

Health and safety abroad

In case of an emergency you can call the emergency number of Leiden University:
+31 71 5276666.

Things to do before you go abroad:

1. Before buying a ticket:

Check the safety situation in the country you are interested in:

<http://www.fco.gov.uk/en/traveland-living-abroad/travel-advice-by-country/>

2. Travel health advise:

Look at <http://www.nhs.uk/livewell/travelhealth/Pages/Travelhealthhome.aspx> (general information) and: http://www.nathnac.org/ds/map_world.aspx (per country)

3. Vaccinations and health exams:

Some countries require certain vaccinations or a health check from exchange students. Please contact the LUMC 071-526.36.36 or vaccinatiepolikliniek@lumc.nl or VGM (Veiligheid, Gezondheid & Milieu), tel. 071 527 8015 or the direct line: 071-527 3643.

4. Take a travel & cancellation insurance which covers all medical costs (without limits), repatriation, legal assistance, liability, luggage, etc. For example Lippman www.ipslippmann.com or AON <https://www.aonstudentinsurance.com/>

5. Please fill out the first (of two) Jot Form “Information Exchange – Before Departure”.
<http://www.jotform.leidenuniv.nl/form.php?formID=21235728226>

6. Buy a flexible air plane ticket, so you can change your dates or arrival/departure easily when needed.

7. Make a scan of all your important papers like passport, tickets, health insurance card, travel insurance, credit card, debit card + the important phone numbers you need (to block them), and send them to your email address.

8. Apply for a Leiden Universities Scholarship.

<http://www.leidenuniv.nl/en/buitenland/index.php3-c=357.htm> And for Erasmus exchange: <http://www.leidenuniv.nl/en/buitenland/index.php3-c=38.htm>

During your stay abroad:

1. Register at the closest embassy of your homeland once you have arrived.

2. Please fill out the second Jot Form “Information Exchange - After Arrival”.
<http://www.jotform.leidenuniv.nl/form.php?formID=21233952182>

3. Keep yourself updated of the safety situation in the country you are visiting.

Emergency number of Leiden University is: +31 71 5276666. You can call this number if a life threatening situation occurs.

Make sure you have the local emergency number(s) as well.