

Safety and Security abroad

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The Erasmus logo, featuring the word "Erasmus" in a stylized, cursive script.

Travel advice

- Erasmus University Rotterdam follows the travel advice of the Dutch Ministry of Foreign Affairs
- Travels to red countries is not allowed!
- For travel to orange countries, please follow the advice of your exchange office.

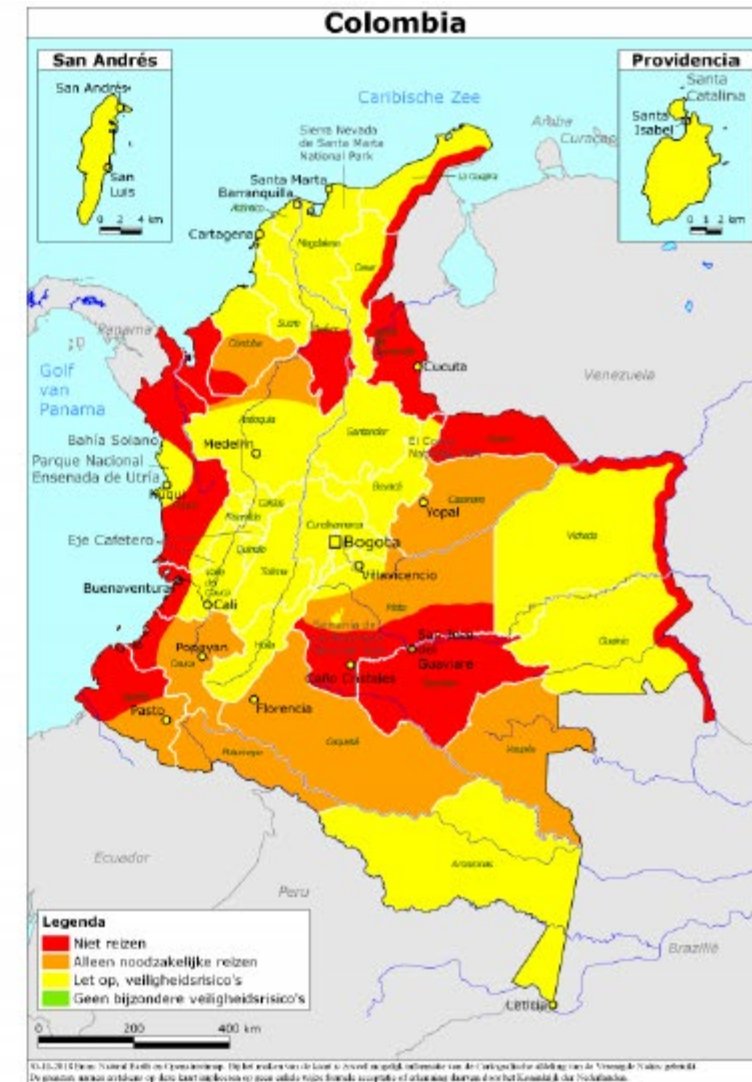
- iOS:



Android:



Travel advice examples



Emergency contact details

In Osiris

Erasmus University Rotterdam

CasesPersonal detailsDe-registerStay abroad

Log off

Erasmus

[Home](#) [Save](#) [Delete](#) [Help](#)

Stay abroad requests

Please note that start date and end date apply to the duration of your stay at the institution. These dates do not apply to the dates of your departure and return.

General

Request for	Future degree programme	Status	Not yet submitted
Degree programme	Accounting & Financial Management	Date submitted	
Stay abroad	Shortlist ICE for stay abroad		
Start date (see above)	* <input type="text" value="01/09/2022"/>		
End date (see above)	* <input type="text" value="31/12/2022"/>		

Additional information

By registering your emergency contact details in Osiris, you grant Erasmus University Rotterdam permission to share these details with third parties (such as embassies or consulates) in case of an emergency during your studies or internship abroad.

1 What is your date of departure?

*

2 What is the date of return?

*

3 What is the country where you are leaving to?

*

4 What is the name of the city you are staying at?

*

5 Name of host university or organisation:

*

6 Telephone number of host university or organisation:

*

7 Email address of host university or organisation:

*

8 Emergency contact name:

*

9 Relation to contact person:

Covid-19 and exchange

In general:

- At your own risk and expense
- Keep an eye on the Dutch travel advice (in Dutch) for your country until the day you leave
- Talk to your family, friends, exchange officer to make a well-informed decision
- Have a plan B, like Minor

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Up scaled travel advice! Now what?

1) Exchange Office at your School will contact you:

- Are you OK and safe?
- Are you in an orange or red area?
- Please respond to the messages you receive (EUR student email inbox) and follow the instructions

You can call the emergency number: +31 - (0)6-408 47 882

2) Follow instructions from the Embassy

- Of your own nationality in your host country
- And also – of you're not Dutch – of the Dutch Embassy in your host country

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Regiser at your embassy

- Visit the website of your embassy or state department
- Register
- Receive updates on important safety issues such as natural disasters
- Be invited to social events and celebrations

Examples

NLD: <https://informatieservice.nederlandwereldwijd.nl/registration/extended>

US: <https://step.state.gov/step/>

GER: <https://www.auswaertiges-amt.de/de/ReiseUndSicherheit>

The Erasmus logo, featuring the word "Erasmus" in a stylized, handwritten script font.

Essential preparations

- Did I pass on my contact details and to whom?
 - Does my university contact person know where I am?
 - Can people reach me in case of emergencies?
 - Can I reach people in case of emergencies?
-
- Do I have proper **insurance**?
 - Did I get/pack my medication, **vaccinations** and/or prescriptions?
 - Where am I going? What are the social and cultural norms? What are the traffic regulations?
 - How is my state of mind?
-
- Am I travelling alone?
 - Did I hide my valuables?
 - Did I pack my passport/visa and have I mailed copies of important docs to my Hotmail/Gmail/Yahoo account?

A stylized, handwritten-style logo of the word "Erasmus" in a dark blue or black color.

Vaccinations & Health Check

Vaccinations

Check Travel clinic of Erasmus MC: <https://en.travelclinic.com/>

- Also think about neighboring countries you would like to visit
- Also think of prevention of mosquito bites

Medicine use

- Bring your own medicines for the duration of your exchange
- Take a prescription/declaration of your doctor with you
- Always check if the medicine is available in the host country (or alternatives)
- Inform your surroundings of your medical condition
- Carry information on you about the medication

WHO

You can also find country-specific health advice on the [World Health Organization website](https://www.who.int/)



Insurance

Take a **travel & cancellation insurance** which covers:

- ☐ All medical costs without limits)
- ☐ Costs caused by disability that result from an accident
- ☐ Repatriation (in case of illness, death, family circumstances)
- ☐ Legal assistance
- ☐ Third-party liability
- ☐ Luggage

Also:

- ☐ Check if you need to report to your current health insurance company that you are going abroad
- ☐ Make sure you know how to claim your expenses. Have it available offline at all times
- ☐ Bring proof of your insurance with you
- ☐ Read the small print
- ☐ There are specialised insurance packages for students, like AON

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Mental health & Culture shock

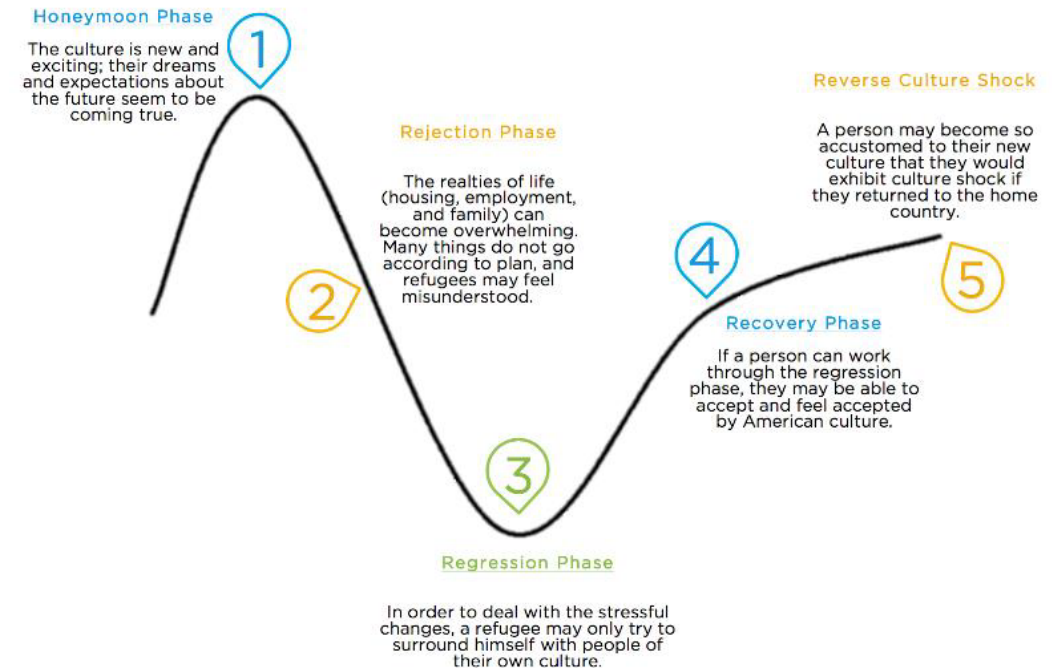
Mental Health

1. Do you have specific mental health issues?
2. Do you have access to therapy while abroad?
3. Do you need specific medications?
4. Make a **Mental Health Abroad plan**

Culture shock

1. Immerse yourself in the culture of the country
2. Prepare for cultural differences
3. Learn from exchange alumni and locals
4. Recognize culture shock

Culture Shock



Ezra

Emergencies

- Emergency services
- Health services
- Emergency exits (room/campus)
- Plan B if your room/apartment is unavailable
- Embassy / Consulate (add phone number to your contact list)
- Weekly phone call with parents or friends
- To avoid: protests, demonstrations, military complexes
(be aware, do your own assessment)
& at all time, **keep a low profile!**
- Who will take care of you in case of a quarantine situation?



Ezra

Country specific information

Check for:

- Risks of tsunami/earthquakes/forest fires etc
- Protests
- Strict laws
- Rules on Drugs
- Traffic rules / drive on the left
- Holy places
- Clothing
- Climate
- Food
- Language
- Cultural awareness



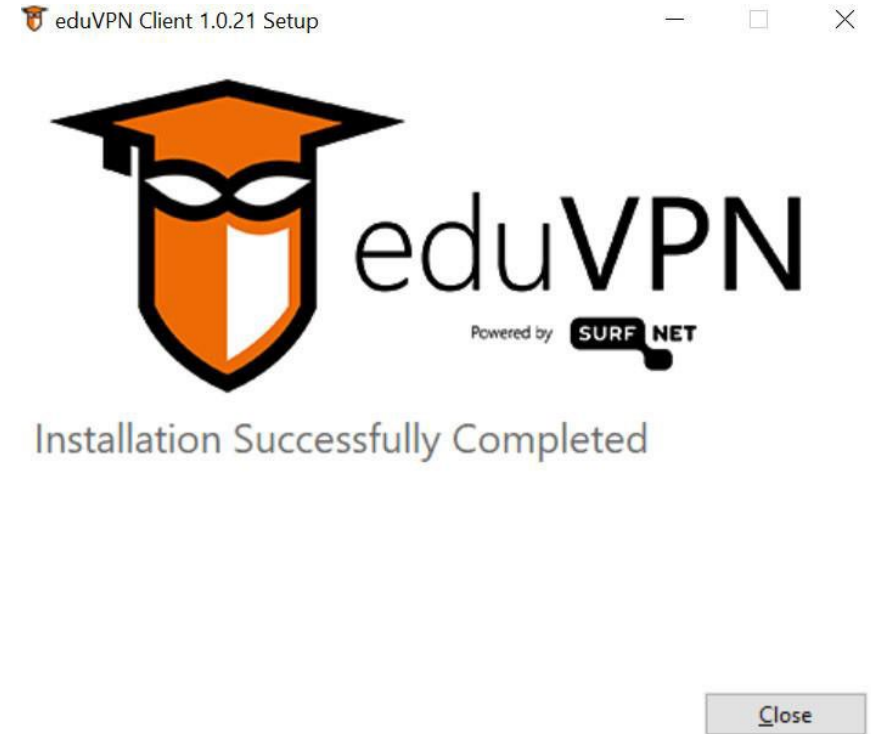
Quote from exchange in Norway about a hike:

'Due to ill preparation but mainly the unpredictable and extreme weather high up in the mountains caused a situation where possible lives were at stake.'

Ezra

Social media & cyber security

- Everyone vs friends
- Tagging
- Location sharing
- Unsecure wifi networks



Ezra

Essential telephone numbers

Erasmus University Rotterdam

Emergency phone number Erasmus University Rotterdam:
+31 – 6 408 47 882
Available 24/7

Other important numbers

- Emergency number insurance company
- Phone numbers for blocking credit card, debit card or telephone
- Contact person at host organisation
- Local emergency number



EUR Network on Facebook

Australia and New Zealand: <https://www.facebook.com/groups/EUR.Oceania>

Austria, Germany and Switzerland: <https://www.facebook.com/groups/eur.germanspeaking>

Belgium and France: <https://www.facebook.com/groups/eur.frenchspeaking>

Canada: <https://www.facebook.com/groups/EUR.Canada>

China, Hong Kong and Taiwan: <https://www.facebook.com/groups/EUR.China>

Denmark, Finland, Norway, Sweden: <https://www.facebook.com/groups/EUR.Nordics>

East Europe: <https://www.facebook.com/groups/EUR.EastEurope>

Great Britain and Ireland: <https://www.facebook.com/groups/EUR.UK>

Italy, Portugal and Spain: <https://www.facebook.com/groups/EUR.Mediterranean>





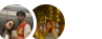



Japan, South-Korea: <https://www.facebook.com/groups/EUR.JapanKorea>

Latin America: <https://www.facebook.com/groups/EUR.LatinAmerica>

Malaysia, Singapore: <https://www.facebook.com/groups/EUR.Singapore/>

USA: <https://www.facebook.com/groups/EUR.USA>

Tell your fellow students your exchange destination in 2022-2023. And see who will join you to your host university/city. This is the list of all partner universities of all faculties at the EUR (each faculty has their own partners and some overlap). However, if your host university is not in the list, please add it to the comments:

<input type="checkbox"/>	Door jou toegevoegd San Francisco State University	 6 stemmen	
<input type="checkbox"/>	Door jou toegevoegd San Diego State University	 6 stemmen	
<input type="checkbox"/>	Door jou toegevoegd Stony Brook University	 2 stemmen	
<input type="checkbox"/>	Door jou toegevoegd Western Washington University	 2 stemmen	

No stress

- Be prepared
- Be aware of risks
- 100% safety is not possible

Enjoy!

And be our Erasmus University Rotterdam ambassador abroad!

