



# HEALTH & SAFETY ABROAD

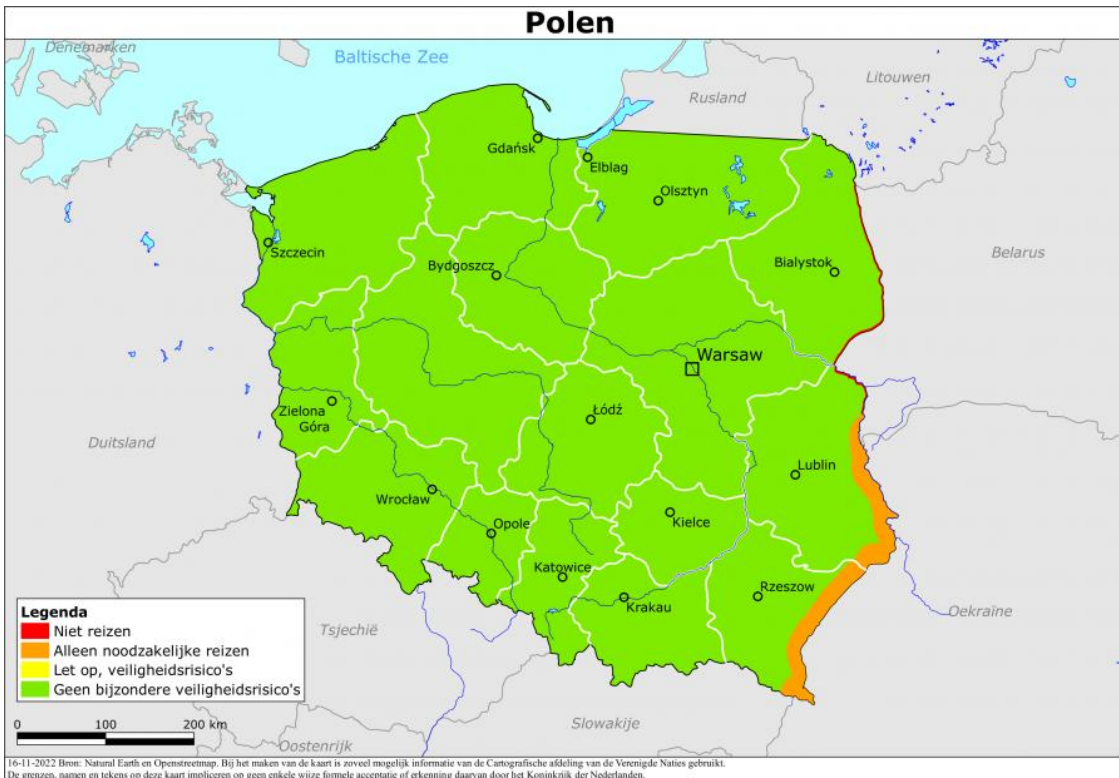
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# PRE-TRAVEL CHECK LIST

**BuZa Area colour code:** Are you allowed to travel?

As per UT rules, travelling to orange and red areas is not permitted

<https://www.nederlandwereldwijd.nl/reisadvies>



# PRE-TRAVEL CHECK LIST

**Insurance coverage:** UT Mobility Online Registration + your own travel insurance (double-check trip interruption and/or extension clauses)

<https://www.utwente.nl/en/study-abroad/practical-matters/>

**MAKE SURE YOUR TRAVEL DATES ON MOBILITY ONLINE ARE CORRECT, AND KEEP YOUR DETAILS UPDATED THROUGHOUT YOUR STAY!**

| Departure date (leaving the Netherlands) | Start date of activity | End date of activity | Returning home date |
|--|------------------------|----------------------|---------------------|
| 12/09/2022                               | 20/09/2022             | 01/02/2023           | 13/02/2022          |
|  | 17/10/2022             | 30/12/2022           |                     |
| 29/07/2022                               | 01/09/2022             | 31/01/2023           | 01/02/2023          |



# PRE-TRAVEL CHECK LIST

**Emergency Contact:** It is important that the UT knows where you are staying in your destination and how to reach you (or your ICE contact) in case of an emergency.

ENTER YOUR ICE DATA IN  
OSIRIS...

...AND YOUR FOREIGN ADDRESS  
ON MOBILITY ONLINE

## During the mobility - Foreign address and Notification form

- ☐ Payment completed or student with no scholarship - Foreign address not yet completed (0)
- ☐ Foreign address completed - Notification form not yet completed (1)

| Studie adres |                          | In Case of Emergency address                                 |                          |
|--------------|--------------------------|--|--------------------------|
| Street name  | Longstreet               | Street name  | Somewhere                |
| House number | 1                        | House number   | 911                      |
| Addition     |                          | Addition   |                          |
| Additional   |                          | Additional   |                          |
| Postal code  | 77777                    | Postal code  | 90210                    |
| City         | New York                 | City   | Beverly Hills            |
| Country      | United States of America | Country  | United States of America |
| Telephone    | +1 1234 567890           | Telephone  | +9876543210              |
| Mobile phone |                          |  |                          |
|              |                          | <b>In Case of Emergency</b>                                  |                          |
|              |                          | Do you give permission to use ICE data in case of emergency? |                          |
|              |                          | No   |                          |
|              |                          | Full name of ICE contact                                     |                          |
|              |                          | How is this person related to you?                           |                          |
|              |                          | Other relevant info you think UT needs to know               |                          |
|              |                          | ICE  |                          |

[Update address](#) [Upload passport photo](#) [Hide passport photo](#) [Help](#)

4330724 - V.E.O. Test Last login: Monday, May 2, 2022 at 15:23

# PASSPORT, VISA & CUSTOMS REQUIREMENTS



A passport or visa does not guarantee entry into some countries.



These documents merely authorize you to travel to a port of entry (typically an airport), where customs officials have the final say in granting or denying your admission.



It is crucial that you have the correct entry documentation and strictly comply with all admission regulations.

# SPECIAL ATTENTION

Please note that in some countries, individuals affiliated with specific communities or academic institutions may be subject to increased scrutiny by immigration authorities. This may include a review of online presence, such as social media activity.

Additionally, in certain countries, it is prohibited for foreign nationals to participate in demonstrations or other political activities. Engaging in such actions may result in deportation.

**BE SURE TO RESEARCH ANY TRAVEL RESTRICTIONS IN ADVANCE.**

# BEFORE DEPARTURE

**Friends and Family:** Tell your family and friends you are travelling abroad. Leave contact info of your accommodation and a travel plan and contact info of your host institution or internship host.

**Make a list:** Have the following with you or on you at all times:

- Copies official documents (passport, insurance, printed vaccination certificate – Covid-19)
- Phone numbers:
  - ☐ 24/7 BuZa Contact Centre: +31 247 247 247
  - ☐ Local embassy/ consulate
  - ☐ UT's insurance [insurance@utwente.nl](mailto:insurance@utwente.nl) (Hienfeld: +31 205 469 469)
  - ☐ Your own travel insurance
  - ☐ Bank
- Blood group and other medical information (medical passport via the GGD)
- UT Emergency Service – Abroad ([emergency-abroad@utwente.nl](mailto:emergency-abroad@utwente.nl))

# BEFORE DEPARTURE

## BuZa registration (Dutch students only):

Note your presence at your destination with the Dutch government *via* registration at consulate or embassy and sign up for the Information Service.

<https://www.government.nl/topics/embassies-consulates-and-other-representations>

**International students should register at their own embassy.**

| <br>Aanmelden | <br>Aanmelden + registratie<br>bij ambassade | <br>Groep aanmelden |
|--|---|--|
| ✓ E-mail bij aangepast reisadvies  | ✓ E-mail bij aangepast reisadvies   | ✓ E-mail bij aangepast reisadvies  |
| ✓ Sms bij (dreigende) crisis   | ✓ Sms bij (dreigende) crisis  | ✓ Sms bij (dreigende) crisis   |
|  | ✓ De ambassade weet dat u in het land bent  |  |
|  | ✓ Extra informatie van de ambassade (bijv. over dienstverlening en evenementen)   |  |
| Aanmelden  | Aanmelden   | Aanmelden  |

# BEFORE DEPARTURE



**Vaccinations:** Check what you need for your destination at the GGD/ Travel Health Clinic

<https://www.ggdtwente.nl/contact/contact-met-reizigersadvies>

**Medicines:** Are you allowed to take your medicines abroad? Do you need to request a statement for your medications? Check with your pharmacist or GP.

**Health infrastructure check:** What health services are available at your host university? Note the local emergency number.

# DURING MOBILITY

In case you are affected by an emergency, and if you are able to, then **contact**:

- Your family or friends
- Your host institutions or internship host
- Fellow travelers in the area
- The UT via its Emergency Abroad Service ([emergency-abroad@utwente.nl](mailto:emergency-abroad@utwente.nl))
- Depending your nationality contact embassy/consulate of your country in host location or neighbouring country if one is not available in host country.

<https://www.government.nl/topics/embassies-consulates-and-other-representations>



# DURING MOBILITY

In the event you receive a wellbeing-check email from the Emergency Abroad Service, and if you are able to, then reply as soon as possible.

**CHECK YOUR INBOX REGULARLY!**

Plan for a **safe re-entry**:

- Check any restrictions for return travel
- Learn about reverse culture shock.

# URGENT SUPPORT

In case of an urgent support, contact the BuZa Contact Center (24/7):

**+ 31 247 247 247.**

If you are not able to make a call, the BuZa Contact Center can be reached via Whatsapp (24/7):

**+31 682 387 796.**

# SUPPORT FROM THE UT

The following channels of support are available for you during your mobility trajectory:

- Your host institution's mobility office/ international office or internship location
- In some cases: a co-travelling UT staff member
- Emergency Abroad Service ([emergency-abroad@utwente.nl](mailto:emergency-abroad@utwente.nl))
- Your Faculty Exchange Coordinator or your Faculty Internship Coordinator at the UT



# TOOLS

Useful tools to help before or during travel:

- Chubb Travel App: <https://www.utwente.nl/en/study-abroad/practical-matters/>
- Erasmus+ App: <https://www.utwente.nl/en/ces/soir/ErasmusPlusApp/>
- Social media: News and Twitter account BuZa: @247BZ
- Information about emergencies abroad all the time via app (incl. push messages your country): <https://www.nederlandwereldwijd.nl/reisadvies/download-reisapp>

More on **practical matters**: <https://www.utwente.nl/en/study-abroad/practical-matters/>