

# Study abroad

## Health and Safety Checklist

### Before you go

- Attend the [information session on Health, security and cultural awareness when going abroad](#).
- [Check the Ministry of Foreign Affairs' travel advice](#). If your destination is code red or orange, you are not allowed to go!
- [Download the 24/7 BZ Reis app](#).
- Register with your country's embassy in your host country.
- Check how long your passport must be valid. This is generally at least 6 months after your period of study abroad. Check the exact regulations with your host country's embassy. Apply for a new passport if necessary.
- Check if you need a visa and if so, apply for it in time.
- Check if you need vaccinations and if so, get them in time
- Check with your host university or host country's embassy whether you need to do a health check.
- Learn about the laws and social/cultural norms in your host country.
- Consider how you would deal with psychological issues abroad if necessary:
  - Think about how you can stay in touch with family and friends.
  - Look into who you can contact at home or in your host country if you need emotional support or help with psychological problems.
- Arrange insurance that covers:
  - All medical costs
  - Cancellation
  - Costs incurred due to disability resulting from an accident
  - Repatriation (in case of illness, death, family circumstances)
  - Legal assistance
  - Third-party liability

### Tips and points to remember:

- There are special student insurance policies available, for example from [AON](#).
  - Read the small print before purchasing a policy!
  - Check whether you need to notify your insurance provider of your stay abroad.
  - Find out how to make an insurance claim and take a claim form with you.
  - Always take proof of insurance with you.
- Are you using medication?
    - Make sure you have enough with you and find out how and where you can get your medication in your host country
    - Ask your doctor to issue a statement showing which medication you use.
    - Keep medication, prescriptions and your doctor's statement in your hand luggage.

- Email copies of important documents to yourself or save them in the Cloud.
- [Install eduVPN](#) on your telephone, laptop and/or tablet, so you can safely use public Wi-Fi networks.
- Bring a credit card that can be used abroad. If necessary, change the settings to 'Europe' or 'world'.
- Save important phone numbers in your telephone and also bring a list with you:
  - Leiden University emergency number: +31 71 527 6666
  - Insurance company emergency number
  - Numbers for blocking your credit card, bank/debit card or telephone
  - Your host university contact person's number
  - Local emergency services number(s)
  - Local Dutch embassy number

### **During your stay**

- Take part in the local orientation programme, if provided.
- Provide your local contact details to Leiden University. If you are on exchange, check your mails. You will receive an email with instruction on how to enter your contact details in OIEM.
- Provide friends and family with your local contact details.
- Stay in regular contact with friends and family, preferably at set times.
- Keep your valuables somewhere safe and out of sight.
- Follow your host university's health and safety advice.
- Monitor the Ministry of Foreign Affairs' travel advice and follow the advice for your destination.
- Do you need help? Do not hesitate to contact friends, family, your international exchange coordinator or your study adviser!