

## Travel Restrictions and Countries of Concern

With the exception of Cuba, U.S. citizens are free to travel to all countries without obtaining a license from the Office of Foreign Assets Control (OFAC); however, certain activities within, or with citizens of, various countries may require a license. The following table details countries sanctioned by OFAC. If you plan on traveling to, or collaborating with a colleague in, one of these countries, please contact [expctrl@lists.upenn.edu](mailto:expctrl@lists.upenn.edu) for assistance in determining whether a license is required.

### Sanctioned Countries\*

Country	Type of Sanction
Belarus	No contact or business with certain individuals and their associations
Burma (Myanmar)	No contact or business with certain individuals and their associations
Central African Republic	No contact or business with certain individuals and their associations
Congo, Democratic Republic of	No contact or business with certain individuals and their associations
Cuba	Exports/imports strictly controlled. Certain academic activities may be authorized under a license; see <a href="http://www.upenn.edu/researchservices/pdfs/cuba%20travel%20web%20update%20new%20regs.pdf">http://www.upenn.edu/researchservices/pdfs/cuba%20travel%20web%20update%20new%20regs.pdf</a> for more information.
Iran	Exports/imports strictly controlled. Certain academic activities may be authorized under a license.
Iraq-related	No contact or business with certain individuals and their associations
Ivory Coast	No contact or business with certain individuals and their associations
Lebanon	No contact or business with certain individuals and their associations
Liberia	No contact or business with certain individuals and their associations
Libya	No contact or business with certain individuals and their associations
North Korea	No imports without a license, strict export controls; no contact or business with certain individuals and their associations.
Somalia	No contact or business with certain individuals and their associations
South Sudan-related	No contact or business with certain individuals and their associations
Sudan	Exports/imports strictly controlled. Certain academic activities may be authorized under a license.
Syria	Exports/imports strictly controlled. Certain humanitarian activities and issues related to intellectual property protection may be authorized under a license.
Ukraine-related	No contact or business with certain individuals and their associations
Yemen-related	No contact or business with certain individuals and their associations
Zimbabwe	No contact or business with certain individuals and their associations

\*Note that any country, regardless of sanction status, may have individuals or entities that fall under the “no contact or business with certain individuals and their associations” prohibition; therefore, it is important to perform restricted party screening before entering into an agreement with, or shipping equipment/technical items to, foreign nationals. Please contact [expctrl@lists.upenn.edu](mailto:expctrl@lists.upenn.edu) or 215-573-8817 for assistance with screening. Sanctions are frequently updated, and can be found at: <http://www.treasury.gov/resource-center/sanctions/Programs/Pages/Programs.aspx>.

## **Countries with International Trade and Arms Regulations (ITAR) Restrictions**

The ITAR restricts information and material related to defense and military technologies from being exported or released without a license to the following countries: Afghanistan, Belarus, Burma (Myanmar), China, Cuba, Cyprus, Democratic Republic of the Congo, Eritrea, Fiji, Haiti, Iran, Iraq, Ivory Coast, Kyrgyzstan, Lebanon, Liberia, Libya, North Korea, Somalia, Sri Lanka, Sudan, Syria, Venezuela, Vietnam, and Zimbabwe.