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:

2. **Travel health advise:**

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](http://www.ipslippmann.com) or AON [https://www.aonstudentinsurance.com/](https://www.aonstudentinsurance.com/)

5. **Please fill out the first (of two) Jot Form “Information Exchange – Before Departure”**.

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.**

**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”.**

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.