very unlikely	1%	0%	1%	1%	0%	2%	<1%
Not sure	1%	1%	1%	2%	1%	1%	2%

Awareness of IEC (Among all Canadian Youth)

General awareness of the IEC program is limited among Canadian youth. Those who are aware are most likely to have learned about the program through friends and family or general internet searches. Among the three in five who have no awareness about the program, about one in three are interested in learning more. They are likely to suggest the internet, school resources, or word of mouth as their preferred channels.

Similar to last year's results, awareness among youth of IEC is limited with just 4 percent who say they know the program well and 7 percent who say they know a fair amount about the program. Another 13 percent claim to know a little bit about it. Those who are aware of IEC are more likely to learn about it from friends and family (37%) as well as through general internet searches (24%). Another common source includes academic or campus resources (21%), and general social media (15%). A total of 23 percent mention hearing about it through an IEC channel including web (13%), social media (14%), or an in-person session or fair.

Of those youth who were not previously aware of IEC, one third (30%) indicated interest in learning more, preferably through internet searches (50%), through their school (33%) or through friends and family (25%).

Table 42: IEC Awareness

Question 17B: Before taking this survey, to what extent were you aware or unaware of the International Experience Canada program?

	Overall (n=2,504)	18-24 (n=917)	25-30 (n=712)	31-35 (n=875)	Male (n=1,152)	Female (n=1,331)	2021 Overall (n=2,500)
Know the program well	4%	5%	3%	4%	7%	1%	3%
Know a fair amount about the program	7%	8%	7%	7%	10%	5%	7%

Know a little bit about the program	13%	13%	12%	13%	14%	11%	13%
Only know the name	12%	11%	14%	11%	13%	10%	11%
Never heard of it	61%	60%	61%	62%	54%	69%	62%
Do not know	3%	3%	3%	3%	3%	4%	3%

Table 43: How they became aware of IEC

Question 18: How did you become aware of the International Experience Canada program?

Subgroup: Those aware of IEC program (n = 887).

	Overall (n=887)	18-24 (n=361)	25-30 (n=239)	31-35 (n=287)	Male (n=505)	Female (n=373)	2021 Overall (n=830)
From my friends and family	35%	29%	39%	39%	36%	34%	37%
General internet search	24%	22%	22%	27%	24%	23%	28%
NET: IRCC / IEC Source	23%	25%	23%	20%	26%	18%	22%
Immigration, Refugees and Citizenship Canada website (Canada.ca/iec)	13%	15%	11%	12%	14%	13%	13%
International Experience Canada Abroad Facebook account: @CanadiansAbroadIEC	7%	6%	9%	5%	8%	4%	9%
International Experience Canada Abroad Instagram account: @iec_abroad	7%	8%	9%	4%	9%	4%	6%
International Experience Canada information seminar/session/fair (please specify which seminar/session/fair)	<1%	0%	<1%	<1%	<1%	<1%	1%
Academic institution/School campus	21%	23%	27%	15%	21%	21%	17%
Through my work	14%	14%	13%	16%	17%	10%	12%
Person/group I follow on social media	13%	17%	11%	9%	13%	13%	15%
From a news agency (in print or online)	9%	11%	9%	6%	10%	7%	10%
Through a Recognized Organization (AIESEC, SWAP, etc.)	8%	9%	5%	8%	8%	7%	7%
Specific websites I visit (please specify which website(s))	<1%	1%	1%	0%	<1%	1%	1%
Other	2%	1%	2%	3%	1%	4%	2%
Do not know	7%	6%	8%	9%	7%	7%	7%

Table 44: Like to receive information about IEC

Question 19: Would you like to receive information about the International Experience Canada Program?

Subgroup: Those who have never heard of IEC (n = 1,617)

	Overall (n=1,617)	18-24 (n=556)	25-30 (n=473)	31-35 (n=588)	Male (n=647)	Female (n=958)	2021 Overall (n=1,670)
Yes	30%	33%	29%	28%	29%	31%	31%
No	54%	50%	56%	57%	59%	51%	52%
Not sure	16%	17%	15%	15%	12%	19%	17%

Table 45: Preference to receive information about IEC

Question 20: How would you prefer to receive information about the International Experience Canada program?

Subgroup: Those who have never heard of IEC and are interested in receiving information about it (n = 743)

	Overall (n=743)	18-24 (n=270)	25-30 (n=215)	31-35 (n=258)	Male (n=270)	Female (n=463)	2021 Overall (n=779)
General internet search	50%	49%	57%	45%	51%	49%	52%
Academic institution/School campus	33%	42%	28%	25%	33%	33%	33%
From my friends and family	25%	27%	25%	21%	21%	26%	26%
Through my work	22%	20%	24%	23%	22%	21%	20%
Immigration, Refugees and Citizenship Canada website (Canada.ca/iec)	20%	17%	19%	23%	20%	19%	17%
International Experience Canada information seminar/session/fair	17%	17%	16%	17%	13%	20%	15%
International Experience Canada Abroad Instagram account: @iec_abroad	16%	20%	15%	10%	11%	18%	16%
International Experience Canada Abroad Facebook account: @CanadiansAbroadIEC	15%	15%	16%	15%	14%	16%	16%
Through a recognized organization (AIESEC, SWAP, etc.)	18%	18%	16%	19%	15%	19%	15%
From a news agency (in print or online)	15%	15%	17%	15%	20%	13%	15%
Person/group I follow on social media	15%	19%	16%	9%	11%	17%	14%
Specific websites I visit	1%	<1%	2%	2%	2%	1%	2%
Other	4%	2%	5%	6%	6%	3%	3%
Do not know	11%	11%	8%	14%	12%	11%	13%

D. Motivations and Barriers to Work, Study or Volunteer Outside of Canada (Youth)

Impact of COVID-19 on Travel Attitudes

Interest in post-pandemic international travel is fairly strong among youth with most predicting they are likely travel outside of Canada before they turn 36. Canadian youth are generally mindful of safety issues around COVID-19 and most say that they feel comfortable travelling as long as they are vaccinated (58%). Comparing to 2021 results, youth appear to be more comfortable with the idea of travel at this stage of the pandemic, with more expressing a sense of pent-up demand, and fewer saying they won't be comfortable unless a country approaches zero cases.

Most Canadian youth look forward to some form of international travel when the pandemic is over, with three-quarters (74%) very or somewhat likely to pursue a trip for leisure or business before they turn 36. One third (34%) say they are likely to travel specifically to work in another country and one in five intend to travel abroad for study (20%) or to volunteer (20%).

While six in ten (56%) Canadian youth say they are comfortable travelling as long as they are vaccinated, more indicate attitudes toward a sense of pent-up demand; the proportion who agree they are more likely to travel because restrictions have made it difficult for so long climbed since last year (64% in 2022; 58% in 2021); this likely reflects both the time that has elapsed with many restrictions still in place, and general increases in comfort with travel in this time. About four in ten agree there are places in the world they would no longer consider living in (39%), a result that is stable compared to 2021. Fewer Canadian youth this year say they'd feel uncomfortable living in another country until their COVID-19 rates approaches zero (34% in 2022; 53% in 2021).

Table 46: Likely to travel when pandemic is over

Question 11: When the crisis is over and all pandemic-related travel restrictions have ended, how likely are you to do any of the following activities outside of Canada in the future before you turn 36?

Net: Very or somewhat likely	Overall (n=2,504)	18-24 (n=917)	25-30 (n=712)	31-35 (n=875)	Male (n=1,152)	Female (n=1,331)	2021 Overall (n=2,500)
Travel for leisure or business	76%	77%	79%	74%	77%	76%	75%
Work	34%	42%	33%	26%	41%	27%	35%
Volunteer	20%	26%	18%	14%	21%	19%	21%
Study	20%	30%	16%	13%	24%	17%	21%

Table 47: Agreement with statements about travel

Question 12: Having experienced the COVID-19 pandemic, how much do you agree with each of the following statements?

*Note: Wording for item has changed since 2021.

Net: Strongly or somewhat agree	Overall (n=2,504)	18-24 (n=917)	25-30 (n=712)	31-35 (n=875)	Male (n=1,152)	Female (n=1,331)	2021 Overall (n=2,500)
I am more likely to travel internationally when it is possible because travel restrictions have made it difficult to travel for so long	64%	63%	67%	62%	64%	64%	58%

I feel comfortable travelling internationally as long as I am fully vaccinated*	56%	58%	58%	53%	59%	54%	58%*
There are places in the world where I would no longer consider living in case there is another pandemic	39%	38%	39%	39%	41%	37%	40%
I won't feel comfortable living in another country until their COVID-19 rates approaches zero	34%	36%	33%	33%	35%	34%	53%
The pandemic has made me less likely to live outside Canada in the future	33%	32%	33%	34%	37%	29%	38%

Future Travel Motivations and Barriers for Canadian Youth

Opportunity for adventure and learning about a new culture are the top travel motivators for Canadian youth. Language barriers, financial concerns and personal obligations are among the most common reasons given against travelling. About one third say they are likely to participate in IEC or a similar international program in the future, most likely due to having positive impressions about this type of experience.

In terms of the factors that encourage Canadian youth to travel for work, study, or volunteer experiences, most are motivated by exploration and adventure (84%) and learning about a new country or culture (81%). Personal growth (72%) and improving secondary language skills (65%) are also strong motivators. These results, in addition to the half (55%) who are motivated by international career experience and professional development are consistent with 2021.

Common barriers that stand between Canadian youth and pursuit of travel experiences include language barriers (59%), financial issues (58%) and at-home obligations (58%). Just over half of youth agree that they simply don't know how to get started (56%), that they will encounter difficulties finding employment outside of Canada (49%) or worry about isolation and loneliness (46%). Other common factors that may prevent youth from working, studying or volunteering outside of Canada include personal obligations at home (22%) and/or financial issues funding travel experience (16%)

When considering IEC or other programs like it, one in three Canadian youth (30%) say they are somewhat or very likely to participate in an international program in the future. Among the youth likely to pursue it, common reasons in favour of an international mobility program like IEC include positive impressions of this type of experience (30%), the chance to explore new culture (19%), and general interest in travel (14%). Among those who say they are neither likely nor unlikely to pursue an international experience (23% of youth), uncertainty or lack of interest is the top reason offered (25%), followed by their general life stage or family barriers (15%). These reasons are mirrored by the four in ten youth (43%) who say they are not interested in an international mobility program: the first being general life stage with family or timing (35%) as well as uncertainty or lack of interest (34%).

Table 48: Travel motivations

Question 13: Thinking about what motivates you to work, study or volunteer outside of Canada, to what extent do you agree or disagree with the following statements?

Net: Strongly or somewhat agree	Overall (n=2,504)	18-24 (n=917)	25-30 (n=712)	31-35 (n=875)	Male (n=1,152)	Female (n=1,331)	2021 Overall (n=2,500)
Exploration and adventure	84%	84%	83%	85%	81%	87%	83%
Learning about a new country or culture	81%	80%	82%	83%	78%	85%	82%
Pursuing international travel experiences that contribute toward my personal growth (ex. increased confidence, adaptability or self-awareness)	72%	72%	71%	71%	70%	73%	70%
Learning or improving a secondary language	65%	69%	64%	62%	63%	67%	65%
Obtaining international career experience or professional development	55%	60%	52%	50%	57%	52%	55%

Table 49: Travel barriers

Question 15: Thinking about what prevents you from working, studying or volunteering outside of Canada, to what extent do you agree or disagree with the following statements?

Net: Strongly or somewhat agree	Overall (n=2,504)	18-24 (n=917)	25-30 (n=712)	31-35 (n=875)	Male (n=1,152)	Female (n=1,331)	2021 Overall (n=2,500)
I will encounter language barriers	59%	65%	59%	52%	55%	62%	58%
I have too many obligations here in Canada (ex. family, children or career)	58%	50%	61%	64%	54%	61%	57%
I will have financial issues funding my travel experience	58%	63%	56%	53%	50%	65%	58%
I do not know how to get started	56%	63%	54%	49%	52%	59%	54%
I will experience issues finding employment outside of Canada	49%	52%	49%	46%	46%	52%	52%
I will experience isolation or loneliness	46%	53%	44%	41%	43%	50%	46%
I have concerns about the COVID-19 pandemic or future similar pandemics	44%	45%	43%	43%	41%	46%	49%
I will not feel safe or secure (ex. concerns about personal safety, and/or racial, religious or sexual orientation/gender discrimination)	39%	43%	37%	38%	33%	45%	40%
I will have an issue with travel, residency or employment documents or permits	34%	37%	35%	32%	34%	35%	35%
I will have an issue with the country customs and laws, cultural norms or experience cultural shock	33%	39%	30%	29%	32%	33%	33%

Table 50: Travel barriers

Question 16: What else prevents you from working, studying or volunteering outside of Canada? (3% or higher)

	Overall (n=2,504)	18-24 (n=917)	25-30 (n=712)	31-35 (n=875)	Male (n=1,152)	Female (n=1,331)	2021 Overall (n=2,500)
I have too many obligations here in Canada (ex. family, children or career)	22%	18%	24%	27%	19%	26%	23%
I will have financial issues funding my travel experience	16%	19%	16%	13%	15%	16%	18%
No interest/prefer to stay in Canada/settled here/would only travel for leisure	7%	7%	8%	8%	7%	8%	7%
Personal health or wellness issues	5%	7%	5%	3%	4%	6%	5%
I have concerns about the COVID-19 pandemic or future similar pandemics	5%	6%	4%	4%	5%	4%	4%
I do not know how to get started/lack of confidence to do so/stepping out of my comfort zone	4%	5%	5%	3%	4%	4%	5%
Time/not enough vacation time	3%	3%	5%	2%	4%	2%	3%

Table 51: Likelihood of participating in a program like IEC in the future

Question 27: To what extent are you likely or unlikely to participate in a work and travel abroad program like International Experience Canada in the future?

	Overall (n=2,504)	18-24 (n=917)	25-30 (n=712)	31-35 (n=875)	Male (n=1,152)	Female (n=1,331)	2021 Overall (n=2,500)
Net: Likely	30%	37%	28%	22%	35%	24%	31%
Very likely	7%	9%	7%	6%	9%	6%	7%
Somewhat likely	22%	29%	21%	16%	26%	18%	24%
Neither likely nor unlikely	23%	27%	20%	21%	24%	22%	22%
Somewhat unlikely	18%	17%	20%	18%	14%	22%	17%
Very unlikely	25%	13%	27%	36%	23%	26%	24%
Do not know	4%	5%	5%	4%	4%	5%	6%

Table 52: Reasons for being likely / not likely to participate in a program like IEC (3% or higher)

Question 28: Why do you say that?

Subgroup: Those likely to participate in a work and travel abroad program like IEC in future (n = 713).

	Overall (n=713)	18-24 (n=356)	25-30 (n=182)	31-35 (n=175)	Male (n=424)	Female (n=282)	2021 Overall (n=679)
Positive impression of program/ curious about it/sounds interesting	30%	32%	30%	27%	29%	32%	21%
Explore new culture and experience life/work in abroad	19%	17%	18%	25%	20%	18%	19%
Enjoy traveling/seeing new places	14%	14%	13%	13%	12%	16%	15%
Would add experience to my resume/will offer better employment chances in Canada	8%	7%	6%	10%	8%	8%	4%
Age/Family/Life stage/timing	5%	5%	6%	4%	3%	7%	4%
Need more information/ if opportunity arise	4%	3%	3%	7%	5%	3%	6%
Depends on opportunities offered internationally	4%	2%	6%	5%	3%	4%	1%
Concern about Career/Financial/Visa/Process/Safety	3%	4%	4%	1%	3%	4%	4%
Not sure about future/Not interested/Like Canada	3%	2%	5%	4%	3%	3%	3%
Easy to do/program would offer support/take care of all preparation	3%	3%	3%	3%	3%	3%	4%

Table 53: Reasons for being likely / not likely to participate in a program like IEC (3% or more)

Question 28: Why do you say that?

Subgroup: Those neither likely nor unlikely to participate in a work and travel abroad program like IEC in future (n = 580).

	Overall (n=580)	18-24 (n=254)	25-30 (n=152)	31-35 (n=174)	Male (n=283)	Female (n=290)	2021 Overall (n=550)
Uncertain about future/Not interested/Like Canada	25%	29%	21%	22%	25%	25%	22%
Age/Family/Life stage/timing	15%	8%	13%	26%	14%	16%	13%
Need more information/ if opportunity arise	11%	14%	11%	6%	7%	12%	13%
Concern about Career/Financial/Visa/Process/Safety	9%	8%	11%	10%	10%	9%	10%
Depends on opportunities offered internationally	8%	9%	6%	9%	6%	11%	1%
Positive impression of program/ curious about it/sounds interesting	6%	6%	6%	8%	3%	10%	1%
Unable to participate/may not qualify/too many restrictions/too much work to do	4%	4%	6%	4%	2%	7%	3%
COVID restrictions	4%	3%	6%	3%	5%	2%	6%
Haven't thought about it before	3%	2%	4%	2%	2%	4%	3%

Table 54: Reasons for being likely / not likely to participate in a program like IEC (3% or more)

Question 28: Why do you say that?

Subgroup: Those unlikely to participate in a work and travel abroad program like IEC in future (n = 1,097).

	Overall (n=1,097)	18-24 (n=263)	25-30 (n=341)	31-35 (n=493)	Male (n=403)	Female (n=687)	2021 Overall (n=1,136)
Age/Family/Life stage/timing	35%	24%	30%	45%	29%	41%	32%
Not sure about future/Not interested/Like Canada	34%	40%	38%	27%	33%	34%	35%
Concern about Career/Financial/Visa/Process/Safety	20%	15%	26%	19%	23%	17%	22%
Unable to participate/may not qualify/too many restrictions/too much work to do	4%	6%	3%	4%	5%	4%	3%
Would rather travel for leisure	3%	4%	1%	4%	3%	3%	3%
My job isn't transferable/does not apply to my profession/not offered through work	3%	2%	4%	3%	2%	4%	3%

E. Parents of Youth in Secondary or Post-Secondary Education

Past International Travel Experience (Children of Respondents)

Few parents of Canadian youth report that their children have obtained visas, participated in IEC, or travelled through another youth mobility program.

Among parents with children still attending secondary or post-secondary education, one in ten (11%) report that their child has obtained a visa for international work, study, or volunteer experiences. Just 6 percent say their child has participated in the IEC program in the past. Of these, two in five (35%) had a child who participated after March 2020. Participation in other programs like IYIP or IAYI is 5 percent. Where comparable, these results are broadly consistent with 2021.

Table 55: Visa/work permit for each type of travel

Question P1A: Have they ever obtained a visa or permit to work, study or volunteer outside of Canada?

	Overall (n=1,050)	36-40 (n=108)	41-50 (n=521)	51+ (n=421)	Male (n=545)	Female (n=501)	2021 Overall (n=1,004)
Work	6%	10%	5%	6%	6%	5%	4%
Study	9%	15%	8%	9%	11%	7%	6%
Volunteer	6%	14%	6%	5%	8%	5%	4%
Total Obtained Visa	11%	18%	10%	11%	13%	10%	8%

Table 56: Child participated in IEC

Question P2A: Has your child who is at a secondary or postsecondary educational institution ever participated in the International Experience Canada program?

	Overall (n=1,050)	36-40 (n=108)	41-50 (n=521)	51+ (n=421)	Male (n=545)	Female (n=501)	2021 Overall (n=1,004)
Yes	6%	15%	5%	5%	7%	5%	5%
No	90%	80%	92%	91%	89%	92%	92%
Not sure	4%	6%	3%	4%	4%	3%	3%

Table 57: Past participation in IEC

Question P2AA: Did their participation in the IEC program happen before or after the beginning of the COVID-19 pandemic in March 2020

Subgroup: Those with child who has participated in IEC (n = 63)

Note: Sample sizes in sub-groups are too small to interpret results.

	Overall (n=63)
Before the COVID-19 pandemic (before March 2020)	70%
After the start of the COVID-19 pandemic (March 2020 or later)	35%

Table 58: Child participation in other Canadian youth mobility programs

Question P2B: Have they ever travelled abroad using another Canadian youth mobility program such as the International Youth Internship Program (IYIP) or the International Aboriginal Youth Internships (IAYI)?

	Overall (n=1,050)	36-40 (n=108)	41-50 (n=521)	51+ (n=421)	Male (n=545)	Female (n=501)	2021 Overall (n=1,004)
Yes - International Youth Internship Program (IYIP)	4%	13%	5%	2%	5%	4%	4%
Yes - International Aboriginal Youth Internships (IAYI)	<1%	0%	0%	<1%	0%	<1%	1%
Yes – Other	<1%	0%	0%	1%	1%	0%	1%
No	92%	83%	93%	94%	91%	93%	93%
Not sure	3%	4%	2%	4%	3%	3%	2%

Awareness of IEC (Among Parents)

Parents have generally low awareness of IEC. Like Canadian youth, those aware of IEC are most likely to have learned about it through friends or family or general internet searches. Almost half of parents say they would like to know more about the program, preferring to receive information through the internet or their child's school.

Overall awareness of IEC is low among parents of youth, with just three percent saying they know it well, five percent who know “a fair amount” and one in ten who know “a little bit” about the program. These measures of awareness are consistent with results from 2021. Like youth, parents with awareness of IEC most commonly learn about the program from friends and family (41%), the internet (21%) or through school (17%).

About four in ten (44%) of parents who are unaware of the program say they are interested in learning more; this is a decline compared to 2021. General internet searches (43%), school resources (33%), and IEC information sessions (18%) are the most preferred channels for parents who'd like to know more about the program.

Table 59: IEC Awareness

Question P3: Before taking this survey, to what extent were you aware or unaware of the International Experience Canada program?

	Overall (n=1,050)	36-40 (n=108)	41-50 (n=521)	51+ (n=421)	Male (n=545)	Female (n=501)	2021 Overall (n=1,004)
Know the program well	3%	7%	3%	2%	4%	2%	2%
Know a fair amount about the program	5%	10%	6%	3%	6%	4%	5%
Know a little bit about the program	12%	11%	12%	12%	13%	11%	13%
Only know the name	13%	15%	13%	13%	12%	15%	10%
Never heard of it	64%	52%	65%	67%	63%	66%	68%
Not sure	3%	5%	2%	3%	3%	2%	2%

Table 60: How they became aware of IEC

Question P4: How did you become aware of the International Experience Canada program?

Subgroup: Those aware of IEC program (n = 350).

	Overall (n=350)	36-40 (n=47)	41-50 (n=175)	51+ (n=128)	Male (n=189)	Female (n=161)	2021 Overall (n=300)
From my friends and family	41%	43%	40%	41%	41%	40%	44%
General internet search	21%	25%	20%	21%	24%	18%	17%
Academic institution/School campus	17%	9%	18%	17%	15%	18%	18%
NET: IEC Source	12%	15%	14%	9%	15%	8%	13%
Immigration, Refugees and Citizenship Canada website (Canada.ca/iec)	6%	2%	8%	5%	9%	3%	6%
International Experience Canada Abroad Facebook account: @CanadiansAbroadIEC	3%	8%	3%	2%	3%	3%	5%
International Experience Canada Abroad Instagram account: @iec_abroad	4%	6%	5%	2%	5%	2%	3%
International Experience Canada information seminar/session/fair (please specify which seminar/session/fair)	0%	0%	0%	0%	0%	0%	<1%
Through my work	10%	6%	11%	9%	13%	7%	8%
From a news agency (in print or online)	9%	11%	6%	13%	12%	6%	11%
My own personal experience with the program	8%	13%	8%	6%	11%	5%	8%
Person/group I follow on social media	7%	6%	7%	9%	8%	7%	5%
Through a Recognized Organization (AIESEC, SWAP, etc.)	4%	4%	6%	2%	5%	3%	5%
Specific websites I visit	<1%	0%	1%	0%	0%	1%	<1%
Other	3%	2%	1%	5%	2%	3%	3%
Do not know	10%	4%	12%	10%	6%	15%	10%

Table 61: Like to receive information about IEC

Question P5: Do you think that you would like to receive information about the International Experience Canada Program?

Subgroup: Those who have never heard of IEC (n = 700)

	Overall (n=700)	36-40 (n=61)	41-50 (n=346)	51+ (n=293)	Male (n=356)	Female (n=340)	2021 Overall (n=704)
Yes	44%	44%	44%	45%	43%	47%	50%
No	34%	28%	36%	33%	35%	33%	30%
Not sure	22%	28%	21%	22%	23%	20%	20%

Table 62: Preference to receive information about IEC

Question P6: How would you prefer to receive information about the International Experience Canada program?

Subgroup: Those who have never heard of IEC and are interested in receiving information about it (n = 462)

	Overall (n=462)	36-40 (n=44)	41-50 (n=222)	51+ (n=196)	Male (n=233)	Female (n=226)	2021 Overall (n=490)
General internet search	43%	37%	41%	46%	47%	39%	45%
Academic institution/School campus	33%	20%	38%	31%	31%	37%	35%
International Experience Canada information seminar/session/fair	18%	7%	22%	16%	17%	19%	18%
Through a Recognized Organization (AIESEC, SWAP, etc.)	15%	7%	13%	20%	16%	15%	10%
International Experience Canada Abroad Facebook account: @CanadiansAbroadIEC	13%	11%	12%	13%	13%	12%	14%
From my friends and family	13%	23%	15%	9%	11%	15%	12%
From a news agency (in print or online)	11%	2%	10%	13%	13%	8%	9%
Person/group I follow on social media	10%	11%	13%	6%	8%	12%	10%
International Experience Canada Abroad Instagram account: @iec_abroad	7%	4%	8%	6%	6%	7%	5%
Through my work	6%	7%	8%	4%	8%	4%	7%
Specific websites I visit	1%	-	<1%	2%	1%	1%	1%
Other	9%	5%	9%	10%	7%	10%	9%
Do not know	12%	30%	10%	11%	12%	12%	15%

Parents' Past Travel Experience

One in five parents say they have obtained a visa or permit for work, study, or volunteering outside of Canada, and 5 percent have participated in IEC themselves.

While five percent of parents have participated in IEC specifically, close to two in ten (17%) say they have obtained a visa for international travel, either for work, study or volunteering.

Table 63: Parent obtained visa/work permit for each type of travel before age 35

Question P7A: Did you, yourself, ever obtain a visa or permit to work, study or volunteer outside of Canada before you turned 35?

	Overall (n=1,050)	36-40 (n=108)	41-50 (n=521)	51+ (n=421)	Male (n=545)	Female (n=501)	2021 Overall (n=1,004)
Work	13%	17%	13%	12%	15%	11%	11%
Study	8%	16%	8%	6%	7%	9%	8%
Volunteer	5%	16%	5%	3%	6%	5%	5%
Total Obtained Visa	17%	26%	17%	15%	19%	16%	16%

Table 64: Parents participated in IEC

Question P7B: And did you personally participate in the International Experience Canada program?

	Overall (n=1,050)	36-40 (n=108)	41-50 (n=521)	51+ (n=421)	Male (n=545)	Female (n=501)	2021 Overall (n=1,004)
Yes	5%	16%	5%	2%	4%	5%	3%
No	94%	83%	94%	97%	94%	94%	95%
Not sure	1%	1%	1%	1%	2%	1%	1%

Parent Attitudes Toward Post-Pandemic Travel

According to parents, their children's willingness to travel once the pandemic is over is generally high; this result is consistent with 2021. Although parents hold some concerns related to safety outside Canada due to the pandemic, they are still largely willing to recommend travel to their children to study, work, or volunteer.

When it comes to their child's willingness to travel when the pandemic is over, there is no significant change since 2021; three quarters (74%) say their child is very or somewhat likely to travel for leisure or business before they turn 35. This is on par with results for Canadian youth (76% somewhat or very likely to travel).

Thinking again about once the pandemic is over, parents of Canadian youth are more inclined to say their child is likely to travel for study (37%) than youth themselves (20%). This pattern is consistent when parents are asked about their child's likelihood to travel for work (37% parents to 34% youth) and to volunteer (29% parents to 20% youth).

Over half of parents (58%) say they are willing to recommend international travel for study, work, or volunteering once the pandemic is over for their child. Asked to consider how the pandemic has changed their perspective on this issue, about half (48%) indicated that it affected their opinion negatively, while 18 percent offered positive perspectives.

Having experienced COVID-19 and its impact on travel and geopolitical attitudes, parents revealed some degree of reticence and concern with future decisions to travel. Over six in ten (63%) strongly or somewhat agree that there are certain places in the world they would recommend against their child living in, and almost half (46%) agree that they are less likely to recommend that their children live outside of Canada; this is quite similar to parent attitudes noted in 2021.

Table 65: Child likely to travel when pandemic is over

Question P8: Again thinking only about your child who is at a secondary or postsecondary educational institution, when the crisis is over and all pandemic-related travel restrictions have ended, how likely would you say they are to do any of the following activities outside of Canada before they turn 35?

Net: Very or somewhat likely	Overall (n=1,050)	36-40 (n=108)	41-50 (n=521)	51+ (n=421)	Male (n=545)	Female (n=501)	2021 Overall (n=1,004)
Travel for leisure or business	74%	65%	76%	74%	76%	72%	75%
Study	37%	46%	37%	34%	37%	38%	39%
Work	37%	42%	38%	35%	37%	38%	39%
Volunteer	29%	37%	29%	27%	28%	30%	30%

Table 66: Likely to recommend international travel to child when pandemic is over

Question P8B: How likely would you be to recommend an international travel, work or volunteer experience to your child who is at a secondary or postsecondary educational institution?

	Overall (n=1,050)	36-40 (n=108)	41-50 (n=521)	51+ (n=421)	Male (n=545)	Female (n=501)	2021 Overall (n=1,004)
Net: Likely	58%	56%	59%	57%	58%	57%	60%
Very likely	26%	22%	28%	24%	25%	27%	27%
Somewhat likely	32%	34%	31%	33%	33%	30%	33%
Neither likely nor unlikely	22%	23%	23%	20%	23%	21%	22%

Somewhat unlikely	6%	6%	6%	6%	6%	6%	5%
Very unlikely	8%	7%	7%	10%	8%	9%	8%
Do not know	6%	7%	6%	6%	6%	7%	5%

Table 67: How pandemic has changed parent's view of recommending international experience (3% or more)

Question P9: How has the recent COVID pandemic changed your view of recommending an international travel, work or volunteer experience to your child who is at a secondary or postsecondary educational institution?

	Overall (n=1,050)	36-40 (n=108)	41-50 (n=521)	51+ (n=421)	Male (n=545)	Female (n=501)	2021 Overall (n=1,004)
NET: Negative outlook	48%	51%	46%	50%	44%	53%	49%
Would advise against it/at the moment it is not safe/wise to visit places/should stay home	11%	11%	10%	12%	11%	11%	23%
Don't have the desire to travel with COVID around	7%	6%	8%	7%	6%	9%	2%
Not sure how serious other countries are taking the pandemic/uncertainty regarding COVID protections/status in other nations	6%	4%	7%	6%	6%	7%	4%
We should be more careful/cautious	6%	5%	5%	7%	5%	7%	3%
It has negatively changed my views	6%	9%	5%	5%	6%	5%	6%
Travel health insurance would be an issue	5%	3%	3%	7%	4%	6%	1%
All/non-essential travels are cancelled/boarders are closed	3%	4%	3%	3%	3%	3%	5%
I wouldn't want them to be stranded somewhere and our government not able to help us	3%	1%	4%	2%	2%	4%	2%
COVID has put everything on hold/affected economy/society/our lives	3%	4%	3%	2%	2%	3%	2%
NET: Positive outlook	18%	15%	18%	18%	18%	18%	22%

Once we are past COVID we can resume everything	7%	5%	7%	7%	7%	6%	9%
This is a life experience/it is always good to travel and experience the world	5%	3%	5%	6%	4%	6%	5%

Table 68: Agreement with statements about travel

Question P10: Having experienced the COVID-19 pandemic, how much do you agree with each of the following statements?

Net: Strongly or somewhat agree	Overall (n=1,050)	36-40 (n=108)	41-50 (n=521)	51+ (n=421)	Male (n=545)	Female (n=501)	2021 Overall (n=1,004)
There are places in the world that I would recommend my children not live in case there is another pandemic	63%	57%	60%	68%	63%	63%	60%
The pandemic has made me less likely to recommend my children live outside of Canada	46%	46%	46%	46%	45%	49%	49%

Parents with previous travel experiences of their own are more aware of IEC and more likely to recommend international experiences to their children; this is consistent with 2021 results. Parents are equally reticent about travel after COVID-19, whether they have travelled or not.

The following tables show key results broken out by the parents' own travel experiences, i.e. whether or not they travelled for work, study, or to volunteer before the age of 35. Parents with travel experience are more likely to be aware of the IEC program overall, with 10 percent saying they know the program well and 13 percent saying they know a fair amount about the program. On the contrary, awareness among parents without youth travel experience was just 1 percent and 3 percent, respectively. Among parents aware of the program, those with previous travel experience of their own are more likely to mention friends and family, the internet and IEC sources as their basis for awareness of IEC. It is noteworthy that those who are aware of the program, but have no travel experience of their own are twice as likely to have heard about it through friends and family.

While parents with experience outside of Canada are more likely to recommend an international experience to their own children in general (79%, compared to 53% of parents without international experience), there was no statistically significant difference between these groups in terms of the pandemic's impact on their concerns with travel to specific countries outside of Canada. These results remain consistent to last year.

Table 69: IEC Awareness

Question P3: Before taking this survey, to what extent were you aware or unaware of the International Experience Canada program?

	Parent Has Experience Outside of Canada (n=181)	Parent Does Not Have Experience Outside of Canada (n=869)
Know the program well	10%	1%
Know a fair amount about the program	13%	4%
Know a little bit about the program	15%	11%
Only know the name	12%	13%
Never heard of it	46%	68%
Do not know	3%	2%

Table 70: How they became aware of IEC

Question P4: How did you become aware of the International Experience Canada program?

Subgroup: Those aware of IEC program (n = 300).

	Parent Has Experience Outside of Canada (n=92)	Parent Does Not Have Experience Outside of Canada (n=258)
From my friends and family	28%	45%
General internet search	23%	21%
My own personal experience with the program	21%	3%
NET: IEC Source	23%	8%
Immigration, Refugees and Citizenship Canada website (Canada.ca/iec)	10%	5%
International Experience Canada Abroad Facebook account: @CanadiansAbroadIEC	7%	2%
International Experience Canada Abroad Instagram account: @iec_abroad	10%	2%
International Experience Canada information seminar/session/fair (please specify which seminar/session/fair)	0%	0%
Academic institution/School campus	19%	16%
Through my work	16%	8%
From a news agency (in print or online)	14%	7%
Through a Recognized Organization (AIESEC, SWAP, etc.)	9%	2%
Person/group I follow on social media	7%	7%
Specific websites I visit	1%	0%
Other	1%	3%
Do not know	6%	12%

Table 71: Likely to recommend international travel to child when pandemic is over

Question P8B: How likely would you be to recommend an international travel, work or volunteer experience to your child who is at a secondary or postsecondary educational institution?

	Parent Has Experience Outside of Canada (n=181)	Parent Does Not Have Experience Outside of Canada (n=869)
Net: Likely	79%	53%
Very likely	52%	20%
Somewhat likely	27%	33%
Neither likely nor unlikely	9%	24%
Somewhat unlikely	3%	7%
Very unlikely	5%	9%
Do not know	3%	7%

Table 72: Agreement with statements about travel

Question P10: Having experienced the COVID-19 pandemic, how much do you agree with each of the following statements?

Net: Strongly or somewhat agree	Parent Has Experience Outside of Canada (n=181)	Parent Does Not Have Experience Outside of Canada (n=869)
There are places in the world that I would recommend my children not live in case there is another pandemic	66%	63%
The pandemic has made me less likely to recommend my children live outside of Canada	45%	47%

Appendix A: Research methodology

In order to meet IRCC's research objectives three phases of research were conducted that focused on different target audiences.

Qualitative phase: bulletin board methodology

The target population audience for the **qualitative bulletin board** consisted of two parts:

- Canadian youth from the general population, including quotas for low-incidence groups (LGBTQ2+ youth, youth women in STEM and youth with mobility/hearing impairments) to explore if/how their views differ from those in the general public.
- Parents of Canadian youth 35 or under who are currently enrolled in secondary or post-secondary education.

Separate English and French communities were run concurrently.

A total of 147 participants (108 youth and 39 parents) completed the bulletin board exercise over a total window of three days, from March 2 to 4, 2022. Participants were recruited as part of the quantitative phase. All respondents who completed the online survey were screened for recruitment (including questions to evaluate their suitability); those identifying as Indigenous youth or parents of Indigenous youth were directed to screening for individual interviews (IDIs) rather than the bulletin board exercise.

Participants in the bulletin board exercise were informed of the purpose of the exercise, the time commitment and incentive, and provided with guidance on how to protect their privacy. The methodology avoided attrition by minimizing the time lag between recruitment and the beginning of the qualitative exercise; survey participants who opted into the qualitative exercise were also sent a reminder the day before the exercise began. Each participant who completed the qualitative exercise was given an honorarium of \$100 as a thank you for their time.

Table 73: Demographic breakdown of participants in the bulletin boards

Target group	Total bulletin board	English bulletin board	French bulletin board
General population	47	34	13
Youth with impairments	10	8	2
LGBTQ2 Youth	34	26	8
Youth Women in STEM	27	24	3
Parent	39	32	7
Total	147	116	31

The bulletin boards used the Recollective online platform (programmed and hosted in Canada). This platform generated an asynchronous threaded discussion that developed as participants completed the research. The discussion guide for this research was developed by Environics Research, with separate versions for youth and parents participants.

This research was qualitative in nature, not quantitative. As such, the results provide an indication of participants' views about the issues explored, but they cannot be generalized to the full population of members of the general public or members of the targeted audience segments.

Qualitative phase: individual interview methodology

The target population audience for the **individual interviews** consisted of two parts:

- Indigenous youth 35 or under, living in Canada.
- Parents of Indigenous youth 35 or under who live in Canada and are currently enrolled in secondary or post-secondary education.

A total of 30 participants (21 youth and 9 parents) participated in interviews from February 7 to March 1, 2022. Interviews were conducted on each participant's choice of Zoom videoconference or telephone, and the interview length was approximately 60 minutes. Each participant who completed an interview was given an honorarium of \$150 as a thank you for their time.

Participants were recruited to interviews in two ways:

1. **Networking and referral approach:** Government of Canada staff (IRCC) provided Environics Research with a list of Canadian organizations that work with Indigenous youth. Six of these organizations, based in different regions of Canada, were selected for initial contact.

These six organizations were given background information about the study, clear definitions of the target population, and a letter to share with potential participants. The letter outlined the study purpose, mentioned the incentive, and invited qualified people to contact Environics Research by email. Organizations were asked to share the letter within their own networks. Early interview participants were encouraged to share the letter with their acquaintances and personal networks as well.

Potential participants who contacted Environics Research were asked some basic screening questions to establish their qualification and suitability to participate. Qualified participants were then invited to participate in interviews, which were scheduled at their convenience. The vast majority of participants were recruited through this method.

2. **Recruiting from qualified respondents in the online quantitative survey:** In the online quantitative survey, qualified participants (i.e. Indigenous youth and parents of Indigenous youth) completed a screener, and were asked to consent to being contacted for an interview. Suitable and consenting participants were contacted by email to confirm interest and relevant qualifying details. Out of approximately 20 consenting survey participants, five responded to the email contact, three agreed to an interview, and just one completed the scheduled interview.

In total, 32 qualified participants (21 youth and 11 parents) were scheduled; 30 interviews were ultimately completed.

At the outset of each interview, participants were informed of the purpose of the exercise, the time commitment and incentive, and notified that their responses would remain anonymous in research reporting. The discussion guide for this research was adapted from the qualitative bulletin board discussion guide, with separate versions for youth and parents participants. The interviews asked a similar set of questions to the bulletin board exercise, with the questions streamlined and adapted for the interview format.

The guide was translated into French, however, all interviews were conducted in English. During recruitment, efforts were made to connect with organizations representing or working with francophone Indigenous youth, but these efforts did not yield any francophone participants.

This research was qualitative in nature, not quantitative. As such, the results provide an indication of participants' views about the issues explored, but they cannot be generalized to the full population of Indigenous youth or parents of Indigenous youth.

Quantitative phase methodology

The **quantitative online survey** was conducted to understand travel behaviour and motivations among Canadian youth, from the perspective of the youth themselves and parents of Canadian youth attending secondary or post-secondary education. It gathered information from these groups (youth, parents of youth) on their travel experience, their views on travel in general and post-pandemic travel, their views on the IEC program and their future intentions regarding international experiences.

Sample design and weighting

A sample of 2,504 Canadian citizens aged 18-35 and 1,050 parents of Canadian citizens attending secondary or post-secondary education was drawn from an online panel of Canadians who have consented to participate in online surveys. These survey participants were qualified through a screener at the beginning of the survey. The youth sample was stratified by region, age, and gender to reflect proportions provided by IRCC, based on the 2016 Census.

Table 74: Youth sample: gender

	% of population	% of sample	Actual Unweighted	Actual Weighted
Male	50.3%	46.0%	1,152	1,260
Female	49.7%	53.2%	1,331	1,216

Table 75: Youth sample: age

	% of population	% of sample	Actual Unweighted	Actual Weighted
18 to 24	38.8%	36.6%	917	972
25 to 35	61.2%	63.4%	1,587	1,532

Table 76: Youth sample: Jurisdiction

	% of population	% of sample	Actual Unweighted	Actual Weighted
Atlantic	6.2%	6.2%	155	155
Quebec	22.6%	23.0%	575	566
Ontario	38.5%	39.8%	991	964
Manitoba / Saskatchewan	6.9%	5.7%	142	172
Alberta	12.8%	12.4%	310	320
British Columbia	13.0%	13.4%	331	327

The parent sample of 1,050 participants was stratified by region. In keeping with IRCC's goal of reaching a balanced, representative sample of parents, this sample included mothers and fathers age 36 and over.

Table 77: Parent sample: Jurisdiction

	% of population	% of sample	Actual Unweighted	Actual Weighted
Atlantic	7.0%	7.7%	81	73
Quebec	23.4%	23.2%	244	246
Ontario	38.3%	38.8%	407	407
Manitoba / Saskatchewan	6.3%	6.1%	64	66
Alberta	11.3%	10.9%	114	119
British Columbia	13.7%	13.3%	140	144

Since online panels are not random probability samples, no formal estimates of sampling error can be calculated. Although opt-in panels are not random probability samples, online surveys can be used for general population surveys provided they are well designed and employ a large, well-maintained panel. Respondents were informed about privacy and anonymity.

Questionnaire design and pre-test

Environics adapted the survey questionnaire provided by IRCC to meet the research objectives and to act as both a quantitative survey instrument and as an effective method of recruiting qualified, high-quality participants into the qualitative bulletin board exercise. The survey screened respondents to ensure they qualify using socio-demographic and program related screening questions to identify the target audience for the quantitative survey and to identify potential participants for the qualitative research. Once finalized, the online survey was translated into French. The final online survey/screener is included in Appendix B.

Environics' data analysts programmed the questionnaire, then performed thorough testing to ensure accuracy in set-up and data collection. This validation ensured that the data entry process conformed to the surveys' basic logic. The data collection system handles sampling invitations, quotas and questionnaire logic (skip patterns, branching, and valid ranges).

Prior to finalizing the survey for field, a pre-test (soft launch) was conducted in English and French. The pre-test assessed the questionnaire in terms of question wording and sequencing, respondent sensitivity to specific questions and to the survey overall, and to determine the survey length. It also tested the measurement of suitability for taking part in the qualitative bulletin board exercise. As no changes were required following the pre-test, the pre-test cases (60 English, 23 French) were included in the analysis.

Fieldwork

The survey was conducted by Environics using a secure, fully featured web-based survey environment. The interviews took place from February 3 (soft launch pre-test) to March 4, 2022. The average interview length among those who completed the full quantitative survey was 10 minutes.

All respondents were offered the opportunity to complete the survey in their official language of choice. All research work was conducted in accordance with the Standards for the Conduct of Government of Canada Public Opinion Research – Online Surveys and recognized industry standards, as well as applicable federal legislation (Personal Information Protection and Electronic Documents Act, or PIPEDA).

Participation rate

The participation rate for the survey was 9% (calculated as the number of responding units, divided by the sum of unresolved units, in-scope non-responding units, and responding units).

The completion results are as follows:

- Total number of sample units invited to participate: 84,134
- Invalid cases: 63
- Unresolved units: 75,981
 - Invitations bounce back: 0
 - Invitations did not respond: 75,981
- In-scope non-responding units: 725
 - Non-response from eligible respondents: 0
 - Respondent refusals: 0
 - Language problem: 0
 - Selected respondent not available (illness; leave of absence; vacation; other): 0
 - Early break-offs: 725
- Responding units: 7,365
 - Completed surveys disqualified – quota filled: 2,336
 - Completed surveys disqualified for other reasons: 1,475
 - Completed surveys: 3,554

Non-response bias analysis

The table below presents a profile of the final general population sample of Canadian youth 18 to 35 (unweighted), compared to the actual population of Canadian youth 18 to 35 (2016 Census information). Unweighted age samples are nearly identical to census proportions. Men are slightly underrepresented in the unweighted sample due to generally lower rates of participation in online panel surveys.

Table 78: Youth sample non-response bias: Gender (18 to 35)

	Sample (unweighted)	Canada (2016 Census)
Male	46%	50%
Female	54%	50%

Table 79: Youth sample non-response bias: Age (18 to 35)

	Sample (unweighted)	Canada (2016 Census)
18 to 24	37%	38%
25 to 30	28%	28%
31 to 35	35%	34%

Since no census data exists of the demographic make-up of the qualified parent target population (parents of Canadian youth enrolled in secondary or post-secondary education), an analysis of non-response bias is not possible.

Statement of limitations

Qualitative research provides insight into the range of opinions held within a population, rather than the weights of the opinions held, as measured in a quantitative survey. The results of the qualitative research should be viewed as indicative rather than projectable to the population.

Since online panel surveys are not a random probability samples, no formal estimates of sampling error can be calculated. Although not employing a random probability samples, online surveys can be used for general population surveys provided they are well designed and employ a large, well-maintained panel.

Appendix B: Quantitative and qualitative instruments

English and French quantitative and qualitative instruments are provided under separate cover.