

ABSTRACT

This application provides a communication method and a communication apparatus. The method includes: In a satellite communication scenario, a terminal device obtains unavailability period information, where the unavailability period information indicates a period in which a reference point is in unavailability of a satellite. Further, the terminal device determines a period of a first timer based on the unavailability period information, where the first timer is used by the terminal device to send a message to a core network device through the satellite. According to the method, when determining the period of the first timer, the terminal device can consider the period in which the reference point is in the unavailability of the satellite, to avoid an inappropriate specified period of the timer, and improve performance of sending the message to the core network device by the terminal device through the satellite.